

Fresh Start - Thames Valley DV Strategic Group

MK-Act Domestic Abuse Services

Sue Burke - CEO MK-Act

 fresh**start**

Aims of perpetrator programme

- ▶ To increase participants awareness of the physical, emotional signs of build up to abuse.
- ▶ To develop participants understanding of the breadth of behaviours that are abusive and to understand coercive control.
- ▶ To set abuse in the context of power and control.
- ▶ For participants to own their abusive behaviour.
- ▶ To increase empathy for victims and to understand impact of abuse on them.
- ▶ For participants to understand barriers to change, i.e. minimisation, denial and blame.
- ▶ For participants to understand the impact of domestic abuse on children.
- ▶ For participants to identify and practice alternative non-abusive, respectful behaviours.

What is the Fresh Start Programme?



- ▶ Provided by MK-Act
- ▶ Fresh Start is a specialist domestic abuse prevention programme, which works to address the cause of the problem, by engaging with individuals who have issues in relation to violent, abusive, intimidating or controlling behaviours in their intimate or family relationships. The service aims to increase the safety of both partners and children and prevent further incidents of abuse.
- ▶ In Milton Keynes Fresh Start offers a structured group work programme, a tailored 1-2-1 service and parenting interventions. All the interventions aim to change behaviour, promote responsibility and accountability, provide alternative behavioural strategies, improve communication skills, increase parenting capacity and promote respectful relationships and attitudes.
- ▶ Fresh Start is accessible by both men and women including those in same sex relationships.



- ▶ Alongside is an essential comprehensive, risk informed partner support and advice service.
- ▶ Offering one-to-one support to partners or ex partners of those who have been referred on to Fresh Start, this enables them to have 1-2-1 emotional and practical support, promoting independence and empowerment.
- ▶ It is essential that there is a partner support service working alongside the Perpetrator programme to prioritise safety and to ensure the intervention with the offender does not increase risk to the partners and children. However the support offered is voluntary and the decision to accept or not does not impact the (EX)partner suitability for attending the programme.
- ▶ Contact : freshstart@mk-act.org
- ▶ 07718767974

Data

Case Study

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect. The text 'Case Study' is centered on the left side of the slide in a clean, dark grey sans-serif font.

Respect



Working in Partnership 2017-21

Fresh Start Contacts



- ▶ freshstart@mk-act.org
- ▶ 07718767974
- ▶ www.mk-act.org - referral form
- ▶ Interim Manager - Sue
- ▶ Support Worker - Yasmin
- ▶ Partner Support Worker - Claire
- ▶ RESPECT <https://www.respect.uk.net/>





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Any Questions?

