

Contact us

If you live in South Yorkshire, are worried that your behaviour may be abusive and want to change, get in touch through the details below.

We accept self-referrals from those who are aware that they are engaging in harmful and damaging behaviours in their relationships, and want to make positive changes.

We also accept referrals from professionals who are seeking additional, specialist support for people they work with.

We have a base in Sheffield and work across the whole of South Yorkshire.

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Visit our website to find out more:

www.cranstoun.org



Confidentiality

Cranstoun respects your right to privacy. We will explain to you how we keep things confidential.

CRANSTOUN
Empowering People, Empowering Change

To be a world-class leader in rebuilding lives.

To find out more about Inspire to Change, scan this QR Code.



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Registered Company No: 3306337

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Everyone deserves a life without abuse

Inspire to Change is here to help people in South Yorkshire change abusive behaviours.



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Inspire to Change

Inspire to Change tackles and challenges perpetrator behaviour. The programme helps participants learn new skills and find better ways to manage and control their abusive behaviours. It encourages participants to think and behave more positively to prevent harm to their partners, children and families.

Inspire to Change gives participants:

- An understanding of how to recognise the signs of domestic abuse
- A better understanding of why they use violence or aggression in their relationships
- An awareness of how attitudes and beliefs can affect behaviour
- Practical tools to develop & maintain change
- An improved and better life for themselves, their children and others affected by their behaviour.

Staff will work closely with participants to ensure they feel comfortable and confident to take the next step on their Inspire to Change journey.

Cranstoun Inspire to Change can also provide support and advice to help address wider issues linked to abusive behaviour such as addiction problems, debt and unemployment.

What we offer

Inspire to Change is a voluntary domestic abuse service for those who recognise they cause harm. We offer a safe environment for individuals to explore their own thoughts, attitudes and behaviours around relationships. Following an initial phone appointment and assessment with a key worker, participants are placed on an intervention plan that best matches their needs. Options include group work, one to one sessions or a combination of both.

We deliver interventions face to face where possible but can deliver remotely if required.



Victim/survivor support

Inspire to Change also provides a service to the victims/survivors of those who choose to engage in the programme. This provision consists of an overview of the interventions we offer along with regular updates and emotional support. This should not replace the locally commissioned domestic abuse victim services and referrals should still be made to them.

Level Up programme

This new programme is one of the first of its kind. It works with children and young people aged 11-15 who are showing signs of controlling and abusive behaviours towards family members or partners and supports them to change.

Level Up is made up of 10 one-to-one sessions focusing on a range of behaviours including coercive control, conflict resolution, gender and stereotyping.

