Men & Masculinities, Herefordshire & Worcestershire

A safe space and support for residents of Herefordshire and Worcestershire who want to make changes to their abusive behaviours towards partners or family members.

Contact us

E: MMreferralsH&W@cranstoun.org.uk
T: 01905 917 450

How to sign up to the programme

Programme participants can self-refer or be referred by a support worker or other professional.

Other locations

We also run the Men & Masculinities Programme in the following locations:

- London Boroughs of Barking & Dagenham, Ealing, Havering, Hounslow and Sutton
- Wokingham
- Sussex
- South Yorkshire
- Telford, Shropshire and Wrekin

If you would like out find out more about delivering the programme in your area, please get in touch.

cranstoun.org

"We can't change the past, but we hope this programme will help you feel empowered to make clearer, safer, and more conscious choices as you move forward with your life."

CRANSTOUN
Empowering People, Empowering Change

Scan the QR Code for info about the Men & Masculinities Programme.

Central office

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Registered Charity No: 1061582
Registered Company No: 3306337

cranstoun.org

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Empowering People, Empowering Change

Men & Masculinities
Herefordshire & Worcestershire

A programme & safe space for people who want to make changes to their abusive behaviours.

No one should experience domestic abuse

What is the Men & Masculinities Programme?

The Men & Masculinities Programme is for those who are aware that their relationships have become distressing and damaged by their behaviour.

The programme will create a safe and supportive space to help explore what it means to be a man, a partner and a father. We will address the impact of conflict, anger and anxiety on relationships and help try to rebuild the lost trust.

The programme also offers a linked (ex-)partner support service upon referral.

What does the programme cover?

The programme focuses on behaviour, how we act, how this reinforces how we think and feel, and most importantly, how to act differently. It is also designed to support any other treatment you may be involved with.

The programme is a rolling programme that lasts up to 24 weeks across three core modules:

• Coercion

• Control

• Consequences

We look at how pressure builds inside of you, how to deal with conflict safely and how your experiences of masculinity have shaped the lens through which you see your relationships.

We will also try to help you come to terms with the worst of your experiences, how to break the link between the past and the present, and how to stop repeating the traumas at the heart of your behaviour.

We will explore what it means to be a respectful and supportive parent, whatever your relationship with your child or children may be. We will also explore how to rebuild trust in your life.

We will look at any issues around intimacy, closeness, sex and sexuality, including how to love generously, or how to let go.

Coming into treatment can be the first positive step towards making life better for you and the people you love.

Please get in touch with us if:

- you want to have stability
- you want to feel confident
- you want to put the past behind you
- you want to make yourself proud
- you know you can be a good dad
- you know you can be a good partner
- you want to ‘step up to the plate’
- you want to be more self-reliant
- you want to keep your promises