



make a change

Our impact in 2022/2023

Referrals and people supported

Make a Change was delivered across five sites: Lincolnshire, Trafford, Durham, Merseyside and Sunderland. The Lincolnshire service sadly closed on 31st March 2023, so did not take new referrals from July 2022 onwards, to ensure time to complete the programme.

Across all sites, there were 289 referrals and 194 people were supported.

Behaviour change programme:
20% increase in participants
from last year

153 referrals, 83 participants



Integrated survivor support:
25% increase in survivors supported
from last year

136 referrals, 111 supported

What people told us

You gave us a safe place to heal and constant support for every problem we encountered along the way. I know we are one of the many families that you help, but it didn't stop you from making us feel like we were your top priority.

- Survivor

This course was truly transformative for me and it meant that I didn't jump into a relationship once I accepted my marriage was over. The contents reached me in ways that other therapeutic models and approaches couldn't, as it kept me rigorously honest about my past behaviour.

- Programme participant

I will be more confident in speaking to clients who may be perpetrators, especially knowing that there is something that can be done and somewhere to refer people to for specialist help.

- Professional

Integrated survivor support

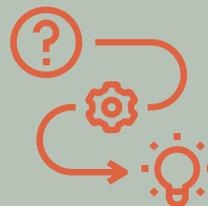
Survivors supported shared the following outcomes:



28% increase in feeling **confident**



10% increase in feeling **safe**



27% increase in **dealing with problems well**



19% increase in **feeling optimistic about the future**



In sites running the full behaviour change programme, we also supported **29 children directly and 137 children indirectly** (via a parent).

Behaviour change programme participants



Self-referral:

35% of referrals received overall were self-referrals. When split by site, two services received over 50% self-referrals.

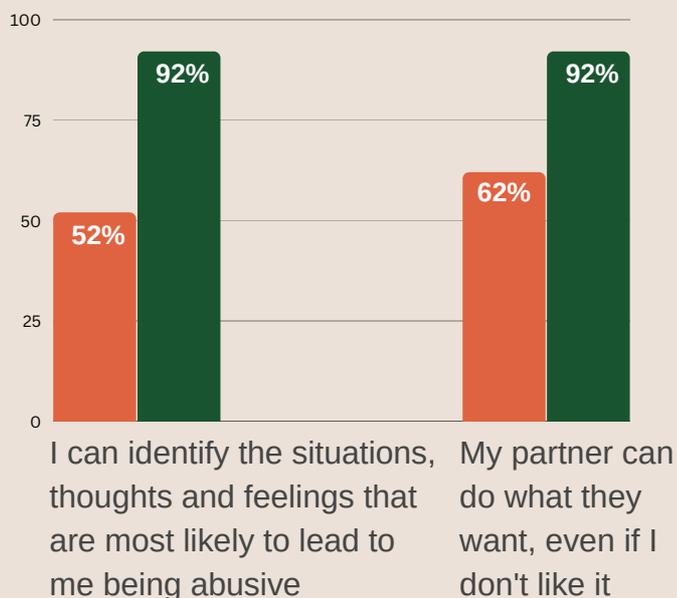
64% of people who completed the programme had self-referred.



92% reported they had learned positive techniques for managing feelings and impulses

100% reported they could now recognise the physical and emotional signs that they were building up to being abusive

● Agreed before the programme
● Agreed after the programme



(Outcomes data from Lincolnshire, Durham and Trafford as available.)

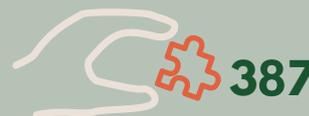
Workforce development



40 training sessions delivered, 43% increase from last year



430 professionals trained, 43% increase from last year



387 professionals' first training on working with perpetrators, 89% of participants



94% gained a better understanding of domestic abuse and the different forms it can take



98% learnt to recognise the signs that someone is behaving abusively towards their (ex-)partner



96% gained confidence in raising and discussing abusive behaviour at work



98% learnt practical skills to engage with people who may be perpetrating domestic abuse

www.makeachange.uk.net