

The Wish Centre Behaviour Change Programme Newsletter



Welcome to the latest installment of the WCBCN. This is an opportunity for us to share with you, the referrers, information relating to our perpetrator work monthly – namely the Gateway to Change workshop and the Make the Change programme. This will allow us to share case studies with you, not only on how the programme works, but how important your referrals are to making a difference in the lives of those affected by DA/DV by enabling them the chance to make changes to their behaviours and, ultimately, their lives and the lives of those affected.

Important Updates for July 2023

A little reminder about the Questionnaire that you will find on the referral forms for Make the Change. This questionnaire is an important part of the referral, and we would really appreciate it if this was completed. Thank you.

The Wish Centre will be delivering CARA! More in the newsletter below!

We often receive referrals regarding Anger Management/Caring Dads. We have made a feature of this later in the newsletter.

Important information about delivery of GTC/MTC - A discussion about the delivery process and how/where it is delivered is discussed with the service user and we will always strive to fulfill their requirements.





INFORMATION ON SUBMITTING REFERRALS

We understand that time is precious when supporting people in the work we all do. In order to save you waiting time with referrals, there are a few key bits of information you may need to know.

- *There is a distinction between Make the Change and Gateway to Change. Gateway is a 2-session awareness raising workshop and comes with no report on completion. Make the Change is the full perpetrator programme which comes with a court accepted report upon completion.*
- *Make the Change and Gateway to Change are not anger management courses. They are for behaviour change in relation to DA and DV.*
- *We can only look at referrals relating to DA/DV towards an intimate spouse or ex/current partner.*
- *It is vitally important to complete the referral forms in as much detail as possible, providing relevant contact details where applicable. This saves time when processing the forms and enables the facilitator to have as clear a picture before going into any assessment.*
- *Men must acknowledge that their behaviour is or could be classed as abusive and want to change this.*
 - *A referral does not guarantee a place. Acceptance is subject to assessment.*
- *How/where it is delivered is discussed with the service user and we will always strive to fulfill their requirements.*

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

Blackburn & Darwen District Without Abuse

Registered Charity No: 1116444 - Company No: 5834929

The Wish Centre Behaviour Change Programme Newsletter



The Wish Centre & Cautioning and Relationship Advice - CARA

Lancashire has recently received funding from the Home Office to implement the CARA program. Originally developed by Hampshire Constabulary and The Hampton Trust in 2011, CARA has undergone thorough evaluation and successful implementation in nine other police force areas. Lancashire is now preparing to adopt CARA as part of its new two-tier policing framework, set to be implemented by the end of 2023.

Once the legislation is in effect, CARA will be utilised for offenders who receive a Diversionary Caution. In the interim period, CARA will be attached to simple cautions, and participation will be voluntary. The only pathway for referral to CARA will be through the police.

CARA serves as an early intervention within the criminal justice system, targeting standard risk domestic abuse offenders who have had their first reported incident. The program consists of two workshops focused on raising awareness of domestic abuse and empowering individuals to make better choices in their relationships.



These workshops will be delivered by The Wish Centre!

The anticipated launch date for CARA in Lancashire is September 2023, and funding has been secured until April 2025, ensuring the sustained operation of the program. Over the course of the delivery period, it is expected that more than 300 offenders will receive the intervention. The project will be implemented pan Lancashire, covering the entire region.

For further information or inquiries about CARA, interested parties can contact Rebecca Keech at rebecca.keech@lancashire-pcc.gov.uk

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

Blackburn & Darwen District Without Abuse

Registered Charity No: 1116444 - Company No: 5834929

Domestic Abuse in the Media

Petition For More Government Funding For DA Services Started

Eleven women's sector organizations have joined forces to initiate a petition demanding increased funding for community-based domestic abuse services. The organisations are Refuge, End Violence Against Women Coalition, Women's Aid, SafeLives, Solace Women's Aid, Southall Black Sisters, Independent Domestic Abuse Services (IDAS), IRISi, Imkaan, Agenda Alliance and LAWRS. The coalition is calling for the Secretary of State for Justice to act now to help survivors of domestic abuse struggling to access the support they need in local communities around the country.

The petition asks for funding of at least £238 million per year to specialist domestic abuse community-based services to be delivered through the Victims and Prisoners Bill. The funding is needed to reach survivors including some of the most marginalised women and their children who experience significant barriers in seeking help.

The petition advocates for a minimum yearly funding of £238 million for community-based services specialising in domestic abuse, to be implemented through the Victims and Prisoners Bill. This financial support is essential in reaching out to survivors, especially those belonging to marginalised groups, along with their children, who encounter significant barriers while seeking assistance.

The petition also emphasizes the need for the establishment of a dedicated national funding pool, operating under the principle of 'by and for,' to address the long-overdue investment requirements of specialist services catering to D/deaf and disabled individuals, LGBTQ+ communities, Black and minoritised women, as well as migrant women without access to public funds.

According to research conducted by the Domestic Abuse Commissioner in 2022, less than 50% of survivors seeking community-based services were able to access them. The estimated annual funding deficit for organisations led by Black and minoritized women under the 'by and for' framework ranges from £63 million to £114 million.

The petition link is - <https://campaign.refuge.org.uk/page/130584/petition/1>

Non-Fatal Strangulation Law Introduced in Northern Ireland

The recent introduction of legislation in Northern Ireland, which criminalizes non-fatal strangulation, has received appreciation from a domestic abuse service based in Derry. The Foyle Family Justice Centre (FJC), known for its multi-agency approach to addressing family violence, has been actively advocating since 2014 to raise awareness about the dangers associated with non-fatal strangulation. Police in Northern Ireland can now charge people with non-fatal strangulation. Attackers who strangle or asphyxiate their victims are now facing up to 14 years in prison.

Chief Executive Officer of the FJC, Marie Brown, said that strangulation is one of the most lethal forms of domestic violence and places victims at the highest risk.

Ms. Brown said: "It is the most terrifying experience for victims, which has devastating psychological effects on them, in addition to a potentially fatal one. Victims who have been strangled are eight times more like to be murdered by their perpetrator and we know from victims coming forward to us that it is a very prevalent practice, designed to silence and control."

Domestic Abuse in the Media

Climate Crisis Linked to Rising Domestic Violence in South Asia, Study Finds

An increase of 1C in average annual temperature has been connected to more than a 6% rise in physical and sexual domestic violence, a study has found. A study published in JAMA Psychiatry on Wednesday found a 1C increase in average annual temperature was connected to a rise of more than 6.3% in incidents of physical and sexual domestic violence across three south Asian countries.

The study tracked 194,871 girls and women aged 15-49 from India, Pakistan, and Nepal between 2010 and 2018, and their reported experiences of emotional, physical, and sexual violence. It compared that data with temperature fluctuations across the same period. India, which already had the highest reported rates of intimate partner violence of the three, also had the biggest increase in abuse: with a 1C rise in heat came an 8% rise in physical violence, and 7.3% rise in sexual violence. Michelle Bell, a professor of environmental health at Yale University and a co-author of the study, said that there were "many potential pathways, both physiological and sociological, through which higher temperature could affect risk of violence".

The Indian activist Suniti Gargi, who used to work with Uttah Pradesh's commission for women, said heatwaves were an annual occurrence during the Indian summer. She is convinced the climate crisis is making them worse and connects them with the rising levels of domestic violence she has been seeing. "I've been seeing unusually high temperatures becoming more common," she said. "They cause tremendous economic stress in families. If a man can migrate to another state to get work, it can help keep the home fires burning but when he cannot for whatever reason, his wife is at the receiving end of his anger and feelings of uselessness."

Previous research from Madrid found that when a heatwave hit, the risk of intimate partner femicide rose 40%, and in Kenya, women who experienced severe weather events – including heatwaves – had 60% higher odds of reporting intimate partner violence. Studies collating global data have found the risks of interpersonal violence increased by 2.3% and intergroup conflicts by 13.2% as temperatures rose.

Government To Strengthen Learnings After Domestic Homicide

The government has launched a consultation to ensure domestic homicide reviews reflect the full range of domestic-abuse related deaths, including suicide. The domestic homicide review is a multi-agency review which seeks to identify and implement lessons learned from deaths which have, or appear to have, resulted from violence, abuse, or neglect. Their aim is to better protect victims in future and prevent further tragedies. An 8-week public consultation has begun to consider the changes. This would mean that a DHR can be commissioned whenever there is a death that has, or appears to have, resulted from domestic abuse. This includes controlling or coercive behaviour, emotional and economic abuse, in addition to physical abuse, and will help to ensure that lessons are learned from fatal domestic abuse cases. The consultation will also consider renaming DHRs as 'domestic abuse fatality reviews' to reflect cases where the death was not a result of homicide, such as in the case of suicide. The changes are being considered in response to concerns from charities and bereaved families that the current system does not reflect the full range of domestic abuse related deaths.

Australia domestic violence: Over 600 Charged in Hugely Successful Four-Day Police Operation

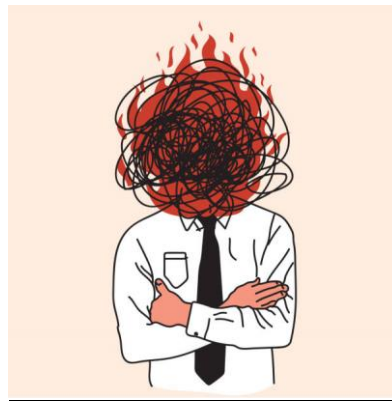
A recent four-day police crackdown in Australia has resulted in the charging of nearly 650 individuals who are considered "dangerous" domestic violence offenders. The operation, named "Operation Amarak," took place in New South Wales, where a total of 1,153 charges were filed, encompassing offences related to domestic violence, drugs, and weapons. Notably, law enforcement successfully confiscated various illicit items, including firearms, a sword, and drugs. Australia grapples with a significant domestic violence issue, with police devoting more attention to addressing this crime than any other. Of the 648 individuals charged during the operation, 164 were identified as high-priority domestic violence offenders, some of whom had active arrest warrants, while others had violated court-issued protection orders known as apprehended violence orders (AVOs). The police have hailed the operation a huge success.

Featured Question

“Are Gateway to Change/Make the Change the same as Anger Management and Caring Dads?”

The simple answer to this question is no. We do not provide these services at The Wish Centre. Let us explain...





Anger Management



Anger is a normal human emotion but when it becomes someone's default emotion and reaction to everyday events, it has often crossed over into unhealthy territory. There are many factors that can contribute to an anger problem, most of which are everyday problems. Money problems, relationship troubles, family issues, physical/mental health conditions or being exposed to anger throughout childhood can all contribute to the problem. The impact of unhealthy anger can affect everything in someone's life.

"Rage, persistent anger, or angry outbursts can have detrimental consequences for physical health, quality of life, and relationships. Anger management is an approach designed to help you manage the emotional and physiological arousal that accompanies anger. As it's often not possible to change the circumstances or people that elicit anger, anger management can help you recognize your triggers for anger and learn to cope with them more effectively," says Erin Engle, PsyD, a psychologist at Columbia University Medical Center.

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL
thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

The Wish Centre Behaviour Change Programme Newsletter

At Wish, we often receive referrals into the perpetrator service that relate to anger management and it is a common reason for us being unable to work with men as our workshop (Gateway to Change) and programme (Make the Change) aren't anger management programmes.

So, what is the difference?

Whilst anger management programmes frequently emphasise the enhancement and awareness of emotional regulation, whilst working to reinforce and strengthen tendencies towards increased control of the anger response. On the other hand, Men's Behaviour Change programmes, like Make the Change, adopt a distinct approach, prioritising the acknowledgment of the perpetrator's personal behavior and its effects on women (or any intimate partner) and children. These programmes empower men to take responsibility for their actions and encourage introspection, self-awareness, and empathy in order to promote positive change.





Caring Dads



Caring Dads is a progressive parental programme dedicated to fostering a stronger bond between fathers and their children while promoting child-centered behaviours. In instances of domestic turmoil or family dissolution, fathers often experience frustration and deflect their involvement, attributing blame to others.

Caring Dads facilitates an awareness among men regarding abusive or neglectful actions, empowering them to assume accountability. The programme primarily targets men who have perpetrated abuse, negligence, or

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL
thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

The Wish Centre Behaviour Change Programme Newsletter



exposed their children to violence, while emphasizing the importance of avoiding judgment regarding the circumstances that led them to seek assistance.

There is a wealth of evidence supporting the efficacy of parenting programmes, and it is undeniably valuable to incorporate specialised interventions like Caring Dads into a comprehensive community response to domestic violence.

However, it is crucial to acknowledge that these programmes do not and have never purported to serve as substitutes for Domestic Abuse Prevention and Protection (DAPP) initiatives. Their purpose lies in enhancing parenting skills post-violence, rather than solely ending the violence itself.





The original model for Caring Dads, developed by Emerge in Boston, USA, has consistently emphasised this aspect. Nevertheless, it remains evident that motivating men to improve their parenting and address their children's needs is both essential and a valuable means of engaging them in transformative behavioural change.

Links

- Project Mirabel website (Biggest research project into DAPPs in the UK) <https://projectmirabal.co.uk/publications-research-tools/>

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

Blackburn & Darwen District Without Abuse

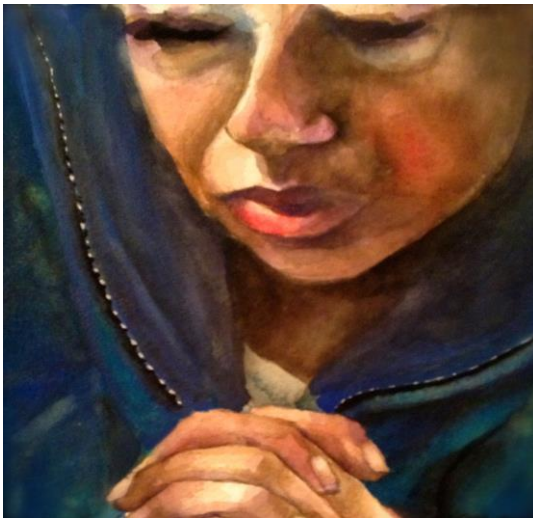
Registered Charity No: 1116444 - Company No: 5834929

The Wish Centre Behaviour Change Programme Newsletter

Faces of Domestic Violence





Two Canadian women, Wendy Auja & Heidi Erisman are working to bring awareness to the issue of domestic abuse in hope that it will empower women to seek help and encourage the Asian/Punjabi community to support these women. Wendy, a doctoral candidate in sociology and Heidi an artist, joined forces to visually capture women's experiences through art.

Wendy and Heidi started the project Faces of Domestic Violence, an art-research endeavour around the topic of domestic violence and the South Asian community. The goal of the project was to disseminate research findings, but also to give woman a voice; to let their story be told and heard from their perspective. They hope Faces of Domestic Violence will raise awareness of how this is a real issue is in the South-Asian community and should not be silenced further.



The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

The Wish Centre Behaviour Change Programme Newsletter

We Need to Talk About... Andrew Tate



Social Media is a huge part of 21st Century life. There is no escaping it and its wide-reaching impact. Like anything, social media has the potential for both good and bad. It has become a platform to raise awareness for many important topics, including Domestic Abuse but has also become a springboard for some very dangerous ideologies relating to the treatment of women.

Andrew Tate is a very well-known influencer who is doing just that – influencing young men in a psychologically manipulative way. Tate’s abuse homes in on male stereotypes and amplifies them by turning the world into a fantasy. The ideas of male success, ambition, dereliction of emotion, the accumulation of material wealth and possessions, the sexualization, demoralization and degrading of women and the belief that men have rightful ownership of women are all central to what he calls an “ideal life”. His views have spread rapidly especially on TikTok, and his views are being felt in the community, especially in schools where boys are at an impressionable age.

The scary reality and truth is that people like Tate are readying the next generation of domestic abusers.





They are making abuse, control, and power central to their moralities and belief systems and passing them over to the young. Social Media platforms have not done much to take this issue seriously and consistently allow misogynistic and threatening words and actions to be broadcast worldwide. Tate has recently been charged with Rape in Romania and will stand trial. A recent study by Hope Not Hate found that 74 per cent of males aged 18 to 24 had consumed some form of media to do with Tate, with almost half viewing him in a positive light.

For those of us who work in the job settings we do, only time will tell the implications of his actions on young men. Some interesting articles are linked below.

LINKS

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

The Wish Centre Behaviour Change Programme Newsletter

- The Guardian on Tate's Ideology infiltrating British schools and a closer look at his lifestyle and ideology. <https://www.theguardian.com/society/2023/feb/02/andrew-tate-twisted-ideology-infiltrated-british-schools> and <https://www.theguardian.com/technology/2022/aug/06/andrew-tate-violent-misogynistic-world-of-tiktok-new-star>
- McGill University in Canada have discussed the impact Andrew Tate is having on students and is well worth a read. <https://www.mcgill.ca/definetheline/article/andrew-tate-case-study-effects-online-influencers-students-education>

Songs About Domestic Abuse and Sexual Assault





Music possesses a tangible influence on society, serving as a catalyst for social interaction and connection. Our personal encounters with the music we listen to remain profoundly intimate and emotionally charged yet the rhythm, tone, and phrasing evoke sensations and convey significance that transcend mere lyrical content and have a way of allowing people to empathise and relate to somebody's experience more in depth. Since starting work at The Wish Centre, I have been hearing songs all over the place which have struck me quite intensely with their descriptions of DA/DV and thought it would be interesting to share some of these with you each month.

Heather Nova



Whilst at art school in the USA, Heather, a talented singer-songwriter from Bermuda, faced such a coercively controlling relationship that she was forced

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL
thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

The Wish Centre Behaviour Change Programme Newsletter



to leave her life behind and seek refuge in the United Kingdom. It was a courageous act of self-preservation, driven by the need to distance herself from the person who had caused her unimaginable pain. Determined to reclaim her life and share her truth through her music, Heather poured her heart and soul into two especially profoundly personal tracks: "**Island**" and "**I'm Alive**."

In the hauntingly beautiful song "Island," Heather captures the essence of her homeland while intertwining it with the darkness she experienced. Through heartfelt lyrics and soulful melodies, she reflects on the dichotomy between the stunning beauty of Bermuda and the scars it held for her. It becomes a deeply cathartic exploration of her journey, encapsulating the duality of finding solace in her escape while grappling with the memories of that time.

"I wrote a song ("Island") about having been through domestic violence which was the most difficult thing I've ever done. And I wrote the song thinking I'm just writing this for myself... I need to write it.

And what happened was it turned out to be a pretty good song and i decided to take that risk and put it on my album and I got so many messages and letters from fans saying "Thank you. Thank you for writing about this experience." And it made me realise that the truth doesn't only set us free, but it can set others free too. And that's what music is all about - is sharing our experience of being human. Even the raw stuff, the difficult stuff. That's what we have to do. We have to take that risk and share those things because that's what connects us all and that's what makes music really great."

"I'm Alive" is a powerful anthem of resilience and survival. Heather fearlessly confronts the trauma she endured, using her music as a tool for healing and empowerment. The song serves as a defiant declaration, a testament to her strength and determination to overcome the pain inflicted upon her. With every note, she unapologetically asserts her existence, refusing to be defined by the horrors of her past.

Island - <https://www.youtube.com/watch?v=Pdui8CTWbR8>

I'm Alive <https://www.youtube.com/watch?v=zi470xinKRE>

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

Blackburn & Darwen District Without Abuse

Registered Charity No: 1116444 - Company No: 5834929

The Wish Centre Behaviour Change Programme Newsletter

Tracy Chapman



"**Behind the Wall**" by Tracy Chapman is a profound tribute to victims of domestic abuse, illuminating the hidden struggles behind closed doors. With poignant lyrics sung a cappella, Chapman urges societal change and empathy, encouraging us to dismantle the barriers perpetuating this pervasive form of gender-based violence.

Behind the Wall - <https://www.youtube.com/watch?v=huez5QyZ5II>





Tori Amos



At the age of 21, singer-songwriter Tori Amos wrote a powerful song inspired by a horrific experience she endured in Los Angeles. After performing at a bar, she agreed to give a patron a ride home, only to be raped at knifepoint. Despite the trauma, Amos channeled her pain into her music, creating the hauntingly poignant song "**Me and A Gun**" that sheds light on the issue of

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

The Wish Centre Behaviour Change Programme Newsletter

sexual violence. Her bravery in sharing her story empowers survivors and advocates for change.

Me and A Gun - <https://www.youtube.com/watch?v=jjaiM71CtI>

Shania Twain



Stepfather “physically and psychologically” abused her, confirming there was sexual abuse involved — beginning when she was 10 years old. She wrote the song “**Black Eyes Blue Tears**” about her traumatic experiences.

Black Eyes Blue Tears - <https://www.youtube.com/watch?v=smghzK92i44>

End of Programme Participation Feedback – MYR

What has been the main thing you have learnt from attending the MTC Programme?





Stress thermometer, score 1 to 10, 1 being relaxed and 10 being abuse / assault. What is domestic abuse? Raging, physical assault, verbal, physical abuse, mental torture, continuous belittling, controlling finances, clothing, neglect restricting family relationships. Abraham Maslow, hierarchy of needs – basic needs, safety and security, sense of belonging, positive self-esteem, full potential. Box breathing, 3 chairs exercise. The Iceberg and ACE’s.

Looking back, do you recognize your role in perpetrating abuse in relationships and do you accept responsibility for it?

Yes, learned a lot though out the course.

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

The Wish Centre Behaviour Change Programme Newsletter



Do you feel you have a better understanding and control of your own feelings?

Absolutely, the programme has made me aware a lot.

Do you feel you have a better understanding of other people's feelings and perspectives?

Yes, I learned this through the 3 chairs exercise.

What do you hope to achieve in future relationships?

More understanding, better communication.

What part are you going to play in having a non-abusive relationship in the future?

A big role as I have learned the time-out strategy, also learned about being part of a healthy and unhealthy conflict.

How do you feel about the victim now you have completed the programme?

I feel bad and sorry for her, and I really wish her all the best.





What was difficult for you on the programme?

Talking and learning about rape also watching videos where children are present and involved whilst domestic abuse is ongoing.

***Please do continue to
send referrals for
GTC/MTC to
info@thewishcentre.org***

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

Blackburn & Darwen District Without Abuse

Registered Charity No: 1116444 - Company No: 5834929