



If your (ex)partner continues to be abusive, do not hesitate to contact the police.

If you require further information about this service please do not hesitate to get in touch with us on these phone numbers:

**07789 932 404**

**07789 928 944**

If you are unhappy with the service you have received please contact the Team Manager on **01349 781 777**.

**Criminal Justice Services**

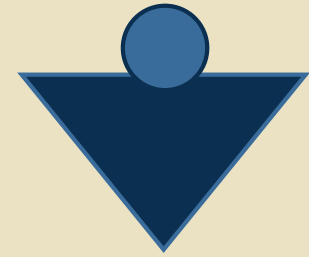
**The Highland Council**

**Caledonian Women's Service Team**

**Station Road**

**Dingwall**

**IV15 9JX**



## **The Caledonian Women's Service**

**Information for Women whose (ex)partners are on Caledonian Men's Programme**

**We recognise that everyone is impacted by domestic abuse differently, and if you choose to meet with us we can discuss the various options available**



## Support you may wish from the service

- You may just want a listening ear.
- You may want someone to call you weekly or monthly, or even just send a text every once in a while.
- You may want support with practical things like housing.
- You may want help for your children, or for your (ex)partner.
- You may want regular face to face contact or support with a whole range of issues which are affecting you.

## What is the Caledonian Women's Service?

The Caledonian System is an approach to addressing men's domestic abuse and improving the lives of women, children and men. Caledonian Women's Service Workers don't work or meet with the men on the programme, however they are also part of the Caledonian System and they work closely with men's social worker and group workers. The Caledonian Women's Service Worker offers to:

- Provide you with advice, practical and emotional support.
- Help with safety planning in relation to the risk posed to you and your family by your (ex)partner.
- Advocate, on your behalf, where required.
- Help you access other services to support you and your children, work with you to keep your children safe.

- Answer questions you have about the men's programme and give you updates on his progress through the Order.
- Offer opportunities to meet with his Case Manager and Men's Programme Facilitator throughout the programme.

## The Caledonian Programme Information

Programmes are usually delivered over two years, and consist of 14 pre-group sessions and 6 group work modules which look at a range of values, attitudes and beliefs which your (ex)partner may hold, that increase the likelihood of repeating his abusive behaviours. Where other issues exist, which are linked to but not responsible for domestic abuse, such as alcohol or mental health, men will be offered other opportunities to address these.

## What will he be expected to do on the programme?

- The Caledonian Men's Programme aims to help stop his abusive behaviour and to make positive changes.
- He will complete around 14 individual preparation sessions before joining the group work part of the programme. These will allow the programme team to get to know him
- He will be shown how to make links between his thoughts, feelings and behaviour - the first step in making positive change.
- He will then work in a group with other men where he will learn more about how to change his damaging behaviour.
- He will be expected to take responsibility for his abusive behaviour and not to blame you.



**Your (ex)partner will know that a service will be offered to you but he will not be told if you meet with us.**

## Why have we contacted you?

Your (ex)partner has been sentenced to a Community Payback Order with a requirement to attend the Caledonian Men's Programme. Your perspective is important in gauging any progress.