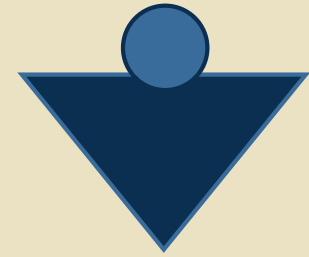




Further information on the programme will be provided when you meet with the worker who will be assessing you for the programme. If you require further information regarding this process please contact the following office:

**Criminal Justice Services**  
**The Highland Council**  
**Station Road**  
**Dingwall**  
**Ross-shire**  
**IV15 9JX**  
**Tel: 01349 781 781**

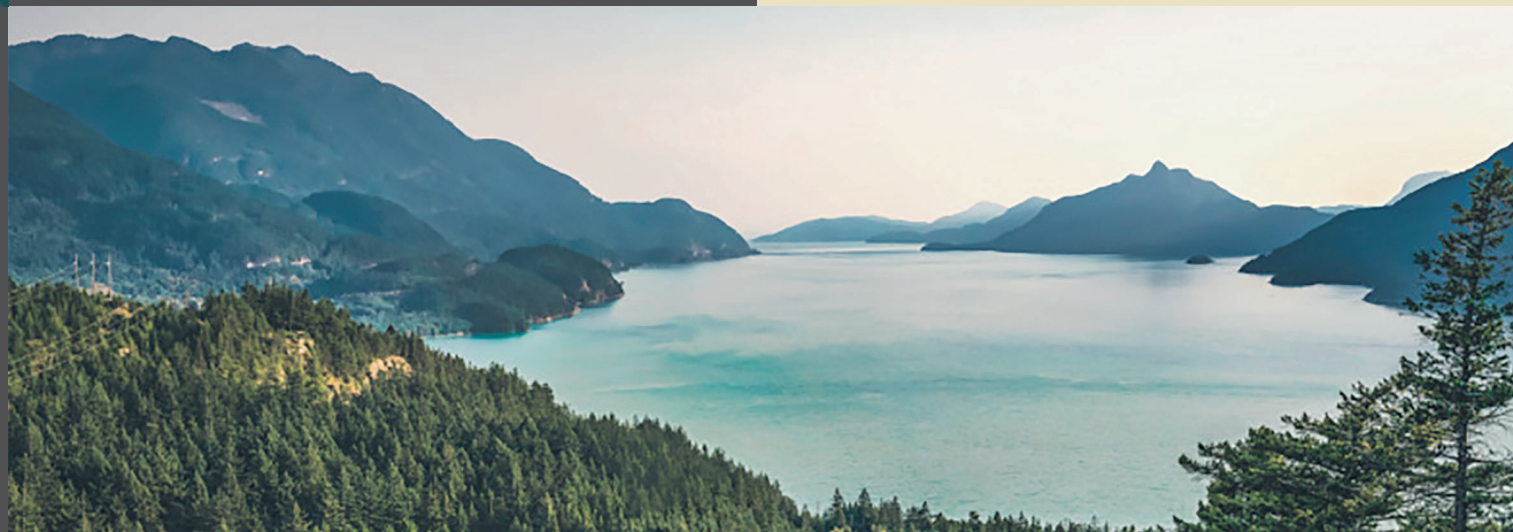


## **The Caledonian Men's Programme**

Information for men

You have been convicted of an offence which relates to domestic abuse.

The sheriff has asked for a criminal justice social work report and you are being considered for the Caledonian men's programme.



## Will my (ex)partner be contacted?

Your (ex)partner will be offered contact with the Caledonian Women's Service, who offers support to increase women's safety and that of any children. If your (ex)partner engages with our Caledonian Women's Service on a voluntary basis, then any contact they have with us will be confidential and information they shared will not be passed to you.

Your (ex)partner will be given the opportunity to meet with your Case Manager and Men's Programme Facilitators at set points throughout the programme to inform her about the content of the programme and in order for us to understand how you are making changes.

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

- The Caledonian Men's Programme aims to help you to stop your abusive behaviour and to make positive changes to your life.
- You will complete around 14 individual preparation sessions before joining the group work part of the programme. These will allow us to get to know you - and vice versa. These sessions will also help ensure that you are ready for the group and will get as much as possible from it.
- You will be shown how to make links between thoughts, your feelings and your behaviour - the first step in making positive change.
- You will then work in a group with other men where you will learn more about how to change your damaging behaviour. You will be expected to respect your fellow group members.

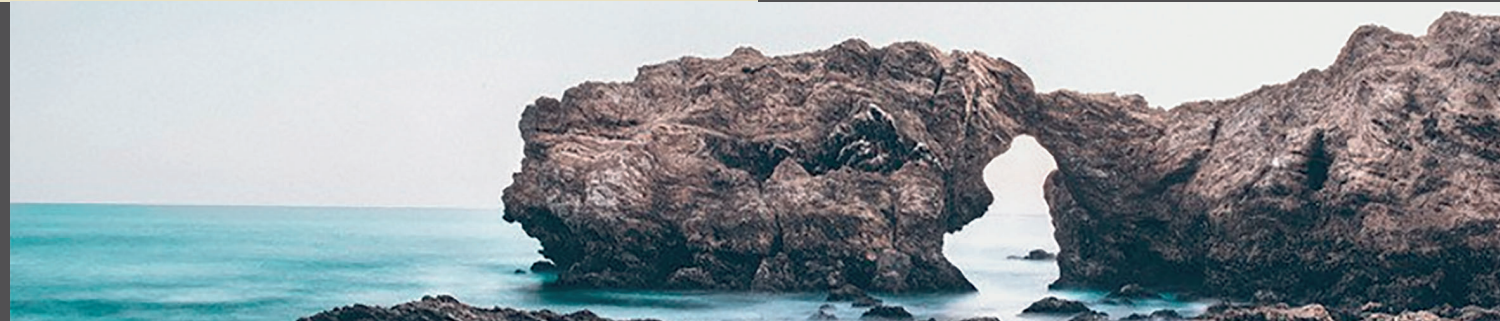
- You will also be expected to take responsibility for your abusive behaviour and not blame your (ex)partner.
- Attend monthly sessions either individually or in a group to maintain the changes you have made.

**The programme cannot guarantee to keep your relationship together or that your partner will return if she has left you.**

**Your partner is entitled to leave you even if you are working hard on the programme.**

## Why has the court asked for further reports?

- The Sheriff is concerned by the nature of your offence.
- Men's abuse towards their partners is treated seriously in the Sheriff Courts across the Highlands.
- The Court is considering making you the subject of a Probation Order or a Community Payback Order which will require you to attend and complete this programme.
- The Court is concerned about the future safety of your partner and this is one of the options that they can consider.



**Drink is not a reason or an excuse to be violent or abusive, although it's likely that you will be more violent if you are drunk.**

**If you feel you have a problem with drink or drugs, you can be referred for specialist help.**

If you are made subject to a Probation Order or Community payback Order you will start the programme within 7 days and you will be required to:

- Be of good behaviour.
- Inform your Social Worker of any change of address or change of employment.
- Attend appointments as required by your Case Manager.
- Attend the Caledonian Men's programme for 2 years.
- Complete any other conditions or requirements as specified by the Court.