

"I would 100 per cent recommend the programme to other people, and I think that if more people knew about it and the impact it has had on people that have finished the relationships course, more people would benefit and not be scared to engage. I didn't think I would go back, but I ended up really enjoying it and looking forward to the next session."

The more motivated you are the more you will get out of working with Turning the Spotlight because relationships matter.

Contact us on 07919 393311 or email Turningthespotlight@victimsupport.org.uk



A service by:



Where to go for support:

We are an independent charity offering free, confidential support to people affected by crime and traumatic incidents. For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using Next Generation Text (add **18001** before any of our phone numbers)
- Online: **victimsupport.org.uk**

To find out how you can help us, visit **victimsupport.org.uk/get-involved**

victimsupport.org.uk

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Turning the
Spotlight

because relationships matter

- Worried about your behaviour?
- Worried about your partners behaviour?
- Struggling to communicate?
- Arguments getting out of control?
- You feel the relationship may not be healthy?

"My partner doesn't understand me!"

Want to talk about your concerns?
Then we might be right for you.

Turning the Spotlight

victimsupport.org.uk



What is Turning the Spotlight?

Turning the Spotlight is a service offered by Victim Support in Cumbria. We support people who are having problems within their relationships leading to arguments, an unhealthy relationship or low to medium level domestic abuse. Funded by Cumbria PCC and The National Lottery we are a free, confidential and non-judgemental service.

To access our programmes you must be 18 or over and living in Cumbria. We will work with couples and individuals, with or without children.

You can self-refer or another agency may refer you.

If I am referred or self-refer, what happens next?

A member of the team will contact you as soon as possible and discuss the situation and challenges that you are personally facing. Each client will be given their own caseworker who will provide one-to-one support and help you access our programmes. The caseworker will carry out an assessment with you to decide if our service is right for you.

We offer three programmes:

- 7 session Healthy Relationships programme
- 12 session Healthy Relationships programme
- 4 session Parenting programme.

We will be able to discuss which service is best for you.

What will I gain by working with Turning the Spotlight?

- Improved communication skills
- Calmer home life
- Better understanding of your own feelings and how they impact on your behaviour
- Techniques to help you stop minor disagreements escalating into full arguments
- Empathy – Looking at situations from another perspective
- Self-awareness
- Personal development.

I have a criminal record/issues with drugs and/or mental health. Will you still work with me?

The work we do will be based on our assessment. Having a criminal record, mental health issues and/or alcohol/drug dependence will not prevent us from working with you. We will offer you as much support as possible and may refer you to other agencies to support you alongside working with us.

What people have said about Turning the Spotlight.

“At first I was anxious and uncomfortable but by week three I started opening up and learning. I can honestly say I have enjoyed the course and found it very useful in every day life.”

“It’s really supportive, fantastic for advice and getting coping mechanisms, a safe place to open up.”

“Being able to communicate in a comfortable environment, identifying unhealthy relationship traits.”

“I tend to debate more with people rather than getting aggressive and letting things get out of hand. I’ve learnt to allow the other person time to speak and explain how they feel and not getting angry just because I don’t agree.”

“The course was extremely beneficial. It has had a massive impact on my life especially at home and in my relationship.”