

## Referral criteria for TtS

We welcome referrals where the following criteria have been met:

- Conflict, violence and/or abuse has been identified and is thought to be at standard or medium risk.

The individual and/or family are:

- Living in Cumbria
- Aged 18 or over
- Accept that their behaviour has been a problem and are prepared to talk about at least one incident of aggression with a partner/ex partner
- Aware that information sharing (including with partner/partners) is a part of working with TtS, and consent to this.

**For further information please contact:**  
**07919 393311/0300 303 0157**

**or email:**  
**[turningthespotlight@victimsupport.org.uk](mailto: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](https://victimsupport.org.uk)**

To find out how you can help us, visit  
**[victimsupport.org.uk/get-involved](https://victimsupport.org.uk/get-involved)**

**[victimsupport.org.uk](https://victimsupport.org.uk)**

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Turning the  
**Spotlight**

because relationships matter

## Turning the Spotlight

We offer extensive support to families or individuals having difficulties in their relationships, experiencing or causing harm and/or abuse

**Information for referring agencies**

**[victimsupport.org.uk](https://victimsupport.org.uk)**



## What is Turning the Spotlight?

**Turning the Spotlight (TtS) is a project commissioned by Cumbria PCC and delivered by Victim Support to support families experiencing conflict, violence and abuse. Built on a package of programmes, we offer extensive support to those who have experienced (and/or have perpetrated) standard to moderate levels of violence and abuse.**

### Who is it for?

Couples with or without children, who may or may not be remaining in a relationship where standard or medium risk conflict, violence and abuse has been identified.

TtS also works with individuals who have offended or caused harm, or are at risk of offending or causing harm, again identified as standard or medium risk.

If you live, or work with individuals and families in Cumbria, you can access this service.

We adopt a restorative approach, working with individual and family strengths alongside the identification and management of risk.

*"We talk about things a lot more now. We both do. We used to bottle it all up – that's when the drink comes in. I knew he'd react and I'd play up to it, as if I was rebelling. That just doesn't happen anymore. I know he won't react. He will just walk away. He's changed a lot."*

## Course design

This course is participatory, sessions, tools and activities in this programme have been designed to incorporate key aspects of supporting clients by using a psychologically informed approach. It does this by using tools that link with education, self awareness and skills for change eg Cognitive Behavioural Coaching (CBC).

Clients will be encouraged to share their own behaviours throughout. The facilitators will guide the group or individuals, focusing on preventing negative thoughts, feelings and behaviours resurfacing.

### What can TtS offer?

- Support from one of our caseworkers
- Risk assessment and safety planning
- A voluntary 12 week programme, seven week partner support programme and/or our four week parenting programme
- Advocacy with schools, social services and other agencies
- Referrals to other agencies, such as drug and alcohol services
- A child-centred approach, with both parents/carers invited to participate together in the parenting modules
- One-to-one work with individuals to guide them through our programmes, providing them with key messages.

Individuals and families referred to TtS can expect an initial meeting with a caseworker

as soon as possible. Prevention workers will work with the perpetrator and a project worker will support the partner. Whatever the outcome, TtS will work with the individual, family and referring agency to establish an action plan.

### What TtS cannot offer?

TtS does not provide programmes of intervention for victims identified at high risk of harm, or high-risk perpetrators of domestic abuse. We can however, help facilitate appropriate referrals where high risk is identified.

### Risk assessment

For the duration of involvement with TtS, risk assessment for individuals and families remain ongoing, and will be measured at various intervals. TtS recognise that risk in domestic violence and abuse cases is dynamic and operates with a focus on safety at all times.

TtS supports the use of DASH (Domestic Abuse, Stalking and Honour Based Violence) as the most widely used evidenced base tool for identifying significant factors linked to murder and serious harm. It therefore forms the basis of all intervention programme suitability assessments.

Where possible, we ask referring agencies to complete a DASH in order to establish the level of risk of the individual and/or family they are referring.