

Inspire to Change is a programme for men and women who have been abusive, controlling or violent towards their partner. The course combines learning and support tailored to an individual's need. It is free for those who are motivated to make a change in their behaviour and work to improve their relationships.

Inspire to Change locations



The Inspire to Change service is run from South Yorkshire CRC's main offices, which are modern, welcoming and friendly spaces. Other community locations will be used as necessary to ensure Inspire to Change is accessible to all and tailored to individual need.

Barnsley

Unit 6, Churchfield Court
Barnsley
S70 2JT

Doncaster

Church View Centre
Church View
Doncaster
DN1 1AF

Rotherham

Unit 5, Amberley Court
103 Effingham Street
Rotherham
S65 1BL

Sheffield

Unit 2, Hawke Street
Business Park
Sheffield
S9 2SU

Contact us



All referrals and enquiries to:

Inspire to Change
South Yorkshire Community Rehabilitation Company
Unit 2, Hawke Street Business Park
Sheffield
S9 2SU

T: 01142 567 270
W: inspiretochange.co.uk
E: inspiretochange@sodexojustice.scc.gov.uk

South Yorkshire
Community Rehabilitation Company



Inspire to Change

working to create healthier
and safer relationships



About Inspire to Change

Inspire to Change has been designed to help participants learn new skills and find ways to manage and control their abusive behaviour. It encourages participants to think and behave more positively to prevent harm to their partner, children and family in the future.

Taking part in Inspire to Change gives participants:

- an understanding of how to recognise the signs of domestic abuse
- a better understanding on why they use violence or aggression in their relationships
- an awareness of how attitudes and beliefs can affect behaviour
- the practical tools to develop and maintain change
- an improved and better life for themselves, their children and others affected by their behaviour



Inspire to Change works to prevent the next victim and stop domestic abuse.

What to expect from Inspire to Change?

At the first appointment fully trained staff will meet with participants to develop their own personal Inspire to Change plan. This plan may include:

- setting up one to one sessions
- booking on a short respectful relationship course – a 12 session programme
- taking part in a more intensive and in depth course called Building Better Relationships – a 30 session programme
- participating in group work sessions

Once a personal plan has been agreed, staff will work closely with participants to ensure they feel comfortable and confident to take the next step in their Inspire to Change journey. Inspire to Change can also provide support and advice to help address wider issues linked to abusive behaviour such as addiction problems, debt and unemployment.

Who is suitable for Inspire to Change?

Inspire to Change is suitable for any person over the age of 16, who has been abusive in any type of relationship and who is concerned about their behaviour.

Who can make a referral?

Referrals can be made by any professional working with an individual, partner or family and there are concerns about their abusive, controlling or violent behaviour. Self referrals can also be made.

How to make a referral

Making a referral is quick and easy. Simply download the Inspire to Change form at www.inspiretochange.co.uk. If you don't have access to a computer we can complete the referral form with you over the telephone.

We will acknowledge receipt of a referral within 3 working days.

All referrals will be assessed by our qualified team of professionals and we will contact both the referrer and participant to confirm an initial appointment on the Inspire to Change programme within 5 working days.

How long will Inspire to Change take?

This will vary from person to person. Inspire to Change has been designed to be flexible around each individual's need in terms of their work and day to day commitments, learning styles, locations and course delivery times. It also supports participants to work at their own pace to enable them to complete their individualised plan and successfully change their behaviour.

Who runs Inspire to Change?

Inspire to Change is a service run by South Yorkshire Community Rehabilitation Company. The company has a track record of working with people to help change their behaviour and improve the quality of life for everyone in the communities where it operates.

Inspire to change is funded by:

Barnsley Metropolitan Borough Council
Doncaster Metropolitan Borough Council
Rotherham Metropolitan Borough Council
Sheffield City Council
South Yorkshire Police and Crime Commissioner