

Inspire to Change is a free programme for men and women who have been abusive, controlling or violent towards a partner or family member.

The course combines learning and support tailored to an individual's need.

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. We sometimes run sessions in other community locations which may be easier for you to attend.

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@probation.sodexogov.co.uk

Inspire to Change

Working to create healthier and safer relationships

*"I always check their phone when they aren't around."
What's the harm?*

OBSESSION • CONTROL • INTIMIDATION

Delivered by:

South Yorkshire
Community Rehabilitation Company



About Inspire to Change

Inspire to Change has been designed to help people learn new skills and find ways to manage and control their abusive behaviour. It encourages positive thinking and behaviour to prevent future harm to partners, children and family members.

Inspire to Change may cover:

- setting goals and planning for the future
- understanding how attitudes and beliefs can affect behaviour
- recognising unhealthy behaviours
- learning how to manage emotions
- improving communication and negotiation skills
- positive parenting skills
- problem solving and developing coping strategies.

What to expect from Inspire to Change?

At the first appointment fully trained staff will meet with you to develop your own personal Inspire to Change plan.

This may include:

- setting up one to one sessions
- taking part in our 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 session.

Our staff will support you through your Inspire to Change journey and can help you address wider issues linked to abusive behaviour such as addiction problems, debt and unemployment.

How long will Inspire to Change take?

This will depend on your personal circumstances as we will support you to work at your own pace. Inspire to Change is a flexible programme which can fit around your lifestyle including work, day-to-day commitments and how you like to learn.

Who runs Inspire to Change?

Inspire to Change is run by South Yorkshire Community Rehabilitation which has a track record of working with people to help change behaviour and improve quality of life.



Who is suitable for Inspire to Change?

Inspire to Change is suitable for anyone over the age of 16, who is concerned about their behaviour in a family setting or personal relationship.

How do I start?

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 form with you over the telephone.

We will get back to you within 5 working days with an initial appointment to meet one of our team.

If you've been referred by a professional, we will contact both them and you to confirm your appointment.

