

# SERVICES PROVIDED IN LEICESTER, LEICESTERSHIRE AND RUTLAND

THE  
SECOND  
STEP

The Jenkins Centre  
 freeva  
free from violence and abuse

**Freeva is a registered charity working towards reducing domestic abuse, rape and sexual assault. Please visit our website for further information on the work that we do:  
[www.freeva.org.uk](http://www.freeva.org.uk)**

**As part of our commitment to reducing domestic abuse we also deliver services to those that use harmful behaviours in their relationships through The Jenkins Centre.**

**We have delivered behaviour change programmes within Leicester City for a number of years and we are now expanding this provision to the County and Rutland. This briefing sheet is for professionals and provides further information on the services at The Jenkins centre**

**We work as part of a Coordinated Community Response (CCR) model that brings services together to ensure we keep survivors safe, hold that use harmful behaviours to account, and prevent domestic abuse.**

**Respect**

Accredited

**THE  
SECOND  
STEP**

# WHAT IS THE JENKINS CENTRE?

The Jenkins Centre is named after Alan Jenkins, and his work in developing 'invitational practice' in addressing use of abuse. Invitational practice describes forms of intervention that seek to engage perpetrators in an ethical journey toward respectful relationships, thereby supporting them to change and take responsibility for their behaviours. The second step combines elements of the invitational approach, Cognitive behavioural therapy and trauma informed practice in all of the programmes delivered.

We believe that with the right support, long term change is possible. Our second step programme provides the support necessary to make these changes.

An important part of our programme is our integrated support for partners and ex-partners. This is offered to all individuals whose partner or ex-partner is working to address their use of abuse, and ensures that we are able to provide a full and safe intervention to facilitate long term change.

We deliver Respect Accredited programmes so you can be assured that the service is of a high-quality standard, regularly monitored and supported to frequently reflect and improve on best working practices.

The Jenkins Centre also offers a Young Person's project for young people using adolescent to parent violence (APV), and intimate partner violence (APV) in their own relationships. For more information on this please go to <https://jenkinscentre.org/the-yp-project>.

We are committed to raising awareness, changing culture and supporting others to challenge domestic abuse safely. Our specialist team provide training, workshops and toolkits on working with those using violence and abuse to support other services in working with domestic abuse in a safe way.

For more information, or to discuss the training requirements of your team please email [training@jenkinscentre.org](mailto:training@jenkinscentre.org).



# THE PROGRAMMES

## PRE-INTERVENTION

Our 6-week awareness programme is aimed at those who do not yet have the awareness and accountability for our 24-week programme, but recognise there are issues in their relationship. The programme explores what a healthy relationship is, impact of arguments on partner and children, and what abuse is.

## INTERVENTION

Our second step 24-week programme is broken down into two modules which incorporate midway one to one sessions and support. Both of these modules are mandatory when engaging with The Jenkins Centre, it is not possible to refer someone to complete just one module.

Our Women's programme is a weekly group programme for women who are using violent and abusive behaviours in their heterosexual or same sex relationships.

## 121 WORK

For some individuals it might be better to work 121 rather than in groups. Group work is the best way forward but some people will be in situations that mean that we need to start with 121. We will discuss this at assessment stage and decide how it would be best to work with individuals.

## DADS PROGRAMME

The 10-week Dads programme works with fathers who have completed our second step programme, and wish to work on their fathering or co-parenting skills after abuse in their relationship has stopped.

## MAINTENANCE

We also offer a monthly drop-in session that clients can use for ongoing support after completion of our second step programme.

**"YOU'RE ASKING  
SOMEONE TO FACE UP  
TO SOMETHING, OWN  
UP TO THEIR FAULTS"**

**THE  
SECOND  
STEP**



# ELIGIBILITY

## WE ARE UNABLE TO WORK WITH ANY INDIVIDUALS IF:

- They are currently in criminal proceedings due to their use of violence against a current or former partner, or for an offence against a child. Individuals in criminal proceedings for other types of offences could be eligible, please make us aware of these when making a referral or call us to discuss.
- They are currently in private law proceedings related to child custody or child contact.
- Children's Services involved with a family and the case is entering proceedings related to custody of a child. (If the case is likely to enter proceedings or is in pre-proceedings, please contact us before making a referral).
- Have previously disengaged from our service, or a similar service then we would ask for at least a 6-month break from when they disengaged. They will also need to demonstrate why they are now able to commit to the programme.

### Please note:

- Referrals are not accepted without details of the perpetrator and current and/or ex-partner.
- If a referral is accepted from Children's Services, it is essential that the case is kept open whilst we complete our assessment.

## HOW TO REFER

**Please visit our website and download a referral form.**

The Jenkins Centre referral form must be submitted electronically through the organisations email system via one of the email addresses below:

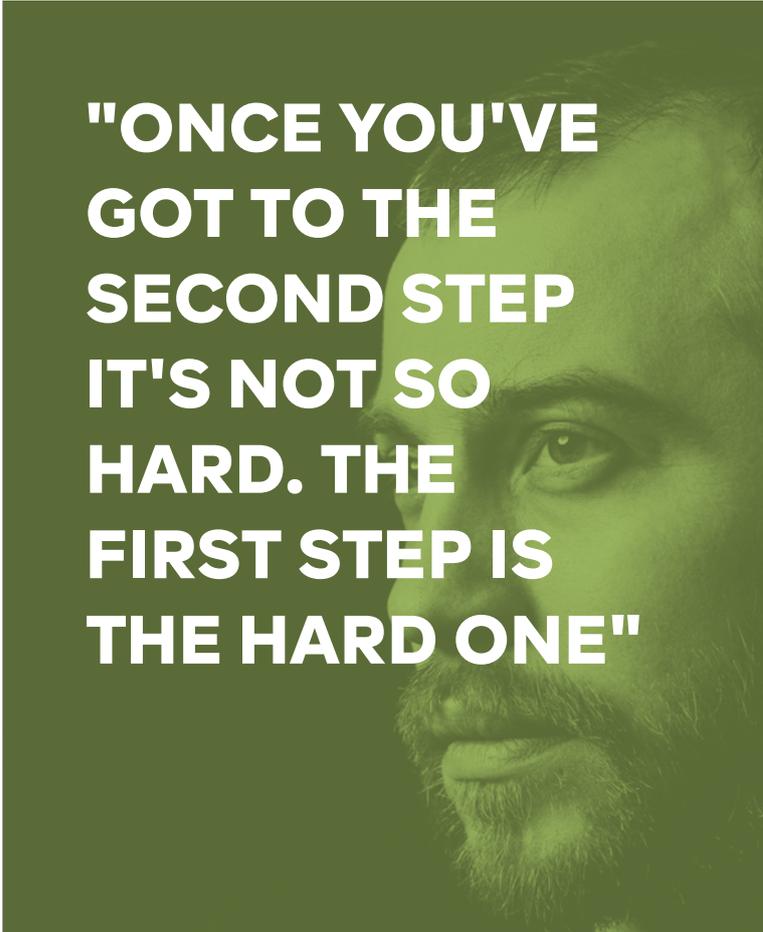
**Standard referral email:  
info@jenkinscentre.org**

**CJSM secure email:  
Jenkins.Centre@freeva.cjasm.net**

Support in relation to completion of a referral can be accessed via The Jenkins Centre.

**Tel: 0116 2540101.**

Once we have received your referral, we will send confirmation of receipt and referral processing shall commence.



**"ONCE YOU'VE  
GOT TO THE  
SECOND STEP  
IT'S NOT SO  
HARD. THE  
FIRST STEP IS  
THE HARD ONE"**

# THE SECOND STEP

IF YOU HAVE ANY QUESTIONS  
ABOUT THIS SERVICE OR  
WOULD LIKE MORE  
INFORMATION,  
PLEASE CONTACT:

The Jenkins Centre at Freeva

[info@jenkinscentre.org](mailto:info@jenkinscentre.org)

0116 254 0101

*The Jenkins Centre*  
 **freeva**  
THE FUTURE OF CARE