

Respectful Relationships • Safer

Families • Stronger Communities

### Who can access the Jenkins Centre?

The Jenkins Centre is open to anyone over the age of 18 living in Leicester City, who has been abusive in an intimate partner relationship. We work with both men and women who identify themselves as straight, gay, lesbian, bi or transgender. The centre works with people from all ethnic, religious and cultural groups across the city and will try to meet the unique needs of all diverse groups.

### How do I get to the Jenkins Centre?

The Jenkins Centre is based in Leicester City, on London Road, easily accessed by public transport. A worker will be able to give you our exact address once your assessment date had been confirmed.

### Further Help and Advice

The Jenkins Centre is part of the UAVA consortium in partnership with Women's aid and LWA (Living without Abuse) providing services to victims and survivors of abuse, children and those that use violence in their relationships. All of these services can be accessed through the **Domestic and Sexual Violence Helpline on 0808 802 0028**



If you are still worried about your behaviour you can ring the **National Respect Helpline on 0808 8024040**



Scan the QR code to link to our website.



# the Jenkins Centre

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The Jenkins Centre is a partnership between DVIRP and Respect



The Jenkins Centre Promotes Equality and Values Diversity

Should you require this leaflet in another format or any community language then please contact the centre staff. Please also make us aware of any additional needs you may have such as language translation, mobility issues or communication difficulties.



# the Jenkins Centre

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# Are You Hurting The One You Love?

Tel: 0116 254 0101

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

Website: [www.jenkinscentre.org](http://www.jenkinscentre.org)

# Respectful Relationships • Safer Families • Stronger Communities

## What does the Jenkins Centre do?

We provide interventions that are designed to help people stop using abusive behaviour towards an intimate partner and others.

Alongside ending abusive behaviour we will work on developing better relationships with family and friends and increasing self-respect.

The ways we will do this are through group programmes and individual sessions.

## Am I being Abusive?

All of the behaviours below are abusive. There are many other ways that people can be physically, emotionally, sexually and financially abusive towards their partner/ ex-partner or family member. You can contact us if you are unsure about your behaviour and whether it is abusive.

- Slapping, punching, kicking and biting.
- Threatening to hurt or kill your partner /ex-partner/family members.
- Constant insults and 'put-downs'.
- Stopping them from seeing who they want
- Making it difficult for them to see their friends and family.
- Pressurising your partner into having sex.
- Not letting an ex-partner get on with their life after the relationship has ended.

## Why should I do this?

The way you behave will have an impact on the ones that you love, whether that is a partner/ ex-partner or child. This is an opportunity for you to change your behaviour and develop relationships that are safer, loving and respectful and no longer abusive.

One of the hardest things to do is make that first phone call. It is easy to put this off and promise yourself and others that it will never happen again. You have probably done that already but if you are serious about wanting to change and put words into action, then the Jenkins Centre can help you.

## What do I have to do?

You need to have a commitment to creating better relationships and to stop abusive behaviour. You will need to take a good look at yourself, do things differently and some things that won't be easy. Changing your behaviour can be a difficult process but you will be supported all the way by our specialist Jenkins Centre staff.

The first step is to book an appointment to attend an intake session which will explain how the centre works, explore what is happening in your relationship and your goals for change.

Together with the centre staff we will decide if the Jenkins Centre is right for you.

## What is offered to my partner?

The Jenkins Centre has a separate partner support service that will be offered to your partner or ex-partner.



## Will the Jenkins Centre share information about me?

If a professional has referred you to the centre we will share information with them. If we think you are a risk to others or yourself we will share information to increase their safety. We will be clear and honest with you about what will be confidential and what cannot be.

## How much does it cost?

The Jenkins Centre is free to Leicester City Residents. If you live outside of this area and feel you need support around your behaviour then contact the centre staff.