

## Will my partner know that I am in contact?

All those attending intervention services are informed of the partner support service.

However your partner will not be informed about your engagement with the partner support service or anything that you disclose within sessions.

The only way your partner will know about your engagement is if you choose to tell them



## How do I get in touch?

You can call us on **0116 254 0101** or email us via **info@jenkinscentre.org**

More information can be found on our website **www.jenkinscentre.org**

## Useful Numbers

### UAVA Helpline

For domestic and sexual abuse  
Open 8am – 8pm Monday to Saturday including all bank holidays  
**0808 802 0028**

### National Domestic Violence Helpline

(24 hours)  
**0808 2000 247**

### National LGBT+ Domestic Violence Helpline

Monday – Friday 10am – 5pm  
**0800 999 5428**



The Jenkins Centre was formed in 2012 as a partnership between FreeVA 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**  
Respectful Relationships • Safer Families • Stronger Communities

## Partner Support Service

**Confidential support for the partners of those attending the Jenkins Centre**



## What does the Jenkins Centre do?

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

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

The ways we will do this are through group and individual sessions and through working with partners.

The partner support service works with men and women and can work alongside existing domestic violence support services you might already be accessing

## Is my partner being abusive?

Domestic abuse comes in many forms and can happen to anyone.

We often associate it with violence but it can also include a range of emotionally, financially and sexually abusive behaviours that are often overlooked but that have a huge impact on partners and children.

Domestic abuse can effect anyone, no matter their gender, sexuality, income, culture or age.

The overall aim of domestic abuse is to maintain control over another person or persons within a family setting

## Some common examples of domestic abuse, which can effect both men and women:

- Becoming jealous when you chose to spend time with your friends or family
- Saying things that make you feel stupid or bad about yourself
- Controlling the finances and wanting to know what you have spent money on. Or spending money on their own interests and expecting you to cover the rent/mortgage, family costs
- Using their previous bad relationship experiences against you , for example “my last girlfriend/boyfriend cheated on me so that’s why I get so paranoid when you speak to other men/women”
- Encouraging the children to take sides, for example “your Mum’s being so mean to me; you love Daddy don’t you?”
- Being physically or sexually violent
- Throwing and/or breaking things, especially items important to you
- Punching walls
- Using intimidating looks and/or body - language
- Making threats
- Harming themselves, or threatening to, especially if you say you are leaving
- Threatening to call social services
- Telling you that no one will believe you, there is no support for you, you will loose everything if you leave

## Why would I need support?

It is entirely up to you whether you would like to access the partner support services. However should you choose to we can support you by:

- Informing you of the process your partner is going through
- Informing you of any missed appointments
- Offering you confidential 1-to-1 support either in person or over the phone. You may wish to talk about the abuse you have experienced, doubts you have about your partners ability to change, concerns you have about your ability to trust your partner if he does change, the effect his abuse has had on you and your children, what you can do if your partner continues to be abusive
- Providing you with information for other support services that you may need, for example legal advice, financial advice or housing



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