

Contact us

If you live in South Yorkshire and are worried that your behaviour maybe abusive and want to change, you can get in touch with us through the details below.

We accept referrals from professionals who are seeking additional, specialist support for people they work with.

We also accept self referrals from those who are concerned about their behaviour and want to make a change.

We have a base in Sheffield and work across the whole of South Yorkshire.

T: 0114 321 1377

E: citc@cranstoun.org.uk

Visit our website to find out more:

www.cranstoun.org



Confidentiality

Cranstoun respects your right to privacy. We will explain to you how we keep things confidential.

CRANSTOUN

Empowering People, Empowering Change

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To be a world-class leader in rebuilding lives.

To find out more about Inspire to Change, scan this QR Code.



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Registered Charity No: 1061582
Registered Company No: 3306337

Everyone deserves a life without abuse.

We're here to help people in South Yorkshire change abusive behaviours.



Everyone deserves a life without abuse

Inspire to Change

Inspire to Change has been designed to help participants learn new skills and find better 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.

Inspire to change tackles and challenges perpetrator behaviour. Through the Inspire to Change programme it gives participants:

- An understanding of how to recognise the signs of domestic abuse
- A better understanding of 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

Staff will work closely with participants to ensure they feel comfortable and confident to take the next step in their Inspire to Change journey.

Cranstoun 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.

What we offer

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Level Up Programme

This new programme is one of the first of its kind. It works with children and young people aged 11-16 who are showing signs of controlling and abusive behaviours towards family members or partners and supports them to change.

Level Up is made up of 10 one-to-one sessions working with the young person to address these behaviours. Sessions focus on a range of behaviours including coercive control, conflict resolution, gender and stereotyping.

