



# Open Up

**behaviour  
change programme**

helping you to open up  
about your behaviour

The London Borough of Redbridge Open Up programme works with those who have hurt or frightened someone they care about and who want to make changes to their behaviour.

## Welcome

We believe that people need to feel comfortable and free from judgement so that they can talk openly about their behaviour. We recognise that talking about how you have treated others badly isn't easy, and so we have set up the Open Up Programme as a safe space where we will help you to develop respectful, non-abusive relationships.

## What is domestic abuse?

Domestic abuse is not always directed towards a current partner. It also includes behaviour towards an ex-partner or another family member aged over 16. It is not just physical - you may recognise yourself in some or all of these behaviours: hitting, kicking, putting your hands around their neck, threatening to kill them, demanding or forcing sex when they do not want it, withholding money from them, calling them names, putting them down, isolating them from family and/or friends, following or spying on them - in the street, in the car or online - frightening, threatening or intimidating them, playing mind games or da

## What can I expect from Open Up?

In our view, building comfortable and respectful relationships within our programme begins with a clear set of guidelines.

Our service is:

- **welcoming** – our facilitators will be with you every step of the way
- **supportive** – you can raise concerns or discuss how you are feeling with your facilitator anytime
- **committed** – we want all of our service users and their families to have healthy, respectful relationships and to lead fulfilling lives
- **non-judgemental** – we know the courage it takes to join us; our facilitators are here to help you, never to judge

- **inclusive and diverse** – we respect the diversity of our local community and every person’s culture, ethnicity, language, gender and sexuality
- **created to suit your individual needs** – we recognise that everyone is unique and will need different types of support, and our programme reflects this

## **We ask you to:**

- focus on yourself and your choices
- attend all sessions on time
- demonstrate a willingness to learn
- be honest and open
- be willing to face difficult emotions
- work with us to build trusting an

## **What does Open Up include?**

You may be invited to take part in either individual sessions, group sessions, or a combination of both. The programme will cover a range of topics, including:

- choices, costs and benefits
- accountability
- defining domestic abuse
- gender, power and discovering equality
- healthy relationships
- beliefs, intents and behaviours
- children living with domestic abuse
- emotional and psychological abuse (coercive control)
- understanding sexual abuse and respect
- positive parenting

## Quotes from participants:

"Every person should do this kind of course. It should be taught at school."

"It's helped me with everything. My family is everything to me. It saved my life and my family's life. If I had been going the way I was going, I could have lost them."

"My children were affected terribly. They used to write notes saying I hate my parents and would get into fights at school. We had a meeting with the school yesterday and the school have said that they have totally changed now. This makes me so happy."

"I have spoken to lots of people but the person I really trust and opened up to more than anyone is the programme facilitator. She really listens to me and I feel safe talking to her."

## Quotes from survivors:

"Thank you for helping (my husband). You and your team have helped us a lot, and your passion to help has prevented a family from breaking up. From the bottom of my heart, thank you to all."

Survivor reported that things are so different now, and that she never thought it was possible for them to be so happy as a family. She said: everyone in the family tried to help him but failed, so I don't know how you have done it. The survivor also mentioned that the children have noticed the difference, and that their five-year-old son asked "Daddy, why didn't you do this before?"

"That programme that he attends has helped him. He would come home and tell me what he learnt. Sometimes one of the facilitators would call him to check in. I think he still does. The number of things he learnt at 'Open Up' and the difference I saw in him! He stopped smoking drugs and cigarettes. He works hard, and he spends time with the children."

Please email us if you want to find out more about Open Up

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