

PRP Overview

- PRP is a twelve-session group work programme designed to support group members who have evidenced aggression within their intimate partner relationships.
- PRP is an educational, strength-based programme that supports individuals who want to find healthier, safer solutions to relationship-based problems and conflict.

PRP Content and Structure

- PRP addresses the following key areas:
 - ◆ Increasing self- and other-awareness
 - ◆ Self-efficacy and self esteem
 - ◆ Emotional regulation
 - ◆ Alcohol awareness
 - ◆ Social problem solving skills training
 - ◆ Goal and solution identification
 - ◆ Resources, skills and tools to resolve social problems and aggression within intimate relationships
- PRP comprises of 12 sessions, broken down into three stages:
 - ◆ 1 X Pre-group Meeting,
 - ◆ 10 X Group Sessions and
 - ◆ 1 X Post-group Feedback Meeting
- Groups will run on Saturdays in Bicester and Reading (mornings or afternoons depending on demand) and on Tuesday evenings in Slough.

Eligibility Guidance for PRP

- Males 18+
- Pattern of low level Intimate Partner Violence behaviour against the same or multiple partners within a heterosexual relationship
- Standard or Medium Risk
- Partner is aware of the PRP and will be provided with the opportunity to engage with specialist support services
- Priority given to cases where there is a child within the family or household

Format

- PRP will be delivered by two fully trained facilitators and the group will be supported by a Treatment Manager who will undertake quality assurance.
- Safety Link Worker Services will run alongside the programme to support the current partner or former partner of the man attending the group.

Enabling and Encouraging Engagement

Please consider ways to address the following potential barriers to attending PRP:

- Employment at weekends
- Physical & mental health
- Literacy & language
- Childcare & dependants
- Motivation & engagement

Early identification and management of these barriers will increase the likelihood of attendees successfully completing the programme.



Thames Valley
Community Rehabilitation Company
An MTCnovo company



Positive Relationships Programme

Information Guide for Professionals

"Finding better solutions for relationship based problems"



A Thames Valley Community Rehabilitation Company and Thames Valley Police partnership, funded by the Thames Valley PCC.

Frequently Asked Questions

Where and when are the sessions?

Sessions will run out of either Reading or Bicester on a Saturday (either mornings or afternoons) and Slough on a Tuesday Evening. Group members may have to travel to one of the central delivery sites in Bicester, Reading or Slough.

How large are the groups?

Groups consist of a minimum of 6 and a maximum of 12 participants. Group members are supported throughout the whole process by the Facilitators.

Facilitators will meet with group members beforehand, to provide them with the opportunity to discuss any concerns that they may have about the programme.

Do you provide travel assistance?

Group members will be supported to attend through the provision of travel warrants for buses or trains if required. Mileage can also be claimed for.

What happens if group members know someone else on the group?

In the main, it depends on the circumstances of how the individuals know each other, and how comfortable they feel about having someone from their social circle in the group.

A case-by-case decision will be made by the Treatment Manager. As a general expectation, close relatives (e.g. siblings, parents) and spouses are not be permitted on the same group.

Frequently Asked Questions

How often do they run?

Each cycle of PRP takes 12 weeks, and there will be a start date approximately every two months, as start dates will be staggered for the morning and afternoon groups.

How much writing is there?

Group members can write as much as they want to, but if reading or writing is difficult, then help is always provided by one of the Facilitators, e.g. in explaining trickier words, or in making notes on worksheets.

What happens if a group member misses a sessions?

To avoid the detrimental impact on group members' learning and understanding, they should attend every session. If for any reason, they are unable to attend any session, a catch up will be provided prior to the next session. If a group member misses more than two sessions during the course of the programme they may not be able to complete the programme.

What is the group like?

Each group session has a range of tasks and approaches to achieve the learning; these vary from discussions, small group exercises, pair work, written work and watching video clips.

Active participation is expected from everyone, but how a group member shows they are engaged can vary for different people.

Contact Details

The following Managers should be available to take your call and support you in answering any further questions you may have:

Treatment Managers:

Jess Emery 07867164801

Programme Manager:

Susan Arnold 07464 647647

Referrals to be sent to

Prpreferrals@thamesvalley.pnn.police.uk

Please ensure all areas of the form is completed to avoid any delay to allocation of a group.

If you do not have a copy of the referral form, please e-mail the referral e-mail address with your full contact details and we will forward you a referral form to be completed. Please ensure all areas of the form are completed to avoid any delay to allocation of a group.

Or email us on:

Firstname.surname@thamesvalleycrc.org.uk



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