

Building Better Relationships

What is Building Better Relationships?

Building Better Relationships (or BBR for short) is a groupwork programme for men who have been violent in their relationships.

If you choose to come to BBR you will:

- learn more about the sorts of behaviour that damage relationships
- get a better understanding of yourself
- see how your personal issues play a part in the violence you show to your partner
- find and build on your strengths and use these to improve your relationships
- develop the skills you have and learn new ones to overcome the difficulties you face

Programme structure

When you start BBR your current or a previous wife, girlfriend or partner will be contacted to tell them you are doing this programme. They will be given some information relating to the programme and about the support they can get. They will not be told anything about you other than the fact that you have attended the programme and the date on which you finish.

What happens if I miss a session?

You have to be at every session. If you miss one, you will need to do a catch-up session before you can carry on with the group. If you miss two sessions without good reason you will be in breach of your Order and you will have to go back to court.

How will I know if I am making progress?

We will report back regularly to your Probation Officer who will discuss your progress with you.

We will ask you a set of questions at the start and end of the programme. This will show what skills you are good at and what skills you could work on more.

Who do you share information with?

Our staff keep information about you in paper records and on computer. We keep all records safe and secure. If you wish to know more, please ask your Probation Officer for details.

How do you use my information?

Before you agree to take part in the new programme, you also need to know that we are always working to make BBR as useful as it can be. As part of this, we shall make a note of everyone who starts the programme and we shall check to see how many have managed to stay clear of crime after the course has finished. We will also check prison and probation records for examples of positive and negative behaviour. We shall never identify anyone on BBR by name when we carry out research.

We would also like you to complete some routine questionnaires before and after the programme. Your results will only be seen by staff involved in the programme (including your Offender Manager) and research staff. Questionnaire results help us check the programme is helping the group make positive changes. By looking at the scores of a big group of people, researchers can see what patterns of change are taking place. In order for us to do this, your scores will be entered on to a secure database seen by programme staff only. If you do not wish to complete the routine questionnaires, please notify a member of staff.

Do you record sessions?

We record all programme sessions. We watch the recordings to check how programme facilitators have delivered the programme. Probation Officers may use the recordings, for example if someone's behaviour in the group leads to enforcement action.

Diversity

The Probation Service is committed to valuing and respecting differences between individuals. If you have concerns or questions about race, religion, culture, gender, sexual orientation, childcare or other issues please discuss this as soon as possible with your Probation Officer.

We expect group members to stay respectful and open to hearing what other people think during the BBR course otherwise group members may be asked to leave the programme.

Remember...

We must take you back to court or you may be recalled to prison if you fail to attend group sessions or other probation appointments without good reason.

Please take some time to think about what coming to BBR might do for you.

It is important that you talk through your decision with a member of staff and you may want to talk to your friends and family too.

Please ask as many questions as you like and take time to think it over before you decide.

If you would like this information in a different format or language, please contact:

0121 634 1356