

Buddy Scheme

We provide a mentoring and befriending service to people who don't need structured support. This is delivered by volunteers, some of whom had been service users and now wish to give something back. This volunteering opportunity provides a great stepping stone for those wishing to return to work or full-time education.

Parenting Alone

At the heart of Splitz is the recognition that *parenting alone* can be difficult and challenging, no matter the cause. Many of the issues and needs of lone parents can be found in the other services we offer. We continue to offer support to these folk.

Housing Support

An essential need for lone parents or those affected by domestic abuse is housing. We are not housing advisers but we can help people to maintain and sustain their tenancy/keep their home. Through early intervention we can help prevent housing issues worsening, and support people through the often tricky process to return to achieving and sustaining independence.

Find Out More

A few times each year we open our doors to staff from other agencies to come and find out more about us. We find these *Open Days* a useful exchange of ideas and information, and we learn lots too.

Open days are advertised on our website. Why not have a look and see when the next open day is, then email or call us to book a place.



Contact Us

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Email: **enquiries@splitz.org**
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Charity no: 1064764

If you require this leaflet in another format please let us know.

SPLITZ

Support Service

How Can Splitz Help Me?

Information about Splitz and the services we deliver in the Southwest



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01225 775276

Splitz is not just about domestic abuse. We deliver a range of services for families and individuals who are parenting alone, experiencing difficulties maintaining independent living, as well as those affected by domestic abuse.

About Splitz

Splitz is an independent charity operating in the southwest of England. Since 1989 we have been supporting vulnerable individuals and families, who have been affected by separation, divorce or domestic abuse and associated challenges.

Hear to Help™

We deliver a holistic support service to help people identify, come to terms with and overcome their difficulties and challenges. We believe the most important aspect of support is to listen to the individual.

Your Steps Your Pace™

We help individuals to choose a path that is based on a wide range of options, and support them on this journey. We don't impose a solution on an individual. We feel this can be unhelpful, unless it is related to a safeguarding issue.



Domestic Abuse

Tackling domestic abuse can be a very difficult issue. Helping victims to become survivors and identifying how healthy relationships work is a priority.

We believe in a holistic approach to tackling domestic abuse. Therefore, we provide support to victims and children, as well as offering voluntary programmes to help perpetrators change their harmful behaviour.

Victims and Survivors

Support to victims/survivors depends on the level of risk. All our specialist outreach support workers are trained to the National Occupational Standards. When the individual is ready they can attend *Making Changes* workshops. People who have completed one-to-one structured support can be referred to our Buddy Scheme where a trained volunteer mentor offers ongoing guidance.

Young People

To help young people who have been affected by domestic abuse we offer one to one support as well structured group initiatives. To compliment the young people's group we have a concurrent parent group programme, which is very useful in helping understand how much the young people have been affected.

We provide early intervention/training in schools with our TeenzTalk programme for 15 year olds. This is a healthy relationships programme based on the Respect programme.

Changing Behaviour

Prosecuting abusive men won't help to change their behaviour. To help break the cycle of violence we deliver voluntary programmes, which use techniques to help men recognise and change their harmful behaviour.

Safety of the partner and her children is the first aim of this programme. A specialist women's safety service is provided to ensure the safety of the partner and her children.