

**SMT**

Supporting Safe and Confident Communities  
Cefnogi Cymunedau Ddiogel a Hyderus

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Every week, two women are killed by a former partner in England and Wales, with one in four women having experienced domestic violence in their lifetime.

Domestic violence and abuse can only end if the right support is provided for all those involved.

The right intervention at the right time can drastically reduce and prevent abuse, increasing the safety and wellbeing of everyone involved.



Do you find that you and your partner argue a lot?  
Does this sometimes end in frustration and you find yourself lashing out or being physical?  
Would you like to better your relationships?  
Do you think your children would be happier if you found alternative ways to deal with conflict?  
Are you motivated to make changes?

Sound like you? DAPP may be right for you.



# DRIVING CHANGE

## DAPP

### What does DAPP involve?

#### Individual Sessions

6 - 8 one-to-one sessions, focussing on achieving acknowledgement, personal responsibility, motivations, safety, and most importantly commitment to change.

#### Group work

26 group sessions each week with the focus on more in-depth behavioural changes to support you in becoming more respectful, responsible, and loving to yourself and to others.

The driving change program takes approximately 7-9 months to complete where you will receive guidance and support required.

### What can DAPP do for you?

- Help you to understand and manage negative behaviours.
- Provide guidance on developing a respectful, loving and responsible attitude towards yourself and others.
- Support you to change behaviours and attitudes.
- Help you to improve your wellbeing and mental health
- Support you to build loving and healthy relationships

### Joining the programme

To join or gain more information please contact:

Name: **Karl Hazzard**  
(DAPP Manager - (Cwm Taf Morgannwg)  
Contact Number: **07535434166**  
Email Address: **kh2@smt.org.uk**

You will be subject to an initial assessment to clarify any questions you may have and make sure the programme is suitable for you.

