

Elmore works alongside professionals from Oxfordshire County Council as a whole family service.

We work with parents to identify their strengths and build on them, learn about the positive changes that they want to make, and support them to create lasting changes for themselves and their families.



Elmore Community Services is a charity providing high-quality mental health, complex needs, and domestic abuse services to vulnerable people.



Making a difference in children's lives






Elmore aims to provide a safe space for victims and perpetrators of domestic abuse. We work with people to recognise, acknowledge, and change harmful and controlling behaviour.

Contact us

✉ info@elmorecommunityservices
☎ 01865 200130

Your next appointment

	Time	_____
	Date	_____
	Your AFP	_____

Facilitate change and growth

Empower to learn and be accountable

Create a respectful and inclusive environment

Empathic approach advocating for safer families

Elmore's Family Solutions Plus Domestic Abuse Service

Working with people to create lasting positive change for themselves and keeping more children safely at home with their families



Family Solutions Plus

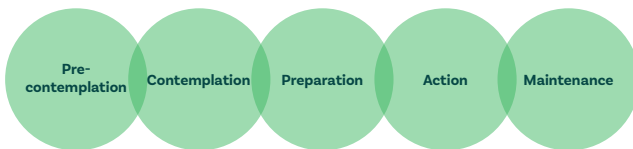
Family Solutions Plus (FSP) is a new approach, bringing together all the relevant professionals and specialists to address parental domestic abuse, mental health, and substance misuse. FSP is funded by Oxfordshire County Council, and Elmore leads on the delivery of FSP parental domestic abuse support and is also a provider of mental health support.



Motivational interviewing

Motivational Interviewing (MI) is a strengths-based conversational approach that encourages families to choose change. It helps parents to find the internal motivation to change unhelpful behaviours to positive, respectful behaviours in a lasting way which makes a difference to themselves and their children.

As a process, MI is practical and short-term, and takes account of how difficult change is.



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Working with non-abusive parents

We provide a needs-led **1-2-1 service to non-abusive parents** underpinned by the Empowerment Star. We work alongside non-abusive parents to assist in setting goals for themselves and their children, as well as learning to recognise the harmful behaviours of their partners.

Modules include:

- Keeping me & my family safe
- Developing insight into harmful behaviours
- Increasing my self-worth
- Gaining my independence
- Moving forward

“Thank you so much for your support, you helped me more than you will ever know. Thank you for making me feel strong again and making me feel I can be me again”
Victim survivor

Working with abusive parents

Elmore aims to challenge and address attitudes and beliefs that support and underpin abusive behaviours. Working alongside perpetrators, Elmore will identify and support non-abusive, respectful behaviours to increase the safety of the family.

We deliver a **16-week group programme** underpinned by group work and peer-to-peer learning.

There are 8 modules, each consisting of 2 sessions. These are:

- Gender roles & responsibilities
- Communication & support
- Non-threatening behaviour
- Non-violent behaviour
- Being a good father
- Conflict resolution
- Sexual respect
- Letting go