

Make a Change Newcastle

[Make a Change](#) is a free programme for anyone over 18 who is concerned that they might be hurting, scaring or controlling their partner; or for partners and family affected by this behaviour.

They offer:

- One to one and group support for people concerned about their own behaviour
- A structured 10 to 26-week programme with people concerned about their behaviour
- Proactive support for partners and ex-partners of harmful relationships
- Briefings and trainings for professionals on harmful behaviour in relationships
- Community outreach to friends and family around those with harmful relationships.

You can contact the Make a Change Newcastle team for yourself, someone else or as a professional by using their [contact form on their website here](#)

Make a Change Newcastle is delivered locally by [Harbour](#) with integrated support for partners and ex-partners delivered by [Changing Lives](#)

Last updated: March 15, 2024

Telephone: 03000202525

Website: <https://www.makeachange.uk.net/newcastle>

Email: makeachange@respect.org.uk

Twitter: <https://twitter.com/MakeaChangeDA>

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