

RESTART

Restart is a project that works with people who are experiencing difficulties in their relationships and want to get support to change.

How will Restart support me?

Restart will adapt to what works best for you and your family:

- You will have one on one meetings over at least four weeks with a trained professional called a case manager who will be your main point of contact.
- Your case manager will listen to you and help you to identify key priorities that are important to you and understand the difficulties in your relationships. They will also work with you to assess any needs you have in areas including housing, mental health and employment.
- Your case manager will work closely with children's services to make sure your whole family is supported.
- Your partner will also be supported by a separate worker.
- At the end of the four weeks, your case manager will decide with you how to move forward and support you take the next steps.

Consent & information sharing

We will use information you give us to help keep you, others, and any children safe. Generally, the information that you share with us about yourself, your family and others and your situation will be treated as confidential by the Case Manager unless they have a serious safety concern. This means that only authorised people at Restart will have access to this information unless you say otherwise.

What happens next?

A case manager or your family social care worker will contact you to arrange a first meeting to talk about the service and answer any questions you have.