



**DOMESTIC VIOLENCE**  
**AND ABUSE PARTNERSHIP**

# PODAS

Preventing Domestic Abuse  
by Providing Support

Relationships can be challenging, and sometimes confusing: we can get frustrated, feel jealous and worry when things aren't working how we want them to.

You might find yourself behaving in ways which hurt or scare the people around you, and make you feel bad too. But it's never too late to make a change.

## HOW WE CAN HELP?

### PODAS (The Prevention of Domestic Abuse Service)

This service provides support for people who are concerned that they might be hurting, scaring or controlling their partner, and who want help to make it better. This service is available for anyone who lives in the East Riding of Yorkshire.

### Caring Dads

A typical group usually runs for 2 hours, one night a week, for 17 weeks. Developed in a university partnership, Caring Dads is a group intervention program for men who have abused, neglected, or exposed their children to domestic violence.

Service user quote: "I am glad that I got support, my behaviour was making my children scared and I could not see it, all I was focused on was my girlfriend and I obsessed with her leaving me."

Taking part in the programme is completely free.  
For more information, please contact us on:

☎ (01482) 396368 @ podas@eastriding.gov.uk



**EAST RIDING**  
OF YORKSHIRE COUNCIL