**1. Continuing Service Requirements**

**An exit strategy should set forth the Organisation’s service requirements for the period during which the parties are transitioning out of the relationship. These requirements may include:**

* **An obligation by the supplier to continue performing the services at the same level of quality for the transition period and to continue to comply with all the obligations in the contract.**
* **Requirements for the provision of parallel services for a certain period, with the right to extend the term as necessary to resolve issues before the final cutover.**
* **An obligation by the supplier to keep the same supplier team performing services during the transition period.**
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**Rochdale Connections Trust’s Groupwork;**

**Guidance for Practitioners of Male Perpetrator Work**

Each group session is led by two facilitators, usually a man and a woman, although there will be occasions when it may be led by two men or two women so as to cover sickness and holidays. The maximum number of participants in any one group is usually twelve. Participants are required to attend a minimum of ten group sessions around violence and ten group sessions around cohesive control. Missed sessions, for whatever reason, do not count as part of the ten sessions and will be expected to do when it comes round again.

The groups are a set 2x10 sessions, but new participants can join throughout the first set of ten but not the second set.

The structure of each session is the same throughout the programme. It consists of six distinct parts as described below. The time allocated for each part is **approximate** although the total time for each session is always the same.

Silent Attunement and Contemplative Space (10 minutes)

Check-in (20 minutes)

Matters arising (15 minutes)

Tea Break (15 minutes)

Topic/theme or continuation of matters arising (50 minutes)

Check-out (10 minutes)

Total time : 2 hours

Sessions will generally begin on time regardless of whether everyone has arrived or not. Men are therefore encouraged to arrive for the session 10 or 15 minutes early.

Sessions always intend to finish on time.

**Silent Attunement and Contemplative Space (Mindfulness)**

***Purpose***

The purpose of the Silent Attunement and Contemplative Space is to prepare the participants for the session by creating an environment that reminds them gently but clearly what the group is about. It does this by setting up a quiet space in which the group members are encouraged to reflect and focus upon the behaviours that brought them to the programme and to remind themselves of what they are here to achieve. As a prelude to this reflection, it encourages the participants to become aware of their particular condition at this moment in terms of their bodied (sensations and feelings), their hearts (whether open or closed), and their thoughts (open minded, busy with the day’s events, resentful, etc).

***Practice***

One of the facilitators invites the group to find a comfortable position, to feel the weight of their body in the chair and their feet upon the floor. Then he or she will invite the participants to take the next few minutes as an opportunity to effectively land more fully in themselves. To facilitate this, the facilitator will direct them to pay attention to how they are feeling at this particular moment, being attentive in turn to their bodily sensations and feelings, to whether their hearts are experienced as being open or closed, and to the condition of their mind: busy with thoughts or simply letting thoughts come and go. They are then encouraged to stay attentive to all these three different aspects of their current experience.

After allowing a couple of minutes for the participants to become more aware of their current condition as described, the facilitator will ask the participants to reflect on why they are attending the group. This is done by inviting them to remind themselves of the behaviour that brought them there and of what they want to achieve by attending the group, effectively reminding themselves of their purpose in being in the group. The final part of this exercise is to ask them participants to reflect briefly upon what they have learnt in terms of practical application since being on the programme and to honestly review how much they are putting into practice what they have learnt.