



EXCHANGE PROGRAMME

In tight knit communities, some women may feel unable to join a course because of the risks of their information being shared. They may also work in a profession which means course attendance could affect their ability to attend (e.g. social worker, police officer, teacher). For women unable to attend a local course, an exchange programme can be set up with a service in another area.

The following steps are involved in doing this:

1

Identify a sister service

Find another service running the Own My Life course online (you can view a map of services running the course [HERE](#)). Establish whether they have shared values and, if possible, a similar context (e.g. tight knit community or professionals unable to attend). Invite them to join you in developing an exchange programme.

2

Sharing best practice chats

Organise a few sharing best practice chats to discuss how to make the exchange programme work. This may include:

- ▶ Who will pay for exchange participants' journals.
- ▶ What information will be shared across services about women's course participation.
- ▶ How any safeguarding concerns will be dealt with.
- ▶ If any courses are oversubscribed, whether exchange participants will still be able to join the course.
- ▶ Whether there needs to be any formal contract or service level agreement to formalise the partnership.

3

Advertise the exchange programme

Share details of the exchange programme option with in one-to-one sessions with women and through newsletters and other places where you advertise the course.