

A photograph of a window with shattered glass, viewed from the inside. The glass is broken into several large, jagged pieces, with a significant portion missing from the top center. The background shows a cloudy sky. Overlaid on the lower-left portion of the window is a large, red, rectangular stamp with a thick border. The stamp contains the text "ADAPT AND STOP IT NOW!" in a bold, white, sans-serif font, arranged in three lines. The stamp is slightly tilted clockwise.

**ADAPT
AND STOP
IT NOW!**

ADAPT

ADAPT DOMESTIC ABUSE PREVENTION TRAINING

Information for men who would like to stop abusing their partner

"I hadn't realised how out of order my behaviour was"

"I was referred to the Hampton Trust and they have been my saving grace"

"It has changed my life"

For further information, please contact:

The Hampton Trust

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Hampton Trust