

## COMMUNITY SEX OFFENDER GROUPWORK PROGRAMME

### *Information For You*

This leaflet will answer some of your main questions about the programme. If you have any extra questions after reading the leaflet, please talk to a member of Probation staff.

#### AIMS OF THE PROGRAMME

Our staff are going to help you have a better understanding of your thoughts, ways of thinking and feelings. You can change. We are going to teach you a set of self-control devices that can be used to change your sexually abuse behaviour. This work will reduce the chances of you offending in the future.

#### HOW LONG IS THE PROGRAMME?

Each person is looked at and assessed to find the right way for them. You will take part in group sessions with other offenders who have done similar crimes. This is known as groupwork. What you hear from group members, and what you say, must be treated with respect and not gossiped about with others.

This programme involves a lot of work. Some offenders will be ordered to do 240 hours of groupwork that will take more than two years to complete. For some the groupwork lasts for 100 hours and can be finished in a year. This is a lot of work but it is worth it. Stick at it. Our research shows that the work you do now can bring about new changes.

There will also be appointments on your own with your Probation Officer before and during the group programme.

At the start of the programme you will have to attend daytime sessions for one full week. Then you will spend some time attending one 2½ hour session per week until you complete the programme. Sessions may be held during the daytime or evening depending on the availability of staff and group members.

#### WHAT HAPPENS ON THE TREATMENT PROGRAMME?

The Probation staff who, will work with you, have been specially trained. They will want you to talk about what has happened in the past and your view of things. Don't be put off. Other group members will have committed a similar type of offence as you. Probation staff may ask you to look at an event or situation and play out a part. The idea is to think and talk about how you would act.

## WHAT YOU WILL HAVE TO DO

You will get more out of the programme if you:

- arrive on time,
- be active and take part in every session,
- do any work that is asked of you,
- don't turn up having used drugs or alcohol,
- don't say or act in a way that is racist or sexist.

It is important to attend all appointments with the Probation Officer and to attend all sessions of the programme. If you miss a session, you may be allowed to do a catch-up session before the next one. But if you miss more than one day of the first week, or more than two of the main sessions during other parts of the programme, you will be dropped and asked to take that part of the programme again.

If Probation staff reject the reason you give for not attending, you could be in further trouble. You may be taken back to court to be re-sentenced or back to prison. Your Probation Officer and the programme staff will tell you more about the rules concerning missed sessions and catch-ups.

## FAIR PLAY

Wherever possible we try to avoid making up groups where a black or Asian offender is the sole Minority Ethnic offender.

## USE OF VIDEO

Programme sessions are recorded on video tape. The tapes are only looked at by other Probation staff. They check that the programme is being delivered in the right way. The tutors will explain more at the start of the group session.

## COMPLAINTS

You feel things are not going well? Speak to your supervising Probation Officer if you have a problem. If you want to take the matter further, ask for the leaflet that explains how we handle complaints.

## DIVERSITY

The National Probation Service recognises that minority ethnic offenders, those with a disability or other special needs may have additional issues. These issues will be fully addressed in order that they derive maximum benefit from Aggression Replacement Training.