



One to One

What is One to One?

One to One is a programme to help you keep out of trouble in the future. A programme facilitator will take you through the programme on your own. You will not take part in groupwork. The court has ordered you to follow this programme as part of your sentence.

How will it help me?

It will help you:

- look at your skills and how you make decisions
- learn how to think things through and make decisions without offending
- learn how to use new skills to solve real problems in your life

What happens in the programme?

On the programme you will:

- work with your facilitator on how to deal with problems
- talk about what is right and wrong and how to stand up to others without offending

What do I have to do?

You must:

- attend all sessions, arrive on time and stay to the end
- face up to what you have done and, if needs be, make changes in your life to avoid re-offending
- actively take part and do work between sessions

- arrive with a clear head, not under the influence of drugs, alcohol or solvents
- treat the facilitator with respect
- respect confidentiality
- turn off your mobile phone

How long does the programme last?

The programme lasts for 21 sessions. Each one lasts for 1 hour or 1.5 hours and can be during the day or the evening. The final session lasts for 2 hours. You will also meet with your programme tutor and your offender manager together at the end of the programme.

What happens if I miss a session?

You have to come to every session. If you miss a session, you will need to re-arrange it. If you miss two sessions without good reason you will be in breach of your Order and you will have to go back to court.

How will I know if I am making progress?

We will report back regularly to your offender manager who will discuss your progress with you. We will ask you a set of questions at the start and end of the programme. This will show how much your skills and views have changed.

Who do you share information with?

Our staff keep information about you in paper records and on computer. We keep all records safe and secure. If you wish to know more, please ask your offender manager for details.

Do you record sessions?

We record all programme sessions. We use the recordings to check how programme facilitators have delivered the programme. Offender managers may use the recordings, for example if someone's behaviour in the group leads to enforcement action..

Diversity

The Probation Service is committed to valuing and respecting differences between individuals. If you have concerns or questions about race, religion, culture, gender, sexual orientation, childcare or other issues, please discuss this as soon as possible with your offender manager.

Remember.....

We must take you back to court if you fail to attend two sessions or other probation appointments without good reason.