

- The tapes are confidential and stored securely.
- The tutors will explain more at the first session.

## ? Do I have any rights while I am on the programme?

You will be treated fairly and equally. You will be expected to behave just as fairly to other people.

The service will not allow racist, sexist or other disrespectful behaviour from any person under our supervision.

You can make a complaint if you feel you have been treated unfairly or unreasonably. You should try and talk about this with the probation staff first, or their managers.

If you are not satisfied with the response you get, then you can write to the Chief Officer at:

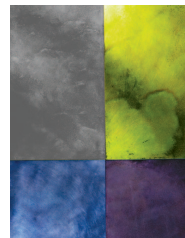
National Probation Service  
West Mercia Area  
Stourbank House  
90 Mill Street  
Kidderminster  
Worcs  
DY11 6XA

## ? What if I have any questions or problems?

If you have any questions or problems, please ask the programme staff. They will try to sort things out for you.

*For further details about our work please visit our website:  
[www.westmerciaprobation.org.uk](http://www.westmerciaprobation.org.uk)*

**The name and address of your programme worker is:**

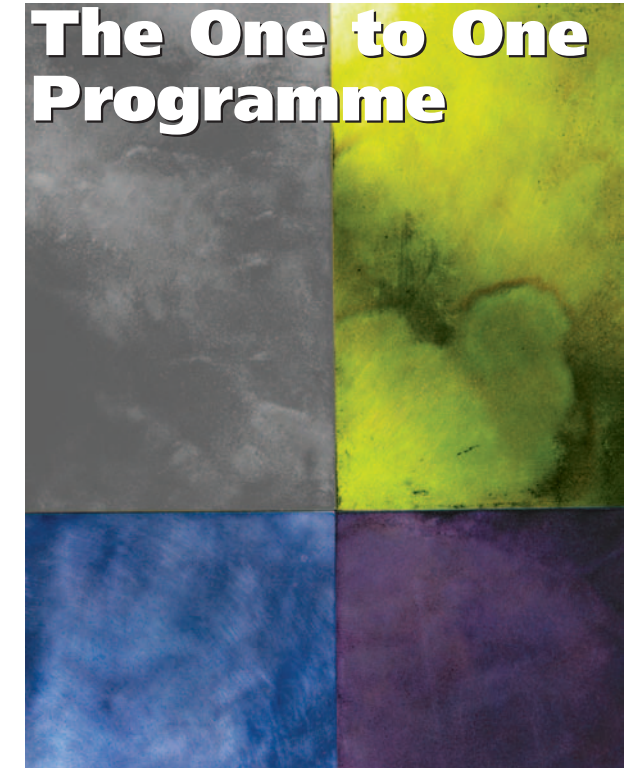


NATIONAL PROBATION SERVICE  
for England and Wales

West Mercia

You have to attend

## The One to One Programme



*This leaflet will help to answer any questions you have about the programme.*

*It will explain what will be expected of you on the programme.*

## ? What is the One to One Programme?

It is a probation programme for people who keep getting involved in crime. It has been shown to help stop them from offending again.

## ? What will I have to do on the programme?

You will work on your own with one specially trained probation worker. They will teach you new ways of making decisions in your life without committing crimes again.

You will see the same probation worker during each session.

You will have to:

- talk about how you think and feel about your offences
- take part in role plays and other exercises
- learn skills to help you cope with problems
- practise new ways of thinking about problems
- practise new ways of making decisions

## ? How long will the programme last?

There will be 21 sessions including a special appointment to prepare for the programme.

Each session will last between one-two hours.

You will have to attend at least one session a week.

## ? How will I know if I've made any progress?

You will be assessed at the beginning and the end of the programme. From this you will see what progress you have made. It will also help us see how well we have helped you.

Another assessment may also be done with you a few months after the programme.

Your probation officer will also review your progress.

## ? What happens if I miss a session?

You must attend all the programme sessions if you want to complete the programme successfully. So you must contact the probation staff as soon as possible if you are not able to attend a session.

You will be returned to court if you miss appointments without a good reason. The probation staff will decide if you have a good reason or not.

You will also be returned to court if you behave unacceptably or turn up late.

## ? What happens if I am ill and cannot attend?

If you are ill you must provide a sick certificate. You must give this to the probation staff as soon as possible.

## ■ Use of Video

- Sessions are recorded on videotape.
- The tapes are used to make sure the programme is being run in the right way.

# The One to One Programme