

## What happens if I miss a session?

You have to be at every session. If you miss one, you will need to do a catch-up session before you can carry on with the group. If you miss two sessions without good reason it is likely that you will have to restart the module, and because you may also be in breach of your order, you could be returned to court.

Please talk to us if you are having problems attending sessions. We will try to help.

## When and where is it held?

We deliver day and evening programmes in:

**SURREY:** Staines and Guildford

**SUSSEX:** Crawley, Littlehampton, Worthing, Brighton, Eastbourne, Hastings

**KENT:** Chatham, Sittingbourne, Canterbury, Maidstone and Margate

**You will be expected to attend a group up to three times a week.**

Group rooms are situated on our own premises or external premises which have been assessed to meet the appropriate standards. We have CCTV for your safety and to record the tutors for training purposes.

The Kent, Surrey and Sussex Community Rehabilitation Company Ltd  
Company number 08802556. Registered in England and Wales.  
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## Your rights

**You have the right to:**

- be treated fairly, without discrimination. You must also treat others in this way
- talk to the tutor about your progress. You can have a copy of the report written by the programme facilitator at the end of the programme
- make a complaint. Try to sort it out with the tutor first, then with their Manager. If you are still not happy, there is a formal complaints procedure that you can follow. Leaflets with further information are available in the probation office waiting area or see our website.

## Any questions?

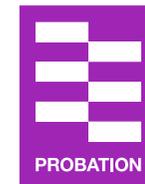
If you have any questions please ask your probation supervisor.

If you need help to understand this leaflet or you need it in another language or format please ring us on 01622 239147.

[www.ksscrc.co.uk](http://www.ksscrc.co.uk)

Kent  
Surrey  
& Sussex

Community Rehabilitation Company



*reducing reoffending, improving lives*



*Seetec*  
JUSTICE

# What is Building Better Relationships?

**This programme will help you to improve your relationship with your partner by managing your emotions to avoid violence. The court may have ordered you to attend this programme as part of your sentence, or it may be a condition of your prison licence because of an act of violence against an intimate partner.**

## The programme will help you to:

- learn how your emotions, thinking, communication and behaviour can damage close relationships
- understand how your personal issues can play a part in violence and stress in relationships
- discover and build on your strengths to improve relationships
- practise being a thoughtful and content partner.

# What will it involve?

The programme consists of 24 two and a half hour group sessions and six one hour one-to-one sessions with a programme facilitator.

The programme has four modules.

Module	Aims
Foundation	Helps you to understand cultural influences around domestic violence and any links to your behaviour.
My thinking	Explores your attitude to domestic violence and helps you to make changes.
My emotions	Explores and provides you with tools to manage your emotions e.g. stress, jealousy and anger.
Relationships	Helps you to develop skills and behaviours needed in a healthy relationship e.g. conflict resolution and respect.

When you start BBR the victim of your offence and your current partner will be contacted to tell them you are doing this programme. The information they will receive is the date you start the programme; the date you finish the programme; information relating to the content of the programme and details around the support they can get.

# What will I need to do?

## You will need to:

- attend an appointment following court to discuss your reasons for wanting to attend the programme
- sign a contract so we know you will work with us on the programme
- talk about what you have done and, if necessary, make changes in your life to avoid reoffending
- attend all sessions, arrive on time and stay to the end
- join in group discussions
- arrive with a clear head, not under the influence of drugs, alcohol or solvents
- be open minded, respectful and listen to what others say and think
- complete some tasks outside of the group
- turn off your mobile phone during sessions.