

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?

Please ask your probation supervisor about the nearest course.

You can be expected to attend 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.

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
- to 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

Kent
Surrey
& Sussex

Community Rehabilitation Company



reducing reoffending, improving lives

Thinking Skills Programme



Seetec
JUSTICE

What is the Thinking Skills Programme?

This programme will help you make better choices in your life by encouraging you to consider options and overcome problems. 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.

The programme will help you to:

- manage the things in your life that lead you to offend
- develop ways to stop offending
- get what you want out of life without offending.

What will it involve?

The programme consists of 15 group sessions and four one-to-one sessions with a programme facilitator.

The programme has four modules.

Module	Aims
Self-control	Helps you consider decisions and not make rash choices.
Problem solving	Helps you to approach difficult situations that you might want to change. It develops skills that help you to set goals and learn how to make plans to achieve them.
Positive relationships	Helps you to identify those who matter to you and are supportive of your aim to rehabilitate and those who are not. It will provide you with skills to resolve conflict.
Stop and think	Helps you to think through and consider the consequences of your decisions.

What will I need to do?

You will need to:

- 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
- be open minded, respectful and listen to what others say and think
- respect confidentiality
- complete some tasks outside of the group
- arrive with a clear head, not under the influence of drugs, alcohol or solvents
- turn off your mobile phone during sessions.