

## What are my rights?

You will be treated fairly and without discrimination and you are expected to behave in the same way. The Probation Service will not accept racist, sexist or other discriminatory behaviour towards you from either staff or other group members.

If you have concerns about discrimination during the group sessions, talk to your Offender Manager. You could be supported in the group.

If at any other time you feel unfairly treated, you have the right to complain to the Senior Probation Officer in your area. Phone the number on this leaflet for information. If you are then not satisfied with the response, you can write to the Chief Officer at the address on this leaflet.

Cheshire Probation Area,  
Beech House, Park West,  
Sealand Road, Chester. CH1 4RJ  
Tel: 01244 394500  
Fax: 01244 394507  
Calls welcomed via Typetalk  
Web: [www.cheshireprobation.org.uk](http://www.cheshireprobation.org.uk)



INVESTOR IN PEOPLE



## Thinking Skills Programme

*Information for Offenders*

If you need this information in another language or format, e.g. large-print, Braille, etc., please contact your Offender Manager.

You have been sentenced to attend the Thinking Skills Programme as part of your supervision (Community Order, Suspended Sentence Order or Licence). This leaflet explains what this is and what is expected of you.

### How will the Thinking Skills Programme help me?

It will teach you new skills and ways of coping with problems. The programme teaches problem solving skills to help you:

- recognise problems
- stop and think before you act
- think creatively
- see other people's point of view

If you use these skills you are less likely to re-offend.

### How long is the Programme?

The programme runs for 19 sessions, comprising 4 one-to-one sessions and 3 modules of 5 sessions. You will also attend 2 sessions in which questionnaires are administered and a review meeting with your Offender Manager. Each session is between 2 and 2.5 hours.

You will usually complete 2 sessions a week, on different days or on 2 evenings per week if you are in employment.

### What will I do on the Programme?

You will be in a group taking part in activities and discussions. All sessions are video recorded.

You must agree to the following conditions:

- Arrive on time and stay to the end
- Arrive clear-headed, not under the influence of drugs, alcohol or solvents
- Turn off your mobile phone
- Talk about your offending
- Accept responsibility
- Take part in the exercises
- Treat tutors and other group members with respect, avoiding offensive language
- Respect confidentiality

### What happens if I miss a session?

You must attend all the sessions and keep every appointment with your Offender Manager. If you miss more than one session on a module you will have to repeat the whole module. If you miss more than three sessions for whatever reason, you will have to start the programme again.

If you can't attend for any reason, you must contact your Offender Manager straight away to explain.

If you are ill, you must give a sick note to your Offender Manager within five working days.

If this is not accepted you will be:

- returned to court, or
- given a formal warning and told to continue the programme

Remember - always keep your Offender Manager informed.

### How do I find out how I am doing?

Before the programme starts you will have a one-to-one session with a Programme Tutor. After each module you will also have a one-to-one session with a Programme Tutor to review your progress. They will also write a report on your progress and they will talk to you about it with your Offender Manager.