

One To One

Information for you

After reading this leaflet, if you have any questions please talk to a member of staff



National Probation Service
for England and Wales

This programme has been accredited by the Correctional Services Accreditation Panel (CSAP) for use in England and Wales (2001).



NATIONAL PROBATION SERVICE
for England and Wales

Enforcement, rehabilitation and public protection

One To One

Aims of the programme

One To One is about getting you to look at how you react to problems and other people. The aim is to work with you on a one-to-one basis to stop you committing further offences, by learning a new approach to the way you think of and solve problems.

How long is the programme?

The programme is 20 sessions and each session lasts for between 1 and 1½ hours. There will also be one session to help prepare you for the start of the programme in addition to further time with your Probation Officer.

During the programme your Probation Officer, or someone acting for them, will still see you; this provides you with an opportunity to resolve other problems or issues.

What happens on One To One?

The tutor will work with you to help you learn new ways of tackling problems and difficult situations. As the programme goes on you will get involved in a number of exercises. This work will enable you to learn to stop and think before acting – and to think about how other people might feel as a result of your actions.

What you will have to do

Turn up on time and take an active part in each session. You must not be under the influence of any drug including alcohol. You must not behave in a racist or sexist way.

- If you miss one session you will need to do a catch-up session before continuing the programme.
- If you miss more than two sessions but have reasons that are acceptable to the Probation Service you may have to start the programme again.
- If you are absent twice without a reason that is acceptable to the Probation Service, you will have broken the conditions of your order and will be taken back to court.

Use of video/audio taping

One To One sessions are recorded on video tape or audio tape. The tapes are used to ensure that the programme is being delivered in the right way. The tutor will explain more at the start of the first session.