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## What do Restorative Approaches do for offenders or those who have caused harm?

Restorative Approaches can be helpful for offenders, or those who have caused harm, because it enables them to understand the impact that their actions have had. It gives them the chance to listen and to answer any questions you might have.

They may apologise for what they have done and agree what they might do to make things better. This might include addressing the issues in their life that led them to commit the crime or harmful behaviour.

Offenders who have taken part in Restorative Approaches have said that the experience helped them to understand how their actions affected others and to enable them to deal with feelings of guilt or remorse, and to feel that they have done something positive.



## Does this affect any sentence the offender might receive?

If a case goes to court then it's always up to the Judge. If someone has participated in a Restorative Approaches process before sentencing then a report will be given to the Court by your Facilitator which will record what has happened and what you think about the incident. The Judge is the only person who can decide on the appropriate sentence for the crime that the offender has committed.

## How can Restorative Northamptonshire help me?

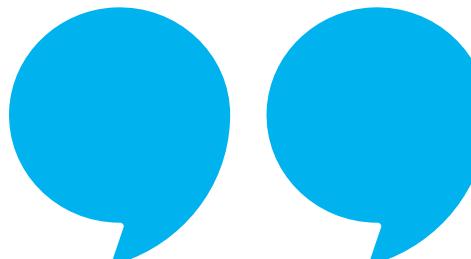
For some people who have been affected by crime, conflict or antisocial behaviour it helps to explore why the crime or harmful behaviour happened.

Evidence shows that most people who take part in a Restorative Approaches process come away feeling satisfied because it has allowed them to have their say.

It also helps people to move on and also helps them feel less fearful of crime or harmful behaviour in the future.

### When you're ready:

- have your say;
- explain to the person who harmed you what impact their behaviour has had on your life;
- get answers to any questions you may have about what happened;
- get some closure and move on with your life;
- help to prevent the same thing happening to someone else; and
- help offenders to understand the consequences of their actions.



For further information or to talk to somebody in your area contact us today:

**Tel:** 07936 911408

**Email:** [rjnorthants@restorativesolutions.co.uk](mailto:rjnorthants@restorativesolutions.co.uk)



## Have you been the victim of a crime, or experienced conflict or antisocial behaviour?

When you're ready, Voice for a Restorative Northamptonshire can help



**voicenorhants.org**  
**0300 303 1965**

## What are Restorative Approaches?

Restorative Approaches brings an offender (or someone who has caused harm) and their victim (or the person who has been harmed) together so that they can talk or communicate in other ways through what happened.

It gives someone affected by crime, conflict or antisocial behaviour the chance to have their say, explain what the effect was on them and to seek a direct explanation from the offender or person who caused the harm about what they did.

Through this the offender or person who caused harm can begin to understand the effect of their behaviour and make amends.

Restorative Approaches do not replace the criminal justice system but helps to deal with the emotions and stress caused by crime, conflict or antisocial behaviour. So the person harmed can move on with their lives.

If you've been the victim of a crime, conflict or antisocial behaviour it is likely that it has been a deeply upsetting, unsettling time in your life.

For many people Restorative Approaches helps people to get closure after a traumatic time. People who have participated in Restorative Approaches have reported that it has been an empowering experience that allowed them to feel more in control of what happened to them.

## How does it work?

Restorative Approaches can only take place when the offender (or person who has caused the harm) admits responsibility for the offence (or harm).

Both sides have to agree that they would like to meet or communicate in some other way for Restorative Approaches to go ahead.

Restorative Approaches can happen at the time which is right for you.

## The First Step

A trained facilitator will meet with you to talk through what has happened. They will seek to understand the details of what happened and the impact that it has had on you.

If you feel that you are willing to meet, or communicate in some other way, with the offender or person who has caused the harm, your facilitator can arrange this.

The facilitator will talk to the offender about what has happened and find out about the offenders understanding of the harm that they caused. Your facilitator will ask the offender what they could do to make things better. The offender will then be asked if they would like the opportunity to meet you or have some other type of communication with you.



## The Conference

If you, the offender and your facilitator agree that it's right to arrange a meeting, sometimes called a conference, then a conference can go ahead. If another type of communication is more suitable your facilitator will help with this.

You are welcome to bring a friend or family member with you to support you and the offender can do the same.

The meeting will be guided by your facilitator. It will be held in a neutral, safe place and usually lasts for about an hour and a half. During the meeting everyone will get to have their say about what happened.

## The Facilitator

Your facilitator will be a specialist in providing Restorative Approaches and will have been trained in supporting people affected by crimes, conflict and antisocial behaviour.

They provide a completely confidential and impartial service. They are there to support you and to make the experience of Restorative Approaches as positive as possible for everyone involved.