



remedi

Restorative Interventions

Programmes & Workshops



Empowering People, Changing Lives

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A word from our director

Stephen Jones

Since 1996 Remedi has been a charity at the forefront of developing and delivering Restorative Justice services and Restorative based approaches in multiple settings.

In collaboration with our key partnership agencies we have developed a range of workshops and programmes designed to:

- Build awareness and understanding
- Develop empathic thinking skills
- Challenge pre-conceptions and negative attitudes
- Encourage and enable desistance from negative behaviours
- Develop victim awareness and consequential thinking skills

All courses are available for both youth and adult attendees and are facilitated on both an age and ability appropriate basis.

We are able to deliver these programmes on a one to one or group basis as required by the needs of the contracting body.



A message from our Patron

Remedi's work and the services they deliver provide 21st century solutions to 21st century problems. Any organisation that is committed to making things better for those with whom it works should be commended and I believe it is this commitment that lies at the heart of what Remedi are striving to achieve." - **Eddie Izzard**

STEP UP BEAT HATE

Step Up, Beat Hate is the name of our Anti Hate Crime work. Our services range from intensive one-to-one support for victims to awareness raising workshops.

Our workshops:

- Hate Crime Awareness (group or 1 to 1): Defining 'hate crime', the impacts of hate crime, consequences for victims and offenders, how to report offences and where to seek help and support.
- Perpetrator Programme: For those who have committed a hate crime/incident. Understanding consequences and impacts, empathic thinking skills, challenging beliefs and attitudes
- 1-3 sessions depending on depth required and the needs of participants

99%

said they understood Hate Crime better

98%

said they would be more likely to report the incidents in the future

90%

of perpetrators said it increased their motivation to not re-offend

“These sessions really helped me understand what a hate crime is and what to do if I ever experience or see one.”

“The sessions really helped me feel empowered as a young woman and really opened a lot of people’s eyes to the problems caused by this behaviour.”



SHARE
Anti-Misogyny Education

SHARE is our anti-misogyny programme designed to enable participants to have increased understanding of:

- The impacts of misogynistic language and behaviours
- Understanding and challenging gender discrimination
- How to challenge misogyny
- What influences these behaviours and how to challenge those influences safely
- Sources of and how to access support

The programme is delivered as an interactive 2 session workshop where participants are supported to explore these issues, to develop strategies to address the problem and to develop critical thinking skills to reduce the power of external influences.

72%

of 1500 female NASUWT members 72% reported they had been a victim of misogyny in their school

98%

of those attending said they had a better understanding of the issues

92%

said the programme had helped them challenge their own perceptions

BREAKING X ~~-----~~ LINES

Breaking Lines is our County Lines/Criminal Exploitation workshop. It is a 2 session interactive programme aimed at children and young people.

It is designed to build awareness and understanding of the realities of these issues amongst young people through the exploration of real case studies.

The programme:

This workshop can be delivered on a group or one to one basis based on the needs of the children and young people taking part.

- Develops understanding of these issues and the early indicators of grooming
- Educates children and young people regarding sources of support and further help
- Builds greater resilience on the part of young people to reduce the risk of subsequent involvement

98%

of young people reported increased knowledge in **how** children and young people are exploited

97%

of young people reported increased knowledge of **why** children and young people are exploited

97%

reported increased knowledge regarding the **consequences** of County Lines/ Exploitation

I now understand the ways in which young people are groomed into getting involved with these things and the possible consequences of doing that. This will definitely help me be safer in the future.



“The Restorative 180 workshop was brilliant. It really makes you think about things in a deeper way. I learned a lot.”



‘Restorative 180’ is the name of our generic crime awareness workshop specifically targeted at under 18’s.

The workshop gives emphasis to choices and consequences.

It is designed to enable participants to explore and understand:

- How to make positive/better choices and avoid involvement

- The consequences of offending

- The impact of crime on victims and communities

The interactive workshop can be delivered on a group or 1-to-1 basis as a 1-2 hour workshop.

“The class really enjoyed the session. There were some very useful discussions which reinforced their learning and they have clearly come away with a much better understanding.”

TOOLS DOWN

Tools Down is an interactive, thought provoking programme that explores the impact of knife crime.

The programme covers:

- The law regarding knives
- Influences and motivations to carry/use knives
- Victim and community impacts of knife crime
- Empathic thinking skills
- Consequences for all concerned
- How to access further support

The workshop can be delivered on a group or 1 to 1 basis over 1-2 sessions depending on depth required and the needs of participants.

95%

of those attending said they **better understood the law** regarding knives

96%

said they **better understood the impacts** of knife crime on victims and families

98%

said they **better understood the potential consequences** of knife crime

"I really enjoyed learning about the medical impact of knife crime. I think a lot of people don't know the complications on a victim's health and how that can be life changing."

"Tools Down taught me about knife crime, but also let me have my say and share my opinions in discussions. I felt listened to."

“I didn't think I was going to learn anything from this and I have come away knowing so much more than I did before. Its really made me want to change”



Restorative Choices

Restorative Choices is a 4 session programme designed to be delivered for children and young people who have committed an offence and/or who have demonstrated anti-social behaviour.

The programme focuses on the following themes:

- **Attitudes towards offending:** Motivations, justifications, peer pressure and the influence of others on offending behaviour
- **Consequences of offending:** For all concerned- offender/wrongdoer, families and communities
- **Victim awareness:** Full exploration of the impacts of offending for victims and their families

Various interactive exercises are undertaken under each theme in order to build understanding. All work is facilitated in both an age and ability appropriate manner in order to better ensure engagement and fuller understanding of the issues.

97%

of attendees said they had a **better understanding of consequences**

98%

of attendees said the course **motivated them to change**

97%

of attendees said the course **increased their victim awareness**

Restorative Awareness

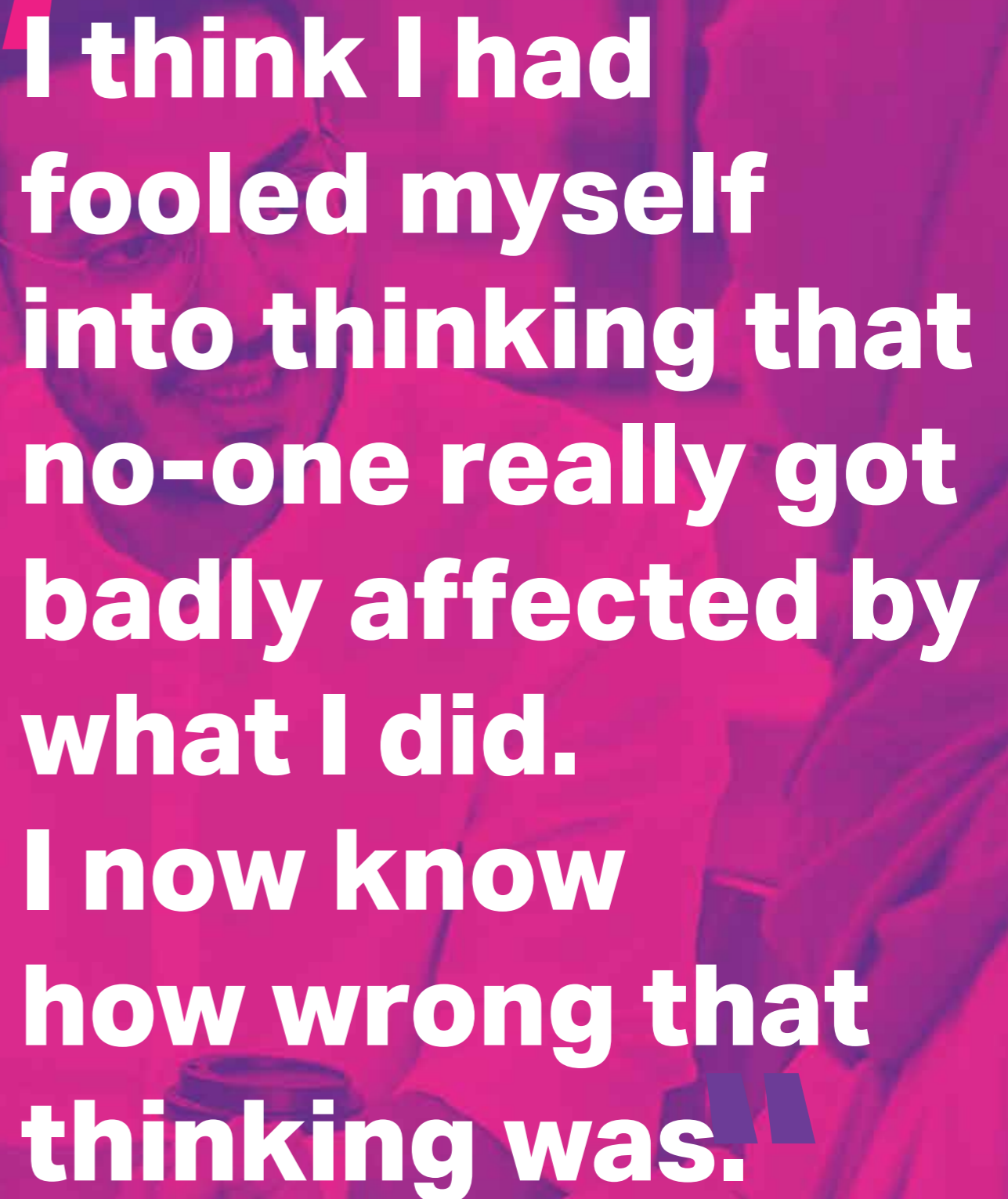
Restorative Awareness is a single session intervention specifically designed for use with children/young people/adults who have committed a crime/anti social behaviour.

The session can be used as a 'stand alone' intervention and/or as an initial assessment of suitability for potential exploration of Restorative Justice with any identified victim/s.

Focus of the session:

- 1:1 tailored session in person or via telephone/online (circa 1 hour)
- Aim of increasing self reflection and understanding of the links between their thoughts, feelings and behaviours associated with their offending behaviour and offence type.
- Initial focus on the harm caused to themselves, their family/peers
- Discussion on Restorative Justice and the options available
- Consideration of what happened, how they feel about it, what choices were made and the potential alternative choices available in the future
- Their understanding of the impact upon their direct victim and wider indirect victims
- What they could do to address the harm (from both a personal and victim perspective)

"I have done victim awareness courses before but nothing made as much sense as this. It has really made me think about what I did."



"I think I had fooled myself into thinking that no-one really got badly affected by what I did. I now know how wrong that thinking was."

CHANGING THINKING, ENDING VIOLENCE.

“I feel I have learned a lot and genuinely feel changed by what I’ve learned. Thank you.”

This programme aims to increase the participant’s awareness of their behaviour, through recognising triggers and impacts, and providing ways to manage anger/stress. The goal of CTEV is to reduce levels of violence and can help the participant improve their skills for reducing conflict.

The number of sessions delivered will be according to need. Participants focus on specific themes which can be adapted to suit the individual need/ circumstances, and these will be explained to the participant by Remedi. The number of themes focused on will determine the length of the programme.

Usually there will be 2 sessions, and each session should last 1.5-2 hours. If a participant needs more than 2 sessions, it is likely that they may need Anger Management sessions through a therapist and Remedi can support them with a referral when CTEV is completed.

“The course has enabled me to better understand what motivates my usual response to problems. I feel like it has really helped me think about things before I act”

ASB SOLUTIONS

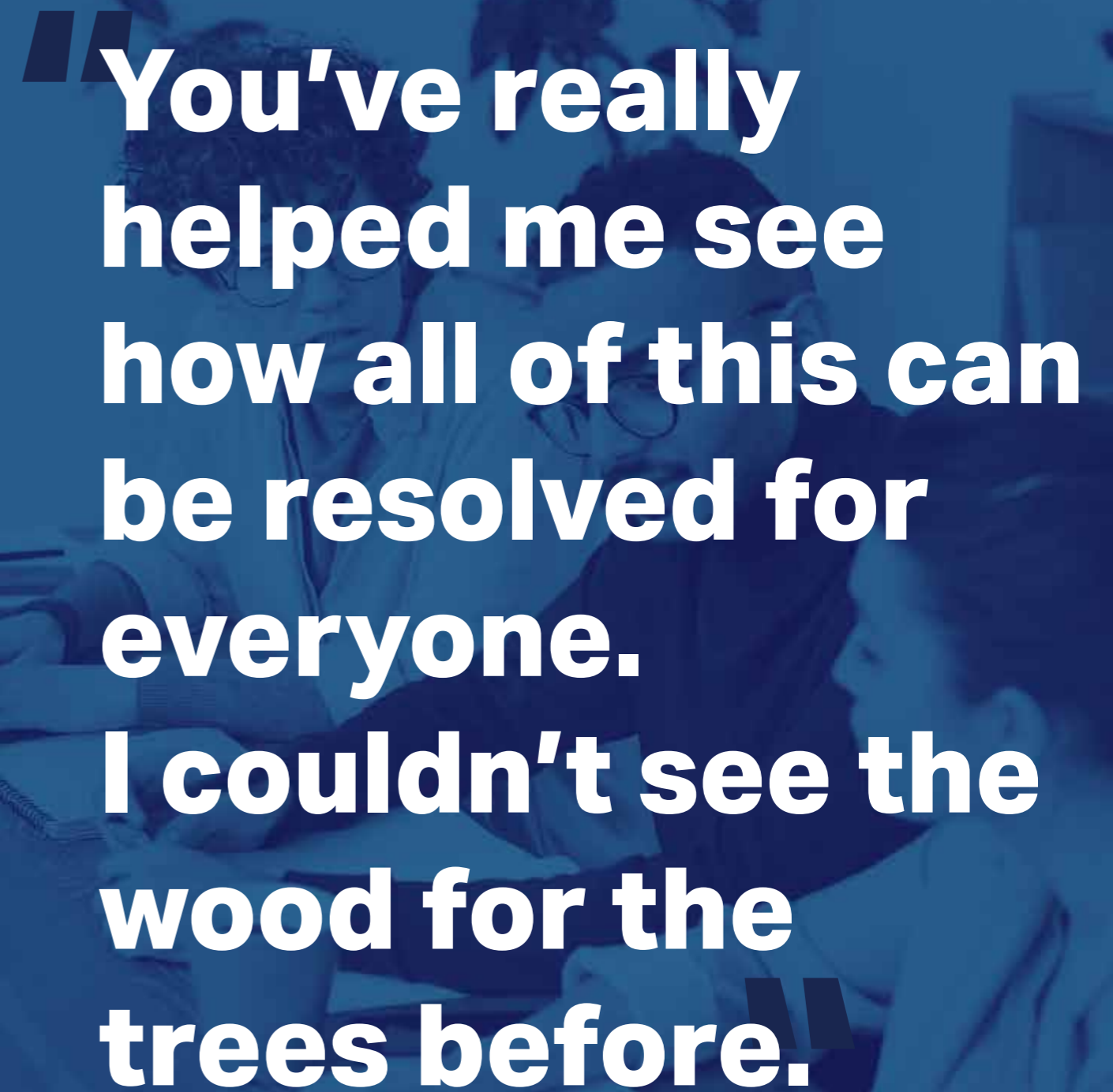
ASB Solutions is a workshop suitable for both adults and young people involved in Anti-Social Behaviour (ASB). The workshop can be delivered remotely or in person.

It is delivered as a 1 hour session with a Remedi Practitioner exploring what ASB is, the impacts, consequences and strategies for moving forward constructively.

Issues covered:

- What Anti-Social Behaviour is
- Impacts of Anti-Social Behaviour
- Consequences of Anti-Social Behaviour
- Examples of Anti-Social Behaviour
- Reflections on personal offences/ incidents
- Moving forwards
- Repairing the harm

"I feel like I understand things a lot better now. I didn't think it was that bad and I now understand that I had no idea how people might be feeling"



"You've really helped me see how all of this can be resolved for everyone. I couldn't see the wood for the trees before."

CEASE.

CEASE is the name for our Domestic Abuse focused work. We offer a range of services from awareness workshops to intensive mentoring support for young victims.

In regard to workshops we offer:

A four session awareness raising programme suitable for all. This course can be delivered on a group or 1 to 1 basis . Each session encourages active dialogue and participation guiding participants to:

- **Recognise** abusive behaviours and indicators of abuse
- **Actions and support** in order to be safer
- **Understand** the various forms of abusive behaviour

Two versions of the above programme are available - one for children up to the age of 11 and one for older children and young people.

A 4 session youth PERPETRATOR programme delivered on a one to one basis for 13-18 year olds:

- Covering all of the above content plus
- Recognising and managing personal emotions
- Taking responsibility and empathic thinking skills

100% Of those supported were satisfied with the support and described it as a positive experience.

95% of those supported said that CEASE had increased their confidence

“This support has helped me to reach out when I need help”



COST (Challenging Offences of Shop Theft) is a single session workshop designed to raise awareness and understanding regarding the issue of shop theft. The session is aimed primarily as an intervention for individuals who have committed shop theft but it can be adapted as a general awareness raising workshop for anyone.

The workshop focuses on the following:

- Understanding the impacts of shop theft
- Challenging the perception that the offence is 'victimless'
- Building awareness of the consequences of offending for everyone concerned
- Developing empathy for victims
- Consideration of the motivations for shop theft and sources of support to break that cycle

99% of those attending the workshop said that they understood the impacts of shop theft better than they had before

97% of those attending the workshop said they were more motivated to change their behaviour

"I had not thought about the real consequences of shop lifting before. This really made me think about just how many people were affected and that it's not a victimless crime."



SAFE - Substance Abuse Facts and Education Training is a programme for children and young people that explores drugs and the negative impact they have on physical and mental health.

This basic awareness raising workshop:

- Is a single session
- Can be adapted to suit the audience with particular emphasis on a specific issue if required.
- Ideally delivered on a group basis but may be adapted for one-to-one work where an individual child's needs require it
- Can be used as a starting point for wider issue focused work: Children previously for example have gone on to produce their own awareness raising campaigns/posters etc.

The workshop focuses on the following:

- Why some children and young people use drugs
- Young Peoples testimonials
- Basic awareness of Common drugs and the impact they have on physical and mental health
- Signs that something is going wrong when using drugs and what to do in an emergency
- Factual information about vapes and the risks involved

SAFE made me realise how much I thought I knew and how much I had no idea about. It has really made me think and help me keep safe in the future

Being Restorative

Remedi can support your organisation to BE Restorative with a bespoke package of training, consultancy and coaching for staff, pastoral support and senior leadership.

Our training is designed to be accessible and useful for people from different disciplines including education, criminal justice, social care and community organisations.

We believe a restorative approach allows all involved the opportunity and support to thrive, to explore and become the person they can and want to be.

Our courses focus on how to embed the restorative principles of **SAFE, VALUED, HEARD** and **INCLUDED** into everyday practice. Be that resolving conflicts using restorative circles, taking an inclusive engagement approach to wellbeing or the everyday language we use to ensure the environment is safe, inclusive and accessible for all.

Courses can be tailored for all types of organisation or educational provision including specific courses for Being Restorative with neurodiversity and special educational needs.

“For me I am having issues with my teenager and found this approach of stepping back and asking the question in a different way has helped relieve tension. Also at work I’ve used it in the classroom when an argument has taken place and feel it has helped resolve issues quickly.”



“It’s been a game changer for us. We have really seen the impact and benefit of a culture shift. It’s been amazing thank you.”

Testimonials


Here are a few of the many testimonials we receive that emphasise the passion and support our valued employees provide.

"I can't thank you enough, I feel so much better after one phone call with you. Your service is brilliant, just brilliant. Thank you so much for listening and being so lovely and kind. I look forward to working with you."

"It has been such a massive help having you, not only have you been a huge support for them, but for me, with the education. I don't think I would have got as far along as we did without your support. You were there when we needed you."

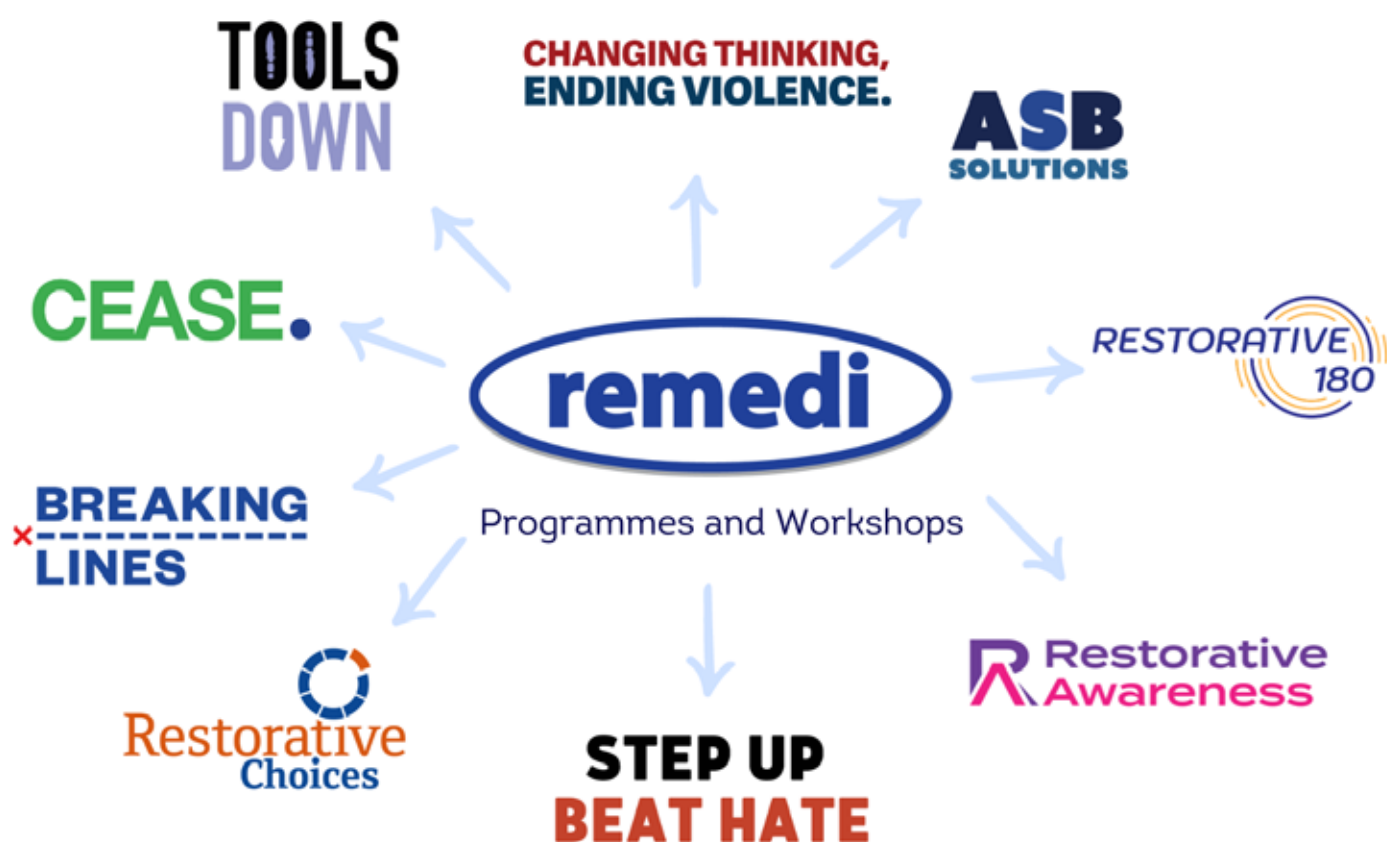
"I have achieved something I thought I would never do on the path I was on."

"I recently had my anger challenged in a football match, but I was able to walk away. It sometimes feels horrible walking away because you don't want to be called names, but, I know with your help and me working hard, I will find this easier to do."



"You're the only person who actually listens to me and understands, you don't blame it all on me and out of everyone I work with, you're the best."

Empowering People, Changing Lives



**For more information regarding any of
our services:**



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