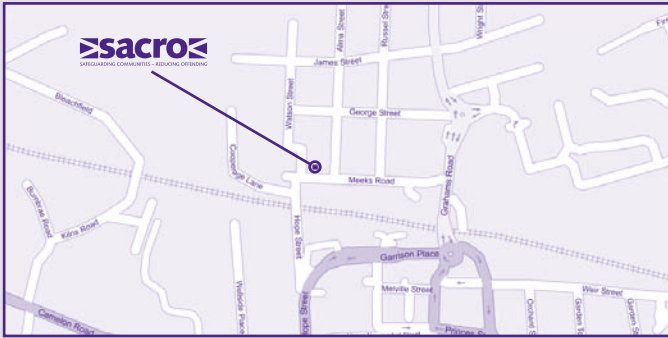


> How to get there

Sacro is near Falkirk town centre. We are located across from Grahamston Train Station car park. From Clackmannanshire, buses come along Grahams Road and you should get off at the last stop before the town centre. Trains run from Stirling direct to Grahamston train station. By car you can park in the car park directly opposite Sacro for free in the evening.

Sacro will pay you the standard public transport return fare on arrival.



In partnership with:

Clackmannanshire Criminal Justice Services:
01259 721069

Falkirk Criminal Justice Services:
01324 506464

Stirling Criminal Justice Services:
01786 463812



If you would like a translated version of this leaflet, please phone 0131 624 7270 or e-mail info@national.sacro.org.uk quoting reference FAL/313.

This leaflet is also available in large print or Braille.

In order to make Sacro's services as widely available as possible, we have made every reasonable effort to facilitate easy access to all of our premises for disabled service users. Where this is not possible, we will arrange a suitable, alternative venue.

Bu broşürün çevirisini istiyorsanız, lütfen 0131 624 7270'i telefonla arayın veya eposta gönderip FAL/313 dosya numarasını söyleyin.

اگر آپ کو اس کتابچے کا ترجمہ درکار ہے تو ہمارے مہربانی 0131 624 7270 پر ٹیلیفون کریں یا info@national.sacro.org.uk پر ای میل بھیجیں اور ریفرنس نمبر FAL/313 کا حوالہ دیں۔

欲索取這單張的翻譯版本，請電 0131 624 7270，或電郵 info@national.sacro.org.uk，並說明檔案編號 FAL/313。

إذا كنت تريد نسخة مترجمة من هذه المنشورة الرجاء الاتصال برقم الهاتف **0131 624 7270** أو أرسل بريدًا إلكترونيًا إلى العنوان info@national.sacro.org.uk وانكر الإشارة رقم **FAL/313**

এই পুস্তিকার অনুবাদ যদি আপনি পেতে চান তাহলে 0131 624 7270 নম্বরে ফোন করে অথবা ই-মেইল করে রেফারেন্স নম্বর FAL/313 উল্লেখ করবেন

Jeśli potrzebne jest tłumaczenie w polskiej wersji językowej, bardzo prosimy o kontakt pod numerem 0131 624 7270 lub drogą e-mailową info@national.sacro.org.uk podając numer referencyjny FAL/313.

If you are uncertain about anything you have read in this leaflet or require further information, please do not hesitate to get in touch with the Service at:

Sacro Groupwork Services

22 Meeks Road, Falkirk FK2 7ET

Tel: 01324 627824

Fax: 01324 622006

Email: info@groupworkservices.sacro.org.uk

Web: www.sacro.org.uk

Leaflet FAL/313



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"I never spoke to anybody about it before."

"It (the group) has helped me to understand the effect it (my behaviour) has on other people"

"Just be honest with yourself. And it helps once you get into it. It helps"

"The exercises helped me understand why I committed my offence"



What other men have said about the group when they finished

Community Sexual Offending Groupwork Programme

Information for men



> About the group – who is it for?

The Community Sexual Offending Groupwork Programme works with men who have been convicted of a sexual offence. The group may be a condition of your Probation Order, License or part of an Extended Sentence.

> Purposes and Aims

These sessions involve groups of eight men, as well as two workers from the programme. Your progress and participation will be reviewed frequently with your supervising officer who will receive information about your progress after each session. They will also be able to offer you support with the work that you do in the group.

The purpose of the group is to understand why you committed your offence(s) and to learn strategies to prevent you re-offending in the future.

The group encourages men to identify feelings, thoughts and behaviours and to consider the impact of these behaviours on the victim. In a supportive and non-judgemental environment, the group consider the decisions leading up to the choice to offend and are encouraged to take responsibility for their actions. By identifying these aspects of the offence, it is possible to identify alternative ways of thinking and behaving in order to establish a future, free of sexual offending.

> Participation

How much you take from the group is up to you and depends on how much you want to change. The programme offers no guarantees and it is important that you are aware of this. To become a safer person and increase other's safety, you will be encouraged to be honest and open about your risks and how to address them.

Usually it is easier to blame someone or something else for things we do that we are ashamed of. That way, it means we do not need to change anything about ourselves.

By blaming other people or other things, you are simply giving yourself permission to go on being as you are. By taking responsibility for your behaviour you can take the first step towards changing and hopefully making yourself safer.

Finally, some people go through life without ever stopping to look at themselves or consider how other people might view them. Other people are faced with having to think about themselves only at times of crisis. The work you will do with your supervising officer and in the Community Sexual Offending Group will be a starting point towards hopefully learning something about yourself.

The more time and effort you put into this work, the more you will probably get from it and the more you will learn about yourself. You may begin to make more sense of why you are in the position that you find yourself in today.

> About the programme

The C-SOGP programme is split into separate modules. All men will complete the Induction and Relapse Prevention Modules.

Induction

This lasts for ten days and involves each group member completing a detailed examination of their offence, offence cycles and process of offending.

- > A day of questionnaires
- > A block week of five days (Mon – Fri)
- > Five subsequent days (one per week)
- > Second set of questionnaires

On completion of this you will be informed if you either go forward to complete the

- > Core Programme – an additional 190 hours
OR
- > Relapse Prevention – an additional 50 hours

This is followed by another day of questionnaires.

Relapse Prevention

This final stage of the programme focuses entirely on planning for a non-offending future, being aware of your risks, developing skills and building on strategies which can make this possible.

The Induction and Relapse Prevention modules make up the shorter C-SOGP Group.

For those attending the Core Programme after Induction, the focus will be on issues such as beliefs, learning from the past, building and improving social skills, thinking patterns and victim empathy.

The Core Programme is currently delivered outside the Forth Valley area. If you need to attend this part of the programme, arrangements will be made for where this group will take place and how you travel to the group.