

Sacro Community Payback Service

Digital “Other Activity” Modules with Learning Outcomes

Sacro has developed a suite of stand-alone modules which target specific areas of issue. Each module has been designed by staff who have expertise and experience in this area.

Sacro will use an approved digital platform to engage service users, either in small groups (up to five) or on a one-to-one basis. This can be arranged during normal working hours or in the evenings or weekends to best suit the service user and allow them to engage at a time that does not interfere with work or family commitments.

Each module is designed to last approximately 90 minutes. Service users can choose from a range of topics and create a bespoke learning experience which best reflects their needs.

Sessions will be delivered through Teams, or over the telephone (one-to-one) with individuals who do not have access to IT. In this instance, hard copies of worksheets can be posted to participants.



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Digital “Other Activity” Modules with Learning Outcomes

1 General Offending Programme

- > To understand factors that influence offending behaviour.
- > To identify consequences of offending behaviour and why people might decide to change it.
- > To understand the concept of decision and how it applies to offending behaviour.
- > To identify when and how someone is ready to make a change.



2 Healthy Relationships

- > To provide space to explore and identify what healthy relationships looks like.
- > To explore different types of relationship and the importance of developing good communication skills.
- > Develop strategies for dealing with tricky professional relationships.

3 Benefits and Financial Health Check

- > To identify the different benefits, including grants and other areas of funding that may be available.
- > To allow an opportunity for personal benefits review, with a view to maximising benefits and grants uptake.
- > To understand how to apply for any benefits.



4 Drugs/Alcohol Awareness

- > To provide facts about substance use.
- > To heighten awareness about drugs and alcohol.
- > To increase knowledge of the impact of substance use.
- > To enable participants to make informed choices about using substances.
- > To explore the relationship between substance use and offending behaviour.
- > To provide information about services which can provide support.

5 Introduction to Restorative Justice and Victim Awareness

- > To explore harm.
- > To develop empathy.





6 Health and Fitness

- > Why exercise?
- > Nutrition and weight management.
- > Getting you started or improving your exercise regime.

7 Introduction to Equalities

- > To understand the different levels of discrimination.
- > To explore the five protected Hate Crime Characteristics.
- > To explore where negative ideas and language come from.
- > To explore the law around Hate Crime and discrimination.
- > To be aware of the consequences and effects of Hate Crime.
- > To understand how to report Hate Crimes and encouraging 'active bystanders'.



8 Emotional Regulation/ Anger Management

- > Delivered over two sessions.
- > Understand what an emotion is.
- > Recognise different emotions and how they are expressed.
- > Understand the term 'emotional regulation' and why managing our emotions is important.
- > Describe some of the tools and techniques that can be used to manage your emotions.
- > Seek support from relevant people and organisations.



9 Wildlife Wellness

- > Using outdoor activity to improve mental and physical health.

10 The Law and Relationships with the Police

- > This module is delivered over three sessions and will provide detailed information on the purpose and powers of the Police and the COPFS to assist with decision making and behaviours when coming in to contact with those organisations.
- > To provide information regarding state powers and encourage discussion with the service user on their understanding of those powers.
- > To look at key crimes including knife crimes and offensive weapons, identifying how these crimes are commonly committed and how they can be avoided.



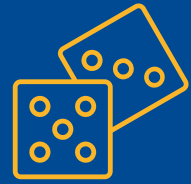
11 Positive Use of Time

- > To understand the difference between free and leisure time.
- > To understand the importance of leisure time in our lives.
- > To question how do we distribute our time every day and if we are dedicating the right amount to leisure.
- > To evaluate the activities we get involved in our leisure time and what they bring to our lives.
- > To consider other activities we can do during our leisure time.



12 Gambling Awareness

- > To recognise gambling, and its many forms.
- > To understand the pros and cons of gambling, and the extent of the consequences it might bring to your life.
- > To identify the signs that your gambling or the gambling of someone you know might be problematic.
- > To compile a list of resources available to help with problem gambling.



13 Impact of Covid-19

- > To explore the impact of Covid-19 on our lives and identify areas of concern.
- > To identify and explore common stress reactions.
- > To highlight potential ways to manage Covid-19 concerns.
- > To gain knowledge of coping strategies to help reduce the effects of stress and anxiety.
- > To identify alternative stress management techniques.
- > To receive support and have links to other external agencies.

Sacro Community Payback Service

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