



### **We consider referrals for any crime.**

**For example: assault, burglary, dangerous driving, murder, sexual offences, hate crime, domestic abuse, theft & criminal damage.**

**RJ can take place anytime, even years after an offence has occurred.**

### **Feedback from participants:**

“It acts in some regards as closure.”

“Seeing how sorry the harmers were would do it again tomorrow.”

“I would never have been able to get the answers that I did without this process and it has been vital to my emotional healing.”

“Harmer answered all my questions, 100% recommend to others.”

“The gentle but fair approach and I felt in control at all times.”

“It was very clear that this was a service for me and that I mattered.”

### **Other restorative approaches:**

- Neighbour/Community mediation
- Family mediation
- Community forum.

**For further information please contact us.**

Email:

[contactus@restorativegloucestershire.co.uk](mailto:contactus@restorativegloucestershire.co.uk)

Telephone:

01452 754542

You can also visit our website:

[www.restorativegloucestershire.co.uk](http://www.restorativegloucestershire.co.uk)

Or follow us on Twitter:

@RJGlos



**OPCC**

Office of the Police &  
Crime Commissioner  
for Gloucestershire

### **Restorative Gloucestershire**

1 Waterwells Drive,  
Quedgeley,  
Gloucester,  
GL2 2AN

April 2022



**Information for people  
who have been  
harmed by crime**



## What is restorative justice?

Restorative justice is a process which gives you the chance to ask the harmer questions, tell them the impact their actions have had on you, have your needs met and for the harmer to understand the harm they have caused.

## Will I have to meet them?

The process is completely voluntary for everyone involved. You could exchange a letter or messages with the harmer, or you could have a face to face meeting with the harmer, accompanied by two facilitators and a supporter if you wish. This often produces the most effective results.

## Key principles:

- RJ can only happen if the harmer has accepted some degree of responsibility for the incident.
- Both the person or people harmed and the harmer must be willing to participate.
- Both the person or people harmed and the harmer must feel safe in taking part, the trained facilitators will ensure this is the case.
- No time limit on when RJ can take place.

## Restorative Justice

If you have experienced any of the following thoughts – you may benefit from Restorative Justice (RJ):

- I just want to know – why me?
- Was I followed, or targeted?
- I didn't really have any justice.
- I want them to know what I really feel.
- I am really angry.
- What did they get out of it?
- It isn't just me that's been affected by what they did.
- What happened to all my possessions?
- What would I do if I saw them again, what will I / they do?
- I don't seem to be able to get over this.
- I keep thinking about it.



## What's in it for me?

- Your questions could be answered.
- You can have your say.
- You can ask the harmer to take some action to repair some of the harm.
- You may be able to prevent this happening to someone else.
- 85% of person or people harmed who take part are satisfied with the process.
- Talking about a trauma brings about striking reductions in blood pressure and muscle tension.
- After telling their story, people often experience a reduction in anxiety.

## What's in it for the person who harmed you?

The opportunity to understand how their actions have affected others, to take responsibility and offer to do something to help make amends for the damage done. It can work alongside the criminal justice system. It has been shown to reduce re-offending.