

GET RESTORATIVE

JUSTICE

Restorative Justice (RJ)

- RJ is a voluntary process whereby trained practitioners facilitate safe communication between victims and offenders.
- Victims and offenders can communicate directly (face to face, on the phone or via video call) or indirectly (via a letter for example).
- As part of the Victim's Code of Practice, all victims of crime have the right to be offered Restorative Justice.

Frequently Asked Questions

How long will it take?

The length of an RJ process depends on several factors such as how sensitive and complex a case is. We will do our best to manage your expectations on this and will work with you to ensure your needs are met.

Will it be safe?

Safety is our absolute priority. This includes your emotional as well as your physical safety. Throughout the RJ process, we assess both victims and offenders to ensure that RJ is safe and appropriate for them. RJ will not be facilitated if there are any concerns about its safety.

Will I feel better after taking part?

RJ is designed to help victims and offenders alike to cope and recover after an offence.

"I found it to be a brilliant process, very positive and worthwhile. I had a few questions in my head that I needed to ask, which the individual answered very truthfully."

VOICE OF A VICTIM

"I was the only one there that night...the only one who could give them the answers they were looking for...it was the least I could do."

VOICE OF AN OFFENDER

"You have to be open and you have to be honest, it's very emotional, it's not for everybody... I had to do it for them."

VOICE OF AN OFFENDER

"Actually finding forgiveness for this man wasn't difficult when I consider the alternative which was being stuck in a place where anger and pain were eating away like a cancer from the inside. In fact it was the best decision I've ever made."

VOICE OF A VICTIM

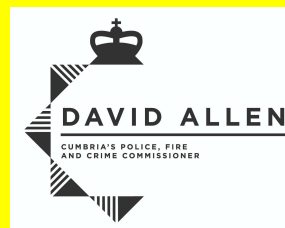
HOW CAN I GET RESTORATIVE JUSTICE?

To speak to someone for an informal chat call **0800 612 5810**

To contact someone via email:

tm_rjhub@cumbria.police.uk

A trained facilitator will contact you to discuss what you would like from the process.



**Cumbria
Restorative
Services**



IF I AM A VICTIM – HOW WILL IT HELP ME?

Restorative Justice gives you a voice – it can give you the answers you've been looking for. You might want to know why the crime happened 'or' want some assurance that you won't be harmed again. You can talk about how the crime has affected you and your family, allowing the offender to truly understand the impact of their crime.

IF I AM AN OFFENDER – HOW WILL IT HELP ME?

Restorative Justice can help you to move on from crime and re-build your life. It gives you an opportunity to understand how your actions have affected other people and build empathy for victims of crime. Restorative Justice will only work if you have accepted responsibility for your actions. Restorative Justice can help you explore ways to make amends for your actions and harm caused.

