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How RJ helped victims

IT HAS HELPED ME TO MOVE  
FORWARD.

IT HELPED ME TO STOP BOTTLING  
THINGS UP.

PSYCHOLOGICALLY, I FEEL BETTER.

I DON'T FEEL LIKE A VICTIM  
ANYMORE.

”

“

How RJ helped offenders

IT GAVE ME INSIGHT.

IT ALLOWED ME TO MAKE AMENDS.

I WAS ABLE TO SEE THE EFFECTS OF MY  
ACTIONS.

IT WAS A GOOD THING TO DO, AND FAIR.

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NORFOLK & SUFFOLK  
RESTORATIVE JUSTICE HUB

COPE  
RECOVER  
UNDERSTAND

## CONTACT US

for assistance, advice and referrals.

RJHubNC@norfolk.pnn.police.uk

RJHubSC@suffolk.pnn.police.uk

## WHAT IS RESTORATIVE JUSTICE?

Restorative Justice (RJ) gives victims of crime a chance to cope and recover by explaining to the offender the impact of the harm caused to them through safe communication, support and encouragement.

This gives offenders a chance to understand the impact of their actions and make amends to repair the harm.

Victims can explain how the incident made them feel, describe the consequences, ask questions and seek an apology or explanation from the offender.

For RJ to take place, both parties must be willing to participate and the offender has to accept their part in causing harm to the victim.

This does not replace a formal sanction but can run alongside other criminal justice processes (e.g. out of court disposals or court proceedings) and can happen at any stage of the criminal justice process.

## DOES IT WORK?

RJ has been found to have reduced reoffending by **14%** compared to criminal justice processes without RJ, and has a participant satisfaction rate of **85%** (2001 Ministry of Justice report)

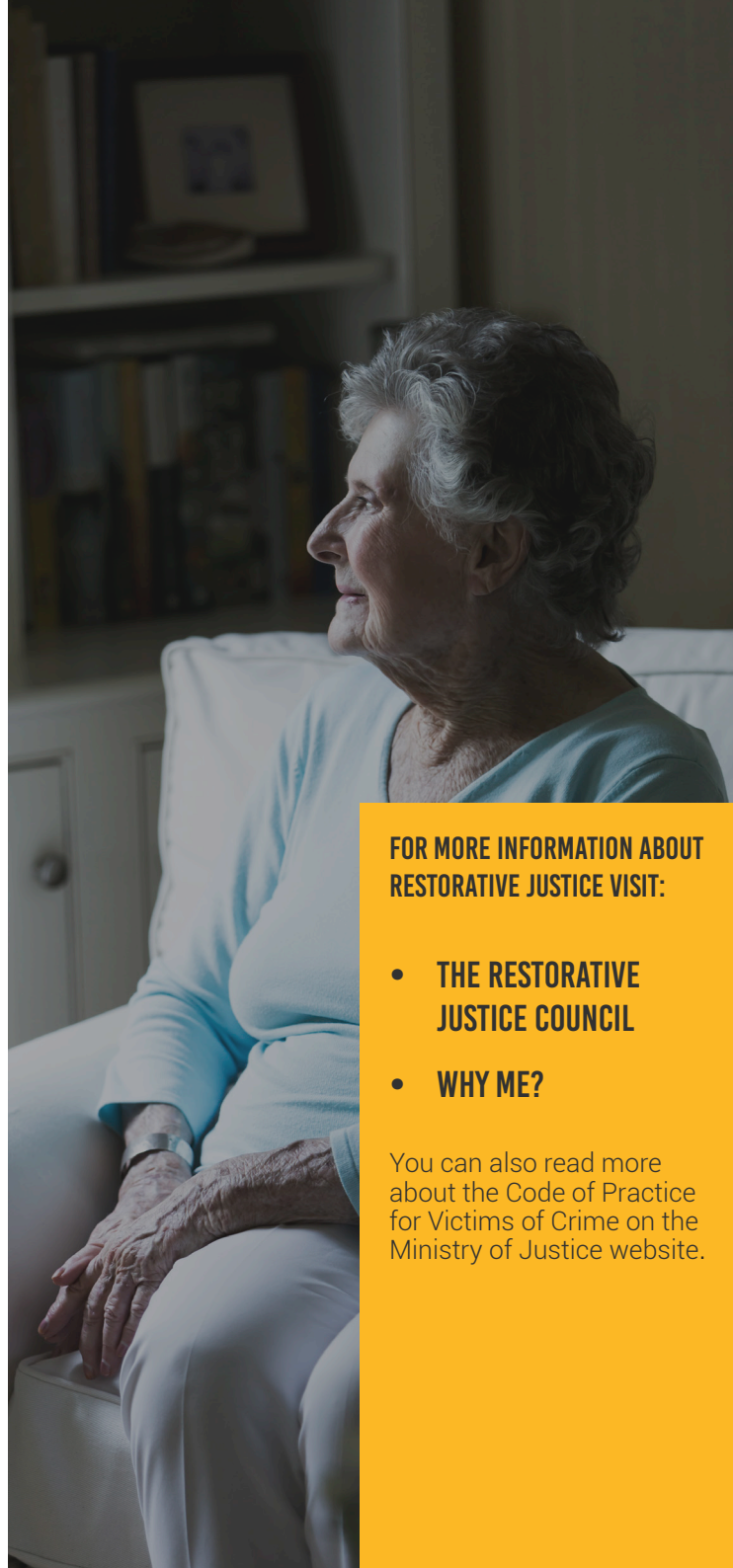
## HOW IT WORKS

RJ is a voluntary process, for both victim and offender. If either party changes their mind, the process can be postponed or stopped at any time.

The offender has to take responsibility, either wholly or in part, for causing the harm.

RJ can be done in different ways: a face-to-face conference, communication through the facilitator usually via letters, or a letter of explanation/apology.

RJ is tailored to those involved, whilst ensuring that risks are managed and participants are, and feel, safe.



## IS IT RIGHT FOR ME?

Any crime, as well as antisocial behaviour, can be considered for the RJ process.

RJ does not influence the length of any sentence that might be imposed by a court nor parole decisions made, licence conditions set, release date or treatment whilst in prison.

Participants can have a friend or family member with them for support. The supporter(s) will also work with the facilitator to make sure they know how to help the participant at every step.

RJ is not time limited - it can be used for historic offences too.

No one should ever feel pressured into taking part in RJ and the process should move at a pace that everyone is comfortable with.

### FOR MORE INFORMATION ABOUT RESTORATIVE JUSTICE VISIT:

- **THE RESTORATIVE JUSTICE COUNCIL**
- **WHY ME?**

You can also read more about the Code of Practice for Victims of Crime on the Ministry of Justice website.

For more information, see the Norfolk Constabulary or Suffolk Constabulary website under Restorative Justice.

Contact us via email for queries, or to request a referral form.

**RJHubSC@suffolk.pnn.police.uk**

Or

**RJHubNC@norfolk.pnn.police.uk**

Police Officers and partner agencies (such as Victim Support or National Probation Service) are able to make a referral on the behalf of victims or offenders, with their consent.