

## What is Restorative Justice?

Restorative Justice allows the opportunity for offenders and victims of crime to come into safe, facilitated communication to discuss what has happened, for victims to explain the consequences and provide the opportunity to ask questions. This can lead to mutually agreed, positive outcomes for all involved.

The person accountable for the harm caused is encouraged to take responsibility for their behaviour and make amends.

The process is voluntary and goes at the pace of those involved.

## How can RJ help me?

Restorative Justice can be helpful for offenders as it allows you to understand the consequences of your actions and, where possible, make amends.

You might want to apologise to the person you have harmed or agree another route to make things better. This could simply be answering questions they have or explaining what issues in your life have led you to commit that crime.

## Restorative Justice

Essex Restorative and Mediation Service provides safe and effective communication between people in conflict to encourage mutually agreed, positive outcomes for all involved.

“

*It was really good to be heard  
and understood, you helped  
me understand the other  
person better*

”

### Contact us

If you would like to talk to us about the service, or are interested in taking part you can find out more here:

🌐 [www.restorativeessex.co.uk](http://www.restorativeessex.co.uk)

✉ [restorativejustice@essex.police.uk](mailto:restorativejustice@essex.police.uk)

📞 01245 291 621



## Have you heard of Restorative Justice?

Have you considered talking to the person/s who were harmed by what you did to explain why you did it? Restorative Justice could allow you to do just that.

## How can I access the service?

You may be asked if you would like to be referred by an agency that you are already dealing with such as the Police, Probation or Prison. You can also get in touch directly if you would like us to come and talk to you about the process. There is no obligation for you to progress to a restorative outcome, and facilitators will work with you to ensure the most appropriate and safe way to address your case.

Please contact us if you feel that you might like to take part in a restorative process.

## How does the process work?

After you are referred, someone will contact you to discuss the process, answer any questions you may have, and ensure that a restorative outcome is suitable (this will be explained to you). We will only progress if and when everybody is ready.

Our facilitators will meet with everyone involved in the crime and a decision of how to proceed will be made (direct or indirect).

The facilitator will arrange for the communication to happen, ensuring that everyone is as comfortable with the process as possible.

## Frequently Asked Questions

*What offences can Restorative Justice be used for and is it available for me?*

It is a free service available to those involved in crime or conflict in Essex. It can also be used for any crime, from low level to serious offences.

*What if I want to take part but the victim doesn't want to?*

RJ is a voluntary process therefore everyone involved must consent to take part, and some responsibility must be taken for the harm caused.

*What if I change my mind?*

You can change your mind at any time, including opting in or out.

*Will this impact my sentence?*

Restorative Justice does not replace the Criminal Justice System or sentencing, rather it is a process used later on to help deal with the emotional impact of the crime. If a case has gone to court, we will wait until sentencing has happened before we begin the process. RJ does not replace the sentencing.

*What if I don't want to meet the victim?*

Communication can be indirect including letters of explanation / apology or shuttle communication.

## What are the benefits?



**78%**

**OF OFFENDERS WOULD RECOMMEND RJ TO OTHERS**



**RE-OFFENDING IS REDUCED**



**ALLOWS YOU TO UNDERSTAND THE CONSEQUENCES OF YOUR ACTIONS AND FOR MEANINGFUL REPARATION**