

## When you complete 'Think First'

- We give you a certificate  
This shows your achievement
- You attend an appointment with your Case Manager and your 'Think First' leader in order to:
  - review your progress
  - agree on follow-up work
- We keep a record of your attendance on 'Think First'
- We check your record in 2 years to see if you are convicted further  
'Think First' aims to stop offending and reduce re-offending

## Information about you

- Our staff keep information about you in records and on computer. This is used to help in decisions about your progress.

### We keep safe and secure all records we hold about you.

- If you wish to know more about this, please ask to see our leaflet 'Your right to see your records'.

## To contact us

Make a note here

- Programme leader

Address

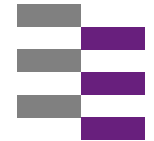
Telephone

## Probation's aims

- *protect the public*
- *reduce re-offending*
- *proper punishment of offenders*
- *rehabilitation of offenders*
- *increasing offenders' awareness for victims*



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# 'Think First'

**what it  
means  
as part  
of your  
licence**

## 'Think First' is

- a condition of your licence on release from prison, to attend a specific programme

## 'Think First' aims to:

- stop your offending
- help you sort out problems
- help you change: get more out of life

## What you do on 'Think First':

- attend preparatory sessions with your supervisor
- attend in a group with other people
- talk about your offending
- face up to what you have done
- accept responsibility
- work on such things as
  - how you think and feel
  - coping for yourself
  - working with other people
  - listening to others
  - recognising problems
  - different ideas and views
  - seeing things afresh

The group sessions are recorded on video.

- attend some follow-up sessions

## You must tell us:

- your current address where we can contact you

## When does it begin?

**The condition to attend 'Think First' is part of your licence:** Your Probation Officer will explain to you when and where you must attend

### We will write to tell you:

- your start date for 'Think First'
- where to attend

## You must attend

- preparatory sessions with your Probation Officer
- an assessment (at least 2 hours)
- 22 sessions daytime or evening (each is 2 hours 30 minutes)
- follow-up sessions

**If you are ill / if you cannot attend :** you must tell:

- your Probation Officer
- or
- the Programmes Team where you are due to attend.

**If you do not attend and do not explain why, we will:**

- send a written warning to you

**Other action we may take:**

- your licence may be revoked and you will be taken back to prison

## Where to attend

- You must attend at a probation centre.  
It may be any one of these:  
Preston, Blackpool, Blackburn, Lancaster, Accrington, Nelson.
- We help with travel cost:  
either a rail pass or bus tokens

## What you can expect of us:

- to be treated with respect
- you will be offered help with the problems that led to your offending

## If you are unhappy

- If you are unhappy about our service in any way, tell your Programme leader or Probation Officer. Our staff will listen and do what they can to help. If you are not satisfied, ask to talk to the Team Manager. If you wish to take it further, ask for our leaflet. 'How to complain'.