

COMMUNITY PAYBACK ORDER ANNUAL REPORT

FINANCIAL YEAR: **2016/17**

LOCAL AUTHORITY: **Midlothian**



Types of unpaid work projects and activities which have been carried out; the total number of unpaid work hours completed during the year; and information and examples that help to demonstrate how communities benefit from unpaid work.

During the 2016/17 financial year we had 293 individuals complete 15903 hours of unpaid work.

Types of Unpaid Work projects carried out by Midlothian Unpaid Work team in the year include;

- Landscaping
- Removing fly tipping and undertaking a waste amnesty
- Litter picking
- Improvements to school/ nursery playgrounds and to community facilities
- Painting and Decorating
- Gardening
- Constructing garden furniture in our workshop
- Personal placements in local charities
- Recycling projects producing outdoor and garden materials and furnishing
- Helping increase the safety of victims of domestic violence and stalking

Landscaping

Landscaping was carried out by the Unpaid Work team in various locations and for numerous organisations including:

- Public parks and walkways in Midlothian. This involved partnership working between the Countryside Rangers and the Unpaid Work team. Tasks completed included the maintenance of walkways in Vogrie Park, Gore Glen, Burghlee Park, Nine Mile Burn and Roslin Glen. We have also assisted with the construction and maintenance of a roundabout to help the flow of traffic within the country park. Within these country parks we have also been involved in fence repairs, reinstatement of subsided land, pruning and general tidying up of public parks and walkways.
- We continue to work in partnership with Newbattle Abbey College who provide a rural skills taster course for clients on CPOs every quarter. CPO service users have done a significant amount of gardening and landscaping work in the grounds of the college, including the maintenance of a community garden that is used by local schools and other community groups.
- We have been able to assist a local community clear an area of fly tipping and landscape the area into a pleasant green space where local children are now able to play in a safe environment.
- With the introduction of the Borders Railway we have worked with local community groups who have taken over responsibility for maintaining the railway stations, helping them to landscape and maintain the green space around the station. This included constructing hanging baskets as well and planting flower beds, working alongside the volunteers.
- A local community cafe for older people approached us to help improve the look of their building. We landscaped the garden area at the rear of the property, creating a low maintenance flower bed and we painted the exterior

metalwork on the building and the fences around it. We are in the process of completing raised beds to go around the trees outside the cafe to provide a more welcoming environment for the older people who use this service.

- We have worked with community councils to assist them in renovating and installing community notice boards in several communities around Midlothian.

Fly Tipping/ Waste Amnesty

This was the second year that we helped co-ordinate and run a waste amnesty to reduce the risks of unplanned fires and unsanctioned bonfires in the week running up to Guy Fawkes Night. We received positive feedback from the fire service who said that 2016 was their quietest bonfire period for many years.

Fly tipping continues to be an ongoing problem in the rural areas of Midlothian as well as occasionally on common ground in local housing estates. We receive referrals from community councils and other council departments and have developed close relationships with community partners to identify and respond quickly to new incidents.

Litter Picking

Midlothian Unpaid Work team carries out regular litter picking projects in Midlothian working alongside various Community Councils and voluntary groups. Rather than simply clearing the area as a standalone project we work alongside members of the community, enabling local people to maintain and improve their environment with our assistance.

Improvements to School Playgrounds and Community Facilities

The Unpaid Work team have been involved with various secondary and primary schools as well as nurseries, sure start centres and adult day care centres undertaking a range of work including:

- The construction of raised flower beds, bird boxes and playground furniture.
- Removal and disposal of waste.
- The construction of seated areas.
- Improving access to community facilities for disabled people.
- Regular grass cutting and maintenance at local playgroups and nurseries.
- Creating eco friendly sensory gardens for children to play in.
- Cutting back overgrown trees.
- Painting the interior and exterior of schools and buildings used by community groups.
- Creating bright and engaging garden furniture to stimulate the senses of service users in an adult day care centre.

Painting and Decorating

Painting projects have been carried out for community organisations including a local charity, nursery, and community centre. We have worked alongside colleagues in the Community Mental Health Team to renovate and decorate clients' homes to support the individual's rehabilitation and also ensure that they meet the requirements of occupancy agreements. We have also started an initiative to support social work clients who may be at risk of eviction by helping renovate their homes to meet

expected standards. This has facilitated the provision of social care support to help people maintain their tenancies.

Gardening

We continue to undertake gardening projects for vulnerable people in the community including the elderly and those affected by disability. This has helped beneficiaries access and make full use of their gardens as well as maintain their tenancy when due to their health problems they have been unable to manage this themselves to an acceptable standard. We have also developed gardens for local nurseries and schools to enable children to play in a safe environment and learn new skills through growing their own fruit and vegetables in the raised beds that we have developed.

Constructing Garden Furniture

Midlothian Unpaid Work team have constructed gardening furniture that is requested by community organisations. The furniture is built to a high standard and costs to the beneficiary are kept to a minimum with beneficiaries paying for the cost of the materials. We have produced furniture for schools, community groups, sports facilities and public parks.

Garden Furniture which is built by the unpaid work team includes:

- Garden benches
- Memorial benches
- Picnic tables [large and small]
- Love seats
- Bird tables
- Wishing wells.
- Sand pits
- Bird boxes

Personal Placements with Local Charities

We continue to develop opportunities for service users to give their time and skills on placements with local charities and community groups. This provides an opportunity for individual clients to carry out work that benefits the charity as well as the wider community. It assists service users to make connections with their local communities and learn new skills. Often clients remain involved in a voluntary capacity with the charity once their CPO has ended. Our placements include local charity shops, a furniture recycling project, a charity supporting ex-service personnel, a community food growing project, a food bank, sport organisations and a lunch club for older people. We have been working with a local charity to allow clients on placement to access the training and development opportunities available to their volunteers so that clients can improve their employability skills while completing their hours.

Recycling projects producing outdoor and garden materials and furnishing

The team is continuing to develop relationships with local firms where we can recycle items from the business like pallets, left over materials, tyres and other materials that would otherwise have been disposed of. We have been able to use materials like tyres to build fun planters that look like cartoon characters including Olaf (from the film Frozen) and Minions. We have used wood that would have been thrown away to construct garden furniture for a local nursery. Wood donated by a tree surgeon was

used to create chairs and tables for a school. We have improved several nursery and school playgrounds where recycled tyres have been used to create a cycle course or a raised bed for planting flowers. We are also in the early stages of developing a working agreement with a local charity to renovate furniture on their behalf that they can then sell in their charity shop.

Helping increase the safety of victims of domestic violence and stalking

We have continued to develop links with local MARAC partners who support survivors of domestic abuse. We have worked with these agencies to complete projects that assist in increasing the safety of the women concerned. Examples of this work include cutting back a garden to reduce places where a stalker could hide, erecting fencing round a garden to provide a safe and secure area for the family, helping a victim's family move to new accommodation and renovating a property damaged in the course of the abusive behaviour to allow the woman to be granted a management transfer to a new property and live at an address unknown to her abusive ex-partner.

Quotes from people on CPOs and beneficiaries about the impact of the unpaid work on them and/or the community.

Feedback from Service Users

- 91.5% of clients felt they had made “payback” to the community through their CPO. .
- 72% felt that that they had gained new skills during their Order.
- 85% of client's felt that their attitude towards offending had improved during the course of their Order.
- 98% of clients felt they were treated with respect.

Quotes from service users in relation to impact on likelihood of offending

- *I have really enjoyed my placement and felt that from the start I was treated with respect. I enjoyed being involved in planning what work we would do and then produce stuff for the nursery. I feel proud that the kids will enjoy our work and this helped me think about trying to find work so that I can be there for my own family.*
- *The opportunities given to me have helped me gain confidence and Start College. I would never have done this without your help. I can't see me making the same mistakes as in the past as I now have something to lose.*
- *I am in a better place now and have my own house. There is no way I will risk this again. I am getting too old for this.*
- *As much as I have enjoyed it I dinnae want to be back.*
- *It's given me something to get up for and meet new people who like me want to leave the old ways behind.*

Quotes from service users about the benefits of their Unpaid Work requirement

- *I was able to help some of the younger lads and teach them some joinery skills. I felt good doing this and I feel that I maybe have something that I can*

give back.

- *It was magic seeing the old dears enjoy their new garden furniture.*
- *Supervisors gave me the confidence to try something new and to get involved with a group.*
- *I have learned new skills and am going to make some garden furniture at home.*
- *It got me out of bed.*
- *I didn't think I would have much to do at the start and that it would be easy. We were worked hard and you could see the difference our work made to people.*
- *I would like to thank you for getting me through this order and I have learned new skills.*
- *Gets me out the house and doing things for the day.*
- *It's given me confidence. I have a job interview next week.*

Quotes from service users about what they see as the benefits to the community of their Unpaid Work

- *No one else would do what we do. There's no money to help old folks these days.*
- *We are all from different backgrounds and bring different skills which mean we can blast a project and help do work that no one else would do.*
- *Charities will be able to make money from my work and will be able to help people more.*
- *The kids will be beaming when they see what we have done.*

Feedback from beneficiaries of Unpaid Work

- *Elderly couple who received help with garden maintenance, "The guys are amazing. Thanks for helping us look after our garden. Without your help it would be a jungle out there."*
- *Local Environmental group given landscaping and land clearance assistance, "My experience working with the Justice Team has been very positive. I would have no hesitation in approaching the Justice Team again in the future, we are a small team of volunteers so having the boys involved was immensely helpful."*
- *Community Council given help with a community litter pick, "This is the third occasion that the team has joined us. Yesterday at the pick up and twice at another location. We can't thank you enough for all your help. We really appreciate your help in achieving our goals. Big thumbs up to the team."*
- *Individual beneficiary with two children with severe learning difficulties, "The clearance of the garden and creating a safe play space has been invaluable as my two children with LD need a secured safe space. Thanks."*
- *Charity shop – house clearance and drop off at charity shop – "We have made over £3000 for our charity from the pick ups. This is an outstanding service. Thanks you very much."*
- *Adult Day Care Centre – "The team have been wonderful. They were respectful to our elderly clients and enjoyed a cup of tea and a blether. The bright garden furniture and freshly painted fence has created an engaging and dynamic outdoor space for our service users to use. I had thought that community service clients just sat in their vans. I had no idea they did such good and hard work. Thanks so much for everything."*

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Types of "other activity" carried out as part of the unpaid work or other activity requirement.
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The take up of the other activity in Midlothian remained low during the 2016/17 financial year although was up on the previous years with 31 individuals undertaking the other activity. Current activities on offer are:

- A Rural Skills taster course that was developed in partnership with Newbattle Abbey College. The course is delivered quarterly over a 5 day period and lasts for 30 hours. This partnership has been running for six years now and has allowed numerous clients to access further education.
- The Spring service works with women who are involved or at risk of becoming involved in offending behaviour. The opportunity to attend is made available to all women on CPOs. The service provides a holistic service to women and focuses on mental health, experiences of victimisation, self-esteem and substance misuse as well as on reducing the likelihood of offending.
- Venture Trust have continued to offer their "Wild Living – Chance for Change" personal development course to clients subject to Unpaid Work. We have had several young people attend this project as part of the "other activity".
- We are keen to help clients make contacts with local services so that support can be maintained when their orders have ended. Referrals to services dealing with substance misuse has allowed clients to initially use their "other activity" allowance of hours towards establishing contact with agencies including MELD, the Substance Misuse Service, ELCA (Edinburgh and the Lothians Council on Alcohol) and Transitions. These services then continue to support clients after their orders have been completed.
- Also available to offenders are literacy and numeracy courses which are delivered on a regular basis by MALANI, Midlothian Council's adult literacy and numeracy project.
- Service users have also been able to attend training courses to assist them to gain employment, dependent on eligibility for funding through their ILA (Individual Learning Account). This has allowed individuals to complete training on Health and Safety related issues and obtain the Health and Safety certificates needed for work on building sites. Clients have also been able to gain their forklift truck driving licence. We have been working with colleagues from Lifelong Learning and Development to develop opportunities for Unpaid Work clients to engage in adult education. LLD have agreed to provide additional support to help clients overcome some of the barriers they face when returning to education.
- In partnership with the British Heart Foundation we continue to deliver emergency first aid courses. Service users are trained to recognise the signs and symptoms of heart attacks and strokes and learn how to deliver basic first aid in emergency situations. There was recent positive feedback from a service user and the Scottish Ambulance Service. The service user was in temporary accommodation at the time and was able to use the first aid skills he had learned to help a fellow resident who attempted suicide and he continued to assist until the ambulance arrived. The ambulance crew were surprised that the client learned the skills as part of his Court Order and praised him for his efforts.

We are undertaking a review of Unpaid Work. The vision for the new Unpaid Work service is that a training and development pathway is developed for service users. As far as possible, individuals on Unpaid Work orders will undergo in house training delivered by our supervisors and when appropriate referrals can be made to outside agencies. We want people on Unpaid Work orders to complete their hours prepared and motivated to engage with external agencies, in terms of either education or employment. We will use the 'other activity' option to support this.

Activities carried out to consult prescribed persons and organisations, pursuant to section 227ZL of the 1995 Act, and wider communities on the nature of unpaid work and other activities and how the consultation results helped determine which projects were undertaken.

We have undertaken a number of consultation activities since April 2016:

- Having set up an interactive facility on the Midlothian Council website during 2014 we have been receiving referrals directly from members of the public. This portal has been reviewed by our communications department who are creating a live feed within the website to publicise the day to day work of the team.
- We have visited Community Councils and met with local councillors and this has resulted in several referrals for projects being made to our team.
- We have been an active member of the Community Safety Partnership which has helped us work with partner organisations to the benefit of the community. An example of this work is the waste amnesty that took place before bonfire night.
- We attended the Midfest Family Fun Day for the third year running to publicise our service and to engage with the public about projects they would like our Unpaid Work team to take on.
- As part of the developments within Community Justice we have been able to work with partners to highlight the top three areas in Midlothian affected by anti-social and offending. Through this we have created strong links with community groups and have been prioritising work in these areas to ensure that those most affected by crime receive a clear benefit in their community from the work of the Unpaid Work Team.

In the past year we have worked hard to engage with other teams within social work and throughout the council so that we expand the range of people who can access our service. This has allowed us to develop work that has supported people with mental health problems to remain in their homes, assisted families avoid eviction, and helped some of the most vulnerable families improve their home environment. Many of the service users we have completed projects for had not heard of our service until advised by their social worker.

Use by the courts of CPO requirements other than unpaid work, for example what, and in what way, different requirements are being used for those whose offending is driven by drug, alcohol and mental health issues; or how requirements such as programme or conduct are being used to address

offending behaviour.

The Courts imposed a total of 226 Community Payback Orders during 2016-2017; 206 were imposed on men and 20 on women. This is a 3% increase in the total number of CPOs imposed in 2015/16 (n= 219). The use of requirements during 2016-2017 year is as follows (figures also shown for previous year):

	2016/17	2015/16
<i>Alcohol</i>	0	2
<i>Compensation</i>	11	2
<i>Conduct</i>	10	6
<i>Programme</i>	12	6
<i>Restriction</i>	0	0
<i>Unpaid work</i>	116	179
<i>Supervision</i>	55	40
<i>Unpaid work and supervision</i>	55	37

As in previous years Unpaid Work remains the most commonly used requirement however for the first time there has been a decrease in its use as the sole requirement but an increase in the number of orders imposed with both Unpaid Work and Supervision. There has also been a significant increase (37.5%) in the number of orders imposed with a supervision requirement. We have now started to record offence type for each Order and this will enable us to consider the imposition of CPOs by offence type and evaluate the impact of interventions in the longer term. We are being assisted in this by the Community Justice Partnership Analyst.

As we have noted in previous reports the Courts continue to use the compensation requirement and this year there has been an 82% increase in its use when compared with the previous year. However as in previous years this requirement has been most frequently used in instances where supervision was not recommended due to an assessed low level of risk and need, however supervision has to be included in all cases where the Court has imposed a compensation requirement.

There are two main programme requirements that are delivered by Midlothian Criminal Justice Team and these are Moving Forward Making Changes (MF: MC) and the Caledonian System. There are other programme requirements available but these are delivered by third sector providers such as Venture Trust. In the reporting year the Courts used the programme requirement in nine orders for Caledonian and in two for MF: MC.

The Court imposed one 'incompetent' programme requirement during this reporting year. The wording of the requirement is as follows: 'requires the offender to participate in alcohol counselling to be held as and when directed for 2 years; and to comply with any instructions given by, or on behalf of, the person in charge of the programme'. This is not an appropriate use of this type of requirement and following discussion with the Sheriff Clerk's office we are managing this condition as a conduct requirement. We will continue to discuss the use of or wording of CPO requirements as necessary with the sentencing Court.

The following is a quote from a service user who had completed a programme requirement:

"For the first time in my life I came across an excellent type of professional and I managed to benefit from them greatly. They understand the actual problem I was facing since my childhood. Thanks to all of them. Special thanks to: [worker A's name], my suspension officer who helped me throughout. [Worker B's name], very caring, always showed me the right path. [Groupworker's name], extremely hardworking professional in the group work programme, who knew how to put things right for us. Now I just wish to lead a good crime free life with my family and I have a lot of things to do in future I will be very careful dealing with other people. I feel happy to tell you that my offending chance is ZERO, that is how I feel and I am happy about that."

There has continued to be a year on year increase in the use of conduct requirements. A conduct requirement tends to be used as a means to prohibit an individual from a course of action or as a means of requiring them to do something, for example attend or engage with substance misuse services.

Domestic Abuse offences

The Caledonian System provides a combined response to men's abuse of their partners and ex-partners, comprising of a programme of work for men convicted of domestic abuse related offences and a support service for women, children and families affected by these offences. The system includes inter-agency protocols for joint working. However not every man convicted of a domestic abuse offence is assessed as suitable for the Caledonian programme, or is able to successfully complete the requirement when imposed. To ensure the safety of women and children it is critical that there is effective information sharing to identify risk and to put measures in place to manage or reduce this. A significant proportion of social workers in Midlothian Criminal Justice Team are accredited assessors and case managers for the Caledonian System. This ensures that those working with men convicted of domestic abuse offences are supervised by workers who are aware of the risks and can undertake offence focused work, on a 1:1 basis, to challenge attitudes and behaviour. Both Team Leaders are Delivery Managers for the Caledonian System in Midlothian and are representatives on the following multi-agency information and decision making forums:

- MAPPA
- MARAC
- MATAC
- Midlothian Anti-social and Violent Behaviour Monitoring Group.

Sexual Offending

The Community Intervention Service for Sex offenders (CISSO) provides support and consultation in our work with those convicted of a sexual offence. They deliver the groupwork element of the accredited programme for sexual offenders, Moving Forward Making Changes (MPMC). If a client is assessed as suitable for inclusion in Moving Forward Making Changes they will complete the pre-group work on a 1:1 or 2:1 basis with the local Criminal Justice team before undertaking the groupwork programme in Edinburgh. However there are a number of short (6 – 12 month) CPOs imposed on individuals who were assessed as posing a low risk of harm.

These orders are mainly imposed on those convicted of non-contact or internet related offences. During the course of such an order we will liaise with colleagues in the local police Offender Management Unit (OMU), and sometimes also with staff at CISSO and Stop It Now to ensure that the individual is aware of triggers to their behaviour and has a relapse prevention plan. For those convicted of internet related offences it is important to encourage moving from an external locus of control (for example court imposed restriction on internet use) to an internal locus of control. This is undertaken in conjunction with OMU officers and the individual to develop an Internet Safety Contract and then an internet Safety Plan. The former is an agreement which includes expectations and restrictions on online behaviour. Monitoring is a key part of this through the checking and inspections of internet enabled devices. Police Scotland most often take the lead in monitoring but it is important that Criminal Justice social workers are also able to do this to the best of their ability; it is accepted that staff can be supervising individuals who are more technically able and that internet enabled devices themselves can differ. The aim is for the individual to ultimately develop an Internet Safety Plan, enabling them to move from higher levels of external supervision to reliance on self-monitoring.

Any issues affecting access to services which are provided by other partners (e.g. drug and alcohol services) and, where such issues have been identified, what work is underway to resolve them.

There has been a reduction in funding for drug and alcohol partnerships and consequently some local services have seen their capacity reduced. However the service manager responsible for Criminal Justice social work has been part of a strategic group led by MELDAP to minimise the impact on access to services. The substance misuse gateway clinics continue to operate and provide quick and easy access to substance misuse services for Midlothian residents. Peer support is growing in this area and partners are soon to recruit a peer support development worker who will be based in the third sector but who will work across substance misuse, mental health and criminal justice services.

Access to psychological services has been an issue but access clinics have been set up that work in the same way as the gateway clinics. These clinics can refer people with mental health issues to a range of services, many of which are much quicker to access than psychological services, although obviously there will always be some individuals who require this kind of intervention.

It has been recognised for some time that there is a significant overlap in people engaged with criminal justice, mental health and substance misuse services. An exciting development is the creation of a Recovery Hub in Midlothian where substance misuse, mental health and criminal justice teams will share a building. In relation to substance misuse and mental health this will include health as well as social work staff. This will provide an excellent foundation for better partnership working and there is a commitment to creating a trauma-informed service and environment.

it is hoped that the Recovery Hub will reduce the time that individuals wait to access the service that best meets their needs.

Any other relevant information. This might include details of work which is carried out with people on CPOs to address their offending behaviour but which does not fall into the category of a specific requirement.

General Offending

The primary focus of supervision is to reduce the risk of re-offending and of harm through providing the individual with opportunities to engage in a process of change, with the aim of increasing their ability to desist from offending in the future. At the pre-sentence stage, if recommending supervision as part of a CPO, criminal justice social workers outline provisional action plans for promoting positive change and increasing desistance. LS/CMI provides a more detailed framework of assessment leading to an individualised case management plan which targets the identified risks and needs; as noted in the previous section certain offence types require the use of specialised risk assessment tools in conjunction with LSCMI.

When working with service users social workers use a range of interventions and theories to support the process of change. These include:

- Cognitive Behavioural Therapy (CBT)
- Motivational Interviewing
- Mentalisation Based Therapy (MBT)
- Desistance Theory
- Good Lives model
- Stages of Change
- Alcohol Brief Interventions
- Strengths Based Approaches
- Internet Safety Planning.

The work is generally completed on a 1:1 basis using both written and verbal exercises. The overall goal of the work is to enable the service user to consider the triggers to their offending behaviour and also their strengths. He or she is encouraged to build on existing skills and develop effective ways to reduce their risk of re-offending and causing harm.

Clearly there are a number of factors that can influence the risk of reoffending, such as substance misuse, employability, health and accommodation issues and to help individuals address these issues Criminal Justice social workers rely on partnership working.

Partnership Working

To enable us to work effectively with service users it is important that we work holistically and see people in the context of the challenges they are facing on a day to day basis. To do this we are committed to working with a wide range of services that are involved with that person or who may be able to positively impact on presenting risk and needs. These agencies/partners include:

- Adults and Community Care
- Police Scotland
- Community Safety Team (Midlothian Council)
- Housing and Homelessness teams
- Substance Misuse services including: NHS Lothian Substance Misuse Service; Mid and East Lothian Drugs (MELD, which also works with individuals who have alcohol issues); Edinburgh and Lothians Council on Alcohol (ELCA), MELDAP

- Children and Families social work
- NHS Lothian
- Mental Health Services including: Serious Offender Liaison Service (SOLS); Joint Mental Health Team; Orchard Centre
- Lifelong Learning and Development (Midlothian Council)
- Shine Mentoring Service
- Change, Grow, Live
- Veterans First
- SACRO
- Women's Aid
- Willow Centre
- Scottish Prison Service
- Stop It Now
- The Venture Trust
- Midlothian Young People's Advice Service (MYPAS, for sexual health and substance misuse issues)
- Spring Service
- Fairbridge/Prince's Trust
- Midlothian Adult Literacy and Numeracy (MALANI)
- Places for People (for tenancy support)
- Recovery College (Transitions)

Women offenders

The needs of women offenders remain a key consideration at the assessment stage. Where possible, in terms of the individual's availability and presenting needs, women placed on a CPO are referred to the Spring Service. Spring is a service enabling women with complex needs to access physical and mental health assessments, support for emotional issues, offence-focused work and substance misuse interventions. The service is modelled on the programme delivered at the Willow service in Edinburgh and runs one day each week. Women referred to Spring are either involved in the Criminal Justice system or at risk of becoming involved.

We have now employed a full-time social worker for the Spring service having already appointed a part-time Team Leader. This has allowed us to develop one to one support for the women involved with Spring. The service is delivered in partnership with Women's Aid, MELD (local substance misuse service), NHS Lothian, CHIT and Adults and Community Care social work. We had an OT involved with the service for several months and this was very helpful in helping the women to link in with positive activities in their local area. Another OT is about to be appointed.

Willow in Edinburgh is accessible to Midlothian women who are experiencing very high levels of psychological difficulties. There are also Survive and Thrive groups running in Midlothian that women can be referred to.

Service User Feedback

The following are comments provided by clients who have been on supervision as part of a CPO:

Attitude to offending:

"I feel I am now more assertive instead of aggressive. I now think before I act"

"I know what I did was wrong but have realised I've grown into a better person for doing something so stupid... learned to think about consequences before reacting in the wrong way"

"I feel I am able to deal with the triggers that cause me to offend a lot easier as I have a better understanding of them"

Family and relationships:

"They were disappointed with me about offence but supported me to change how I act and behave"

Being on an order:

"Before I stopped drinking the order kept me on the straight and narrow"

"I am amazed and happy I got through my order. I feel that I am a different person"

"I enjoyed this because I learnt new calming methods to be used all the time in normal life"

"Thanks to [worker's name] and everyone else who took the time to help me with offending and normal day stuff."

"I felt like I was treated like a human being rather than a criminal"

Attending Spring:

"You're better able to deal with things – like your actions and behaviours – you learn how to talk about stuff rather than keeping things to yourself and blowing them all out of proportion. You ken right "this is what I do, work it out in my head, talk it through" instead of doing something daft or stupid – work around it. There will be people to help you out as well."

Future Plans

Domestic abuse is a significant problem in Midlothian, with the local authority ranking sixth highest for reported incidents out of thirty-two. The Criminal Justice team has recently appointed an extra social worker to provide capacity within the team to work with non-Court mandated domestic abusers. We would also provide support as part of this new venture for partners and ex-partners. This is to complement the new system of child protection work with families where domestic abuse is an issue, Safe and Together, which is due to be introduced in Midlothian early in 2018.

COMPLETED BY: Alison White, Head of Adult Services

DATE: 25/10/2017

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