

Guide To Community Justice in Midlothian



Contents

	Page
What is this book and what is Community Justice?	3
The Community Justice Process	4
Have you Been Affected by a Crime?	5
Recovering from Trauma	6
Good Mental and Physical Wellbeing	7
Recovering from Alcohol and Drug Problems	8
Women's Services	9
Education, Training and Employment	10
Accommodation and Housing	11
Men's Services	12
Families Affected by Crime	13

What is this book and what is Community Justice?

Community Justice is the *prevention of crime* and *supporting people to stop committing crime*. It is agencies (including council, police, health service and voluntary sector) working together with communities to support victims of crime, families, people who have committed crime and who want to turn their life around.

A big part of this work is trying to *tackle the underlying causes of crime* (e.g. childhood trauma, substance misuse, mental health issues) to prevent it happening in the first place; as well as supporting people who have committed crime to make more positive life changes and give back to their communities.

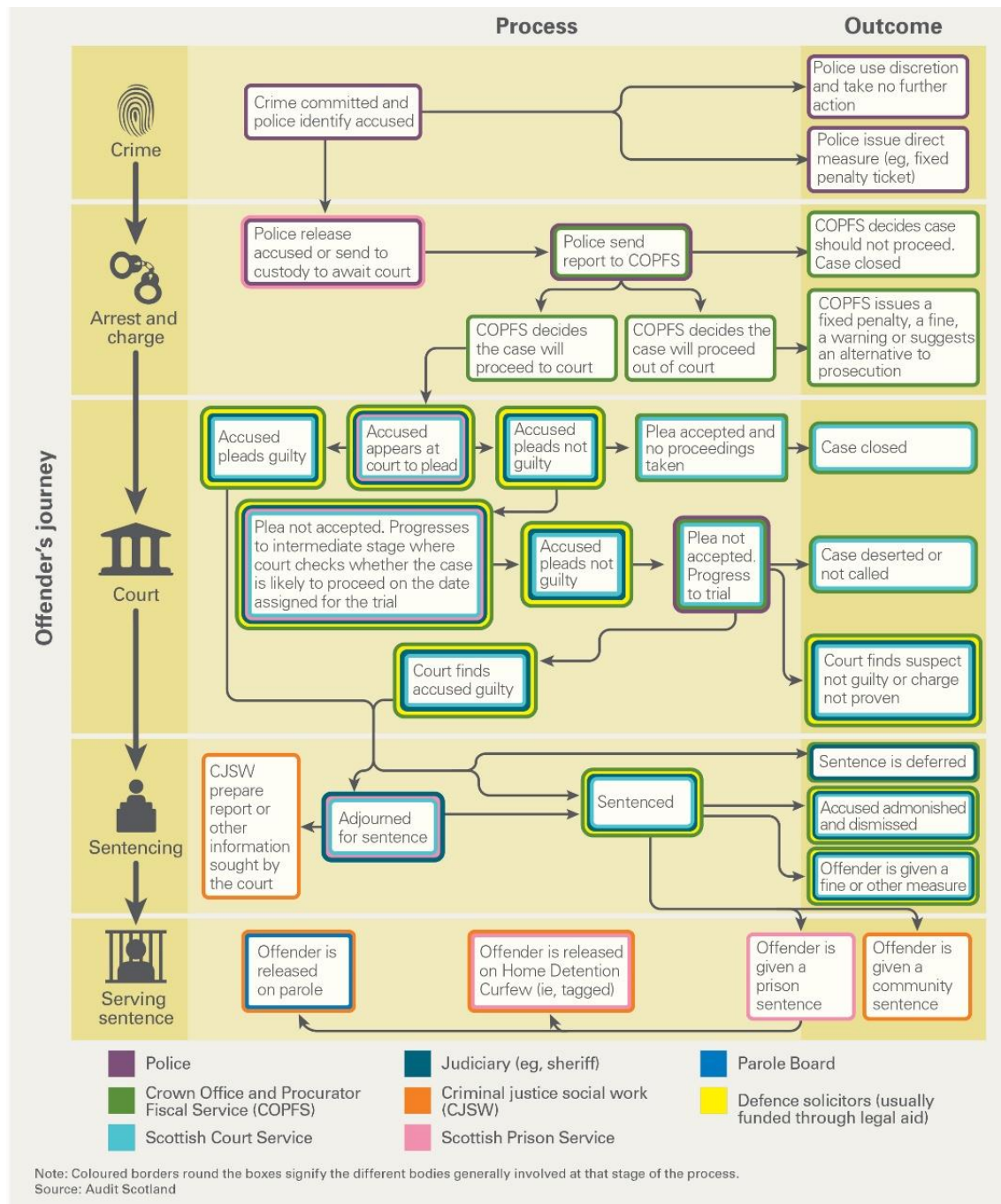


This booklet has been produced by Midlothian Community Justice Partnership (CJP) to raise awareness about Community Justice, and to act as a directory to signpost individuals within communities to services and support networks that will help to make positive life changes.

The CJP has created an online directory of all services available in Midlothian available at www.aliss.org. Simply enter your postcode and all support services available in the local area will be returned.

The Community Justice Process

Overview of an offender's journey through the community justice process (University of Glasgow).



An overview of Scotland's criminal justice system, Audit Scotland, September 2011, licensed under the [Open Government Licence](#)

Have you been affected by crime?

Victim Support Scotland

An independent charity providing support and information to people affected by crime (victims, witnesses and families), regardless of whether the crime has been reported or when it happened. Free confidential, emotional and practical support, and information about the criminal justice system tailored to individuals' needs. **Tel: 0800 160 1985** <https://victimsupport.scot/> online form also available.

Police Scotland

Police Scotland's purpose is to improve the safety and wellbeing of people, places and communities in Scotland. In an emergency call **999**. For non-emergencies call **101**. Website <https://www.scotland.police.uk/>

CrimeStoppers

An independent charity that gives people the power to speak up to report and stop crime, 100% anonymously. Whoever you are, wherever you live, from communities to companies. By phone and online, 24/7, 365 days a year. **Tel: 0800 555 111** or <https://crimestoppers-uk.org/>

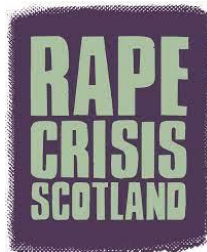
Victim Information and Advice (VIA) Service

The VIA is a service run by the Crown Office and Procurator Fiscal Service. The service offers help to child victims and victims of crime in cases of domestic abuse, hate crime, sexual crime or where it is likely that a trial will involve a jury. VIA staff help by providing information about the criminal justice system, keeping you up-to-date on key developments in the case - such as, dates of hearings, decisions about bail, verdicts and sentences, or why no proceedings are taken, and helping you get in touch with organisations that can offer practical and emotional support. **Tel: 0300 0203000** or _EnquiryPoint@copfs.gov.uk

Rape Crisis

Provides a national free and confidential rape crisis helpline and email support for anyone affected by sexual violence, no matter when or how it happened. **Tel: 08088 01 03 02** or <https://www.rapecrisisscotland.org.uk/>

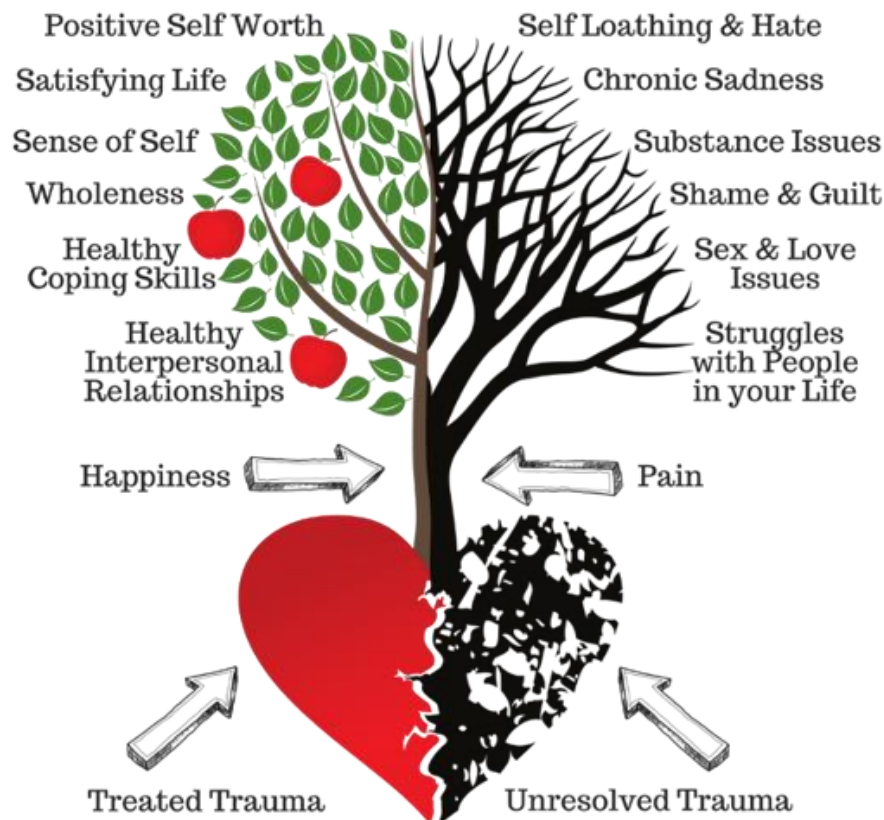
A local rape crisis centre is located in Edinburgh offering free and confidential emotional and practical support, information and advocacy, to women, girls aged 12 and over and all members of the transgender community, who have experienced sexual violence at any time in their lives. This includes rape, sexual assault, childhood sexual abuse and ritual abuse. Open five days per week – **Tel: 0131 557 6737** or support@ercc.scot



CROWN OFFICE
& PROCURATOR
FISCAL SERVICE SCOTLAND'S PROSECUTION SERVICE

Recovering from trauma

Adverse Childhood Experiences (ACEs) are stressful events that take place in childhood including: domestic violence; parental abandonment through separation or divorce; a parent with a mental health condition; being the victim of abuse (physical, sexual and/or emotional); being the victim of neglect (physical and emotional); a member of the household being in prison; growing up in a house where there are adults experiencing alcohol and drug problems.



Childhood trauma can have a huge impact on the way a person feels and grows up, and on the way they behave as an adult. Someone who suffers trauma as a child is often left with a higher risk of social disadvantage, developing drug and alcohol addictions, suffering from mental and physical health problems, emotional and behavioural problems and negative relationships later in their life.

Healthy Mental & Physical Wellbeing

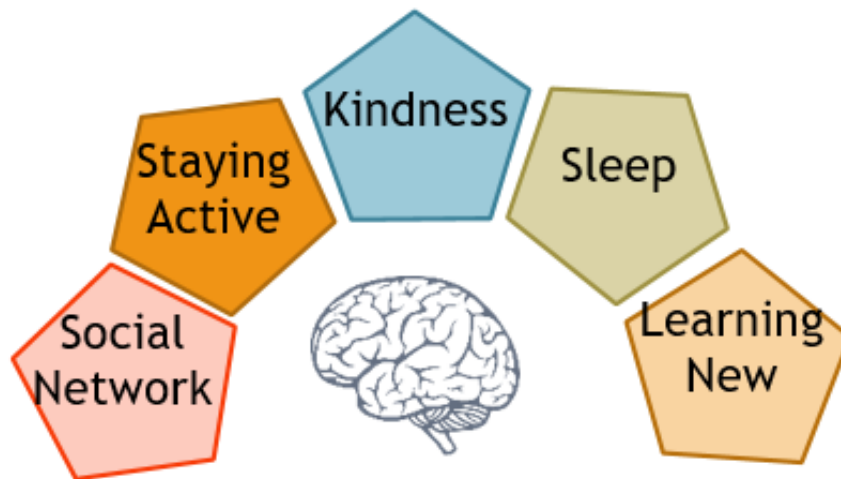
Someone who has a mental health condition or poor mental wellbeing may have more chance of becoming involved in criminal behaviour. The risk of a person developing mental health issues and their ability to stop reoffending is increased by spending time in prison. Evidence suggests that as many as 9 in 10 young people in prison have a mental health condition.

Research shows that the greater number of custodial sentences a person serves, the more likely they are to have poor mental wellbeing and the more risk they have of displaying mental health issues.

A person who has a mental health issue may face difficulties in school, training, and getting a job. Stigmas and stereotypes towards people with mental health issues may also limit their opportunities in life.

Social networks (i.e. circles of family and friends) play a very important part in protecting and supporting mental health, and in preventing a person from committing and re-committing crime.

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing (NHS).



MIDSPACE: Midlothian's Online Source of Mental Health and Wellbeing Information

Midspace is a website where you can find:

Information about local services, groups and support

Factsheets and guides

Self-help materials

Local events

www.midspace.co.uk

midspace

Recovering from Alcohol & Drug use

Children from families who use drugs and alcohol may become vulnerable, both in terms of their safety and their likelihood of displaying problematic behaviours. It is thought there are around 3300 children in East and Midlothian living with one or more parents with problem alcohol use and 300 children in Midlothian living with a parent who takes illicit drugs.



6 in 10 young people in Scottish prisons were drunk at the time they committed a crime

Half of young people were under the influence of drugs at the time they committed a crime

Regularly using drugs and alcohol may affect a person's ability to keep a job or stay in positive relationships – factors which are known to lessen a person's risk of offending. Another issue is stigma and judgement which people who misuse drugs and alcohol often experience. Stigma can leave people feeling lonely and isolated from their community and limit their opportunities to make the lifestyle changes they want to stop offending.

Mid and East Lothian Drugs (MELD) Gateway to Recovery Clinic

MELD services include information, advice, support on drugs and alcohol use, client work via counselling, needle exchange, family support, working with offenders and group work. To refer attend a Gateway to Recovery Clinic details available at www.meld-drugs.org.uk/referral

Midlothian Young People's Advice Service (MYPAS)

Promotes health and wellbeing of young people in Midlothian through counselling, art therapy, drug and alcohol services and youth groups. Self-referral or through other methods www.mypas.co.uk/referring-to-and-accessing-mypas-services/

Community Lived Experience for Alcohol & Drugs Recovery (CLEAR)

Midlothian peer support project for people who experience drug or alcohol problems and mental health difficulties. Contact the Orchard Centre directly on **0131 663 1616**

Midlothian Substance Misuse Service (SMS)

The service specialises in the assessment, care and treatments of people who have problems related to alcohol and/or drug use. Services include support, psychological therapies, community detox, residential treatment, substitute prescribing, support for housing and finance issues. Ask your GP, Social Worker or a Prison Service Officer to refer you to this service.

Change Grow Live (CGL)

Provides services for men and women over 18yrs.; support in the community or custody; harm reduction advice and support; support with housing, benefits, relationships, employment, education as well as mental and physical health. In depth assessment and goal planning as well as signposting. Please call **07741163207** for further information.



Woman's Services



Two in three women in prison suffer from depression and just under half of female prisoners have attempted suicide at some point. Over half of female prisoners reported being under the influence of drugs at the time of their offence.

The number of female prisoners who have experienced domestic or sexual abuse is high at an estimated rate of 50%-80%. Therefore without appropriate intervention, there is the potential that domestic abuse victim status may be an indicator of future offending.

Women's Aid East and Midlothian

A confidential service that provides valuable information, support and temporary accommodation to women and their children who have experienced domestic abuse. 0131 663 9827 www.womensaideml.org

Midlothian Sexual Abuse Service

07860 774 503

Rape Crisis

Rape Crisis Scotland provides a national rape crisis helpline and email support

From 6pm to 12am 08088 010302 (free) or text 07537 410 027 or email support@rapecrisisscotland.org.uk.

Midlothian Sexual Abuse service provided by Edinburgh Rape Crisis (21 hrs) provides support for assaults taken place in the last 7 days - email support@ercc.scot

'Shine' Women's Mentoring Service

Provides support to mentor women through difficult periods of transition, to promote stability and to integrate them into communities. Voluntary service accessed through contact with a Criminal Justice Social Worker.

<https://www.apexscotland.org.uk/services/shine-womens-mentoring-service/>

Anam Cara

Charity working with women experiencing low self-esteem, stress, anxiety or depression. www.anamcara.scot 07551774089 info@anamcara.scot

Shakti Woman's Aid

Shakti Women's Aid helps BME women, children, and young people experiencing, or who have experienced, domestic abuse from a partner, ex-partner, and/ or other members of the household. We also work closely with the Scottish Government, Police Scotland, NHS Scotland, and other statutory and voluntary services. We provide training and consultancy for agencies working with BME women, children, and young people.

www.shaktiedinburgh.co.uk Tel: 0131 475 2399 Info: info@shaktiedinburgh.co.uk

Sexual Health at Dalkeith

Dalkeith medical centre offers a range of sexual health supports including: Contraception; Counselling and Support Services; Emergency Contraception; Free Condoms; Pregnancy Testing; Termination of Pregnancy and Referral (TOPAR); Testing for HIV; Testing for Sexually Transmitted Infections; Unplanned Pregnancy Advice.

Contact: 0131 536 1070

Education, Training & Employment



“9 in 10 young people in Polmont young offenders unit had been excluded from school. 1 in 4 had no qualifications”

“Of all people charged with a crime in Midlothian more than 6 in 10 were unemployed”

When a person has a poor education it may prevent them from getting a job and that in turn may encourage them into offending behaviour. There is also evidence that some people who commit crime may struggle with reading, writing and maths.

Holding down a job is an important part in preventing a person from committing more crimes. In some cases, receiving a regular wage will limit a person's need to commit crime. It is also thought that a working routine will reduce the time and opportunity to commit crime.

A prison study found that a person who had been working in the year before prison was less likely to be reconvicted in the year after release than those who had not been working. When asked, 2 in 3 people in prison said that having a job would be an important factor in stopping them from reoffending and over half thought having enough money to support themselves was important in stopping reoffending.

APEX Scotland

*Provides education, support and opportunities to people who need to change their behaviour, become effective citizens and lead fulfilling lives. **Contact: 0131 220 0130 or <https://apositivefuture.secure.force.com/referral/>***

Midlothian Council Communities and Lifelong Learning Service

*The service works with young people, adults, families and community organisations to improve skills for learning, life and work. **Contact Tel: 0131 2713713 or CLL@midlothian.gov.uk or www.facebook.com/CLLMidlothian***

Skills Development Scotland

*All-age careers Information, advice and guidance, work coach service for unemployed young people, employability training programmes and modern apprenticeships **0800 917 8000** <https://www.skillsdevelopmentscotland.co.uk/>*



Accommodation & Housing

Having suitable housing is a basic human need, and has a huge impact on a person's lifestyle and life opportunities. A lack of suitable housing is linked to a person's likelihood of committing crime and housing is considered an important need in preventing a person from offending.

This is perhaps most clearly evident in the number of prisoners or ex-prisoners who have experienced housing issues in their lifetime. Shelter Scotland report that two in three who are homeless after their release from prison will go on to reoffend with further research by the Social Exclusion Unit showing a reduction in repeat offending by one fifth for those who had stable accommodation on their release compared to those who do not.



If a person lives in stable accommodation their risk of committing a further crime drops by 20%

The Community Justice Team believe that the key areas of concern include unsuitable housing, unstable accommodation and homelessness. Although a person affected by housing issues will not always go on to offend, housing issues may contribute to both the causes and consequences of offending behaviour.

At the time of writing there were over 400 households living in temporary accommodation across Midlothian. This includes 200 households who were pregnant or had children.

A study of people who had previously committed a crime found that 8 in 10 believed that stable housing was essential in reducing their likelihood of committing a further crime.

Midlothian Council Housing Services (Inc. Homeless)

Emergency number for Midlothian Council homeless team is **0131 271 3397** or **homelessness.enquiries@midlothian.gov.uk**

Shelter Scotland

Shelter is a charity that helps over half a million people every year struggling with bad housing or homelessness through our advice, support and legal services. Tel (free) **0808 800 4444** or <https://scotland.shelter.org.uk/>



Men's Services



Three in four male prisoners have an Alcohol Use Disorder

Males in particular were found to be 4 times more likely to be convicted of a crime if they reside in an income deprived area.

1 in 4 males with a previous conviction had experienced sexual abuse

Males tend to have with more permissive attitudes to violence against women – a possible contributing factor in male perpetrator domestic abuse.

Men's Sheds

Men's Shed is a permanent meeting place where lots of good community and healthy self and group determined experiences take place. Men over the age of 18 years are encouraged to socialise and be part of social activities. A popular and supportive service for men in Midlothian. admin@ukmsa.org.uk

Men's SHARE

*Project offers accessible, confidential support to men in the Midlothian area aged 25-50yrs. Depending on individual needs and preferences, this can include: one to one support; group work; social activities; access to a Citizens Advice Bureau advisor. Tel **07741897514** website: midlothian@health-in-mind.org.uk*

Families Outside

*Families affected by imprisonment face numerous challenges including financial hardship, relationship breakdowns, anxiety, and health issues. At Families Outside, we have nearly 30 years of experience in dealing with these issues and provide direct support to families to help alleviate their impacts. Tel: **0800 254 0088** or **online chat**.*

FearFree, SACRO Support service

*For any man or LGBT+ person experiencing domestic abuse. Tel: **0131 624 7200***

Sexual Health at Dalkeith

*Dalkeith medical centre offers a range of sexual health supports including: Contraception; Counselling and Support Services; Emergency Contraception; Free Condoms; Pregnancy Testing; Termination of Pregnancy and Referral (TOPAR); Testing for HIV; Testing for Sexually Transmitted Infections; Unplanned Pregnancy Advice. Contact: **0131 536 1070***

Families Affected by Crime

Families Outside

National charity working on behalf of families affected by imprisonment. Providing information about prison, visiting and maintaining contact with prisoners, prisoner concerns, concerns for children of prisoners, family relationships and support networks, housing, income, finance and benefits, access to community services and support, emotional support and helping prepare from release. One to one support is also available. **0800 254 0088** <https://www.familiesoutside.org.uk/> or text **FAMOUT** to **60777**

MYPAS

Offers a free, confidential and non-judgemental family counselling service to young people (12-18yrs) and their families. It's confidential, and is about helping to solve family issues that may be making young people feel unhappy or worried. MYPAS also offers individual counselling for young people, art therapy, and a drug and alcohol support service. **0131 454 0757** or enquiries@mypas.co.uk

Education Service, Midlothian Council

Imprisonment affects an estimated 27,000 children in Scotland annually and, in many cases, the school may not be aware who these children are. In the first instance the school should be contacted and the guidance teacher made aware that a family member is in prison so that consideration and support can be given to the child. **Tel 0131 270 7500** or education.services@midlothian.gov.uk

Child and Adolescent Mental Health Services (CAMHS)

Services work with children and young people and their parents or carers in the form of outpatient, inpatient and specialist teams. The CAMHS teams will try to help you and other people around you to explore things that would help your overall wellbeing. Referral can be made by GP, health visitor, social worker or school.

Children 1st

Some families face challenges so severe that the safety, happiness and health of their children are in jeopardy. Children 1st give hands-on support to families under stress across Midlothian. Stress caused by poverty, poor mental health, alcohol or drug misuse, loss or conflict - and often a combination of them. Sometimes it's about giving parents and carers confidence to build a relationship, play and have fun with their child. Sometimes it's about helping them cope with financial and housing worries. Sometimes our help is needed to bring divided families together so they can make decisions in the best interests of their children. **Tel 0131 654 9540** midlothian@children1st.org.uk

