

WHAT IS JUNO?

JUNO is a programme created specifically for women and delivered in a safe, supportive, and trauma-informed environment.

It is designed to help participants reflect on their actions, build new skills, make positive choices and reduce the risk of further criminal justice involvement.

WHO WILL BE AT THE GROUP SESSIONS?

All participants attending the group will have also received a Conditional Caution for a range of low-level offences. You will be with others who may be in a similar situation. The sessions provide a supportive space for women to talk, express themselves freely without judgement and acquire new ways to keep safe.

There will be no police attendance and conversations will be treated as confidential. The only information shared with the police will be to confirm you attended or did not attend the sessions.

You must attend both sessions to complete your Conditional Caution. If you do not attend, you will breach your Conditional Caution, and the police will prosecute and progress with court proceedings.

CONTACT US

 **Landline:**

023 8000 1061

 **Practitioner direct:**

07375 451 527
07826 418 157
07353 004 197

 juno@hamptontrust.org.uk

 www.hamptontrust.org.uk



Accessible leaflet version

<https://hamptontrust.org.uk/leaflet-juno/>

JUNO: WOMEN'S CONDITIONAL CAUTION INTERVENTION

An invitation to reflect on your life choices, challenges and changes



WHAT HAPPENS NOW?

01.

JUNO is a women-only programme delivered by two female specialist practitioners in face-to-face group sessions. To successfully complete your Conditional Caution, you are required to attend both workshops (Part A and Part B). Upon signing the Conditional Caution your details will be sent to Hampton Trust. This can take between 7 to 10 days.

02.

Following a referral from the police, participants will be contacted by female practitioners for a JUNO telephone assessment. This provides an opportunity to have any questions or concerns answered and to get a better idea of what to expect from the sessions.

03.

Sessions take place in welcoming venues across the county, and wherever possible, we will offer a location close to where you live. If you have not heard from the JUNO Practitioners after 3 weeks, please feel free to contact them.

WHAT ARE THE SESSIONS ABOUT?

The group sessions offer an inclusive, non-judgmental, and above all, confidential space.

The sessions are designed to recognise the impact that past experiences may have had on your life. When you understand what has affected you, you can learn healthier ways to manage stress, relationships, and difficult situations.

There will be breaks during the sessions and refreshments will be provided. We recommend bringing lunch. Alternatively, food can be purchased nearby.

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JUNO is so inspiring, you meet some amazing people, receive great advice to use in all aspects of your life. It's welcoming and no one judges you on your mistakes.

JUNO participant

HOW LONG ARE THE SESSIONS?

JUNO consists of two sessions: Part A and Part B.

They take place either on a Wednesday or a Saturday, from 10am to 3pm, with breaks in between. The sessions are 4 to 5 weeks apart.

HOW DOES IT HELP?

JUNO will help you...

- Understand the different circumstances that led to your offence so that you can avoid finding yourself in other unsafe situations in the future.
- Understand the impact of your offence on both yourself and others.
- Reflect on what you may need to do to keep yourself safe, and identify any areas in which you may need support.
- Access any additional support you may need. This may include safety planning, advice, advocacy, signposting, or actively helping with referrals to other agencies.