

Using a 'restorative' way of working is about working with all those affected. The model is particularly useful when relationships have become strained or have broken down and both parties wish to restore relationships and make amends.




**RESTORATIVE PRACTICE
GIVES EVERYONE IMPACTED
THE OPPORTUNITY TO TALK
TO ONE ANOTHER HONESTLY.**

It brings greater understanding, an opportunity to say sorry, time to explain situations and a safe place to talk about impact and feelings.

Being able to do this helps people understand each other's experience and viewpoint and agree a way forward that benefits all.



**You can call 0113 887 2477
9am - 5pm Monday - Friday
Visit our website:
www.forwardleeds.co.uk**

-  info@forwardleeds.co.uk
-  [@forwardleeds](https://twitter.com/forwardleeds)
-  facebook.com/forwardleeds

Forward Leeds is the city's alcohol and drug service. We are funded by Leeds City Council and the Leeds NHS Clinical Commissioning Group.

We support adults and young people to make healthy choices about alcohol and drugs. Forward Leeds is part of the Leeds vision to be a healthy and caring city.

We are a partnership made up of staff from Humankind Charity, BARCA-Leeds, St Anne's Community Services and the Leeds and York Partnership NHS Foundation Trust.

Restorative Practice

HELP TO REBUILD YOUR RELATIONSHIPS



All of us, at some point, go through times when our relationships with others becomes strained, difficult or completely breaks down.

When a person is dependent upon alcohol or other drugs, this can be quite common. It can also make it even tougher for everyone concerned to rebuild relationships.

Damaged relationships affect not only the person with problematic alcohol or drug use, but also their loved ones, partners and family members. But, if relationships can move forward in a positive way, people are more likely to succeed in treatment and in recovery.

FORWARD LEEDS USES A MODEL CALLED RESTORATIVE PRACTICE THAT CAN HELP PEOPLE REBUILD THEIR RELATIONSHIPS.

The process can be used between two people in a restorative conversation or with several people in a family meeting. There are also times when it can be useful to bring in other professionals who have been involved.

This model should be considered when motives are sincere, and no harm can be caused using this process. It can only be helpful when all parties agree to meet, are willing to engage and look at improving a relationship and moving forward.



We recommend that you speak with a member of staff to check out and agree if this is the right time for both you and your partner/family member. Often people prefer to do this once they are more stable in treatment or in the early stages of recovery.

If you would like to find out more then please speak with your worker or any member of Forward Leeds or 5 WAYS staff.

This intervention can also be delivered through Carers Leeds who offer support for people affected by another person's drug and alcohol use.

To contact Carers Leeds call **0113 380 4300 Monday - Friday, 9am - 5pm** or email advice@carersleeds.org.uk