

# HMP Coldingley

‘Making a difference’

## KEEP OUT

### The Crime Diversion Scheme

Welcome to the very first newsletter from **KeepOut**, the Crime Diversion Scheme. This quarterly newsletter has been introduced to help us stay in contact with our clients, donors and other key stakeholders involved in the scheme. For our first edition we thought we'd focus on the work being undertaken at HMP Coldingley. In May we'll

#### Stats for the period October-December 2009

##### Young people attendance:

113 young people aged between 13 – 17 years old have attended the project.

##### Prisoner training:

8 full time staff and 2 volunteers have undertaken drama training, CANDO training, youth work training.

6 full time staff and 2 volunteers have undertaken train the trainer.

6 full time staff have undertaken group work training.

5 full time staff and 1 staff member has undertaken child protection training.

switch the spotlight to our work in HMP Send.

2009 has been a successful year and we've implemented many new changes to the scheme to help it grow and develop. We wanted to take the opportunity to thank everyone who has been involved with the project as well as update you on the scheme and the new projects we are working towards.

The first main change you'll notice is that we're rebranding and have a new name – **KeepOut**. The name change has been on the cards for a while now and was made necessary by the need to differentiate our project from others claiming to be a crime diversion scheme. The **KeepOut** logo has a strong and powerful message that will be conveyed to the young people attending the scheme: **KeepOut** of trouble, **KeepOut** of crime and **KeepOut** of prison. **KeepOut** will continue to help young people confront the difficult topics and situations they face. The scheme is unique as all the work is based in a prison and all sessions are carried out by serving prisoners. The scheme gives both the young people and prisoners an opportunity to make life changing choices.



We are now on facebook and twitter and our links are:



##### Facebook:

Group name - KeepOut - the crime diversion scheme



##### Twitter:

[http://twitter.com/keepout\\_cds](http://twitter.com/keepout_cds)



Thank you and feedback *more on page 5*

I came last year and I was really impressed but this time was fantastic. Inmates brilliant, relevant topics and I believe each student will take something away with them. Thank you so much for sharing everything with us. I want to thank everyone for having us here today, the whole day has been excellent, I have enjoyed myself. I feel that it has been really useful for the young people attending. Thank you again.

**The Bridge Project**



# Prisoner stories

## 'Don't make the same mistakes as me'

### Groups who have attended during the period October-December 2009

There is a great demand for the scheme at HMP Coldingley and we now have a waiting list of six months for groups who wish to attend. The feedback we receive from the groups is always very encouraging and helps us stay focused on the work we are doing. Listed below are names of different referring groups who have accessed the scheme this year.

- Slough YOT
- Guildford PRU
- Maidenhead and Windsor YOT
- Impact
- Surrey YOT
- Limes College
- Sir John Cass Secondary School
- DAAP
- Kingston YOT
- Steps
- Bracknell Forest YOT
- Woking YMCA
- Enfield YOT
- Croydon YOT
- Dice Project
- Richmond YOT



Since being locked up in 2005 I've seen my daughter twice as she lives in Liverpool

and she's very busy at university. This at times has been hard on both of us. To be able to keep contact and to support my daughter

I've had to do jobs other prisoners wouldn't do, so as to show my daughter I am still here for her. Since 2005 I've been calling my daughter four times a week without fail. This has helped but is not always easy when my daughter is upset and I am unable to comfort her.

When I came to prison my daughter's mother had the hardship of bringing my daughter up on her own, this affected my daughter's behaviour. When I first came into prison she didn't want to talk to me and blamed me for not helping her mother. Christmas has been the hardest time

for my daughter to cope with, as she would love her Dad to be there. **'I tell her time don't stop for no one'.**

*My main message to the young people is education is the key to better yourself and to keep you out of trouble. Crime doesn't pay...*

The education I am undertaking has been a great help for my daughter's progress in her study which has

also influenced her on talking to me on the phone about her progress and problems she is having.

My main message to the young people is education is the key to better yourself and to keep you out of trouble. Crime doesn't pay because with every action there are consequences, good or bad, but you have a choice. I want to make it clear to all young people what I am missing out on and who's being affected by me being here, so they don't make the same mistake I've done.

*Simon*

## New fundraising project for 2010

HMP Coldingley we now need to fundraise for larger facilities to hold the event days. At present we are using a PortaKabin that will only hold a maximum of 12 young people. We would like to increase this capacity to 20 young people but we are restricted by prison security requirements, i.e. not being too close to the prison building. This means we cannot simply extend the facilities and therefore **must raise around £30,000** to build a new base, from which to deliver our services. Our aim is to develop this new venue as soon as possible so we can help a further 400-500 young people per year, if you are in a position to help please contact our fundraising team.

## 'I Lived to use and used to live'



The drugs namely heroin played a major role in my life behind bars and that was simply because I could not handle the predicament that I had found myself in. I'd been taken away from loved ones and put into this environment that I hated and was really struggling to cope with. Heroin was helping me make my surroundings acceptable because it gave me something to be doing and also took me away from reality as far as my feelings were concerned. It's

*You start using the drugs and it doesn't take long before the tide turns and the drugs are using you.*

hard to explain on paper the control the drugs had over me and the person I was, when I do really think about my time caught up in addiction it does make me feel ashamed of

the way drugs were influencing my behaviours.

I have just completed a drug programme called RAPt, which is a 12 step program to help you deal with addiction. When talking to young people the point I try and get across is 'Keep it in the day' or 'If nothing changes, nothing changes'. The one that relates to the type of person I was at the time of my addiction was 'I lived to use and used to live' and as hard as it is for me to admit to that, it is the simple truth. You start using the drugs and it doesn't take long before the tide turns and the drugs are using you. It has taken a lot of help and hard work for me to get to grips with my addiction and I am managing to work my programme but it's something I can't get complacent with my recovery, as it's a process that I have to work day to day and that's also a consequence of my drug use. This thing is with me for the rest of my life now and I have to recognize that and show that the respect it deserves.

John

## 'A decision I was proud to have made'



I was in a B Cat prison waiting to be moved to a C Cat when I received a letter from an old friend telling me what HMP Coldingley was like. Through everything he told me about the prison the only thing that stuck out for me was the Coldingley Crime Diversion Scheme or KeepOut as it's now known.

On arriving at HMP Coldingley I

attended courses and worked in the kitchen before applying for KeepOut.

I started doing part time voluntary work for the scheme for around six weeks before applying full time. I have now been a full time worker for about four weeks and it's a decision I am proud to have made.

I am a young man of 23 years and have been in prison for six of those. I

*I am serving a life sentence in prison. I hope that they see actions have consequences and that they are responsible for their choices.*

have grown up in and around drugs, alcohol and violence and have made a lot of wrong choices in my life. I believe a lot of young people can relate to my stories, and for them to see where the choices I have made in my life have lead – I am serving a life sentence in prison. I hope that they see actions have consequences and that they are responsible for their choices.

I would also like to add that since joining the scheme it is something I am proud of doing and it's definitely something I would take up in the future.

Luke

## 'Boys want a role model to look up to and girls want their dad'



*Most importantly I try and tell them what will happen if they look up to the wrong role models and where it can lead them.*

I try and get the message across to the children that school will mould them into the person they want to become. That they should listen to what people have to say who have their best interest at heart and to do hobbies that they really enjoy.

Since being in prison it's had a massive effect on my children and my relationship with them. Coming to prison at the beginning of this sentence I never had a lot of contact with my children as they were at school. Four years down the line the relationship with them is stronger and I speak with them every weekend and see them every 3-4 months but sometimes this is longer. I've never spoken to them if I'm honest about how they feel about coming into

prison to visit me, but I think about what I'm missing and I think about Christmas and birthdays in particular and missing watching them opening their presents .

I speak to them about how important school and education is and I ask them about their lessons and friends and how they are getting on. I believe not having a role model in the home has had an impact on them, boys want a role model to look up to and girls want their dad.

Most importantly I try and tell them what will happen if they look up to the wrong role models and where it can lead them. It's important that my children understand where negative attitude can get them and how their behaviour can affect family, friends, community and themselves. I want my children to take responsibility for their actions and to talk about what's going on for them.

JP

## Prisoner training programme



All prisoners who want to be involved in 'KeepOut' must go through a vigorous training programme before they can take part in any work with young people. The programme has been put together carefully ensuring that all key skills needed for the prisoners are provided.

### Training includes:

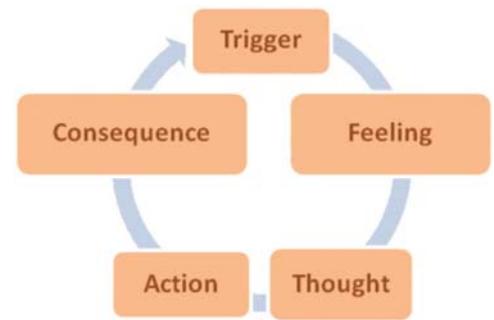
- Working with young people
- Train the trainer
- Child protection
- Facilitation/drama skills
- SYJS group work
- Diversity
- NVQ advice & guidance



# New techniques have been learnt...

The prisoners have to understand the skills needed to interact with the young people and what methods will and won't work for each group. The prisoners design the days concentrating on the young people's needs. They use the most appropriate role plays and techniques they have learnt to get the young people interacting and communicating with the group.

- The trigger cycle demonstrates that by thinking differently we can react more appropriately to the triggers in our lives that can often otherwise lead to outbursts of negative behaviour. This would be used for young people who do not think before they offend, a group needing visual exercises and anger issues. It is used to also encourage a young person to consider what it is that may be causing them to behave negatively and for them to consider new ways they can think about triggers in their lives.



## Coming soon...

We are currently fundraising to replicate the model at HMP Downview, a women's only prison in Sutton, Surrey. From the experiences at HMP Coldingley and HMP Send we can see how valuable the service is to both the prisoners and the young people attending. The benefits to the prisoners are enormous and many receive a recognised NVQ qualification that holds real value when seeking paid employment after release. The prisoners also develop self esteem, self confidence, communication and interpersonal skills, through dealing with groups and delivering training. For the young people attending the scheme it is a wakeup call to the possible road that lies ahead of them.

## The 'wish list' for HMP Coldingley includes:

Throughout the year we fundraise for different aspects of the project and for running costs of the scheme. At the moment we have a wish list to aim towards with our fundraising, these items include:-

**Better facilities for hot and cold drinks for visiting groups**

**A new set of masks and props for role play**

**3 x 6ft tables and 12 x stackable chairs (to replace existing broken/old set)**

**Blinds for the workspace windows**

## Thank you and feedback from organisations

Can I firstly say what a great time we had and I feel that the men at Coldingley had a massive effect on the young people, and hopefully, prison will now not be a option that they readily want to take up. May I just take this time to thank you and the men at Coldingley for all the advice they gave to the young people.

Many thanks

**Glendora - Enfield Youth Offending Service**

I am writing to thank your dept and staff who helped arrange the visit for my officer PC Tom Ratican from Tower Hamlets police and pupils from Sir John Cass Secondary School on the 10th November.



Tom has advised me that two of the prisoners namely Shannon and Simon were **out-standing** in their

abilities to **engage** with the school children and that they actually got the young people to **listen** to them. Anything that will deter young people from getting into the criminal justice system has got to be positive.

The teaching staff from Sir John Cass Secondary School expressed how valuable the day was in terms of initiating change to those young people in the group who are at risk of offending. They intend to **continue** using the scheme on a rolling basis.

Regards

**Trevor Robinson**

Excellent day today, possibly the best session I have been to and experienced. The mask workshop is still my favourite and we hope to develop that outside of this, back in school. You have had a real impact on many of the kids I have brought this year and look forward to introducing this fabulous scheme to other schools in Ealing.

Thanks  
**Lyndsey**

Just a very short note to thank you and the crime diversion scheme team for a extremely moving and effective day on the 1st December. The young people were captivated and full of positive comments afterwards, one actually phoned up their YOT officer to thank them for sending them on the course. I personally could not have been more impressed and can certainly understand why you are so fully booked. If there are any cancellations please bear us in mind. Please inform me when we can start making bookings as we could probably do with a regular monthly/ six weekly visit. Anyway many thanks again and I will try to give more feedback over the next few weeks as the young people meet up with their officers.

All the best  
**Marcus**

# Proposed alcohol misuse intervention events



KeepOut is aware first hand that the majority of young people becoming involved in the Criminal Justice System have serious alcohol misuse issues. Subject to us being able to secure sufficient funding, we propose to run a weekly event to focus solely on alcohol misuse, and using serving prisoners with a direct experience of how alcohol ruins lives. Our aim is to change young people's attitude to drinking and anti-social behaviour. We will also signpost and refer young people to other services where they will be able to access treatment and further help.

The need for this specific programme is immense and some clients have fed back that 90% of young people already attending the scheme are experiencing issues with alcohol misuse and that this is the root cause of their offending behaviour. Client groups also comment that there are limited services available providing an alternative experiential learning experience for 'hard to reach' young people.

## What will the alcohol misuse sessions include?

The group sessions will be held in HMP Coldingley, facilitated by serving prisoners who will have had direct experience with alcohol misuse and the serious consequences. We will hold one group per week for up to 12 young people per session. The sessions will include prisoners' testimonials highlighting to the young people the consequences of alcohol misuse, alcohol related anti-social behaviour, victim awareness, harm reduction and alcohol misuse prevention.

- We will include interactive role plays focusing on providing information and alcohol prevention messages.
- We will deliver harm reduction and misuse prevention messages through fun games which will incorporate a series of powerful messages relating to alcohol misuse.
- Art therapy and drama therapy will also be used on the programme.



## KEEPOUT

The Crime Diversion Scheme  
South East Fundraising Office  
PO Box 762, Horsham  
West Sussex RH12 9AS

t. 07890 611838

e. [fundraising@crimediversionsscheme.org.uk](mailto:fundraising@crimediversionsscheme.org.uk)



Priority booking will be given to the Police, Youth Offending Teams, Surrey Youth Justice Service, Pupil Referral Units and those organisations specialising in working with young people with alcohol misuse problems.

We will operate fifty two one-day interactive workshops run by fully trained prisoners and skilled professionals, who will oversee the workshops and support the prisoners.

We have already applied to Comic Relief for funding towards this piece of work and a further 23 grant making trusts and hope that we will be able to offer the programme very soon – watch this space!