

KEEP OUT

The Crime Diversion Scheme

Welcome to our second newsletter from KeepOut. 2010 has been a very busy and productive year for the KeepOut teams at HMP Coldingley and HMP Send so far, and we have already helped 258 young people. Our second edition of this newsletter focuses on the work carried out by the the women prisoners based at HMP Send.

Stats for the scheme at HMP Send

- There are currently 7 women prisoners working on the scheme. Prisoners have made full use of the training offered and several have gained substantial skills and qualifications. A number of prisoners have reached an exceptionally high standard.
- 23 women prisoners have been involved with the scheme since it first started: 14 have been released, 7 are still in prison, 2 are still in prison but on a resettlement programme and at Community work stage, undertaking community work.
- 40 groups/organisations have attended crime diversion events facilitated by the prisoner team. Some groups have visited several times, bringing both young women for the first time and those requiring follow-up sessions; some will visit up to 3 times.
- 554 young women engaged in KeepOut scheme events up until 31st December 2009. These young women are aged between 13 to 17 years old and have been identified as being at risk of offending, with a high proportion already involved in the criminal justice system.
- Demand for the scheme continues to grow at a steady pace and we have bookings throughout autumn and winter 2010.



Zalika

'My family are very proud of the fact that I have taken this experience and made it a positive journey'.

I came to HMP Send hoping to do different courses whilst I was serving 15 months of a 30 month sentence. I spoke to the prisons education adviser and she went on to tell me about KeepOut; I was very excited and enthusiastic to hear about this and wanted to get into it straight away. I felt my age (24) and my life experience, mainly living in London in an area that is rife with the criminality of young people, would give me a good insight into the needs of young people. I then applied and had a formal interview, and was accepted on to the scheme.

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I have now been working with the team for six months. I truly enjoy my job. There is a purpose to our work and it keeps me busy. Knowing that I make a difference in young women's lives makes this type of work worthwhile. The work has been challenging but also rewarding. During the event days the main message that I like to get across to the young women is: it's their lives and the choices they make have an effect on not only them, but countless others around them. I am looking forward to my release as I hope to do my NVQ in advice and guidance and counselling and continue to work with young adults, supporting them through their journey of positive change.

Zalika was released from HMP Send at the end of February 2010.

"I learnt that every action has a consequence"

KeepOut Launch

On Saturday 6th March, we held a launch event at HMP Coldingley to introduce funders, referring agencies, judges and magistrates and supporters of the charity to the next stage in our development. We were very well supported and had over 70 people attend the morning.

The serving prisoner team showcased the techniques and skills they use daily with the young people. This included the mask demonstration, testimonials and perception activity. Several of the prisoners who had graduated from HMP Send and HMP Coldingley also attended the event, to show the real difference the scheme has made to their lives.

Without the support of the prison and Governor Glenn Knight the event and the scheme would not have been able to take place.

As the Patron of KeepOut – Crime Diversion Scheme I was delighted to attend the launch event held at HMP Coldingley on Saturday 6th March.



The event highlighted the fantastic work the team accomplishes with both the rehabilitation of offenders and educating young people not to offend or re-offend. The offender team produced a polished presentation demonstrating the skills they have learnt and the techniques they use to enforce the key messages.

I am very proud and privileged to be part of such a fantastic scheme and I'm excited about the future and the new proposed programmes designed to help the young people on specific subjects related to crime.

Penelope Keith

Patron of KeepOut – The Crime Diversion Scheme

KeepOut staff team, trustees and stakeholders



The launch represented a great opportunity to showcase the multi-partnered aspect of KeepOut. Our work demonstrates the true power of using a joined-up approach towards working with offenders and those at risk of offending. Shown in the picture (left) are some of the KeepOut staff team, Trustees, Youth Offending Team workers, prison staff and, of course, the prisoner team. All play a key part in the success of KeepOut.



HMP Send development...

When the scheme first started at HMP Send, we had no space to call our own. The programmes were planned on benches outside the resettlement wings (thank god for summer). We now have our own office generously provided by the prison and a real place for **KeepOut** to call home.

Between March and September 2008 we held two launch events to introduce **KeepOut** to the service users. In September 2008 half-day events were introduced once a fortnight. Throughout 2009 we have progressed to offering weekly full and half-day youth events, adult showcases for service users, and specialist events on various topics such as domestic violence. We have an exciting future ahead with lots of new programmes in the pipeline.

"I didn't realise that there are so many victims for each crime, it made me think about others, I don't really think about victims when I commit crime"

KeepOut Team

I am the Operations Manager at HMP Send and have been working with the programme since it began within the prison. The scheme at HMP Send has expanded in so many ways, the women prisoners through training have grown so much in confidence and developed a wide range of skills to enable them to work with the young women who attend our events.

I enjoy working for **KeepOut** as in our work with young women we strive to challenge attitudes and change behavior towards criminal activity. I feel that the scheme is a valuable resource for a range of organisations, and can offer young people alternative thinking strategies, enabling them to consider future actions. The scheme also offers new opportunities to women prisoners, which can enable them to seek positive outcomes for their lives in the future.

Mary Wethey – Operations Manager

Referring groups who visited the project in January to March 2010

- Ealing PRU
- Hertfordshire Police [Stevenage] [2]
- Surrey Care Trust [Redhill]
- Hounslow Police [Met]
- Foundation for Life
- Surrey EWO Service, Oakwood School
- Enfield PAYP [2]
- Richmond YOT
- Fulbrook School, Surrey
- Harrow Connexions
- DAPP [2]
- Surrey Youth Justice Service
- Croydon YOT
- Hounslow Youth Service

Feedback from referring groups

Chantel de Senna – Harrow Youth Offending Team

Thanks so much for having us yesterday the girls all thoroughly enjoyed it, as did all the staff. It was very realistic, interactive and catered for all learning styles. I was really impressed with the attitudes and passion displayed by the members of the **KeepOut** team. They delivered the programme expertly, were very open, honest and interacted positively with all of the young women. Personally I felt that Beth was an excellent ambassador for the **KeepOut** team, her presentation skills were good, she engaged with the girls, was funny and stern but fair. I think she developed a really good rapport with the girls and staff alike and because of her age and background I felt that the girls found it easier to relate to her. The games/ ice breakers were also really enjoyed and helped to wake-up the girls when their attention was waning, particularly after lunch! The exercises around perception and the ripple effect were also good and I thought that the team did a great job of relating this back to the young women and everyday life.

Anjuli Tewari – Positive Activities for Young People (PAYP) Key Worker

I just wanted to say 'thank you' for inviting me yesterday. I was seriously impressed by the project and in particular by the women who run it. I have fed back to the team and had some positive responses already.

Sharon Dieguez

Firstly, can I just say that I thought yesterday was brilliant! I had such a good day and I have no doubt that it will be a valuable experience for the girls I end up taking there.

Ollie Foxell – Probation Officer

Just wanted to say thanks again for giving us the opportunity to participate in the **KeepOut** programme on Monday – we thought the young people really benefited from the day and hopefully got to reflect on some of their actions and possible consequences if not checked at an early stage.

Thanks again for everything! Please also pass on our thanks and appreciation to the **KeepOutTeam** – we thought they did a GREAT job...

The Ripple Effect

The Ripple effect exercise is used to try and engage the young women who attend an event with the victims of a crime.

It begins with a crime and it can be any crime as all crimes have victims. The young women are asked to choose a crime and the crime chosen is placed central to the discussion. The young women are then asked "Who do they think the victims of this crime are?" They initially talk about the obvious victims: as an example, in a street robbery it would be the person/persons who are/have been robbed. The group are then encouraged to think much wider than the initial victim and think about others who are affected by the crime. It is described as the ripples in a pond when a stone is dropped into the water and the ripples move out from the central impact point.



The ripples continue with more and more victims being identified by the group of young women.

The discussion moves to feelings, and how the group thinks that the victims would be feeling after the crime, and the kind of feelings that they may now have, because of the crime that has been committed. The exercise enables the young women to consider the wider implications of a

crime; the victims who are affected by the crime; and the feelings that they may have long after the crime has been committed.

The final aspect of the discussion is to highlight to the group the fact that when they are engaging in criminal activity, their actions affect many people, the environment, the wider community and society as a whole.

In 2010 KeepOut Send aims to

- Increase events for young women.
- Raise awareness within the prison establishment of the scheme and its benefits to our client groups and to the prisoner team members.
- Gain access to IT and a telephone within HMP Send.
- Ensure that there is follow up and outreach facilities for those prisoner who move on from the scheme and who hope to seek further engagement in the field of crime diversion and support for young people.
- Increase the Adult Showcase events for organisations, to enable professionals to gain insight into the work of the team, the ethos of KeepOut as a whole and increase our contacts and possible future users of the scheme.
- Enable the prisoner to have a vision for the future and to see through evaluation that their work is worthwhile, challenges attitudes, behaviours and potentially leads to positive outcomes for young women.
- For the team of 7 prisoner to complete their NVQ level 3 training in Advice and Guidance.

Our stories

Beth

'Personal responsibility is down to me'

I am an IPP (Indeterminate sentence) prisoner. I received an indefinite sentence with a minimum term of 2 years to serve in prison. This is a consequence of my criminal and violent behaviour that has gone hand in hand with 16 years of drug addiction. It was only when I realised I could spend the rest of my life in prison, that I started to put in the effort to try and change. I came to Send to do the 12 step RAPt drug treatment programme. It was there I learnt to accept responsibility for myself.

Being in recovery gave me hope and inspired me to help others. I joined [KeepOut](#) 18 months ago. I was very tentative and nervous, but at the same time very motivated to overcome my own personal barriers to help the young women. The team was very supportive and I have grown from strength to strength. My motto has always been 'I can't change the past, but if I stop one young woman entering into addiction and crime,



then my experiences have been worthwhile'.

I love working with the young women and one of the things I try and get across is that the choices we make today can affect the rest of our lives. There are no words to describe the amount of satisfaction I have when I see the young women's attitude change dramatically in the space of a few hours. This job gives me reason to get up in the mornings and brings colour, imagination and creativity to the grey oppression that is prison life.

I came to prison a broken, uneducated, a hopeless drug addict; I'm leaving with numerous qualifications including my NVQ level 3 in information, advice and guidance. I have career prospects in this field in the community, and [KeepOut](#) are going to offer financial assistances upon release so I can do my counselling degree.



Our stories continued

Carli

I was in prison and not there for him when he was in trouble, which was heartbreaking.

I am the newest member of the KeepOut team. I was told about the Crime Diversion Scheme when I was doing a drug treatment programme (RAPt). I have 5 children and being away from them can be very hard and frustrating. I have a 17 year old son who has been involved in the youth justice system in the past. I was in prison and not there for him when he was in trouble, which was heartbreaking. So when I heard about a scheme that helped young

women that are involved in crime I jumped at the chance to join. If I can play a small part in trying to stop the young women committing crime, then I will feel that I have in some way given back to these women, where I haven't been able to be there for my own children. I am very excited

'I can't change the past, but if I can stop one young women from entering into addiction and crime then my experiences have been worthwhile'

to be part of this scheme and think I will benefit a great deal. I am hoping that this will take my life in a whole new direction, and help boost my confidence so I can be a positive role model for my children in the future

"I think that listening to the women prisoners has made me think about taking responsibility for my life"



'New Leaf' at HMP Send

New Leaf is an 11 session Surrey Youth Justice Service group work programme generally for young women aged 14 to 17 years in Surrey, who are likely to be the subject of an Order made by the Youth Court. The girls may be experiencing some troubling issues in their lives and be involved in risk taking, offending and/or anti social behaviour. The girls are taken into HMP Send for group work where a number of prisoners assist on the programme, including some from KeepOut – The Crime Diversion Scheme. Having the female prisoners on board is instrumental in enabling the girls to connect to issues within their own lives, particularly the personal testimonies which in a sense open the door for the girls to explore their own experiences. Talking through problems, experiences and feelings enables the girls to develop more appropriate choices and ways to cope, making life better for them in the future. **New Leaf started in 2006 and since then the custody rate of girls receiving prison sentences in Surrey has considerably reduced.**

Janice Reid
Surrey Youth Justice Service
Senior Practitioner



Message from the Chair of KeepOut – The Crime Diversion Scheme

Dear Reader,

I hope you find this new method of communicating with our staff, users, supporters, funders and friends a helpful mechanism to keep you up to date with developments within KeepOut.

In this edition we focus on HMP Send. It has taken us some time to embed the scheme within the prison, but we now have a fantastic space designated to us where we can operate – and we are very grateful to the prison for providing this. KeepOut Trustees approved funding for its refurbishment, and the staff and prisoner team have worked extremely hard decorating the space to make it an inviting, workable environment in which the scheme can continue to function and flourish.

We have appointed an Operations Manager and are in the process of recruiting a Support Worker in order to strengthen the staff team. This will ensure that the prisoner team has the right infrastructure and level of support to enable it to deliver the programmes.

As Chair of Trustees, I am extremely proud of all those involved in taking the HMP Send scheme to the next stage of its development. I congratulate them on their hard work and commitment to its ongoing success.

Angela Palmer Chair of KeepOut



Plans for an exciting new programme

A new pilot programme is planned at HMP Send, aimed at young people with multiple problems who require intensive intervention and sustained support.

The pilot will run once a week over either a four or six week period, and will be customised to meet the identified needs of both the overall group attending and the individuals within it.

The areas that could be covered include:

- Self esteem and self worth
- Alcohol misuse and alcohol prevention
- Participation in gangs and gang culture
- Anger management
- Bullying/violence against a person
- Sexual exploitation
- Anti-social behaviour.

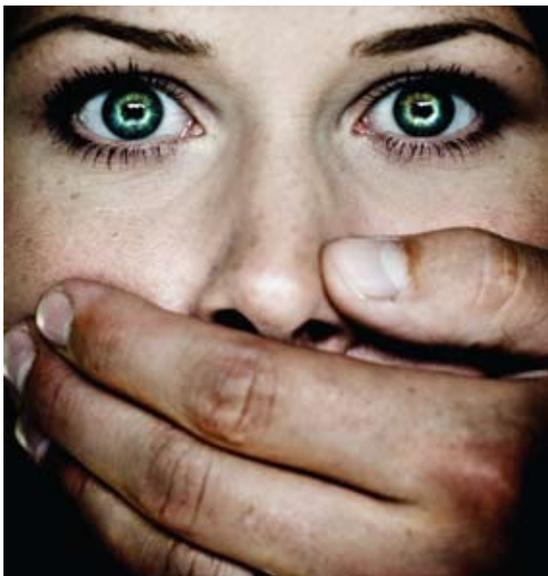
Uniquely, this programme will be facilitated by serving prisoners. We aim to work in partnership with referring clients. The plan is for this to be an interactive programme, offering a range of delivery models: workshop format, discussions, role play, activities, games and case studies.



Who will be targeted for these sessions?

We aim to specifically target organisations and professionals who are working with young women. We will also speak directly to our database of referring agencies and seek out young women we feel will benefit from a longer programme of intervention.

"I thought it would be like Bad Girls and it isn't, it's worse, I don't want to come to a place like this"



Evaluation

KeepOut will hope to evaluate outcomes related to:

- Gaining a greater knowledge and insight into the needs of young women at risk of entering criminal justice system or already in it.
- Developing an understanding of support networks to meet young women needs.
- Providing leaders and young women with an opportunity to develop an agreed action plan that can be reviewed and revisited.
- Challenging attitudes.
- Enhancing participants' abilities to learn and develop new skills.
- Drawing on experiences (both negative and positive).
- Changing behaviour.
- Supporting young women to face difficulties in their lives.

What will the young women take away from the session

- Greater understanding of the potential consequences of their behaviours to themselves, their peers, families and the wider community.
- Learning from prisoners, who share their personal experiences.
- Outcomes to their lives, both negative and positive.
- Signposting of ways not to get involved in specific activities that can lead to offending.
- A certificate of attendance which they can include in any accredited learning programme.

In order to facilitate the workshops, offenders will undertake training that includes: facilitation styles, group work, learning styles, conflict resolution, working with young people, drama skills, safeguarding children and young people, and planning and evaluation.

Further Information

- If you would like any more information about KeepOut
- If you are a funder and would like to visit the scheme
- If you would like to discuss making a donation, or other ways to support KeepOut.

Please contact James Marlow on 07890 611 838 or email at fundraising@crimediversionscheme.org.uk

KEEPOUT
The Crime Diversion Scheme

South East Fundraising Office
PO Box 762, Horsham
West Sussex RH12 9AS

