



**Welcome to the Autumn/Winter 2010 newsletter for KeepOut – The Crime Diversion Scheme.** As with previous newsletters we wanted to focus on a specific theme for our readers. Since our first edition looked at HMP Coldingley, and the last one at HMP Send, we thought we would turn the spotlight on partnerships. Effective partnerships are what makes KeepOut so effective. We are truly fortunate to enjoy such great relationships with a wide range of partners, all of whom go the extra mile to make sure the scheme delivers on its objectives. In this newsletter you'll hear from a wide range of partners including a grant maker, the Governors, various young people and prisons, our staff and founder, and many others.

Charlie, Dan, Katie, John, Amie, Danny and Harley visited Coldingley Prison in Bisley. At first we were cautious and a little bit scared of meeting the prisoners. After being searched by Milo the sniffer dog, we met five prisoners who helped us understand a little bit more about prison life and the consequences of our actions. They made us aware of how our actions affect the direct and the non-direct victims of crime.

We were amazed how honest the prisoners were about their experiences.

Although it saddened us to see how their lives and families have been affected, it was inspiring to see their willingness to reach out to us and explain things that we may never have considered previously. What an amazing day! NACRO has organised another visit to Coldingley prison.

We were pleased when our longstanding partner NACRO sent the following report (left), which was written by a group of young people after their visit to HMP Coldingley.

*At first we were cautious and a little bit scared of meeting the prisoners*



*“Very rarely have I experienced a programme that influenced the young people as KeepOut. There is no one better to deliver this message to young people. To date, none of the young people who attended have reoffended.”*

*(Jane Bennett - Hackney YOT (Gangs))*

## Improving KeepOut with all our partners



**We have always seen KeepOut as an example of partnership in practice – without our stakeholders and supporters the scheme could never achieve the success it does.**

An evaluation report, written by KeepOut Trustee Tim Caley, analysed 578 questionnaires filled in by young people from partner groups

to KeepOut events over the last year. The results were impressive: over half of those questioned said they were unlikely to offend in future and 85% agreed that attending KeepOut will help them change their offending behaviour.

In addition, the report noted that of 20 prisoners who left HMP Coldingley in the last two years, only 20%

re-offended. This compares to national re-offending rates of around 55%. So KeepOut is also having a beneficial impact on reducing the likelihood of prisoners re-offending.

Trustees welcomed this encouraging evidence that the scheme is having an important and measurable impact on diverting young people from crime and reducing prisoner re-offending.

We plan to develop further ways to evaluate KeepOut's work with our partners in the next year, partly through an improved (and easier to fill in!) set of pre- and post-evaluation forms for young people. One of the things we remain immensely grateful about is the help and support of our many partners, particularly the Prison Governors and senior staff from Surrey Youth Justice Service.

In this challenging, shifting world of statutory service changes, KeepOut is committed to maintaining and developing what has become an effective model of good practice

## Feedback

**Feedback, especially from young people who have attended an event, is extremely important in helping us to evaluate the effectiveness of our work. Below is a testimony from a young person from Foundation 4 Life who recently attended a KeepOut event:**

*Aaron*

Before I visited HMP Coldingley I thought prison was just like a hotel and my attitude was I wouldn't care if I ended up there!

Now I've realised that prison is nothing like a hotel and is not some place you'd like to end up. Since leaving Coldingley I have tried my best not to look for trouble out on the streets that can lead me to end up in these situations and feel if I did end up there it could ruin my life.

While visiting the prison I met one of the prisoners there called Jay and he is at the moment serving life. He told me he used to do a carpentry apprenticeship and that is the same thing I would like to move on to next after college. He told me how much prison has ruined his chances in life, how he lost his job and can no longer see his family often. Actually hearing it from the prisoners' point of view made me realise that I would feel lost without everything I have now and I'm not willing to lose my freedom.

Aaron is currently participating in a carpentry programme for young people at the Sutton District Training Centre for three months. He is actively looking for an apprenticeship in carpentry so he can make a smooth transition from his training which is nearing completion.



# HMP Send

## New civilian team member, Katie D'Souza, on her new role with KeepOut

I am very pleased to have started work with KeepOut, and the team at HMP Send. I have joined the charity as a support worker and started in September 2010. The prisoner team at Send really welcomed me in on my first day and gave me a full tour of the prison; some even showed me their rooms, which I appreciated as this is a personal space.

This is my first job working for a charity. I studied drama and teaching, but after graduating I spent 13 years working in television production, eventually as a producer/director for shows like *Wife Swap* and *A Place in the Sun*. This type of work is well paid but can be highly-pressurised and ultimately for me, unrewarding. I managed to attend a KeepOut event at HMP Coldingley in January, which frankly blew me away. Right before my eyes I could see the effect the men were having on the group of teenage boys. Fortunately for me the post of support worker at Send was advertised and, here I am!

**The programme at HMP Send continues to thrive and is developing greatly.** A new second worker has been appointed to work alongside the Scheme Co-ordinator. six prisoners are currently employed by the scheme to deliver workshops to young women at risk of becoming involved in crime and those already in the criminal justice system.

We have developed a four week pilot programme with the initial theme of anger. The content will be varied but will include anger in relationships, anger signs, and strategies for dealing with anger. Each week will include a creative aspect which will come together at the end of the four week period to create an art form that can be utilised for future events. Sandy, the Watts Gallery artist in residence at HMP Send, sponsored by the Michael Varah Memorial Fund, is supporting the team for the creative aspect of the project. Delivery will now begin in November 2010 with selected groups.

Between July and September 114 young women attended workshops from 14 referring groups, including:

- Ealing Pupil Referral Unit
- West Sussex Police
- Surrey YOT
- Hackney YOT and Gangs Project
- Surrey Police
- The Met Police, Bromley Cadets
- Therfield School
- Enfield Pupil Referral Unit.
- Kingston YOT
- Enfield Positive Activities for Young People
- Croydon YOT
- Croydon Young Careers.
- Windsor and Maidenhead YOT
- Hounslow Police



# Funder evaluates outcomes

Most times, KeepOut is asked to submit written evaluation reports to the many funders who generously provide the grants that keep our schemes running. But on 22nd September, the Michael Varah Memorial Fund – a small charity that has given two grants to KeepOut over the past two years – sent its own evaluation team to watch a workshop in action at HMP Coldingley. The MVMF volunteer photographer, David Morgan, produced the best portfolio of action shots we've seen of prisoners interacting with the young people attending the programme. David was so impressed by what he saw that he and the MVMF agreed that KeepOut can also use the images to promote our work – we're previewing them in this Newsletter and they will soon be live on our new website.

The MVMF also shared with us their evaluator's very positive assessment of the all-day workshop. This is just one small extract: "The prisoners see this very much as an opportunity to give back and to make something good out of their own mistakes. Each had his own story and they spoke about the contrast between facilitating the programme – where they had some autonomy and some authority and felt seen as people – and their regimented life in prison, and that they sometimes found it hard to adapt to this. They spoke about the opportunities and skills this gave them, such as working within a team and performance and facilitating skills



that they never thought they had. Each prisoner I met was humble, articulate and self-aware – and this was supported by how they actually ran the session."

Getting this independent evidence base is great. Knowing that this funder has

experienced the very positive impact its donation is making – to change behaviours and change lives, both for the prisoners and the young people – is even better. Having free access to such fantastic images from the MVMF and David Morgan is the best!

## Surrey Youth Justice Service (SYJS)

works in close partnership with KeepOut – The Crime Diversion Scheme supporting and enhancing the interventions provided to young people, and the training and skills development of the prisoner team.

In HMP Coldingley, SYJS manages the latter part of the week on Thursdays and Fridays – providing more in-depth interventions to higher risk young offenders in contact with the criminal justice system in Surrey. This includes CANDO, a 13 session offending behaviour programme, the Friday Project and the RESPECT programme which addresses violence in young men's relationships.

In HMP Send we run our highly effective New Leaf programme which provides a therapeutic

foundation for the more troubled young girls/women to address the issues beneath their offending behaviours.

All of these programmes enable young people to develop a wide range of skills in areas of communication, self and emotional management, thinking and reasoning skills and in gaining an empathetic insight into the consequences of their action upon victims and communities.

I am so impressed by the positive role modelling, flexibility and patience of the KeepOut prisoner teams in their abilities to adapt their skills in order to meet the differing levels of maturity and learning ability of those attending. All of this enables young people to safely explore a wide range of problems,

consequences and solutions to enhance self awareness, make better choices and lead fulfilling and law abiding lifestyles.

The Youth Justice Board emphasises the importance of structured offending behaviour programmes as a key element of effective practice. In Surrey, our custody rate is much lower when compared to other parts of the country and this is clearly linked to the very effective partnership arrangements in place with KeepOut and our local prisons.

As lead group worker for SYJS, I feel greatly privileged to be part of this and to observe the positive changes and growth that takes place with all involved in the scheme and the excellent partnership that continues to develop. **(Janice Reid – Surrey YOT)**

# HMP Coldingley



## Techniques

All team members receive a comprehensive training package which includes:

- Drama and facilitation
- Working with young people
- Child protection
- Group work training
- Train the trainer
- Diversity

The prisoners routinely rehearse the exercises used during events. The team has recently been trained in how to use the interactive theatre technique – Forum Theatre. This technique was created by the late Augusto Boal (Brazilian Director/Theatremaker/Practitioner) and is designed specifically to engage audiences in debating a topic, through the medium of theatre.

Forum Theatre requires full participation, which makes it particularly suitable for young people. Not only do the young people

thoroughly enjoy watching the drama and can relate to it personally, but they are always keen to be involved.

This technique enables them to identify the problems the piece of theatre represents (which they too, suffer from) and discover possible solutions to those problems not only by discussion, but by full on participation, in the drama itself.

The team is currently using this method to explore the subject of peer pressure. The issues covered include: What is peer pressure and how to spot it, how to handle and or cope with peer pressure, where negative peer pressure can lead, and the importance of having positive influences around you.

The beauty of Forum Theatre is that the young people get to practice their ideas as if they were real, thus seeing the consequences of their ideas and actions. This is immediately more powerful than simply talking about a problem. The levels of discussion after this exercise are often very deep and eye opening for the young people as they find that by watching, relating, and then participating in the Forum Theatre they discovered new and more positive ways to see and react to the situations around them.



*I'm not sure where to start ... every single person here today got something out of it. It was absolutely sensational how the students engaged. This is a brilliant programme ... more, more, more please.*

(Shirley Park – Croydon)

## Statistics

The Scheme at HMP Coldingley has continued to be extremely busy. The prisoner team has successfully delivered KeepOut events in addition to assisting Surrey Youth Justice Service (SYJS) staff deliver the CANDO and Respect programmes.

This year:

- 318 young people have attended KeepOut events
- 49 groups have attended KeepOut events including:
  - Talbot Road Study Centre (Southall)
  - Woking YMCA
  - Surrey YOT
  - DAAP
  - Feltham Community College
  - Harpley School
  - Slough YOT
  - Kingston YOT
  - STEPS
  - Windsor and Maidenhead YOT
  - Wandsworth YOT
  - Hertfordshire PNN (Stevenage)
  - Enfield YOT
  - Surrey YOT
  - Richmond YOT
  - Hackney YOT – Gangs Team
  - NACRO
  - Dartford ACP
  - Croydon YOT
  - Golden Opportunity
  - CJU Westminster
  - Fullbrook School
  - Wessex YOT
  - Reboot Project
  - Bracknell Forest YOT
  - Impact
  - Therfield School
  - Hillingdon YOT
  - Foundation 4 Life

# Future developments

**KeepOut is in discussions with HMP Lewes regarding establishing our crime diversion scheme at the prison.** A meeting has been held with the Governor and a team from HMP Lewes has also visited an event at HMP Coldingley. Fundraising has begun in preparation for the proposed new scheme and some initial start-up funding has been secured from the Saint Sarkis Charitable Trust. A further meeting is being held at HMP Lewes during November and we are now seeking grants to fund this exciting proposed area of expansion.

Plans are underway to improve the workspace used for KeepOut's main activities at HMP Coldingley. The proposal is for an upgrade of the current building, which may also be extended to make better use of the space and its site. Funds have so far

been secured from the Mary Kinross Charitable Trust and the Clothworkers' Foundation towards this area of work. Once completed we will be able to work with increased numbers of young people and improve the quality of the event further. A new heating system and improvements to the kitchen and toilet areas are included in the planning proposals.

Finally, the KeepOut website will be launched in early January and promises to be a very useful tool for referring groups and stakeholders. Designers, Walker Izard – who produced the new KeepOut branding – have been commissioned to build the new site and work is well underway. A host of features will be packed into it – including the KeepOut rap, which now features at the end of each event within HMP Coldingley.



Brilliant workshop - thanks so much for all your hard work with our young people. It's a really worthwhile resource ... Keep it going.  
(Pippa Barville - Bracknell Forest YOS)



## What do the Governors think?

**HMP Coldingley Governor Glenn Knight recently wrote:**

"The prison values the commitment of KeepOut – The Crime Diversion Scheme and the contribution the work makes towards the resettlement of the prisoners. A recent inspection has commended the work carried out by the scheme both for the young people attending and the prisoners."

**HMP Send Governor Dave Charity said:** "The benefit to the prisoners and young people attending the scheme are enormous and the prison fully supports the work carried out by KeepOut. The training the prisoners are provided with is essential for the event days and will benefit them greatly once they have been released from prison."

KeepOut is very grateful to both Governors and their staff for all the support, which is undoubtedly a key factor in delivering such a successful programme.

## Surrey Assistant Chief Constable joins KeepOut Board of Trustees

KeepOut is pleased to announce that Jerry Kirkby, Assistant Chief Constable for Surrey, has become a Trustee of KeepOut – The Crime Diversion Scheme. Jerry's appointment to the scheme's governance group builds further on our great relationship between the two organisations. Staff and Trustees have welcomed his appointment to the charity.

Jerry's role with Surrey Police is to ensure the Force delivers on operational performance in line with the Local Policing Plan for the coming year. This includes overall responsibility for the Force's four operational functions: Response, Investigation, Neighbourhoods and Tasking & Co-ordination.

He became the National Director for the Neighbourhood Policing Programme in June 2005 and led a team that supported the 43 forces in implementing Neighbourhood Policing across England and Wales. Jerry is also the ACPO lead for Police Community Support Officers.

Speaking on his appointment Jerry said "I'm delighted to be joining KeepOut as a Trustee and am looking forward to contributing to the worthwhile work being done."

*The good news is I've had a word with the local policing team and they say that they haven't seen any of the boys who you saw on the last course and that they seem to be keeping out of trouble. So that's really positive news.*

*(PCSO Theresa Patten - Community Safety Coordination Unit Stevenage)*

# KeepOut officially recognises scheme founder

At the KeepOut AGM in September the Board of Trustees officially recognised Mick Hart as the founder of the Crime Diversion Scheme. Interim Chief Executive Angela Palmer spoke of Mick's commitment and dedication to helping hard-to-reach young people and presented him with the Founder's certificate.

## Mick's story

I was born in 1938 in North West London into a dysfunctional family and suffered during the Second World War. I started stealing at eight years old for my family, and was encouraged by my father. This became a way of life and I was often in trouble with the police.

I always worked in the building trade but also broke into shops to supplement my income. I served several prison sentences for shop breaking and using explosives to open safes. Now regarded by the police as a career criminal, I robbed a bank in 1976 in London where a cashier was shot dead. I was sentenced to life imprisonment with a recommendation to serve at least 25 years.

I was put in a freezing cold cell in the Segregation Unit at Long Lartin top security prison. My clothes were taken away and I just wanted to die. I knelt down and prayed to God, a short prayer, and had the most amazing spiritual experience. One year later I was baptized and confirmed into the Christian faith, and asked Jesus to use me as he would.

I prayed and thanked God that my own three children might have a better start in life than I did. I transferred to HMP Coldingley and I started to think about other children, many from broken families, who may be at risk of following in my footsteps. I began thinking about how I would like to tell them my story and let them hear the stories of other prison inmates.

After getting permission from the Governor I enrolled other enthusiastic inmates and started the Coldingley Prison Youth Project. As a team we



began rehearsing a play in our spare time. We were then given one day a week to rehearse and use of the prison chapel.

I also persuaded the Governor to allow some 'at risk' young people to enter the prison and we performed our first piece to 11 young people, getting them involved with interactive drama. We called our play 'Joe's story' and felt it had done some good with helping these young people to be diverted away from the criminal activities they were involved with.



We were encouraged by the Governor to stage our performance more frequently and eventually won an award from the High Sheriff of Surrey. Later on we were commended by the Home Secretary.

So the project was on its way, and I co-ordinated it for the next four years until I was released. During this time, it became very popular with local magistrates, the police, school teachers and the Surrey Youth Justice team.

*Mick Hart*



*This is always a very thought provoking day. I have seen some amazing performances – far more powerful than a lot of professional TV and theatre productions. The young people have responded well and I'm sure they will take a lot away with them. Thank you to everyone involved.*  
(Hazel Highgate – STEPS)



# Funding/Donation Form

**KEEPOUT**  
The Crime Diversion Scheme

Please complete the following in block capitals

Full name   
Address   
 Postcode   
Tel   
Email

## If donating by standing order

To the manager of (name your bank or building society):  
  
Bank or building society address  
  
 Postcode   
Name of account holder(s)   
Sort code   
Account number   
Please pay Barclays Bank, Knaphill Branch, Woking Group  
(A/C 80075477, Sort Code 20-97-58) for the credit of  
KeepOut - The Crime Diversion Scheme, the sum of:  
Monthly amount  £10  £20  £50  Other  
Commencing on  then monthly until further notice  
Signature(s)  Date

*giftaid it* Using Gift Aid means that for every £1 you give, we get an extra 25p from the Inland Revenue and it doesn't cost you a thing. In addition the Government, will give an extra 3p on every £1 you give between 6 April 2008 and 5 April 2011. This is transitional relief for the charity and does not affect your personal tax position.

If you want your donation to go further just sign the box below and make sure you have completed your name, address and postcode details.

## PLEASE TICK HERE

I want all donations I've made since 6 April 2000 and all donations in the future to be Gift Aid until I notify you otherwise.

To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.

## If donating by cheque

Please make cheques payable to 'KeepOut - The Crime Diversion Scheme' and send them with this form to the address below.

**KeepOut - The Crime Diversion Scheme**  
South East Fundraising office, PO BOX 762, Horsham, RH12 9AS  
Registered Charity No. 1097124 | KeepOut is a registered trademark.

## How your funding can help young people and prisoners to KeepOut

**As with many charitable organisations**, our work depends greatly on the generosity and support from the many trusts, foundations and individuals whose kind donations are the lifeblood of our work. KeepOut is a registered charity with an independent Board of Trustees and a part time fundraiser. Each year we seek to raise between £150,000 to £180,000 to ensure our vital services are available to those young people and prisoners requiring an intervention from KeepOut.

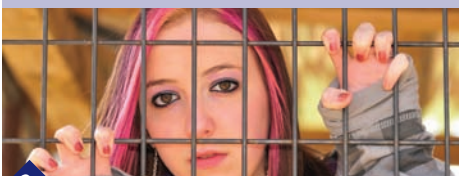
There is a great need for the work that KeepOut delivers and this is evidenced by the demand for our services, for which we have a six month waiting list. KeepOut is constantly used by the Police, Youth



Offending Teams, Pupil Referral Units, Social Services, voluntary youth organisations and many other high profile groups working to prevent crime. Based on research, eight out of ten young people will respond to this project, which ultimately means that a reduction of crime will be achieved. This has a real benefit to our society, with less crime being committed and therefore less victims of crime being created. Families, schools and statutory services also benefit greatly from the improved behaviour of these young people.

To give you an indication of how your grant could make a difference, on average it costs just £100 to provide a KeepOut intervention workshop for a young person. Therefore a grant of £1,000 would allow 10 young people to attend KeepOut and £10,000 would make 100 new places available.

Should you feel able to make a financial contribution to KeepOut we can assure you that your donation will be put to excellent use. It will allow us to continue our life changing work with young people and the prisoners who have dedicated their lives to help them KeepOut. **Please use the form below to make a donation by cheque or to establish a regular Standing Order contribution.**



## 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@crimediversionsscheme.org.uk

**KEEPOUT**  
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