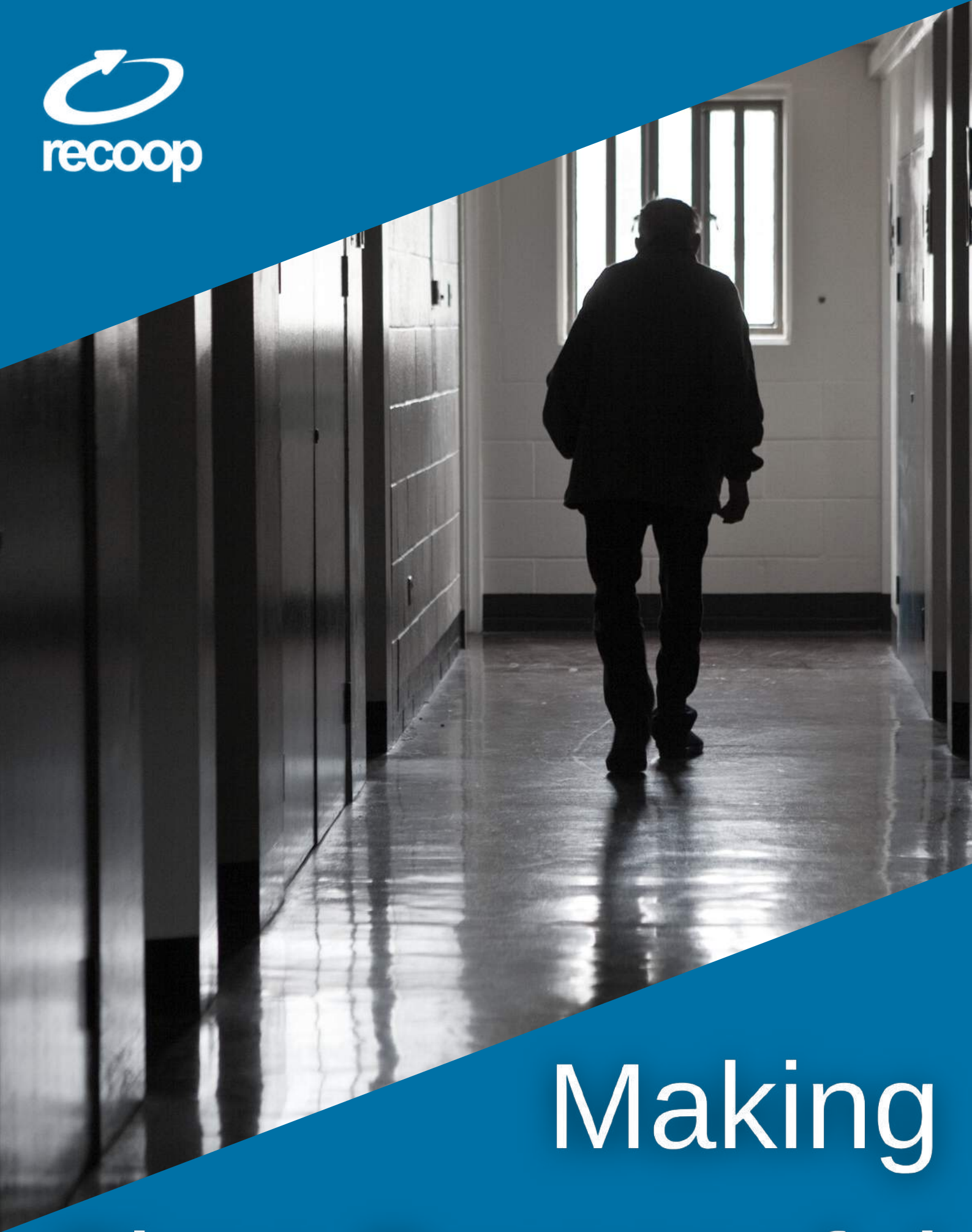
recoop



Making Time Purposeful

Who is Recoop?

Recoop is the specialist provider of services for the over 50s who come into contact with the criminal justice system, their supporters and the staff who work with them. We use the views of the people we work with to influence and direct the services that we deliver.

We deliver a number of services for HMPPS, both in custody and community settings, as well as exploring innovative and low or zero cost solutions for the challenges faced by this growing group.

Our two peer-led support services (Buddy and THREADS) offer robust, award-winning formalised training and on-site management. We provide a reliable, professional and responsible workforce that promote pro-social modelling. We also provide a selection of independent and purposeful activities that help improve both the physical and mental health of older people.

An introduction from our Chief Officer

For those of us who work in a custodial setting, whether prison or approved premises, budget reductions (for prisons 13% lower in real terms than a decade ago) is limiting the regime adaptations available to meet the needs of those incarcerated. Current overcrowding pressures without a suitable short term solution is limiting the ability for all to start building back better and applying some of the learning from the pandemic.

For the older cohort, deconditioning is still problematic. Physically, more people are unsteady and frailer with muscle loss from spending too long behind doors. Mentally, we are seeing an acceleration in cognitive decline and an increase in dementia diagnosis. The complexity of cases, when human and financial resource is limited, is exacerbating the challenges for our HMPPS partners and all who work in these settings.

Our peer support models can ease operational pressures by offering specific interventions and safeguarding assurances to those struggling with mobility, social care difficulties (Buddies) and to individuals with emotional wellbeing difficulties or at risk of self-harming (THREADS). We can provide person-centred, flexible support and interventions on the wings and landings where it's needed most.

The broader services and activities we offer are designed to be socially prescribed, to aid cognitive functioning, improve physical health, reduce social isolation and encourage engagement and independence. Our portfolio can be accessed by contacting us directly, or through the dynamic framework. In this booklet, we outline the broad range of our services, allowing you to build a bespoke support offer to meet your specific requirements. Together, we can 'Make Time Purposeful'

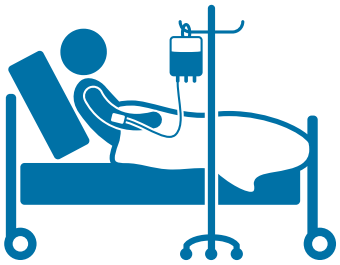
Paul Grainge – Recoop Chief Officer

The importance of making time purposeful for your older cohort

Over 50's are the fastest growing cohort with no sign of slowing down. This makes it vitally important that your older cohort is considered as part of your wider prison strategy.



OVER 50'S COUNT FOR 1 IN 5 PEOPLE IN PRISON



85%

OF PEOPLE IN PRISON OVER 60 HAVE SOME FORM OF MAJOR ILLNESS.



426

PEOPLE IN PRISON WERE AGED 80 PLUS AS AT SEPTEMBER 2023.

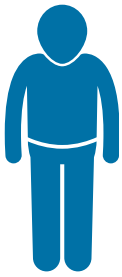
171

PEOPLE AGED 50 OR OVER DIED OF NATURAL CAUSES WHILST IN PRISON IN 2022, MORE THAN FOUR TIMES THE NUMBER THAT DIED IN 2002.



92%

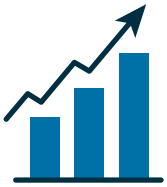
OF 80 YEAR OLDS IN PRISON WERE AGED 70 OR OLDER WHEN SENTENCED TO CUSTODY.



18%

OF THE PRISON POPULATION ARE AGED 50 OR OVER.

13%



PRISON POPULATION GROWTH BY 2026 BUT EXPECTED THAT PEOPLE IN PRISON AGED 70 OR OVER TO INCREASE BY 11%

Statistics: Bromley Briefings - Summer 2023 & February 2024

Challenges faced by older people within Criminal Justice settings

With over 14 years experience, Recoop is a recognised specialist in delivering services for the over 50's population in this sector. This is just a small selection of examples of how our services have supported members of the older cohort in prison and approved premises.

Over 50 Resettlement Programme

During training, a 66 year old resident of an Approved Premises admitted to our staff that he was eating just a humbug for his breakfast and a tin of mackerel for his evening meal. He was eating these in his room because he had mobility issues and couldn't get to the kitchen of the premises and carry food back to his room. He also didn't have any clothes, other than the ones he'd arrived in from prison. His Keyworker, who had been on leave when the man arrived, wasn't aware of these issues because he hadn't had a 'welcome' meeting in her absence. His was very grateful that we'd shared our concerns and was quickly able to rectify his clothing issues, was able to provide him with a walking aid with a tray and refer him for a Local Authority Health & Social Care assessment.

THREADS

A long sentenced prisoner with mental health challenges engaged on the THREADS 10-week programme, where peer supporters facilitate the use of a Mind Mapping intervention. At first he was sceptical having seen lots of new initiatives come and go.

On completing he said *"I am now clean of all drugs which has led me to reconnect with my daughter. I got my parole, I gained my enhanced also got a wing job, but most of all, working with these two men has made me feel like there is a better life out there for me. I can't say in words how grateful I am. It makes it easy to open up and deal with some real demons that I had."*

Buddy Service

Prior to being supported by one of our buddies, a man with dementia was becoming regularly agitated, reclusive and rarely left his cell. As a result, his mobility also seemed to be getting worse. The buddy organised a gym visit for the client and supported him to get there. Gentle exercise and encouragement meant that the client appeared brighter and less confused and more sessions were organised. However, it became apparent that the client was coming out of his sessions with his clothes in disarray. Rather than physically hand his client the clothes in order and not inside out, the buddy set them out in a row so that his client simply went left to right.

The buddy also collected some books from the Library about trains, which he'd established his client had a keen interest in and together they read through them and reminisced about steam engines and train-spotting.

Activity Hubs

A first timer who reported feeling depressed and vulnerable said that the only place he felt safe was locked up in his cell, all day. All he longed for was night to come, space to himself and safety. When the Over 50's Activity Hub was set up in his prison, he'd made the decision not to go, he wanted to keep himself to himself. One day, a particular session piqued his interest and he was encouraged to go along by the Recoop team.

He says *"it's given me a new lease of life, not only do I go to every session, I take an active part in running them. I'm both giving and getting support from people of my own age and I feel like I'm making a difference. I know for certain it's made a difference to me, I'm no longer on medication and don't feel so low. I like knowing that I've done something that will benefit other older prisoners long after I've left".*

Consultancy

Whilst supporting a local prison with a physical environment assessment to identify low and zero-cost solutions to supporting the older cohort, we saw an easy fix to an identified risk. An elderly prisoner, unsteady on his feet and using a walking stick, had been located in a cell on the twos, whilst an able-bodied wing cleaner was located on the ground floor. There was a significant risk of injury from falling that could be easily mitigated.

A recommendation was made to introduce a locate flat / low policy, the aim of which was to increase capacity on lower levels / bottom bunks. The policy enabled staff to very quickly identify where space was available for those with mobility issues and reduced the lengthy time it had previously taken to allocate appropriate bed spaces.

A review of the PEEPS process was undertaken at the same time and it proved to be a huge learning curve when the prison realised that it was out of date by three years.

Staff Training

The Recoop team has delivered staff training to over 500 prison and probation staff. During each session, through discussion and feedback, we gather issues that are bespoke to the establishment in relation to gaps in provision. At the end of the session, we formulate an Action Plan with the prison ensuring that progress to support the older population continues beyond the delivery of the session.

"The training helped me to understand how I can assist older prisoners serve a meaningful sentence and understand their needs and the difference I can make."

"It helped me understand how illness can be affected by the environment and how I can help them while in my care."

"The session gave me a real insight into what to look out for and identify what may be easily missed in a prison environment."

Supporting those with health & social care needs

The Care Act 2014 places responsibility on Local Authorities and custodial settings to work jointly in order to provide social care support for all those who meet the eligibility criteria. Whilst assessed needs above the national eligibility criteria should be met by the Local Authority, arrangements need to be made to meet the needs below that threshold.

Our comprehensive Buddy Programme is currently delivered by Recoop on a flexible basis as a managed service or as a train the trainer option. 'Train the Trainer' means that the programme will be handed over after intensive training sessions from Recoop. However, a managed service allows a Recoop staff member to run the programme, continually assessing standards of service, as well as managing the Buddy peer support team, freeing up staffing resources.









- Provides safeguarding assurances
- Allows for early intervention to delay or stop deterioration
- Buddy peer supporters empower individuals to control and maintain their independence
- Two weeks formalised training to National Care Certificate standards adapted for use in custodial settings
- Offers both resource efficiencies and employability skills training

> *The Buddy system recognises the importance of informal and low level support adhering to the wellbeing principles of the Care Act 2014. The Local Authority has recognised the success of Recoop, audited through increased referrals into the service, reducing the requirement for formal care and supporting financial savings required for the Local Authority.*
>
> **Quote from HMP Wymott**

Helping prepare the older cohort for release

The aim of the 50 plus Resettlement programis to help older prisoners or ex-offenders better plan for life in the community. We support a reduction in re-offending through the provision of purposeful activity, resettlement services and by addressing health and social care inequalities faced by this hard to reach and marginalised group. 'Transition' encourages participants to explore concepts such as personal history & experiences, triggers & choices and societal reparation in a framework that fosters greater accountability.

50 plus Resettlement is a service-user centred programme that seeks to provide all participants with essential information surrounding independent living, such as; housing information, benefits, debt & financial services, volunteering, employment opportunities and how and when to disclose their offence.

- Pace lends itself to the learning & engagement style of older people
- Combination of teaching methods: individual, group, drama, out of class
- Increased motivation for resettlement planning
- Supportive strategies and coping mechanisms
- Toolkit to manage triggers of re-offending post release









> *The outcomes have been terrific with residents completing the course and taking their new-found skills and knowledge to help them resettle into the community. Staff have also commented on the level of knowledge and engagement that the Recoop facilitator demonstrates in the sessions.*
> *She also ensures that these residents are linked up with the new partnerships in their respective areas which reduces isolation and loneliness.*
> **Area Manager working on the AP Drug Strategy**

Activity Hubs

Providing age-relevant, purposeful activity

Our Activity Hubs serve to encourage purposeful activity and social interaction ensuring that older prisoners develop strategies to live purposefully and actively both in prison and on release.

Focusing heavily on health, wellbeing, independent living and social interaction, activities within our Hubs are designed to create an environment where prisoners feel relaxed enough to make positive changes to the way they interact with other people and the way they think about themselves.

The benefits cannot be under-estimated. Occupying the time of the older prisoner is often difficult; too old to be in employment or increasingly too frail to take part in other purposeful activity, many are left or choose to stay in their cells for too much of their time.

- Activities are co-designed and co-delivered
- Full & part time delivery options depending on demand
- Delivery can be split between Mains and VP populations
- Offers work opportunities for older prisoners









> *The Recoop Day Centre Activity Hub model offers recognised purposeful activity to help the older cohort earn their incentivised and earned privileges.*
> *It provides demonstrable evidence against the HMIP Expectations and will provide the flexibility to set up both Tier One / Two activities in the new regime design.*
> **HMPPS Supply Chain Partner**

THREADS ©

Untangling complex lives

The programme is a strength-based support tool designed to allow individuals to look at areas of their lives in order to break the cycles of behaviours, actions and negative reactions to emotional difficulties. The THREADS Peer Support Programme uses twelve specifically designed ‘Maps’ that make it possible to identify not only difficult past experiences and current challenges, but also skills, family connections, personal ambition, levels of risk and breaking the cycle of repeating patterns of behaviour. This is particularly important in a custodial environment because control over certain aspects of a prisoners’ life is removed, which can lead to frustration, anger and thoughts of harm to themselves or to others.

When supporting peers with the maps, conversations are led by them with no prescriptive questions. They decide how and when they want to reveal personal information, giving them ownership of their journey and the opportunity to focus on aspects of their life that they had previously been unable to understand, deal with, or develop positive coping strategies.









- Provides a mechanism to engage at-risk individuals
- Promotes self-reliance and self-managing behaviours
- Enables a meaningful conversation to express personal circumstances, confidence, control and a sense of self
- Reduces violence, self-harm and self-inflicted death
- Improves outcomes for individuals

> *The very essence of the THREADS structure clearly appeals to prisoners and has brought a rare sense of achievement and confidence to those who have completed the journey, some of whom are now on the outside and some still helping others in HMP Exeter.*
> *Prisoners really can at last benefit from a scheme which is theirs to take forward and has clearly brought a new sense of self-esteem to many.*
> **Independent Monitoring Board Member**

Menopause Support

Untangling complex lives

Due to Recoop's experience with the female estate, we have recognised that additional support is needed during this stressful and uncertain time in a woman's life. We have developed a menopause workbook, aimed at women who are going through the perimenopause or menopause, or maybe just want to prepare themselves for this time in their life.



> *Helping individuals cope with the impact of menopause in a custodial environment by providing tools, information and support.*

- Provides information to help understand the menopause
- Specifically aimed at women currently serving a sentence
- Includes a journal for individuals to record their symptoms
- Provides information on how to manage symptoms
- Challenges myths about the menopause and perimenopause

Distraction Packs

Giving individuals 'food for thought'



Recoop's 'food for thought' distraction packs help individuals with cognitive functioning and mental stimulation when unable to access other services. The packs include quizzes, word searches, Sudoku, brain teasers, health information, interesting facts about the world, art and much more. Originally introduced for use in prisons, its reach has become far wider. Courts in England & Wales and Police Custody Suites are now subscribing to the monthly pack.

- Provides mental stimulation
- Can be used to aid small group work / debates
- Can be worked on in groups and individually
- Informative distraction to aid wellbeing
- Helps fill time constructively

> *I regularly pass on the documents to two other tutors who work in Healthcare and on the Dependence Wing who say that their learners really enjoy the packs.*
>
> **Prison Education Tutor**

Supporting purposeful activity

'Wing It' was developed by Recoop following a call-out for structured on wing activity during the pandemic. This portable toolkit can be delivered on wing or within communal areas led by the prisoners themselves with no need for direct staff involvement. It can also be used as part of small group work to reduce isolation.



> *'Wing It' will be utilised on its own to support community development and is also great for supporting existing group sessions for ice breakers.*
> **HMP Holme House**

- Interactive and peer-led
- Reaches those people who've experienced trauma and socio-economic challenges
- No staff involvement needed
- On-wing activity
- Aids cognitive functioning and inclusion

Promoting physical activity



'On Track' sets out the stages along a journey giving walkers a realistic target to reach as they embark on their virtual journey. Each route includes a map for every stage together with details of the destination, including photographs. A stepometer is also provided so individuals can track their progress throughout the walk.

- Several routes to choose from
- Can be completed independently or as part of a group
- Encourages physical activity
- Helps develop good behavioural habits
- Provides a 'mental excursion', enabling a positive mindset

> *Walking is doing great things for my mental health wellbeing. I'm looking at where I was, where I am and where I'm going.*
> **'On Track' Participant**

Mindfulness

Taking control of wellbeing

Mindfulness provides purposeful activity for a healthy mind. It can help decrease depression, reduce anxiety and in some cases Mindfulness practices have been linked to improvements in a number of physical health issues, including arthritis. Our Mindfulness booklets include several exercises that provide a number of coping strategies for those suffering from physical and mental health issues.



> *A clear and user-friendly guide which helps provide structure, aims and goals for users.*
> **Mental Health Recovery Worker**

- Helps decrease depression and reduce anxiety
- Person-centered approach
- Offers coping strategies for healthy mental wellbeing
- No staff involvement needed
- Easy and clear activities

HELP

Healthy Eating & Living Programme



HELP is a 6-week programme developed for use in a custodial environment for those who may be older or have limited mobility. Targeting those with a BMI of 35 or over, HELP can begin to address some of the symptoms caused by certain illnesses such as diabetes (by lowering blood sugar and lowering cholesterol) and reducing high blood pressure caused by obesity.

- Introduces safe and structured exercise
- Helps combat obesity and other physical conditions
- Encourages and supports participants to achieve their goals
- All supporting resources are provided
- Group activity

> *We have had 100% success rate with all participants losing 5% of their total body weight. We have run three courses so far and are now on our fourth.*
> ***HMP Send***

Consultancy

Supporting you & your older cohort

Recoop has many years of experience introducing older support solutions in over 70 prisons. We recognise that prisons and APs don't always have the luxury of time or resource to focus on everything that presents as a priority on a daily basis. Our consultancy option will not only help identify some of these issues but also come up with tailored solutions to meet your specific needs.



> *Recoop laid the foundations for us to continue to offer a safe, decent and secure environment for the older prisoners.*
> **Deputy Governor**

- Expert support for policy development and good practice
- Recommendations for zero/low cost solutions
- Physical environment assessments
- Help with implementing the National Strategy locally
- Specialist consultancy based on over 14 years experience

Training

Supporting your staff



Recoop has developed a bespoke 'Achieving Better Outcomes' training programme for HMPPS staff. We have trained over 500 individuals and extended the sessions to include dementia support and improved communication. We use age simulation suits to help participants develop their empathic ability by understanding how the ageing process impacts the body.

- Helps identify the range of differing needs of older prisoners
- Brings a focus to dementia
- Identifies the impact of social isolation and the benefits of maintaining independence
- Demonstrates your role and responsibilities in relation to the Care Act 2014
- Increases staff confidence to provide the right support

> *The session gave me a real insight into what to look out for and identify what might be easily missed in a prison environment.*
> **Prison Officer**

Contact Us

To find out more about our services

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bcha Family Member