recoop

resettlement



To reside in an Approved Premises can be both a daunting and exciting experience. Recoop's Resettlement Programme, which has been designed to address the specific resettlement needs of those who are aged over 50, aims to equip older residents with the appropriate knowledge and skills to support a positive resettlement experience and to live responsibly and productively post-release.

The programme is both short and affordable, delivered at a pace that lends itself to the learning and engagement style of older people. It broadly covers the following themes:

- Health & Wellbeing
- Age & Healthy Ageing
- Benefits & Personal Budgeting
- Re-establishing links with friends & family
- Personal Hygiene
- Independent Living Skills
- Diet & Nutrition
- Improving Social Skills
- Coping with Bereavement
- Accessing Community Services
- Volunteering
- Disclosure

In addition, we also provide a toolkit for managing the triggers of re-offending.

A variety of activities, including independent, pairs and group-work, as well as interactive drama and out-of-class methods are used to complete the programme.



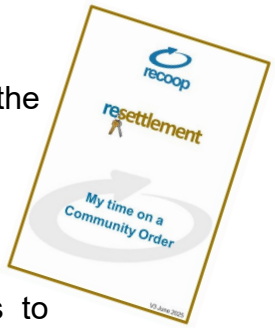
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Delivered over a 3-day period, the Resettlement Programme aims to:

- increase motivation
- help participants recognise the challenges of their own resettlement and help them to prepare coping mechanisms;
- increase take-up of services to aid resettlement or retirement;
- provide a framework to help develop an effective approach to staying well and reducing reoffending;
- reduce fear and anxiety for those returning back into the community;
- offer support to those who have experienced bereavement in custody.





The course offers participants an opportunity to:

- understand the dimensions of age and healthy ageing;
- learn about independent living skills in a changed or new environment;
- better understand benefits, personal budgeting and become familiar with modern payment methods;
- look at how to build / re-build relationships or create new networks of support;
- understand the benefits of volunteering;
- discover how to access community services in their home area;
- understand how and when to Disclose.

This type of programme really provides a focus for the men, some of whom have spent a very long time in prison and who have lost track of the world outside. It also seems to fit well with the work NPS does and links to the Probation Officer's work and the AP staff, so we thought it was an excellent course and we know the men did too.

AP Manager

I found the course to be very comprehensive and relevant to our men over 50. It is clear and concise and covers topics that are important to our residents. The materials are very clear, well put together and easy to follow, with parts for the men to fill in and think about and interaction throughout. I would highly recommend the course for all.

AP Manager

Contact:

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