Activity Hubs

> *I come out of my cell every single day now; the sessions have given me a reason to. There wasn't a place for me to go and be with people my own age, but now there is. The sessions have helped me to connect with the older people on the wing and I actually have things in common with them.*



As the older prisoner population continues to rise in prisons across England and Wales, there is an increasing need for age appropriate purposeful activity.

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



The benefits of an Activity Hub cannot be underestimated. Occupying time of older prisoners is often difficult. Too old to be in employment and too frail to take part in the regime, many are left or choose to stay in their cells for too much of their time.

Activities within the Hubs are designed to create an environment where prisoners feel relaxed enough to make positive changes to the way they interact with each other allowing them the opportunity to overcome barriers often created by closed environments and, in turn, promotes social-inclusion and wellbeing.



> *The group has given me the chance to explore and challenge myself in ways I thought I was incapable of. It has given my prison sentence structure and makes me feel I have more choices in my life when I am released .*

> *There is a great sense of trust, respect and understanding and, above all, caring, that we seem to pick up from you and a-learning-to-share. It is a great comfort and support and helps beating the terrible isolation and loneliness. Thank you for all your encouragement.*

> *A new, very important Activity Hub for the over 50s to meet each other to socialise which alleviates the mental stress of cell bang-ups. Recoop is a godsend for the over 50s and the more the Activity Hub develops the better.*

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