recoop

resettlement

Release from prison can be both a daunting and exciting experience. Recoop's Resettlement Programme, designed to address the specific resettlement needs of those who are aged 50+ or who are long-sentenced, aims to equip participants 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
- Benefits & Personal Budgeting
- Re-establishing links with friends and family
- Accessing Community Services
- Volunteering
- Disclosure

The programme includes sessions on planning for retirement, independent living skills, technology, building new networks of support, volunteering and disclosure. We also provide a toolkit for managing the triggers of re-offending post release.

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.

Flexible in its delivery, the programme can be delivered as a full 4-day programme or in sessions over a period of weeks.

It can be licenced to organisations to deliver directly themselves or Recoop can be booked to deliver.



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The Programme aims to:

- increase prisoners' motivation to become committed and active in setting their own agenda for change;
- help participants recognise the potential challenges of what their own resettlement might look like and to prepare strategies and coping mechanisms;



- help those nearing release to increase their take-up of services to aid their resettlement or, depending on their age, retirement on release;
- provide a personal Wellbeing Toolkit, a framework to 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 coping with bereavement in custody.

It 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 on the outside;
- gain an understanding of the benefits of volunteering both for themselves and the wider community and how to access community services in their home area;
- understand how and when to Disclose.

It was a joy and privilege to deliver such a well put together programme. The guys on the course say it's been the best course for support and information.

Interventions Alliance

It covered a lot more than I thought it would entail and I realise how much I need to rely on others before getting out. All on the course felt empowered, even me! We now know how to organise our worries and concerns into positive actions. As a first timer at my age it was a very daunting prospect, the course helped enormously.

Participant - HMP Lewes

A course to be remembered with a real sense of pride and accomplishment.

Participant - HMP Ford

Contact:

To register your interest please email:
info@recoop.org.uk

Recoop Company no. 07381550
Registered Charity no: 1139233
Registered Office: 5 Brayford Square,
Stepney Green, London E1 0SG
www.recoop.org.uk