
BREAKOUT

— the supporter magazine of Langley House Trust —



SEPT-NOV 2016



NEW BEGINNINGS

JIMMY

overcomes mental health issues to help others

JIMMY TRAINS THE POLICE AND PROFESSIONALS ON HOW TO MANAGE PEOPLE WITH MENTAL HEALTH ISSUES IN CUSTODY. THIS COULDN'T BE MORE DIFFERENT TO THE MAN WHO SPENT MANY YEARS IN PRISON, BATTLING WITH DRUGS AND THE SCARS OF CHILDHOOD ABUSE.

(Jimmy's name has been changed to protect his identity.)

What did you want most as a child? To be safe. I was abused as a child. I didn't go into care until I was seven. My very early memories were quite sad.

What was life like growing up? I was very hungry. I remember being locked in my bedroom and being woken up by drunken people. I used to hear my mum being beaten up.

When did things start to go wrong? What was the trigger? As a child I carried the abuse around with me. When I got to 12 or 13 I had a dislike for men. I would attack men at will because I hated men and I hated myself for what they did to me as a child.

What was your lowest point? I started suffering from mental illness at 16 and was diagnosed with a personality disorder. But my life was such a mess – I tried to kill myself twice. I'd seen psychologists and psychiatrists and I kept going back to my past. A judge told me to stop being a victim and become a survivor.

When did you realise things needed to change? About eight years ago. I was put on the right medication and my life changed. I was in a special hospital then – they said to me I could stay for as long as I wanted. I looked around and saw lots of old men around. I didn't want that for my future. That's when I realised I needed to fight to get out and I did.

Thinking about your time at Langley, what made the biggest impact? Having a second chance. Being able to grow as a person and have the support of staff. Being able to say to staff that I was having a [bad] day today and they say 'come and have a coffee'.

What made the best impact? A member of staff here – he never judges me. All the staff believe in me and that made a massive difference. If you can't get people to believe in you, you struggle to believe in yourself.

What's been your proudest moment? I advise Police and trainee mental health professionals on how to treat people with mental health issues in custody. I came second for Service User of the Year in an NHS award. That's probably been my proudest moment.

What's your hope for the future? I am going to be leaving the project in a few weeks' time. I want to get my own flat and get a permanent job. I embrace my life now.



HOT TOPIC

— Are voluntary organisations really resilient enough to make a difference in the Criminal Justice system? —

CONSTANT FUNDING CUTS, DOING MORE FOR LESS AND AN EVER-INCREASING NEED FOR SERVICES HAS PUT VOLUNTARY ORGANISATIONS IN THE CRIMINAL JUSTICE SYSTEM UNDER UNRELENTING PRESSURE. BUT IT IS THEIR STAYING POWER THAT HAS GIVEN THEM THE ABILITY TO KEEP MAKING A DIFFERENCE - DESPITE THE CHALLENGES THEY HAVE FACED.

Working as a voluntary sector organisation in the Criminal Justice sector can feel like scaling a mountain backwards, surviving on half rations because the funding has been cut, and finding out half-way that the mountain is no longer the right one because the parameters have been changed.

It is no mean feat therefore for voluntary sector organisations to stay afloat in a time of increasing change and threats to funding. Resilience can be defined as the ability or capacity to recover quickly, to spring back into shape following change. The ability of an organisation to change and adapt to new circumstances or surroundings is its real strength. Admirably, the voluntary sector has shown this by the bucket load – adapting to the sweeping changes made in recent years in the Criminal Justice system.

Change in the Criminal Justice Sector

The biggest change by far has been Transforming Rehabilitation (TR) which has seen the restructure of the Probation Service. Low to medium risk offenders are now managed by 21 Community Rehabilitation Companies, most of which are run by private organisations. This was met with a mixed reaction from those both inside and outside of the sector. But whilst TR opened up offender management to many profit-focused companies, it also paved the way for voluntary organisations to play a new role in prison and rehabilitation services. Indeed, the role of voluntary organisations and their unique position to deliver specialist services with specific knowledge was highly publicised. The inclusion of niche, voluntary organisations became a part of the contract award evaluation process and went some way to ensure that the voluntary sector was protected from being cut out of rehabilitation altogether by bigger companies with extensive budgets.

For Langley, we were able to extend our services in the South East and West Midlands to deliver tailored advice in prisons on housing, debt and gambling and resettlement for long-sentenced prisoners. The advice on accommodation in particular has meant that individuals are less likely to leave prison without accommodation in place which has reduced the risk of homelessness, the need for emergency accommodation provision and the chance of reoffending. Despite being a completely different 'mountain' TR meant the opportunity to impact more lives to help people live crime-free.

The cauldron of change around prison reform however continues to bubble. Before he resigned as Prime Minister, David Cameron made the first speech in 20 years by a Prime Minister on prison reform, despite this not being a major vote winner. And although there has been a change in the Prime Minister and cabinet since the historic decision to leave the European Union, the prison reform and rehabilitation agenda still seems firmly on the agenda. The new Justice Secretary, Liz Truss, has publicly committed to prison reform which has helped to allay fears that this would be seen as a lower priority at a time when 'Brexit' and the economy are understandable priorities.

Delivering more for less

The austerity measures of recent years has certainly played havoc in the voluntary sector and challenged its resolve to its core. The need for services has not lessened – in many ways it has increased – and it is testament to the sector's resilience and strength that a large proportion of the voluntary sector is still thriving. This is despite funding cuts and the need to provide more services for less financial remuneration. Langley has already faced the alarming situation of two local authorities pulling funding for offender services completely – simply because they no longer had the money to invest in this. Rather than close projects, we have restructured and fortunately secured new sources of funding in order to continue to provide vital support for those leaving prison. This has not been an easy challenge. Returning to the mountain analogy, it was akin to being asked to give back the rations, the support rope and the mountain-climbing clothes mid-way up the mountain yet still continue to make it to the top.

This downward trend of investing in offender rehabilitation is likely to continue as local authority budgets continue to be squeezed. However, the slowing down of the austerity agenda may yet bring some relief and make future cuts less painful and severe.

Valuing volunteers and voluntary organisations

A recent report was commissioned on the use of volunteers in prisons – 'Valuing volunteers in prison (a review of volunteer involvement in prisons, July 2016)'. The report was produced by Clinks, a national infrastructure organisation supporting voluntary sector organisations working with offenders and their families. It explored how the amount and scope of prison volunteering could be increased in prisons across England and Wales.

Volunteers provide examples of positive behaviour, reinforcing pro-social modelling and a connection with the outside world. In our Kainos Challenge to Change prison programme, the role that volunteers play in contributing to the community environment of the programme is critical. They make participants on the programme feel valued, listened to and part of a wider external community that is ready to accept them on the outside after release from prison.

The report overwhelmingly highlighted the benefit of volunteers in the prison system. Volunteers added capacity, flexibility and a personalised offer to prisoners, supporting innovation and the development of a positive culture in prisons. A governor of a high security prison cited in the report said: "Having the outside community involved in the prison is culturally very powerful. Volunteering contributes to an overall culture that is about progression. [It] helps put energy into that element of hope."¹

For prisoners, volunteers giving their time for free showed a real commitment and authenticity to the support they provided. It reinforced the belief that they genuinely thought that prisoners could change. One prisoner interviewed said: "It just shows that there is hope and that's a massive thing, to think there is some light at the end of the tunnel."¹

The report also highlighted the challenges that volunteers – and voluntary organisations – face when trying to enable volunteering in prisons – with delays in volunteer recruitment, red tape and a lack of support from prison staff being highlighted as the key barriers.

Nevertheless, the report conclusively showed that enabling volunteering in prison was more than worth it. The voluntary sector as a whole provides invaluable services within prisons and the community to support offenders. It enhances existing services, provides independent evaluation of standards and provides a layer of authenticity for individuals in receipt of those services. Many of our Criminal Justice services, such as the Probation Service, stemmed from volunteers seeing a need and filling it.

The key to success

Perhaps that is the hidden ingredient to the voluntary sector's staying power – seeing a need and filling it. The motivation to create change in people's lives has not waned, despite the funding challenges the sector has faced. And it is this focus on people – rather than profit or other economic advantage – that will keep it adaptable, flexible and out to survive. The Government would do well to keep tapping into this resource that is resilient and here to stay.

As for Langley, we are determined to make it to the mountain top, with or without the equipment and rations. We know that by doing so, we will enable thousands of men and women to change their lives and successfully go on to live crime-free.

¹ Valuing volunteers in prison (a review of volunteer involvement in prisons), published July 2016

"VOLUNTEERING CONTRIBUTES TO AN OVERALL CULTURE THAT IS ABOUT PROGRESSION."

Prison Governor, high-security prison

EVENTS



PATHWAYS TO CHANGE

Pathways to Change (see page 13) is being launched in September. This new venture is the next Pathways programme and will combine the best of Kainos' Challenge to Change programme with Langley's rehabilitation in the community.

FORMER CHAIR AWARDED OBE

Anthony Howlett-Bolton, former Chair of Langley House Trust and Kainos Community, has been awarded an OBE. The award was given for his services to the Criminal Justice sector during his time as Chair of the Trust between 2009 and 2015. Under his leadership, almost 4000 offenders were helped to live crime-free and he was praised for his courageous and visionary direction. Speaking about the award, Anthony said, "It has been a privilege to work with so many talented and committed people in public service, the staff and trustees."

INVESTORS IN PEOPLE

Langley has been awarded Investors in People Gold – the highest accolade that a body can give. The award reflects our commitment to value our people and provide good leadership and communication. Speaking about the award, Tracy Wild, CEO said, "I am absolutely thrilled that we have secured Investors in People Gold status. It is a great accolade and reflects our determination to help them transform their lives – by investing in our staff, we enable them to best support our residents and achieve the exceptional results that we do." Langley will hold Gold status until 2019.

CHARITY TIMES AWARD

Langley has been shortlisted for a Charity Times Award – Charity of the Year – for the third year running! Our ability to create life-transforming change was a key reason for being shortlisted. Tracy Wild, CEO said: "The Charity Times Awards recognise leadership and best practice in the charity sector – we have been delighted that we have been shortlisted. This reflects the hard work and the determination of our staff to deliver great results despite the constant challenge of funding cuts and doing more for less. Most importantly, it reflects our commitment to help men and women coming from prison to believe in their ability to change..." The award results will be announced on 28th September 2016.



ANNUAL REVIEW LAUNCH

Our latest Annual Review will be launched on 11th October 2016 at the House of Lords. We hope to be joined by over 100 professionals from the Criminal Justice, and Care sectors, as well as individuals from corporate organisations, other charities, grant and funding bodies and some of our supporters.

The event is kindly being hosted by The Lord Ramsbotham GCB, CBE. Our keynote speaker is the Rt Hon Ann Widdecombe DSG. One of our clients will be sharing about their journey through the Criminal Justice system and what help they needed to turn things around. We will also celebrate client and staff achievement with a range of internal awards.

PRISONS WEEK

Langley is proud to be a sponsor of Prisons Week which will be taking place between 9th and 15th October 2016. For the last 40 years, Prisons Week has motivated, inspired and equipped the church to pray for those in prison and everyone affected by it. The theme for 2016 is 'Lord Have Mercy.'

Prisons Week will be launched at HMP Pentonville on 10th October 2016. For more information on Prisons Week - and to download the prayer guide for the week, visit: www.prisonsw.org

CRIMINAL JUSTICE CONFERENCES

Langley will be exhibiting at two Criminal Justice conferences this Autumn - a HACRO conference (21st September 2016) and the Prison Governors Association Conference (11th and 12th October 2016). Tracy Wild, CEO, will be on the panel at the HACRO conference, which will be discussing housing options and issues for offenders.

FUN DAY

Elderfield (Winchester) will be holding a family fun afternoon from 12pm on Sunday 4th September to raise funds for Pathways to Change. If you would be interested in attending - and to find out the address - please contact the project: elderfield@langleyhoustrust.org.

NEWS



OUR PATHWAYS PROGRAMMES PROVIDE CLIENTS WITH 'PATHWAYS' OUT OF CRIME AND INTO TRAINING AND EMPLOYMENT. PATHWAYS TO CHANGE IS OUR NEXT INITIATIVE - IT IS A BOLD NEW VENTURE TAKING PLACE IN WINCHESTER, COMBINING THE BEST ELEMENTS OF LANGLEY'S COMMUNITY REHABILITATION WITH KAINOS' PRISON PROGRAMME.

PATHWAYS

new Pathways to Change pilot launched

Pathway to Change (P2C) is an exciting new project for Langley House Trust. It officially launches in September but there has been lots of work going on to prepare for the opening. This new venture celebrates the union between Kainos Community and Langley House Trust by taking the success of the Challenge to Change programme (which is currently delivered in three prisons) and developing the programme to be delivered in a community setting. Pathways to Change will be based at Elderfield in Winchester which is Langley's oldest project, boasting beautiful landscapes and fifteen acres of land.

Pathways to Change will consist of weekly sessions of Cognitive Behavioural Therapy (CBT) which will challenge participants' thinking and behaviour. The programme will also develop participants' ability to make better decisions to help them to lead crime-free lives, which remains our core mission. In addition to the CBT sessions, participants will be partaking in structured sessions led by staff and volunteers to improve their skills for independent living.

There are a number of partnerships operating at the project which will provide greater opportunities for participants. These include a wheelchair refurbishment project for a charity called Through the Roof and an employability course delivered through our existing partner, Clean Sheet. The participants will also have access to a number of support agencies to address any specific needs they may have.

The participants will be working the land alongside volunteers from Langley and partnership volunteer agencies as well as peer mentors to add a greater sense of community to the programme. They will be expected to cook their own meals and ensure the running of the house whilst adhering to the community rules.

One of the unique elements of this programme is the spiritual input the participants will have access to. Two volunteer chaplains currently support Elderfield and they will provide prayer support and opportunities for participants to explore their own beliefs. The programme is not solely for people who share the Christian faith and is open to those who hold different beliefs or who have no faith. However, P2C allows participants to have the freedom to reflect on and develop their own personal faith.

This is a 12 month pilot programme for men coming from prison who have a high risk of reoffending but who recognise their need for support in order to change. We are excited to see the impact that the programme can have upon a new group of community participants.

Jo Goldie, Head of Programmes



Better.

KAINOS HELP

MORE ABOUT

The Kainos Course has inspired me too change my offending behaviour and has given me a better insight too a life that's worth living.
I would definitely recommend and too others.

you only get
what you
in

KAINOS

the challenge to change programme

EXPLORING CREATIVITY, SKILLS AND TALENTS IS A KEY PART OF CHALLENGE TO CHANGE AND HELPS MEN ON THE PRISON PROGRAMME TO REALISE THAT THEY HAVE SOMETHING POSITIVE TO OFFER.

Many men can come onto Challenge to Change feeling of little worth and value and not really believing that they have anything positive to bring. This is particularly true for men who have been caught up in a cycle of drugs, crime and imprisonment. One of the central aspects of Challenge to Change is to encourage participants to develop their creativity, skills and talents which helps to build their sense of self-worth and purpose.

Josh, one of the programme participants, wrote this poem, reflecting on his experience and the impact Challenge to Change has made on his life.

We can arrange your challenge to change,
Teaching orientation and preparation to the prison nation.
Improve your community living, knowledge and skills
So your family and friends don't run for the hills.
Improve concentration and focus as a whole,
So you're not destined for a life on the dole.
Do you want to find a relationship and love?
You can broaden your horizons and fly like a dove.
Citizenship is being part of a community
But you have to earn it, there is no immunity.
So if you're bored with prison and fancy a change
Sign up for Kainos and have the chance to rearrange.
Your family and friends can help you on your way,
You even get visits for a whole day!
You have to want it in a big, big way,
Your life could be as bright as a sun-ray.
So give up this repetitive life of crime,
And you could feel as good as me all of the time.

By Josh

OUR PEOPLE

the staff and volunteers who make the difference



LYNNE JOINED THE LANGLEY TEAM IN JANUARY 2011 AS PROJECT MANAGER OF OUR LONGEST-RUNNING SERVICE, ELDERFIELD. IN 2003 SHE HAD TRAGICALLY LOST HER HUSBAND WHICH CATAPULTED HER INTO WORKING WITH PEOPLE FACING SOCIAL EXCLUSION. A PROUD MOTHER OF TWO, SHE HAS DEVELOPED A REMARKABLE RESILIENCE TO CHANGE.

What was your significant life event before coming to Langley that influenced your decision to work for us? I lost my husband in 2003 leaving me with two young daughters to bring up. This was such a challenging time for me and my family. This was also the moment that my life direction changed. I started to work with those socially excluded, then the homeless, then offenders.

What process brought you to Langley? I was made redundant from a local government post. I had the summer off with my children and started to look for jobs but there was a lot of unrest in the market at that time as there had been a number of cuts. I ended up giving my CV to a recruitment company and then out of the blue one day they called to say that I had been short-listed!

What's been your biggest challenge? Creating a much larger network of support in the community, both with stakeholders and the local people. There was some resistance to the project from the community and the staff team had become a bit demoralised. The other big challenge was making sure that we complied with the conditions of our local authority contracts – sadly due to budget cuts, they drastically shortened the time that we could work with clients and then made the decision to cut the service altogether.

What's been your proudest moment? Successfully moving on all our clients when the local authority announced that they were going to cut funding for the project. We only had a few months to do this but we did it and met all the requirements of our exit strategy. It was great to be seen as an organisation that really cared about our clients.

What gets you out of bed in the morning? Wanting to help people – my faith plays a big part in that. I never know what a day is going to throw at me.

Looking back, what impact do you want to have made? I want to look back knowing that whatever was thrown at me, I kept true to the vision of helping people to live crime-free and change their lives. I also want to have been known for being a fair manager, approachable and positive.

Who inspires you? From a faith perspective, Jesus and my pastor. But also our senior managers – every single person in Langley has helped to empower people to make changes in their lives – whether big or small. Our clients are also an inspiration.

Three words to describe life working for Langley: They would have to be busy, rewarding and nurturing.

VOLUNTEER NEWS AND UPDATES

Over the last few months we have recruited many more volunteers to support our projects across the Trust. It is an exciting time to bring volunteers on board as our work expands in prisons and in the community.

We took great delight in celebrating our volunteers during National Volunteers Week in June. A number of our projects have also been holding open days with volunteers getting involved in supporting and fundraising.

We will be holding Volunteer Open Days for people who want to volunteer but work full-time. These days will be on a Saturday (dates to be confirmed).

If you wish to know more about volunteering, or would like to apply, please get in contact with our Volunteer Manager, Dee Spurdle:

d.spurdle@langleyhousetrust.org or call 07885 218406.



"I DON'T VOLUNTEER FOR AWARDS OR RECOGNITION. I DO IT BECAUSE I CARE AND I HOPE IT MAKES A DIFFERENCE." Langley volunteer

PAUSE

I have come to realise that change is inevitable. Change will take place either through careful planning or by default. I love the quote by John C Maxwell: "Change is inevitable, growth is optional."

I believe how we approach and deal with the change that we experience will determine the effect of that change on us – both as an individual and as an organisation. Change should be used as a springboard to launch us into the next season of life rather than belly flopping into the next stage that life brings.

What does it look like to be resilient through change? Does it mean delaying change? Fighting it off? Refusing to move?

I believe the following strategies to change are key: staying positive, not being precious about unimportant issues, accepting that alternative approaches can be a more efficient route to the same goal and, most importantly, understanding what cannot be changed. For Langley House Trust and Kainos Community, the unchangeable aspect of our work is providing life-changing services that are Christ-centred – it is the core of who we are and what we do.

This means as an organisation that we need to be pioneering in delivering positive change to offenders. This is whilst avoiding developing approaches that have no element of change but just warehouse or allow offenders to be churned through the system remaining unchanged and without hope.

We have been in existence since 1958 – our work still remains relevant and it still produces positive outcomes for our clients. Why? Because we have been proactive in embracing appropriate change that allows us to see people live crime-free lives.

Tracy Wild, CEO, Langley House Trust

GO!



PRAY

Our work is supported by faithful prayer supporters who pray for Langley and Kainos on a daily and weekly basis. As a Christian charity we believe in the power of prayer – whilst remaining committed to working with people of any faith or none. Regular prayer points include praying for breakthrough for our residents as they seek to overcome addictions, mental health issues, emotional trauma and family breakdown. Other prayer points include future funding (in the light of ongoing spending cuts) and for our staff who need strength, wisdom and resilience when working with challenging situations.

If you have a heart to pray, get involved by praying for us.

To find out more and to sign up to our prayer resources, visit:

langleyhoustrust.org/pray



GIVE

Our work has been made possible through generous donations and legacies. Through these, we have opened new homes, started new projects to help residents find employment, supported residents with rent deposits so that they can successfully move on and funded core staffing costs. Every donation and legacy, large or small, has created real change in the lives of the men and women we work with – providing a vital helping hand in their journey to live crime-free.

If you are passionate about creating change and transformation, why not partner with us financially? Every penny you give will support our work. You can make a one-off gift, give regularly or consider leaving a donation in your will.

To find out more and to give a gift, visit:

langleyhoustrust.org/give



JOIN

Could you join our team to create radical change in the lives of our residents? We have a range of dedicated staff and volunteers who use their time, talents and skills to do just that. Working with men and women who have committed crime, or who are at risk of committing crime – and who are dealing with issues such as addictions, homelessness and mental health – is both rewarding and challenging. It requires resilience, strength, compassion, a non-judgmental approach and lots of determination. If that sounds like you, then why not see if we have a role to suit?

To find out more about our latest volunteering opportunities contact Dee Spurdle: d.spurdle@langleyhoustrust.org or call 07885 218406.

To find out more about joining our staff team, visit:

langleyhoustrust.org/jobs

“Langley was a fresh start for me.”

- Langley resident

Langley House Trust is an innovative Christian charity that provides specialist housing, programmes and support services in the community, and targeted advice in prisons, for offenders seeking to live crime-free. Since 1958 we have earned an enviable reputation for reducing reoffending with proven results.

Part of the Langley House Trust group, Kainos Community transforms lives through Challenge to Change, a pioneering prison wing community and post-release mentoring programme.

Regardless of a person's history, our passion is to change every life for the better, working with people of all faiths and none.

Design and photography (unless otherwise credited) by spreadcreative.com

LANGLEY HOUSE TRUST

HELPING PEOPLE TO LIVE CRIME-FREE LIVES

Langley House Trust

PO Box 6364
Coventry
CV6 9LL

T: 03330 035025
E: info@langleyhoustrust.org
W: www.langleyhoustrust.org

Twitter: [@LangleyHseTrust](https://twitter.com/LangleyHseTrust)

Registered Charity No. 1146304
Company No. 7888191

KAINOS COMMUNITY

CHALLENGE TO CHANGE

Kainos Community

PO Box 6364
Coventry
CV6 9LL

T: 02476 619703
E: admin@kainoscommunity.org
W: www.kainoscommunity.org

Twitter: [@kainoscommunity](https://twitter.com/kainoscommunity)

Registered Charity No. 1076206
Company No. 3771649