BREAKOUT

— the supporter magazine of Langley House Trust -



WELCOME

Welcome to our very first edition of BREAKOUT, the new supporter magazine of Langley House Trust and Kainos Community. In this edition we are focusing on 'justice' - what it means in the truest sense of the word and how justice is being served through rehabilitation. We are also raising awareness of worrying Government proposals that could see thousands being made homeless, including some of our residents. This certainly isn't true justice.

As we support residents to 'break out' of the cycle of crime, we have captured the experience of Phil, one of our former residents, who spent 25 years in and out of prison but whose life has now completely turned around. Lesley, one of our Project Managers, speaks about how she came to the Trust - it was her sense of injustice at the juxtaposition of rich and poor that kick-started her journey of working with offenders.

BREAKOUT aims to reflect the life and hope of Langley and Kainos – we are in the business of transforming and changing lives. For those of you who have joined us on this journey, you are part of creating that change too. We help men and women who have offended, or who are at risk of offending, to overcome the issues that got them into trouble in the first place and start afresh. This also means that we prevent future victims of crime. This is the part that we are playing in true justice - so that we ultimately create a crime-free society, where people are no longer disadvantaged because of their past.

Editor, Break Out

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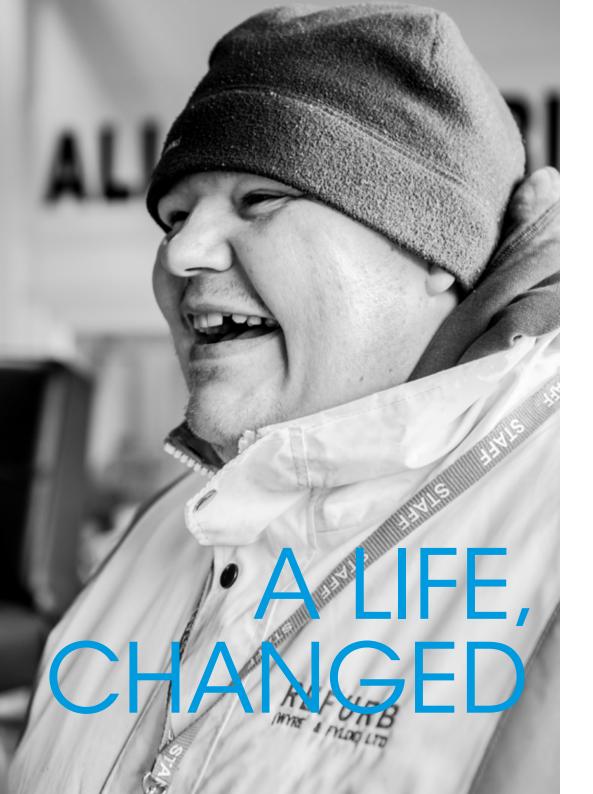
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PHIL

- turns his back on a life of alcohol and crime

PHIL'S MARRIAGE ENDED IN 1983 AND HIS WORLD FELL APART. HE SPENT THE NEXT 25 YEARS IN AND OUT OF PRISON. HE FACED ALCOHOLISM HOMELESSNESS AND SETBACKS WHICH LED HIM TO WANT TO DISAPPEAR. NOW SOBER AND REUNITED WITH HIS DAUGHTER, PHIL'S ENTHUSIASM FOR LIFE, PARTICULARLY GARDENING, SHINES THROUGH.

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

What did you want most as a child? Good health. I was born with a hernia but they didn't find out what was wrong with me until I was seven when a specialist diagnosed me.

What was life like growing up? I grew up in a normal family household with a mum and dad, brother and sister.

When did things start to go wrong? What was the trigger? I met a woman in 1978 and we got married but then in 1983 we divorced. Things went wrong from there. The worst thing was not getting to see my daughter.

What was your lowest point? In 1996, I was working in catering and was at the top of the ladder. But I got sick. I found out I had this syndrome which could pass on food poisoning. The doctor said to me, "I'm terribly sorry but you can never work in catering again". My world came to an end. I had no other skills under my belt. By that time I was drinking very heavily. Then I became homeless and I disappeared off the planet.

When did you realise things needed to change? It was in 2002 that I started to pull myself back together again – for a while at least. It was going OK but then everything escalated again in 2005 when a relationship turned nasty. I got my next prison sentence but after I got out, I wanted things to change. You either take the opportunity to move on or you go back to prison.

Thinking about your time at Langley, what made the biggest impact? All of it. I moved back to my hometown – near to my mum, sister and family – and the staff accepted me for who I was and what I was.

What made the best impact? Being given choices. When I was in prison, I didn't have a choice. But Langley let me have the choice.

What's been your proudest moment? Visiting my daughter again and seeing her after 12-13 years. I was quite proud of that. We had a lovely time.

What's your hope for the future? To get funding for myself to do a degree or diploma. My dream is to have a display at the Chelsea Flower Show! I don't care if I don't get anything, but to get there and have a garden display would make everything worthwhile!



HOT TOPIC

—— Supported Housing under threat from new Government Bill ——

THERE HAS BEEN A LOT OF TALK IN RECENT MONTHS ABOUT OFFENDERS, PRISONS AND REHABILITATION. BUT THERE IS A VITAL INGREDIENT IN THE 'REHABILITATION CAKE' WHICH SEEMS TO BE NEITHER SEEN OR HEARD. AND THAT IS SUPPORTED HOUSING.

Supported housing - the vital ingredient

There are hundreds of housing associations up and down the country which provide supported housing to vulnerable men and women, including offenders.

Worryingly, supported housing is under serious threat. The latest Government proposals in the Welfare and Work Bill plan to change how Housing Benefit is funded. This would wipe out 41% of supported accommodation – equivalent to 82,000 specialist homes in the sector. This won't just affect offenders – it will also affect victims of domestic violence, the elderly, veterans, people with dementia and more.

It is a worrying prospect to think that 82,000 people who are currently housed face the real risk of homelessness in less than two years. The legislation is due to come into effect in April 2017 with full implementation from April 2018.

Sadly, this legislation doesn't seem to have taken into account that there is a simple truth that some people are incapable of living crime-free initially without support – they need the right help and boundaries around them before they can go it alone. Those in chaotic drug use are an easy example. The men and women we work with often face multiple issues including addictions, mental health, homelessness, abuse and a lack of life skills. They have been assessed as not being able to live independently – or crime-free – without support. But these are exactly the types of people who would be impacted. There wouldn't be the housing – or the supported housing providers – to help them. Instead, they would be expected to live successfully, by themselves, in general needs housing despite being assessed to the contrary. It is almost certainly a recipe for disaster.

Reoffending costs

The Ministry of Justice estimates that around half of all crime is committed by people who have already been through the Criminal Justice System at a cost of up to £13 billion per year. This is why they came up with new policies around reoffending and rehabilitation that included a complete restructure of the Probation Service (Transforming Rehabilitation) and the development of a "tough but intelligent Criminal Justice System that punishes people properly when they break the law, but also supports them so they don't commit crime in the future".

However, the support structures that were in place for a prison leaver when these policies were written have already started to disappear at an alarming rate. A combination of local authority cuts and reducing grants from both statutory sources and charitable trusts have left few providers of offender specialist services standing.

The situation will be made even worse if the current Government proposals in the Welfare and Work Bill go ahead.

It is widely accepted that meeting the most basic of human needs such as secure shelter and a hot meal is imperative if any longer term rehabilitation is to be achieved. A recent media storm was caused when it became public knowledge that over 100 women being released from HMP Bronzefield were provided with tents and sleeping bags instead of housing. Far from this being an isolated incident, experience tells us that this has been happening in various guises for years.

The role of prisons in rehabilitation

Effective rehabilitation in prison then has a role to play in reducing the numbers of those needing help in the community on release. David Cameron is the first Prime Minister in decades to have highlighted prison reform when it isn't a major vote focus for his party. One of his desires is to make prison improvements "the great progressive cause of British politics". Michael Gove, Justice Secretary, famously stated that people shouldn't be defined by the worst moment in their lives.

However, the scale of the challenge that the Government faces to achieve this cannot be underestimated. The reality of growing prison populations in a badly deteriorated estate with the highest levels on record of violence, suicide and self-harm paints a bleak picture indeed. Some have described it as 'toxic'. Prison also has a historically poor record of reducing reoffending – with 45% of people reoffending in the year following release.

Creating the right environment for rehabilitation in prisons has never been more difficult. But we are as equally committed to working in prisons as we are in the community to make a difference.

On a visit to our Kainos Challenge to Change programme in a remote prison in Cumbria, the contrast between what has been achieved there and the general prison estate was stark. The Challenge to Change wing was clean, the staff appeared to be vigilant but relaxed and there was a general attitude of respect for each other. What was noticeable was the absence of groups huddled in corners and the lack of abuse being called back and forth, a departure from the atmosphere of most main prison wings. Most significantly, the Prison Governor was hugely supportive of what had been achieved in his prison. "I know," he said "that when I send people onto the Kainos wing they are very likely to leave as different people. Some have been totally unrecognisable from the defensive and aggressive people who went in there".

Rehabilitation, therefore, in prison is possible. At a meal to celebrate the work of Prison Fellowship, Justin Welby, The Archbishop of Canterbury commented:

"Change happens when we treat people as people with whom we build relationships. Investing time, energy and resources in the individual offender can lead to [all] kinds of transformation and reconciliation ... And that leads to all kinds of knock-on effects that are equally as important. Reconciliation within families. Reconciliation with ourselves in the face of shame and guilt about the past. And most important for every human being, reconciliation with a loving God in the person of Jesus Christ, who died so that we can be reconciled with him."

There are many obstacles to overcome before all our prisons become places of rehabilitation. And in the meantime, the shortage of housing for prisoners on release remains the issue.

Rise in homelessness and imprisonment

The ironic – and concerning – thing about the proposals in the Welfare Reform and Work Bill is that it threatens to undermine the savings made through Transforming Rehabilitation. Millions have been spent on this with a view to reducing reoffending. But if almost half of social housing disappears – and with insufficient council and private rented sector housing as viable alternatives – people leaving prison face the prospect of increased homelessness or ending up back in prison. Neither of these are effective and are counter-productive to the strides the Government has been making to cut crime.

It is welcoming that the Government has launched a review to assess the impact of the Bill. Only time will tell what direction they will take.

Supported housing isn't the icing on the cake – it's one of the key ingredients to rehabilitation. Let's hope that the Government recognises this – and soon – and then does all it can to protect it.

Take action

- Sign the online petition to help save supported housing
- Write to your MP
- Find out more by visiting: langleyhousetrust.org/speakout

"CHANGE HAPPENS WHEN WE TREAT PEOPLE AS PEOPLE WITH WHOM WE BUILD RELATIONSHIPS. INVESTING TIME, ENERGY AND RESOURCES IN THE INDIVIDUAL OFFENDER CAN LEAD TO [ALL] KINDS OF TRANSFORMATION"

Most Revd and Rt Hon Justin Welby, Archbishop of Canterbury





PATHWAYS TO EMPLOYMENT (P2E) IS ONE OF LANGLEY'S NEW SOCIAL ENTERPRISES. IT PROVIDES RESIDENTS WITH SKILLS, TOOLS AND EXPERIENCE TO HELP THEM GET BACK INTO WORK AND OUT OF CRIME. WE HAVE SUCCESSFULLY LAUNCHED P2E IN COVENTRY THANKS TO A GENEROUS LEGACY GIFT AND THE SUPPORT OF DONORS AND TRUSTS.

PATHWAYS

creating routes to constructive futures

Since P2E's launch in 2015, we have taken on two properties in Coventry which five residents have been involved in renovating – plastering, repairing ceilings, installing a new heating system and restoring a bathroom and kitchen. Ably supported by Colin, the Pathways Manager, residents have been learning new skills and work ethics – e.g. starting work on time – which has been both stretching and rewarding. We have partnered with a local charity so that residents can gain City & Guilds qualifications.

We are close to selling one of the properties which is a major achievement. The profit will be reinvested back into P2E to expand the programme. Purposeful activity such as P2E is key to enabling residents to move from dependency to independency. It helps to bring stability and consistency to turbulent lifestyles, often rooted in addictions, which have previously led to crime.

P2E has been made possible through a generous legacy and 86 individuals who made a contribution to the Pathways Easter appeal. The project has also been supported by the Fidelity Foundation who provided a substantial grant and Persimmon Homes.

Speaking about P2E, Philip Gay, Donor Relationship Manager said: "We have had a range of success stories from the Trust, including Mike, who has been helping to renovate a house in Coventry. He is planning to get City & Guilds qualifications in plastering. As a result of his commitment he will be given professional tools to go on helping to turn his life around".

Thank you to everyone who has supported P2E – we are extremely grateful. To see our latest updates, visit our Facebook page:

facebook.com/PathwaystoEmploymentUK

New Social Enterprise launched - Pathways to Business

Pathways to Business (P2B) is our next innovation to help men and women with a criminal record establish their own business. People coming out of prison often face discrimination when finding employment. The 'Ban the Box' campaign highlighted the issues that ex-offenders face when applying for jobs so self-employment is often a way for those leaving prison to get back into work.

P2B will provide guidance, resources and start-up funding to enable residents to establish themselves in the world of self-employment. Many of our past residents have already done so, creating employment for themselves and others. Their example of determination, ambition and creativity is an inspiration.

£6,400 has been raised so far from our faithful donors and supporters to help get P2B off the ground. Thank you to everyone who has contributed to this initiative.



KAINOS

- the challenge to change programme -

THE KAINOS BEAR (PICTURED) ILLUSTRATES THE CREATIVITY AND FOCUS THAT IS A CENTRAL PART OF THE KAINOS CHALLENGE TO CHANGE PROGRAMME.

Our 6 month offending behaviour programme has been taking three prison wings by storm – and transforming them into a community where rehabilitation becomes possible and justice, in the truest sense of the word, is served.

Challenge to Change has been running for almost 20 years in various prisons across the country. It is based on the biblical principles of forgiveness, accountability and restoration whilst being a programme that is open to people of any faith or none. Kainos takes over a whole prison wing, with men living 24/7 in community on the wing. The participants are both responsible for creating the rules of the community as well as enforcing them: respect, honesty and challenge are core components of this. The programme challenges men to change their thinking, attitudes and behaviour and, most importantly, take responsibility for their actions so that they go on to live crime-free after prison.

The redemptive element of Challenge to Change – where men believe in their potential to change and to create a new future for themselves – is essential to true justice being served. Without this, the programme would simply be an activity for men to engage with, something to pass away the time whilst locked up.

Thankfully Kainos' ethos is firmly grounded in transformational change and creating opportunities for men to develop their skills and talents in order to create a new future for themselves. This is where the Kainos bears come in.

The brainchild of Harry, one of the Challenge to Change participants, the bears came about after Harry made one from discarded materials to manage his ADHD and to keep himself occupied. Another participant painted the bear, capturing the imagination of Kainos staff and other men on the programme and the project grew from there. Toilet rolls, flip chart paper and stale bread have all become staple materials to make bodies, arms and legs. The bears are sold and provide funds for the arts and crafts group, so that participants can make personalised cards to send to their families to keep in contact.

Harry's idea was the catalyst for himself and others to unlock their potential and channel their focus to create something positive. The original painter went on to become a peer mentor, taught others the painting techniques and has now gone on to resettle successfully in the community. Even though the Kainos bears are only one small one part of Challenge to Change, they reflect the heart of rehabilitation and justice at its best — as those who have chosen to break the cycle of crime pass on that same hope to others.

OUR PEOPLE

—— the staff and volunteers who make the difference ———



LESLEY IS THE PROJECT MANAGER FOR THE KNOLE, OUR CHELTENHAM PROJECT, WHICH SUPPORTS EX-OFFENDERS WITH MULTIPLE NEEDS, INCLUDING MENTAL HEALTH ISSUES, ADDICTIONS AND LEARNING DISABILITIES. HERE SHE TELLS HER STORY OF HOW SHE CAME TO LANGLEY.

What was your significant life event before coming to Langley that influenced your decision to work for us? Working in the Body Shop Training School, just off Oxford Street in London! The offices were trendy yet when I went outside, I literally had to step over homeless people, huddled with their dogs in doorways. I began buying an extra sandwich and dog biscuits on my way to work. It was from these small steps that my interest in working with those facing disadvantage began.

What process brought you to Langley? When I first saw the advert for manager at the project I had a 'knowing' that this was the role for me. As a Christian, I believe that God decides for us where we need to be and where we can have the best impact. I now work with those who have committed crime. I can see quite clearly that the people we work with are, in many cases, victims of their own life course and deserving of a second chance.

What's been your biggest challenge? Creating a happy workplace in spite of staffing shortages. I am looking forward to getting a Deputy! The team has really pulled together.

What's been your proudest moment? I have several. Firstly getting feedback from external professionals praising the atmosphere and professionalism of The Knole. Secondly, that our residents feel safe and happy, with compliments outweighing complaints. Finally, that I have a staff team who are happy in their jobs and come to work with a smile.

What gets you out of bed in the morning? My dog Gilburt! But also enthusiasm for the day and the work I do. I live in the Cotswolds so the journey to work is a heavenly process.

Looking back, what impact do you want to have made? I want our residents to understand that their past is less important than their future.

Who inspires you? People with integrity, who rather than seeing a problem, see a challenge to change. This was exhibited by John Dodd [Langley's first Director General] and continues to be shown by the Trust to this day. The following have a place in my heart as well – Mother Teresa, "Not all of us can do great things but we can do small things with great love" and Indira Gandhi, "Forgiveness is a virtue of the brave".

Three words to describe life working for Langley: LEVELLING – but for the grace of God, any one of us could have taken the wrong path. HOPEFUL – there is always the possibility of change for the better. TRUST – we are here for a reason and the right path will be shown.

Volunteers and Chaplains are an essential part of our team. We work to ensure that every volunteer feels supported and is offered ongoing training within our projects. In return volunteers will develop new and existing skills while helping our residents to win back their lives physically, emotionally and spiritually.

Dee Spurdle was appointed as our new Volunteer Manager in April. "It is my responsibility to recruit, train and support all the volunteers and Chaplains who give their time to the Trust. I am very excited to be part of the team and am looking forward to developing volunteering across the Trust."

We are currently recruiting volunteers to support our projects nationally – in Langley community projects and our Kainos prisons – and are seeking individuals who are motivated and dedicated to helping others. To find out more, contact Dee: d.spurdle@langleyhousetrust.org or call 07885 218406.



"IT'S A REAL PRIVILEGE TO BE ABLE TO SPEND TIME WITH RESIDENTS AND SUPPORT THEM ON THEIR JOURNEYS AND TO WITNESS HOW OFFERING SUPPORT REALLY MAKES A DIFFERENCE IN THEIR LIVES." Sarah, volunteer

PAUSE

Human nature dictates our desire for both personal justice and justice for others. Any civilised society has a system where laws are set out defining the acceptable behaviour of its citizens – any infringement of these rules end up with sanctions, usually the loss of freedom and choice for the perpetrator. Personally, as a Christian, I believe I am made in the image of God and He therefore created justice in me.

However for me justice is not just about the length or type of sentence received – indeed I do not have a problem with punishment for an offence. I do however believe in the concept of redemption and therefore I believe that any humane sentence must have a redemptive component within it. This redemptive component allows an individual to have hope. Every human being must have hope. Hope means that they will eventually be able to serve their time and be redeemed by the system, being allowed to move on with their lives in a way that gives them a second chance. I believe that any sentence that does not incorporate this within its philosophy is crueller than a death sentence, because every human needs hope of a future and hope for freedom of choice.

Redemption and rehabilitation are not passive acts. To truly see justice, assistance and support must be provided to the person to enable them to succeed at their second chance to overcome the issues that first led them to offend. This is the heartbeat of Langley and Kainos – making people's second chances count.

Tracy

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:

langleyhousetrust.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:

langleyhousetrust.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

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

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

langleyhousetrust.org/job

"If Langley hadn't been there I'd be a mess, no home, no friends and probably in prison."

- Langley resident

Langley House Trust is an innovative Christian charity that provides specialist housing, programmes and support services in the community 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.

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