



newconnections

building new connections for a brighter future

HELPING EX-OFFENDERS REBUILD THEIR LIVES

[newconnections.org.uk](http://newconnections.org.uk)

## THE COURSE

'Helping ex-offenders rebuild their lives' - is a three half-day workshop. It is designed to give practitioners the information and skills to work with ex-offenders (both men and women) for whom substance misuse has been a contributory factor in their offending. It focuses on supporting both those who have repeatedly served short sentences and those who are serving, or have served, long periods in custody.

This is an open forum workshop where we create an environment in which discussion and co-operative learning allows you to develop your skills and share your experiences with you co-delegates.

## OBJECTIVES

- To develop skills and confidence to compile release plans with service providers locally
- To support individuals with re-integration into society
- To ensure success and prevent recall of prisoners on licence.

## WHO IS IT FOR?

Anyone who works with this cohort (for example: people who work through local authorities, community services, substance misuse providers etc.)



# WHAT WE DO & HOW IT WORKS



## WHAT WE DO

IN-CUSTODY RECOVERY PLANNING

REGULAR IN-CUSTODY SUPPORT

MEET AT THE GATE & ACCOMPANIMENT

POST-RELEASE SUPPORT & GUIDANCE

## HOW IT WORKS

GIVES CLIENTS PURPOSE BEYOND  
OFFENDING AND ADDICTION

MOTIVATES TOWARDS RECOVERY,  
EMBEDS COMMITMENT AND PROVIDES  
REALISTIC EXPECTATIONS ON RELEASE

SUPPORTS CLIENT TO FEEL VALUABLE,  
CHALLENGES IMPULSIVE ACTIONS,  
ENSURES ATTENDANCE AT  
APPOINTMENTS ETC.

ENSURES CLIENT HAS SUCCESS OUTSIDE  
OF CUSTODY, AND IS SUPPORTED IN  
PURSUING THE PLAN ESTABLISHED  
PRE-RELEASE

# SCHEDULE AND FEES



## DAY ONE

Session one: 9.30-11.15

Breakout session: 11.00-11.15

Session two: 11.30 -13.15

Breakout session review: 11.30-11.45

Q&A - good bye: 13.15-13:30

## DAY TWO

Session one: 9.30-11.15

Breakout session: 11.00-11.15

Session two: 11.30 -13.15

Breakout session review: 11.30-11.45

Q&A - good bye: 13.15-13:30

## DAY THREE

Session one: 9.30-11.15

Breakout session: 11.00-11.15

Session two: 11.30 -13.15

Breakout session review: 11.30-11.45

Q&A - good bye: 13.15-13:30

## COURSE FEES

Each course will have a maximum of 10 delegates and a minimum of 8 delegates.

£350 / per delegate

Group Discount available: if you book nine delegates from one organisation on the same course the tenth delegate is free. (So total group charge for 10 is £3,150)

# COURSE CONTENT

## MORNING ONE

### SESSION ONE

1. New Connections, who we are, what do we do and why.
2. Working within the criminal justice system
  - a. Working with offenders and ex-offenders
  - b. How to communicate with offenders (language used, letters, phone calls, EMAP etc)
  - c. Working with Community Offender Managers (COMs) and Prison Offender Managers (POMs)
  - d. Working with substance misuse teams within prisons
  - e. Working with prisoners' families

### SESSION TWO

1. IPP/life licence - in prison
  - a. The trauma of the offence especially for lifers.
  - b. Receiving the sentence... differences and similarities
  - c. Life in prison: a world apart from the general prison population
  - d. The parole system and parole hearings.
  - e. Effect of 'knock backs' and delay before next hearing.
  - f. Video (Lifer)



# COURSE CONTENT

## MORNING TWO

### SESSION THREE

1. IPP/life licence - out of prison
  - a. Living on a life licence.
  - b. 'Wraparound' support: what does it look like?
  - c. Relationship with Probation
  - d. The recall process.
  - e. Video (IPP)

### SESSION FOUR

1. IPP/life licence and impact of
  - a. Families
  - b. Community
2. Tackling the addiction not just the crime
  - a. See the person, not just the offence
  - b. Understanding that addiction is an illness
  - c. Finding the support that suits the individual



# COURSE CONTENT

## MORNING THREE

### SESSION FIVE

1. Pathways from prison to community (bespoke for training client)
  - a. What is on offer
  - b. Service providers
  - c. What is missing
  - d. Unlearning the social rules of prison life

### SESSION SIX

1. How to support resettlement in the community
  - a. One on one support
  - b. Mentor programmes
  - c. What New Connections does
  - d. Where councils can help
  - e. Success stories (video)

NB: some course content can be adapted depending on local needs, get in touch to discuss



## OUR TEAM



We are a team of highly experienced professionals who have been working within the prison and / or rehabilitation sector for many years.

We have experience in writing approved PSOs (for example PSO 4350 - Effective Regime Interventions) according to the requirements of HMP psychology departments. The team has expertise working both inside HMP establishments and in transitional services between custody and community. Also, team members have lived-experience of prison, addiction and recovery - long term (decades) of recovery and experience working in the field.

**Edward Baillie:** Founding Chair

Has been working with both men and women in prison who suffer from addiction issues and substance misuse for the last eight years. He founded New Connections in 2018

**Christina Dee:** Director

Has been involved with New Connections since its inception. With many years experience with design and business strategy she has worked on branding, website and marketing as well as operational development.

**Markkus Trew:** Director

Is the Senior Manager and Head of Treatment and Counselling at Broadway Lodge in Weston Super Mare. He is a qualified experienced Counsellor/Psychotherapist with extensive experience in leading strategy and operations in addiction rehabilitation

**Caroline Cole:** Consultant

Caroline has over 30 years working with addiction, primarily within the criminal justice system. She has acquired indepth knowledge of what works for abstinence-based recovery. She worked for 11 years compiling, implementing and delivering abstinence-based addiction recovery programmes in prisons.





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