
BREAKOUT

— the supporter magazine of Langley House Trust —



DEC 2016 - FEB 2017

WELCOME

“A threefold cord is not easily broken.” This ancient proverb demonstrates a principle that is the focus of this BREAKOUT magazine – that we are ‘stronger together’. Whether that’s through partnering with our donors and supporters to improve job prospects for our clients, or combining our expertise and skills with prison staff when setting up in a new prison environment, there’s strength in numbers.

It is this strength that we are celebrating. You will see that reflected in Paul’s story, one of our former clients, who has now set up his own homeless outreach and is coordinating local support to make this happen. You will also see this in our ‘Journeys’ section, where we say thank you to those of you who have journeyed with us through giving, praying and volunteering, creating real change in the lives of the men and women that we work with. Our hot topic examines the state of our prisons and how joint working will help to create prison reform – something that we do not believe the prison estate can do on its own.

Working together with others means that we work smarter – far extending our impact and reach. It’s a wise strategy in an environment where competition for funding and resources is increasing all the time.

As we pool our resources, strengths and talents with others, we become ‘stronger together’ and achieve our aim of helping people to live crime-free. That is a win:win for all.

Samantha

Editor, Break Out

Please note: although our photographs feature real clients and staff, they do not necessarily relate to the stories told alongside them, and some names may have been changed to protect identities.

CONTENTS



04 PAUL

Once homeless and living under a bridge, Paul is now carrying out his own homeless outreach



08 OUR PEOPLE

Celebrating our volunteers - we've now reached 100!



09 NEWS & EVENTS

The latest updates



10 JOURNIES

Thank YOU for journeying with us



12 KAINOS

Setting up in a new prison



14 PAUSE & GO

Taking a moment to stop



NEW BEGINNINGS

PAUL

Previously homeless, Paul now runs his own homeless outreach

SLEEPING UNDER A BRIDGE IN SUB-ZERO TEMPERATURES BEFORE CHRISTMAS WAS PAUL'S REALITY A FEW YEARS AGO. WITH OUR HELP, HE RESETTLED IN THE COMMUNITY AND BEGAN TO FEEL PART OF SOCIETY AGAIN. HE IS NOW REACHING OUT TO HELP OTHER HOMELESS PEOPLE AND MOBILISING THE LOCAL CHURCH TO GET INVOLVED. IT SHOWS WHAT CAN HAPPEN WHEN PEOPLE WORK TOGETHER.

What did you want most as a child? I wanted to fit in. I found it hard to fit in because I had mental health issues.

What was life like growing up? My parents had very little time for me and my brother was physically abusive. I grew up in a rough area where you couldn't afford to show weakness. If you did, you didn't survive.

When did things start to go wrong? When I came out of the Navy. I had to take premature voluntary release because I was diagnosed with a health problem. Depression set in and then Schizophrenia.

What was your lowest point? Not receiving the right treatment for my mental health. I was a blank screen – I didn't even understand who I was. I couldn't bear to be part of society.

When did you realise things needed to change? Things changed when I came to Tekoa [one of Langley's homeless hostels]. Tekoa became home – there was nowhere that felt like home before Tekoa did.

Thinking about your time at Langley, what made the biggest impact? It was actually having a home – it wasn't just food and a room.

What made the best impact? Being able to approach the staff. I've been in night shelters, hostels and other places but there it was always staff just doing a job. But [at Langley], staff were willing to listen. That made such a difference. It made me feel like I was worth something. I wasn't fighting on my own. That's one of the reasons I wanted to come back as a mentor and a volunteer because it did so much for me.

What's been your proudest moment? One of my proudest moments was being house rep and working in the kitchen. I did all the menus and [most of] the cooking – it gave me a bit of pride, it gave me self-worth. I had a reason to get out of bed.

What's your hope for the future? My hope for the future is to carry on doing what I'm doing – going out feeding people, trying to change their lives. I love working with people who have been through the same experience. Langley gave me the basis to sort my life out and that's given me the basis to help other people now.

Paul (pictured) won our 'Two Years On' Client Award at our Annual Review Launch 2016 for making great progress since leaving Langley.

HOT TOPIC

Can the prison system really create the reform it needs on its own?

AT THE MOMENT, DIVISION SEEMS TO BE THE ORDER OF THE DAY. BREXIT MEANS BREXIT AND DONALD TRUMP, THE NEW US PRESIDENT-ELECT, WANTS TO BUILD A WALL TO KEEP OTHERS OUT. BUT CAN THE PRISON SYSTEM REALLY CREATE CHANGE ON ITS OWN? OR DOES IT SEE THE MERIT OF BEING 'STRONGER TOGETHER' WHEN ADDRESSING THE SERIOUS ISSUES IN OUR PRISONS THAT HAVE BEEN HIGHLIGHTED IN RECENT MONTHS?

The UK's prison system seems to be experiencing one of its darkest moments in its history. Over a quarter of prisons are overcrowded and violence, self-harm and drug abuse are at an all-time high – serious assaults and incidences of sexual abuse have more than doubled in the last three years. Deaths in prison are at their highest recorded number. Over 200 prisoners rioted in HMP Bedford in November and one inmate claimed that it was easier to get drugs in prison than clothing or sheets. HMP Pentonville came into the spotlight earlier this year when one prisoner was murdered and another two prisoners were critically injured in a violent stabbing.

Almost 85,000 men and women are in prison, housed in 107 public sector prisons and 14 privately run prisons. The prison population has almost doubled in the last twenty years, largely due to lengthier sentences being handed out. Despite more people being held in prison, the prison service has seen staff numbers drop by 30% in the last six years. Unsurprisingly perhaps, given this cut in staffing, purposeful activity within prisons is recorded at an all-time low. However, this drop is also an alarming indicator that prisoners are being locked in their cells for longer each day – sometimes 23 hours out of 24 – which has led to frustration and violence bubbling over.

There is no doubt that prison reform is needed – and quickly – for the prison system to have any chance of becoming the beacon of rehabilitation that it aspires to be. If prisons don't become places of rehabilitation, what will stop almost 45% of people simply reoffending on release? Successive Justice Secretaries have sought to tackle the growing issues of crime and reoffending. The first was Chris Grayling with his 'Transforming Rehabilitation' agenda, which effectively saw the privatisation of the Probation service whilst seeking to increase through-the-gate services and supervision for short-sentence offenders. Then came Michael Gove, whose focus on education and reform provided a breath of fresh air into prison reform. His Prison Reform Bill set out commitments to replace older run-down facilities with new establishments focused on improving prisoner education and rehabilitation.

Liz Truss has now picked up the baton, committing to more staffing in prison, governors to receive more autonomy and 10,000 new prison places to help address the overcrowding issue. The hope is that these reforms will truly

make prisons places of rehabilitation and make a dent in the cost of crime which is estimated at £13 billion a year.

More work is still needed though. If the Government isn't able to get prison staffing numbers right – and if there are not enough staff to safely run a prison in its most basic regime – how can additional prison resources be drawn in to facilitate rehabilitative programmes? Or how can the extra resources be provided that are needed for prisoners to engage in constructive activity? Time will tell whether the additional staffing that has been committed will be enough to effectively resource our prisons.

Arguably, the Criminal Justice system is still reeling from the impact of austerity and there is no endless pot of money for prisons to increase their level of service provision or improve the quality of their prison standards. Therefore, the emphasis upon partnership work and pulling in resources from outside the prison establishment is stronger than ever before. Rather than building a Trump-style wall to keep others out, prisons are being encouraged to open up to organisations, including charities, educational organisations and businesses, to help them in their bid to change. Together the union between prisons and others, particularly the charity sector, will provide a working ethos that is 'stronger together' to work towards positive goals and outcomes for prisoners.

This provides opportunities for charities like ours to expand our work within prisons to strengthen the provision for those serving sentences and work towards changing their outlook for when they are released. It is also an opportunity to shape prison culture. The 'community' aspect of our Kainos Community Challenge to Change programme is essential to the programme and promotes respect, mutual accountability and personal responsibility. As one participant said, "I am 29 and know the difference between right and wrong – I can't justify my behaviour by blaming [others]... Challenge to Change taught me that it is all down to choice and I am the one to make that choice." One of the major impacts we see of our Challenge to Change programme is that incidences of poor behaviour, including violence, reduce drastically – current research indicates a reduction of almost 75% compared to other wings in the prison. If nothing else, this should cause the prison system to sit up and take notice.

Creating a culture of rehabilitation in prison is as much about providing enough staffing resource as it is about changing hearts and minds and radically re-thinking what prison can and should be. It is also about combining strengths from across different partners so that the prison system doesn't have to go it alone. Brexit might still mean Brexit, and Trump may yet build his wall, but combining the strengths of organisations with the prison system can be the only way to create true and lasting prison reform.

OUR PEOPLE

— Celebrating our volunteers - we've reached 100! —



We were delighted to recruit our 100th volunteer in October! He is a previous client who has successfully reintegrated into the community and wants to give something back by volunteering and supporting our clients to do the same thing – a truly great story of breaking the cycle of offending and giving back to society.

Volunteers play an integral part at our projects and prisons. They provide bridges to the local community for our clients, invest their time and support to build practical skills and befriend and mentor clients as they journey to live crime-free.

We are also saying goodbye to one of our longest-standing volunteers, Ralph (pictured), who was the Chaplain at our Bedford project. After 24 years of volunteering with us, he is stepping down to enjoy more of his retirement. We are extremely grateful for his kindness, care and support to the project staff and clients over the years and he will be very much missed.

With our volunteers we are 'stronger together'.

[Interested in volunteering for us?](#)

We offer a great volunteer package, including induction, yearly conference invitation and regular supervision and training. We have many great opportunities available across the trust from befrienders in our projects and prison to programme support workers.

From making new friends and enhancing your CV to helping those less fortunate, volunteering is a great opportunity to make a real difference to individuals across the Trust.

Our people are our most important asset and our volunteers form an essential part of the Langley and Kainos teams. We believe that with the right support any person can make positive changes to their lives, no matter what their history and our results prove it! Our life-changing work would not be possible without the help of our volunteers making a real difference in our client's lives on a daily basis.

To find out more about volunteering and how to get involved please contact our volunteer manager:

volunteermanager@langleyhoustrust.org, 07885 218406.

NEWS

UPDATE ON SUPPORTED HOUSING

The latest Government announcement as part of the Welfare Reform and Work Bill continues to put accommodation for offenders at risk.

Housing Benefit rates for housing associations will be capped from 1st April 2019 to lower than sustainable rates and although local authorities will have some additional funding to help top-up the shortfall, this won't be ring-fenced for offender accommodation. Housing associations will also face a 1% rent reduction for three years from 1st April 2017.

We will be calling on the Government to reconsider and adding our voice to other organisations campaigning on this issue. We will keep you informed of future updates.

HOUSING ISSUES AT CLINKS ANNUAL CONFERENCE

Langley's Corporate Operations Director, Pamela Leonce, spoke about the importance of providing quality housing for offenders at the Clinks Annual conference 2017. Clinks supports, represents and campaigns for the voluntary sector working with offenders. The conference drew together over 150 professionals working in Criminal Justice. Bob Neill MP, Chair of the Justice Select Committee, delivered the keynote speech focusing on prison reform.

Pamela spoke to a packed room of delegates as part of the 'Providing Quality Housing' panel, alongside Homeless Link, Home Group and NA-CRO. She highlighted the key role of safe and stable housing in helping people coming out of prison to successfully address the issues that led them into crime.

EVENTS

ANNUAL REVIEW LAUNCH

Our Annual Review Launch at the House of Lords was a great success. Over 120 people attended the event from Criminal Justice, Care, Housing and the Business sector. The Rt. Hon Ann Widdecombe DSG (pictured) was a lively keynote speaker and shared about her personal experience of how difficult it was to do something different (most notably in *Strictly Come Dancing!*) and linked this to how challenging it can be for offenders to change their behaviour to move forward with their lives. The awards ceremony was particularly touching for our clients as they heard the words spoken about them and the progress they had made. One CEO who attended said: "It was indeed very impressive and encouraging to see the charitable and third sector organisations making such a difference in helping people to live crime-free lives."

Watch this space for information on events coming up in 2017.



JOURNEYS

Thank YOU for journeying with us

WE WANTED TO TAKE THIS OPPORTUNITY TO SAY A BIG THANK YOU TO EVERYONE WHO HAS JOURNEYED WITH US – WHETHER THROUGH GIVING, VOLUNTEERING OR PRAYING.

Every client who comes through our doors, or onto our prison programmes, begins a journey with us. It can involve overcoming addictions and abuse, rebuilding trust, finding new hope for the future and learning to hold down a job. Ultimately, each journey will hopefully end with people living crime-free and becoming part of society again.

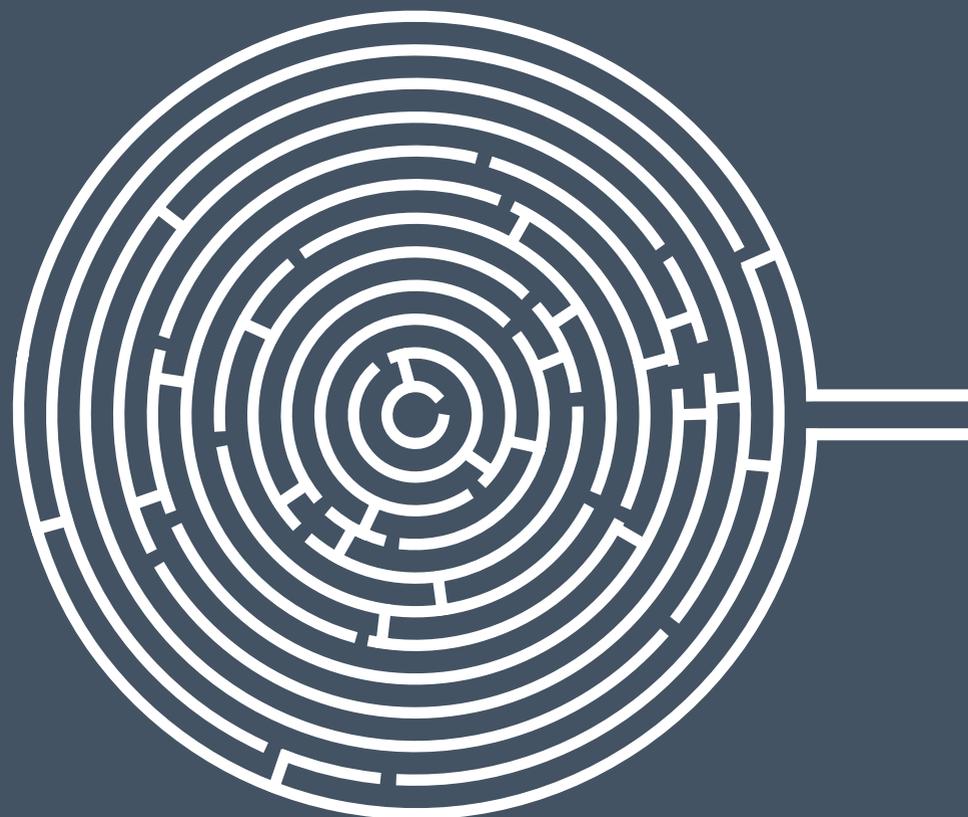
This journey is made possible through our supporters. Over the course of this year, you have enabled us to:

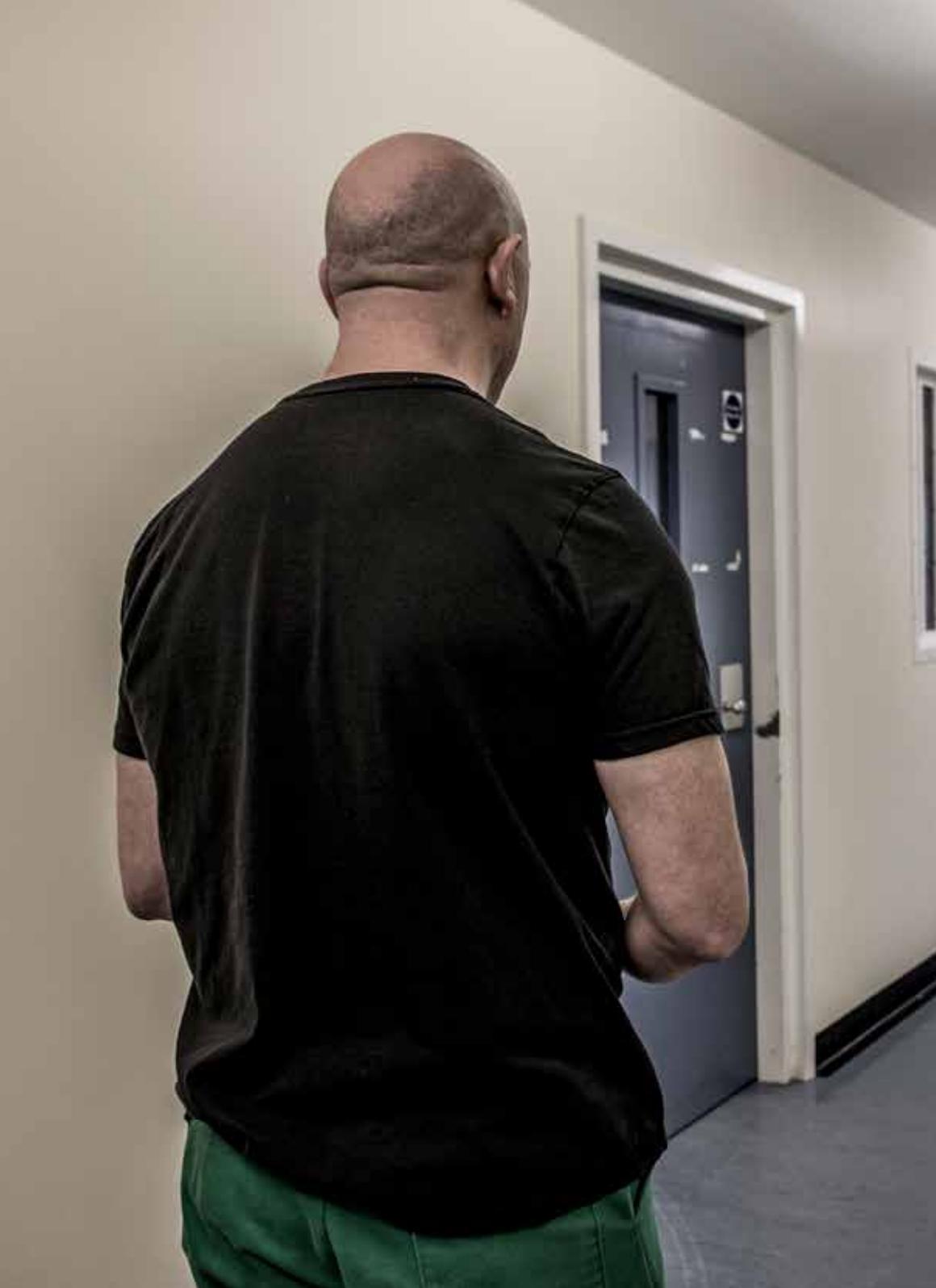
- Run Pathways to Employment (P2E) – a house renovation project which provides clients with skills, tools and experience to get back into work. So far this year, eight clients have engaged with P2E and been involved with carpentry, plastering, labouring, fencing and renovation. For one client in his 40s, this is the first time that he has engaged with structured work in his life.
- Launch Pathways to Change (P2C) – a cognitive behaviour therapy community programme at our Elderfield project which combines the best of rehabilitation in the community (through Langley) with the best of the Challenge to Change prison programme (through Kainos). Six participants are on the programme, with two more participants waiting to join.
- Launch Pathways to Business (P2B) – giving clients the opportunity to become self-employed. Although this only launched in September, there are already three start-up ideas underway – including an outdoor maintenance initiative, a gardening service and a plan for a creative workshop where furniture and motorbikes can be restored and sold to the public. The most important thing is that clients are getting their confidence back. “All this stuff has been in my head. You’re now helping me to break it down so that it is achievable.”

Your support has also meant that clients have:

- Learnt new skills and built their confidence – one project started an art therapy project following a generous gift. Client confidence soared, which has helped those taking part feel worthwhile again and engage with the rehabilitation at the project so that they can live crime-free.
- Received Christmas gifts – many of our clients are isolated at Christmas, having little or no contact with their family and loved ones. One church in particular has been providing Christmas gifts to our clients which has made a big difference in combating loneliness and isolation during the Christmas season.

We are ‘stronger together’ – your support has made this possible – thank you again for journeying with us.





KAINOS

Getting started in a new prison

SETTING UP CHALLENGE TO CHANGE IN A NEW PRISON IS A DYNAMIC EXPERIENCE. WHEN WE MOVED CHALLENGE TO CHANGE FROM HMP STOCKEN (RUTLAND) TO HMP RANBY (NOTTINGHAMSHIRE) IT TOOK A LOT OF HARD GRAFT BUT THE RESULTS ARE NOW PAYING OFF. WORKING IN PARTNERSHIP WITH THE PRISON STAFF WAS THE KEY TO MAKING THIS WORK.

We interviewed Sonia, the Treatment Manager for the Challenge to Change programme in HMP Ranby. She was the first Kainos member of staff to move to HMP Ranby from HMP Stocken. Before the programme could even begin she had to do a scoping exercise – looking at the profile of every prisoner in the prison, what level of risk they posed and whether there was enough prisoners in the prison who could be referred into Challenge to Change, without taking participants away from other programmes.

Once that had been completed, it was a case of making the practical things work – identifying the prison wing, setting up the classroom spaces, creating an office space and getting prison staff on board.

“On Challenge to Change, you are only as good as your team. The team is what drives the programme forward. There is a lot of work that’s involved in setting up Challenge to Change. It’s not just about looking at the requirements of our programme but it’s also about making sure that we fit into everything else that is going on within the prison. Training prison staff about the programme is really important – if they are not on board or don’t understand who to refer into it, Challenge to Change just doesn’t work. We spent a lot of time liaising with the Activities Department and getting the message out, as well as running programme awareness training.

“We’re better at communicating now across the prison – we do joint assessments with prison staff to make sure that people are getting the treatment they require and being put on the right programme for them. We’ve seen lots of benefits of this. Prison staff will now let us know about any concerns they have and we regularly provide feedback to them.

“We’ve had some great successes even though it’s still early days. One participant successfully completed Challenge to Change after six months and then he became a peer mentor. He also ran the programme induction for would-be participants. This was sometimes nerve-wracking – he never knew how many people he would be speaking to and whether they would be receptive or not. But he had fantastic feedback from prisoners and educational staff. He has just been released back into the community.

“We are excited about what the future holds for Challenge to Change. We’re at the stage now where we’re getting more referrals than we have places for - that’s a great place to be in. It shows that we’re making a real impact.”

PAUSE

Henry Ford said: "Coming together is beginning; keeping together is progress; working together is success."

For me, there is no doubt that as a leader, I have seen greater success when people work together in a cohesive manner towards a common vision, than when people work alone. There is strength in a team as it brings common purpose, encouragement from those we are working alongside and the harnessing of a plethora of skills, experience and knowledge.

Sometimes it can seem easier when we are faced with a task or a goal to work alone as it is 'quicker'. Perhaps you have even heard yourself saying this. Working alone may have some limited short-term gains, but I consider working alone as having many long-term losses. When we work alone we miss out on journeying through problems with others and seeing how others persevere to secure a workable solution through problem solving. When we work with others we are inspired and encouraged on the way. There is also a sense of shared victory!

As a Christian charity, we see the value of working together in the Bible – most notably through Jesus and His disciples. Whatever you may think of Jesus, what is clear is that He didn't try and go it alone – He sent out the 12 disciples and then the 70 disciples to spread His message. There was strength in numbers and value in building a team who could go further than one man ever could on his own. Equally, at Langley, we highly value team work. Team work for us is through our work with colleagues, external partnering with other agencies or journeying with our donors and prayer supporters. Personally I feel privileged to witness extraordinary outcomes, which could only be achieved through the hands of many.

TEAM itself stands for: 'Together Everyone Achieves More' - I truly believe this is the case. Could you be part of this TEAM to make a difference in the lives of offenders? (See opposite for details.)



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: volunteermanager@langleyhoustrust.org or call 07885 218406.

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

langleyhoustrust.org/jobs

“Staff were willing to listen. That made such a difference. It made me feel like I was worth something.”

- 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