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# BREAKOUT

— the supporter magazine of Langley House Trust —



SEPT-NOV 2017

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# WELCOME

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Welcome to this autumn edition of Breakout. Our theme, rather appropriately given the time of year, is 'harvest'. It has been interesting looking at the concept of harvest through a Criminal Justice lens. We certainly see the harvest and fruit in our clients' lives from the support they receive and Adrian's story (page 5) is testament to that.

The hot topic focuses on our beleaguered prison system and what kind of harvest we want to see from it, providing it can overcome the challenges around violence, overcrowding and staff shortages that it is currently facing.

On a more positive note, we are seeing a banquet of recognition by being nominated for two Charity of the Year Awards and being highly commended in another! Equally positive has been celebrating staff success at our recent staff conferences - those who won awards have certainly seen the fruits of their inspiring and diligent work.

One of the things we are most thankful for is when we see our clients invest into the lives of others - reaching out to help their peers because they have been helped themselves. It is wonderful to see clients sowing seeds of positivity, hope and change - and that, more than anything, is what will guarantee a harvest for the future.

*Samantha*

Editor, Break Out

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



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# NEW BEGINNINGS

## ADRIAN

— “Langley is the best place that I’ve ever been” —

LANGLEY WORKS WITH PEOPLE WHO HAVE OFFENDED AND WHO ARE AT RISK OF OFFENDING. ADRIAN IS IN THE LATTER CATEGORY. HE STARTED TAKING DRUGS AND ALCOHOL IN HIS TEENS AND DEVELOPED MENTAL HEALTH ISSUES. HE SPENT A NUMBER OF YEARS IN MENTAL HEALTH HOSPITALS BEFORE COMING TO LANGLEY.

**What did you want most as a child?**

I just wanted a future.

**What was life like growing up?**

It was ok. It had its ups and downs.

**When did things start to go wrong?**

When I was 16. I was living at home but I started taking drugs and alcohol.

**What was your lowest point?**

Probably about two years after – when I was 18/19. I started to become unwell. I got support with my mental health but I spent about seven years going to different places.

**When did you realise things needed to change?**

When I got admitted to [a mental health] hospital. I’ve been to a few hospitals and a few different places. I thought ‘I need to change’ as I was getting sick of going from one place to the next.

**Thinking about your time at Langley, what made the biggest impact?**

Keeping myself busy and doing different things all the time. I’m a volunteer dog walker! I also go out to a farm to help out. I’ve just started baking again and one Sunday I cooked lunch for 14 people.

**What made the best impact?**

The staff team and the atmosphere. Langley is the best place that I’ve ever been. I’m happy. I feel like my life has changed – it’s a big turnaround. They’ve got a really good staff team here – I get real support from them.

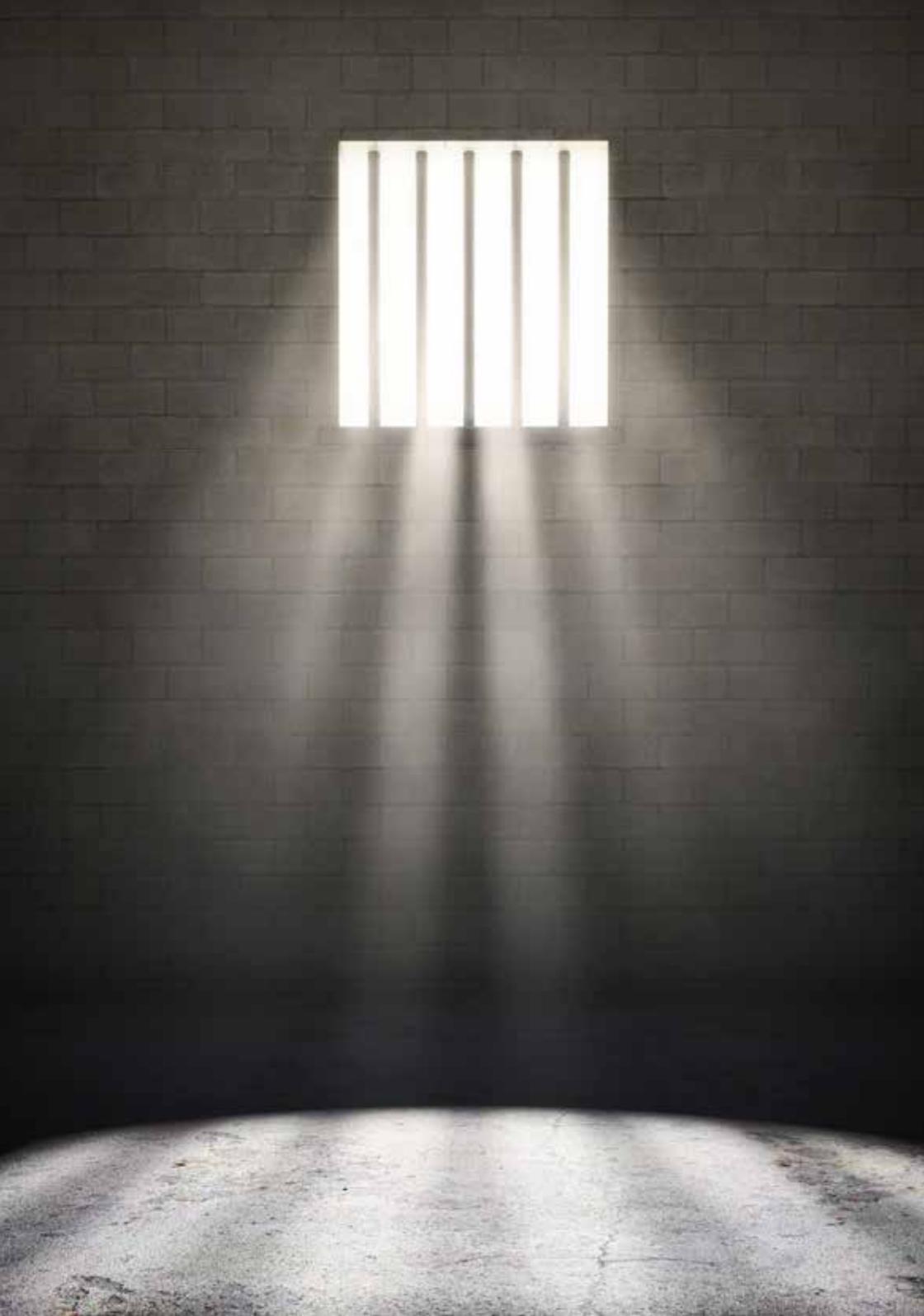
**What’s been your proudest moment?**

Getting baptised. Most of my family came to see me. I was a bit nervous but then I got really happy after it finished.

**What’s your hope for the future?**

My goal is to start a family and get my own place. I’m also thinking about setting up my own dog walking business.

\*Adrian’s picture has been changed to protect his identity.



## HOT TOPIC

— What kind of 'harvest' do we want from the prison system? —

'PRISON REFORM, PRISON REFORM, PRISON REFORM'. IF WE WERE TO LOOK BACK OVER THE LAST FEW YEARS, THESE ARE THE WORDS THAT WOULD RESOUND THROUGH THE GOVERNMENT APPROACHES AND POLITICAL RHETORIC IN RELATION TO PRISONS.

Prison reform is needed if prisons are to produce a 'harvest' of reformed behaviour, with prisoners successfully rehabilitated and having housing and employment to go to on release. No-one would doubt the need for this or the positive impact it would make. Currently, there is a 45% reoffending rate amongst those leaving prison so putting a sizeable dent in that figure would cut crime, cut victims of crime and reduce the cost of crime to society.

However, there sadly seems to be an ever-widening gap between the aspiration to make prisons places of reform and the current reality. Instead of a fruitful harvest, we are seeing increasingly concerning results.

**Threat to prison safety.** In recent weeks, a former prison governor, Ian Acheson, suggested that the government call in the Army to restore order in prisons. Although recognising that this was "radical" and "controversial" he was deeply concerned about the security of prisons and the threat that prison officers are facing. Assaults on prison staff have increased by 88% in the last two years.

Mr Acheson's comments follow swiftly on the back of those made by Andrea Albutt, the President of the Prison Governor's Association. Following violent outbursts at prisons in Hertfordshire and Wiltshire, she wrote an open letter, expressing "grave concern" about the state of prisons and calling for the Ministry of Justice to provide a tangible response. The Prison Governor's Association is normally known for its moderate response so this letter marks how serious she feels the situation is.

**Increasing levels of violence in prison.** Violence has escalated within our prison system in recent years. Previous editions of Breakout have highlighted some of these figures. 344 people died in prison in the year to March 2017 – the highest number on record. Self-inflicted deaths are now near record levels and rates of self-harm are at the highest level ever recorded. Women account for a disproportionate number of self-harm incidents in prison, despite making up only 5% of the prison population. Sexual assaults have also more than tripled since 2012. It's a shocking catalogue of statistics that don't make for pleasant or easy reading.

Continued ...

## HOT TOPIC

**Fewer prison officers.** The increase in violence, self-harm and sexual assaults has coincided with a drop in prison staff numbers. The number of frontline operational staff employed in the public prison estate has fallen by over a quarter (26%) in the last seven years. Currently, there is a shortfall of over 900 frontline operational staff in public prisons against target 'benchmark' numbers and the proportion of experienced staff is declining. There are 6,428 fewer staff looking after over 300 more people. Moreover, a shortage in the number of support staff (down by nearly 700 against target benchmark numbers) means that officers often have to cover support tasks, such as working at the gate or answering phones – diverting them from their work with prisoners.

**Overcrowding in prisons.** A final ingredient in this distressing mix is prison overcrowding. The prison system has been overcrowded every year since 1994 – a track record that would not make anyone proud. At the end of May 2017, 76 of the 117 prisons in England and Wales (65%) were overcrowded, holding almost 9,500 more people than they were designed to. This has had a knock-on effect on cell conditions, with some prisoners locked in their cells for 23 out of 24 hours. It is certainly not harvest time just yet in terms of prison reform.

**Challenges in offender rehabilitation too.** It is a challenging time for offender rehabilitation generally. Two recent reports – one on the Sex Offender Treatment Programme and the other on 'through the gate' services offered by Community Rehabilitation Companies – found that both areas were making little to no effect in reducing reoffending. In some cases it seemed to be making things marginally worse, particularly for offenders who had been through the Sex Offender Treatment Programme.

**Changes to the Prison Reform and Courts Bill.** The government has no easy task ahead of them. Despite prison reform being on the government's political agenda for a number of years, austerity and budget cuts now seem to be working against them. On top of this, the government has shelved certain proposals within the Prison Reform and Courts Bill. Prior to the snap election, the bill had cross-party support and was moving forward to being passed. If it had been successful, there would have been a legislative requirement to make prisons more rehabilitative and measures, such as reform prisons and giving governors more autonomy, would have helped to shake up the prison system.

## HOT TOPIC

However, the surprise result of the election and the pressing concerns of Brexit has no doubt had an impact, and the bill has now been stripped back to just a Courts Bill. Peter Clarke, Chief Inspector of Prisons, was uncharacteristically vocal in his criticism of this decision.

David Lidington, the latest Justice Secretary (and the third in two years), has argued that prison reform is still possible without having to have a legal requirement to achieve this. Irrespective as to whether this turns out to be true or not, it is clear that a new prison reform bill is unlikely to raise its head for the foreseeable future.

**What the government is doing.** David Lidington has pledged to continue the commitment made by former Justice Secretary, Liz Truss, to increase prison officer numbers. Funding has been allocated for an additional 2,500 prison staff to be recruited and recruitment is underway to try and bring this new resource on board.

Equally, the government has committed to increasing prison numbers – a new 'super prison' was opened in Wrexham, North Wales earlier this year, providing an additional 2,106 prison places. Plans have also been announced to create a further 5,000 further places, with the possibility of building four new prisons in Yorkshire, Wigan Rochester and Port Talbot.

However, as one might expect, these decisions have had a mixed reception. Some are still angry with the rate of prison staffing cuts following austerity and say that 2,500 doesn't go far enough to replace the lost staff. Several high profile figures, including former Deputy Prime Minister, Nick Clegg, have called for the number of prison places to be cut rather than expanded, arguing that only then will there be enough resources to make prisons places of reform and rehabilitation.

**When will there be a harvest?** In many ways, there is no way of knowing. The addition of new prison officers and the building of more prison places are designed to help improve the state of our prisons but we are at the early stages of this change. There is an ongoing appetite in the voluntary sector to make a difference in the Criminal Justice system and that is hugely positive – prisons need all the additional resources they can get to help with prison reform and rehabilitation. It really will be a case of waiting to see how the prison system looks a year from now. Let's hope that it will then be moving towards providing a fruitful, bountiful harvest, with many lives transformed as a result.

# NEWS & EVENTS

## Shortlisted for Awards!



Langley has been shortlisted in the 'Charity of the Year' category for both the Third Sector Awards and the Charity Times Awards.

The shortlist announcements came after a nail-biting journey in the shortlisting process. For the first time, the Third Sector Awards introduced a live panel presentation for potential entrants to even be shortlisted so in July, Tracy Wild (CEO), Sam Graham (Head of Communications) and Philip (a former client and now a volunteer) headed to London to present before a panel of six judges.

Commenting on the award entries, Claire Horton, Chair of the judging panel (and CEO of Battersea Dogs and Cats) said that she was "really impressed" by the standard of entries and

the worthwhile work of the charities that had entered.

Adopting a different, although no less nerve-racking, approach the Charity Times Awards announced their shortlist on Twitter – releasing a few names every hour, keeping all those hoping to be shortlisted on tenterhooks.

Both awarding bodies recognise excellence, innovation and leadership in the charity sector. Specifically, the Third Sector Awards recognise those who give back to the community and celebrate organisations and social leaders from across the sector. The Charity Times Awards celebrates best practice in the UK charity and not-for-profit sector.

Winners of the awards will be announced in the autumn.



## Housing Heroes Awards – highly commended

Earlier in the year, our Care Team was shortlisted for the 'Support and Care Team of the Year' in the Housing Heroes Awards. This is the second time that we have been shortlisted. Although we didn't win, we were really pleased to receive 'Highly Commended'.

## House of Lords Annual Review Launch - speaker confirmed

We are delighted that Judge John Samuels QC will be our main guest speaker at our Annual Review Launch later in the year.

Judge Samuels has had a distinguished career in Criminal Justice and is passionate about seeing change take place within the Criminal Justice system.

He is currently writing with Jonathan Aitken for the Centre of Social Justice on sentencing reform and problem solving courts.

The Annual Review Launch will be held at the House of Lords and will be hosted by one of our patrons, Lord Ramsbotham, a former Chief Inspector of Prisons.

## Sharing about offender needs at Bishop's Breakfast

Our Wakefield project, Ashdene, was invited to speak at the Barnsley Bishop's Breakfast on 19th July.

The breakfast was hosted by the Right Reverend Tony Robinson, the Area Bishop of Wakefield. It was a key opportunity to share about the needs of offenders coming from prison, including accommodation and providing skills to help people live crime-free for the future. We also highlighted the threat to supported housing through the Government's plans to change how Housing Benefit is funded from April 2019. We have now been invited to speak at the Wakefield Bishop's Breakfast next year.

## House of St. Martin – renovation completed

After months of hard work, the renovation of our Taunton project, House of St. Martin (pictured), has been completed. The project is now our flagship care home, offering 31 care beds for men coming from prison with health and social needs.

The project also has 13 wheelchair accessible beds, a provision which is much needed within the sector.



The revamped House of St. Martin in Taunton

Speaking about the project, Tracy Wild (CEO) said:

"House of St. Martin has been on a real journey since the project lost its funding last year due to council budget cuts. We have seen a number of councils cut funding for offender accommodation which is a worrying trend. However, we are really pleased that we have been able to invest in House of St. Martin to create much-needed care accommodation for men coming from prison."

# HELLO

IF YOU'VE EVER GIVEN TO US, PRAYED FOR US,  
SPOKEN FOR US OR SUPPORTED US IN ANY  
OTHER WAY WE WANT TO SAY A GREAT BIG

# THANK YOU

YOU ARE NOW OFFICIALLY A

# LANGLEY FRIEND

FUNDRAISING@LANGLEYHOUSTRUST.ORG | 02476 587361

We hope you are having a great summer and are looking forward to the autumn. It's never a dull moment in the office and we wanted to give you, our Langley friends, an update on our progress and what's coming up in the next few months:

**National Fundraising Week** – We had a great national project fundraising week in July with a Wimbledon wii tournament, car wash, cake sale and fun day fetes! We raised a total of £1,500. Thank you to everyone who supported the events. All funds will go towards our projects.

**Pathways to Change Easter Appeal** – At Easter we held an appeal on behalf of our pioneering programme Pathways to Change. Due to government cuts and loss of promised funding we had a rather large deficit. However, with your generous donations, we have raised £16,500! We are excited to say the programme will continue until next year.

**Hot off the Press** – We have some new fundraising resources to give you everything you need to run a great event or just collect a bit of change on behalf of Langley and our clients. We've even got bunting!

Head over to [www.langleyhoustrust.org](http://www.langleyhoustrust.org) and check out 'how you can help/fundraise'. Alternatively, contact us and we will send you a hard copy in the post.

**What to do with your old pound coins** – From the 15th October all old shaped pound coins are no longer legal tender. Why not fill up a collection box (see above for where to download) and send them to us! A little bit of change can make a BIG difference.

#### Upcoming events:

- Prisons Week - 8th to 14th October 2017. Langley is sponsoring Prisons Week which is a week-long focus on praying for prisons and everyone impacted by them. Find out more: [www.prisonweek.org](http://www.prisonweek.org).
- We love to attend events, churches, clubs, institutes and groups to share about what we do. If you would like us to attend an event/church please email or call us.
- #GivingTuesday – 28th November 2017. We would love for you to join in and volunteer or give to Langley as part of #GivingTuesday. Check out our twitter feed and website for more information or email us and let us know if you want to get involved!
- Free Wills Month – Thinking of leaving a gift in your will to charity? Free Wills Month offers a free will writing scheme if you intend to donate to a charity of your choice. This free service is available in October and March every year. By remembering Langley in your will you will help us to transform the lives of men and women leaving prison for many generations to come. Register online and Free Wills Month will contact you with the details of a solicitor in your area: [www.freewillsmoth.org.uk](http://www.freewillsmoth.org.uk).

All the best,

Dee & Philip

Fundraising Team



If you wish to opt out from any of the communications we send you, please email [fundraising@langleyhoustrust.org](mailto:fundraising@langleyhoustrust.org) and we will tailor your preferences.



## STAFF CONFERENCES

Staff recognised for their hard work and commitment at Langley conferences

LANGLEY'S STAFF CONFERENCES ARE A GREAT OPPORTUNITY TO CELEBRATE THE ACHIEVEMENT OF OUR STAFF AND THE WORK THAT THEY DO TO CHANGE OUR CLIENTS' LIVES BOTH IN PRISON AND THE COMMUNITY. IT WAS ALSO AN OPPORTUNITY TO HEAR FROM OUR CLIENTS.

The days kicked off with a bang with over 100 staff members attending each conference (one in the North and one in the South). The theme of the conference was growth, focusing on personal growth, client growth and growing together as an organisation.

The highlight of the conference was hearing from clients and their experience of being with Langley. At the North conference, James\*, a former client and now a volunteer, spoke about his journey and how he had been caught up in a cycle of drugs and crime before coming to Langley. He really struggled to stay drug and crime-free before coming to Langley as he kept returning to his old circle of friends. He now volunteers at one of our projects to befriend new clients.

Greg\* spoke at the South conference, similarly sharing about his experience of drugs and the fact that the Pathways to Change programme has been life-changing for him. It has helped him to address his attitudes, thinking and behaviour and take responsibility for his actions. He wants to come back and be a mentor on the programme.

As the day moved on, we got to our awards section and votes were cast for the most innovative 'Value for Money' award, recognising the best idea that could be replicated across the Trust. There was also a Value for Money impact award for the project that had the most savings against their budget.

The staff recognition awards were the final awards of the day. Several staff were acknowledged for going the extra mile, being an inspiration to others and making a difference. The winners were:

- Most inspirational colleague - Gemma (Longcroft - North), Jane (Central Services - South)
- Make a difference award - Wayne (Chatterton Hey - North), Lesley (The Knole - South)
- Extra mile award - Tracy (Park View - North), Ana (Dorado - South)

Congratulations to all our award winners!

\*client names changed to protect identity

Our Langley staff conferences are a unique opportunity to draw all our staff together once a year to celebrate staff success and share key updates from the Trust. This is no mean feat - we employ about 250 staff spread over 100 different locations across the country so it takes some planning!

# OUR PEOPLE

— the staff and volunteers who make the difference —



KIT HARBOTTLE BECAME A TRUSTEE IN 2008. AN AVID WRITER WITH A PASSION FOR SEEING LIVES CHANGED, SHE HAS BEEN AN INVALUABLE BOARD MEMBER. SINCE BECOMING VICE-CHAIR PASTORAL IN 2011, SHE HAS HELPED TO IMPROVE LANGLEY'S GOVERNANCE PROCESSES. HER OFFICIAL TERM IS ENDING AFTER NINE YEARS OF COMMITTED SERVICE AND SHE IS STEPPING DOWN.

**What was your significant life event before coming to Langley that influenced your decision to join as a trustee?** Going to university. It expanded my interests, deepened my faith, and introduced me to my husband. And I learned to cycle in a long skirt in the rain!

**What process brought you to Langley?** Reading a Methodist newsletter and being intrigued to find there was a Christian charity helping offenders turn their lives round. From my work with councils and police I knew just how important that is in keeping communities safe.

**What's been your biggest challenge?** Juggling priorities. There's more to being a trustee than sitting round the Board table, and sometimes I've needed to set other things aside to give it focused attention at the right time.

**What's been your proudest moment?** Presenting our latest set of prospective Trustees to the Board – we've been blessed by women and men with wisdom, faith and experience volunteering to serve.

**What gets you out of bed in the morning?** Pass! One of the best things about now being retired is that even on busy days I rarely need to get up in a hurry.

**Looking back, what impact do you want to have made?** One of the best things about being on the Board is that although we are quite diverse, our achievements are made together – they are rarely down to individual views or efforts. I hope I've had an impact on the way we think about the work of the Trust – seeing the big picture, but paying attention to the details that matter.

Who inspires you? Elaine Storkey – a Christian leader challenging the poverty and violence affecting women across the world.

Three words to describe life being a trustee for Langley: Change, complexity, and collaboration.

## VOLUNTEER NEWS AND UPDATES



*Volunteers from Christian Life Ministries helping out at Pathways to Employment*

Langley has received some much-needed help from three separate teams of volunteers recently. Carillion (a leading international support services business) provided a team of their employees to help tidy the garden at Friends Road (London). This is the third year running that they have volunteered and supported our projects with practical help.

A team of young volunteers from Christian Life Ministries (pictured above) helped to clear out a new house for Pathways to Employment prior to it being renovated.

Chatterton Hey (our Bury project) ran a "Bring a Friend to work" day where friends and family mucked in and helped to tidy the grounds, ran craft groups, cleaned out the barn, tool shed and fishpond and ate lots of cake!

We have also welcomed some new volunteers to Langley. Rebecca, Valerie and Victoria have joined Pathways to Employment, Danielle has joined the team at Ashdene and Rob will be helping the Knole with events.

We are really grateful for all the volunteers across the Trust for all their hard work and dedication. If you are interested in joining our volunteering team and would like to find out more, please get in touch.

Contact Paula Smithson, Volunteering Manager (interim):  
volunteermanager@langleyhoustrust.org or tel: 07734 147314

# PAUSE

Harvest time reminds me of being in a school assembly where we celebrated harvest time singing songs of thanksgiving for God's provision. There was always an impressive decorative salt dough bread in the shape of a wheat sheaf. All of us would bring a few tins of food which would be later donated to locals in need.

It was a time of celebration, a time for sharing the bounty of the harvest, of seeing the fruits of the efforts sown and tended in previous seasons.

At Langley, we diligently sow into the lives of others. Why? Because we have a steadfast hope that the seed sown will bear fruit and bring about lasting change which will not only benefit that person but also their wider network of friends and family.

We want to see the best possible 'harvest' in our clients' lives – whether this is overcoming addictions, building bridges with estranged family or successfully keeping a roof over their heads for the first time in their lives. Whatever that harvest looks like for our clients, we know that it is the patient work of our staff, day in, day out, that helps to sow the right seed into their lives so that they can blossom and bear fruit for the future.

As a Christian organisation, working with people of all faiths and none, we are thankful for the provision we have been given which allows the work of Langley to continue - not just to survive as an organisation but to thrive, despite the challenging funding conditions we find ourselves in.

Best wishes to you and thank you for your support,



Tracy Wild, CEO, Langley House Trust



We would love to share about the work of Langley with your organisation, church or local group. We know that the right support breaks the cycle of crime, reduces victims, restores families and makes society safer.

The more people who get on board, the more we can help others to live crime-free. If there is an opportunity to speak to your organisation, local group or church, please let us know.

Contact Dee Spurdle, Head of External Relationships:

[d.spurdle@langleyhoustrust.org](mailto:d.spurdle@langleyhoustrust.org), 02476 587361

**Thank you for being part of this journey  
of transformation and change**

# “Langley is the best place I’ve ever been.”

- Adrian, Langley client

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.

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## LANGLEY HOUSE TRUST

HELPING PEOPLE TO LIVE CRIME-FREE LIVES

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