
BREAKOUT

— the supporter magazine of Langley House Trust —



SIXTY
YEARS

JUNE–AUGUST 2018

1958 - 2018

WELCOME

It is a great pleasure to celebrate our Diamond year in 2018. It is a momentous achievement for a charity to reach 60 years, let alone one that works in the Criminal Justice Sector. The headwinds of policy change, funding cuts and strong community opposition always threaten rehabilitation with offenders. But like diamonds, we are here to stay and thankfully we are made of strong stuff!

I am delighted that Joe, a former client, has now set up his own business. He has come a long way since hitting rock bottom during his time in prison two years ago. Now he is training others and looking forward to a new life.

This edition also features Langley voices through the ages. It is a great privilege to hear from Elfrida Calvocoressi, the wife of one of the co-founders of Langley, reflecting on her memories of the Trust.

Diamonds are known for their longevity, beauty and strength. It is these qualities we celebrate in the lives of our clients every day, recognising that some have endured challenging circumstances at length - yet still have inherent beauty and strength - whether they recognise it or not. Part of our role in coming alongside our clients is to help them to realise the inherent value and worth they possess. Thank you for the part you play in this journey.

Yours ever,

Samantha

Editor, Break Out

SIXTY
YEARS

1958 - 2018

Front page picture: actor representing one of our clients.

CONTENTS



04 JOE

Starting afresh with his own business after hitting rock bottom



06 DIAMOND MOMENTS

Celebrating our 60th anniversary!



10 NEWS AND EVENTS

Latest news and events



12 LANGLEY FRIENDS

Latest fundraising news



14 HOT TOPIC

Older people in prison



16 OUR PEOPLE

Our staff and volunteers



18 PAUSE & GO

Taking a moment to stop



JOE

— Starting afresh after hitting rock bottom —

JOE* ENDED UP IN PRISON FOR THE FIRST TIME IN 2016. HIS TIME THERE WAS HIS LOWEST POINT AND HE RESOLVED TO LIVE DIFFERENTLY WHEN HE WAS RELEASED. HE IS NOW PIECING HIS LIFE BACK TOGETHER AND HAS SUCCESSFULLY STARTED HIS OWN BUSINESS - A HUGE ACHIEVEMENT.

What did you want most as a child?

I wanted to be a "computer guy!" Technology has always been a big thing for me.

What was life like growing up?

I lived quite an isolated life at home and spent a lot of time out playing with friends when I was old enough to go out by myself. School life was tough at times, especially near the last few years because I was bullied.

What was your lowest point?

Whilst I was in prison I had no contact with the outside world. My family didn't know where I was. I found out that both my gran and brother died whilst I was inside and I felt powerless to do anything. Prison was my worst nightmare. I never want that to happen again.

When did you realise things needed to change?

I was lying on my bunk bed in prison and decided there and then that I had to do something about life. I wasn't happy, I wasn't doing anything I loved anymore. I decided I needed a plan and that plan was to keep me sane and set me up for my future when I got released.

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

One of the support workers opened a door for me so wide that I could start to see light at the end of the tunnel. She introduced me to my Langley business mentor who has gone above and beyond to help me get back on my own two feet again.

What made the best impact?

I think when funding was confirmed for me to continue my business, things really started to feel real. Before then it was all 'pie in the sky' talk with preparation but to actually be told "It's on!" was the most exhilarating moment I've had in the last few years.

What's been your proudest moment?

My proudest moment was when I passed my Instructors course [teaching people how to use heavy machinery] and gained accreditation. I still can't believe that I passed first time.

What's your hope for the future?

I'd like to have a stable income; enough to support myself, my ambitions, goals and to live life free from crime.



*Joe's name and picture has been changed to protect his identity.

NEW BEGINNINGS

a diamond is
a chunk of coal
that did well
under pressure

Henry Kissinger

DIAMOND MOMENTS

— Reflecting on the last 60 years —

THROUGHOUT 2018 WE WILL BE REFLECTING ON LANGLEY'S RICH HISTORY OVER THE LAST 60 YEARS AND EXPLORING 'DIAMOND MOMENTS' TOLD THROUGH THE EYES OF OUR CURRENT AND FORMER CEOS, CHAIRS AND TRUSTEES.



Elfrida Calvocoressi (1990 - present)
Former Trustee and current Fellow

Elfrida first became aware of Langley in 1974 when she got engaged to one of Langley's founders, Roy Calvocoressi! She has played a role in Langley ever since. She served as a trustee between 1990 and 2011 and then retired to become a fellow of Langley. She is fondly referred to as 'Langley royalty'.

DIAMOND MOMENTS

What was Langley like when you joined?

My first introduction to Langley was as the fiancée of one of the founder trustees, when Roy Calvocoressi took me to a project Open Day in the summer of 1974! My first impressions were of welcome and warm hospitality and milling about with residents, staff and local villagers who were mostly indistinguishable from each other! I was keen to be acquainted with an area of life that was as yet unfamiliar to me, and this was easily helped along by Roy's deep love of all that Langley was.

I joined the Trustee board in 1990 as the only woman alongside six other male trustees. In those days, Langley still had 'house parents' who mostly lived on site and created a stable, family environment. What is now known as 'key working' was done over late night hot chocolate in the kitchen, or a quiet corner somewhere, or while working together in the garden, carpentry workshop or animal enclosures which flourished in different Langley houses at that time.

What was a highlight for you in seeing the Trust move forward?

The Trust has moved forward in so many ways over the years, especially as new CEOs, Chairs and Trustees have come on board. It has increased its infrastructure, undertaken mergers and carried out several small takeovers. All of this has provided an atmosphere of acceptance and forbearance and helped Langley to stay true to its mission of changing people's lives.

The greatest highlight for me is that Langley is now one of the few Christian charities founded 60 years ago that has retained, increased and matured in its Christian identity and influence in the sector.

Have you got a favourite story that stands out?

Roy's favourite client moment is also my favourite – when Roy was taken for a resident at one of the projects! On another occasion, after our 50th Anniversary Service in Westminster Central Hall, Roy was sitting waiting in the lobby outside. He had been the guest speaker and some clients were there. One recognised him and went up to meet him personally. He thanked him for what Roy had done those 50 years ago in founding Langley, saying he would be dead by now if he hadn't have come to Langley. Langley had totally changed his life.

What advice would you give to Langley for the next 60 years?

To continue to draw strength and guidance from its Christian foundations (especially the ethos of loving others and believing in people's potential to change) and to increase its impact and influence on the rehabilitative aspects of the Criminal Justice Sector.

DIAMOND MOMENTS

David Lane (1993 – present)

Former Trustee, Vice-Chair and Chair and current Fellow

David has been a part of Langley's story for 25 years, first taking an interest when he became a member of the support group for our Wakefield project (Ashdene). Here he reflects on some of the obstacles Langley has had to overcome in its 25 years and offers his words of wisdom for the future.

What brought you to Langley?

I came into Langley by a set of curious chances. My predecessor was the Director of Social Services in Wakefield who was a member of the Ashdene Support Group. When he was leaving the area he asked me if I would like to take his place. After two or three years on the Support Group I was nominated by them to become a Trustee and so I joined the Board. After a few years I was asked to be Vice Chair and eventually became Chair in 2001.

What obstacles did you have to overcome?

During my time as Chair I think there were three main problems. The first was that it was a time of growing professionalism, and Langley had to quickly adjust and adapt to meet the higher expectations in all sorts of fields. The second was that Langley had become a Housing Association and there was a considerable amount of work needed to meet their requirements. The third problem was around our identity. One of Langley's regulatory bodies was unhappy with Langley's faith basis and requested that we change some of our approaches to how we recruited staff. Having a shared belief and value base is vital for services to be effective so it took some time to navigate this change.

Have you got a favourite client story that stands out?

Rather than a favourite client story, can I offer one about a staff member? Tracy Wild applied to be a manager, and we turned her down the first time, but she persisted and was appointed. She applied to be the Chief Executive and was turned down, but was appointed the second time round. Tracy has more than fulfilled the hopes of those who appointed her, and I am delighted that she persisted.

What advice would you give to Langley for the next 60 years?

The Trust will obviously need to address changing needs, remain financially solvent and offer high standards of professional service. But it will fail if it does not maintain a basis in a living Christian faith (including where people are viewed as having inherent worth and value, regardless of their past and unconditional acceptance is offered). This is a tall order, but it is because these essentials have been met in the past that the Trust has such a high success rate today.

NEWS & EVENTS

CARE TEAM SHORTLISTED FOR A HOUSING HEROES AWARD

Langley's Care Team has been shortlisted for a Housing Heroes Award for the third year running!

The Housing Heroes Awards recognise the people that "make housing great" who are often the unsung heroes of the housing world.

Langley's care team was put forward for the award for their commitment, perseverance and hard work in delivering high quality support and care to men coming from prison or secure hospitals.

Our care team works with up to 150 men at any one time, including some of the most difficult to engage and hard to place individuals in the Criminal Justice System. The care team is made up of a Head of Care, two Social Care Managers, a Care Administrator and eight care projects across England.

The award results will be announced on 25th June 2018 at a special ceremony in Manchester. The awards are jointly organised by Inside Housing and the Chartered Institute of Housing. Here's hoping that we will win!

'PRISONS, PRAYER AND PURPOSE' EVENT - IN PARTNERSHIP WITH CHRISTIANS IN GOVERNMENT

Langley is delighted to be co-running a networking and prayer event with Christians in Government and Prisons Week on 11th July 2018.

Entitled 'Prisons, Prayer and Purpose', the event will draw together Christians working in Government, professionals and supporters of rehabilitation and faith initiatives in the Criminal Justice sector.

The event will provide an opportunity for Langley and other organisations to share about offender rehabilitation issues, including the practical support needed for rehabilitation (such as housing) and the role that faith can play.

Speakers at the event will include former politician Jonathan Aitken, one of Langley's patrons, and Paul Manwaring, a former prison governor who is now a preacher.

The event will be held at the Emmanuel Centre in London from 5pm. If you would be interested in attending please email fundraising@langleyhoustrust.org.

WE'RE AT BIG CHURCH DAY OUT!

We have been exhibiting at Big Church Day Out (BCDO) and will be at BCDO North between 2nd-3rd June. BCDO gathers together tens of thousands of Christians from all over the UK and Europe to worship and celebrate together. We would love to see you there if you are planning to attend. For more information, visit: <https://bigchurchdayout.com/>

CLIENT COMPETITIONS CELEBRATE 60 YEARS

Langley will be holding two client competitions to mark our 60th anniversary. The first competition, a client 'bake off', draws inspiration from the renowned Great British Bake Off TV series. Projects will be tasked to create a showstopper cake or biscuit which represents 60 years of changed lives.

We will also be holding a client gardening competition, where projects will need to create a creative garden space representing 60 years of Langley.

Winners of the competitions will be decided in June and July respectively, with cakes and garden photos being featured at our 60th anniversary thanksgiving celebration.

JOIN US FOR OUR 60TH ANNIVERSARY THANKSGIVING CELEBRATION

We would be delighted if you could join us for our special 60th celebration. Please RSVP:

Email: events@langleyhoustrust.org

Write to: Events Team, FREEPOST RTYL-TUKJ-XXZL, Langley House Trust, PO Box 6364, CV6 9LL Coventry

SIXTY
YEARS

1958 - 2018

**CHRIST CHURCH SPITALFIELDS
COMMERCIAL STREET, LONDON, E1 6LY**

**13/09/18
2PM - 4PM**

LANGLEY & KAINOS FRIENDS

— Langley and Kainos Friends updates —

WE'RE GDPR READY!

A BIG thank you to everyone who responded to our Easter 'tick the box' appeal. As you know, data protection regulations are changing which will affect how we will be able to contact you in the future. We've been working hard to get GDPR ready. If you haven't already sent back your form, there's still time! Your continued support is truly appreciated and we are really grateful to have you as part of the team.

MONEY RAISED FOR MINIBUSES

Thank you to everyone who gave towards minibuses for two of our projects as part of the Easter appeal. You have generously donated an amazing £6,500 towards this – thank you. The minibuses will be an invaluable resource to our clients.

NEW LIFE CYCLES GOING FROM STRENGTH TO STRENGTH

New Life Cycles was set up by our Coventry project, Murray Lodge, to provide training and skills to clients, recycle old bikes (reducing landfill waste) and provide healthy, low-cost ways for clients and others to travel. One year on, 150 individuals have received training from the project and countless bikes have been sold. A big thank you to all our supporters and grant funders who have given towards this project. Find out more:

www.newlifecycles.co.uk
<https://www.facebook.com/newlifecyclescov/>

CHURCH ENGAGEMENT

Calling all churches – do you attend a church? Do you know a group that would love to hear about what we do? If so please let us know. We have a team ready to share amazing stories of rehabilitation.



Carla

OUR MARATHON RUNNER!

Carla - Marathon runner completed the run in **4:24:25**. She raised a fabulous **£250** for Kainos Community - Elderfield Pathways to Change programme.

THANK YOU!

AMAZON SMILE

If you like shopping online, you can help raise funds for Langley at no extra cost to you.

Easy fundraising is a great website where you can help Langley raise funds simply by doing your everyday online shopping with over 3,300 big name retailers like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden and M&S. Every time you shop, we receive a small donation to say 'thank you' and it's completely free! Please sign up and help us at www.easyfundraising.org.uk/causes/langleyhoustrust

You can also register with AmazonSmile and make Langley the charity of your choice. AmazonSmile is a website operated by Amazon and offers all the same products, prices and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation donates 0.5% of the purchase price of eligible products to Langley. To register visit: www.smile.amazon.co.uk

Yours,

Dee & Philip

Fundraising Team



If you wish to opt out from any of our communication please email fundraising@langleyhoustrust.org and we will tailor your preferences.

HOT TOPIC

—What should the Government do about the—
growing older prison population?

The fastest growing prison population is the over 60s. There are now more than triple the number of people aged over 60 in prison than there was 15 years ago.

Longer sentences and increases in historic criminal convictions have largely driven this growth. But what impact is this having on the Criminal Justice System?

It is no secret that people in the 21st century are living longer. Medical advances, research breakthroughs and better access to healthcare have all helped to increase the average life expectancy for both men and women.

A report released by Public Health England in 2016 confirmed that people in England are living longer than ever before. The report stated that across England as a whole, there was an increase in life expectancy for both sexes at ages 65, 75, 85 and 95 between 2013 and 2014.¹

In the last 15 years, the prison system has also seen an explosion in the number of older offenders. Older offenders (classified as those 50 or over) equate to 16% of the prison population – or one in six people in prison. This number is projected to rise to 14,800 by 2021, an increase of 11%.

The growth in this older population is down to a combination of factors – repeat prisoners who have returned to prison at an older age, people sentenced for a long time prior to the age of 50 who are growing old in prison and elderly first-time prisoners, particularly those convicted of historic offenses, who end up serving short or long-term sentences.

This is causing a significant issue within the Criminal Justice System. Historically, many prisons weren't built with the elderly in mind.

Prisoners needing wheelchair access, physical care or dementia care are becoming increasingly common across the prison estate. Six out of 10 older prisoners (59%) report having a long-standing illness or disability. By comparison, just over a quarter of younger prisoners (27%) report this.

This need for increased care provision in prison can be exacerbated by the prison surroundings itself. "Many experience chronic health problems prior to or during imprisonment as a result of poverty, poor diet, inadequate access to healthcare, alcoholism, smoking and other substance abuse. The psychological strains of prison life can further accelerate the aging process."²

The Care Act, implemented in 2015, means that local authorities have a duty to assess and give care and support to people who meet the threshold for care who are in prison. It is fair to say though that demand currently outstrips provision.

The other issue facing the Criminal Justice System is what to do with older prisoners when they have completed their prison sentence? Currently, many general needs care homes are not equipped to manage both care and risk needs for those coming from prison.

Some prisoners end up staying in prison beyond their prison term simply because there isn't enough suitable accommodation for them on release. This 'bed blocking' isn't helpful to a prison estate which is already stretched beyond capacity. In 2016-17, two-thirds of prisons in England and Wales were overcrowded (79 out of 119 prisons). Nearly a quarter of the prison population, nearly 21,000 people, were held in overcrowded accommodation.

Langley has developed its care home provision in recent years, recognising that providing care in the community for older offenders is a growing need. More of this provision is essential for older offenders so that their care and risk needs can be met and that they can be successfully reintegrated into society.

A raft of organisations have called for a national strategy for work with older people in prison. Campaigning voices have included the Prison Reform Trust, the HM Chief Inspector of Prisons, the Prisons and Probation Ombudsman and Age UK.

It is yet to be seen what action David Gauke, the Justice Secretary, will take on older prisoners. For now his clear stated focus is on reducing organised gangs in prison and the prevalence of drugs. But he can be certain that the grey-haired population - and the unique challenges they present - are here to stay.

¹ *Life expectancy: recent trends in older ages*, Public Health England, updated February 2016

² *Bromley Briefings, Prison Factfile, Autumn 2017*. All statistical references, unless other credited, taken from the Prison Factfile Autumn 2017.

OUR PEOPLE

— the staff and volunteers who make the difference —



ANNE WORKED FOR LANGLEY BETWEEN 1997-2010 AND HELD A NUMBER OF ROLES – OFTEN THE NORM FOR PEOPLE WHO HAVE BEEN WITH LANGLEY FOR ANY LENGTH OF TIME! STARTING AS A PROJECT WORKER, ANNE WORKED HER WAY UP TO REGIONAL MANAGER, AND WAS ALSO ACTING DIRECTOR EAST. ANNE IS PASSIONATE ABOUT HER FAITH, DOGS AND SUPPORTING VULNERABLE PEOPLE. SHE SHARES HER REFLECTIONS ON WORKING AT LANGLEY FOR OVER A DECADE.

What process brought you to Langley?

I knew that I was called to work with the homeless but I hadn't had any success in finding the right job. I had been out of work for four years whilst attending a part-time Bible college course. I was nearly out of money when a friend handed me a newspaper clipping of a job in the Trust. I didn't get that one but I was invited to go to the Shrubbery [one of Langley's Kent projects] where they also had a vacancy. I went and just clicked with the manager. Within two weeks of the offer I was in post and living in my aunt's house a few minutes from the project. When God moves He can move fast.

What was the biggest change you saw in Langley while you were here?

The Trust became much more professional and key working improved, becoming much more targeted and structured. The joint working with partners across all sorts of fields also became closer and more meaningful.

Looking back, what impact did you want to make?

I like to see people reach their potential, so seeing staff progress, succeed and excel in their jobs was greatly rewarding and the impact I wanted to make.

What was your proudest moment?

Seeing staff that I had been involved in recruiting, progressing and making a career with the Trust. I recruited Mo who joined as a project worker at Bedford and went on into management at the Trust. After leaving Langley, Mo went on to work with similar client groups, impacting lives and eventually training others. It is tragically sad that Mo passed away from cancer last year.

What was your biggest challenge?

Overcoming disappointments when residents you've worked so hard with don't make it. You have such high hopes for them and many times they let you down. It's a case of remembering that we are just part of the "journey" for them reintegrating into society.

What gets you out of bed in the morning?

Walking my dog – a young energetic collie cross.

Who inspires you?

People who are generous, kind and patient. These are all areas that I could do with improving!

Three words to describe life working for Langley

Hard, challenging, rewarding – these are probably common responses, but that is because they are so true.

HANDS UP, WHO'S IN!

"We must find time to stop and thank the people who make a difference in our lives." John F. Kennedy

Volunteers Week takes place annually from 1 – 7 June. This is an opportunity to celebrate and say thank you for the amazing contribution that our volunteers make. The support and help that they give to our clients week in, week out, enabling them to make positive life changes, is inspiring. Our team of volunteers is diverse and includes students and retirees (and every age in between!) gardeners, cooks, teachers and mechanics to name just a few.

We are delighted to welcome some new volunteers to our team: Maariya (Box Tree Cottage), Athalia and Ibrahim (Dorado, Croydon), Ashley and Christie (Elderfield), John and Celia (House of St. Martin), Sarah (The Knole), Sharlene (Longcroft), John and Janson (Cycle Workshop, Coventry) and Rachel and Darrell (Tekoa House).

If you are interested in joining our volunteering team and would like to find out more please contact Paula Smithson, Volunteer Manager:

Email: volunteermanager@langleyhoustrust.org Tel: 07734 147314



PAUSE

When reflecting on diamonds, I came across a term called 'total internal reflection.' This is when light enters a diamond and it gets reflected several times within the diamond before it emerges from the diamond. This process is apparently what makes the diamond look so shiny, dazzling and beautiful to the eye. Apparently this is due to its high refractive rating (end of science lesson)!

When I visit the various houses in Langley, I often see our people, both staff and volunteers, reflecting light into the lives of our clients. This is transforming. This light takes the form of acceptance, patience, hope, resilience and a belief in who the client can be.

As a Christian charity, one of the ways in which we reflect God's love and live out our core value of being 'Christ-centred', is to see our clients as people worthy of acceptance, love, hope and a future. We do this with every client, regardless of their faith background or belief system.

Each of us has the capability to be a diamond in our sphere of influence, shining the light of hope into other people's lives.

Practically, we are truly grateful to all our supporters who for the last 60 years have made our work possible by being diamonds to us. Our supporters have helped to provide the resources to undertake the work that we do.

It is never more difficult to ensure our houses are properly resourced in the environment of public spending cuts. I could give story after story of where we have been able to continue with our work or start a new service, all because of the generosity of our supporters.

For the last 60 years, Langley hasn't just survived, but we have thrived! Thank you for the part that you have played in this.

May we all continue to shine like diamonds wherever we are.



Tracy Wild, CEO, Langley House Trust

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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@langleyhousetrust.org, 02476 587361

**THANK YOU FOR BEING PART OF THIS JOURNEY
OF TRANSFORMATION AND CHANGE**

“A diamond is a chunk of coal that did well under pressure.”

- Henry Kissinger

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

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CHALLENGE TO CHANGE

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