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# BREAKOUT

— the supporter magazine of Langley House Trust —



MARCH - MAY 2019



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# WELCOME

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Welcome to our Spring edition of Breakout. Throughout this year, we will be exploring what it means for our clients to feel 'at home'. Having a roof over your head and somewhere safe and secure is a key part of rehabilitation and helps to stop someone returning to a life of crime.

But what does that look like when your 'home' is a prison cell or you've moved into a Langley project in an area with no connections, no family and you are rebuilding your life from scratch?

In this edition, we are focusing on our prison work, including what it feels like to be 'home' for those involved in our prison programmes. We also shine the spotlight on prison issues, notably whether scrapping short-term sentences would help reduce reoffending.

Sadly, statistics released in 2018 show that the number of prisoners being released homeless is on the rise. Overall homelessness in this country has grown exponentially in the last few years and it is estimated that there are now 320,000 people sleeping rough. The issue of having a house and a place to call 'home' is growing.

The heartening thing is that our projects and residential prison programme provide a home where our clients feel like they belong and that they matter. One client said "Langley is my home." That is a great achievement and one that we never take for granted.

Yours ever,

*Samantha*

Editor, Break Out



Front cover picture: Lorraine, Treatment Manager, Kainos Community.  
Lorraine leads our Challenge to Change work in HMP Haverigg (Cumbria).

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# NEW BEGINNINGS

# KAINOS

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## Prisoners' hopes and aspirations on leaving prison

### **KAINOS COMMUNITY (PART OF THE LANGLEY HOUSE TRUST GROUP) RUNS 'CHALLENGE TO CHANGE' IN HMP HAVERIGG (CUMBRIA).**

*Challenge to Change* is a 6-month offending behaviour programme which can radically transform participants' thinking and behaviour so that they live crime-free after prison.

The Kainos team take over a whole prison wing and create a sense of belonging and community which is a key part of making participants feel at 'home' despite being in prison. We asked a number of participants what their hopes and aspirations for the future were. Their responses are moving and poignant.

- To stay drug free.
- To move in with my Gran to look after her.
- To stay out of jail.
- To complete all my courses in prison and start my own business.
- To gain custody of my children.
- To get somewhere to live.
- To save to go on holiday.
- To settle down and hopefully start a family.
- To get a job on release.
- I hope that my daughter has a lovely long life and has everything she works hard for. Also, I hope she forgives me for not being in her life.
- To get my driving licence.
- To live a happy, healthy life with my family.
- To work with my Dad and take over the family business.
- To be there for my three children, continue with my job and never come back to jail.



## PRISONS MINISTER CALLS TO SCRAP SHORT-TERM PRISON SENTENCES WHICH ARE LONG ENOUGH TO HARM BUT TOO SHORT TO HEAL

**Rory Stewart, Prisons and Probations Minister, has argued that short-term prison services should be scrapped. His announcement comes as England, Wales & Scotland grapples with having the highest imprisonment rates in Western Europe, with the largest levels of violence and substance misuse currently on record. There are around 83,000 people in prison. Rory Stewart criticized sentences “long enough to damage you and not long enough to heal you” during an interview with the Telegraph in January 2019. He speaks as some 30,000 individuals are incarcerated each year for six months or less.**

The issue of when to give a custodial sentence to an offender is a controversial one with voices on both sides. Some parties argue about the lack of a substantial alternative while others recognise that community based sentencing can be more effective for reducing reoffending.

Rory Stewart has distinguished himself so far as a minister willing to take risks and engage with the very real problems

facing the prison estate. His promise to resign in August 2019 if 10 of the worst prisons in the country haven't substantially improved is the mark of a minister who means business.

### **What is the background of the issue?**

Many different organisations, including the Revolving Doors Agency, the Criminal Justice Alliance and the Prison Reform Trust, have long campaigned for the scrapping of short-term sentences, arguing that they are an ineffective way to reduce reoffending and that they essentially ruin an offender's life, job and relationships.

This is a point fully acknowledged by Rory Stewart, who comments in his interview: “Bring somebody in [to prison] for three or four weeks and they lose their house, their job, their family, their reputation. They come here, they meet a lot of interesting characters to put it politely, and then you wop [sic] them out in the streets again.”

In 2016, the then Lord Chief Justice Thomas added a powerful voice to the campaign when he announced his support for community sentencing

**REDUCING  
PRISON  
NUMBERS**

**HOT  
TOPIC**

being used more commonly in place of custodial sentencing. At the time he told the Justice Select Committee at the House of Commons: "I think there's a lot more we should be doing to explore non-custodial options. The prison population is very, very high at the moment. Whether it will continue to rise is always difficult to tell but there are worries that it will."

#### What does the data say?

The Prison Reform Trust released their latest Bromley Briefing in Autumn 2018, revealing data on the performance of prisons. The results show that in the year to June 2018, 61,500 people were sent to prison. Of these, 70% had committed a non-violent offence and almost half were sentenced to serve six months or less. Prisoners who were sentenced to a custodial sentence were more likely to reoffend within 12 months than an offender given a community order or a suspended sentence.

The briefing also backs up Rory Stewart's argument that prisons can be dangerous places, where people can be negatively influenced rather than positively helped. For example 13% of men reported that they had developed drug problems since going into prison while nearly a quarter of men reported it was easy to obtain alcohol in prison.

There is also a significant economic impact of reoffending. The National Audit Office calculated that reoffending by recent ex-offenders is estimated to have an annual cost of £9.5-£13bn to the

UK economy. The office claims as much as three quarters of this can be attributed to former short-sentenced offenders – around £7-£10bn a year.

#### What does change look like in practice?

In practice, moving away from short-term prison sentences will mean offenders will have to be punished in different ways. There are two main ways to achieve this – either by imposing a community order or a suspended sentence on the offender concerned.

Suspended sentences are currently used by courts in the UK and work as a warning of actual jail time if the offender doesn't abide by certain conditions set by the court.

Community Orders are currently being trialled in Scotland as an alternative to short-term sentencing. In Scotland, a national body called Community Justice Scotland has been set up with a mandate to bring down offending rates. The organisation works to equip and inform Scottish Ministers about how to create a world-class solution to the problem of reoffending. By engaging with offenders in the community, they argue that they are able to reduce offending, repair harm inflicted by offenders and improve the lives of everyone.

#### What do the critics say?

Critics of the new measure are vocal in their support for short-term sentences. In a recent article, the Express newspaper

argued that short sharp shock tactics have proven themselves effective at reducing offending with some offenders. They quote former member of the Justice Select Committee, Philip Davis, who branded the idea of scrapping short-term sentences as "idiotic" and commented: "If you stop handing out short sentences it will give criminals a green light to keep on offending for the rest of their lives."

**"I THINK THERE'S A LOT MORE WE SHOULD BE DOING TO EXPLORE NON-CUSTODIAL OPTIONS."**  
FORMER LORD CHIEF JUSTICE

#### Is it actually possible?

Undeniably the legislative agenda of the House of Commons is currently dominated by the Brexit debate, so finding the time and space required to bring this new measure into effect is far from guaranteed. Even if the Ministry of Justice managed to bring the legislation which would be required to the attention of the house, it isn't clear if the bill would have the support it needed to pass.

Rob Allen, a respected commentator has cautioned the Government on their approach to the topic, noting that similar legislation put in place in Scotland to reduce the use of short-term

sentencing has only been partly effective at reducing this. In fact, he claims that the Scottish courts have imposed 3,500 short sentences on offenders despite the ruling. In 2016/17 this resulted in 28% of prison sentences being for periods of 3 months or less.

However, we see the move towards scrapping short-term sentences as a positive step towards cutting reoffending rates, which is a key problem within the Criminal Justice System. However, this is not a one-step fix for the problems facing the sector. Reoffending is effected by more variables than merely sentencing. Key issues such as accommodation, employment and other disadvantages carried into post-prison life have a profound effect on whether ex-offenders reoffend or not.

Langley works to address these concerns by providing accommodation, further education and support with attaining voluntary and employed positions in the community. We have found putting these measures in place has a really healthy impact on not just the clients' future prospects overall, but also their chance of reoffending. Langley has a reconviction rate of under 3% for clients in our accommodation.

The national average reoffending rates according to the Bromley Briefings is 48% (64% for those imprisoned short-term).

Whether the Ministry of Justice can pass this measure or not, it is very encouraging for a sector to see the Ministry taking action on reoffending rates. Going into the future, we believe it is essential for the Government to further act on offending rates by improving housing, support and employability options for ex-offenders.

**REDUCING PRISON NUMBERS**

**HOT TOPIC**

# LANGLEY SERVICES

WHAT WE DO TO MAKE A BIG DIFFERENCE

"It is said that no-one truly knows a nation until one has been inside its jails. A nation should not be judged by how it treats its highest citizens, but its lowest ones."

**Nelson Mandela**



Photo: @tomblackout

## **LANGLEY'S WORK IN PRISONS: THE JOURNEY SO FAR**

Langley has been working in prisons for the last six years, ever since we merged with Kainos Community in 2013.

Since then, we have delivered Challenge to Change - a groundbreaking offending behaviour and post-release mentoring programme - to hundreds of men across a total of five prisons. The programme is built on the biblical principles of forgiveness, restoration and accountability. It has proven results for reducing reoffending and the number of incidents in prison (including violent incidents).

In 2015, we were successfully sub-contracted to deliver the Ixion project (see project feature on page 12).

Through this, we provide specialist advice in prisons across the South East and West Midlands, helping men to address housing, debt and finance issues as well as how to reintegrate into the community for long-sentenced prisoners.

## **PLANS FOR THE FUTURE**

We want to expand our prison work and establish both Challenge to Change and our advice service in new prisons across the country. One of our aspirations has been to have a Langley in every town - we would equally love to have a Challenge to Change in every prison! The reason is simple:

*"When I'm asked what I have got from Challenge to Change I tell people that I have got my life back, that I have got a future."*

# PROJECT FEATURE

## PRISON PROJECT

Langley's Ixion project started in 2015 and provides targeted advice to men in prison on housing issues, debt, finance and reintegration for long-sentenced prisoners. It operates across the South East and West Midlands, covering 17 different prisons and providing advice to around 150 men each year.

The Ixion project is a lifeline to men in prison who are at risk of losing their tenancy or home, struggling with paying off debts, facing financial issues (which often just get worse during prison) or feeling completely uncertain about how to face the outside world after serving a long prison sentence. The service also provides advice to men after they have been released into the community.

The compassion and grace of our advisors helps prisoners feel listened to, cared for and supported during some of the most difficult periods in their lives. The service has been vital in helping men to keep their home whilst they are in custody and do whatever it takes to make sure they have a roof over their head on release.

The advice service takes place against the backdrop of an overcrowded prison system, low staff numbers and fewer resources to help prisoners prepare for release. Many of the men we work with have faced multiple issues, including addictions, mental health, financial difficulties and debt problems. It's no walk in the park but the staff are determined to help each person who accesses the service.

The project will run until at least 2020. It was commissioned in 2015 through joint Ministry of Justice and European funding (so we are hoping that this will last post-Brexit!)

IXION  
PROJECT

**CLIENT GB** "I cannot fault this company, especially Mary [staff member]. My Debt Relief Order went through seamlessly.

"Mary was a great help throughout [the] whole process. Mary is an asset to this company and is passionate about her work. Thanks to all involved, especially Mary."

CLIENT  
QUOTE



Photo: @jelly2much

**John\*** John had tax debts running into the thousands due to being incorrectly classified as self-employed. He had a history of substance abuse and was under the influence of drugs when his crimes were committed.

He had tried to resolve his debt issues independently but had been unsuccessful. He accessed the Ixion project to resolve his debts as he had been threatened with court action. We worked with him to build an appeal case and supported him with his budgeting skills to help him when released into the community. He also completed several courses for drugs and training courses whilst in prison. The appeal was successful and he ended up receiving a tax refund. Since being released, he has secured employment and is planning to find a home for himself and his partner. He has stated that he is very happy with the support he received from the Ixion project and believes it has been instrumental in helping him to make a fresh start.

\*name and photo changed to protect identity

*I cannot fault  
[Langley]... Thanks  
to all involved.*

LANGLEY & KAINOS

# FRIENDS

## CHRISTMAS APPEAL UPDATE: BIG GIVE

Thank you to everyone who donated towards our Christmas Appeal via The Big Give last year. We achieved an amazing £20,714. A very BIG THANK YOU to you all for donating and to Garfield Weston who kindly match funded all the donations received via the campaign.

## SPREAD THE WORD & TIME FOR TEA FUNDRAISING PACK

We have some great resources available for churches, groups and businesses to share about what we do here at Langley and Kainos. Do you have a church near you that would like to know more about us? Or a group who would welcome a speaker and hearing about the changed lives of ex-offenders?

Equally, do you fancy getting together with some friends to have a Langley 'Time for Tea' party and enjoy a fun afternoon while raising money for a life-changing cause?

Contact us today for your free Time for Tea fundraising pack - we would love to hear from you.

## CALLING ALL LANGLEY FRIENDS

Have you considered becoming a regular giver? Sign up online to give £10 a month or more and change the lives of ex-offenders, helping them to reintegrate into society, live crime-free and thrive. Contact us for more information or sign up online:

[www.langleyhoustrust.org](http://www.langleyhoustrust.org)

## VOLUNTEERING - COME AND JOIN THE TEAM!

If you have some time to spare and some skills to share, we would love to hear from you. We have volunteering opportunities up and down the country and are always in need of committed, motivated volunteers who can support our clients and staff teams.

Please contact Paula Smithson, Volunteering Manager, if you would like to find out more:

**07734 147314 | [volunteermanager@langleyhoustrust.org](mailto:volunteermanager@langleyhoustrust.org)**



## UPCOMING EVENTS

### BIG CHURCH DAY OUT

Come and join us at Big Church Day Out in May 2019! We will be on a stand throughout the bank holiday weekend. If you're attending, come and say 'hi'.

**Date:** 25th – 26th May 2019

**Venue:** Wiston House, West Sussex

**[www.bigchurchdayout.com](http://www.bigchurchdayout.com)**

### EASTER IS COMING

Our Easter Appeal will be sent out separately this year. We hope you have a lovely Easter and enjoy the coming spring.

### THANKSGIVING SERVICE

You are invited to our thanksgiving service to give thanks for our work and our Kent projects (The Shrubbery and the Kent Resettlement Project).

**Date:** Thursday 14th March 2019

**Time:** 7pm – 8.30pm followed by refreshments

**Venue:** Gillingham United Reform Church, Balmoral Road, Gillingham, Kent, ME7 4PU



Please contact us (including if you want to opt out from any of our communications)

Tel: 02476 619703 option 9 | Email: [fundraising@langleyhoustrust.org](mailto:fundraising@langleyhoustrust.org)

# NEWS & EVENTS

*"...I am crime-free for the first time in five years."*

## CLIENT SATISFACTION SURVEY RESULTS

We are delighted that our latest client satisfaction survey shows that 90% of our clients would recommend our services to others!

The client satisfaction survey took place in late 2018 and received 278 responses - the second highest response rate in the last five years.

Clients were asked for their thoughts on whether the Trust's services helped them to reduce their reoffending, as well as their views on their relationship with staff and the quality of their housing.

76% of clients said that the Trust was helping them to address their offending behaviour. 84% said that keyworking sessions were having a positive impact on their lives. 91% said they were pleased with the quality of their room when they moved in.

*One of the clients surveyed said: "Langley has helped me to stop offending, provided stability and support and I am crime-free for the first time in five years."*

Speaking about the results, CEO Tracy Wild said: "It is a great achievement to

see such positive feedback from our client satisfaction survey. Our clients' viewpoint on the support they receive is really the most important quality marker that we can have."

## KAINOS COMMUNITY RETAINS ENABLING ENVIRONMENTS AWARD

Kainos Community has secured an Enabling Environments award for the full three years.

Enabling Environments is about organisations creating and sustaining a positive and effective social environment that benefits clients and staff.

Kainos initially won the accreditation in 2017 for the Langdale prison wing (HMP Haverigg) where Challenge to Change is run. They were recognised for their "outstanding" work in creating an environment where positive relationships flourish.

After Kainos submitted its interim report, Enabling Environments decided to maintain their accreditation for the full three years rather than having to re-assess Kainos.

Tracy Wild, CEO commented: "The Kainos team works really hard to make participants feel at home on Challenge

to Change and create an environment that helps participants to engage with the programme. I am delighted that they have secured the Enabling Environments award for the full three years as a result.

## MORE PRISONERS BEING RELEASED HOMELESS

Figures released in 2018 reveal that more prisoners are being released homeless.

There was a steep increase in men and women being released homeless from prison, with a rise from 37 individuals (quarter beginning 1st October 2016) to 813 individuals (quarter beginning 1st April 2018). Part of the reason for the significant increase is that the Ministry of Justice has much more information now about where released prisoners are living.

The rise in prison leavers sleeping rough reflects the stark increase in homelessness across the country. Shelter (a national homeless charity) has estimated that at least 320,000 people are sleeping rough in Britain.

Tracy Wild, CEO stated: "It is disheartening to see the increase in the number of people leaving prison homeless. Housing is vital for rehabilitation. The risk is just too high for someone to reoffend if they leave prison without a home to go to."



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# PAUSE

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Everyone needs a place to call home. Home provides more than shelter and safety. It is a place where we belong, a place where we matter, a place where others want the best for us, where others care about us and we, in turn, care about others.

Langley House Trust seeks to provide a home for our clients, some of whom have never experienced the benefits of a place to live and belong. We do this both in the community and in our residential prison programme.

We are interested in the client as a person – we want to see the best for them and we care for their individual needs. This in itself can be life-changing. Our clients often say in describing their time with us: "For the first time someone believed in me", "I began to believe in myself".

Home is a big thing and those of us who have been fortunate enough to benefit from living in a stable home probably rarely even think about the importance of it, not realising the security and strength we draw from this.

In Isaiah 32:8 there is a great description of home and how a peaceful secure home is essential to our overall wellbeing: "My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest."

Without your support and the work of our staff and volunteers we would not be able to provide safe secure homes to our 500 plus clients at any one time, so thank you.

**"Home is where one starts from."** T.S. Eliot



Tracy Wild, CEO, Langley House Trust



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# GIVE

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# TIME

# TALENT

# TREASURE

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 Fundraising:

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

02476 587361

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



Regardless of a person's history, our passion is to change every life for the better, working with people of all faiths and none.

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.

Langley House Trust's Kainos Community transforms lives through Challenge to Change, a pioneering prison wing community and post-release mentoring programme.

**LANGLEY HOUSE TRUST**  
HELPING PEOPLE TO LIVE CRIME-FREE LIVES

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