



Restorative Prisons

Reflections on
Practice

Volume 2

By Remedi: Restorative Services

Restorative Prisons

A Collection of Case Studies and Reflections
on Practice : Prison Based Services

By **REMEDI: Restorative Services**

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The purpose of this publication is to gather together reflections drawn from our team of Restorative Practitioners across the UK. Reproduction of any of the contents by documented permission only

Remedi

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**“I wish I’d had chance
to do this in my teens. I
might not have ended
up here. It changes your
thinking”**

Robert serving 4yrs

LOCATION: HMP Lowdham Grange

A service user at HMP Lowdham Grange completed an initial assessment which highlighted issues around debt. The assessment also identified anger and communication issues. A needs assessment has been undertaken in order to support the service user.

Brief Outline of the work undertaken:

Work is ongoing and will continue to include sessions around; communication skills, triggers and expressing emotion, all of a restorative nature. This service user is willing to engage fully in this process to in order to address the needs identified.

This individual was open and honest when completing the assessment around his current issues. The service user struggles to communicate his needs therefore support sessions will incorporate the numerous tools and resources available to us in order to discuss and explore the impact of his behaviours and choices on himself and others.

PRACTIONER/S: Hollie Orton

LOCATION: HMP Lowdham Grange

I have provided mentoring support to a prisoner at HMP Lowdham Grange over a number of weeks.

Brief Outline of the work undertaken:

An initial assessment and support plan has been completed in collaboration with the prisoner, as well as several support sessions. The support sessions have focused on improving his well-being and maintaining a positive attitude.

The service user has engaged positively with the mentoring support offered by Illicit Economy practitioners, he has been able to reflect upon his progress made in Prison and identify his goals whilst in prison and eventually when released. He advised that our weekly contact and sessions are contributing towards his increased motivation to make the positive changes he needs to avoid getting into trouble and instead progress through the Prison system.

PRACTIONER/S: Becky Baumber

LOCATION: HMP Lowdham Grange

Remedi Practitioners worked with this prisoner due to threats and being disrespectful to staff. Gang involvement and links to bullying. Difficulties in following the regime and gaining employment.

This individual completed Changing Thinking Ending Violence (CTEV). This was delivered and facilitated on a one to one basis rather than in a usual group setting.

The prisoner was selected for the CTEV group, but after a couple of sessions this individual was de-selected due to his poor behaviour. He was continuously disrupting sessions which impacted the whole group.

I did a one to one session with this individual and he disclosed the real reason for his poor behaviour. This individual said “I don’t understand what you are talking about in group. I struggle with this and can’t hardly read or write.” Please give me another chance”. So, we did.

I contacted the psychology team and they carried out a Visual, Auditory and Kinaesthetic assessment (VAK). From the results of this assessment, I then adapted his chosen themes to deliver CTEV. I used “Mindfulness” and engaged him with visual activities such as throwing the ball in the bucket to represent his responses. I used pictures so that he could tell his story and share his experiences.

This individual went on to graduate the CTEV programme. He is in full time employment and has earned a trusted position on his wing. He is learning to read and is ready to take his level 2 in English and Math.

PRACTIONER/S: Julie Ashmore

LOCATION: HMP Doncaster

The prisoner was sentenced for possession of drugs with intent to supply. The offence took place in Wigan, Greater Manchester.

I initially conducted an assessment with the prisoner for restorative justice and then a further assessment for the restorative choices programme. Due to Covid-19 the programme is currently suspended however I continue to conduct weekly welfare checks with the prisoner.

As lockdown has restricted our ability to deliver face to face work with offenders, we as practitioners based in the prison have had to adapt and develop ways in which we can still deliver and engage the men in our services. I feel the early work on assessments and rapport building which I have conducted with this particular offender has been a good demonstration of how remedial work 'with' people. This offender has never been in custody prior and has many anxieties and concerns for his time in here. Having picked this up in the assessments carried out I have been able to go over and beyond for the offender in working with him to encourage and support him in accessing information in the prison. During the early days of his sentence the prisoner felt as though he was not been given certain things in an appropriate timescale such as bars of soap and the phone pin which he required to call his family. Having spoken to wing staff who explained they would see to these issues I continued to encourage the prisoner to speak to buddies and wing reps to raise any other issues in the future and get them rectified. In essence, although following the assessment for our programme this man is now waiting until we can begin, the idea to keep in contact and support the male has led to him feeling happier on the wing and providing feedback such as "you have done more for me in these two weeks than any guard on the wing". I am happy that even with the limitations on service delivery we can still support and empower people.

PRACTITIONER/S: Christine Dalikeni

LOCATION: HMP Doncaster

Burglary x2, attempted burglary x1. X4 victims, only 2 (couple) wishing to engage in RJ.

Completed RCP, referred for RJ to S.Yorkshire team as MO. Worked alongside community practitioner to progress the case contacting all victims and I support the offender. Supported offender with RJ preparation and setting boundaries i.e. likelihood not going to direct, but indirect can progress. Supported with letter writing and communication.

All victims contacted, one couple wished to engage, deciding they would be happy to receive a letter, but could be a chance they would not respond. I supported the offender updating them that someone wanted communication and prepared them that they may not have a response in letter form, but should be able to update them that the victims received the letter. The victims had questions they wanted answering, I supported the offender with this, helping them to understand the questions and their meaning. The offender wanted to write the letter in stages and me to review with them. The letter was done in two parts, one rough and one final. I was asked to write an offender statement to show the victims to describe the type of person I have worked with in custody. I completed this and sent to the community practitioner. The offender is overwhelmed that someone wanted to hear from them and very emotional, their behaviour suggested true remorse, gratitude, along with shock that someone was willing to hear from the person who had done them harm. They could not believe the victims asked of their welfare and enquired how the offender was doing. Ongoing case.

PRACTITIONER/S: Phillippa Norton.

LOCATION: HMP Humberside

Offence was wounding with intent over 10 years ago; victim was violently attacked by teenage offender, leaving him in a coma and with long term injuries. Offender is IPP sentenced and has been released and recalled twice previously and has upcoming parole hearing where professionals are again recommending release.

Offender requested RJ after hearing about it from another prisoner. He was told he would have to wait until after his parole hearing to avoid misinterpretation of his motivation, however a couple of months later the victim also requested RJ and indirect work via letter was able to be facilitated.

The timing that allowed both parties to engage; RJ being requested at almost the same time by both parties for an offence 10+ years ago and the offender being able to access the correct service. He had asked previously about writing to the victim but not been referred to the correct service or what he had written wasn't appropriate as he had not had the level of support needed as he had not been able to engage with an RJ service.

Offender has autism and struggles to know how others feel. This initially meant he spent several years not concerned with the victim/impact, and then it had affected him when trying to complete victim work. He required a lot of support to discuss what he wanted to say, then to find the most suitable words as he was concerned with how he came across. This took several sessions but he successfully answered the victim's questions, gave his account of the offence and spoke about the work he had done in prison and described his attempts to understand the victim's thoughts/impact.

This was also partnership working during Covid lockdown as the community service was not Remedi and the case was on hold, but was able to be facilitated.

PRACTIONER/S: Natasha Lacey



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“I have been in and out of prison for the last 25 years. This RJ thing was the hardest thing I’ve ever done”

Tony

LOCATION: HMP Lowdham Grange

A service user at HMP Lowdham Grange was referred by the prison as he requested support from the Remedi team. The service user completed an initial assessment that highlighted previous debt issues which he required support with to prevent further debt.

A support plan has been completed and includes work focusing on debt, consequences of debt, wider issues/challenges and work around triggers. The service user is fully engaging in support as he wants to learn how to avoid getting into debt and debt related issues in the future.

I feel the service user has been open and honest about his previous debt and the issues/challenges. The service user is willing to engage fully in becoming more aware of the impacts debt can have and how to prevent getting into debt in the future. The service user was aware and recognises his emotions and feelings during and after being in debt which is very positive in moving forward. The service user has given positive feedback so far around the support sessions received and has recognised some of the challenges for him that are faced in relation to debt such as boredom and drugs which are triggers that the service user has recognised. I feel that in a short space of time the service user has showed a positive attitude towards moving forward from the previous debt issues and the issues around this.

PRACTIONER/S: Hollie Orton

LOCATION: HMP Lowdham Grange

Mentoring support was provided to a service user at HMP Lowdham Grange, over a number of weeks.

An initial assessment and support plan was completed in collaboration with the service user as well as six support sessions. The support sessions focused on improving his well-being.

The service user engaged positively with the mentoring support offered by illicit economy practitioners. He has been able to reflect upon his progress while in Prison. He advised that he has recently struggled with his mental health due to his Cat C refusal and he began to isolate and let his health deteriorate. He states that our regular contact has provided him with the opportunity to off load his thoughts and feelings, look at his problems from different perspectives and helped give him the motivation to reconnect with his family, which he did and was pleased to. He reflected that he is in a more positive and healthier place now than he was several months ago.

PRACTIONER/S: Becky Baumber

LOCATION: HMP Lowdham Grange

An individual was referred to Remedi after multiple acts of violence and damage to his cell and other prison property.

Completed the CTEV and Restorative Justice with his offender supervisor. A lot of 1:1 work was completed around Restorative Justice and impacts that his behaviours has on others. Took a keen interest in Restorative Justice with officers he had impacted negatively. This individual worked a lot on his communication skills.

This individual was keen to work on communication and his anger. A lot of work was completed on his Key Relations.

Over the course of the entire process from his referral to graduation this individual worked very hard and it was apparent that he wanted to change his negative behaviours. Feedback was: "I'm so tired of this, feeling negative all the time, I want to feel normal".

PRACTIONER/S: Julie Ashmore

LOCATION: HMP Doncaster

Burglary with intent to steal. The victim was an elderly lady who came home to find the offenders blood on her window and bed. The offender claims there was no intent to steal and he was hiding after being stabbed in the hand and chased but did plead guilty as he did not want to elderly lady to have to go to trial.

This offender was assessed for RCP and was extremely keen on completing RJ. The victim is yet to be contacted and I have explained to O that the case may not go ahead. We have been working together to address his feelings as they are very intense around this particular case, we have been having weekly contact.

This offender in particular is very intense and has suffered lots of child hood trauma and been in and out of the justice system since the age of 12. He states that out of all his offences this is the one which has really affected him. I have explained the case may not go ahead but there is still lots of restorative work we can do together. He has completed our RJ awareness pack with support over the phone; we have completed tasks around positive relationships and discussed the wider impacts of crime. We are currently writing a letter about how he feels about the offence and how he plans to move forward, he says that even if the letter doesn't go to the victim it has really helped him. The offender stated that he has done lots of victim awareness work in prisons over the years but he has never had anyone actually sit and listen or actually talk about him directly. He stated that the worker normally can't wait to leave or he notices them just looking at their watch, he said he knows we are speaking over the phone but he knows for a fact I am not looking at my watch. This has been one of the most rewarding pieces of work yet, getting such a positive response from this offender is brilliant! Hopefully we can end with an in-direct!

PRACTIONER/S: Rebecca Fairfax



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“I have shut off how much pain I caused because I was ashamed by it. I took part in this because I needed to confront it if I’m ever going to try and put my life back together”

Harry, Assault

Thank you to all of our colleagues and service users

