

# WORKSHEET: SESSION THREE



## The 'National Bank of Virtue'

**Discuss this question as a group for five minutes: Is the 'National Virtue Bank' in surplus or deficit? Why?**

## Unlocking the second prison

**As a group, have a conversation that begins to answer the following question: how can we help to unlock the second prison? *'People transform themselves, we either facilitate it or hinder it.'* What do you think about this statement? How can faith communities help or hinder personal transformation? What are the strengths we possess as a community to help unlock the second prison?**

## Transforming Rehabilitation as explained to prisoners

This information is taken from a poster provided to prisoners across the prison estate from the National Offender Management Service.

- 1) We have created a nationwide network of **Resettlement Prisons**. You will be transferred to the Resettlement prison in your home area before release (if you are not already in it.)
- 2) When you come into prison, an offender supervisor will complete part 1 of the new **Basic Custody Screening Tool (BCST)** with you. This will help to identify your needs for when you are released.
- 3) The local **Community Rehabilitation Company (CRC)** will then complete part 2 of the BCST. This will help to create an individual resettlement plan for you.
- 4) In the last 12 weeks before you are released, the CRC will help you to **prepare for after release**
- 5) Before release, CRC's will:
  - 1) Help you to find a somewhere to live and a job (if you need it).
  - 2) Offer advice on money and debt.
  - 3) Offer help and advice for sex workers and victims of domestic violence.
- 6) CRC's will provide these services from 01 May 2015.

## How can faith communities get involved?

Consider these pathways and imagine how you can support and even add value to these themes in your local area.

### Accommodation and support

Idea: perhaps your faith community could help make a house a home. How might you do that?

Next action: find out if there are any housing organisations working with people leaving prison in your area who are open to and would benefit from the input of volunteers. For example, Shelter.

### Education, training and employment

Idea: perhaps your faith community could listen to someone read, help fill out a tricky form or travel with someone on public transport for the first week of a new job to help make the unfamiliar familiar.

Next action: find out if there are any education providers working with people leaving prison in your area who are open to and would benefit from the input of volunteers. For example, a basic literacy or numeracy skills centre.

### Health

Idea: perhaps you could provide a positive, stable and understanding community for someone with mental or physical health issues. Maybe you could invite someone to get involved in any sporting activities your community is involved in - football training or a walking group. Perhaps you could put together a healthy, nutritional and cost saving meal planner with someone and teach them how to prepare each meal.

Next action: find out if there are any health care providers working with people leaving prison in your area who are open to and would benefit from the input of volunteers. For example, mental health charities or disability support.

### Drugs and alcohol

Idea: perhaps your faith community could provide a positive experience which is not alcohol and drug dependent by providing alternative activities to participate in.

Next action: find out if there are any substance misuse organisations working with people leaving prison in your area who might benefit from using your building. For example, Narcotics Anonymous or Alcoholics Anonymous.

## **Finance, benefits and debt**

**Idea:** perhaps your faith community could help someone to budget or provide activities that are low cost.

**Next action:** find out if there are any organisations supporting people with debt issues who are open to and would benefit from the input of volunteers. For example, credit unions.

## **Children and families**

**Idea:** whilst in prison, perhaps your faith community could offer lifts to family members so that they can sustain their relationships whilst in prison. Of course, offering a lift is just the start of other creative ways in which faith communities can support families.

**Next action:** find out if there are any organisations supporting families in difficulty who are open to and would benefit from the input of volunteers. For example, parenting courses.

## **Attitudes, thinking and behaviour**

**Idea:** perhaps your faith community could provide a positive social environment which provides new attitudes, ways of thinking and behaving.

**Next action:** find out if there are any organisations that provides mentoring for people leaving prison in your area who are open to and would benefit from the input of volunteers. For example community chaplaincy organisations.

## **Imagine it through exercise**

Imagine that someone is just about to leave prison and after looking through The Welcome Directory with a prison chaplain they have identified your faith community as somewhere to visit upon release. After they have been released they step through your doors and hopefully meet a Welcome Directory Champion, someone they might have already met or had contact with. What now? How are they going to become a part of your community? How easy is this going to be? Imagine it through from the point of view of the person leaving prison and also from the perspective of the community and see what you discover.

**You might want to encourage some role play if the group agrees that this is helpful.**

## When you think about prison what goes through your mind?

Spend up to five minutes responding to the following question. You might want to write words, draw pictures, doodle or create a mind map to mark your where you are now.

Whatever is meaningful to you, use the time and space to record where you are at now.

**When you hear the word “prison” or “prisoner” what thoughts, words, pictures or phrases come to mind?**

**If you are able, discuss your responses with the group. *What has changed in you during these three sessions?***

## Thank you

Thank you for participating in the Welcome Directory awareness raising sessions. We hope that they have offered you good information, inspiring stories, powerful experiences and a challenge that will transform both you and your faith community.

**Please remember to register  
your faith community!**