

Frontline Lifeline: Our Exceptional Delivery Model for Prison & Probation

What

- Physical wellbeing: Routines and practice for self-care, physical capacity and function
- Mental Health: Returning to work, coping strategies and thinking clearly under pressure
- Emotional Resilience: Sense of mission, connection and pacing for a long haul
- Grief & Loss: Adjusting to abrupt loss/change without explanation and preparing to grieve
- Leadership: Asking for help, looking ahead and bringing people with you

How

Remote In-Person Outside-Inside At-Distance 1:1 Small Group Short Duration

Who

- Service Users
- Staff
- Families
- Senior & Team Leaders

Popular Packages

ONE MONTH LEADERSHIP LIFELINE

Week 2 & 4: 2hr Peer Group Coaching Call on Zoom for 3-5 people at a time

THREE WEEK FRONTLINE LIFELINE

Week 1 & 2

One Day On-Site with seven small groups at-distance 7 x 45mins as 1:5 ratio = 35 people

Week 3

Senior/Team Leaders 1-4 x 2hr Peer Group Coaching Calls on Zoom for 3-5 people/call = 12-20 leaders

SIX WEEK FRONTLINE LIFELINE

Week 1-2-4-5

One Day On-Site with seven small groups at-distance 7 x 45mins as 1:5 ratio = 35 people

Week 3 & 6

Senior/Team Leaders 1-4 x 2hr Peer Coaching Calls for 3-5 people at a time on Zoom = 12-20 people

Variations

- Retain or rotate your people through your *Lifeline*
- Remote-online only
- Reach people in prison by Purple Visits
- Ask for a bespoke combination to suit your need

*Price on application or we can design a bespoke combination to fit your budget
Price includes preparation, delivery and expenses*

Covid19-Safe

We will work with you to ensure that our delivery is consistent with your Recovery Plan, Exceptional Delivery Model, Risk Assessment and industry and government guidelines.

RFYLCIC In Action

Summaries enclosed of current work with prison governors and pre-lockdown work with service users.

RFYLCIC In Action: Supporting Prison Governors Out Of Covid-19

What This Is

Leadership Lifeline is our Covid-19 support package that uses Zoom to re-connect peers and give them structured time and space to think clearly and collectively about the challenges ahead.

Three invited leaders at a time take part in a structured group coaching call on Zoom 2 hours long that is led by Andy Mouncey Founder RFYLCIC and a member of the RFYL Advisory Group.

The process is unique has been designed by RFYL to be deliberately different to that which governors experience in-house, and specifically to help them lead a transition through and beyond the challenge of Covid-19 Response and into Recovery.

Scope Of Work

We started working with 3 governors in May. In July that grew to 8 and in Sept we added another 2.

What They Say It Is

Inspiring
Insightful
Thought provoking
Encouraging
Enjoyable
Heartening
Refreshing
Energizing
Stimulating
Engaging
Helpful
Focused
Safe
Cathartic
Reassuring

What They Say They Enjoy

Taking time out for me
Listening and learning from others
Being totally engaged
The ideas and feedback
The enthusiasm
Fresh stories
Different perspectives
Sharing and support

'It blew me away to be honest...'
'I feel privileged to have been asked.'

RFYLCIC In Action: A Fitness-First Model for Rehabilitation

This is a unique 24hour intensive programme over 2.5 consecutive days for people in prison – staff and those serving sentences - who are stuck in a cycle of disengagement, addiction or violence and for those who are about to start their sentence or a new stage of their rehabilitation or role.

Participants stay together and complete the 24hrs as one group: 10hrs Day 1, 8hrs Day 2, 6 hrs Day 3. It is designed and delivered by Andy Mouncey Founder, RFYLCIC.

Proof Of Concept: HMP Stafford March 2019 (one program)

Key People: Craig Wildman Residential Manager, Gavin Kelly PEI Lead

First Delivery: HMP Wymott Therapeutic Community Dec 2019-Feb 2020 (three programs)

Key People: Dave Coppack Head Of Reducing Reoffending, Ian Grimshaw PEI Lead

It uses the principles and practice of Physically Active Learning, endurance-based thinking skills and an integrated programming model across the prison regime for a fitness-first approach to rehabilitation.

This means that participants have the motivation, skills and support they need to break out of a destructive cycle and make the most of their time inside so that they stay outside as a force for good on release.

- Safer Sustainable Rehabilitation: Putting fitness first and programming for Physically Active Learning produces quick, direct mental health benefits so that prison is a safer place and rehabilitation is faster, broader, more cost-effective and sustainable.
- Emotional Resilience can be taught and this is a model for how you teach and test it in prison by using PAL and endurance-based activity and thinking skills.
- Team-ship: A shared challenging experience promotes empathy, reduces conflict, and brings people closer together in a mutual support system with an enhanced sense of mission that helps keep them on track with less supervision.
- Coping Strategies: Long term success – achieving goals by persevering and learning through setbacks, managing mood and playing by the rules – is a process that can be taught. This is a model for how you teach and test it in a no-tech limited space environment.
- Engagement: Learning is made easier for this population when done out of a traditional classroom and after physical exercise.
- There is a direct link between Eating for Health & Energy, being-well and engaging with the prison regime.

What They Said

Emotional-exhausting-fun Teambuilding-challenging Outstanding Exhilarating-inspiring

I'm glad I've done it. The last 3 days I've been standing tall. It took a lot to do it but it's been really good for my physical and mental health.

I'll take a different perspective on things for now on – with an open mind not constantly challenging. I'll go back to my job with more confidence: I AM making a difference (Staff)

I am already active and go to the gym but I now realize I've never really pushed myself. As a Key Worker I now KNOW that physical activity every day makes such a difference to you all so I will push you to make sure you are doing it (Staff)