



RFYL24: What This Is

This is a unique 24 hour 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.

It is designed and delivered by Andy Mouncey Founder, RFYL Community Interest Company.

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.

The programme is designed so that a prison can gather evidence on six specific outcomes and develop good practice linked to this Theory Of Change:

- 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 days makes such a difference to you all so I will push you to make sure you are doing it (Staff)