



NEW LIFE

Prepare for your future

Empower yourself
for release

This pack has been co-produced by people with lived experience who understand the common challenges and questions surrounding your release.

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Introduction

“Resettlement” is the word the Prison and Probation Service uses to describe your transition out of prisons and your first weeks back in the community.

This resettlement pack has been written with the help of people who have left prison, to make sure the advice and guidance is helpful to you as you prepare yourself for life back in the community.

Whatever your previous experience of Probation, it’s important to try and build a positive relationship with your Probation worker, they are there to help you access support services. If you need support working through this pack, speak to your **Probation Worker, Prison Key Worker or Prison Offender Manager**. If there are **Peer Advisors** in your prison, they may also be able to support you.

“I had so many questions leaving prison, didn’t know where to start. Had this pack been there for me, it would have helped me think about my next steps in a much more sensible way. Some people need all the help they can get leaving prison, that’s why, as a former prisoner, I was keen to get involved in writing this pack. As someone who’s been through it, the best advice I can give anyone is to give it a read – and take the bits that can help you.”

What to expect on the day of your release from the Prison

“It can be a bumpy ride leaving prison, getting here, there and everywhere. I tell you, even though I was looking forward to my release, the first couple of weeks were a challenge. I’ve got to give it to OMU and that, they helped me where they could and when they couldn’t they gave me numbers of agencies that could.”

- You will meet with your Probation Worker unless otherwise specifically agreed with your Probation Worker.
- Other appointments on your day of release or within the first week may include.
 - GP – to continue treatment or complete registration
 - Drug worker – to continue support
 - Mental health worker
 - Housing office for assessment for Local Authority Housing
 - Job Centre Plus and/or DWP to start a claim
 - Social services – for adult social care
 - Housing provider – to view tenancies or sign agreements
 - Women’s Centre
 - Voluntary agencies
- You may be eligible to receive a one-off payment of £76, known as a Subsistence Payment.
- If you are using public transport you should also be provided with a travel warrant back to your home area.
- If you need somewhere to stay for your first night after release, speak to your Probation Worker about the possibility of a discretionary payment being made on your behalf. This is a one-off payment of £50 which can be paid to an accommodation provider, at the discretion of the Prison Governor. The payment can only be made to a legitimate accommodation provider and cannot be paid to friends or family who may be able to provide a room.

- If you don't have stable accommodation on release, you may be able to go into temporary housing for up to 12 weeks. This scheme is called 'Community Accommodation Service – Tier 3' and your Probation worker can provide you with more details and let you know if it is available in your region and you qualify for the scheme.

Working with the Probation Service following your release from custody

Once you are released on licence you will have regular meetings with your probation worker. This will usually happen at your local probation office, and may also include home visits or, telephone appointments or video calls if you are in a Probation Approved Premises.

Your first appointment with Probation following release

You will be asked to sign an agreement between you and Probation, the agreement sets out your rights and what you can expect from your probation worker including support and help whilst you are being supervised in the community. The agreement also sets out your responsibilities and your Probation Worker will discuss and agree with you, the following:

- the conditions of your licence, expected behaviours and what happens if you do not abide by these.
- the dates, times, and places of future meetings.
- any appointments you must go to, for example training courses or other interventions.

Your Sentence Plan

In the first few weeks, you and your probation worker will work together to develop your 'sentence plan'. This sentence plan will shape what you work on, who with and when, including other agencies who can work with you.

Remember, your Probation Worker is there to help you.

- If you can't make an appointment for any reason, contact the probation office directly as soon as you can as in some circumstances it may be possible to re-arrange your appointment time.
- If you are unable to attend the appointment, be ready to demonstrate the reason at your next appointment, this may include providing evidence. Your Probation Worker will then be able to decide whether your absence is acceptable.
- If you are having problems keeping your appointments, speak to your probation worker. They may be able to agree to avoid certain times or days if you have other commitments such as a carer or regular health appointments.

Any barriers to you keeping to your licence can be overcome if you talk about them and agree a way to comply.





Accommodation

Finding somewhere to live

A safe and secure place to live is likely to be one of the first things you need. You might have had to give up a tenancy or the arrangements you had with friends or family might have changed.

If you think you might not have somewhere to live on release or feel unsafe in your previous accommodation, it is important that you tell your Probation Worker as soon as possible so that they can explore accommodation options with you. This could include an assessment to consider options for you, including referral for a homelessness application with a local authority and, if needed, a Social Care assessment.

“Through being honest and trusting someone, the right referrals to supported housing were made, these were not the solutions I was looking for at the time of my release from prison but looking back now I know this was exactly what I needed.”

Local Authority Housing

If you are eligible for assistance, homeless or threatened with homelessness, housing authorities have duties to try and prevent or relieve your homelessness if you apply for help.

In some cases, temporary accommodation might be offered to you. **It's important to talk to your Probation Worker about your individual circumstances.**

If you have experienced domestic abuse or feel scared to return to somewhere you lived before, you have the right to ask any council for housing help. You do not have to return to a place where you are not safe. Your Probation Worker will support you to look at all the available options.

If your children were living with you before prison and might move back with you, they need to be included in your housing applications.

At first, a council's housing department may make accommodation decisions based solely on your own living situation. This might mean it will not be possible to have your children living with you straight away. Letting key people know about your children and that you want them to live with you means there is a better chance of services working together to achieve that. Be aware, it takes time for everyone to work together to make sure any housing is appropriate and safe for you and your children.

If you can't get Local Authority housing – there are other options available to you.

The Housing Authority will give you guidance and try to support you to find alternative accommodation and your Probation Worker will support your referral to other accommodation agencies.

Applying for privately rented accommodation could also be an option depending on your personal circumstances.

If you rent or own a property and have continued to pay your rent or mortgage whilst in custody, then it may be time to look at how these can continue once you are released.

Support for Care Experienced

There is a duty for local authorities to provide care experienced leavers up to 25 years of age with a Personal Advisor (PA). Their role is to provide support and backing to the young person based upon their individual needs. This includes support to obtain accommodation.

Personal Advisors can be accessed in prison and can visit every 8 weeks. If someone is under 25 and able to receive support this will continue when they return to the community.



Your Personal Advisor should stay in regular contact, and support you with accessing education, training, and employment. They will provide advice on things like housing, money, health, relationships, and wellbeing.

If you were in care and are still under 21 years of age, you should be offered temporary accommodation once you have had an assessment and completed a homelessness application to the local authority. It is important to tell someone in your assessment if you have experience of care.

You should also tell your Probation Worker which local authority looked after you. If you were placed in accommodation in another area for at least two years, that local authority may also be able to help you until you are 21 years of age.



Housing was my biggest problem, or so I thought, I always went back to prison because I did not have a home



Top Tips

- You are required to provide your Probation Worker with your address details and must keep your Probation Worker informed of any possible change to your address.
- Be open and honest with staff who are working with you from the beginning so that any housing related needs are identified and acted upon as early as possible. This includes referring you to a local authority for help.
- You do not have to live somewhere that is unsafe. Your probation worker will conduct checks with other agencies to ensure any potential release addresses are safe and appropriate for you.
- Include details of any children you would like to live with on release. This will enable their needs to be reviewed on any applications and assessments.
- If you lived away from home during your childhood and/or if you are care experienced, tell your probation worker or housing advisor.
- If you are receiving support from a Personal Advisor, let your probation worker know.
- Finding somewhere to live involves a number of steps and can take time. Have realistic expectations about the type of accommodation available.

Support Organisation

Name of Organisation	Type of Support Provided	Contact Details
Crisis	A charity for homeless people. They provide 1-2-1 support and advise access to accommodation.	0300 636 1967
NACRO	Support people within housing, education, support and advice to young people and adults.	0300 123 1999
RECOOP	Resettlement care and support for people over 50 with a conviction.	info@recoop.org.uk
Shelter	Helps people struggling with homelessness or bad housing through advice, support, and legal services.	080 8800 4444
StreetLink	Helps connecting people sleeping rough with local services that can support them.	0300 500 0914
Veterans Gateway	Support for armed forces in housing, finances, employment, mental and physical health.	0808 802 1212



Health & Wellbeing

Continuing medication after you leave Prison

If you have a known release address your prison Healthcare Team should support you to arrange GP registration and refer you to community healthcare services. This includes arranging appointments for you in your release area. Speak to prison staff if this has not yet happened.

“I have to say I told healthcare in the prison I was worried about it (as at that time, they weren’t sure where I was going after prison), and they assured me they would give me enough meds to tide me over. As I was going through my release plan with my probation worker, he made sure medication was raised as a risk, and helped signpost me to a GP, who sorted me out straight away.”

On the day you are released.

- You should get at least seven days’ supply of meds or a prescription that you can take to a local chemist. If you are unsure that this has been agreed please speak to the prison Healthcare team.
- A prescription can use be used in your local pharmacy once you’ve been released.
- For treatments related to drugs and alcohol, you will be given an appointment with services in your local community soon after release. Please speak to your probation worker about this.

Social Care

If you have a disability or long-term condition with age-related needs, speak to the prison Healthcare Team about a referral to Adult Social Care Services in your local area, particularly if your health means you have specific accommodation needs or require support to live independently. You should also speak to your probation worker to make them aware.

Pregnancy and Perinatal Care

It is normal for women to experience physical and mental health challenges during or after pregnancy.

If you have been released and are pregnant or have recently been pregnant then there is specialist community-based support available to you, which can be accessed by a visit to your GP and midwife. You may have appointments for antenatal or postnatal care. Prison health teams will provide you with as much information about these as possible to support continuity of care for you and your baby.

If you are being released from a Mother and Baby Unit (MBU), you will receive additional support through resettlement and care-planning from the MBU Staff and the allocated Pregnancy, Mother and Baby Liaison Officer.

GP Registration

It is important that you are registered with a GP practice (doctors) in the area where you are going to live. The prison healthcare department might have helped you with this already, if not, you can register after your release. Register with a GP as soon as possible.

How to register with your GP – Call your local GP and let them know you want to register. You will need to fill out a registration form. If you need help to complete this, please let the receptionist know. If a GP already has too many patients, they can refuse to register you.

They cannot refuse registration because you are homeless, do not have proof of address, do not have identification or because of your immigration status.

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How to register with a dentist

You can pick a dentist and phone them to see if they are taking new patients. If they don't have space, you may be put on a waiting list or you can try another dentist.

Mental Wellbeing

If you are concerned about your mental health, please tell the prison staff as well as your Probation Worker.

If you are on medication for your mental health, you must continue with this once released. You should regularly review your treatment with your GP or mental health support team to ensure the treatment continues to be effective for you.

If you are experiencing problems with your mental health or have concerns about your thoughts or feelings you can speak to your probation worker, a member of the community mental health team or your GP.

Top Tips

- Try to speak with someone you trust if you are struggling with your mental or physical health – remember it is okay not to be okay.
- If you are feeling anxious remember you are not alone, support is always available. There is information on the NHS website www.nhs.uk/mental-health/
- If you are dealing with suicidal thoughts, you are not alone. Speak to member of staff who can refer you to a listener to help talk through your concerns. The Samaritans will also be available on this number **116 123** at any time.
- Once in the community, if you don't want to talk to anyone you can text the word '**SHOUT**' to **85258**, to start a text conversation with a trained volunteer.

Support Organisation

Name of Organisation	Type of Support Provided	Contact Details
Mind	A charity who promotes mental health and offer information, advice, and community support.	0300 123 3393
NHS	Providing health and social care services for people with mental health disorders.	111 999
Samaritans	A free and confidential national support service to people who are struggling to cope.	116 123
Stay Alive	A suicide prevention app with a safety plan, customisable reasons for living and photo bank.	Stay Alive in App Store and Play Store
Support Line	Supports with suicide prevention, self-harm, abuse, trauma, depression, anxiety.	0800 689 5652
Together UK	Working alongside people with mental health issues on their journey towards independent lives.	020 7780 7300



Education, Training & Employment

As your release date gets closer, you will be starting to think about getting a job. Speak to your Work Coach, Probation Worker or the Pre-Release team and make use of the information and services as there are opportunities.

Remember to make use of all the ETE services available to you in custody before your release. If you are unsure what is available, make sure you speak to your probation worker in the prison. There is a range of support which may include, work coaches, a job club, employment CV writing, partnerships with employers for example, Timpson's Academy, Halfords, Pret A Manger, Greene King, Redemption Coffee Rosters.

How to get help before and after your release

Before you get released, speak to your Probation Worker or a Work Coach. You can do this by putting in an application to see them and discuss how they can help you. **Work Coaches** can also help you to get Identification and support in booking appointments in addition to supporting and removing any barriers to employment. **Speak to your Work Coach. They are there to help you.**

When you get released from prison, if you don't already have a job, an important place to start is **Jobcentre Plus**. You can click here to find your nearest centre www.find-your-nearest-jobcentre.dwp.gov.uk

The job centre aims to help you find work in the UK. They provide resources to help you search for work. If you don't have an up-to-date CV, your local job centre will help you with writing one and sometimes will offer CV building classes or '**get employment ready**' forums which will cover all aspects of ways to find work and interview techniques.

The Department of Work and Pensions (DWP) offer a lot of support in helping people prepare for (and get) paid employment. Talk honestly to your work coach about your barriers and what you would like to do, to allow them to find you the right opportunities.

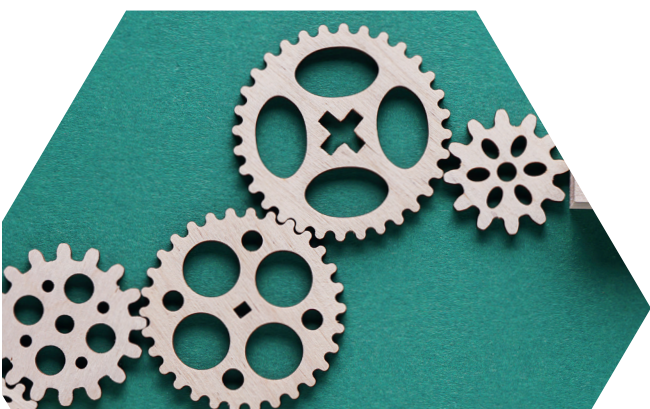
Family and Friends – Don't forget to speak to friends and family and tell them that you are looking for a job. They may know of employment opportunities in your local area.

You shouldn't feel discouraged if you don't find a job straight away. Volunteering can be a great way to fill time whilst waiting for a response from employers and as a great way of building the skills and tools needed for any job interviews and future employment.

If despite all your efforts you do not have the prospect of employment on your release, you should make a claim for Universal Credit as soon as possible.

Universal Credit

On release if you do not have employment you can make your **claim online** for Universal Credit (UC) at www.gov.uk/universal-credit. If you do not have access to a computer, you can make your application over the phone **0800 169 0345** or ask your Probation Worker for help. For help with your application, you can call: **0800 328 5644**.





Pensions. Retirement pensions are suspended when you go to prison, meaning you won't receive any of your pension whilst you are in custody. You should be able to start a claim for state pension or pension credit just before you leave prison. However, the Pension Service will need to receive a 'Notification of Discharge from Prison'. You can ask your Key Worker for more information about this.

When you are in prison, because your National Insurance contributions will stop, this can affect the amount you receive for your pension once released. You can speak to Her Majesty's Revenue and Customs (HMRC) to receive a statement of your National Insurance account. This will tell you how much is in your pension pot, what any gap is (if there is one) and then you can decide if you want to top this up.

Top Tips for finding a job

- When thinking about work, think about what it is that you'd like to do. A significant amount of time is spent in work so doing something that you enjoy is important.
- Find out what skills you will need for your chosen job and how to get them – there are opportunities to develop skills needed for work. Speak to your probation worker to see what support and opportunities are available.

Support Organisation

Name of Organisation	Type of Support Provided	Contact Details
Forward Trust	Helping people affected by drug or alcohol issues, past offending, homelessness, or unemployment.	020 3981 5525
Job Centre Plus	Government-funded employment agency who aim to help people find employment in the UK.	0800 169 0310
NACRO	Supports people within housing, education, support and advice to young people and adults.	0300 123 1999
St. Giles Trust	Helps people to improve their skills and access employment opportunities.	020 7708 8000
Unlock	Give support such as: how to disclose to employers, criminal record checks and more.	01634 247350 or Text 07824 113848

- Employers can offer fair and open rehabilitative support for people with convictions. This means that opportunities previously unavailable may now be open to you. There is support available for you to disclose unspent convictions should you be asked to do so by any potential employer.
- Developing skills and obtaining employment takes time, be realistic about the type of work you're aiming for and the timescales which may apply.
- Always remember to obtain approval from your probation worker before accepting any offer of employment following release and let them know of any changes as soon as possible.



Coming out this time I knew I wanted to get things more sorted and stop feeling like someone who didn't live in the real world, I wanted to work, have a home and not go back to prison, but I also knew that getting there isn't as easy as that



Finance, Benefit & Debt

Support to open a Bank Account whilst you are in Prison

If the prison you are in operates the Prisoner Banking Programme, a prison banking lead will be able to help you set up a basic banking account towards the end of your sentence, so it's ready for you when you get released. Broadly, the prisoner banking programme is available to prisoners who:

- are within 6 months of release from custody.
- do not have an existing bank account.
- need an account for use on release.

Banking partners include:

- Barclays.
- The Co-operative.
- HSBC.
- Lloyds.
- NatWest Group.
- Santander.
- Nationwide Building Society.

Bank Accounts

If you are unable to set up a bank account when you are in prison, you can open an account in the community by applying over the phone, on the internet or by visiting a local branch.

Most banks will require a form of ID & verification of your address to set up an account. It is best to check with them which forms of ID are accepted before starting the process.

The Money and Pensions service provides impartial financial and pensions advice and can be contacted online at The Money and Pensions Service | Building financial wellbeing www.moneyandpensionservice.org.uk or by calling free on **0800 1387777**.

If you are homeless, you may still be able to open a bank account – **HSBC offer a No Fixed Address service**. No Fixed Address Bank Account | Homelessness – HSBC UK or call **0300 303 0099**. www.hsbc.co.uk/help/money-worries/no-fixed-address/

Identification

You will need ID for benefits applications, job applications and to open a bank account. This could be your birth certificate, a passport, or a driving licence. **Speak to Prison staff or your Probation Worker if this is something you need.**

Credit Unions (Wales Only)

Credit unions are not-for-profit, member-owned, community savings and loans providers. Credit unions across Wales offer savings and loans through their offices, online, with Payroll **Partners** and **School Saver** schemes. Interested in joining your local credit union? You will find their details. Website link: creditunionsofwales

Introducing Money Helper/Helpwr Arian in Wales (Wales only)

The Money and Pensions Service (MaPS) operate includes: The Money Advice Service, the Pensions Advisory Service and Pension Wise. MaPS has created a single body to bring together financial guidance services and content, making it easier for customers to find what they are looking for in one joined-up service. You can find further information on the new brand here – www.maps.org.uk/moneyhelper/ or www.moneyhelper.org.uk/cy



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Gambling support

The National Gambling Helpline provides confidential information, advice, and support for anyone affected by gambling problems in England, Scotland, and Wales. You can speak with our advisers over the phone or via Live Chat every day of the year, 24 hours a day.

Top Tips

- Do get ID as soon as you can. Some types of ID e.g., a provisional or full driving licence provide photo ID and proof of address. You can apply for a provisional or full driving licence at www.gov.uk
- Be open and honest with professionals working with you so that any financial needs including any priority debts, or potential debts due to being in prisons custody can be identified and acted upon as soon as possible.
- Most benefits require an active bank account to receive payments so if you need a bank account for your release, find out if someone in your prison or your probation worker can support you with this. If you

have an inactive bank account, find out what you need to do to reactivate it.

- Find out what benefits you are entitled to and how to claim. Your probation worker will be able to support you with this.
- Do your best to live within your means by considering your income (money paid to you) and your expenses (money paid out). Do not buy things that you don't need and/or take on debts e.g., credit cards and loans which you can't afford to repay.
- If there is a problem with your income or you get into financial difficulty, do not ignore it as this may make things worse. Your probation worker will be able to support you and there is specialist support available to help.



Support Organisation

Name of Organisation	Type of Support Provided	Contact Details
Citizens Advice	Provides free advice and support to manage debt.	0800 144 8848 (Advice line England) 0800 702 2020 (Advice link Wales)
Pension Advisory Service	Provides support to people thinking about retiring or those who have already retired.	0800 011 3797
Step Change	Helps people with debt problems take control of their finances and their lives.	0800 138 1111
The Money Advice Service	Offers free debt advice and help people deal with creditors and manage their money.	0800 138 7777
Turn2Us	A charity providing practical help to support people suffering financially.	0808 802 2000
Universal Credit	Universal Credit is to help with your living costs if you are on low income or out of work.	0800 328 5644



Family & Significant Others

Positive relationships and support from family and friends can be important when adjusting to life outside prison. Thinking about changes that might have happened for your family and loved ones whilst you have been away can be difficult. It can take time to adapt to after release.

If you don't have a big support network, find out what's available in your area by searching on-line, looking in local newspapers for sports clubs or other activities that you enjoy. You might even want to consider volunteering to support local community projects. Making these contacts will help you build social links in your community.

Dealing with Change – The importance of time and patience in reconnecting with your families and children

- Following any separation, relationships can change. Your family may not know how they can support you when you return home. It can still feel like a big step to find your place again in your home.
- Arrange to speak with the Family Support Officer if there is one in your prison, your Key Worker, or your Probation Worker to discuss ways of approaching the first few days, including questions you might want to ask to help build relationship.
- If you have children, you may find that their needs, interests, and activities have changed during your time away from them. Getting to know your child is a normal part of parenting, whether you live with them all the time.

- Try to be observant, listen and be considerate of their emotional needs. Ask questions to understand how you can support them. Ask them what they like to do and any activities they have started. Making positive memories, especially for children, can strengthen your relationships.

Supporting children with their education

Education for your children will be different to your experience. Encouraging them to build a positive relationship with teachers and support staff will help, and if they have specific or additional needs you should contact a member of staff within the school or college.

You can also speak to a teacher to discuss how you can best support your child with their learning.

Dealing with serious illnesses and bereavement

There are specialist services such as Cruse www.cruse.org.uk available to support you with dealing with loss and bereavement.

Prior to release, Prison based services including the Chaplaincy can provide support and assist you in finding services within your area who are specifically set up to support you with loss and bereavement.

In the community, your Probation Worker can advise you of services in your local area.



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Faith Groups

Some people connect with religion or spirituality at different times in their lives. If you have developed a connection like this whilst being in Prison, there are faith groups which you can join in the community once you are released. If you are nervous about a faith group accepting you due to your past, please speak to the Chaplaincy or visit www.welcomedirectory.org.uk **In the community**, your Probation Worker can advise you of services in your local area.

Top Tips

- It is likely that you, your family and significant others will have changed whilst you have been away. Focus on developing your relationships to reflect these changes rather than trying to recreate the past.
- It can help manage expectations if you involve your family and significant others in plans for your release at an early stage. This can help everyone to prepare for how things are likely to be and support you in making positive decisions, including balancing caring responsibilities with licence requirements.

- Speak to your Probation Worker about access to mentoring services which could help support you as you develop relationships with your family, social networks, and groups.

“

Above all, be patient as it may take time for you to find your place again in your family

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Drug & Alcohol Support



“I spoke to my drugs worker about it and made sure I had appointments lined up when I was out and knew where my NA meeting was because I knew I would find some new friends in those groups to help me through; I made a real effort not to see people who I used to take drugs with, not because I didn’t still like them, but because I was focusing on building a new life and didn’t want to risk that I would get tempted and fail, it was tough because I felt lonely but I took it one day at a time and things got better slowly but surely”

Support in the Community

If you have received support in prison, arrange for this to continue when you are released. Your prison drug or alcohol worker will be able to give you advice on local services and help arrange an appointment on your release.

When you’re in the community, your **Probation Worker** is a good person to speak to if you are worried about drugs and alcohol or are not sure who to get advice from. They can explain what local services are available, support you to make a referral and attend appointments.

Staying safe and understanding your tolerance

- It’s likely that your tolerance to alcohol and drugs will have changed whilst in prison and you might find that they have a much stronger effect than you’re expecting.
- Many people think they can take the same amounts as they did before going into prison. The reality is that your body is no longer used to these amounts. If you take the same amount you are increasing the risk of an accidental overdose.
- Being aware of your tolerance level means you are more likely to avoid an overdose.

If you need more information, please speak to your Probation Worker or any staff member in the prison.



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Top Tips

- Being honest with yourself is the first step to recovery. Openness and honesty with others will help any alcohol and/or drug teams work out the best treatment for you.
- Be honest with family and loved ones. Recovery can be difficult alone, and you may need the support of those around you. Let your family know how they can help you during your recovery and discuss how to spot any signs that you might need support.
- Understand your triggers and steps to overcome them – this will help you stay on track and reduce chances of relapse.
- If you're using opioids always carry a Naloxone kit. Naloxone is a medicine which rapidly reverses an opioid overdose and can be supplied by drug services without a prescription. Let other people know where you keep it and how to use it. It could just save your life in the event of an overdose.

Remember the benefits of being sober such as stable employment, improved contact with your children and reduced risk of reoffending.



Support Organisation

Name of Organisation	Type of Support Provided	Contact Details
Alcoholics Anonymous (AA)	Provides support from people who have suffered with an alcohol dependency.	0800 917 7650
Intuitive Thinking Skills	Provides a programme intervention for people with addictive behaviour.	0800 069 9198
Narcotic Anonymous (NA)	Provides support from people who have suffered with a drug dependency.	0300 999 1212
SMART Recovery	Provides support to people looking to change their addictive behaviour for the long-term.	0330 053 6022
Talk to Frank	Provides honest advice about drugs and their effects. They have a 24/7 hotline.	0300 123 6600



Domestic Abuse

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence.

Relationships should be built on respect and equality, not power and control. While you may not think much of some behaviours at first, disrespectful behaviours set a tone in a relationship. If your partner is possessive, insulting, yelling, humiliating, or disrespectful in any way, take a note. **There is no excuse for abuse.**

It is not easy to leave an abusive relationship. Please know you are not alone and there are support services that can help you to leave if you want to. Support services can still help if you want to stay in a relationship or haven't yet decided what to do.

You have the **right to ask for help and protection from the law.**

You have the **right to be safe.**

You have the right to be **believed** about your experiences.

Abuse may be subtle and is not always as obvious or physically hurting you. It can include but is not limited to:

- Psychological or emotional abuse.
- Coercive control.
- Physical or sexual abuse.
- Financial or economic abuse.
- Harassment or stalking.
- One or digital abuse.

Domestic abuse is a pattern of behaviour designed to overpower and control another person in the relationship.

- It can happen in any type of relationship, including same sex relationships or within families and communities.
- It is **never** the fault of the person who is experiencing it.
- Domestic abuse **is a crime.**
- Asking for help is about **surviving** and **protecting** yourself.
- Domestic abuse can **happen to anyone** regardless of age, race, background, gender, sexuality, or religion.
- Forced marriage is a violation of human rights and is recognised as abuse and a criminal offence in the UK.
- Female genital mutilation (FGM) is also a crime in the UK.

What to do if you are being abused

It is important to acknowledge that there are many different paths you can take if you feel that you are in an abusive relationship and that no will force you to leave the relationship if this is not what you want. It is completely your choice. The options include:

- Contacting support agencies such as Womens Aid or the Police.
- Leaving the relationship and going to a safe place such as a refuge.
- Remaining in the relationship but knowing how to keep yourself safe.

Please **speak to your Probation Worker** if you would like to be referred to support services. Sharing information about domestic abuse is your choice.

Find out how to get help if you or someone you know is a victim of domestic abuse. www.gov.uk/guidance/domestic-abuse-how-to-get-help

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Domestic abuse within the LGBT+ community

Partner abuse does not discriminate and occurs proportionally across all types of relationships. Victims and abusers come from all cultures, sexual orientations, gender identities, backgrounds, ages, religions, and political beliefs.

- Partner abuse can happen within the LGBT+ community.
- Some people can experience abuse from family members, including conversation therapy, disownment, and homelessness.

- It's not about the physical presentation of your partner. Partner abuse is not about size and strength, for example the small person will not always be the victim in the relationship.

Please speak to your Probation Worker if you would like to be referred to support services. Sharing information about domestic abuse is your choice.



Support Organisation

Name of Organisation	Type of Support Provided	Contact Details
Freephone 24-Hour National Domestic Abuse Helpline	24-hour support for women and children against domestic abuse. Live chat facility is available at www.nationaldahelpline.org.uk Mon-Fri (3pm-10pm).	0808 2000 247
Galop	LGBT support victims of domestic abuse, sexual violence, hate crime, honour-based abuse, forced marriage, and other forms of abuse.	0800 999 5428 galop.org.uk/
Karma Nirvana	Support for victims and survivors of Honour Based Violence in the UK.	0800 5999 247 Mon-Fri (9am-5pm)
StayBrave	StayBrave is not a crisis service. It provides links to support organisations that could help you. Links include, Sexual Violence, Domestic Violence, Sex workers.	staybrave.org.uk
ManKind	Provides information, support, and signposting services to male victims of domestic abuse.	01823 334244
Men's Advice Line	Non-judgemental emotional support, practical advice, and information.	0808 8010327
National Ugly Mugs	Provides individual, specialised support and protection for all sex workers.	0161 629 9861
Respect	Works with domestic abuse perpetrators and male victims through a confidential service.	0808 8010327 (Victims) 0808 8024040 (Perpetrators)
Women's Aid	Support for women and children affected by domestic abuse. Live chat is available Mon-Sun (10am-6pm).	chat.womensaid.org.uk

Working in the Sex Industry

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Some people have experiences of working in the sex industry. Whether you have experienced this in the past or want to leave this industry, we want to ensure that you have the tools and support you to feel safer, live a life safe from potential violence, abuse, and exploitation.

We know some people might believe that prison is not a comfortable place to tell others about this. It is your choice whether you do this. If you choose to tell someone, there are a range of services dedicated to support you and listen to you in a safe and non-judgemental environment. Please know you do not have to share detailed information about this industry to receive the support you want. In Custody, speak to your offender manager, key worker, or Probation Worker. In the Community, speak to your Probation Worker who can help and support you.

Full details of safety advice for the adult sex industry/sex workers in the UK is available online at <https://uknswp.org/um/uploads/RSW2.pdf>

Community Support

There are a range of services for men and women in the community that are delivered by voluntary organisations or linked to the Probation Services. **Do speak to your probation worker for more information about services in your local area.**

Often organisations understand the importance of providing a range of support covering practical advice, emotional support, help with housing and substance misuse.

Support for men and women can differ from region to region. In the community you may find a range of support available:

- **1-2-1 support:** most agencies offer 1-21 confidential support.
- **Beyond the Streets** has been working alongside and on behalf of women who sell sex for over 20 years. They provide national and specialist support for women involved in the UK sex industry.
- **Access to health services:** Most support organisations will have strong links to GPs, nurses, therapists, nutritionists, and psychiatric staff ready to help you. **Speak with your GP** to find out what is available.
- **Mental health support:** Talking to a therapist or taking part in counselling might help you work through past trauma you have experienced. **Speak with your GP** to find out what is available.



Some areas may provide late night outreach programmes and other projects bring men or women together who share experience and advice. If you want to, you may be able to report incidents to support workers who can share them anonymously with other sex workers and frontline projects to help keep everyone safe.

Free contraception is available from sexual health clinics to reduce the likelihood of sexually transmitted infections (STIs) and unplanned pregnancies. There are a range of sexual health services available under the NHS including screening, for STIs. These services are free and confidential, further details are available online at:

<https://www.nhs.uk/service-search/other-services/Sexual%20health%20services/LocationSearch/1847>

Support Organisation

Name of Organisation	Type of Support Provided	Contact Details
Beyond the Streets	<p>Work with women involved in the UK sex industry, to see women safe from coercion, violence, and abuse.</p> <p>They collaborate to ensure women are not compelled to sell sex and to create routes out of prostitution by working with others including those with lived experience. Together we work to challenge the stigma that surrounds the sale of sex, to eliminate “survival sex” and more broadly to end violence against women and girls.</p>	0300 302 1122
National Ugly Mugs	Provides individual, specialised support and protection for all sex workers.	0161 629 9861
StayBrave	StayBrave is not a crisis service. It provides links to support organisations that could help you. Links include, Sexual Violence, Domestic Violence, Sex workers.	staybrave.org.uk

Foreign Nationals

Foreign Nationals may be subject to release into the UK community subject to a Home Office assessment. You might, however, continue to be held under immigration powers after your Conditional Release Date.

If you are unsure about your release, please liaise with your immigration adviser or Probation Worker. Your situation and your immigration status are often unique situations and we therefore advise that you speak with your Immigration Adviser or Probation Worker to get more clarity on your situation and which services apply to you, and to ensure that you have the right documentation.

Your access to support and resettlement services when released from prison will be affected by your right to remain in the United Kingdom. In the first instance speak with your Probation Worker to get more clarity on your situation and which services may apply to you.

Please be aware that all foreign nationals who receive a custodial sentence in the UK are referred to the Home Office by prisons for consideration of deportation or removal.

- **Recourse to Public Funds** – means access to benefits such as Universal Credit and help towards housing costs. A Foreign National (FN) will need an assessment for public funds via the GOV.uk website. Following release, you can access the website, go to ‘View and prove your immigration status’. <https://www.gov.uk/view-prove-immigration-status> If you don't have access to the internet please speak to your immigration adviser or probation worker.
- **Accommodation** – All Foreign National (FN) cases need to provide a private release address. Where no suitable release address is available, an FN can apply for Home Office accommodation via Migrant Help – all the information you need can be accessed via the GOV.uk website.
 - You could use the Asylum Support Form, if you have either an active asylum claims or failed asylum claim. You can try and apply for accommodation and financial support in either situation.
 - If neither apply, you can put in an application for Immigration Bail Accommodation in Exceptional Circumstances. There is no guarantee that you will be given support. All FNs will be given a Bail Pack with the relevant information by the Home Office.
- **Health and Wellbeing** – FN cases are not entitled to all medical services; however, you should be able to access basic GP services, and everyone can access a COVID-19 vaccination or booster. You can find out about health services by contacting a local GP on release in your region.





- **Training and Employment** – taking part in training and employment can depend on your immigration status and any immigration bail conditions after release. Once released, you should check your immigration bail conditions, even if you are released on your Conditional Release Date (CRD) you will still have conditions.
- **Finance/Benefits** – FNs may not have recourse to public funds and may not be able to open bank accounts due to Immigration Bail conditions. Speak to Home Office staff and your immigration advisor if you need help.

Top Tips

- If you feel like you need answers around your right to stay in the UK and have not had a chance to speak to someone, please raise this as early as possible with your Probation Worker.
- If you do not have right to remain in the UK and are appealing against any arrangements for your removal, please let your Probation Worker know the details of your case worker and solicitor to coordinate any future messages/arrangements.

Support Organisation

Name of Organisation	Type of Support Provided	Contact Details
Asylum Help	Help to provide confidential and neutral advice on how to claim asylum and offer accommodation, financial and health support.	0808 8000 630
Bail for Immigration Detainees' (BID)	Provides legal advice and representation to migrants detained in removal centres and prisons to help them secure their release. You should contact BID if you have been served with papers from immigration and wish to appeal your case if you have credible grounds for wishing to stay in the UK.	020 7456 9750 Advice line open Mon – Thurs 10am until 12 midday
Hibiscus Initiatives	Charity that supports foreign nationals, and black, minority ethnic and refugee groups serving a custodial sentence, released into the community, or returned to their home country.	020 7697 4120
Migrant Help	Helps people having moved from their homes due to inappropriate conditions. They bring together services and help with applications.	0808 8010 503
Refugee Council	Supports refugees with crisis advice, practical support and dealing with past trauma.	0808 196 7272

Notes

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