

Workshop 12

“Reaching the socially excluded with Peer Couple Teaching – the Brixton Prison experience”

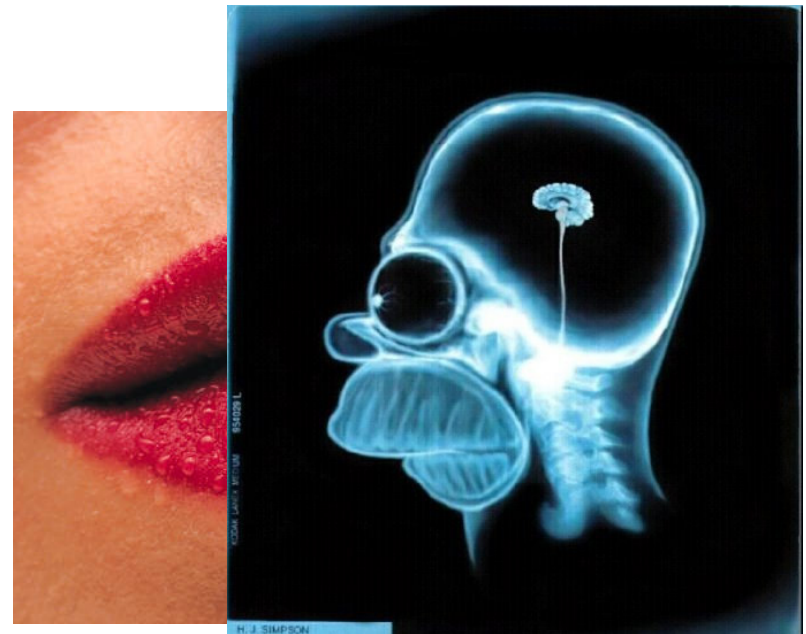
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Time for Families





The key to anything in life is to:

K.I.S.S.



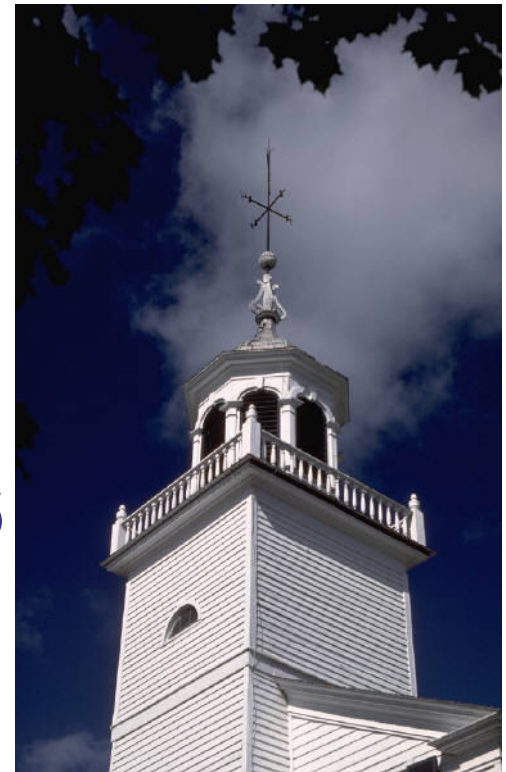
Time for Families

- Setup as a Charity 1999
 - Organising conferences throughout the country on Relationship issues
 - Running marriage and relationship enrichment courses
 - Leading workshops and training Mentor Couples to promote and support couples in their relationships
 - Promoting the establishment of couple support units nationally called Community Family Trusts



Building Stronger Families Course

- **Development of Course**
- Partnerships with Registrars, PCT, Churches and Business
- **Supporting Prisons started 18 months ago in the South West region**
- Now operate in 3 regions in 16 prisons



Time for Families

Why do we do what we do?

- Extensive multiple research projects have concluded that relationship breakdown causes short and long term emotional, social and financial damage to adults, children and the structure of society as a whole.

Three major reasons for relationship breakdown

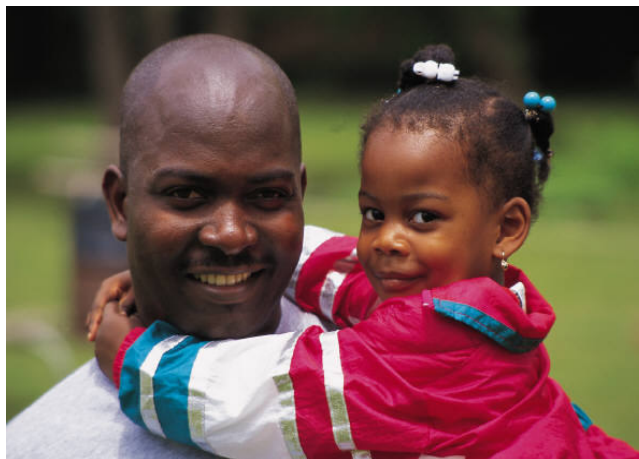
- Difficulties within the couple relationship
- The pressures and problems of parenting
- Money difficulties



Building Stronger Families Programme

3 Course Components

- Time for Couple Relationships
- Time for Parent and Child Relationships
- Time for Money in Relationships



Reducing re-offending

Why Offenders and their Families?

- We are committed to working with prisoners and their families who may be at particular risk from relationship breakdown due to separation and long periods of absence and/or trauma of imprisonment on the family as a whole.

Relationship Skills as a Key to Future Stability

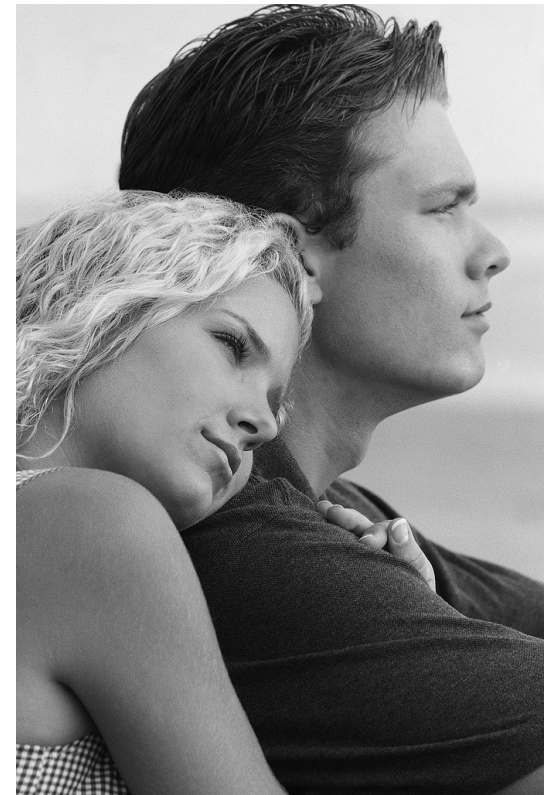
- Relationship skills can provide a key to reintegration into family and community life on release from prison. Stable relationships provide a buffer against re-offending.





Course Delivery

- Each part of the course is ideally delivered to group of between six to ten couples who are attending on a voluntary basis.
- The course is usually delivered by a qualified/experienced lead facilitator and a group of mixed gender mentors or volunteers who will all participate in the teaching process.



Course Delivery

- Time for Families ensures that there is a very high ratio of participants to facilitators and outside volunteer couples – a key to the success of the programme.
- We believe that the best people to communicate skills and knowledge about relationships are ordinary people who already have knowledge, experience and training in these key skills themselves.



Course Length

- Each component of the course is designed to be a two day course and is ideally delivered over a couple of weeks.
- Each part of the course builds on another and it is important that participants have the opportunity to keep on reflecting back on each section and re-using the skills taught.



What makes a difference?

TRAINING OF THE OFFENDER AND
THEIR PARTNER IN SIMPLE SKILLS
WITHIN THE PRISON ENVIRONMENT

+

MENTORING AND SUPPORT IN THE
COMMUNITY BY THE SAME KEY
WORKERS AND OTHER MENTOR
COUPLES

=

LONG TERM AND SUSTAINED
CHANGE IN FAMILY RELATIONSHIP,
EMOTIONAL AND FINANCIAL
STABILITY TO REDUCE RE-
OFFENDING



Peer Facilitators

- An exciting development in the programme is the use of trained offenders and their partners to help teach the programme to other offenders



Peer Facilitators

- The charity has found that there is an added resonance and power to the material if it is taught by the peer group.
- Trained prisoners can also act as mentors to other prisoners on the Wing bringing huge benefits to the prison environment.



Our Project in Brixton

- Currently work in 16 prisons in England and Wales
- Started in Brixton March 05
- Now run courses there every week
- Have supported over 50 couples
- Have had 10 couples acting as peer facilitators since June 05



Video Presentation



Peer Facilitation In Practice

- Currently have 2 peer facilitators per day
- Average 4 outside volunteer facilitators per day
- Run training and evaluation days every term
- On the job training best model
- Provide a training manual and slides to learn
- We role model but peer facilitators have more impact why???



How We Learn:

10% of what we read

20% of what we hear

30% of what we see

50% of what we both see and hear

70% of what we discuss

80% of what we experience

95% of what we teach others



Some Quotes from Couples

- One of the female peer facilitators in Brixton said recently:

“Facilitating on the course has given me confidence in other areas of my life. With my kids, with my family and with myself”



My definition

- Peer Facilitation is the process by which a fairly competent individual or couple, with minimal training and with 'on the job' guidance, help other candidates at the same level learn new skills or concepts.



It has a huge positive effect:

- On the other participants learning
- On the peer facilitators learning



How does it work

Stage 1

- Trained and TfF volunteer facilitators model the course
- At the end of the (or during) course we identify 1 or 2 couples would seem eager and capable to help with the delivery



How does it work

Stage 2

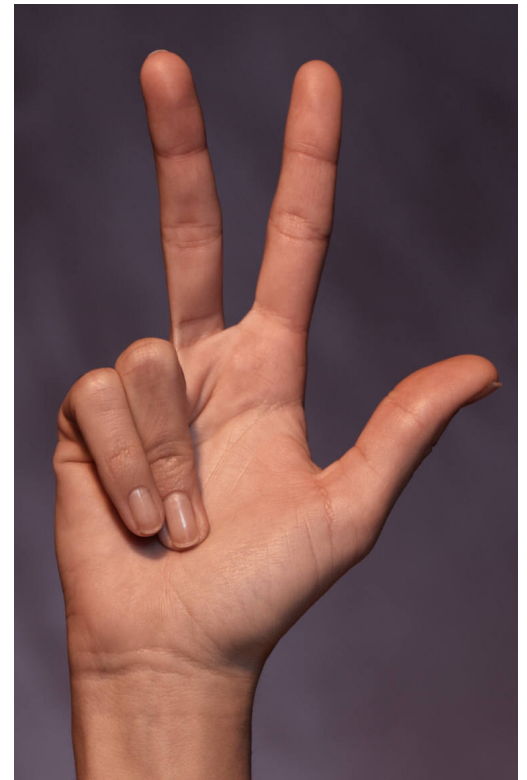
- Ask them if they would like to act as peer facilitators to help in future courses
- Give them the training pack and visual slides for them to look at
- Let them loose with a section
- Praise, praise, praise, tweak



How does it work

Stage 3

- Let them master one or two sections before they move onto others
- Have specific planned training and evaluation sessions or days, with just the facilitators to develop new skills
- Praise, praise, praise, tweak



My concerns

- It is very risky
- They don't do it how I do it
- Are we taking them for granted?
- Security
- What are yours?



Personal Experience

- Prison is not only the place to shut people away from the community, but because of its strategic potential it can now become the driving engine to bring fundamental change in our society, through stabilising the family unit especially those who are hard-to-reach and vulnerable.



An invitation

- Visitors are welcome to spend a day in prison to see the project in action
- If have further questions or you would like us to help you and your organisation develop this peer facilitation model or run 'Building Stronger Families' course

Please call me on 07946 448301 or email steve@building-blocks.org.uk

- Thanks for coming this morning

