



AP TRANSITION

5+ RESETTLEMENT



To reside in an Approved Premises can be both a daunting and exciting experience. RECOOP's Transition Programme, which has been designed to address the specific resettlement needs of those who are aged over 50, aims to equip older residents with the appropriate knowledge and skills to support a positive resettlement experience and to live responsibly and productively post-release.



'Transition' is an affordable, short programme, delivered at a pace that lends itself to the learning and engagement style of older people. It broadly covers the following themes:



Health & Wellbeing



Benefits & Personal Budgeting



Re-establishing links with friends and family



Accessing Community Services



Volunteering



Disclosure

The programme includes sessions on planning for retirement, independent living skills, technology, building new networks of support, volunteering and disclosure. We also provide a toolkit for managing the triggers of re-offending.

A variety of activities, including independent, pairs and group-work, as well as interactive drama and out of class methods, are used to complete the programme.



Contact:

If you would like to register your interest please email:
info@recoop.org.uk

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Delivered over a 3-day period, Transition aims to:

- increase motivation to become committed and active in setting their own agenda for change;
- help participants recognise the potential challenges of what their own resettlement might look like and help them to prepare strategies and coping mechanisms;
- help those approaching move-on to increase their take-up of services to aid their resettlement or, depending on their age, retirement;
- provide a personal Wellbeing Toolkit which is a framework to help develop an effective approach to staying well and reducing reoffending. The Toolkit can be used to overcome situations and behaviour patterns that have previously led to committing a crime and possibly imprisonment;
- reduce fear and anxiety for those returning back into the community;
- offer support to those who have experienced bereavement in custody.



It offers participants an opportunity to:

- understand the dimensions of age and healthy ageing;
- learn about independent living skills in a changed or new environment;
- better understand benefits, personal budgeting and become familiar with modern payment methods;
- look at how to build / re-build relationships or create new networks of support;
- gain an understanding of the benefits of volunteering for themselves and the wider community and how to access community services in their home area;
- understand how and when to Disclose.

I found the course to be very comprehensive and relevant to our men over 50. It is clear and concise and covers topics that are important to our residents. The materials are very clear, well put together and easy to follow, with parts for the men to fill in and think about and interaction throughout. I would highly recommend the course for all.

AP Manager

This type of programme really provides a focus for the men, some of whom have spent a very long time in prison and who have lost track of the world outside. It also seems to fit well with the work NPS does and links to the Probation Officer's work and the AP staff, so we thought it was an excellent course and we know the men did too.

AP Manager