

Release from prison 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 prisoners 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 post release.

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:

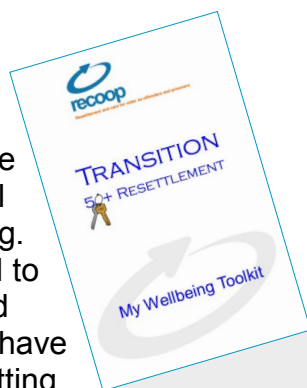
If you would like to register your interest please email:  
[info@recoop.org.uk](mailto:info@recoop.org.uk)

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### Delivered over a 4-day period, Transition aims to:

- increase prisoners' 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 nearing release to increase their take-up of services to aid their resettlement or, depending on their age, retirement on release;
- 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 coping with 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 on the outside;
- 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.

*It covered a lot more than I thought it would entail and I realise how much I need to rely on others before getting out. All on the course felt empowered, even me! We now know how to organise our worries and concerns into positive actions. As a first timer at my age it was a very daunting prospect, the course helped enormously.*

Participant - HMP Lewes

*A course to be remembered with a real sense of pride and accomplishment.*

Participant - HMP Ford