

Organisation Name		Reference code
St. Columb's Park House		2022-11-YO56
Organisation Address		
4 Limavady Road Derry Londonderry Londonderry BT47 6JY United Kingdom		
Website Address		
4 Limavady Road		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	NIC103557	1994
Community Interest Company	Registered Companies House Number	Date Registered
No	27378	1994
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No	No	
Grant Summary		
Fight for MySELF uses sport as a development tool for young offenders to change negative mindset, to build a sense of hope, a sense of purpose and present real opportunities as a bridge to employment post release.		
Please describe the needs that this project will address		
<p>Antisocial attitudes are among the strongest predictors of offending. Ministry of Justice Research into the needs and challenges facing prisoners identified that 30% of newly sentenced prisoners report symptoms of anxiety, depression and self harm. Offenders enter the prison system with a cocktail of health & social problems including poor mental health, substance abuse and low levels of literacy and numeracy. The mental health issues that affect mood, thinking, behaviour, lack of self-esteem and self-worth have a serious impact on the life of the prisoner in relation to how they serve their sentence and engage in prison life. The perpetual nature of poor self-talk and the inability to manage irrational thoughts and feelings has a serious impact on the person and others. Our previous experience in the Prison Service indicated the biggest challenge to prisoners is their feeling of hopelessness, boredom, tensions towards other inmates and Prison Officers and a lack of self-esteem and self-worth.</p> <p>Magilligan Prison in Northern Ireland have identified a number of specific challenges and needs:</p> <ul style="list-style-type: none"> - Increasing mental health issues, poor behaviour and attitudes towards Prison Officers and other prisoners. - Addictions and substance abuse is a major issue even within the Prison system itself. - Violence between prisoners is also a regular occurrence with some prisoners being scared to leave their cells or specific wings, which has both a physical 		

and psychological effect on prisoners who are unable to access exercise, education and training as a result.

- An overall feeling of isolation amongst prisoners.

The MOJ Unlocking Potential reports even after release, many prisoners feel that they have limited opportunities for training or employment because of their criminal record and their lack of skills or qualifications, which can lead to re-offending. Three out of five prisoners leave prison without an identified employment, education or training plan

What are the key outcomes that you will be seeking to achieve for young offenders?

The key outcomes are strategically linked to the four main component parts of the programme:

- Sport
- Improved physical health eg BMI, blood pressure, drug dependence
- Improved sleep patterns
- reduction in anxiety and anger
- Self Awareness
- sense of hope for the future
- Increased understanding of negative self talk and use of coping mechanisms
- 80% Attendance at All sessions
- Improved attitudes towards peers and prison staff team
- A reduction in adjudications and sanctions imposed within prison
- Employability Increased sense of hope for their future
- Seeing employment as a REAL opportunity
- Understanding personal strength and weakness
- Discovering industries and employers
- Understanding employers expectations from employees
- Being able to Sell yourself
- Through the Gate
- Release package in place prior to release (bank, housing, benefits, work placement, interviews etc)
- Work placements established prior to release
- 25% of those released secure employment

What are the key activities you will undertake with this funding?

The programme will delivery sessions twice a week which will include the four key elements of:

1. Sport uses non-contact boxing and martial arts training uses the disciplines and ethos of mixed martial arts to develop respect, to support attitudinal change and to control anxiety and anger.
2. The self-awareness and personal development component helps participants develop personal coping skills and mechanisms to manage attitude and behaviour. It is integrated explicitly with the sport and fitness component and includes psychosocial support sessions, and one-to-one mentoring for each participant.
3. The employability component includes a personal SWOT analysis, identifying job interest practical job apply skills, industry talks , a job fair and employer matching process. Before release, a comprehensive training pathway plan would be identified for each participant, including education, employment and/or training options.
4. Through-the-gate support provides a tiered system of support on release for a period of 3 months, weighted to support participants in the initial weeks after release with the basic things like bank accounts, benefits, re-integration, continuing sport implementing their bridge to employment pathway plans to include work experience and placement with local employers and a guaranteed interview on completion.

<p>Who will be responsible for overseeing and delivering this work?</p>
<p>The oversight of the project will be the responsibility of St Columbs Park House Manager. Her role will be to liaise with the prison service team to ensure all aspects of programme delivery are established, to review on a quarterly basis with all programme delivery team celebrating successes and reflecting on key issues and challenges.</p> <p>The delivery of the programme will be done by the freelance partner Excel. They will be responsible for the martial arts and self development elements of the programme and will also meet with the programme team as part of the quarterly review. They will complete a weekly reflection that can be shared between the partnership that may help address small issues before they escalate. The employer links and education element will be delivered by SCPH Education Officer who will draw on their bank and network of employers to provide Job Fair and Industry days as well as supporting the Through The Gate aspect of the programme.</p>
<p>How will your organisation continue to sustain this project after the grant ends?</p>
<p>St Columbs Park House have been working with HMP Magilligan and their Personal Development Unit to identify elements of the programme that could be incorporated into the prison programme outside of this project. We have worked together to develop a mentor programme that can be delivered across the prison community. We have delivered this mentor training to some of the prison team and would hope to be able to include this training as part of this programme. The mentor training enables identified prisoners to be trained to support and mentor other maybe younger/newer prisoners as they settle into prison life. The key in terms of sustainability of this project is in the personal development tools and it is these that will help both the prisoners and the prison officers to maintain a more positive approach to release. Establishing a stronger Through the Gate programme is something that can be sustained beyond the life of this project, it will identify key steps in the build up to release and key stakeholders to help support the young person once they are released. The network of employers will also support young people pre and post release with contact being made to identify vacancies and suitable employment opportunities.</p>
<p>What expertise and track record do you have to be able to deliver this work successfully?</p>
<p>St Columbs Park Reconciliation Trust is a charity focussing on peace and reconciliation and community development in Derry Londonderry for the past 28 years. We have been working in partnership with the Probation Service NI for almost 20 years supporting community service placements for in excess of 40 adults and young people per year. We are an alliance member of Fight for Peace which is a global youth organisation that connects youth focussed organisations capitalising on collective skills and knowledge ensuring maximum impact in meeting the needs of young people. We have been working in partnership with HMP Magilligan for the past 4 years using a sport based programme called Fight for MySELF which recognises the need to address the personal challenges that these young people face as we prepare to reintegrate them back into society in a meaningful and sustainable way. We are a recognised centre for the delivery of OCN NI qualifications and have developed a bespoke qualification for the prison in Kickboxing as well as being an approved delivery agent for the World Host suite of qualifications. Our community programming focus has enabled us to connect and build a strong network of local employers who are keen to support the development of young people through work placement, site visits, industry awareness days and employment opportunities.</p>
<p>Explain how the grant will be spent</p>
<p>This per annum costs will be spent on the delivery of the sports based, employability and education programme including:</p>

Sport Facilitation £8640 £30 phr x 3 hrs x 2 session pwk x 48 Employability Facilitation £4320 £30 phr x 3hrs pwk x 48 Mentor Training £30 phr x 10hrs x 2 groups (prison officers and prisoners) £600 Travel £2600 £25 x 2 sessions pwk x 48 Equipment & Kit £2250 £150 pp x 15 (includes gloves, sport kit, yoga mats, water bottles etc) Registration for employability courses eg World Host - £1350 £55 pp x 15, Workbooks £35 pp x 15 Finance and Management £4320 £30 phr x 3hrs pwk x 48 Overheads £1560 £30 pwk x 52 Job Fair £600 Employer costs, printing & materials, hospitality Awarding Body Approval £750 Access NI Checks £150 Safeguarding Training £250 Audit £300 Insurance £660	
Will you be receiving funding from any other sources for this project?	
No	
Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.	
Yes	
Reason why not all staff have DBS checks.	
Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)	
£56,700	
Proposed grant start date	Proposed grant duration in months
03/04/2023	24
How much funding is required each year?	
Year 1	Year 2
£28,350	£28,350
What was your organisation's expenditure in the most recent financial year?	What was your organisation's annual income in the most recent financial year?
£420,990	£373,353
What value of unrestricted reserves did your organisation have at the end of the most recent financial year?	
£75,000	