



**SAFER LIVING
FOUNDATION**



NEWS FROM THE CHARITY

December 2017
Volume 1 Issue 4



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And Finally...

New Volunteers Needed!

Spread the word to friends, family and colleagues

Due to the ongoing success of all our Circles projects and the increased number of referrals we are receiving for each project we are on the hunt for new volunteers to start on Circles immediately following training!

Volunteers need to be able to work across Nottinghamshire and/or Derbyshire and be willing to work with either adults and/or young people convicted of a sexual offence.

We would particularly welcome applications from men or older volunteers as these groups are currently underrepresented within our volunteer pool.

Further details and an application pack can be found on our website: www.saferlivingfoundation.org so please pass this onto anyone you think may be interested.

Welcome to the fourth Safer Living Foundation Newsletter. The aim of this newsletter is for us to be able to share some of the fantastic projects we are developing as well as sharing some of the amazing things that both our volunteers and service users are doing. We want to use this newsletter as a platform to share good practice and learn from others experiences so please do get in touch if you have anything you would like to

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Community Circles News

Community Circles Statistics:

- ★ 5 Community Circles currently running – these 5 circles have been running for between 4 and 14 months.
- ★ 2 further Community Circles due to start in the new year



I am so proud of our volunteers, you guys 'n' gals regularly go above and beyond and you are literally preventing more victims of sexual crime being created.

Dave

Circle Z have done outstanding work with their CM by holding him accountable for a less than 100% honest disclosure to an employer. Rather than get angry and annoyed with the CM, they stayed in assessment mode and expressed how let down they felt that he had lied to them, and then worked with him to try and understand why he had done it. As a result of this, the CM gave (for the first time in the circle) a completely open account of his offences along with his thoughts and feelings at the time. This has enabled the therapeutic relationship to grow stronger and the CM has stated a desire to be 100% honest with the volunteers. By handling the CM's issues appropriately, this will hopefully bring benefits for the whole life of the circle. So, a big thumbs up to Damien, Sophie and Rhia, awesome work!



A 21 gun salute to circle Ee as well, for really supporting their CM and arranging to take him for Xmas dinner for the last circle before Xmas. I know he really appreciates how supportive and non-judgmental you are so top marks to Andy, Laura, Ellie and Ruby.

Great work to Harriett and Phil for keeping our longest community circle (T) going and to Conor, Sara and Harriett (again!) for working so well with their CM on circle V (and for playing a mean game of dominos)

Circle U are also doing great work, and a big thanks to super sub Ros, who joined this established circle to not only support the 2 remaining volunteers (well done Trish and Taelor for holding the fort) but to also help the CM explore his issues around his sexuality versus his religious beliefs. It's been great to see you debating with him, and giving him food for thought.

A huge thanks as well to Trish for hobbling through the pain to the meetings in some oversize trainers after an operation on her feet;

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Prison Circles News

Prison Circles Statistics:

- ★ 4 Prison Circles currently running
- ★ 14 Volunteers committed on those Circles
- ★ 1 new Prison Circle starting next week
- ★ Additional Prison Circles planned to start in the New Year around Volunteer availability

Please remember that your Circle literally changes lives, and prevents further victims. Even when things are frustrating! We may never know who we have helped.

ANGieprotect.A

All of the Prison Circles Volunteers have demonstrated not only outstanding commitment, but a high level of skill in dealing with incredibly challenging circumstances. I cannot thank you enough for your contribution and continued support! Member who



We have A Core Member who has just secured independent accommodation after a 2year wait!

Another Core Member is on his way to securing a significant grant to start his own business.

This is the longest period of time for one of the Core Members staying offence free....largely down to the support he is receiving from his Circle.

Circles have helped another Core Member overcome his fears of leaving prison, to the point he was actually looking forward to release! Having stated for years that he never wanted to leave the security of the prison.

One of our Core Members, who has a particular interest in poetry, put together this poem. It is a collaboration of Haiku Poems written by the Circle.

*The Circles of Support
Are a Helpful group
Who will help me live my life
Sometimes however,*

*People are a mystery
They have their secrets
We must live life to the full
People are like,
Water cascading through the rocks
Twisting and turning
Into the still pools*

*From that we get,
Nature that is so beautiful
We should enjoy it
For it shows us it's wonders
So experience,
One day in the countryside
And your eyes will be opened
To the awesome beauty of nature*

*So observe,
The birds flying free each day
See them as they soar
And pray they are here to stay*

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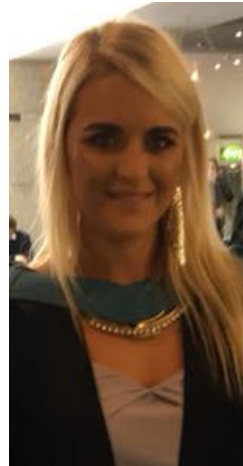


Young People's Circles News

Young People's Circles Statistics:

- ★ There are now 5 young people's circles running
 - 18yr old Alfreton
 - 18yr old Derby
 - 16yr old Derby x 2
 - 18yr old Nottingham
- ★ There are 13 volunteers currently involved in these 5 circles.

Introducing the new Young Person's Coordinator...




Hello! My name is Laura Woodward I am the new coordinator for the Young People's Circles.

I am really excited to be working for the SLF, I have been volunteering for the last two years and have found it extremely rewarding.

My email address is laura.woodward@hmps.gsi.gov.uk and my office number (Mon & Tues) is 01949 803234 mobile 07519 102673.

I am looking forward to meeting you all soon and will be putting on YP training in January 2018. Merry Christmas and Happy New Year!



The first young people's circle has now been running for 6 months and is showing positive results. As expected it took a while for the YP to feel comfortable with a group of adults but he is now showing much more confidence and initiating conversations. The circle has been structured so that every 3 weeks volunteers do a more focused circle meeting with the YP and then the next two weeks are more activity based. The Circle are showing great skills in supporting the young person with a possible disclosure and are even supporting him with extra meetings. Thank you, you are doing a brilliant job Jasmin, Sam & Chris!



Thanks to Gemma and Sophie from Circle Bb. You have continued to support your YP despite difficulties and obstacles that you have come across. Your support is hugely appreciated by the YP and us!

Thank you to Elizabeth and Abigail for your continued support with the difficulties in Circle Gg. Your continued efforts are greatly appreciated!

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Volunteer News



Welcome to our new volunteers...



A warm welcome to the 9 new volunteers who successfully completed their training with us in November. They will soon be joining you on Circles so please make them all feel welcome:

- Zac
- Tom
- Molly
- Jodie
- Lindsey
- Louisa
- Courteney
- Amy
- Josephine

Volunteer Expenses

Volunteers are kindly reminded to submit itemised receipts with their expense claims please!

Meeting Minutes

Minutes are crucial in assisting with the management, and identification of risk. They also serve as an invaluable multi agency communication tool. Please, please submit your minutes on time, and to your coordinator within 48hrs of the meeting. Remember to call us immediately regarding any serious matters.

Training dates for your diary

January 2018	Days/Dates
1 Day young person's Circles training	TBC
February 2018	
2 day initial volunteer training	Sat 10 th and Sun 11 th
March 2018	
Top-up Training	Thurs 1 st 5pm - 7.30pm
June 2018	
2 day initial volunteer training	Sat 9 th and Sun 10 th June

2 Day Initial Volunteer Training is **mandatory** for all new volunteers whether they want to be involved in adult or Young People's Circles.

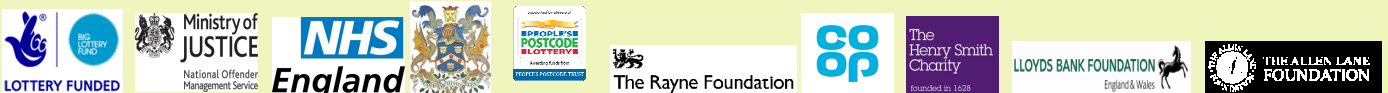
1 Day Young People Training is **mandatory** for any volunteer who wants to be involved in Young People's Circles.

Top Up Training is for all existing volunteers and although not mandatory it is a good opportunity to gain increased knowledge and meet other volunteers. Each session will be on a different topic.

New Top Up Training Planned
As a direct result of feedback from Volunteers during Group and Individual Supervision, we are in the process of creating some new top up training titled 'Dealing with Manipulation'. We will also be introducing 'Why Men commit Sexual Offences'.



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Volunteer News (cont)

NOCN Qualification in Delivering Circles of Support and Accountability

We are pleased to announce that all volunteers now have the opportunity to be recognised for your volunteering contribution by working towards an NOCN (National Open College Network) Endorsed Programme Qualification in Delivering Circles of Support and Accountability.

This qualification will officially recognise the skills you have as a Circles Volunteer and the work you do whilst on a Circle. All volunteers will have to be on a Circle to complete this Qualification and you are required to complete a workbook with help and guidance from your Coordinator.

Eleven Volunteers have now started working towards this qualification. Any other interested volunteers should contact their coordinator.



Other News

New Drop in Centre Project

We are currently looking at a number of potentially suitable properties in the centre of Nottingham to open a Drop in Centre.

This is also intended to be a future 'hub' for the SLF, and we would like to hold some of our Circles meetings there as well.

New SLF Prevention Project

This project now provides a signposting, support and treatment service for individuals with a deviant sexual interest who are concerned they will offend sexually but are not within the controls of the Criminal Justice System. We have recently appointed a **Part Time Project Treatment Manager** for this Prevention Project.



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First Annual Volunteer Social

We held our first volunteers social event in November and it was well attended, with volunteers, 4 core members and Bin and Nick from the SLF trustees having a fine time gorging down cake and pop!

There were also several awards for outstanding work and they are listed below, so well done to everyone who bagged a 'Safie' and watch this space for details of next year's social.

AWARDS

Long Service Award - Sarah Blackner (started circle number 1 back in the mists of time)

Location, Location, Location Award - Conor, Sara, Harriett, and Abbie (helped the CM find accommodation, preventing him from sleeping rough)

Greedy Guts Award - Trish and Harriett (for a period of time, each were on 3 circles consecutively)

Greatest Number of Sessions Award - Ros, Chris and Margaret from circle F have between them run 57 meetings (and counting)

Speedy Gonzales Award - Eleanor Patchett for getting her Circles minutes to her coordinator within 1 hr of the meetings ending.

Unsung Hero Award - Dave Rowson for making sure we all get paid on time

Star Trek Voyager Award - Andy for traveling millions of miles (like the Star Ship Voyager) from London to Derby (and then back) for his circle meetings when he returns home in the holidays.

Giving Something Back Award - 4 x Core Members who have helped the SLF with training, research and funding meetings.

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And Finally...



There are a large number of ways people can help us...

- Are you able to promote our work and help us advertise for volunteers?
- Are you able to suggest a community venue that may be suitable for us to hold Circle meetings?
- Are you able to help us with volunteer training – either by sharing your experience as a volunteer or by talking about your professional role and its relation to our projects?
- Do you have anybody you think would benefit from our work you could refer onto us?
- Are you able to make a financial or in-kind contribution to the Charity?

If the answer to any of these questions is 'yes' please get in contact and talk to us...

Get in touch

☎ 01949 803259



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🌐 www.saferlivingfoundation.org



@saferlf

Donations

Virgin Money Giving



Safer Living Foundation is an award winning, innovative charity, working to prevent any further victims of sexual abuse. We greatly value your support as without it we would not be able to operate – however in order to continue to provide successful projects we need further support. We would therefore welcome any donations to ensure our work continues. If you feel able to donate please visit the Virgin Money Giving website and search for the Safer Living Foundation.

<http://uk.virginmoneygiving.com/giving>

Give as you Live



SLF have linked up with called Give as You Live - a website which allows individuals to sign up to and select a chosen charity. Then when you shop through retailers supported by give as you live, an automatic donation is made to that chosen charity by give as you live. You don't pay any extra, all you need to do is sign up to the website here

(<https://www.giveasyoulive.com/signup/choose-charity>), select the SLF as your chosen charity, and shop through the give as you live website (e.g. search for amazon on give as you live and then click through to amazon and it will track your purchase).

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