



## NEWS FROM THE CHARITY

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### In this issue...

**Page 1**  
Spring Cleaning

**Page 2**  
What Works!

**Page 3**  
Inspirational Ideas

**Page 4**  
Quarterly Royalty

**Page 5**  
Volunteer News

**Page 6**  
Volunteer News  
Featuring

**Page 7**  
And Finally...

### Spring Cleaning

First things first... GREAT start to 2018! And what a lovely start to springtime. A few things have been started, updated and organised within SLF in the New Year to make volunteering easier and we would like to bring your attention to them.

- ❖ There is a **NEW SLF email** address. Please see Pg5 for more details.
- ❖ Volunteer Mobile Phones. These mobile phones may be cheap but there are a lot of volunteers to provide for, we are a charity.
  - Could you please help us keep our costs down and be sure to turn your phones in to your coordinator when your circle ends?
  - We are keeping a database of mobile phones, so if your information changes please let Jess from the office know ASAP.
- ❖ Lastly, but certainly not least, we are ALWAYS in need of volunteers! If you know anyone who might be interested in volunteering OR if you have some extra time and would like to take on another circle, OR if your circle has completed and you would like a new one... **GET IN TOUCH!** 😊

### SPOTLIGHT

#### Give As You Live

Give as You Live is the **easiest** way to donate money to your favorite charity (SLF 😊). Please have a look at pg 7 for more information!

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# What Works!

## Prison Circles

### Communication works!

Most of the PC Volunteers share a Whats App group. This works wonders and keeps everyone in touch and fully abreast of what is happening for their CM.

### Minutes

Minutes submitted to your Coordinator on time greatly assist statutory agencies with managing risk.

## YP Circles

### MINUTES!!!

## Community Circles

### Minutes!!!!

I've had some really brilliant minutes back lately (especially groups U, Z and Ee), but some still get missed or forgotten so please guys, make sure I get minutes after every meeting; I'm not looking for the great American novel, just a short bullet pointed list will be fine if it was a quiet meeting, but the more info you put in the better the minutes are. I'm also looking for your personal views and insights into what's going on. Circles UK stipulate that they should also be sent within 48hrs and then erased from your home pc, phone, tablet or other doohicky; so please do your best with them. Thanks guys.

*As you can see, the minutes are vitally important to the coordinators; however, there have been a few cases where the minutes became of vital importance to the volunteers as well...*

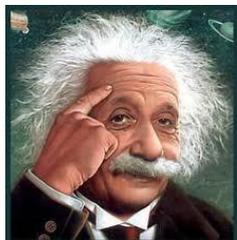
One such case involved a CM who was always a bit grouchy. The volunteers kept bullet point minutes from each meeting. The minutes themselves were not too detailed, but noted down important body language, statements and agenda points. One day the CM started commenting that no one would miss him and he may as well kill himself. The volunteers were unable to ascertain his level of seriousness or whether or not he was planning on harming himself, so they contacted the coordinator, who went back in the minutes. They found that over the past few weeks he had smelled and been dirty when he came to meeting, he had complained about certain things more than usual and he had seemed (to the volunteers) to be 'having a bad day' a few weeks in a row. This led all involved to believe that the CM may harm himself. They were then able to inform the relevant people. Minutes are important to everyone involved with SLF, so please take the small amount of time to type up your minutes and send them!

***Even the littlest things matter.***

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# Inspirational Ideas



One group have identified that their CM relaxes significantly whilst walking. They have had some of their most constructive meetings walking in a local park. The CM struggles with socialising and openly discusses his life experiences and offending history whilst walking with the volunteers.

Circle Z helped their CM by using computer skills to help him write a disclosure letter that he can use in job interviews. This will really help him to be 100% honest about his disclosures, as he admitted he has a tendency to minimise his offending history.

Recently started Circle, Ii, have encouraged the CM to bring along some artwork that he has done, or to bring his guitar in and play songs that he has written. They may also cook with him in the future; creativity like this is brilliant to see and is what the CM himself has said he wanted to do.

Our volunteers are always up for new ideas and ways of achieving goals! These have included:

Using worksheets to talk about consent and relationships.

Attending meetings with MOSOVO to gain insight into the YP and what the circle should be focusing on.

Helping to build a CV

## Prison Circles Statistics:

- ★ 6 Prison Circles currently running
- ★ 22 Volunteers committed on those Circles

## Community Circles Statistics:

- ★ 7 Community Circles currently running – these 7 circles have been running for between 2 and 18 months.
- ★ 24 volunteers committed to their Circle's success.

## Young People's Circles Statistics:

- ★ There are 5 young people's circles running
- ★ There are 12 volunteers currently involved in these 5 circles.

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# Quarterly Royalty



*In Recognition of those volunteers who have gone  
above and beyond in their role for SLF.*

## YP Royalty

Trisha, Rhia and Claire on Circle Dd. You guys have continued to keep trying with your YP and have been incredibly resilient in the face of non-engagement and have kept pushing him in the right direction even when he doesn't want to talk about difficult things. You have agreed to keep seeing him after being messed around and your minutes are FANTASTIC. Keep up the good work guys seriously.

## Community Circles Royalty

Circle Z for being computer geniuses and helping the CM write his disclosure letter

Circle U for really challenging their CM on his reluctance to do things for himself; it was tough love to be sure but done very appropriately and hopefully he will respond.

## Prison Circles Royalty

Eleanor is certainly going above and beyond, quite literally! She is abseiling in aid of the SLF. Here is a link to her donation page if you or anyone you know is able to contribute please.

<https://uk.virginmoneygiving.com/AbseilSpinnaker>



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# Volunteer News

## IMPORTANT CHANGES!!!

Please note that SLF now has its own email address! ☺

[SLFHMPWhatton@hmps.gsi.gov](mailto:SLFHMPWhatton@hmps.gsi.gov)

This email should be used for sending general enquiries, expenses and training/vetting. Please do NOT send your meeting minutes to this address! Continue to send those to your respective coordinator. Thank you

## Welcome to our new volunteers...



A warm welcome to the 10 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:

- Chris
- Rhiannon
- Elinor
- Emily
- Sharnell
- Deborah
- Natalie
- Hannah
- Caragh
- Kristel



Important

## 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!** submit your minutes on time, and to your coordinator within 48hrs of the meeting. Remember to call us immediately regarding any serious matters.

## VOLUNTEER EXPENSES

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

## Training dates for your diary

Month 2018	Days/Dates
March 2018	Top-up Training Thurs 1 <sup>st</sup> 5pm -7.30pm @NTU
Initial Volunteer Training	Weekend TBC
April 2018	
May 2018	
June 2018	
Initial Volunteer Training	9 <sup>th</sup> and 10 <sup>th</sup>
July 2018	

**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.

*The Prevention Project are up and running and doing great work!*

*For more information about the other fantastic projects SLF are developing, please see the website!*

One of the most beneficial modes of recruitment we have found is simply **WORD OF MOUTH**. So if you know anyone who may be interested in becoming a volunteer let us know and we can send them an info pack.



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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.



**We would like this newsletter to be a platform for sharing good practice and learning from each other's experiences so Please get in touch if you have anything you would like to see included.**

## Featuring...

Well done to Trish for getting the job at the Approved Premise, your hard work and dedication has paid off.

Good Luck to Molly, Millie, Jodie and Zac who have just started a new Prison Circle!!

Special thanks to Eddie, Tom, Lindsey (and soon to be Sara) for your efforts in supporting your CM in his transition from prison back in to the community.



Congratulations to Tom and Rossy for securing new jobs for themselves recently! The SLF knows what great assets you will be to your employers. Please don't forget us.

*Finally, an enormous thank you to all of our volunteers who give up precious time and energy volunteering for the SLF. We literally couldn't do it without you!*

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# And Finally...



## How Can You Help?!

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 **join another circle**? If your circle has finished have you considered joining another? Or maybe you have extra time on your hands and would like a second circle!?

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

## Get in touch

☎ 01949 803259



[SLFHMPWhatton@hmpps.gsi.gov.uk](mailto:SLFHMPWhatton@hmpps.gsi.gov.uk)

🌐 [www.saferlivingfoundation.org](http://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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