



Prison Resettlement Project

Progress Report 2022/23

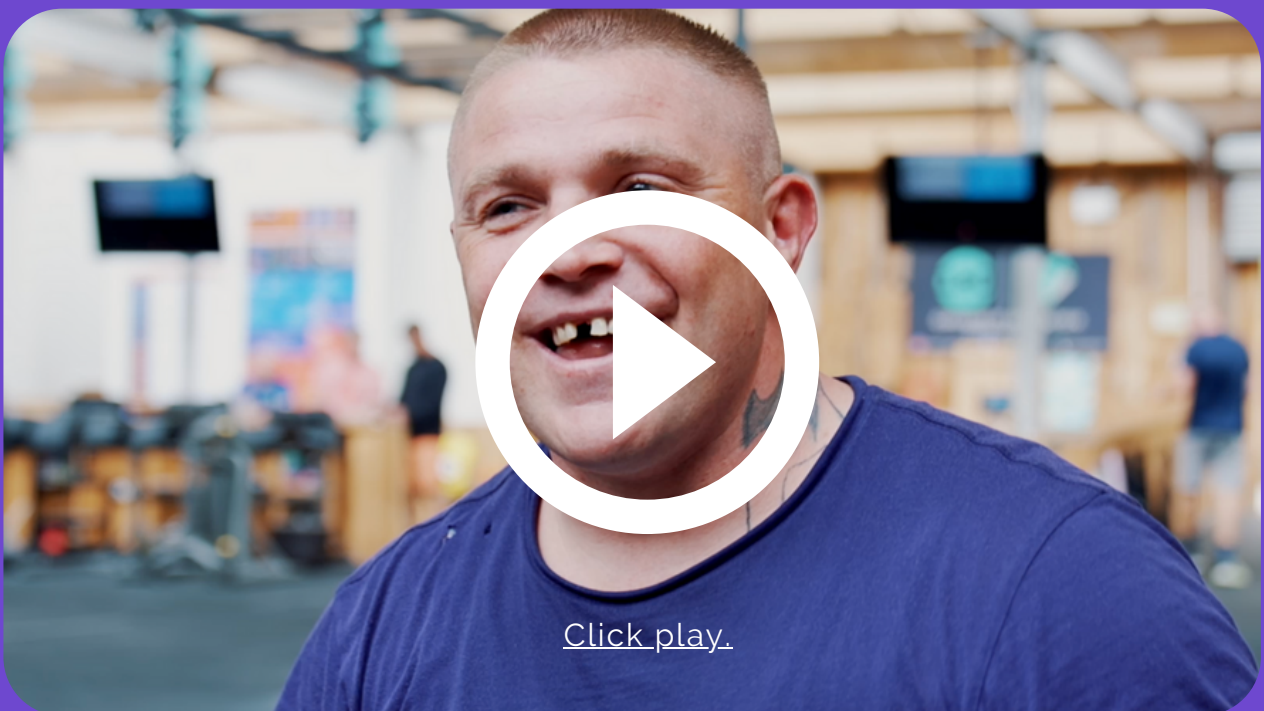
Project Overview

Our prison programme is based at HMP Lancaster Farms. We use CrossFit to engage with those on the inside caught up in negative behavioural cycles.

Our aim is to improve the well-being of prisoners and provide a new transition pathway. Upon release we continue to engage and support individuals as they journey towards a changed lifestyle.

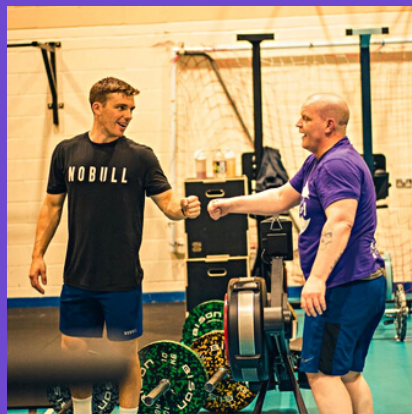
We target repeat offenders who suffer with drug and alcohol addiction, those with mental health and anger issues. Many of the guys we work with have unaddressed trauma, low self-worth, and suicidal tendencies. Most carry guilt and shame about their past.

**The 180 Project is about creating a lasting change.
Breaking the vicious lifecycle of addiction, crime and prison.**



Project Highlights

- Supported **79** men in prison as part of their resettlement.
- **94% retention** in the prison programme.
- **42%** of the men released **remain engaged** with 180 in the community.
- **85%** have **lost weight** and improved in cardiovascular health.
- **100%** reduction in **reoffending**.
- **100%** success in men staying **off drugs** and **alcohol**, and getting involved in purposeful activities.



How...

OUR METHODOLOGY

We deliver CrossFit sessions 5 days per week. We do this alongside the PEI's - who have completed their CrossFit Level 1 qualification. The workouts allow us to instil bio-social values such as moral values, discipline, respect for others, teamwork, self-esteem to address factors that may cause challenging behaviours. We build a therapeutic relationship with everyone; a bond of trust develops over time. This all starts in a gym environment.



The CrossFit sessions are programmed in such a way that people see physical changes very quickly which positively impacts the men's engagement and motivation. This sparks a moment of change. Much like any behaviour change process, CrossFit requires dedication and perseverance. Week after week, the men are challenged to build new skills and complete difficult workouts. They start to find that they can physically handle more than they ever thought they could. They become stronger and more resilient. The CrossFit workouts are then followed by groupwork session. This where we transfer the learning and achievements from the gym floor, to life's challenges. We help the men recognise they have talents, skills and abilities and explore how these can be used to overcome negative behaviour patterns, and build a sustainable drug and crime-free life.

How...

OUR METHODOLOGY

We start to work with the men 6 months prior to their release and form part of their release plan. We now have a new transition pathway that aims to bring about the best possible outcome for each individual upon release;

- Safe and secure housing.
- Community CrossFit and competitions.
- Group and 1-1 Dialectical Behaviour Therapy and Cognitive Behaviour Therapy,
- Life-coaching to achieve employment, volunteering, education and pursue new interests.



Outcomes

IMPROVED PHYSICAL HEALTH -

IN PRISON

The men are getting active and staying active.

- In prison, 79 men are now physically active at least 3 times per week.
- 25% of these men have never gone into the prison gym before.
- 85% have lost significant weight and improved cardiovascular health.



"I can't believe I have lost four stone. Before 180 all I did was lie on my bed wanting to take drugs"



IN THE COMMUNITY

- Of the men released from Prison 42% are known to be staying active on the outside.

"First thing I did when I left prison, was travel over to the 180 gym to workout... usually I'd go straight to the pub"

- 100% men who have transitioned to our 180 community project in Lower Darwen - remain engaged and active.

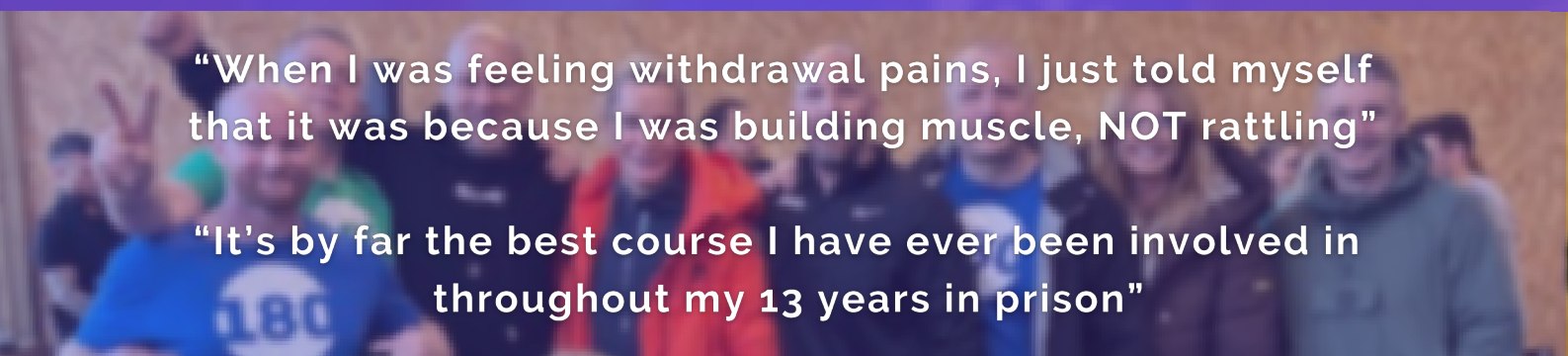
Outcomes

IMPROVED MENTAL AND EMOTIONAL HEALTH -

IN PRISON

The men are believing they have a chance in life

- 100% improvement in mood – all men said they had something to get up for every day.
- 2 men came off a methadone maintenance programme- from 42ml to ZERO.



“When I was feeling withdrawal pains, I just told myself that it was because I was building muscle, NOT rattling”

“It’s by far the best course I have ever been involved in throughout my 13 years in prison”

IN THE COMMUNITY

- 100% improvement in self-esteem and confidence.
- 100% improvement in managing negative thoughts and emotions.



“180 feels like it’s run with love and care, it’s life changing. Thank you for believing in us, this world needs more people like you”

“I’ve learnt to regulate my anger by applying new tools.... I don’t want to fight anymore. I respond rather than react”

Outcomes

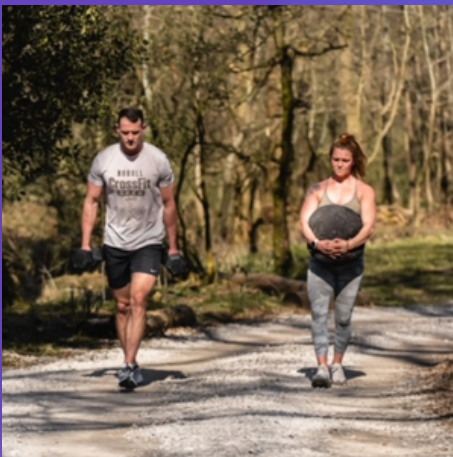
PURPOSE AND PLANS FOR THE FUTURE -

IN PRISON

- All men on the resettlement programme are planning on joining a mainstream CrossFit gym upon release.
- 2 men have started their CrossFit coaching internship since being released.



“I wake up buzzing to know I’m on the 180 course, knowing I’ve got the chance to be a CrossFit coach, helping others turn their lives around. I feel so lucky to get this chance”



IN THE COMMUNITY

- All men on the 180 community project have a 12 month plan; this includes volunteering activities, securing employment and securing suitable move on accommodation.

“I had no idea what I was going to do on release. Without 180, a prison recall would have been highly likely”

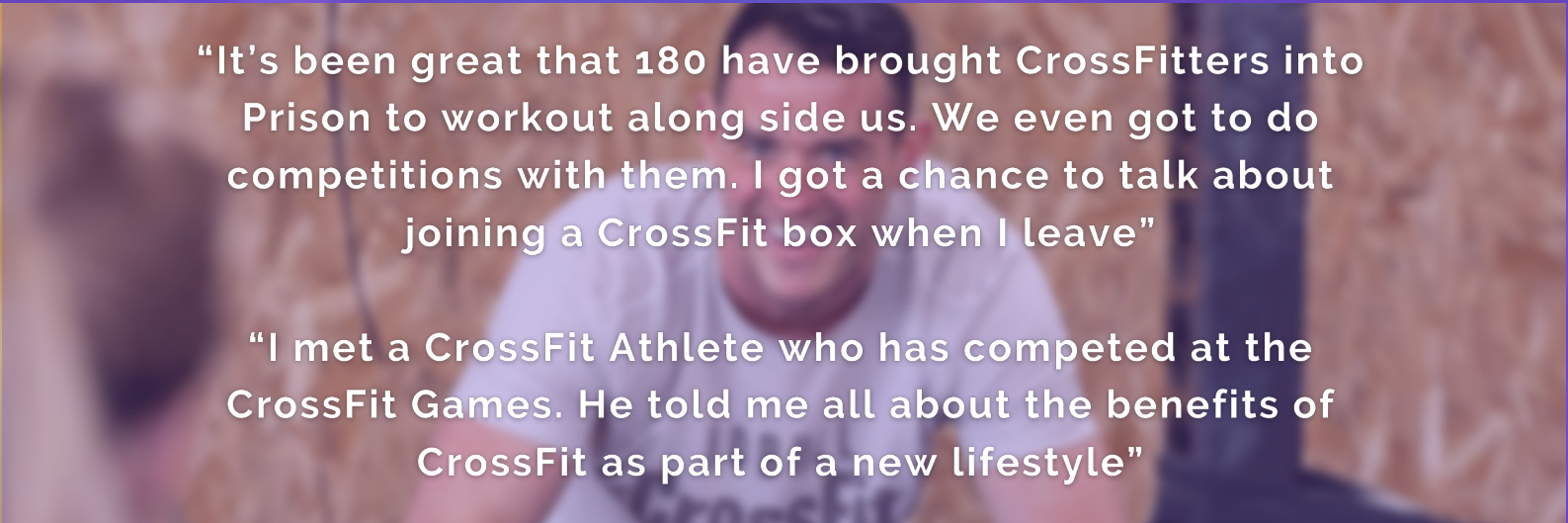
“For the first time I can see a life without drugs. 180 found me somewhere to live, and are preparing me for work with a local building firm”

Outcomes

MAKING NEW CONNECTIONS -

IN PRISON

- All men are being introduced to new positive role models, learning to believe they can achieve on the outside.



“It’s been great that 180 have brought CrossFitters into Prison to workout along side us. We even got to do competitions with them. I got a chance to talk about joining a CrossFit box when I leave”

“I met a CrossFit Athlete who has competed at the CrossFit Games. He told me all about the benefits of CrossFit as part of a new lifestyle”

IN THE COMMUNITY

- 100% men are engaging in meaningful activities; fishing, hiking, boxing, and volunteering for local causes.



“180 has taught me to care about the community I’m living in... I can’t believe I’ve been litter picking to help a local estate”

“Thank you so much for everything you have done for us. It means so much! You’ve really saved my life with this opportunity”

Outcomes

REDUCE AND STOP RE-OFFENDING -

- All men released to our community project have NOT re-offended. The 180 programme is building a firm foundation for recovery.



“This is the first time in 20 years I have not broken the law in one way or another. 180 is my new family and direction. I’d of been recalled back to prison by now”

IMPROVE RELATIONSHIPS BETWEEN MEN AND CRIMINAL JUSTICE SERVICES [CJS] -

- All men, in prison and in the community, workout alongside prison, probation, and police officers... breaking down barriers.

What CJS staff have to say?

Governor White [HMP Lancaster]

“This for me has been the missing link we have been waiting for. We can see for ourselves how well the guys are doing on release. I haven't seen anything else like it”

Emma [Integrated Offender Management]

“We just don't see this happening, it's so unusual to hear men who have been in the system so long to speak so positively. The 180 community is the key to making the difference happen. It's so inspiring to witness them”