

GET OUT STAY OUT!

Your guide to leaving a Custodial Sentence



Health

Employment

Living

Education

Benefits

Housing

Relationships

Moving On

Projects & Interests

My Achievements

“ I wanted to design this booklet to aid other young people coming out of custody by putting essential information regarding living, health, relationships etc all to hand, therefore giving everybody an independent head start to rebuilding their lives.

As I was going through the “system” I found there were dozens of unanswered questions that put barriers in the way of me achieving my goals therefore this book...your book will capture everything you want to do and will give you a good idea of what route to take.

This information should be shared widely and made available but not everybody gets that chance, take yours, embrace it and most importantly **LIVE IT AND LOVE IT**

I really hope everybody takes the time to relate and learn from this book and **GET OUT and STAY OUT.** ”

This booklet has been created to help young people and young adults who are leaving custody make a positive return to living in the community. This book is your guide to finding the right services, support groups, information and advice that will help (when you most need it) make the adjustment easier and more positive.



HEALTH



Where will I live when I come out of custody?

My nearest GP is:

My nearest Dentist is:

My nearest Opticians is:

NHS

www.nhs.uk

MENTAL HEALTH SUPPORT

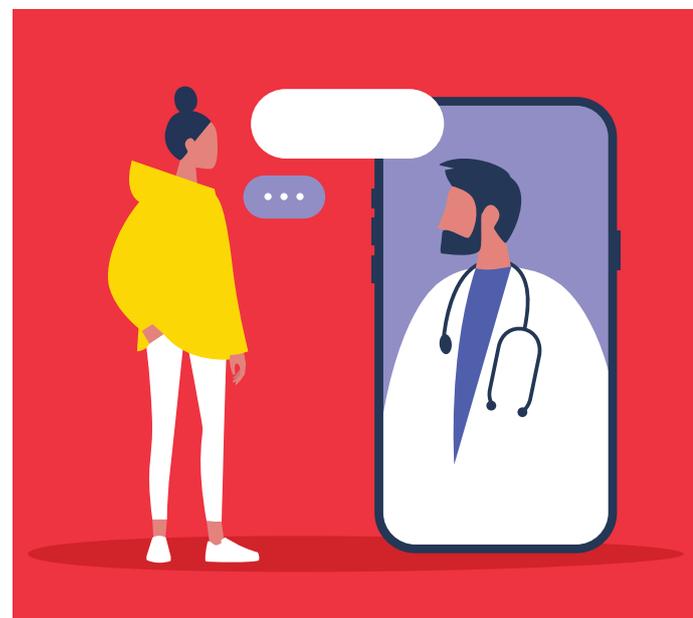
SEXUAL HEALTH

SUBSTANCE MISUSE

NEED TO KNOW INFORMATION

NHS 111 is available 24 hours a day, 7 days a week. If you have difficulties communicating or hearing, you can: call 18001 111 on a textphone

Most prescriptions from your GP, Dentist and opticians are free if you are on Universal Credit





EMPLOYMENT



Please be aware that some of the services and agencies listed here are only available to over 18's.

JOB SEARCH

CV WRITING

INTERVIEW SKILLS

APPRENTICESHIPS

TRAVEL BURSARIES AND CLOTHING



EMPLOYMENT



SUPPORT PROJECTS

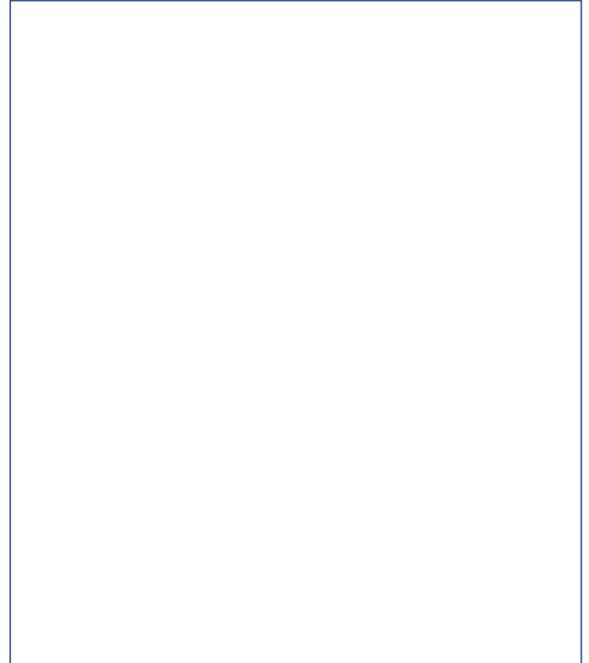
Specific for ex-offenders

Tempus Novo is a charity who helps individuals with criminal backgrounds find sustainable employment and support them in that role for six months.

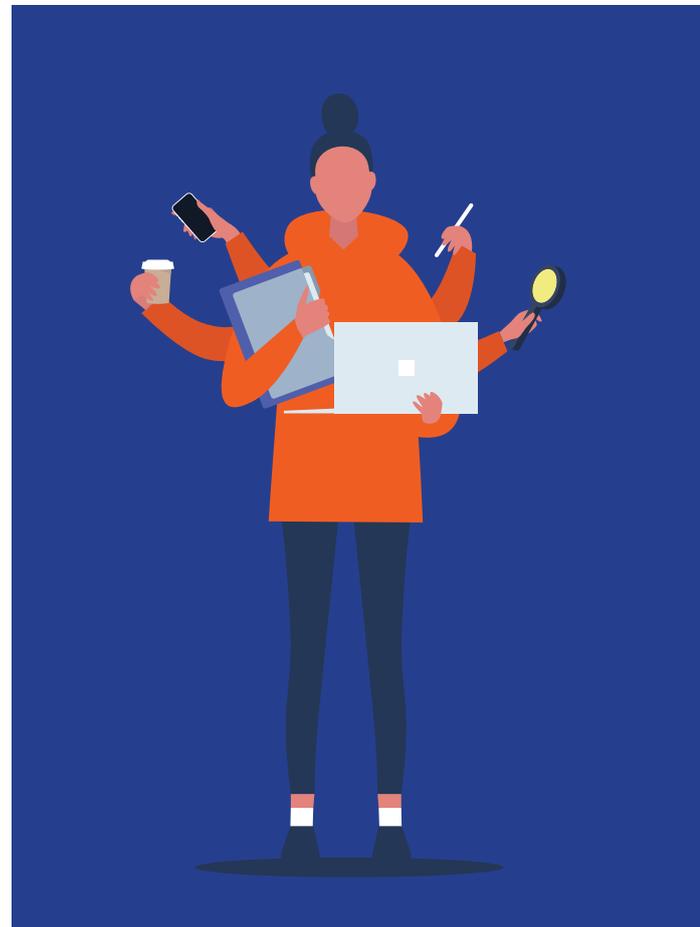
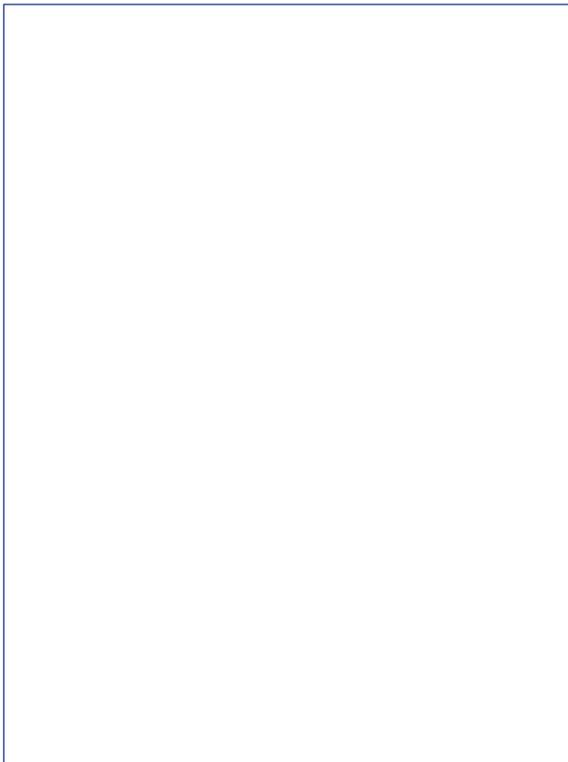
0113 203 2817

Novus Works operates in prisons across England and Wales, delivering training to ensure that prison leavers are equipped with the right skills, qualifications and attitude, so they can progress into work.

07753 429662 - John - jpybus@novus.ac.uk (may be better to email as sometimes workers are in prison and cannot access their phones.



BECOME SELF EMPLOYED





LIVING



BUDGETING ADVICE

Work out your budget

Use our Budget planner to work out how much money you have coming in and what you're spending it on.

The first step to taking control of your money is working out your living costs, including knowing what's coming in, what's going out and when.

Making a budget gives you a clear picture of where your money goes and shows you where you might have a chance to save money.

It will also help you see whether you're living within your means.

Look at ways to cut costs

Save by cutting out non-essentials.

It can be difficult to increase the amount of money you have coming in, but you have much more control over what goes out.

You can save hundreds of pounds by switching utility, phone contracts, credit card providers and shopping around for lots of things, including your food, clothes and electronics.

Claim all the benefits you're entitled to

It's easier than you might think to check that you're getting all the benefits you're entitled to if you're on a low income.

Some benefits are one-off payments to help with a particular set of circumstances.

There are others, such as Income Support, top up your regular income.

Use the information in your benefits section to check what you are entitled to.

Emergency borrowing to make ends meet

In some circumstances, you might be able to get an interest-free government loan to help you make ends meet at a difficult time.

Budgeting Loans

If you're on a low income and claiming benefits you might be able to get an interest-free Budgeting Loan from the Social Fund.

This can help with things like:

- travelling expenses
- clothing or footwear
- furniture or household equipment
- money to help you look for or start work
- improving, maintaining or securing your home
- advance rent or removal expenses for a new home

Budgeting Loans

www.gov.uk/budgeting-help-benefits

www.moneyadvice.org.uk/en

[categories/budgeting-and-managing-money](http://www.moneyadvice.org.uk/en/categories/budgeting-and-managing-money)

BANKING

Research suggests that between one third and one half of people in custody don't have a bank account. Getting it sorted after release can be a humiliating experience, so people need to try to open a bank account before they leave custody. It's a fundamental necessity of modern life and therefore resettlement. You need one just to claim benefits, and to receive wages from work you do. Technically, there is no reason that you cannot open an account while you are in custody.

It's a good idea to find out exactly what to prepare, so that you can open an account as soon as you are able to. This can include gathering the right forms and identification documents, getting a list of local branches that accept applications from people in custody or the recently released.



LIVING



www.hub.unlock.org.uk

www.hub.unlock.org.uk/information/banking

www.knowyourmoney.co.uk/current-accounts/prison-bank-account-guide

www.citizensadvice.org.uk/debt-and-money/banking/getting-a-bank-account

CREDIT UNIONS

Credit unions offer an alternative to borrowing from, or saving with national banks. Credit unions are owned and democratically controlled by its members and offer a range of financial services including loans and savings accounts. Many Credit unions are willing to offer loans to members even when they have been turned down by banks.

www.moneysavingexpert.com/loans/credit-unions

www.moneyfacts.co.uk/savings-accounts/guides/what-are-credit-unions

COOKING

You need some basic equipment to start cooking for yourself.

- A non-stick frying pan
- 2 sauce pans
- Chopping knife
- Measuring Jug
- Mex or metal strainer
- Vegetable peeler
- Easy beginner recipes and tips

www.bbcgoodfood.com/howto/guide/recipes-teenagers

www.the-first-time-cook.com

FOODBANKS

A food bank is a non-profit, charitable organization that distributes food to those who have difficulty purchasing enough to avoid hunger. Some food banks operate on the “front line” model, giving out food directly to the hungry. Others operate on the “warehouse” model, supplying food to intermediaries like food pantries, soup kitchens and other front-line organisations.



LIVING



SHOPPING AND BARGAIN HUNTING

How to shop on a budget

How to Make Wise Food Shopping Choices

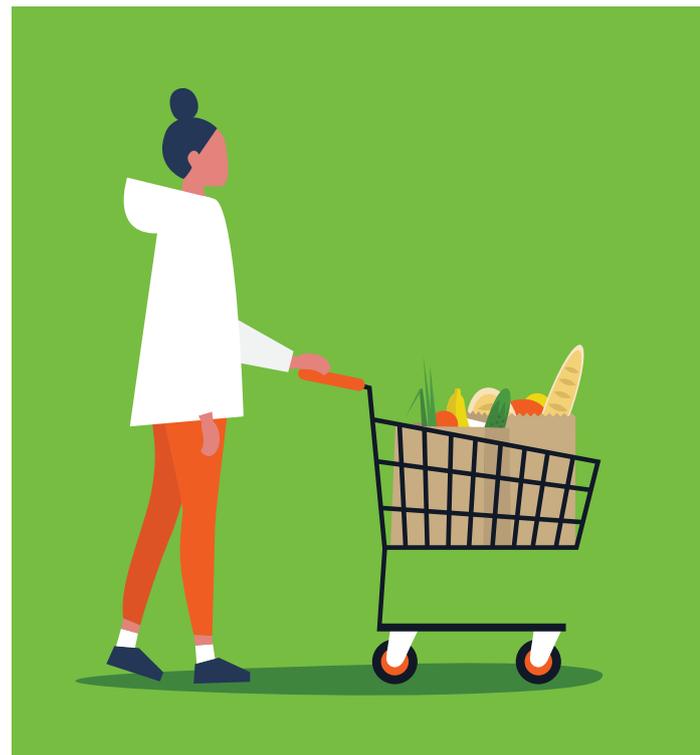
- Shop on a full stomach. You'll buy less snacks and/or things you don't usually buy - and only buy groceries, not gifts and all the extra stuff, at the grocery store!
- Go armed with a list and stick to it.
- Plan your meals for the week before you shop and then buy what's on the menu.
- Start with planning for 3 or 4 days if all week seems too much.
- Shop only once a week. You'll tend to spend more if you stop at the shop every day or several times a week.
- Shop when you have energy and aren't worn out from a busy day. It's easier to focus and make wise choices when you've got energy and aren't preoccupied.
- Return your bottles and cans if you can
- Don't buy snacks on the run. They are often less healthy and more expensive.
- Price check and shop around for discounts on items you buy regularly.
- Use store and manufacturer coupons when you can.
- Remember that smaller sizes can sometimes be a good deal. Do the math, either on your phone or with your calculator.
- Don't automatically overlook no-name or store brands. Many are made by the brand name companies, just with a different label.
- Even if it's "on sale," it's only a good buy if you will use it!

BARGAIN HUNTING

Tips

- Many charity shops now sell on eBay too, including British Red Cross, British Heart Foundation and Cancer Research.
- When shopping, go on weekdays, not weekends if you can.
- Go to specialist charity shops, eg, books, furniture and bridal – for better choice when you need something specific
- Volunteer at a charity shop to get first dibs on items
- Shop around if it's a popular item
- Have a clear budget
- Check free sites and social media sale rooms eg Facebook notice board

www.moneysavingexpert.com/team-blog/2019/01/Charity-shop-bargain-hunting-tricks

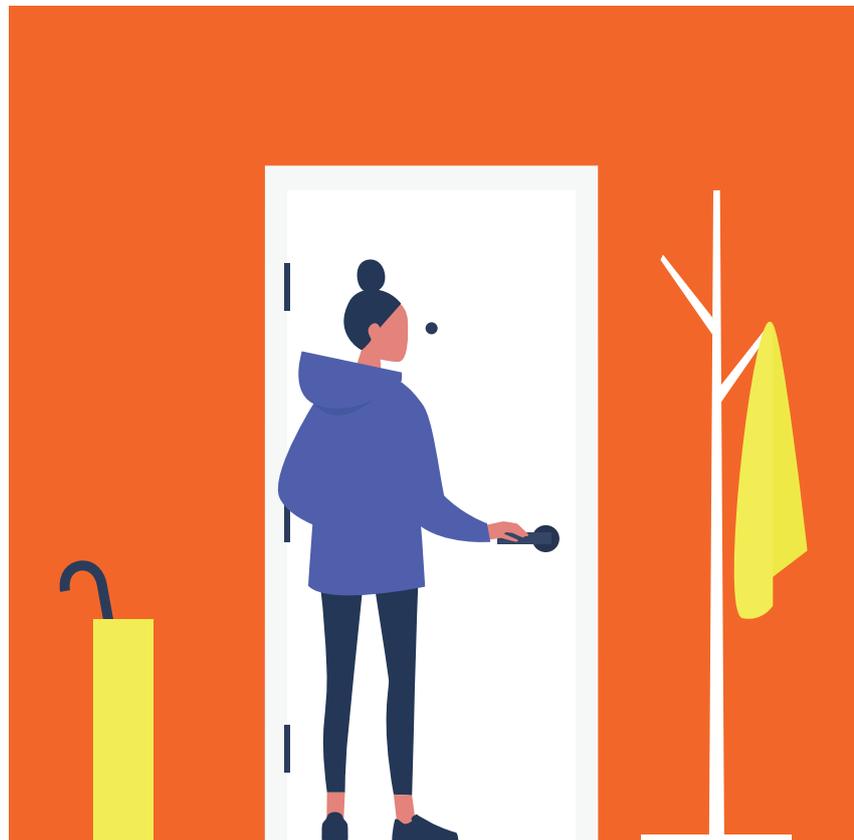
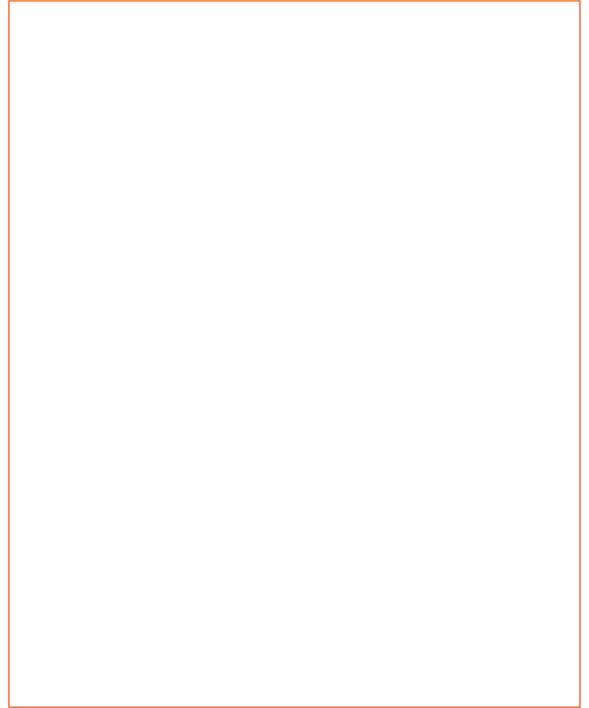




HOUSING



PROJECTS





EDUCATION



COLLEGES

Collages/providers/online training

Short courses

Different levels and accreditations eg level 2 – City and Guilds, NCFE – what qualifications do need to access different levels.

TRAINING PROVIDERS

AMRC Training Providers

www.amrctraining.co.uk

Open University

www.open.ac.uk

ADULT COURSES

INFORMATION

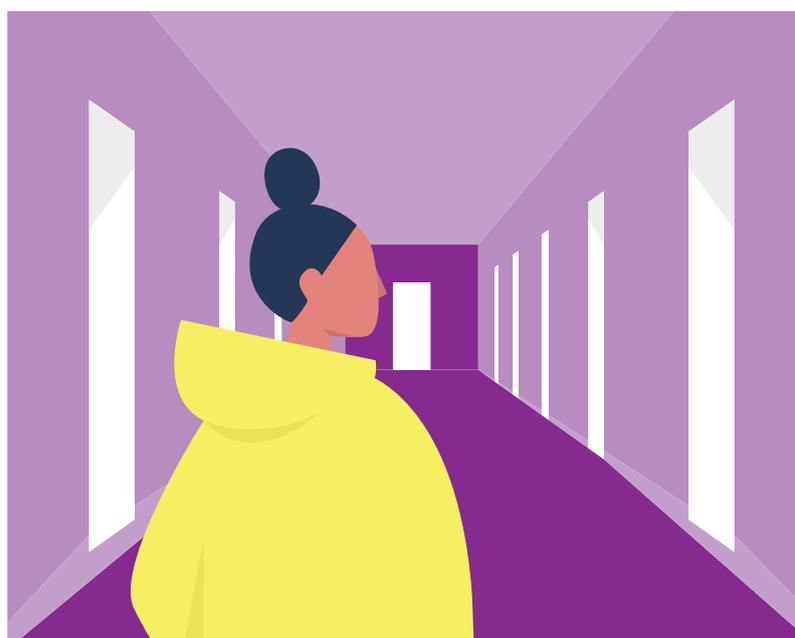
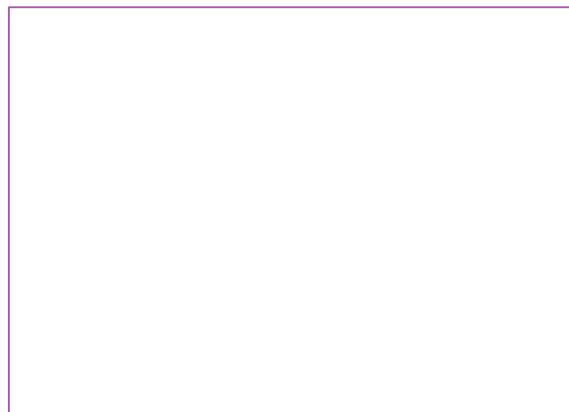
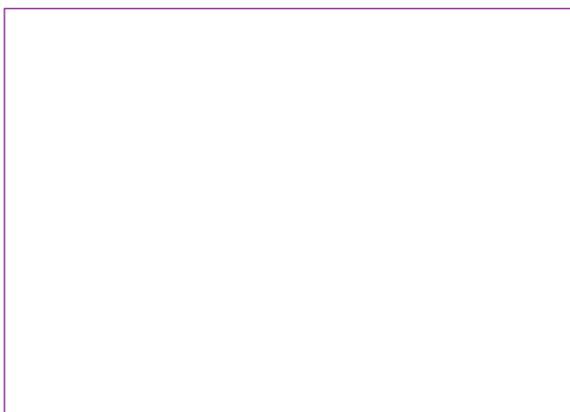
What do grades mean and what levels are there

www.reed.co.uk/career-advice/levels-of-education-what-do-they-mean

www.gov.uk/what-different-qualification-levels-mean/list-of-qualification-levels

Information on course funding

www.gov.uk/further-education-courses/if-youre-16-or-17





RELATIONSHIPS AND FAMILY



RELATIONSHIPS SUPPORT

Who can I see when I come out?

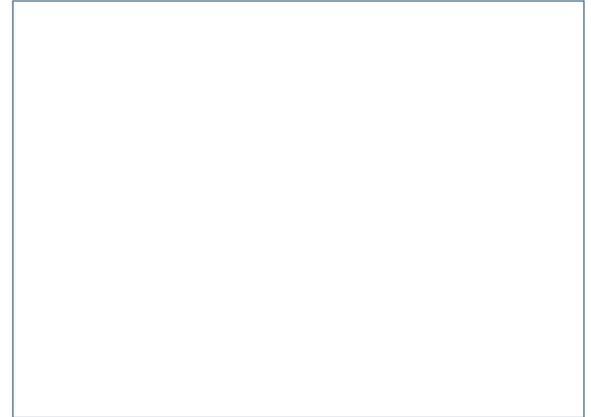
www.gov.uk/leaving-prison/support-when-someone-leaves-prison

www.nacro.org.uk/resettlement-advice-service

www.relationshipmatters.org.uk

www.relate.org.uk

www.familylives.org.uk/advice/your-family/relationship-advice





BENEFITS



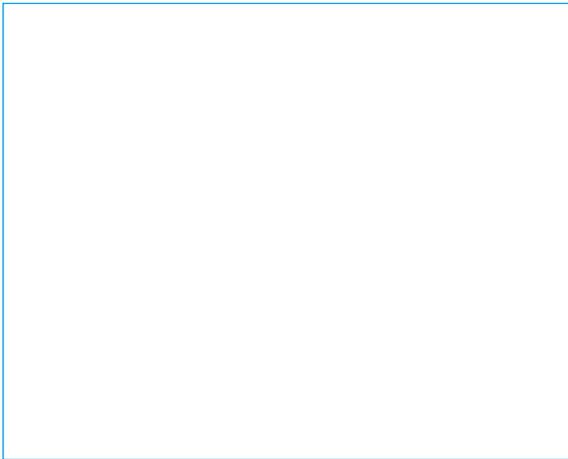
WHAT BENEFITS CAN YOU GET?

www.citizensadvice.org.uk/benefits/benefits-introduction/what-benefits-can-i-get

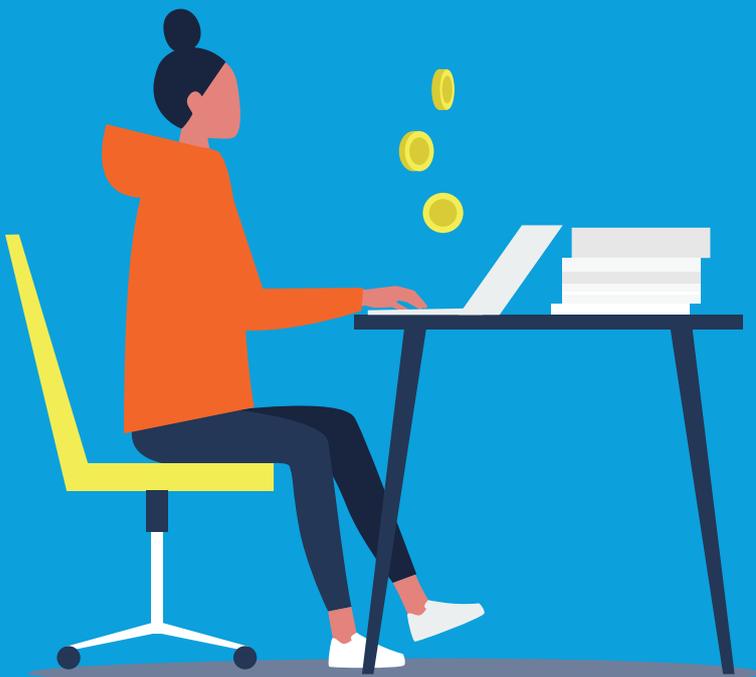
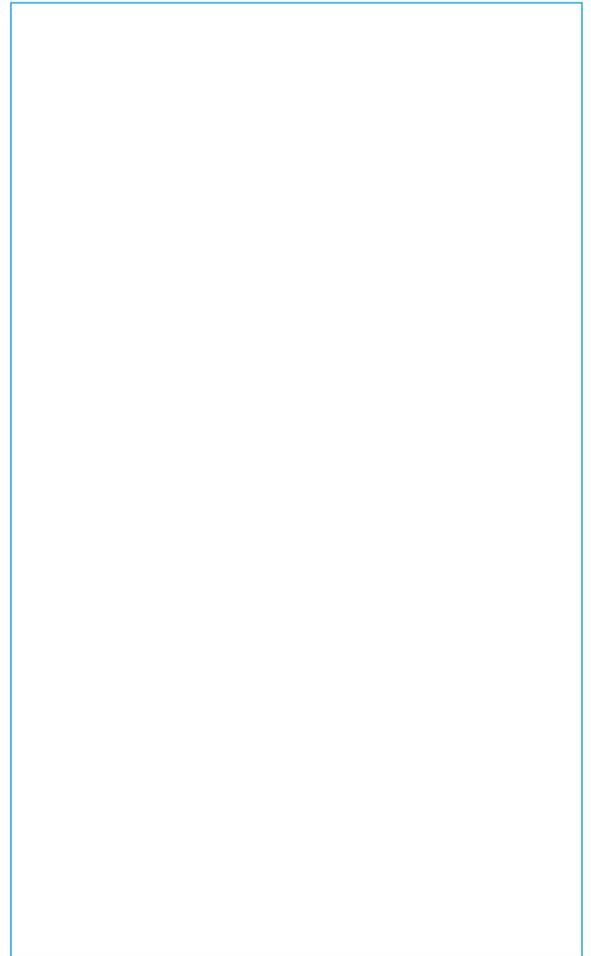
www.gov.uk/browse/benefits

www.gov.uk/benefits-calculators

SUPPORT PROJECTS



HOUSING BENEFITS





MOVING ON



The following websites and support groups will offer up to date advice and support on all things regarding you leaving custody.

www.hub.unlock.org.uk/knowledgebase

www.nacro.org.uk/

London Tel: 0300 123 1889

Birmingham Tel: 0121 250 5250

www.gov.uk/leaving-prison

www.in2change.org

0114 253 6077

www.supportline.org.uk/problems/offenders-and-family-support

Apex Trust

01744 612 898

www.apextrust.com

Forward

020 3981 5525

www.forwardtrust.org.uk

Nacro

0300 123 1889

www.nacro.org.uk

Offenders' Families Helpline

0808 808 2003

www.offendersfamilieshelpline.org

Prison Advice & Care Trust (PACT)

www.prisonadvice.org.uk

Prison Fellowship England and Wales

020 7799 2500

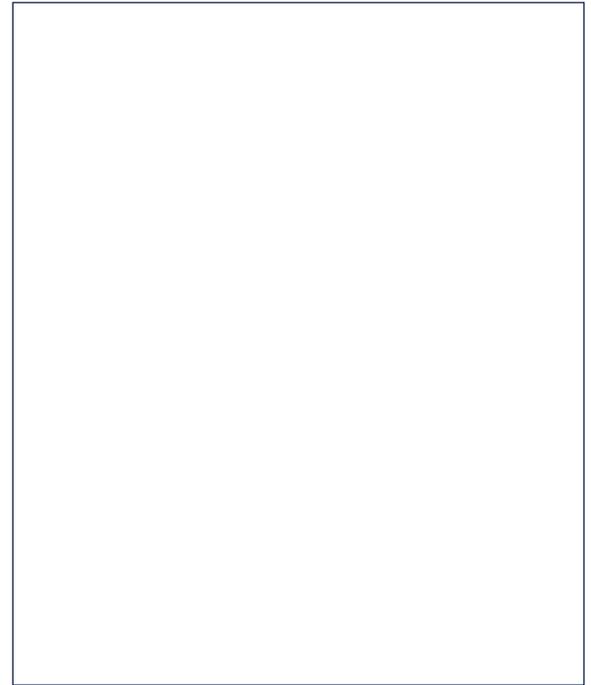
www.prisonfellowship.org.uk

Unlock

01634 247350

www.unlock.org.uk

LOCAL PROJECTS





MOVING ON



ME AND MY FUTURE

This section is to be completed before you leave custody

What do I want to do when I get out?

1

2

3

What do I need to do to achieve my targets?

Target 1

Target 2

Target 3



PROJECTS & INTERESTS



This section is to be completed before you leave custody

What hobbies do you have that you would like to continue or try after you leave custody?

1

2

3

Details of projects and people that can support your hobbies

1

2

3



MY ACHIEVEMENTS



During my time in custody I have completed the following training courses.

1

2

3

4

I have also achieved the following whilst I have been in custody.

What I like about me and think that I am good at

This is what I need to work on to be a better me.

PLEASE USE THE WALLET IN THE BACK OF THIS FOLDER TO COLLECT AND STORE YOUR CERTIFICATES AND ANY OTHER USEFUL DOCUMENTS.

Thanks go to a young man who designed and produced this booklet working in conjunction with Rotherham Early Help and Family Support Services.

The support of colleagues across the Early Help Service, RMBC and the wider Early Help Partnership and the members of the Rotherham YOT Board is also gratefully acknowledged and appreciated.

Rotherham is a member of the South and West Yorkshire Resettlement Consortium which works to improve resettlement outcomes for young people leaving custody.