

Evaluation Family Links Nurturing Programme

H.M.P. Holme House from 04/05/10 – 20/07/10

Group Leaders

Sue Welburn, Pam Clarke

The Group

Initially there were eight men in the group. One man had no children and didn't understand why he was put on the course. He did not return after week one. Another man also present the first week did not return.

Two other men joined during the course of the Programme, one in week two and the other in week three. This last member joined because he was anxious to do the course and was due to be released in September, so this would be his only opportunity.

Four men completed the Programme. Two men were moved to another House Block for their own safety and one man was released after Week 7.

Prison Officer Mole tries to ensure that some members of the group are from Middlesbrough. Of this particular group, four were from Middlesbrough, two from Park End, one from Pallister Park and one from N. Ormesby.

They had nine children between them, ranging in age from two years to fourteen years. Seven of these children were male and two were female. Only one man was still living with his partner and he had three stepsons, one aged fourteen, one aged five and one aged four.

Week 1 – Building Blocks: The Four Constructs (Giving Praise)

The results of the baseline relationships activity proved to be very diverse, with two group members scoring themselves as extremely low, and the other four scoring themselves as 10. This led to the conclusion that the men did not really understand the purpose of the activity.

The atmosphere in the group was initially quite challenging, with the men saying that they didn't know why they had been put on the course. D did seem to be laughing a great deal. It was unclear whether it was nerves or whether the facilitators were being laughed at.

A said that he would rather be at the gym, although he did work hard during the session and contributed a great deal to the activities, especially the exercise on praise. He was also very supportive of M, who shared his problems in the group, and then told Officer Mole during the break that he did not think the course was suitable

for him. He is due to be released in seven weeks and feels he will need a great deal of support on the outside. He said he would talk to the facilitators during the break next week. He did join in the session, contributing his ideas to the activities, volunteering for the role-play and being enthusiastic about the collaborative rewards.

J joined the group later, after the dentist. He has no children and did not know why his name had been put on the list. He sat outside the circle and probably won't be back next week.

We worked hard to share with the men our passion for the Programme and what it had to offer. Although the men did not seem to understand why they were there, we persuaded them to give it a chance.

Week 1 Parents' Feedback

How do you feel about today's session?

1 x great

6 x good

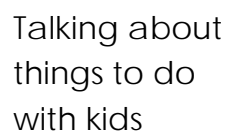
How do you feel about the Programme?

1 x great

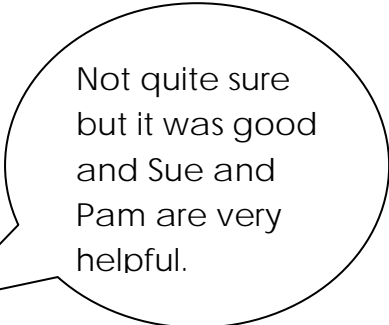
5 x good

1 x unsure/good

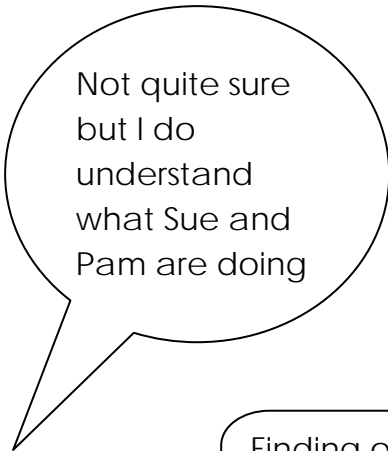
What did you find enjoyable or useful about this session?



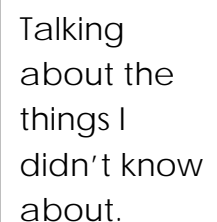
Talking about things to do with kids



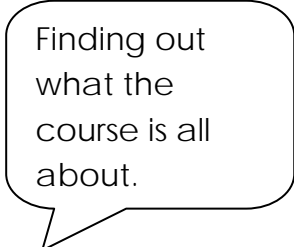
Not quite sure but it was good and Sue and Pam are very helpful.



Not quite sure but I do understand what Sue and Pam are doing



Talking about the things I didn't know about.



Finding out what the course is all about.

What did you not enjoy or find useful?



Week 2 - The Question of Discipline (Time Out...to Calm Down)

There were only four men in the group today. Three were on a first aid course and two from last week will not be returning. One new member joined today. He is not with his partner, but has two daughters aged six months and four years.

The Four Constructs were revisited today for the benefit of the new group member.

The group worked well together today. M and A are very supportive of each other and genuinely interested in what each other has to say. The new group member, A, is very focused. It is evident that he has done the Family Matters course, and is very confident about sharing his ideas.

Discussion within the group is very valuable as they are all comfortable about sharing their feelings.

The contributions to the Praise/Criticism exercise were varied and interesting. They used a variety of scenarios to illustrate what they had written.

A volunteered to scribe. It was good that he felt confident enough to offer, and was comfortable with people laughing, with him, at his spelling.

The groups in Holme House are more willing to have a go at reading and writing than any other group. They are very non-judgemental and support each other with decoding words etc.

At one point, M. said 'I have been in a world of my own since we started talking about positive discipline, as I am wondering who is disciplining my children.'

There was a great deal of discussion around paternity issues, contact and also about smacking and it's adverse effects. Some of the group shared their experiences e.g. A who was beaten whilst his sisters held him down.

The session was quite rushed at the end as the men had so much they wanted to talk about and share.

The men joined in the session enthusiastically; everyone contributed to the discussions and activities. The laughter this week felt comfortable. The men are able to laugh at themselves and laugh with each other.

How do you feel about today's session?

1 x great

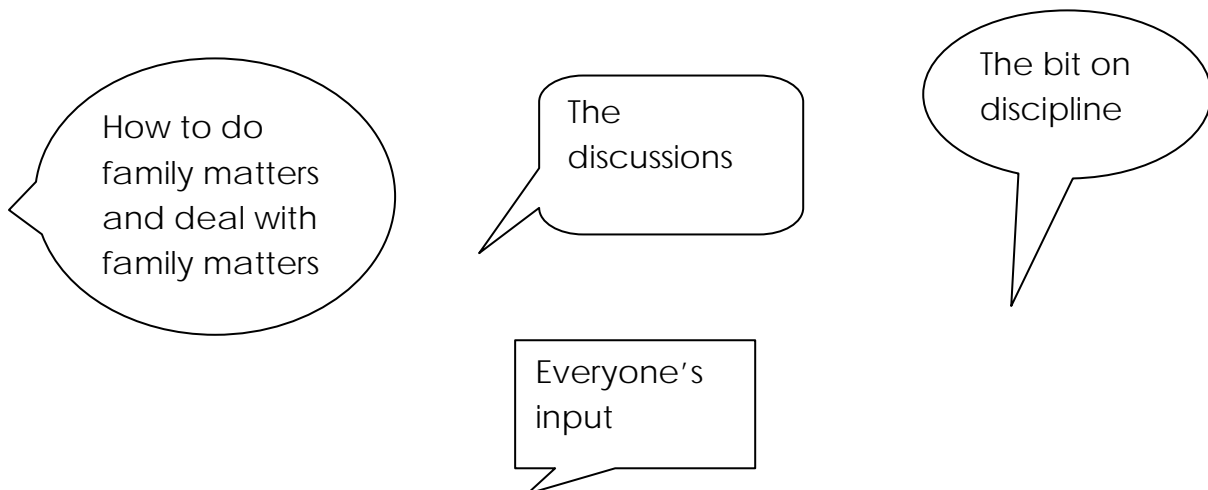
3 x good

How do you feel about the Programme?

1 x great

3 x good

What did you find useful or enjoyable about this session?



Week 3 – Family Rules, Rewards and Penalties

There were eight men present today. Another man (G) joined the group today. He is due to be released in September and was anxious to do the programme before he left. He has one son, but also three younger sisters whom his Mum needs his support with. As Prison Officer Mole was unavailable for the morning, he suggested that John, the co-ordinator should sit in on the session.

The group seemed quite subdued today. J's comment on the attention grabbers was that they were patronising and disrespectful to children who had names. A explained the point of them to J, and how they are used in groups, but J still seemed quite hostile.

Most of the men joined in the 'changing chairs' game enthusiastically (especially M, A and G).

J was again challenged the need for family rules, having misunderstood the Key Message. He also seemed to be encouraging D to laugh at us. We felt slightly patronised.

The men contributed original ideas to the flipchart activity on 'How do we want to feel at home?' but when asked to do a rule in pairs some insisted that they didn't need rules at home. However, A, M and G thought of rules they could implement.

J came back early from the break and was challenged about his negativity and his idea of being an impartial observer. We do not want him to spread negative messages about the Programme amongst the men. He said he thought the group was too big and the men would feel more comfortable about talking over their issues if the group were smaller. Some members of the group seem to think they are there because of inadequate parenting skills.

The atmosphere during second half of the session was easier. M acted as scribe, A made valuable contributions and G was a star throughout.

All joined in the 'Spoons' game enthusiastically.

How do you feel about today's session?

3 x great

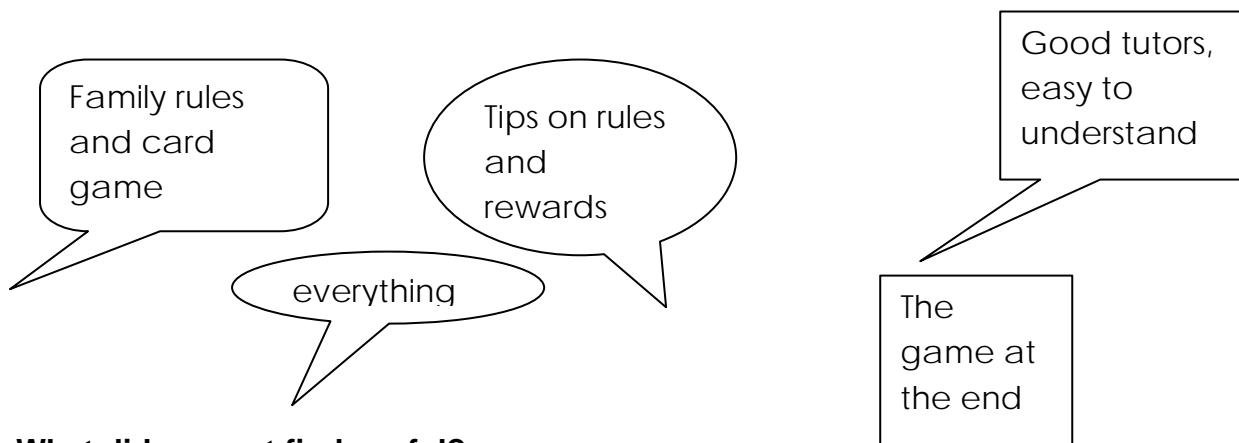
5 x good

How do you feel about the Programme?

2 x great

6 x good

What did you find useful or enjoyable about the session?



What did you not find useful?



Week 4 – Personal Power and Self-esteem, Choices and Consequences

Seven men attended this week. The atmosphere in the group was much more positive.

Sue had spoken to Andy Mole about the attitude of some group members. He stressed the importance of students joining in the programme as this is 'part and parcel of their enhanced status on HB 7' and to inform him of any further problems and he will talk to the men concerned.

The session got off to a good start with the Family Cat game. The men decided to repeat all previous contributions, which proved to be hilarious, but very supportive.

This group are very interested in the Four Constructs, especially empathy and really want to understand the difference between empathy and sympathy. One member of

the group said that he had never had an empathic partner. This led to interesting observations and questions about eye contact, body language and tone of voice as well as what is actually said.

The discussion on Personal Power was deeper and focused on ideas and that have not come across with previous groups, e.g. 'How we react', 'How we speak'. The session was longer than usual, but the men did not interrupt to ask about the break.

The collaborative reward was well received with the group using the opportunity to praise each other.

Choices and Consequences during the second half of the session led to further interesting discussion and reflection.

The students are very positive about how powerful the Programme is, and comments such as "Everybody should do this Programme". "It should be compulsory" "I know a few people who should be on this Programme" "When I get outside I am going to get people on it."

No evaluations were given out at the end of this session.

Week 5 – Feelings and What We Do With Them, Communicating Clearly: "I" Statements.

The two previous sessions were cancelled due to 1, Double booking of room, and no other suitable sized room being available 2, Lock down in the prison.

Sue delivered this session alone.

Seven men attended today. One has been removed to another House Block for his own safety.

Two of the men did not seem to be engaged in today's session – difficult to know what they are thinking. One member was feeling unwell and another was quite challenging of the boundaries until gently reminded of the rules.

The session on "I" Statements seemed to be difficult for the men to understand.

A and G, as usual, were honest and forthcoming. G has a clear idea of the role he needs to play when he gets home. He realises that his Mum lacks consistency and that his sisters are constantly testing the boundaries.

A commented, "Do you know when I first started this course and saw all the stuff you were bringing in, I thought what a load of crap! But now I think everyone should do this Programme, they should have no choice and all parents should do it before their children are born. I know many of my friends and family who should do it. It really makes you think".

One member of the group returned after the session to give back a part of the collaborative reward that he had taken. He said "I felt guilty taking it because you do so much for us in this course."

How do you feel about today's session?

3 x great

3 x good

1 x unsure

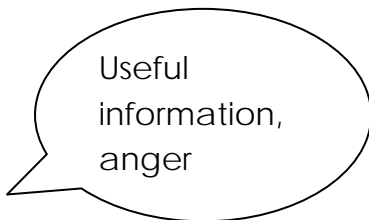
How do you feel about the Programme?

3 x great

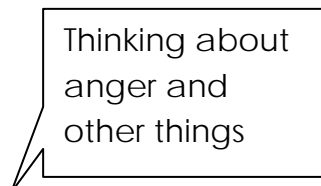
3 x good

1 x unsure

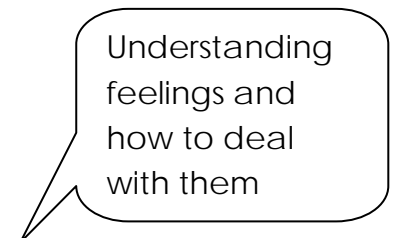
What did you find enjoyable or useful about this session?



Useful information, anger



Thinking about anger and other things



Understanding feelings and how to deal with them

What did you not enjoy or find useful?



I find it patronising

Week 6 – Kinds of Touch, Nurturing Ourselves.

There were seven men in the group today.

We began with a brain gym game. This got the session off to a good start as the men really enjoyed it.

This was followed by 'praise power' as there was not sufficient time to cover this last week. G said that he constantly tells his son how much he loves him and now his son says the same to him without being prompted.

After the Key message on Kinds of Touch, G shared with the group how troubled his childhood had been and how he had spent time in care. This is why he always makes sure his son knows he loves him

The exercise on 'Different Kinds of Touch' was thought provoking and the group discussed 'Scary Touch' quite intently,

The exercise on 'When I was Hit as a Child...' was very powerful. The men responded with the usual sort of comments, but really seemed to be thinking about the effects of being hurt and feelings for the person who hurt them. There was also much reflection about the 'What I want my children to learn exercise..'

Many of the members of this group are becoming more reflective and self-aware and appreciating this aspect of the Programme.

M opted out of the relaxation exercise, but the rest of the men really enjoyed the experience.

M came back to talk during the break. He is very upset and asked to be excused from the second half of the session.

The Nurturing game inspired D to share information about the time he spent in the army in Northern Ireland.

We ended the session with the shoulder touch, which felt very supportive. The men seemed reluctant to leave at the end and sat and talked.

How do you feel about today's session?

4 x great

2 x good

How do you feel about the Programme?

4 x great

2 x good

What did you find enjoyable or useful about this session



Are there any changes you would like to suggest or other comments you have?



Week 7 – Ages and Stages in Children’s Development, Helping Children to Grow Up

All seven men were present today. M was given his certificate as he is due to be released next Tuesday.

The session started with the ‘Ask It – Tell It’ game. Valuable time was spent on this as the men’s answers to the Ask It cards were thoughtful and thought provoking, ending with ‘How do you feel about this group? They all said they enjoyed the fun and laughter in the sessions. M said that the group had provided him with the first opportunity to talk and be listened to.

He acted as scribe for the next session on expectations. Everyone contributed. A said he felt his mother put him on a pedestal and made excuses for him. He said he felt loved and couldn’t understand how he had ended up in prison.

The Ages and Stages quiz provoked an interesting discussion and identifies for the group the problems around identifying what is normal development.

The men were very reflective about the stress in children exercise. A was very upset about his daughter who he thinks may be suffering from stress and what he can do

to help. A thinks that maybe his elder son is suffering from the stress of being expected to support his younger brother.

How do you feel about today's session?

5 x great

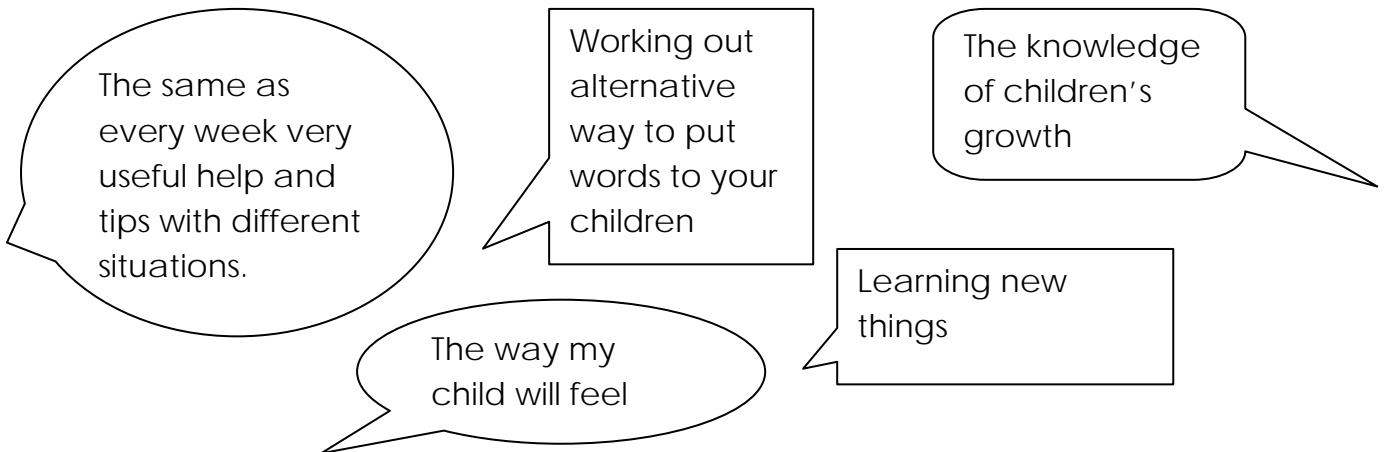
2 x good

How do you feel about the Programme?

5 x great

2 x good

What did you find enjoyable or useful about this session?



Week 8 – Issues Around Sex, helping Children To Stay Safe

This was an excellent session with much reflection and honest discussion.

Two men were missing, one has been moved for his own protection and one has been released. Attendance for this group has been quite inconsistent.

The Nurturing Game was very enjoyable. The men were quite competitive. There was a great deal of laughter amongst the thoughtful and reflective answers. The men were very supportive of D who found the 'feelings' questions difficult to answer.

Issues around sex – the men were very positive about their own bodies, and very honest about their feelings concerning their daughters and sex and reflecting on their own behaviour.

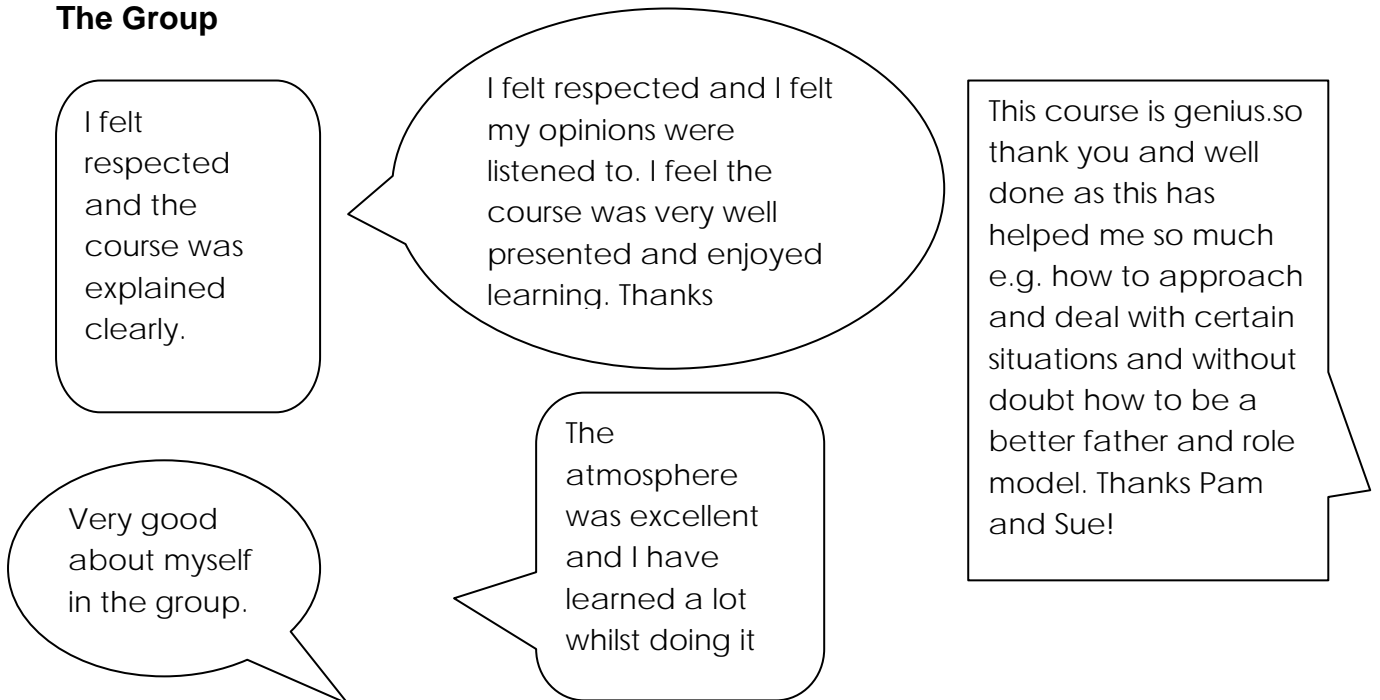
They recognised the 'Hands over the body parts' as an excellent way of explaining inappropriate touch to children.

They also took part in the personal space activity and understood how children's space can be violated by: pointing in their faces, not giving them eye contact and speaking down to them.

The men no longer ask when the break is, nor do they rush off at the end, but seem to enjoy staying to chat. The group hug at the end felt natural and supportive.

End of Programme Evaluation

The Group



2. The techniques/attitudes (How Helpful?) The techniques/attitudes
 (Please circle a number in both columns on each line 1 = not helpful/not confident 5 = very helpful/very confident)

Code: HH – How helpful
 UC – Using confidently

Technique	Person 1		Person 2		Person 3		Person 4		Person 5	
	HH	UC	HH	UC	HH	UC	HH	UC	HH	UC

Praise	5	5	5	5	5	5	5	5	5	5
Boundaries, family rules	5	5	5	5	5	5	4	4	4	4
Rewards and penalties	5	5	5	5	5	5	4	4	4	4
Choices and consequences	5	5	5	5	5	5	5	4	3	3
Time out	5	5	5	5	5	5	5	5	5	5
Honouring children's feelings	5	5	5	5	5	5	5	5	5	5
Listening and talking	5	5	5	5	5	5	5	5	5	5
Problem solving, negotiating	5	5	5	5	5	5	4	4	5	5
Ignoring undesirable behaviour	5	5	5	5	5	5	4	4	3	3
Nurturing ourselves	5	5	5	5	5	5	5	5	5	5

3 Would you recommend this Nurturing Programme to other parents?

Yes straight away

Yes I will because it helps you and others

Because this course benefits not only you but your children which can only lead to a better easier happy life. PS I think Pam are angels sent from God to help.

Yes so it can be practised by all parents as well as by my daughters' mum

Yes, because it helps
you understand more

Conclusion

This was the first time the Nurturing Programme had been held in the new House Block (7) The layout of this block means that there is little contact with the other prisoners, so there are no opportunities to advertise the course personally. However the room where the course is delivered is larger and more pleasant than on House Block 5. The room has comfortable chairs and is always set up ready for use on Tuesday mornings.

After initial challenges, this group became one of the most self aware, reflective and appreciative groups we have worked with in HMP Holme House. The attendance of members of the group was also the most consistent we have experienced. This made it easier for members of the group to bond with each other, support each other and share their feelings and experiences.

As facilitators, we have felt more welcomed and valued since Prison Officer Mole took over the responsibility of escorting us over to the House Block, sorting out the room, storing our resources and making us drinks! Actually getting access to the prison has been easier this time. Prison Officer Mole made sure that the staff at the Gatehouse had the relevant paper work and he was there to meet us. We no longer have to go through two security checks every week.

The portfolio with the information boards has disappeared in the move to the new House Block.

Comments from the Customer Satisfaction Card

Thanks to Pam and Sue for helping me to think more and think more to praise my son. Once again Thanks Pam and Sue. All the best

I think that this course is really brilliant and I am gutted that it has to end I have learned a lot and I would like to thank Sue and Pam very much

I think what Pam and Sue are doing is so helpful and they are so understanding and they don't judge people and the little time I've had the pleasure to spend with them has made me come to love and respect them and I hope their own family appreciates them as much as I do as they are real lucky people to have them in their lives. Like I said I'm sure they are angels sent from God to help us. So thank you so much.

The course has given me a great insight into new ways of nurturing and I can't wait to try out all these new ways of bringing up my children. Thank you