



HMP Lancaster
Sure Start
Geese

Family Links

The Team

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&**

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Parent Group Leaders



"The Geese Theatre Company were excellent. They put their show across in an easily understandable way and made a serious subject fun to watch. I think that what the company are doing is great for prisoners. I even saw a couple of so called 'hard men' letting their own masks down."

Prisoner, HMP Leeds

Responded to a clear need and demand from both the prison and the prisoners - how to address the important role of being a parent, especially when having a history of offending and substance misuse.

It has responded to the needs of the Family Links programme by providing opportunities to the participants to "put into practice" some of the theory taught on the course. The Geese inputs have enforced what would be practiced with family members if the course were being run in the community.

Geese have delivered the programme according to their underlying theoretical perspectives (role theory, CBT and social learning theory)

Geese use drama and theatre to encourage self-awareness and to assist individuals in exploring the idea of change and the impact that change may have on their lives. Within this framework they consider the connections between personal behavior, choice and responsibility and broader social, economic and political factors

This was delivered in a motivating, engaging and experiential style which accords with the principles which lie behind their methodology.



"The prisoners have gone away from the visit full of determination to continue the work they have done in addressing their offending behaviour. This determination appears genuine, as the prisoners have been able to evidence their learning in sessions subsequent to the visit."

E Chapman Deputy Governor HMP Peterhead



Please welcome our fantastic
Parent Group Leaders

Trisha and Sam

The Group

Eight men attended the course and five completed the course. Out of the three not completing; 2 were relocated due to closure of the prison 1 relocated to a detox programme

Contact between the participants and their children varied from daily phone contact to no contact at that time. Of those having contact most saw their family fortnightly.

Unfortunately there were no opportunities for family days during the course

What Worked

We were able to be consistent with the two group leaders

Having officers in really gave it some weight with the participants

Clearance beforehand

We were able to resource it properly

Breaks, games and refreshments were really important

What Worked

Collaborative reward chart worked really well and created a supportive environment

Sending additional parent puzzles home

The collaboration with Geese

Improved their wellbeing

Good communication was essential to the success

Completing the course

What they said

"First Starry sky - only 5 stars left after one go round"

Two men praising in their cell for 'Making a Brew'

"It will be good to go through it with you and do it practically with them"

"I've told my girlfriend we will find a place that does it and I will do it when I get out"

"I learnt a lot which I know will help me become a better parent"

"I know my self confidence will be better after this course"

Comments from final week

"I'm thinking in a different way, how to do things differently not just blowing my top"

"praise - we are always praising each other in the pad"

"When I praised my child he was happy"

"Thinking more about things instead of just jumping in"

Goodbye statement from Geese read to the group and the prison officer praised the group as he had witnessed the participants using strategies and skills learnt

Certificates presented and personalised coaster handed out

"I feel every session was as good as the last. Brilliant. Really enjoyed it"
Asked if the officer would recommend the course "Going by this one - definitely"

Feedback

One thing gained by coming on the course:

"Self confidence and assertiveness"

"Confidence"

"Praising"

"Better understanding of my children"

"I'll be a better parent - more understanding"

"Confidence - Choices and consequences"

"Will continue to do with my older children"

"Not as scared as I was"

Feedback

One way I have changed by being in the group with all of you

"Understanding people have different opinions"

"Understanding other opinions"

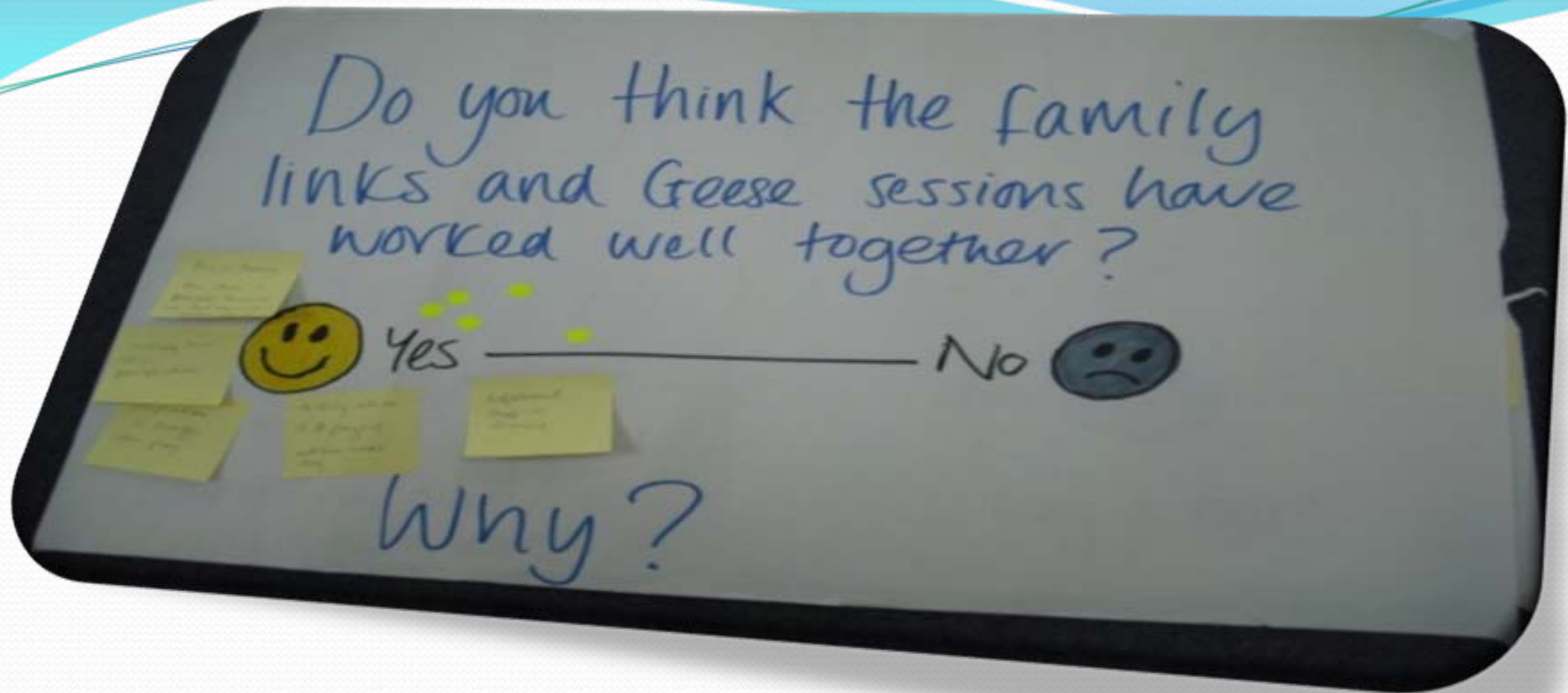
"Doing role plays"

"Accepting and giving praise"

"Learning that your way isn't always the correct way"

"Built my knowledge, understanding and confidence"

"Nice to see another side to the lads"



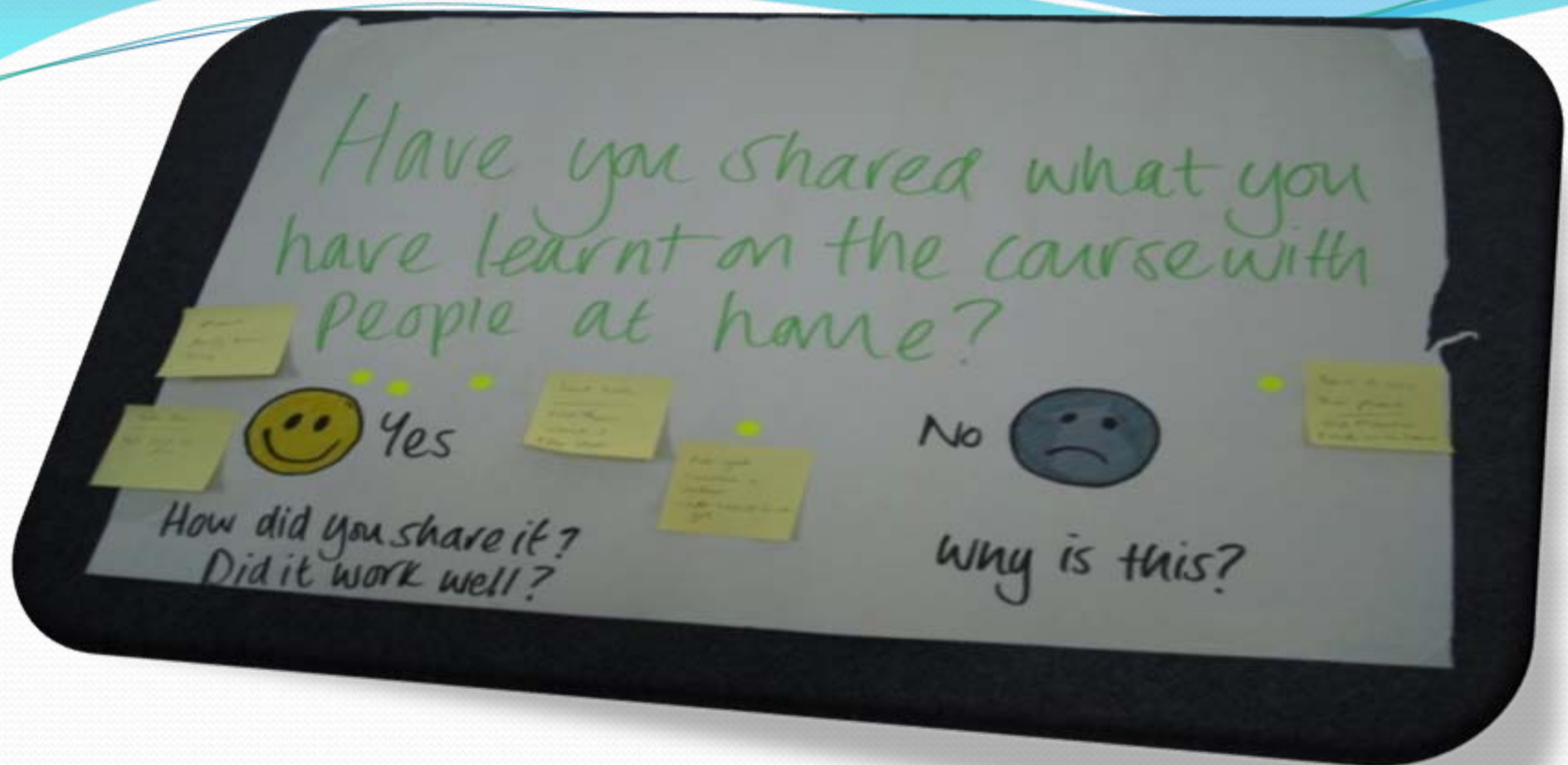
"Emphasised it through role play"

"Acting put it into perspective"

"Talking about it and playing it out the next day"

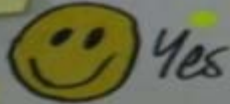
"Theory and role play the next session"

"Different stuff in sessions"

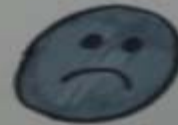


- "Shared it over the phone - doing the same thing"
- "Shared it with my son - good so far"
- "Sent book home, told them about it and the star chart"
- "Wrote a letter but not heard back yet"
- "It's hard over the phone - still sent book home"

Do you think your
wellbeing has improved by
being on the course?



How has it helped
or made you feel?



Could we have
made a difference
or done anything to help?

"More confident"

"Picking up stuff about praise etc"

"Would never have done role play before the
course"

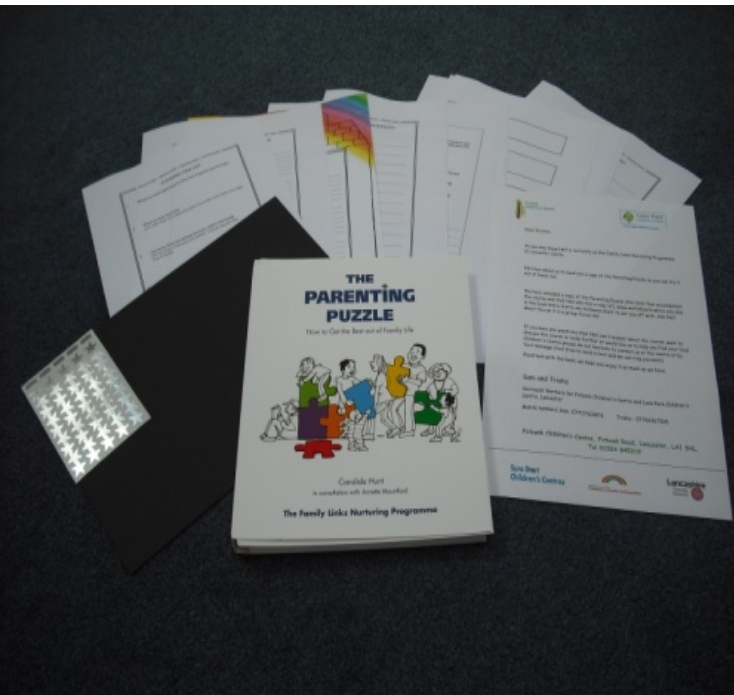
"Made me think about things more"

"Learnt and hopefully I'll put it in at home and be a
good daddy"

We just wanted to let you know that it has been a pleasure working with you over the last five weeks

Being a parent can be a complicated and complex business but we feel that each of you has shown a level of insight and understanding into the impact that you each can have on your children families, both positively and negatively.

Andy Watson director *Geese theatre co*





Any Questions?