

# Inside & Out

Issue 18 - May 2013

M A G A Z I N E

**Working  
inside  
and out.**

**SPOTLIGHT ON...**

## **Training and development opportunities for offenders**

*ALSO IN THIS ISSUE...*

- **A TRANS-GENDER PROJECT**
- **SUPPORTING PRISONERS' FAMILIES**
- **THE THEATRE HELPING EX OFFENDERS**
- **A MUSIC REVIEW**

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# HELP US CREATE THE NEXT ISSUE



Inside&Out

SEND US YOUR IDEAS, DRAWINGS, PUZZLES, ARTICLES, LETTERS OR ANYTHING YOU LIKE...

## THE EDITOR & THIS ISSUE...

### SPOTLIGHT ON EMPLOYMENT

**I**n this issue we are highlighting a brand new music review, an organisation that supports prisoners families, an ex-offender employment agency, a trans gender project and a drama student working in a Probation Hostel.

The Inside & Out Competition was a complete washout. We received no contributions within the deadline. This is partly our fault because we didn't heavily publicise the competition. We are still interested in making this magazine a "Community Magazine" and are seeking anything that you would like published such as a letters page, poetry and artwork. We cannot print libellous, discriminative or overly negative submissions but this is YOUR chance to show off your talents to the world and add to a portfolio. We prefer your submissions to be sent digitally, however, if this is not possible please them to the address below. It may be possible to refund or cover the cost of postage.

Whether you are a member of staff, an offender or ex-offender and you would like to add skills to your CV, work skills and a reference by becoming a representative of Inside & Out, we would love to hear from you

If you need advice on employment, apprenticeships, training, families etc why not give us a call on our new Freephone number 0808 168 3704

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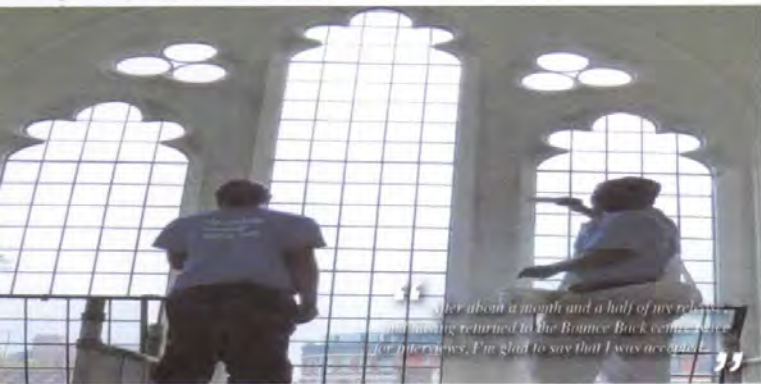
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## THE BOUNCE BACK PROJECT...

# ...OPPORTUNITIES TO IMPROVE THE EMPLOYABILITY OF PEOPLE LEAVING CUSTODY!



*After about a month and a half of my release, and having returned to the Bounce Back centre twice for interviews, I'm glad to say that I was accepted.*

**B**ounce Back offers training and development opportunities to improve the employability of people leaving custody. We act as a bridge into a more stable way of life, engaging with our participants whilst still in custody then training and employing them on release. Our aim is to give people the qualifica-

tions and ability to be professional, self-employed decorators by the time they leave us. Through employment in our own social enterprise, participants have an opportunity to learn every aspect of the profession on both commercial and private jobs - and to showcase their talents to some of the partner contractors we work

with, many of whom have taken staff onto their workforce from us.

Gavin Humphries has been with us for over a year now, is working on site and has also discovered a talent for writing. He has written an interview for the Big Issue's [answersfromthebigissue.com](http://answersfromthebigissue.com) and contributes to our blog. Here he tells us about his life since joining Bounce Back.



### Gavin's Story

*"I found out about Bounce Back when I was coming towards the end of my last custodial sentence back in the beginning of 2012.*

*The Bounce Back Project is a charity, as well as a social enterprise set up to help ex-offenders with their transition from prison*

*life back into the working environment by providing 3 weeks of intense training, followed by 2 weeks of voluntary work.*

*During this time, whilst working towards an N.V.Q. level 2, there's the chance to gain a CSCS card which enables people to work on construction sites. As well as other training such as cradle and mobile plant operation, and specialist paint products.*

*What really caught my attention and intrigued me about Bounce Back was that it mainly dealt with the painting and decorating aspect of the construction industry, and considering the fact that I had previously attended college and achieved a N.V.Q. in painting and decorating, it appeared to be the most logical course of action in which to take.*

*I wasn't sure whether I would be accepted via self-referral so I went back to my previous probation office and explained my situation, stating that if I didn't get on this programme I would more than likely get into further trouble and sent back to prison.*

*After about a month and a half of my release, and having returned to the Bounce Back centre twice for interviews, I'm glad to say that I was accepted, I didn't return to prison, and my working relationship with Bounce Back has continued up to this day.*

*I can't say that it has been plain sailing since my release from prison but I can say that I have been very fortunate to have had the help and support from the rest of the staff as well as the other programme participants.*

*Bounce Back have been very patient and tolerant with me throughout my transition back into work, whereas the majority of employers probably wouldn't have been. They even helped me with an issue I had regarding accommodation by linking me up with another organisation by the name of Vision Housing who help ex-offenders who would otherwise be vulnerable if left out on the streets.*

*The training which is provided is of quality value and is excellent for those who have either no prior knowledge of the trade or want to brush up on their existing skills, whilst learning new ones and building up their confidence."*

Before any of the programme participants start working properly, Bounce Back ensure that each individual is kitted out with the correct personal protective equipment and the relevant tools are provided.

Bounce Back will even go as far as to help

those who wish to pursue a different job away from painting and decorating and in other industries.

*"I can speak from experience as a few weeks before Christmas I happened to fracture my ankle and wound up in a cast and on crutches! I was worried that I would be out of work but fortunately I was given some office duties to get along with, which meant that I could flex my IT skills."*

So if you are coming towards the end of your sentence and considering what to do when released, why not give Bounce Back a try?

Bounce Back aims to expand its skills training within the next year to offer additional qualifications to meet the response from our clients. In addition we are in talks with more prisons and local authorities to increase our reach.



Bounce Back provide a good opportunity for those wishing to get back on their feet, feel good about themselves, gain confidence, and exercise existing skills whilst learning new ones. It also provides a way for people to build new relationships whilst trying to mend broken ones, and above all it enables an alternative to re-offending which ultimately means bouncing back and not returning to prison!

**To contact us email:**  
[fran@bouncebackproject.com](mailto:fran@bouncebackproject.com)  
**or call 0207 535 8655.**

**bounce  
back.**

BOSSMAN ENT RECORD LABEL..

## BIRMINGHAM'S MUSIC SCENE



Ok we will start this months review focusing on Birmingham's music scene and companies within the scene itself.

BME which is short for 'Bossman Ent' is a up & coming independent record label which specialises in artist development and gaining artist signings to major labels. Owned and founded by brummie Artist/Producer/Song-writer and entrepreneur 'Bc Da Bossman' this label promises to deliver nothing but good music and talented artists nothing less.

Last year the company negotiated a major deal with ROK Comics to release a audio & digital comic book app for apple users and smartphones.

The app features BME artist 'ZeZi' and a brief but exclusive insight to their life and progression through the industry. Also providing readers with a mini soundtrack

and option to buy music and videos from the group.

It's a great read to pass the time and its also free so visit your AppStore or play store now and download 'The Story So Far' by ZeZi.

Bossman Ent is a inspiration for Birmingham artists showing them that hard work does pay off.



BOSSMAN ENT RECORD LABEL

**Visit the Zezi website**  
[www.zeziworld.co.uk](http://www.zeziworld.co.uk)  
**Follow them on Twitter @zeziworlduk**  
**Like the facebook page. Zezi Official**  
**YouTube /zeziworld**

Review written by J.Lewis

SARAH LYNN FOSTER'S PROBATION PROJECT

## USING THE THEATRE TO HELP EX OFFENDERS



**N**ame: Sarah Lynn Foster  
 Age: 23  
 Project: Walk the Line  
 Aim: To increase ex offenders self esteem and improve communication skills through the use of theatre.  
 Working with: Kirk Lodge Probation Hostel.  
 Supported and sponsored by: Curve

*Theatre Leicester, Young Art's Entrepreneur Scheme.*

My project originally came about because I feel a lot of people lack or struggle with basic communication and social skills in today's modern world. I originally was going to focus on young adults/teenagers who would rather text

you when you are in the next room instead of come and have a face to face conversation.

I feel that this effects, confidence, communication skills, e.g. the ability to use tone and facial expressions to complement what is being said and that we are generally losing the ability to talk to one another effectively.

I began thinking about young people at risk, how a lot "naughty" kids tend to get angry and aggressive quickly or are the opposite and can be quiet and isolated and I wanted to see whether using drama techniques, exercises and games could help them to understand how to use their voice, language, tone and body language to express how they are feeling before they get annoyed or angry, or to help talk through things when they do.

It was after I successfully applied for the amazing Young Arts Entrepreneur scheme based and supported by the Curve Theatre in Leicester and the Hamilton fund that Kirk Lodge happened to get in contact with my mentor Tim Ford.

Kirk Lodge is a probation hostel in Leicester and they wanted to know about getting some of the guys from the probation centre involved in the theatre some how, and this is how I got involved with working at Kirk Lodge.

It was pretty lucky timing and I'm really looking forward to working with a group there on my project entitled "Walk the Line."



I will be visiting the guys once a week for 4-6 weeks, beginning in May, to engage them in theatre based workshops to help them with their self esteem and confidence, hopefully enabling them to reach the end goal of making a radio play that will be displayed at the Curve Young Arts Entrepreneur Exhibition day in August.

I really hope the guys get involved and feel empowered at being given the chance to produce something together.

My goal is to eventually be working regularly with groups of offenders/ ex-offenders and young people at risk to help build self esteem and interpersonal skills that can support them in day to day life, as well as areas like job interviews.

*Sarah Lynn Foster*