



Participation information for people on IOM (Integrated Offender Management)

What are we asking of you? – Thank you!

 **What** - A St Giles worker would like to **speak with you for around 20 minutes** in a secluded setting at your probation office or  **over the phone**.

 **Why** - This is a chance to **freely share your experiences and opinions of prison and probation** and potentially support someone going through something similar in the future.

 **How** - To be able to contact you about this, you need to **sign and date the consent form** given to you (alongside this document), and provide your telephone number as well as any contact preferences. Your IOM practitioner will securely email this to us.

If you join for a second in-person session, we can give you a £25 one-4-all voucher which you can spend in a variety of high street shops. You can call or text these numbers to find out more: Remy – [07570367546](tel:07570367546) Liz – [07387414308](tel:07387414308)

Some findings so far – do you agree? We have spoken to 60+ people in IOM so far across 16 London boroughs

-  It can be helpful to work with a **mentor or a support worker** and for this to start in prison before leaving.
-  **Short prison stays** Delays going into prison and early release can cause issues.
-  **The day of release is a challenging day** it can be both emotionally and practically difficult. There can be too many appointments at different locations.
-  There needs to be more discussion about **what to expect** and what not to expect from probation before leaving prison.
-  People often need practical support such as with **ID and filling in applications**.
-  People often need **emotional support** to help navigate their lives and be able to connect more with family members, make the most of life, pursue self-improvement and/ or something they care about. For some, this can include mental health support and/or support with substance misuse.
-  Some people have enjoyed developing a more **positive outlook** which includes feeling more accountable, motivated, and confident.
-  Everyone is different, and some people are keen to start volunteering, get a job or start a business and would like to **know what is out there**