

"Through the gate and beyond"
Reducing offending Programme

AIR
SPORTS
NETWORK

Achieving Inspiring Rediscovering

Pre-release programme

Meet at Gate

Community Programmes

Outreach & Marketing

Engagement & Assessment

Sports Programme & Mentoring

Pre-release assessment

Prison gate meet

Registration with AIR Sports

Priority service link up

Personal Training & Mentoring

AIR Education Programme

AIR Move on Programme

AIR INSPIRE

AIR Sports Local Programme

Home visits

Positive destination or Personal Goal Achieved

Client entry points

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Reducing offending model

Through the gate and beyond

Individual need = Individual Programme

- All of the clients we work with have individual and often complex needs, including substance misuse, mental ill health, behavioural issues, long term employment, low educational achievement and offending histories which prevent them finding work on release.
- We have over 8 years experience in developing and delivering services aimed at engaging and supporting the most vulnerable, hard to reach and at risk individuals. We recognise the need to provide key services tailored to individual need and experience, for this reason we do not deliver generic group work or catch all services. Our experience working with offenders shows that an individual and innovative approach to reducing offending need not be expensive, our intensive programmes are on average between 3-6 times less expensive than comparable competitors (£1,000 compared to between £3,200 to £6,000).

Stage 1: Pre-release Programme

- This is the first part of AIR's "through the prison gate and beyond" approach to working with offenders. Our experience has shown that the early building of trust, of relevance and of credibility with clients is crucial to the long term prospects of engaging, sustaining and ultimately moving clients into positive outcomes from our programmes.
- The Prison visit programme is a pre-release engagement service for individuals who are nearing the end of their sentence. For many this can be a worrying, uncertain and stressful period with inevitable thoughts of readjusting back into society, issues with employment, housing and benefits.
- With this in mind our staff work directly with prisoners in prisons through an informal sports, fitness and well-being programme, sessions also include one to one support, mentoring, action planning and an initial introduction into our post release programme.

Our aim is to ensure that all clients who engage with us have on release:

- An existing relationship and opportunity to continue with a support service.
- Identified something structured and positive to attend on release.
- A clear personal goal and plan to achieve this.
- A named member of AIR Sports Network staff as a personal mentor.
- A clear idea of where to access additional support if/when they need it.
- Are healthier, fitter and more able to deal confidently with adjusting to life outwith prison.

Reducing Reoffending

Stage 2: Through the prison gate Programme

- This part of the AIR programme creates the crucial link between our pre-release and post release programme. We are aware of the difficulty many individuals face on release and that re-offending rates are high within the period immediately on release.
- Our programme sees AIR staff engage with individuals as they leave the prison gate, this ensures a smooth transition between the support we provide inside the prison and the support we provide post release through our current sports, mentoring and one to one programmes. For new clients this service offers first stage support and engagement with the wider AIR programme.

Our stage 2 programme includes:

- Pre-arranged pick up from the prison gate.
- Support for clients whether previously engaged with us or not.
- Accompanied travel to hostel, housing or half way house as per client needs.
- Breakfast or lunch with individuals and a one to one mentoring engagement.
- Support for individuals with access to additional priority support services.
- Registration with AIR Sports Network.

Stage 3: Community Programme

- This is the most intensive stage of our reducing reoffending programme and includes our full range of community services, this is where we look to build resilience and develop clients social and recovery capital: crucial components in reducing offending and supporting clients into sustainable positive destination outcomes.

Our Programmes are individual client specific and include:

- One to one mentoring throughout the week including evening and weekends.
- One to one personal training.
- Home visit programme.
- Health and wellbeing focused sports and fitness programme.
- Individual and group education support.
- Support to understand and adopt a healthy lifestyle.
- Individual action planning.
- Issue specific support including housing, behaviour and substance misuse.
- AIR iNSPIRE programme. (qualifications and certification)
- Signposting and support to move on.
- Personal development programme.
- Volunteer and leadership training programme.

Evaluation and impact

We are always looking to develop, strengthen and be innovative with our monitoring and evaluation processes. We are currently working with London CRC and CRI on developing a process to establish individuals' past offending behaviour in comparison to recent offending patterns whilst working with AIR in an attempt to evidence the real impact of our services on individuals.

We are keen to move away from over reliance on national averages and statistics to evidence our work as we believe all of our clients are unique and we work with them accordingly, we therefore feel it is important to generate evidence on a more meaningful individual basis.

We currently record and evaluate a range of important data which is crucial in establishing the impact of work in reducing offending, this includes:

- Case studies
- Positive destination outcomes
- Attendance
- Lifestyle questionnaires
- Retention
- Transferable skills progression
- Health & wellbeing progression
- Alcohol & substance use reduction
- Self recorded offending reduction
- Quantitative demographics
- Reduction in offending (binary and severity)



Lambeth IOM Programme: 92% of clients who engaged for a minimum of 12 weeks achieved a positive destination outcome.

Lambeth IOM Programme: 79% client retention for at least 12 weeks.

Lambeth IOM Programme: 100% success rate in client meets at new meet at gate programme.

Wandsworth Programme: in 12 months 150 clients achieved 118 positive destination outcomes.

Wandsworth Programme: Average client retention 15 weeks.

Wandsworth Programme: Reoffending rates amongst the most prolific offenders who attended AIR for at least 12 weeks dropped by 61%.

Lewisham IOM Programme: in 9 months, 59 clients achieved 76 positive destination outcomes.

Lewisham IOM Programme: 72% of prolific offending clients did not reoffend.

AIR Sports Network delivers £14 to the taxpayer in criminal justice savings alone for every £1 spent on the service.



If you would like to know more about AIR Sports Network please get in touch at:

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