

Site

HMP & YOI East Sutton Park

Name of project / initiative

Freedom Programme

Overview

The Freedom Programme (www.freedomprogramme.co.uk) is a programme for the victims of domestic violence. It aims to empower the survivor and help them understand that they are not responsible for what happened but at the same time helping them to see warning signs and how they might handle them in future. It is an externally designed 12 session programme delivered in-house, over 8 weeks, by trained staff facilitators. 52 women attended the programme in its first 18 months.

Longevity

Since 2018

Benefits

Has proved popular with the women and received very positive feedback. The women report higher self esteem, a realisation they are not alone, and an increased confidence in being able to avoid further victimisation in future.

Uniqueness

We believe it is the only prison running the programme – and the only officer-led programme of its kind.

Applicability

Any prison could run it in principle within the female estate

Requirements

Trained staff, and time detailed for delivery.

For further information:

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