

Site

HMP Ford

Name of project / initiative

Independent Living Unit

Overview

Lifers and other indeterminate sentenced prisoners often have difficulty adjusting to life outside after years of incarceration. One major challenge is how to take care of themselves. The Independent Living Unit (ILU) aims to help with that adjustment by mirroring as closely as possible the circumstances they will live in after release.

The ILU is a 10 bed, self-contained unit, with a kitchen, bathroom, living room, dining area, and utility area. Residents order their own food, from outside suppliers, and are required to budget, cook and clean for themselves, as well as doing their own laundry, with minimal supervision – while going out to work during the day.

Benefits

According to the Governor, and the residents themselves, the ILU provides an invaluable preparation for life outside after a long period of incarceration – enhancing the residents' confidence and skills to live independently after they are released.

What's special about it?

The prison believe that at the time of writing (July 2022) this is the only unit of its kind, although a number of other establishments have shown an interest in setting up similar facilities of their own.

Wider applicability

The Governor considers that this is a valuable initiative which would be of benefit across the open estate. The only major requirement is a suitable facility in which to house the unit.

For more information:

Contact: Head of Reducing Reoffending / Head of Residence

See also: [KnowX.uk/Ford-RMT22\(1\).pdf](#) (images) and [KnowX.uk/Ford-RMT22\(2\).pdf](#) (additional information)

Submitted by:

The Governor