

Site

HMP/YOI Portland

Name of project / initiative

Be Rock Solid rugby academy

Overview

Be Rock Solid is an eight-week course, based around rugby, which is run by the charity the 100 & First Foundation. Afternoons are spent developing rugby skills, with mornings focusing primarily on inspirational talks and discussions, as well as preparing for and organising matches. The course concludes with matches against a staff team and a local amateur club, with participants' families invited to watch. The Foundation also help to organise a job fair, with local employers, and to link participants with rugby clubs local to their place of release. The course has multiple aims including building teamwork, promoting self-confidence and positive personal identity, and building resilience and better ways of dealing with problems, as well as making links with employers and (through linking participants with local clubs after release) prosocial networks of support. The course was piloted in 2022 with 20 mainly young adults, with a particular focus on some of the more challenging individuals in the establishment (including prolific self-harmers and those engaged in frequent acts of violence). The plan is to run the programme three times a year in future.

Longevity

The course was piloted in the summer of 2022.

Benefits

The feedback from participants has been incredible and we have seen an astonishingly positive impact on many of them, including some of our most difficult prisoners.

Uniqueness

We are the first prison to run the programme, but a number of other establishments have already shown an interest in running it in their prisons.

Applicability

The programme, or a version of it, could be broadly applicable across the estate and, as noted above, a number of other prisons have already shown an interest.

Requirements

The 100&First Foundation could run the course more widely but do charge to run it (though we believe the cost is more than worth it). It may be possible for other prisons to develop their own versions of the programme with clubs or organisations local to them.

For more information:

Contact: Jules Stout, PEI – Julian.Stout@justice.gov.uk
See also: [KnowX.uk/Portland-RMT22.pdf](https://knowx.uk/Portland-RMT22.pdf) [write-up]

Submitted by:

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