

## YOUR COMMITMENT

The Safer Living Foundation provides four projects as follows:

### Prison Circles

Prison Circles typically starts 3 months prior to the core members release from HMP Whatton and continues for approximately 12 months in the community after their release.

### Community Circles

Community Circles typically start once the core member is in the community. Each Circle lasts approximately 12 months.

### Young People's Circles

A circle is undertaken with a young person who has problematic sexual behaviour. Volunteers will be expected to work creatively with these young people to build on their strengths, interests and hobbies. Each Circle will last approximately 12 months and the commitment is again about 2 hours per week.

### The Apollo Project for Young People

An Apollo group will work with under 18s with harmful sexual behaviour. Three trained volunteers will deliver therapeutically-informed coaching to a young person for around 12 months supervised by a coordinator.




For more information

 [www.saferlivingfoundation.org](http://www.saferlivingfoundation.org)

For an application pack please see website or contact Jess Beaumont on:

 01949 803259

 [SLFHMPWhatton@justice.gov.uk](mailto:SLFHMPWhatton@justice.gov.uk)

 The Safer Living Foundation,  
HMP Whatton, New Lane,  
Whatton, NG13 9FQ

*"I have met a group of caring people who are prepared to accept me for who I am"*

**A Core Member**



[slfhmpwhatton@justice.gov.uk](mailto:slfhmpwhatton@justice.gov.uk)

*Promoting prevention of sexual harm*

## INFORMATION FOR VOLUNTEERS



## Safer Living Foundation

The Safer Living Foundation is a joint venture between HMP Whatton and Nottingham Trent University. Our services currently cover *Derbyshire, Nottinghamshire and Lincolnshire.*

The charity aims to reduce sexual offending and reoffending using preventative and rehabilitative initiatives. The charity responds to the needs of people who have sexually harmful thoughts and behaviours by;

- **Providing rehabilitation based support**
- **Providing preventative interventions**
- **Offering practical & emotional support**

## Circles of Support and Accountability

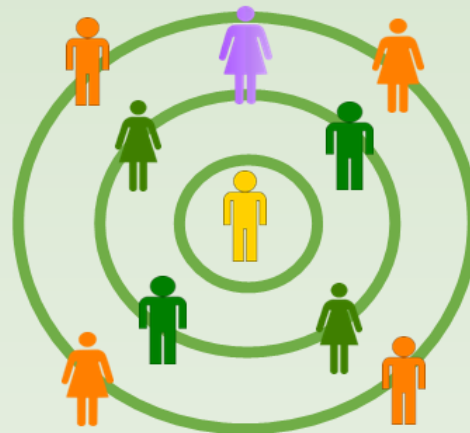
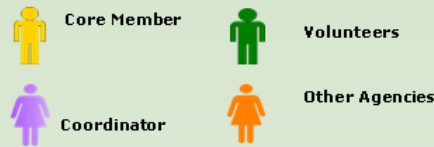


Circles of Support and Accountability is based on the Good Lives Model of offender reintegration.

A Circle of 3-5 trained volunteers deliver a pro-social intervention for 12-18 months.

### Aims of a Circle:

- **An increase in positive activities, hobbies, work, education**
- **Increased awareness of risk triggers- monitoring restrictions**
- **Reduced emotional loneliness**
- **Increased self-esteem and confidence**



## The Apollo Project for under 18s



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The Apollo Project is based on the DNA-V model of Acceptance and Commitment Therapy.

Three trained volunteers will deliver therapeutically-informed coaching to a young person for around 12 months supervised by a coordinator.

### Aims of Apollo project:

- **Increased psychological flexibility (the ability to move between adviser, discoverer and noticer states of mind).**
- **Improved wellbeing and emotional regulation**
- **Greater engagement with their personal values**

