



Small Change for Justice II

End of Projects Report

About Small Change for Justice II

The Small Change for Justice II event took place in March 2022 at the Drumossie Hotel in Inverness. The day provided a great opportunity for those presenting and the invited audience to network and find out more about the fantastic work that's being done right across Highland by our third sector.

Ten third sector organisations made bids to an invited audience for small sums of money, up to £4,000 to allow them to work on projects which were either:

- working with those who had offended
- working with those who have been affected by crime or
- working with people in relation to the prevention of crime

The invited audience were asked to vote for those groups which, in their view, should receive the funding. The groups were unable to use power point during their presentations, instead we asked that they use innovative ideas to present, and this also helped to keep the audience interested and engaged.

On the day, all the groups were successful in their bids, and they were given a year to complete their projects and report back to the Community Justice Partnership with their achievements and outcomes.

Most groups received half of their funding at the outset unless there were good and valid reasons for all money being disbursed at this point. The remainder of the funding was allocated on receipt of their final report.

We asked the groups to state which of the outcomes below their project was best linked to:

1. Communities improve their understanding and participation in community justice
2. Partners plan and deliver in a more strategic and collaborative way
3. People have better access to the services they require, including welfare, health and wellbeing, housing and employability
4. Effective interventions are delivered to prevent and reduce the risk of further offending

Of the groups that took part, nine reports in total were received.

The following information relates to those successful organisations and the work they were able to carry out through the funding grants.

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Apex Highland

Apex Highland staff worked with service users, many of whom have been involved in the justice system to build and maintain confidence, problem solving skills, communication skills and team working. This project also provided an opportunity for participants to learn new skills, gain accredited qualifications and utilize existing knowledge and understanding to benefit the community in which they live.



We embarked on a new project which involved reclaiming wood destined for landfill, burning or dumping. Using this wood, we are able to recycle and make planters, benches, tables, bird boxes and other items. This project has been a massive inspiration for our clients to recycle and make items for local charities, churches, schools and personal use, whilst engaging in sustainability and making an impact on the local community.

Providing an environment for individuals to access mentoring support in an informal setting such as the workshop at Apex, really breaks down the barriers we would normally see when carrying out assessment interviews in formal spaces. Clients present a great deal more relaxed and progression in both soft skills and soft outcomes happens far more exponentially than would otherwise be the case.

18 clients participated, registering a total of 133 attendances (931 hours), 3 of which progressed into volunteer mentor roles and 1 individual gained part time employment with Apex Highland and is a current member of our staffing team.

In total we built:

- 4 x Sheds + 1 Shed roof
- 36 x Planters of various shapes and sizes
- 10 x Benches
- 18 x Birdboxes
- 10 x Snowmen & Christmas Trees (Christmas decorations)
- 8 x Chairs (garden)
- 1 x Whisky Barrel

Service users understood the correct PPE for each job. The safety of using tools when working with wood was highlighted. They gained skills for working in a busy workshop. Their skill and knowledge in the use of tools increased and has given some individuals lasting, practical skills that they can implement in their personal lives.

Linked to outcomes 1, 3 & 4.

Project is currently ongoing and will continue to, so long as we have space to operate in and wood to recycle.



In the workshop.



Bench made by participants.

Care And Learning Alliance (CALA)

Our staff work within HMP Inverness to tailor and deliver programmes of support that best meets the needs of individual families. We have a focus on strengthening and maintaining family ties with those fathers who are in prison and their children, especially those who can't see their children regularly because of distance.



The project was set up to both support father's understanding of the importance of play in their child's learning and development and provide fun and easy connections between father and child at family visits while also providing a link (memory) for the child between each visit.

Initially the idea was that a play box would pass between child and parent with items that the parent has made (in conjunction with the Prison Education) for the child to play with, however for ease around security, it is decided that only the items the fathers had made would go home at the end of each visit with the child.

CALA will provide play ideas cards which provide instructions on how to make a low cost/no cost toy/game for their child. Cards all note the approx. appropriate age and the learning and development it supports for the child. Each prisoner then chooses something to make and play with their child on family visiting day, helping to establish a quick connection through providing an instant provocation to spark children's curiosity to make best use of the short time of the visits etc.

CALA provides all the resources for each of the cards and the Education Staff at the prison support the fathers to make and have the toy/game ready for their child. The cards also include ideas for groups of children, with ideas how to include different ages in the game which supports family time for any father who has more than one child visiting. The children take the toy/game home at the end of the visit to play at home and share stories of their play at the next visit, as well as look forward to something new.

All ideas are based on using easy things that can be found around most homes, recycle items and/or very low cost to encourage more of the same play at home and help the father's understanding that it is their time, interactions and responses that makes the biggest difference in their child's learning and development – not expensive toys etc.

Highland Families will remain connected or establish connection while a parent is in prison through the unique opportunities offered through this project. The geography of Highland and personal circumstances can make face to face visits difficult on a regular basis.

It is the intention that as the project becomes established:

- To introduce a talking tin (40) seconds for father to send a message to the younger children or sing a short rhyme. We will work with the prison service to ensure the security and safety of messages to keep meaningful contact with their parent in an age-appropriate way.
- CALA is also exploring with Prison Staff on how fathers who expresses interest in learning more about their child's development can be supported to access the parent modules on CALA e-learning. This may help to maintain a stable family relationship, alleviate some of the emotional and mental health impacts associated with incarceration and improve the longer-term outcomes for child and father.

Unfortunately, CALA have had a huge capacity issue due to a crisis in the childcare sector and have been unable to complete this work. However, the project work is now underway with an early progress report due in late 2023.

Citizens Advice Bureau

Inverness Badenoch & Strathspey CAB previously delivered a successful weekly Outreach Service within HMP Inverness from 2007 - 2021. We were in the process of securing additional funding to restart the service however, the impasse meant that we did not have resource or funding to undertake the necessary lived experience element that is required to scope the bid, so we were in a catch 22 situation.



This funding has allowed us to carry out research with the prisoners and engage with prison staff and stakeholders, to ensure that the outreach service when restarted, will fit the needs of inmates, families and prison staff, within the framework of the Pre-Assessment Compass.

Our Deputy Manager led this work, having extensive knowledge of the previous CAB prison outreach work. She was supported by a number of CAB colleagues with putting together and implementing the prisoner survey, contacting prison staff, and carrying out a focus group at the prison.

Over 100 printed surveys were provided for completion. In return we received 39 prisoner survey responses which even allowing for the restricted environment, is a very good return. The responses will help the bureau to shape our future advice package in terms of method of delivery and areas of advice to focus on. The focus group involving prisoners and staff was also a success.

Some very positive comments towards the CAB service were made including:

- 'It's a really good line of help for people who don't know what their rights are or what help they can get'
- 'It's really needed in the prison – there are things that CAB can help with that the prison aren't able to do'
- 'If we're coming out and don't have anywhere to go to, that revolving door of prison and short-term sentences just keeps going'

The general consensus from prisoners and staff is that the CAB advice service can fill a gap in provision and is a service that has been missed in recent years. Through this we have a good understanding from the prisoners about their advice needs, areas to focus on and preferred channels of delivery.

Linked to outcomes 2, 3 and 4.

The research aspect of this project is now concluded and will not be continued. This project has unlocked the potential of a wider funding bid to service an outreach advice project at the prison. The bureau is grateful for the support of HTSI and the funding available for this project.

Collywobbles

Mind-Craft Mindfulness



At Collywobbles we aim to support young people to build up their resilience, coping strategies and distress tolerance skills to help them to cope better with their upsetting feelings. Many of the attributes of successful learning; increased focus: increased concentration skills; improved working memory and attention actively improve through the practice of mindfulness. At Collywobbles Highland Ltd we are committed to a fun and engaging way of learning to cope with our more upsetting feelings.

Emotional regulation or self-regulation is the ability to monitor and modulate which emotions one has, and how you experience and express them. Learning to self-regulate is a key milestone in child development – whose foundations are laid in the earliest years of life. A child's capacity to regulate their emotional state and emotional reactions affects their family, peers, academic performance, long-term mental health, and their ability to thrive in a complex world.

We believe that the work on Mindfulness, that we introduced to children and families will help support them with their emotional regulation.

A total of 15 clinical sessions for 30 children aged between 5 and 12 were held in Dingwall Primary, 3 sessions a week (1 hour per session) over 5 weeks.

Eight children benefitted from free places in our after-school mind-craft programme for primary school age children (10-week course for 1.5 hours a week).

Children thoroughly engaged with the sessions and enjoyed taking part in the crafts and meditations. They were building on Mindfulness skills week on week and were practising the breathing exercises in between sessions. They reported many beneficial outcomes of learning.

There was also very positive feedback from parents, school staff and participants themselves.

Linked to outcome 3.

Unfortunately, Collywobbles Highland Ltd is closing primarily due to the lack of success in secure funding and becoming sustainable.

Families Outside

Families Outside currently provide a service to those affected by imprisonment across Highland offering support and advice with the benefits of such being that families are less likely to suffer hardship, children are less likely to suffer trauma/upset, and prisoners risk of reoffending is reduced.



We are looking to continue to grow this service, reaching as many families as possible and working with them at the earliest possible point to alleviate these issues. COVID19 restrictions have meant many families have become less visible therefore, to do this we aim to be present at key locations central to Community Justice reaching families both directly or indirectly (via the person who has offended). Our Regional Family Support Coordinator will be present both within the new Community Justice Centre, linking in at the point of sentence to help support families through this difficult and confusing period and HMP Inverness, linking in with those on remand/convicted to ensure they can maintain good levels of family contact and to provide ongoing support.

Our Families Outside Group Work and Peer Support Team has also created a variety of national peer group sessions, delivered virtually by Zoom, to support children, young people and adults affected by a family members' imprisonment. The local Regional Family Support Coordinator can actively support isolated family members to access these sessions and activities which provide a safe and supportive environment.

The majority of the work across Highland has been carried out by the Regional Family Support Coordinator and supported by the Family Support Manager for the North and more recently the Support & Participation Team within Families Outside. The role of the RFSC over this past year has been to further widen the reach of Families Outside across Highland, supporting more families and ensuring relevant professional bodies and local services are aware of the organisational aims and objectives.

The RFSC has also continued to be a regular presence in both HMP Inverness and the Prison Visitor Centre. From meeting with people in prison and their families to attending all relevant prison-based meetings and events, this has allowed for good relationships with SPS Staff. Of equal importance the RFSC maintains good links with prisons and visitor centres nationwide with the knowledge that approximately only one third of people in prison remain in their local area (HMP Inverness).

For the past six months the RFSC for Highland has also been working closely with the Support & Participation team within Families Outside. Promoting both the services Families Outside offers and to discuss other options for group work in the Highland region. As part of this work the RFSC and S&P Manager arranged an awareness raising trip to Skye where they were able to speak with local Social Work Teams, Education, Police, Courts and Citizens Advice about our current service. They have also sent questionnaires to all prisons and prison visitor centres as identified as housing a high number of people from the Highland region to try and engage as many families as possible in such discussions.

Since April 2022 we have successfully engaged with 20 families including 17 adults, 1 professional, 8 Primary aged Children and 3 Secondary aged children. This is an increase from the previous year where we had 6 families being referred. These referrals have come from a wide range of locations in Highland which is positive to see, it shows our work has a wider reach than being solely Inverness focussed. There has been an increase in the number of children we are supporting and currently offer a direct one to one service within two schools in Highland.

Main learning points:

- The importance of professional relationships and that these take time to nurture.
- The need to think creatively about how we engage with families, not expecting them to always come straight to us.

Linked to outcome 1, 3 and 4.

We are very fortunate that our office with the Justice Centre will continue to be offered. This allows us to continue to be based there 1 day a week. Our group and peer support will be extended next year.

We will continue to raise awareness of our services in the Highland area, through delivering sessions to teams from a variety of sectors.

We would like to thank Small Change for Justice for this funding which allowed the above work to be delivered in Highland, enabling more families to access support when they have needed it

HTSI/Centred

Conversational art group (Go with the Flow)

Implemented by delivering a conversational art group with a focus on reducing isolation, promoting inclusion, reducing recidivism, encouraging health and wellbeing and supporting mental health.



The group was delivered weekly on Wednesdays for two hours and facilitated by Centred staff – Project Development Officer, assisted by Centred Peer Support Volunteer and the Café 1668 Link worker.

The intuitive and meditative nature of the art form creates a safe environment, where people relax and are able to open up about deeper emotional issues and trauma, with highly experienced staff on hand to offer one to one support. Engagement and attendance grew from 1 person attending the first session to groups of up to 20 people, with the average number of participants being 10. The activities varied from fluid art, neurographica, clay modelling, balloon and tile art to painting classics and graffiti.

There were regular attendees, who prolifically produced lovely art works. As group members became more proficient in the fluid art process, the growth in self-esteem, confidence, communication skills and team building were evident. The group decided to hold a themed exhibition of their work named 'Bridge Over Troubled Water', in an attempt to raise awareness of the many mental health issues that lead people to attempt suicide from the Kessock Bridge and with a view to initiating conversation between third sector agencies. The exhibition and sale of work was held in Café 1668, raising over £700 which went towards purchasing more materials for the group.

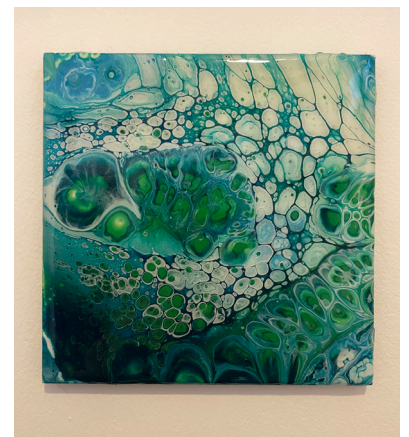
The local press covered the story, which was a real boost for the group's morale. The conversational art group evidenced the potential to reach marginalised people who otherwise would perhaps find it difficult to engage with mainstream agencies. Inclusion and diversity, reducing stigma and discrimination, encouraging desistance, and open discussions around trauma, suicide and depression were all positive outcomes from this informal but effective conversational art group. Linked to all four outcomes to a degree.

With investment, it is planned that the project will come under the auspices of the new Discovery College, and therefore have the capacity to reach out to a much larger cohort of people.

The group now being delivered within HMP Inverness ensures that effective interventions are made to reduce recidivism and creatively support people to access the services they require. The project is being delivered to the residents of E Wing and this is proving to be highly popular with positive feedback and beautiful artwork being produced. Throughcare on release will be available at the Café, and one to one support with mental health and for those with alcohol and drug issues.

Go with the Flow will continue in Café 1668 - using the money raised from the exhibition and with the aim of raising future funding.

Go with the Flow has proven to be an extremely successful medium to reach people on all levels.



Artwork created by 'Go with the Flow' participants.

Lochaber Hope

There were two parts to our project:

Early intervention

In supporting our wellbeing coordinators post, working in schools with young people and in particular young people who were not engaging with school and with no positive destination, or were engaging but noncompliant due to several factors including lack of tools and resilience to cope with the pressures of school and learning environment.



Shonda was in schools (2 High Schools and 4 Primary) from April 2022 working with young people for whom counselling was deemed inappropriate. Shonda worked with 61 young people, 19 of them were not engaging, 6 are now fully engaging, 8 are reduced hours and 5 are now engaging with Lochaber Hope's The Workshop Studios. These young people, all the others, guidance staff and depute heads reported positive feedback and that they didn't want the support to end and saw dramatic positive changes in many of the young people.

Some of the young people we saw were already offending and many at risk of offending and from high-risk families, family members offending and involved in criminal activity or in prison, family members dealing in drugs and or with addictions. We believe with the feedback we have, that a high percentage of these young people have been diverted from offending and criminal behaviour and have found appropriate coping mechanisms, increased self-esteem, increased resilience and have a positive destination.

Some of the main themes reported were - bereavement, relationships, self-harm, alcohol misuse, anxiety, stress, low self-esteem, gender identity, drug use, suicide ideation, family issues, anger and body dysmorphia. While drug use was a theme, dealing has also been identified.

We are currently looking for other funding to be able to pick this provision up again as funding has ceased. Shonda is now working on another youth programme we have with young people out of school, training young people to be ambassadors in mental health and wellbeing.

Increase local Psyche

In our newest Social Enterprise New Connections, we have made excellent progress in bringing people together in the community to rekindle dreams and aspirations and provide a place to belong to and be part of. Our most disadvantaged community members come together with those who are advantaged and socialise, find commonalities, and activate motivation and momentum resulting in increased positive psyche.

When people come together in an inspiring and positive environment and are presented with opportunities, change happens.

New Connections (NC) was set up as a direct result from feedback from 48 groups that Lochaber Hope ran weekly online during lockdown, small groups of people bonded and became 'forever friends'. They talked about their own lives their families lives their hardships their highlights and lowlights, Coronation Street and what was for tea. We recognised this as valuable and then vital, Lochaber Hope's strapline is 'community truly helping the community'.

We decided to just keep starting small groups and encouraging and empowering others to do the same.

In the pilot year, NC has seen 14 peer support and activity groups set up, peer support includes, Lights in the Tunnel (anxiety group); Breast Feeding, 4th Trimester, SMART Recovery, 2 x Bereavement Groups, one for the non-English speaking community, Parent and Babies, and some activity groups are Scrabble, Crafternoon, Sewing, Book Club.

Twelve of these groups have set themselves up with our help, 3 small businesses have started because likeminded people have met and got excited about what they could do to find an outlet for their product and skills.

NC is a very big and spacious building and is a safe, positive place where people can meet up, have afternoon tea or a cuppa and chat, attend a group or start a group, attend monthly information open days or get involved in conversation café's, bring a broken or loved item to our repair café, attend 'swap don't shop', all of these activities bring people together, who bond over time and start to share and care for each other at a level that helps mental health and wellbeing, everyone is needed and has a part to play in building the psyche of our people and our community, from the listener to the guy that's skills are needed to mend the kid's broken toy.

Lochaber Hope

We were able to involve people who have a Community Payback Order (CPO) volunteer with us, they loved it, this was exceptional to be able to have people who had offended and let them see that they had choices and that this was a good place to be.

Our Pilot period is over, and we are signing a 5-year lease to rent the building. We will continue to build New Connections and the people of the community. We will soon be opening a conference room within the building.

Linked to all four outcomes.

We have some funding that can help, and we are looking for funding to provide wellbeing in schools again, we are currently delivering out of school.

New Connections has only just begun, and we will continue to develop and grow this.

We are really appreciating of all the support from Small Change for Justice, HTSI and Community Justice to be able to continue to grow towards a safer, kinder and more cohesive community



Workshop attendees.



RESTORE REPAIR REUSE

Could you help?
Email newconnections@lochaberhope.org.uk to discuss volunteering on the day!

Fort William Repair Cafe
bringing community together

Saturday 7th October 2023
12-3pm
@ New Connections
(old Job Centre)

Join us for our FREE Repair Cafe pilot and

- Learn how to repair your household items
- Increase the lifecycle of your items
- Reduce items headed to landfill

&

- Grab a cuppa, cake & a chat while you wait at the pay-what-you-can Vintage Cafe

Please note:
One item per visitor
Items must be easily transportable (nae fridges folks!)
If your items need consumables to be fixed (e.g. a new zip) please bring these along
If your item cannot be fixed, you are responsible for taking it away

Fort William Repair Cafe is a collaboration between...

Some of the regular events run as part of New Connections.

New Start Highland

The project provides a platform for training people either with a background of offending or at risk of being involved in offending behaviour. People gained a range of qualifications and work experience, but most specifically, a PAT testing qualification. This has contributed to New Start Highland's service which provides household and electrical goods free of charge or at a very low cost to people experiencing poverty or crisis in the local area.



In our warehouse we accept and process household goods donated by people living in our community. In our application we said we would help a number of people who have backgrounds of offending behaviour gain meaningful work experience, employability skills and certificates in an effort to reduce reoffending. Being involved in processing, preparing and repairing goods for redistribution to people in need in our community gives a real sense of purpose to those involved in the process.

We measured the number of people with backgrounds of offending who participated in meaningful activity which helped them progress towards employment and positive community integration. We measured the number of people who did not re-offend within the timescale of the project. The project has lasted a year and with the PAT testing and other equipment bought our aim is that it will be ongoing.

This funding enabled 3 participants of our employability training programme to access training in PAT testing of donated electrical goods. It also allowed us to purchase PAT testing equipment for electrical goods.

Since being awarded the grant, we have worked with 14 people who have backgrounds of offending and supported them as they carried out meaningful work experience. All had an induction and gained qualifications including manual handling, emergency first aid at work, fire awareness and a forklift certificate. All achieved SQA work related and life skills modules and one gained the "Certificate of Work Readiness".

The first thing that went well, even before the project began, was the impact on the 2 young men who made a presentation to the panel about the need for this project. Both had begun training placements with low self-esteem and little confidence. With coaching and support they made their "pitch" at the event and that was an incredible achievement for both.

The impact on their confidence was immeasurable. One left the event without staying for lunch, saying he felt physically sick. He now says that was one of the big moments of his life and he now believes in himself. The biggest success for both of these young men is they both moved into employment and one who works in a part-time retail role, still volunteers at New Start Highland. Neither have been involved in any offending behaviour during the time of the project.

Three young men who left school and were referred to as "NEETS" (Not in Education, Employment or Training) achieved a PAT testing qualification. Gaining a certificate was a huge boost to each of them. Another great success of the project is that one has now been employed by us for 25 hours per week as our PAT Tester. He finds having a focus and employment is life changing. A further 2 participants progressed into employment, and one went on to Further Education.

We talk with our participants about the importance of "purpose" in moving forward with their lives. As they are involved in service delivery, we want them to understand the impact they make on their own lives and the lives of people who receive goods from New Start Highland and the part they play in making a difference in their community. We try to instil an understanding of the value of doing something meaningful and we have made sure that people are aware of the range of support agencies who can benefit them in their aim to move forward and that they don't feel limited to accessing what New Start Highland offers.

Linked to outcomes 1, 3 and 4.

Not everyone is aware they have potential, and we try to help people understand this and to inspire hope and meaningful life goals. Keeping people focussed on a useful activity as a positive alternative to getting into life situations which can then lead to offending behaviour.

Thank you.



PAT Testing equipment

RASASH (Rape and Sexual Abuse Service Highland)

RASASH advocacy had been in contact with the students at Inverness Royal Academy on a regular basis to implement a weekly presence of the service within the school. It is anticipated that this project will allow students to have more direct access with RASASH.



RASASH
Rape and Sexual Abuse Service Highland

RASASH had asked the students that ran the pitch at the Small Change for Justice event to feedback on what they would like to see in the safe space, the time that would be most suitable for students to engage, and how the service should be delivered within the school.

The students sent round a questionnaire to their peers, the feedback was considered by RASASH, and the relevant materials were bought – Blankets, pillows, games, stationery etc. When we have referrals from the school, we now go along to the school to meet the students in person, and we have that ability to do so, because the links have been made and we have the tools to do so.

RASASH have provided some informal trauma informed training with 3 x guidance staff that had difficulties dealing with disclosures, and this training will be rolled out further in the next year. The Project roll out now means that we have a specific tile on the students Chrome book, that directly links to a booking system, so that staff and students can book a session to see us. Advocacy staff alternate with support staff to do this weekly for 1 hour. Feedback from the students was that, if anyone attends a session it is better before lunchtime as they will have the lunch break to decompress or seek space in the guidance department.

Although not directly related to the pitch, students have been more aware of RASASH because we have had a presence in the school, so have been able to access us and interact with us, more freely. Guidance staff are also familiar with the service, so we have seen them refer in for both support and advocacy.

The ongoing engagement of the students is a positive sign, indicating their interest and investment in the project. Additionally, some of these students have become involved in activism work with RASASH, which further demonstrated their commitment and dedication.

The partnership between RASASH and the school's guidance team has proven fruitful. It is crucial for the success of the project to actively involve and engage the staff within the school. Their support and cooperation are essential in implementing and sustaining the initiatives related to addressing rape and sexual abuse.

The staff have given feedback that they feel more confident in referring students to us and we can evidence this within our own stats that this is the case. This improved collaboration, will lead to better identification and support for students should they require the services of RASASH.

RASASH has learned that effective partnership working plays a significant role in reaching out to young people who have experienced rape or sexual abuse. By collaborating with other organisations, professionals, or individuals, the project can provide comprehensive support and assistance to them, increasing the chances of successful outcomes.

Linked to outcomes 3 and 4.

The duration of this project is not time limited. The money that RASASH were awarded for the project, has been used to set it up, however, once the funding period concludes, the ongoing costs of the project will be covered by the advocacy budget.

Our project has confirmed dates to start again in August 2023, RASASH will be attending S5- S1 assemblies, we have space and time allocated for a session the following week.

RASASH is grateful to HTSI for the funding opportunity. It has been recognised that there may have been some delays, but it's positive that the project is now up and running. It's important to maintain the service in the foreseeable future to ensure continued support for those in need.

Step n Style

The project provided children in a deprived area of Inverness the opportunity to engage in dance and exercise on a regular basis. This provided a safe space for children who may otherwise have become involved in criminal activity.

The Community Justice Partnership in Highland would like to say a huge thank you to all our groups taking part in Small Change for Justice II and to everyone involved in such important work. The work they have been able to carry out on such relatively small sums of money is nothing short of being truly amazing and inspiring.



If you would like to know more about the HighlandCommunity Justice Partnership visit our [webpage here.](#)

