

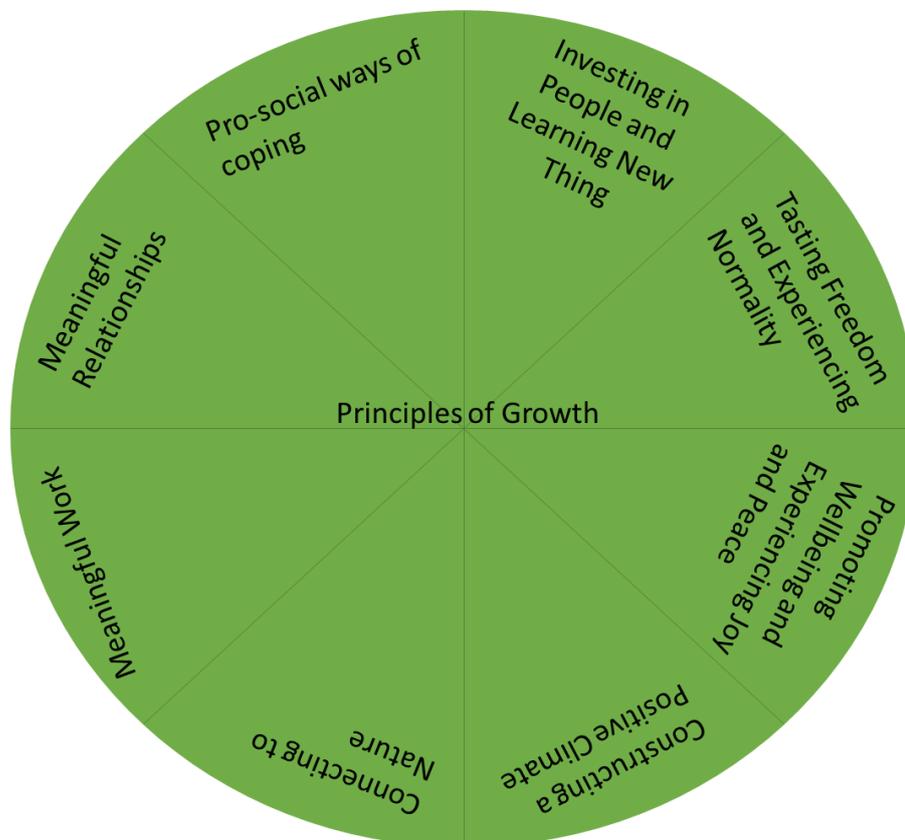
Growth Work for individuals in isolation

Written by Dr Sarah Lewis



Penal Reform Solutions

The Growth Project work with prisons to support them in nurturing personal growth by getting everyone involved in the change process. Dr Sarah Lewis started the first Growth Project in Norwegian prisons and researched why their prisons are so successful. From this work, these principles were found to be important.



Sarah now works in English prisons to help apply some of the lessons from Norway.

Why are we writing this activity pack?

This pack was originally designed to support individuals who were self-isolating, in order to provide meaningful work during the time in their cell. This was developed with a prisoner called Nicky Rose, who was on the Growth Project in HMP Guys Marsh in 2016. He designed a peer led spice programme and valued the importance of working together to address the problems we face in prison. This pack has now been adapted due to the Corona Virus. We really hope it helps in some small way and is designed for people who are self-isolating.

After all this blows over, we will organise an event where we can share some of the insights from this work. Both staff and prisoners will be given similar tasks and we will come together and share our experiences.

Worksheet 1: Relationships



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Name.....

What to do

Please work through the questions and answer them honestly and at your own pace. Focus on yourself and your relationships with others. Use the back of the sheet We have designed these exercises to focus on you as an individual, because we want to find meaningful ways to help you cope with your situation.

Why we do what we do

We are here to support you and we hope you get something from this set of activities. We believe in treating people with care and support, to help address challenges. You are important in our community. We will try to help no matter what the issue.

Relationships are essential in life and the quality of these relationships can either promote or prevent growth.

These questions will help you explore who is important in your life. I remember a prisoner saying to me once; *“My success will be largely determined by who I **choose** to connect with in my life.”* This worksheet therefore helps to understand who are the people in our lives who can help us grow by providing us with a space to be safe.

All relationships have one law.
Never make the one you love feel alone, especially when you're there.

1. *Who do you value in your life?*

The Love Bits

2. *Who helps you in difficulty?*

3. *Why do you speak to them? What do they do or say that helps you when things are tough? Who makes you feel safe and why?*

Nelson Mandela is my hero. He inspires me to never give up and has taught me that even when it may seem like there is no hope, it is always important to keep going.

4. *Who are your role models? Who inspires you? Why are these people your role models?*

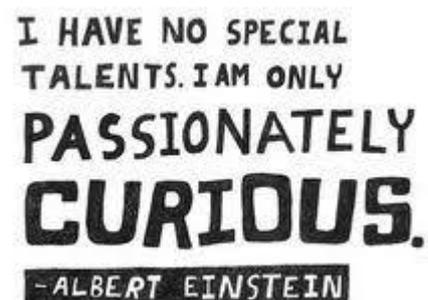


5. *Are you a leader or a follower? Please explain your answer*



When I walk around prisons there is so much curiosity. I love this aspect of it and how we ask straight forward questions like; who are you? What are you doing here? In some ways I do not love prison, but the people within it.

5. *Ask yourself, "At the moment, are you who you want to be?"*



6. *If you could do things differently, what would you change and why? When things didn't go to plan, what did you learn?*

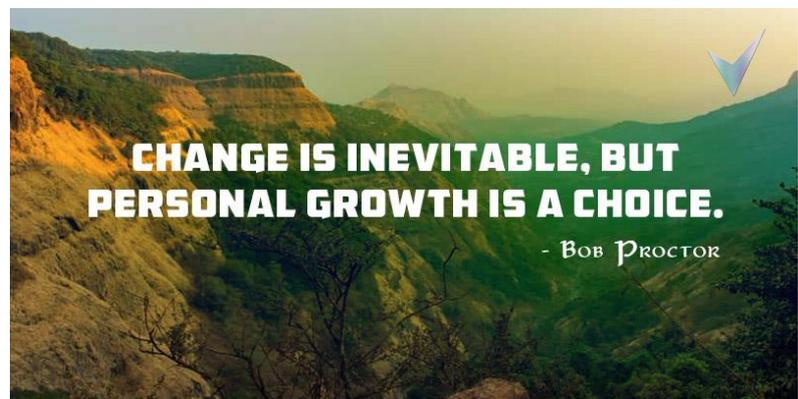
7. *What works for you to deal with your issues?*

In our office, we have these rules in place. My company helps people in prison and leaving prison to work to help address the issues in, and from having been in, prison. For me, it is about creating an environment that promotes growth and to ensure my staff are doing something that is meaningful to them. *What would your life rules be?*



8. *What motivates you in life?*

9. *Describe what relationships you have that help you grow look like?*



10. During this time on your own, reflect on the text here. What do you think about it?

11. What relationships prevent your own personal growth and describe how?

12. Whilst it is important to reflect on the people



who are around you, also consider how you are around others. What could you do to make the people you care about proud? (Make your ideas realistic and simple). Also, how do you help others grow?

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Tear off this part of the worksheet and hand it back to a member of staff when possible.

What methods could we, as a prison, use to support those who are self isolating right now? What are your ideas? What questions could be used in our next worksheets that could help people reflect on their growth?

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FREE YOURSELF FROM NEGATIVE PEOPLE.

Spend time with nice people who are smart, driven and like-minded. Relationships should help you, not hurt you. Surround yourself with people who reflect the person you want to be. Choose friends who you are proud to know, people you admire, who love and respect you – people who make your day a little brighter simply by being in it. Life is too short to spend time with people who suck the happiness out of you. When you free yourself from negative people, you free yourself to be YOU – and being YOU is the only way to truly live.