



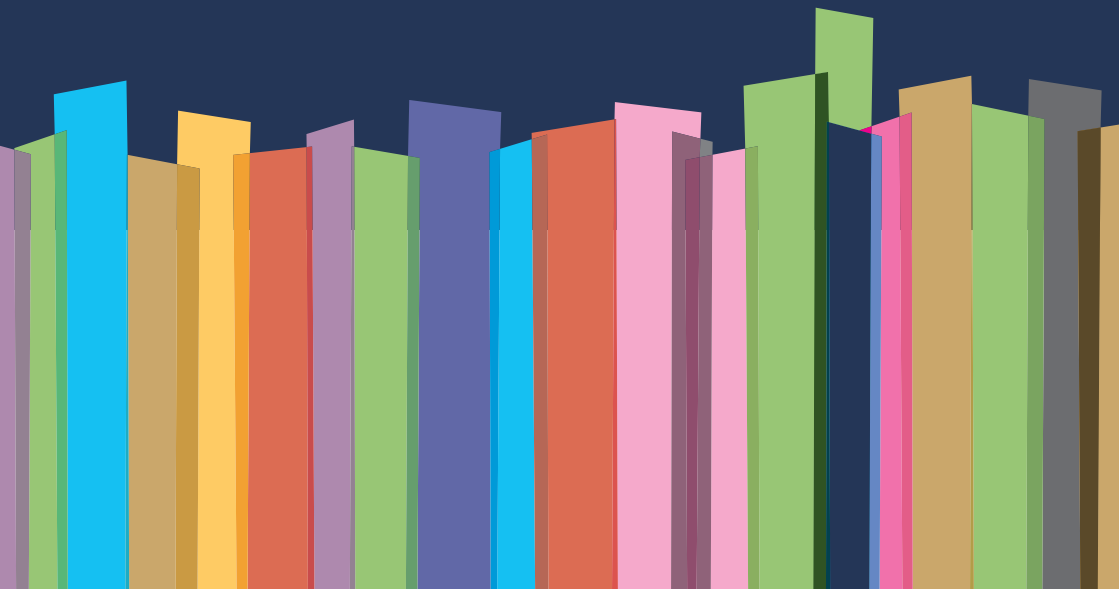
Social
Interest
Group



Penrose Drive

Independent Approved Premises

24-hr Accommodation and Support Service



Welcome to Penrose Drive, a new flagship accommodation and support service for High-Risk men under probation supervision. We operate 24/7, providing community-based public protection and high levels of support, supervision and complex care.

At Penrose Drive, we aim to create a home for the people living here, where they work together with staff from day one for move-on planning. We are a bridge between Prison and Community, and every contact matters. Our team builds positive and supportive relationships to support independent living.

ABOUT US

Penrose is a subsidiary of the Social Interest Group (SIG). SIG's purpose is to help address the inequality of access to health care and support for people with a diverse range of complex needs who often have behaviours that challenge other services.

Penrose was set up as a charity in 1969 by two ex-offenders and several volunteers to provide housing for ex-offenders. We provide specialist rehabilitation and technical and therapeutic support that aids recovery, reduces offending, and changes behaviour. Having delivered rehabilitation services in the London CRC service in prisons and the community under two long-term contracts, the Ministry of Justice Data Lab showed that if you came to a Penrose offender service, you were less likely to return to prison. Penrose currently operates across London, Bedfordshire and Luton and has ambitions to grow.

Facilities

Penrose Drive has 25 bedrooms with 11 fully accessible bedrooms on the ground floor. We encourage using all shared spaces, including a dining area, two lounges, and a computer room. Catering offers a buffet breakfast and one healthy and nutritious hot meal each day prepared by our professional cook to encourage and maintain a healthy diet.

Team

Our friendly and dedicated staff team includes an Activities Coordinator with a specialist background in group facilitation working with our cohort, a Housing Lead and a Forensic Psychologist. We have a dedicated Programme Facilitation Team based at the Social Interest Group to create new programmes where needed, making this a tailored service to help further support individuals in our care.



APPROACH

Theory of Change

Three core elements underpin our Theory of Change. All our activities and engagement are framed around these to enable change:



Identity

Reframing identity and mindset based on strengths and aspirations, not stigmatising labels



Relationships

Developing skills to build, maintain and trust positive, healthy relationships



Community

Empowering through a stake in society, and a sense of purpose and belonging

Trauma-Informed Care

Our trained staff take a Trauma-Informed Care approach and apply the principles of Compassion Focused Therapy to be resilient and competent in working with people with multiple and complex needs.

Psychologically Informed Environment (PIE)

We operate according to PIE principles, reflecting on what we are doing and how we can be more effective. Our staff are proactive and persistent and engage in a positive, non-judgmental manner, recognising that the people in our care will continue to experience setbacks. They will celebrate success and reflect on setbacks through a learning lens to build trust, resilience, positive interactions, and relationships to enable sustainable change and enhanced well-being. The staff themselves are well-supported and attend reflective practice monthly.



PUBLIC PROTECTION

As a community-based public protection service, we take our role seriously. We specialise in supporting people excluded from other services who present personal or public safety risks. We work with various agencies to minimise risks, including local law

enforcement, Probation Service and Community Mental Health Teams. Our staff complete detailed risk assessments and contingency plans alongside the people living in the AP to manage any issues. We welcome the input of partner agencies into this process.

ACTIVITIES

We engage the people living in the AP in a comprehensive schedule of interactive, purposeful activities, including areas of interest, to prepare them to resettle back into the community and improve their self-confidence and resilience.

We work collaboratively with Probation Practitioners, people on probation and their Sentence Plan objectives to produce SMART purposeful Activity Plans. Link Worker sessions are underpinned by a coaching approach with an understanding of occupational therapy techniques, utilising activities as a vehicle to discuss goals and challenges whilst fostering ownership, accountability and a sense of purpose.

We empower people living here through various on-site tools and interventions at Penrose Drive and our CFO Activities Hubs to encourage ongoing learning and development. We deliver a wide range of structured 1-1 and group activities across the nine desistance pathways to address criminogenic needs, with a minimum of six hours per week per participant.

We utilise bespoke structured programmes to work toward Sentence Plan objectives:

Insight

Combining Cognitive Behavioural Therapy with Theatre and Storytelling, this programme invites participants to creatively explore themselves and develop key communication and cooperation skills to improve confidence and self-esteem. It is full of creative and practical exercises to continue the participant's development long after completing the sessions.

Ndani

An experiential learning programme that combines practices and methodologies across Drama Therapy, Cognitive Behavioural Therapy, and Desistance Theory to equip participants with the toolkit necessary to readjust in the community positively and healthily and develop a positive social identity and outlook toward the future. Participants have the chance to increase their resilience and confidence, improve their emotional management strategies, and explore how their behaviour affects them and others.

Resonate

A programme to understand better, manage and cope with emotions by understanding each emotion and when it is most prevalent, unpacking how that emotion impacts relationships and learning new practical strategies to better cope when these situations arise. The sessions aim to equip participants with creative tools to further explore and develop their emotional management long after the end of the course.

HomeFirst

An independent living programme designed to equip participants with the skills, knowledge and confidence required to rent accommodation,

promoting tenancy sustainment and independence. The course provides creative learning activities and e-learning exercises.

Amplify

A programme that creatively explores two key themes: motivation and employability. The course covers motivation and how we stay motivated to overcome barriers and explores skill sets through various practical exercises before consolidating these into a CV. Practical interview skills through role play and improvisation culminate in a formal mock interview carried out by course facilitators and a plan to aid in taking the next step towards employment.







Toolkits



Identity

Assists participants in identifying and collecting information about themselves, recording thoughts, feelings and learning points gathered during their lives to create a personal, focused and informed Action Plan for the future.



Relationships

Allows participants to reflect, acknowledge and proactively plan their well-being through personal growth and relationships, recognising areas that need attention. The toolkit identifies the differences between criticism and negative/positive feedback and encourages participants to prioritise their well-being and development.



Community

Supports participants in understanding the importance of financial autonomy to feel more confident about living independently in the community. The guidance includes budgeting, borrowing, credit scores and decision-making related to financial management.

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Penrose Charity no. 1151455
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The Social Interest Group (SIG) is a leading UK-based charity, providing bespoke person-centred social and health care solutions. Utilising strength-based models of working, we specialise in rehabilitating and supporting people who have complex needs, empowering them to achieve their full potential.

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**HM Prison &
Probation Service**