



Safe Ground

Arts-based Therapeutic Group Programmes





Our Offer

Safe Ground challenges people and communities to do relationships differently.

Bespoke

Tailored to the specific needs of your organisation.

We offer bespoke programmes, which we design and deliver in collaboration with the requirements and staffing specifications of our clients.

Off-the-shelf

A range of programmes with flexible delivery approaches.

Our off-the-shelf programmes employ a direct, co-delivery, quality assurance or licence structure in accordance with the needs of your organisation.

Training

Proven experience in organisational development and consultation.

We also provide bespoke and off-the-shelf organisational development and consultancy staff training to meet the requisites of your organisation.

For details of our off-the-shelf programmes, bespoke programme design, consultation or collaboration, visit our website at: www.socialinterestgroup.org.uk/safe-ground

Or contact us on: **07966081094**

Off-the-Shelf Programmes

Brotherland (NEW)

Brotherland is a creative educational resource designed to complement one-to-one key working sessions for boys in community and secure settings. This process of self-reflection and creative self-expression is designed to create space for participants and their key workers to have more challenging conversations in new ways.

Through a series of 15 thoughtfully curated sessions, participants will be given the opportunity to uncover the knowledge, thoughts, feelings and ideas that emerge when they're exposed to others' artistic practice. Each element engages with a different theme through a creative art form and is accompanied by a list of exploration questions intended to support keyworkers to facilitate reflective conversation. Some of the themes participants and key workers engage with over the course of the programme include those of identity, experience, communication, relationships, race, gender, language and risk-taking.

Man Up

We recognise that there are cultural norms around masculinity which exacerbate harmful behaviours associated with status, 'identity,' and anti- social activity. The Man Up programme is designed to support groups of young and adult men in a range of settings to consider the values, attitudes and thinking so often informed by cultural norms and the associated pressures and expectations of being a 'man.'

Over three days, this arts-based programme creates space for participants to nurture new perspectives and undertake a reflective and practical shift in focus. They consider long-term aims, pro-social relationships and leisure interests, further education, and community engagement, free from the limitations of peer pressure.

Family Man and Fathers Inside

Our flagship family relationships programmes, Family Man and Fathers Inside (FMFI), were the first of their kind in the UK. The arts-based methodology supports participants to better understand the drivers of their criminal activity and its impact on family relationships. As well as positive, confident, and responsible parenting and partner behaviours, the men are supported to develop new, hopeful perspectives and coping mechanisms where reengagement with family members initially seems, or is, not possible.

A unique element of our FMFI programmes is the opportunity for participants to engage with support agencies and community organisations through the 'What Next Day' (WND). The WND represents participants' and their family members' first step towards shared goals and priorities both during a sentence and post-release.

The Comfort Zone

The Comfort Zone is a reading and creative writing programme. It was designed to support mixed groups of people suffering from low-level anxiety and mild mental health concerns, which may be debilitating and limiting their lives and relationships. It is delivered to small groups online and was originally piloted as part of a larger social prescribing piece of work spearheaded by Healthy London Partnership. This programme invites participants to explore new ways of seeing the world, engaging with their own and others' creativity in a structured, safe, and organised way. Developing relationships with strangers, reading together, producing written work, and sharing ideas, responses, and thoughts offers support to group members. The focus of the sessions is based on the life cycle of a human, a group, a process, and a thought.

Make Your Mark

Make Your Mark is a creative self- development drop-in programme designed for women. Participants are supported through a process of personal reflection and creative self-expression. In this space, they are invited to tell their story and make their mark. Personal reflection, self-expression and group discussion is inspired by a range of creative stimuli, including self-portraiture; abstract painting; speech writing; drama; artistic manifesto; performance art; collage; poetry, and spoken word.

Our Own Stories

Our Own Stories is our creative self-development programme for women. It was designed according to our proven methodology and in consultation with women in prison.

The facilitators use drama and the creative arts to inspire performance and discussion that challenges, stimulates, and encourages participants to experience new perspectives, rehearse alternative approaches, and practice new relationships in a safe, secure, and consistent space. This programme uses the themes of attachment, relationships, and identity as part of a holistic design to address the issues or circumstances contributed by participants. Relationships, VAWG, mental health, substance misuse, housing, and financial security are common themes.



Our Methodology

Commissioned by the Home Office, our flagship programmes, Fathers Inside and Family Man, were delivered for the first time in 2003.

Family-focused

Our flagship family relationships programmes, the first of their kind in the U.K.

In Fathers Inside and Family Man, relationships, early childhood development and parenting, become a vehicle for personal development.

These programmes enable participants to develop a better understanding of their roles as a father and/or a family member, both inside and outside of prison.

Family Focus is an audio-visual family relationship programme informed by our Family Man and Fathers Inside programmes.

Participants are supported through a process of self-directed learning, supported by prison and Safe Ground staff.

User-led

Programmes guided by challenges and issues contributed by the group.

The Thing Is... is an issue-based group work programme for men and/or women. Safe Ground facilitators work with the group to create a future-focused environment in which challenges and issues contributed by the participants themselves or the establishment are acknowledged and explored.

All Safe Ground programmes are informed, to a greater or lesser extent, by the people we work with.

Reflective spaces

Our suite of structured peer support and external supervision spaces.

Officers' Mess is a programme for first-tier professionals working in secure settings.

The Common Room is a facilitated reflective space for prison-based educators.

Great Minds Reflective Group is our group available to members of the public to reflect together. The Common Room was an online reflective practice space for prison-based educators nationwide during the Covid-19 pandemic. It was commissioned by the Prisoner Learning Alliance. Safe Ground sees reflective spaces for staff as an absolute necessity.

Sex-specific

Programmes focusing on the challenges, perspectives, and pressures associated with sex and gender roles.

Our Own Stories focuses on coping with moments of transition, and encourages women to reflect on and learn from their own lives, experience new perspectives and consider alternative approaches.

Man Up supports young and adult men to address their thinking and behaviour informed by the pressures and expectations of being a 'man', many of which can exacerbate harmful behaviours.

Our Thinking Space' resources serve as a place for women to keep memories and ideas, to remind themselves of the skills, qualities, talents, dreams, and hopes they have that may sometimes get lost, forgotten or hidden.

Health and wellbeing

Programmes designed to support transformation of relationships.

The Comfort Zone is an online creative group-work programme. A collaboration between Safe Ground and Healthy London Partnership, participants are invited to experience new ways of seeing the world through engagement in creative reading and writing activities and group discussion.

“After the session I felt like I was something different and new”

OOS Online Participant, 2021

Our Impact and Evidence

Our programmes work by:

Developing and supporting personal development through an arts-based methodology.

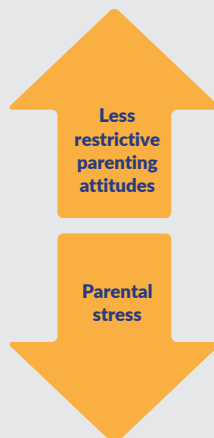
Using therapeutic group-work techniques to explore and develop ideas around identity, values and attitudes in order to support attitudinal shifts and mental health provision.

Developing and supporting family relationships in order to support desistance, resettlement, intergenerational bonding and kinship networks.

Developing education, training and employment (ETE) progression routes and engaging learners who traditionally struggle in a classroom setting.

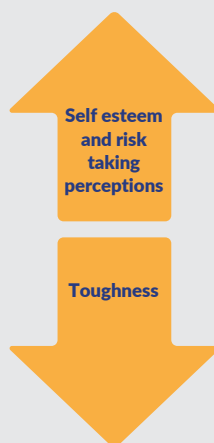
Improving staff-user relationships towards a whole institution approach.

Training and supporting staff to deliver high-quality services and self care in custody and the community settings.



Parenting

Our most recent evaluation of Fathers Inside (Blagden 2019) highlighted a statistically significant reduction in parental stress pre/post programme and a significant increase in less-restrictive attitudes towards parenting as a result of the programme.



Identity

An evaluation of Man Up, published in the double blind peer-reviewed Journal of Criminal Psychology (Blagden and Perrin 2017), reported a significant pre/post programme reduction in 'toughness' and increases in esteem and risk-taking perceptions.

Desistance



40%

Analysis of Fathers Inside shows a **40% reduction in re-offending (16 perc.points)** between programme participants and their counterparts who did not participate. (Justice Data Lab 2016).

ETE engagement



75%

of participants **engaged in further ETE** one month after completing Fathers Inside, compared to 53.6% prior to the programme.

Our Expertise and Legacy



Portrait of Britain

In collaboration with Gaia Visual, Safe Ground alumni, Jon, Jason and Michael, we launched 'Daddy', an audio-visual project. The project focused on three fathers and their experience of family, arts and community. This image of Jon, alumni member and former Safe Ground trustee has been selected as a winner of The Portrait of Britain 2020.

Alumni

We're very proud that in the past 25 years over 6000 people have graduated from our programmes. Our programme completers have unique insights, experiences and skills that help us better influence policy makers and gain wider support for our programmes. Indeed, three Safe Ground trustees are also programme alumni. All of our participants are invited to join our Alumni network, and partake in a variety of opportunities, such as speaking at our events, contributing to our online content and supporting our programme development. We are always keen to hear new ideas or ways for alumni to get involved.

Groundbreaking

Programme design that is innovative and unique:

- Sisterhood and Brotherland, Sandwell Youth Offending Service (2023)
- Human Writes: Letter Writing, Clement James Centre (2021)
- Advance, Keyworker wellbeing and self-care training (2019)

Events

We curate public events that challenge and inform:

- The Price of Punishment, The Roundhouse (2019)
- The F* Word, The Roundhouse (2019)
- Human Library, Tate Modern (2018)

Arts

Visual arts and creative writing features across our work:

- 'Daddy' Audio-visual project (2020)
- Joelle Taylor (patron), poetry workshop for Advance Minerva (2018)
- Flash Fiction, HMP Wandsworth (2016)



Further Featured

Safe Ground has contributed to many papers and has been featured in various external evaluations and reviews of best practice, including:

- 'We hardly get any of those here' - working with girls and women, Probation Quarterly (23), C.Weinberg (2022)
- Now and Men feat. Safe Ground - Reimagining Masculinities in the PrisonSystem (2022)
- Ministry of Arts Podcast feat. Safe Ground (ep.62) (2020)
- Special edition of the Prison Service Journal: The prison crisis (243) Chamberlen, A. Dockley, C. Weinberg; (2019)
- 'What? Do you mean no prisons?' Crime and Consequence: What should happen to people who commit criminal offences? D. Drake, C. Weinberg; in A.Fox, A. Frater (2019)
- Lord Farmer The Importance of Strengthening Prisoners' Family Ties to Prevent Reoffending and Reduce Intergenerational Crime (2017)

Telephone:

07966 081 094

Email:

safe.ground@socialinterestgroup.org.uk

Charity no. 01048181 | Company no. 03080847

Safe Ground is part of Social Interest Group. We believe good care and support improve lives. Our mission is to empower people who are marginalised by building powerful partnerships and creative solutions that bridge gaps in provision and aid recovery, reablement and resettlement.



Safe Ground



@socialinterest_

www.socialinterestgroup.org.uk

Charity no. 1158402 | Company no. 9122052