



‘I would have broken my cycle (of re-offending) years ago with this support. It's fantastic that people actually want to help prisoners getting released’

What else is available?

CFINE's wrap around services include **financial advice** from the SAFE team and subsidized weekly shops with the Pantry. A range of courses are also on offer across the year including **free cooking and gardening classes**.

Referrals can be made to a range of local agencies and some local organisations have generously committed to **offering free resources such as second-hand home furnishings to recently released prisoners** engaging with the HOPE programme.

How do I get involved?

For more information or to make a referral, please contact Angus Carmichael (acarmichael@cfine.org).

Programmes like this rely on the support from organisations and volunteers. If this is something that interests you, get in touch.

WANT MORE INFORMATION?



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HOPE PROGRAMME



CFINE established the HOPE programme (Happily Optimistic Positively Engaged) in 2021 with the aim of **supporting prisoners being released from HMP Grampian**. The project was co-designed with input from prisoners approaching liberation and serving officers.

HOPE continues to grow and evolve, meeting prisoners, receiving referrals and **supporting individuals with justice experience in Aberdeen and Aberdeenshire**.

Pre-release workshops

A series of workshops is delivered at HMP Grampian in partnership with the prison and relevant organisations. **Offering guidance on benefits, training opportunities, addiction recovery and wellbeing.**

A stand-alone summative session is offered to prisoners on remand and **CV-writing services are provided to those looking to move straight into work.** Time is set aside for **one-to-one sessions** along with visits being made to the women's section.



Liberation

At liberation, prisoners are given a flyer outlining the HOPE programme. On visiting CFINE they will receive a **food parcel, toiletries and an opportunity to connect with HOPE's development worker.** The development worker will be able to assess how else HOPE might be able to support.

**"Thank you for your help,
I have started believing in
myself again and the
possibility of a good life"**

How can HOPE help?

Post-release

The HOPE room at CFINE offers a safe space for participants to meet over a hot drink. It is also the venue for a range of activities that continue themes from the pre-release programme and promote good physical and mental health.

Participants are offered practical support and advice and have the opportunity to **take part in creative projects, visit local attractions and engage with the wrap-around services available at CFINE.**



Community Service

Engagement with the HOPE programme opens the door to **volunteering opportunities at CFINE.** As well as providing routine and raising self-esteem, spending time helping others can be a steppingstone to employment. HOPE participants undertake a variety of service-related activities that benefit the local community including **assisting with the maintenance of the nearby Tullos Community Garden.** Individuals with Unpaid Hours as part of a Community Payback Order may be able to complete these with HOPE.

Employability Boost

An **employability programme for individuals with justice experience** runs one morning each week. The course comprises four sessions and starts with a **needs assessment to help participants identify goals** and move along the employability pipeline.

Topics include; careers clusters, training, volunteering, **CVs, disclosure**, applications, interviews, **budgeting** and wellbeing in the workplace. Participants also have access to a range of **certified online courses** that can be used to build their skillset.

Mentoring

Participants of any HOPE-related activity have the opportunity to work with a trained mentor. Mentors have been through the justice system themselves, and the **shared lived experience** offers another point of support and encouragement.

