National Offender Management Service

European Union
European Social Fund
Investing in jobs and skills

NOMS CFO Round 3 Event.
PEN PICTURE TEMPLATE

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Background	Spark Inside offers professional life coaching to high-risk young offenders (aged 15 to 25) through-the-gates of prison, in prison or while they are on probation. Its through-the-gates pilot coaching programme was evaluated by the University of Cambridge's Institute of Criminology; of the 8 high-risk young male participants, who were released from Feltham and Cookham Wood, only 1 reoffended one year post-release. In addition to one-to-one, through-the-gates coaching, Spark Inside also offers group coaching workshops (the Hero's Journey), which specialise in hard-to-engage populations and can be customised by issue areas (e.g, institutional violence reduction or gang violence). This year, Spark Inside will be coaching 200 high-risk young offenders (including young women) through contracted work with 4 prisons in Greater London and the South East. Our Hero's Journey Reducing Violence programme was funded by NOMS. **Life coaching** is a means of delving into people's values, motivations, and goals, by asking powerful questions that engage them in guided self-reflection. Coaches do not mentor, counsel, advise, share personal experiences, suggest solutions, or offer treatment. Instead, coaches develop decision-making skills, and empower clients to think and take action on their own, supporting long-term self-sufficiency. During sessions, clients explore topics relating to personal development (e.g., values, goal-setting, options and choices), building cognitive ability, consequential thinking and motivation to change. Because clients (not coaches) are considered to be the experts, topics can range from education and employment to reoffending and substance misuse.
Objective	Spark Inside is a specialist provider targeting high-risk, prolific young offenders through-the-gates of prison. Its objectives through NOMS CFO R3 are to: 1. Enable a greater number of high-risk young people to access professional life coaching to reduce their chance of reoffending and increase their likelihood of engagement in meaningful employment, education or training. 2. Work with NOMS CFO R3 primes and existing resettlement partners to deliver effective through-the-gate support to clients nearing release from prison.

Interests	Spark Inside specialises in working with high-risk, prolific / persistent young offenders (aged 15 to 25). Within that group, it is well-equipped to support clients with: - multiple and complex needs - resettlement (through-the-gates) support - women-specific services - violence support (including institutional violence in prisons) - gangs support - relationship-working - addictions (including gambling) - attitudinal and behavioural change, including offending behaviour, attitudinal skills, motivation, and engagement of hard-to-engage groups - recovery/wellness, including condition management and support for people with mental health needs
Area of Delivery	Spark Inside currently delivers services in Greater London and the South East. It is preparing for future sustainable, national scale.