

23rd September '08

BOURNEMOUTH THRESHOLD DIALOGUE

Where everyone learns
but nobody teaches

COMMUNITY DIALOGUE: BOURNEMOUTH

Tuesdays 6:15-7:45pm Boscombe

Handling change and anxiety

Participants: 4 Ex-offenders, 1 Ex-offender volunteer, 1 Police, 1 Probation, 2 Agency & 2 PD

LEARNINGS

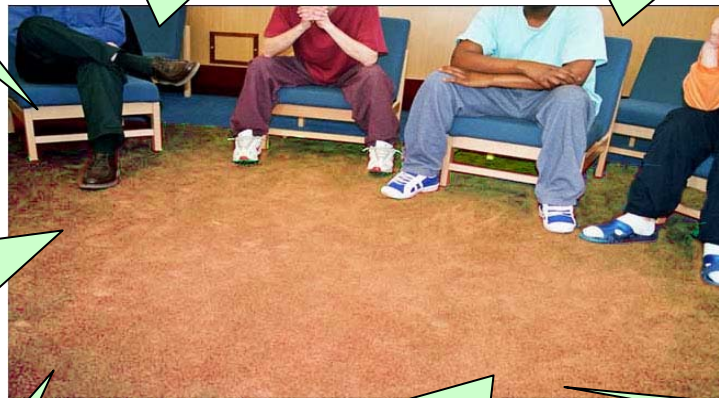
"I've had counselling and therapy. I hate it, it seems like an abusive relationship where they ask you all the questions you don't want to answer. I hate it when professionals act concerned but they just abuse you with that concern."
(Ex-offender)

"My response to a personal crisis is to throw my hands up and go 'waaaa!' and lose it. Then calm down and try to sort it out."
(Probation)

"I'm off benefits for the first time ever. You say congratulations but I feel terrible. Benefits were like my security blanket and now I haven't got that. But I know it'll be all right."
(Ex-offender volunteer)

We are all facing change, loss and transition of different kinds and handle it in different ways.

"It's been 4 ½ years. I've been out 3 weeks and I'm paranoid that I'll get recalled and left to rot for a few months while they figure out it wasn't me... I do things to create an alibi – I go into shops and buy something to get a receipt and so I'm on CCTV. I've got boxes of them."
(Ex-offender)



Ex-offenders in the group who have had destructive ways of handling change in the past are finding constructive ways to do so as they resettle into the community.

"If you stay out of trouble we'll forget about you. There'll be someone else who we'll be keeping an eye on."
(Police)

"It sounds like for now this is helping you to manage the situation and that's a good thing."
(PD)

"I came out of prison this morning. I've been inside for 2½ years - never stayed out for more than a few months. I've been going to these sessions in Guys Marsh. X is my key worker and he brought me down here. I'm alright, but my palms are sweating."
(Ex-offender)

"I went to Uni for the first class of my course yesterday. I was stood outside the building. I was frightened to go in. I didn't know if I would fit in. in the past that would have been an excuse to use. But I do belong... But I am worried what I should say about my past. I'm ashamed about it."
(Ex-offender volunteer)

People who feel vulnerable can find the intervention of agencies invasive and we don't want this group to seem like that.

Bournemouth Threshold Dialogue brings Bournemouth offenders together in open conversation with the agencies responsible for their supervision and support. Dialogues are themed on the issues affecting re-offending. The process starts in custody and continues post-release in the community, emphasising support, challenge, responsibility and early intervention. Threshold Dialogue is supported by Bournemouth Safer and Stronger Communities Partnership.