

Session 10
1st April 2008

Bournemouth Threshold Dialogue

'Where everyone learns
but nobody teaches.'

Tuesdays 2 - 3.30pm Chapel HMP Dorchester

How we hurt the ones we love

8 offenders, 2 Staff members, 1 from PD took part.

Learnings:

'Yeah, I've always been selfish in my relationship – was on the gear for 3 years while we were together. But when I've been inside, I've always made sure that my family is financially looked after. They've never wanted for anything.' (Offender)

'I was clean – it felt great. I had a job as a bar manager. Then I got laid off from my job for no good reason. I was so p***ed off I walked straight across King's Park into Boscombe and scored.' (Offender)

'Clean time was really good. I got to spend time with my kid, go out and do things together. I can't deny that my relationship with his mum was the best it's ever been too.' (Offender)

Family commitments don't begin and end with money.

'But that's not enough. Think of all the emotional support they're missing out on from you. At some level we all do it as parents, mostly without knowledge or intent – we damage our children. It's so important, but a really painful thing to acknowledge how we hurt the ones we love.' (Staff)

Life throws bad news and difficulties at all of us.

We get to choose how we respond to those situations.

Relationships improve when you're managing to stay clean.



'I took 15 goes at rehab to get it right – then I managed to stay clean for 5 ½ years. When I go to recovery groups, I'm there because I need other people to speak into me, to put some sense into a situation that I can't deal with myself. If I choose not to call my sponsor in a crisis – I'm finished.' (Offender)

'We all have different coping strategies to deal with what life chucks at us. Mine has been drugs because it's like a blanket that stops me feeling bad. It's always that bit of bad news or bad luck that sets me off again. We need to think about different ways to cope.' (Offender)

'All of us have messed up thoughts sometimes. There's got to be healthy and supportive challenges between people in this group. If we just sit around talking over each other we're wasting our time.' (Staff)

'I'm starting SDP – really looking forward to it.' (Offender)

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, change, responsibility and early intervention. The intervention is supported by Bournemouth Safer and Stronger Communities Partnership