

**Session 5**  
**26<sup>th</sup> Feb 2008**

# Bournemouth Threshold Dialogue

'Where nobody teaches but everyone learns.'

**Tuesdays 2 - 3.30pm Chapel HMP Dorchester**

**What are the real challenges as you step out the gate?  
What's the process around relapse and isolation?**

**12 offenders, 3 External agency workers, 2 Prison Officers and 2 from PD took part.**

**Topics Covered:**

**Personal responsibility**

**Isolation and depression**

**Services available in event of unplanned release**

**Coping with sudden freedom**

'If you REALLY want to do it, you have to make the first move. There's an old saying: "God may move mountains but you've got to bring your own shovel."' (Offender)

'Yes we can help you if you get released from court from remand. I'll give you a card, get to a phone in the court building immediately and call us. We can have someone with you very fast.' (External Agency)

Let's get real, people are talking about being clean in this group sometimes - I've heard it, then they're the ones leaving here straight after the session and chasing drugs all over the landings. I'm as bad.' (Offender)

'When I'm looking at my mobile thinking 'who's ringing?' and it's mentors or recovery fellows and I've relapsed, I'll lie or not answer it. Then you isolate yourself and use again. It's fear and shame at having screwed up - it's a big hurdle to get over - that's the time when we need help the most, but how do you admit it to someone?' (Offender)

'Don't lose hope, don't get negative. Help me support myself, help me trust people.' (Offender)

'You're not making sense to me. I come in each week and hear everyone blaming everyone else for their situation. I've had enough of it now. It's about me, my own responsibility to myself. I've got plans to cover any way the court goes - even if it's a stretch and I go to prison rehab.' (Offender)

'People stepping out of the prison gate take about an hour to settle down. Sometimes they can get a cup of coffee with us. There's a lot of adrenaline in getting released to start with and it can throw you right off balance.' (External Agency)

'We talk about prison and the real world as though they're two separate things - I don't think they are. Prison is the real world and the steps you take in here are what will determine how successful you are when you leave.' (Staff)



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