

9<sup>th</sup> September 2008

# BOURNEMOUTH THRESHOLD DIALOGUE

Where everyone learns  
but nobody teaches

PRISON DIALOGUE: HMP GUYS MARSH

Tuesdays 9–10:30am ETS Room

## Reaching the core human issues

Participants: 5 Offenders & 7 Others (Prison Officer, Housing Officer, A4E Education, CRI, Police & PD)

### LEARNINGS

“You can get a whole lot of men involved in a drama production - the actors, the backstage crew, the set designers, the lighting and front of house. All the arts courses are addressing issues around self-esteem. People’s confidence raises with that sense of achievement.” (A4E)

“When I’ve relapsed I’ve turned away from my sponsors & my support network. People help you and believe in you. You feel you’ve let everybody down. That doesn’t help your self-esteem, and you go back to feeling worthless again.” (Offender)

“You say your self-confidence is low but you’ve made some great contributions to this group. I can see that you’ve got a lot of positive things to offer. I think it’s important for you to hear that from someone else - its important for us to tell you.” (Police)

We all need to process our past and handle our emotions. These are fundamental human issues.

Building self-confidence is an important part of changing and there are many ways this can be done, such as through feedback from others and achieving small goals.

“With relationships I get into a situation of co-dependency. I can rely on someone else and use that space to further my addiction.”

“When I finally flipped I went after my woman. I attacked her and I very nearly killed her. I intended to kill her. That scared the hell out of me.” (Offenders)

“I need my gym. It helps me with my issues so I don’t smash up my cell.” (Offender)

“We run Yoga every week. It chills you right out, you don’t get pumped up like the gym. It gets you very stretched and supple which is important for guys who are using the gym too. You should try it” (A4E)

“I want to put everything behind me. I want to get on and not have to think about the past.”

“You’ve got to do something positive every day. Make sure you put your head on the pillow at night and feel great, not like a piece of s\*\*\*.” (Offenders)

“The first time you express your emotions to other people it’s hard. There’s lots of macho stuff in here, ‘I’m a big gangster and I don’t have feelings’. I was the same - I didn’t say anything in my first 4 months in treatment. I said ‘yeah, I’m ok’. I didn’t even know what a feeling was.” (Ex-offender)

The education provision at this prison is much wider than many people realise and offers many ways to build self-esteem.



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.