

11th Aug 2010

POOLE THRESHOLD DIALOGUE

Where everyone learns
but nobody teaches

COMMUNITY DIALOGUE: POOLE

Wednesdays 3pm – 5pm DAAT, North Road

Toxic relationships

Participants: 4 Service Users & 1 Police

LEARNINGS

“Who would you most like to have a dialogue session with?”
(Agency)

“Probably my girlfriend, we don’t talk like this, I want to know why she is like she is, and causes me so much stress.”
(Service User)

“I can’t be around my girlfriend anymore without wanting to use, that’s how she makes me feel.”
(Service User)

“So why won’t you take those steps to leave her? Are you afraid of being alone?”
(Agency)

“Yeah I guess I am. I would just constantly think of my children.”
(Service User)

“I need a reason to get up, yeah I’m doing ok, but everyday feels like ground hog day now, like I’m just going through the motions. Someone asked me to do something the other day because they needed my help, and I felt good because I felt needed, useful, and it made me think about something different.”
(Service User)

“Some people can be toxic to your life, and you need to get away from them, most of you in this room have had to make a big decision about leaving or removing someone from your life in order to progress, and I bet it hasn’t always been an easy choice.”
(Agency)

“I’ve constantly moved around from place to place ever since I was little, I think that is why I can’t settle.”
(Service User)

“Yeah me too, I don’t feel like I belong anywhere or have a place.”
(Service User)



“Do you know what I want... what I think would be best for me now... to go back into prison. That way I will become clean, sort my head out, and be away from the stress, people won’t be able to contact me in there.”
(Service User)

“It wasn’t a difficult decision for me to stop contact with my ex and to have nothing to do with her, I could never trust her now, and I don’t ever want to see her.”
(Service User)

People need to have a purpose in life.

Sometimes you need to distance yourself from people you care about for your own health and well being.

It is important to have a different focus – hobbies, something in the week that you enjoy or look forward to.

Poolle Threshold Dialogue brings Poolle ex-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.