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To whom it may concern,

Sussex Pathways have been working with Thrive Inside for the last 8 years, it has been vital to our work within the Prison and the Community.

Paul Collins has delivered this for Sussex Pathways and wrote a program that we could use and that our staff were able to deliver, along with Mr Collins delivering the full Thrive program for the Prisoners.

This program has shaped many Prisoners lives, reducing re-offending, self-harming, PTSD, Violent outbursts, and created a space for individuals to be listened to and heard, giving them a chance to have a voice and make changes to the choices they have made and to understand how they have come to a point in their lives where they feel life is hopeless and Prison in their only option. Where they can take positive steps to rebuilding their lives, settle back into the community and become part of that community.

This journey and teaching is vital the individuals, the communities they live in or are returning too, to create safer communities.

Please see some feedback that have been received.

Testimonial

The course has provided me with a very supportive and safe space to unload personal issues.

The staff have encouraged taking responsibility for my current circumstances and have increased my understanding how my choices have their related outcomes.

My keyworker calls me regularly and is very sympathetic to my personal issues and offers me guidance and encouragement. She seems particularly caring, far more so than most of my family and friends.

The group has provided a speaker that has explained some of what AA and NA perform and how they function.

* A course Attendee

October 2021

I'm serving 10 months and was on K wing when I first landed in HMP Lewes. I saw a lady in a blue T shirt walk through the wing one day and I pulled her aside to ask for some help. I asked her name and what department she worked for, she said "Lucy and I'm a volunteer with Sussex pathways", I asked her if she could help me with some of the things I needed to get done like a bank account and identification.

Not holding out much luck I also told her how I had been trying to get myself a residential rehab and had been waiting 4 months for an answer. 'Bang,' 5 days later she came to see me and told me I had an interview for the rehab the following Monday.

Lucy then asked me if I would consider coming voluntarily to a group on a Thursday afternoon run by a man named Paul, a little reluctantly I agreed. however, I attend the group every Thursday.

The mindfulness course and working with these volunteers has changed not only my sentence, Its possibly changed my whole life because although I did not get a rehab on that first occasion. We applied within days to another and a couple of weeks later I was given a bed space at the Kairos rehab in South London. The knock on effect of getting that placement has transformed my sentence to one of complete focus, total change, detoxification and being abstinence.

Finally without Lucy giving me support on the wing and the Mindfulness course giving me the opportunity to be in the moment, ground myself and re-focus my efforts, I am 90% sure that I would not be in the position I find myself in today. Jail aside, in my situation, the group on a Thursday, is the best thing I do all week. I feel positive, motivated, empowered and above all I feel like I am not alone in my struggle.

As if they had not helped me enough already I always require help, advice and validation that I am on track and doing well and the course is where I get that. I advise anyone who struggles in jail or needs any type of help to get involved with them.

Thankyou all so much LC.