

HH Judge Zoe Smith to be Patron of Elizabeth Fry Charity

We are delighted to announce that HH Judge Zoe Smith, is to be Patron of the Elizabeth Fry Charity.

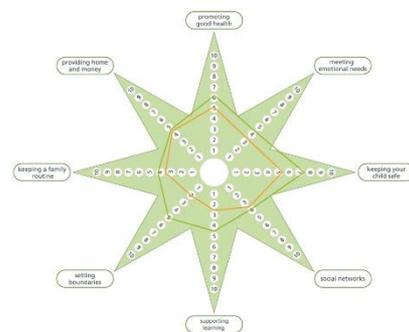
Judge Smith was Resident Judge of Reading Crown Court for 8 years until April 2014. Since August 2014 she has been based at Oxford Crown Court.



HH Judge Zoe Smith

Outcome Star™ system implemented

Elizabeth Fry has now introduced the Outcomes Star™ system with residents, which is used to measure change in ten key areas: motivation and taking responsibility, self-care and living skills, managing money and personal administration, social networks and relationships, drug and alcohol misuse, physical health, emotional and mental health, meaningful use of time, managing tenancy and accommodation, and offending.



Example of Outcomes Star™ © Triangle Consulting Social Enterprise

The Outcomes Star™ is completed with residents on their arrival at Elizabeth Fry and reviewed at least every three months. This is then used to focus the work completed in keywork sessions and allows the resident visually to see the progress they have made in each of the ten areas, as each area is scored out of ten and mapped on to a visual star. The Outcomes Star™ is designed to support as well as measure growth in each area, focusing on residents' potential rather than their problems.

Chaplaincy Service

We are really pleased that after some considerable time we have recruited 3 volunteers to take forward our long-awaited Chaplaincy Service for the residents of Elizabeth Fry.

The service started in November using our Interfaith Room. The volunteers will be available one afternoon a week at Elizabeth Fry for residents to come and talk.

This is a place where residents can feel listened to and explore their spiritual needs. Many residents will have found prison chaplains helpful and this service has the same aim.

The three volunteers are Kirstie, Katie and Carol.

Gardening Project

From November 2014 Elizabeth Fry Charity has started working with Launchpad's Horticulture and Healthy Living Service, which will be delivering a weekly gardening session to the residents.



The aims of the project are to improve the physical, emotional and mental health of residents and to assist in improving their confidence, self-esteem and self-worth.

Furthermore, the project enables residents positively to engage with other services and provides them with a say in how the project will develop, which makes them feel valued.

Elizabeth Fry Charity is grateful to Launchpad for their support in this project and, although early days, it is clear that it is already being valued by the residents and the gardens are already much improved.

Funding Received for WI Cookery Course at Elizabeth Fry

We are most grateful for the grants awarded by the People's Postcode Lottery Trust and the Police and Crime Commissioner for Thames Valley as contributions towards the Berkshire branch of the Women's Institute cookery courses held at Elizabeth Fry.

Two members of the Berkshire branch of the Women's Institute held 6 weekly cookery classes for our women residents. Some of the residents taking part had more experience of cooking than others, but they were all keen and enthusiastic. Their remit was to learn to cook for one (rather than a large group of whole family) and to do so on a very limited budget.



Over the 6 weeks the women cooked a range of foods. They discussed the basic ingredients that would be kept in a kitchen cupboard. They worked with a variety of tools. They discussed the skills used in the kitchen and about hygiene. The women gained confidence from the course and were able to demonstrate their skills to the rest of the residents.

Visit from Berkshire Community Foundation

In November 2014 Elizabeth Fry Charity welcomed Jessica Nicholls and Simona Kolarova from the Berkshire Community Foundation, which has generously donated to our ongoing Integrative Counselling and Coaching Service that is available to all residents.

The aims of the service are to support residents with self-esteem and confidence issues, self-awareness, understanding the links with their past to current behaviours, dealing with anxiety, panic attacks, stress and depression. The Service also uses cognitive behavioural therapy to address 'unhelpful thinking' and helps the residents to develop short- to long-term goals.

Between January and September 2014 the Service provided 105 hours of support to residents and evaluation of the work has demonstrated a significant clinical difference to clients as a result of attending therapy. Elizabeth Fry Charity is extremely thankful to the Berkshire Community Foundation for its ongoing support, as it is clear this Service is of significant benefit to the residents.

Your support is appreciated

To make a donation to Elizabeth Fry Charity to support us in our work, please go to our local giving page. Please tick yes to Gift Aid on any donation that you make.

<http://localgiving.com/charity/elizabethfrycharity>

Connect Reading Business Leaders Tour Elizabeth Fry

MAKING CONNECTIONS: visits will help build links with community

Leaders' learning tour

BY MARY SCOTT @Readingpress

HOME of the town's business leaders were given a snapshot of the communities they work in an hour last week.

Organised by Connect Reading, the business community partnership, the tour on Thursday took in three community organisations before lunch.

The group included Julie Biley of Alexander Rank, Zara Stone from Reading JobCentre, Andrew Harrow of Alliance estate agents, Catherine Khan of Sita's Kitchen, Lindsay Reynolds of Reading College, Kaja of Sarah's Cakes, Reading Red dresser editor Hilary Scott and staff from Connect.

Firstly the group met at Reading Your Way in Oxford Road where manager Liz Hall spoke about the help and support it gives to people with mental health problems.

Part-funded by Reading Borough Council and Berkshire Clinical Commissioning Group, last year it helped 264 people with a further 197 who visited by one of the drop-in centres which helps with a host of issues including self-confidence, with experience and more was the best.

"People can attend if they have been referred by a hospital, GP or simply have a mental health diagnosis."

The second stop on the trip was the Oasis Centre home in Baker Street where Rahab, a charity that supports women that is mainly operated in hand.

Project manager Shida Ball explained last month's team spent five nights a week out and about helping women with mental health problems, offering support as well as practical issues.

"The charity, which works closely with the police, also supports of street prostitution and anyone who's been trafficked."

Shida explained: "We currently support about 28 women, we've helped 18 women with prostitution. Around 45 per cent of prostitutes in Reading have a drug or alcohol problem and we work with other support groups to help the women with their addictions."

Final stop on the tour was the Elizabeth Fry home in Coley Avenue, a Home Office approved premises which takes in women on bail, on licence from prisons and those who have been given community sentences with rehabilitation requirements.

The home has 22 bed spaces and is managed by Laura Chalkley.

Two of the women residents spoke to the group about the benefits of being in Elizabeth Fry and how the

problems of finding work when you have a criminal record.

Chair of trustees Mary Pugh then explained how the prison work and how it has finally found its building refurbishment after demolition the last in 2009.

The group were then treated lunch cooked by executive chef Dan Smith, who I earlier gave a cooking demo to women and who was helped that lunch by some of the residents.

Chair Wright of Connect, organised the tour every year in "to use the business leaders can illustrate the difference that our in Reading - as one of the UK's performing economies it's vital ensure that economic opportunities are available to as many in opportunity."

"Today has been a fantastic opportunity for some local leaders to see how they can support their communities."

All Connect Reading we offer residents the chance to interact with the local area. Business leaders are understanding about our charity can visit Connect Reading on 0118 3126.

Connect Reading is a local partnership between the private, public, voluntary and community sectors that work together to address areas of need within Greater Reading. Connect Reading organise an annual event to allow local business leaders to experience the work of organisations in the local area supporting the community. This year's focus was "Women in the Community" and on 7th August we welcomed the group to Elizabeth Fry as part of their tour.

Two of our residents spoke to the group about the benefits of being at Elizabeth Fry and also the problems of finding work when you have a criminal record.

The group were treated to lunch cooked by Hilton Reading chef Dan Smith, helped by some of the residents. The residents had earlier been given a cooking demo by Dan.

Of the tour, Clare Wright, Managing Director of Connect Reading, said: "Today has been a fantastic opportunity for senior business leaders to see how they can support community needs. At Connect Reading we offer our members the chance to interact with charities such as Reading Your Way, Rahab and Elizabeth Fry and to make a difference through in-kind support to the local area."

An article about the event was published in the local press.

Elizabeth Fry Charity is registered in England and Wales as a company limited by guarantee, no. 8606716. Registered charity no. 1152840.

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