



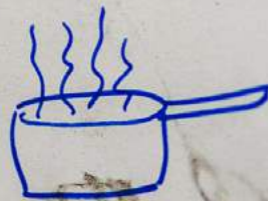
BREAKOUT

The supporter magazine for Langley Trust

SPRING 2024



We want to cook for ourselves and learn new skills



Created a kitchen space
make lunch
and cakes

We want a proper
kitchen

Re-decorated
and dining

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WELCOME

Welcome to this edition of Breakout. We are delighted to announce that just before Christmas Bishop Rachel Treweek - the Bishop of Gloucester and the Bishop for prisons - accepted our invitation to become a patron of Langley. We look forward to hearing from her in our next edition of Breakout.

For those who don't know me, I am the Director of Chaplaincy Services, which involves overseeing our Chaplains, growing local church engagement and ensuring we engage widely to develop our national profile. I have been with Langley over 20 years, firstly as a volunteer and in this role since 2020; it's a great job, which I do alongside working as an Anglican priest in East London.

You will notice some changes as we move this spring to three seasonal editions of Breakout per year alongside our Prayer Diaries, which will include elements of the same theme. We hope they inform and inspire you to lean into us with your support for our work. Whether you pray for us weekly or lead a Langley prayer group at church. Whether you are a regular giver, or have included us in your will, we are so grateful to you. Your unseen

support is visible to God, and we know it makes a huge difference to the clients we work with. So, a huge thank you from me on behalf of Langley.

This edition and the accompanying Prayer Diary look at our value of being genuine. Our primary value is to build a Christlike culture, mirroring Jesus in our 4 other values: being visionary, responsible, respectful and genuine.

I hope you enjoy this Breakout – do email us your feedback.

Yours,

Rev Andy Rider
Director of Chaplaincy Services

CEO UPDATE

I hate to say it, but when someone says 'genuine' to me I think of the Ronseal advert which featured the catchphrase: 'it does exactly what it says on the tin'. As CEO of Langley Trust, I want us to do exactly what we say on our 'tin'. On our opening page of our website we say:

"We help people with convictions to transform their lives – preventing crime, promoting rehabilitation, and reducing re-offending."

I see myself as one of the gatekeepers at Langley Trust, ensuring all our services makes a contribution to our missional work of helping those entrusted into our care turn their lives around. Undertaking this missional work with a client is like throwing a stone into a pond, it not only makes a massive impact in the centre (that is metaphorically the client's life) but also the positive effect ripples out to their loved ones and the community in which they live and return to.

Over the past year we have been tenacious in ensuring we only deliver services that have the capacity to change lives; this has meant at

times making tough decisions. For instance, we decided not to engage in the re-tendering for two advice/support services contracts we have been delivering in prison. Why? Because the contracts reduced the staffing levels, but the client

OVER THE PAST YEAR WE HAVE BEEN TENACIOUS IN ENSURING WE ONLY DELIVER SERVICES THAT HAVE THE CAPACITY TO CHANGE LIVES

numbers and expected outcomes increased. We knew this would not

have allowed us to give the input and support that those clients needed to have a chance to turn their lives around. We want to do 'what we say on the tin' to be like stick of rock where our mission is written right through the centre of all we do.

I wanted to take this opportunity to thank you for standing with us, thank you for believing in what we do, and thank you for supporting us.

Tracy

Tracy Wild
CEO



CHRISTMAS APPEAL UPDATE

A few months ago you likely received a letter from our Director of Finance and Business Services, Simon Herbert. He wrote to all of Langley's treasured supporters regarding our 2023 Christmas Appeal: 'A Light in Their Darkness'.

Simon explained that our clients – like many others – have faced unprecedented financial pressures prompted by the cost-of-living crisis, most seriously in the form of unfathomable energy costs, and asked for your help to be a light in our client's darkness by raising funds to help them afford their utility bills throughout winter.

Thank you so very much to those of you who were able and kind enough to donate towards this crucial appeal. At the time of writing this we have received a total of £6,360, with more donations expected in the coming weeks.

Many of our clients have spent the vast majority of their lives in and out of the prison environment, and in coming to Langley they experience a unique opportunity to establish a better quality of life than they have previously known. Thank you for helping us to try and ensure that their efforts aren't dashed by the stress of trying to manage exorbitant energy bills and leaving them wondering if prison wouldn't be a better option for them.

If you would like to donate towards our work at Langley, to help us help people with convictions to transform their lives, we would very much welcome your support!

To give please visit langleytrust.org/lightindarkness click on "give now" and follow the steps on screen to make an online donation.

Alternatively, for cash / cheques* please send to: Langley Trust, 3&4 The Square, Manfield Avenue, Walsgrave, Coventry, CV2 2QJ

For more information please don't hesitate to get in touch with myself via sophie.sweatman@langleytrust.org or call 07802 877633.

*Please ensure cheques are made payable to Langley House Trust

scan to donate!

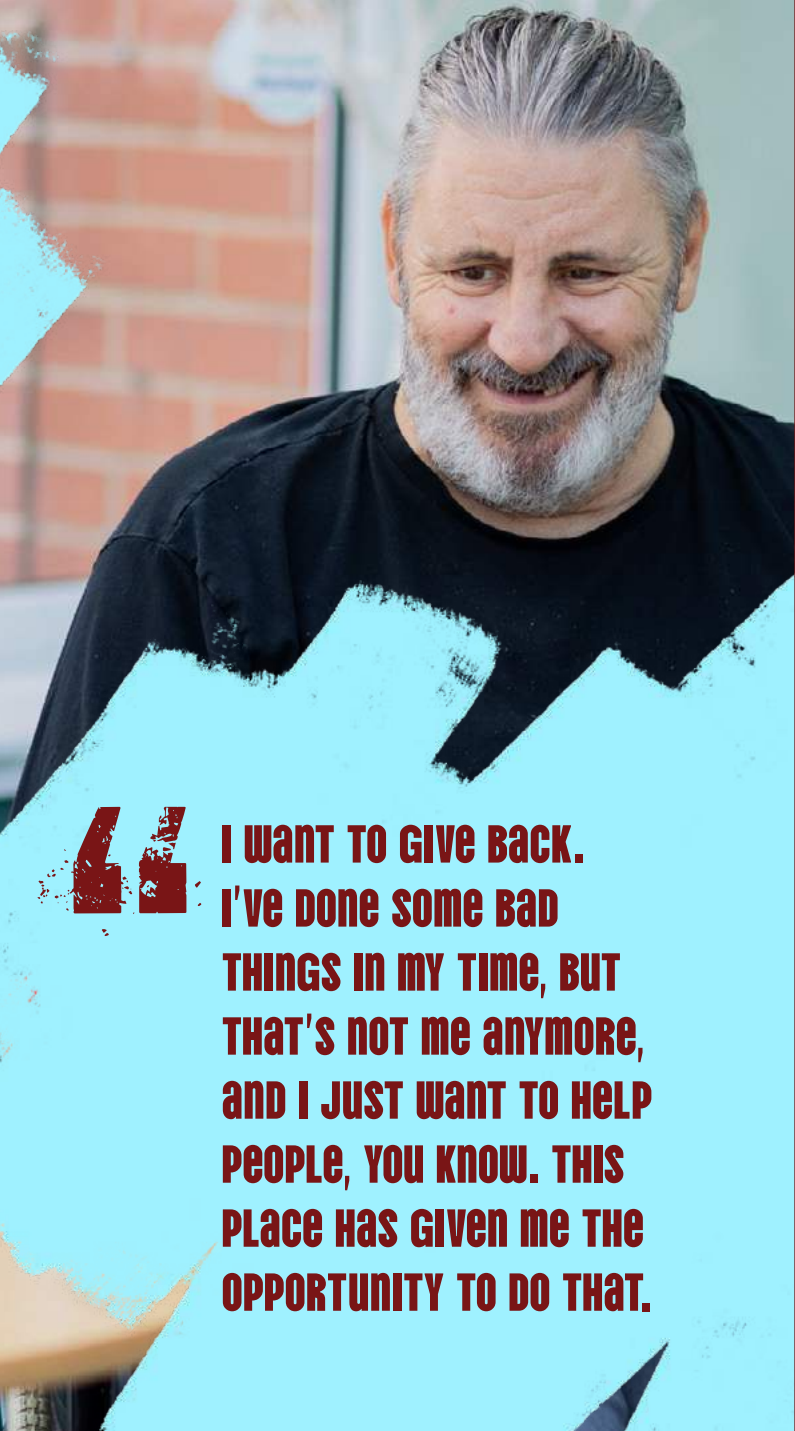


So far we've raised:
£6,360
Thank you so much!

by Sophie
Sweatman
Supporter
Relationship
Manager

MICHAEL'S STORY*

*Names and faces may have been changed throughout this publication in order to protect those under our care



“ I WANT TO GIVE BACK. I'VE DONE SOME BAD THINGS IN MY TIME, BUT THAT'S NOT ME ANYMORE, AND I JUST WANT TO HELP PEOPLE, YOU KNOW. THIS PLACE HAS GIVEN ME THE OPPORTUNITY TO DO THAT.

At Langley, we are so appreciative of the genuine interest and care that you – our supporters – have for the individuals we work with. Many of you have expressed a keen desire to hear more from our clients themselves, and we couldn't be more delighted to share just some of Michael's* story with you. We hope it leaves you feeling as inspired as we felt listening to Michael, and it fuels your passion and belief in the importance of genuine care and good support for people with convictions as they leave prison.

Michael, please can you tell us a bit about yourself?

I've been at Langley for some months now and came here from the prison system. I was in prison for 23 years before coming here. It was a bit of shock... the first day especially. I had spent a long time inside. Someone from Langley had asked me before leaving what would be the first thing I'd do when I left prison... I said I'd go to the shop and get some wine gums, you know, because I can... Susan* [Michael's Langley Keyworker] picked me up from prison and brought wine gums with her for me.

We stopped off at McDonalds – everything had changed... there were screens everywhere. I thought 'what's going on here?'. I got to my new home in Langley, saw my room... it was okay, but my head was still in prison, so it took a bit of getting used to.

There were so many things to sort out. I was in a state of shock and finding it really hard. I had to sort out things like my National Insurance Number, which I didn't even

know, my birth certificate, signing up for Universal Credit, etc. I suffered a brain injury in prison, so I get overloaded with things quickly if there's too much information coming at me... that, and being away so long, I just didn't know what was going on. Susan helped me and took me to places like the job centre, the doctor, etc.

It was really hard coming out and getting used to things, even like going to the shop. I wasn't used to it and was a bit nervous – there are a lot of people around you don't know. Susan would come with me to the shop or take me out for window shopping walks just to get me used to being around people. It's given me confidence. At

the start of my time here I would just try and stay in my room, but now I can go out and help round the place etc. I used to say 'I'm going back to my cell – I mean my room...' it took me a while to get used to, but this place has helped me so much.

What are the main differences you've experienced being with Langley?

They [Langley staff] came to pick me up from the gate of prison. They're friendly people, so made me feel relaxed straight away. Some

people you come into contact with, because you're a prisoner, they may have heard things and might not mean it but can feel they're sort of standoffish. Even now, when I go to the shop, some people stop and wait for me to pass... you sort of get used to it over the years as it's happened since I was a kid, but you think 'I'm no harm to you'. You talk to people and can just feel like they're not comfortable. But Susan and the staff here, they've been really warm and friendly. It makes a big difference as you feel you can relax and be yourself.

“ YOU TALK TO PEOPLE AND CAN JUST FEEL LIKE THEY'RE NOT COMFORTABLE. BUT SUSAN AND THE STAFF HERE, THEY'VE BEEN REALLY WARM AND FRIENDLY. IT MAKES A BIG DIFFERENCE AS YOU FEEL YOU CAN RELAX AND BE YOURSELF.

MICHAEL'S STORY*

CONTINUED...

*Names and faces may have been changed throughout this publication in order to protect those under our care

So, when Susan said there's this place, they're going to be feeding the homeless when the temperatures drop low, I said "yeah I'll definitely do that". It's a start to going in the direction that I want to go in.

I want to mentor young people, who are getting into gangs and crime. Even if I can save just one of them – there is a lot of damage that one kid can cause, not just to himself but the whole area and families – I'd like to try and show them, because a lot of these kids think they're adults but they're kids. They're groomed by this lifestyle that's being pushed out to them, they think it's all about cars, jewellery, money, girls... but I want to show them that it's not that. What it is, is prison. You might get killed. mental health issues, drugs, violence...

I've seen drug dealers who have made money – but they're not spending it now because they're in prison. None of them want to be there, and they're not coming out again. Sometimes it's the ones who end up in prison who are the lucky ones; the others can end up dead. So, if I can reach these kids and let them know – it's not a film, it's not going to turn out how you think it is.

Being at Langley has been the perfect place for me – I had ideas what I wanted to do, and this place has given

me the chance to sort of ease into things, not just 'bang' you're out – get on with it.

Yours sounds like an incredible journey – it seems you're learning how to do things in a different way...

I've met a lot of 'normal people' who aren't into anything like that [crime]. A lot of Christian people, who have helped me on my journey. I used to go to church in prison, but you come out and it sort of falls off... but I met the chaplain here and we do bible studies in the prayer room. I started going to church and it's good because people actually come to say hello, and get used to seeing me.

It all feels fresh, like everything just looks like a fresh start.

I was happy I got sent here. I saw the lady who did my initial assessment a while after being here and thanked her for accepting me here and she said 'we'll always accept you' – it's an organisation that helps ex-offenders turn their lives around and it's definitely that.



“ I want to mentor young people, who are getting into gangs and crime. Even if I can save just one of them.



MOVING HOUSE

A new home for The Shrubbery

As you may or may not be aware, last year we successfully purchased a new building for one of our existing complex needs care services - The Shrubbery and commenced the mammoth task of 'moving house'! It has been a memorable time, full of eager anticipation from clients and staff members alike.

Whilst staff from all across the Trust came together to help with the moving process, it was a long road that Registered Manager Tunde Abdulazeez oversaw with patience, good will, and a sense of hope for our clients, and all the opportunities a new home would provide.

We had the absolute privilege of visiting the new Shrubbery to interview Tunde [top left] about the process.

Can you tell me a bit about The Shrubbery?

The Shrubbery is a registered residential care home supporting clients aged 18+. Our oldest client is 90 years old, so we cover all ages! Clients are referred by probation services, local authorities, mental health teams etc. and individuals can also self-refer or be referred by members of their family. The individuals we work with will always have a physical and/or mental health need – often falling under 'complex' needs. We have 27 bedrooms in our new home, which we opened in October 2023.

Can you share a little bit about the early elements of the move?

There was a lot of waiting initially before we could move. We had to wait for the Care Quality Commission to register the building, which involved a lot of administrative paperwork and planning, as you can imagine. Our official move-in date was 2nd of October and we moved the clients in on 3rd and 4th. At the time we had 14 clients, so we had to move 7 one day and 7 the next. We also had to split the team, leaving some staff at the old building and bringing some to the new to ensure adequate care for the clients in both homes; it was important to ensure continuity of care was being delivered in a safe and effective way.

Moving a complex needs care service is a massive task! What were some of the key challenges?

There were many logistical elements to consider with the move – this was a challenge in itself as we had to consider everything, from having enough food and meals cooked in both homes during the crossover period, to is the building warm enough? Who is looking after who? How many staff per clients in each building? Do we require agency support to provide staff cover? How do we distribute medication appropriately during the move? We had to call in ICT to help us with some of these issues. Nothing seemed straightforward – but that was to be expected.

What are the key benefits of the new home?

It's so accessible, and this is by far the best benefit. It makes it unique and means we can welcome clients who may have a lot of physical health and mobility needs and ensure they are much more comfortable. There is so much more space, and lots of breakout rooms... this has allowed us to create a sensory room which the clients benefit from massively. We also have a prayer room which is used for bible studies, and have been able to set up a gym to help our clients keep on top of their physical wellbeing. The space in general means we are able to create more opportunities for clients to pursue new hobbies, interests, or things that will benefit their health.

What have been your personal highlights since moving?

Just seeing the clients and how their quality of life has definitely improved. As a manager you're constantly monitoring how things are going... there have of course been teething issues here and there, but the clients are visibly happier here. The impact the environment has on their wellbeing is a big factor – they have been much more settled and happy.

How did the clients handle the move?

Most of our clients handled the move really well and settled into the new home quickly. They all had bigger rooms, and the facilities are much nicer than our old

building, so this helped with their openness to the move. Some individuals did struggle initially with the change – and understandably for some it presented practical difficulties. We have a client, who is visually impaired and had to navigate a completely new space with lots of doors. It has taken some time, but we're getting there and people, who initially struggled, are finding their way around better now and enjoying the space more. The garden is a big appeal for clients as it's a much bigger space than we had before. The clients here are thriving.

What are you most looking forward to in the months and years ahead?

Continuing to settle in! The move was such a momentous occasion for all at Langley, and there are still workmen in and out sorting out some of the teething issues of the building, e.g. radiators, key-fobs, and other property related issues.

As we continue to find our feet and really settle here, it's just about ensuring the clients and staff feel optimistic for the future. The new building has represented something seismic to all of us – and we want to grow into the space and make it our own. We're looking forward to welcoming in more clients and working to achieve our missional objective.

TURN OVER FOR SOME FUN FACTS ABOUT THE SHRUBBERY



FUN FACTS ON THE SHRUBBERY

Since moving in to our new home

3.



PING PONG

It gets so competitive, that we're looking to do a championship leaderboard...

1.



That's 87,300 cups since moving in!

2.



How many times a day does the doorbell ring?

15

between visitors & deliveries

4.



What's the most popular meal at The Shrubbery?

Our clients LOVE Jo's cooking – in particular her cakes and iced buns – but shepherds pie or corned beef hash with baked eggs are definitely the most popular dinner choices.

7.

What's the most commonly used phrase amongst staff?



When we first moved it was 'where am I?!' or 'how do I get to...?'

Now it's 'who wants a tea or coffee?!'

5.



How many steps does the average staff member do each day?

15,000!

6.

Most popular shared space?



The sensory room is popular – and the cottage lounge where we have a TV, ping-pong, etc.





COULD YOU use your spare time and skills to help people with convictions to transform their lives?

LANGLEYTRUST.ORG/VOLUNTEER

Find out more



GET INVOLVED

WE NEED PEOPLE LIKE YOU TO make a difference

Towards the end of last year, Richard Farrell our Volunteering Manager visited one of our services on what was a cool but sunny autumn Saturday. As he walked up the drive he was greeted by one of our clients, John*.

“John was sat in the porch on a wicker chair wrapped up against the cold with his wellies on, looking very much ready to get stuck into some work! He smiled and told me he was waiting for his volunteer Julie* to arrive and they were going to “sort the greenhouse ready for winter”.

John was clearly happy and excited by the prospect of spending time with Julie, and had been looking forward to her visit. Discussing John’s warm welcome with the staff, I was told that John was always ready for Julie at least an hour before her arrival time, such was his enjoyment of this weekly visit.

Julie works full time and gives up just a few hours on a Saturday afternoon to help John potter around the garden, planting seeds and on this occasion “sorting the greenhouse ready for winter”. It was abundantly clear that even this short weekly visit from Julie was such a blessing to John; but in also chatting to Julie later on, it was clear these few hours were something she also really looked forward to each week.

As we look forward to spring, perhaps it’s a great time to consider if - like Julie - you have a few hours you could spare each week to make a difference in the life of one of our clients, and maybe in yours, too!”

To learn more about volunteering with Langley and the range of our volunteer roles, please visit the volunteering page on our website: langleytrust.org/volunteer



PAUSE FOR THOUGHT

Thousands of us love to watch 'The Antiques Roadshow' or 'The Repair Shop'. We love those moments when an item brought along by a member of the public turns out to be the real thing! An antique purchased for £10 years ago is now discovered to be worth thousands of pounds. A much-loved family heirloom that has languished in a cupboard for decades turns out to be a rare historic specimen that money can no longer buy except in exclusive auction rooms. These 'real things' are not fakes; they are the genuine thing.

We love these moments of revelation, in part because we gasp at the monetary value wishing we had unearthed something of similar worth, but also because we love the privilege of witnessing that moment when something of nothing turns out to be something of real value!

Genuine is one of our five Langley values; we're not interested in fakes or false hopes. We want to deal with the real thing, to always speak the truth, to unearth the real value of each other and to offer real and lasting hope to those we work with. In John 18:38 Pontius Pilate before sentencing Jesus to death, asks him in exasperation 'What is truth?' Asked 2000 years ago, it is very much a question of our own time, with fake news abounding across the internet, with TV games based on lies and deception and those who run our print media happy to print unproven stories if they sell papers, what is truth?

At Langley we want to help all those we work with to face up to the reality of their past, to discover

their genuine value as beloved by God, and to step into the real and lasting hope of heaven. We are not interested in fakes and false hope. In John 18:37 Jesus tells Pilate and us that he was born and came into the world to reveal the truth... the genuine truth about God's love and our potential. That's why at Langley we want to be genuine in all we do.

Yours,



Rev Andy Rider
Director of Chaplaincy Services

“Genuine is one of our FIVE LANGLEY VALUES; WE'RE NOT INTERESTED IN FAKES OR FALSE HOPES. WE WANT TO DEAL WITH THE REAL THING.”





THANKS FOR READING THIS EDITION. WE WOULD LOVE TO HEAR FROM YOU!

Please direct any queries, comments or feedback to Sophie Sweatman our Supporter Relationship Manager through the contact details below

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