

Most of all, In2Out participants have found a sense of hope.

**“Thank you! It means a lot to have completed a year on the out - thanks for all your help inside and outside of prison. Onwards and upwards from now on.”**



THROUGH DEVELOPING NON-JUDGEMENTAL RELATIONSHIPS OF TRUST, IN2OUT MENTORS HAVE HELPED PARTICIPANTS ENVISAGE WHAT LIFE COULD BE LIKE AND SUPPORTED THEM TO MAKE THE CHANGE.

You can help a young person get their life back on track:

- Get our latest news by email
- Make a donation
- Explore volunteering
- Introduce In2Out to your church or group
- Fundraise for In2Out

To find out more, visit [www.in2out.org.uk](http://www.in2out.org.uk)

**In2Out**  
Changing lives from the inside to the out

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Registered Charity No.1154984

**In2Out**

Changing lives from the inside to the out.

**“No one understands my story apart from you.”**

**In2Out - Supporting young people leaving custody to get their life ‘back on track’ and turn away from offending behaviour.**

Photo: Adapted Stock Image. Original by René Ranisch / Frame Media on Unsplash.

Chaotic lifestyles, lack of support and guidance, abuse and neglect – just some of the reasons why young people in custody can be some of the most vulnerable in our society.

Prison can be the most stable and safest environment some young people have known, so facing life after prison can be daunting. The challenges can be significant and complex, especially if they are living independently for the first time.

**“Life is complicated.  
Jail isn't.”**

Finding their way back into mainstream society is a struggle, but the biggest struggle of all can be finding hope - hope that it is possible to break away from the past and set a new course.

Nationally, 65% of 15-18 years old will reoffend within 12 months of release. The In2Out mentoring process sees that reduced to consistently less than 25% for participants choosing to work with us.

In2Out works with young people leaving custody aged 15-21 years old, supporting them in:

- Life Skills - Teaching basic life skills prior to release such as cooking, cleaning and budgeting.
- First Steps - Ensuring basic needs are met on release, advocating and helping with access to care packages and statutory provision, helping address practical issues encountered during life ‘on the out.’
- Building for the Future – Finding a meaningful use of time through employment, education or training opportunities.
- Relationships - Developing social skills, helping find new social opportunities, working on relationships, including family reconciliation.
- Thinking Smarter - Working together to identify and manage triggers to offending behaviour, developing thinking and problem-solving skills, changing attitudes, and building confidence and resilience.

**“Thank you to you all for helping me learn new stuff.”**

The In2Out Life Skills Challenge helps those in the Keppel Complex Needs Unit at HMYOI Wetherby prepare for the transition to independent living. These vulnerable lads with multiple, complex needs, learn skills such as cooking, cleaning and budgeting, with enrichment activities to help with developing social and community skills.

Working with a mentor before leaving custody, means that In2Out participants can approach release with more confidence, better equipped for life after prison. With a plan to start out on a different track, their mentor travels with them, offering practical help and support, encouragement and hope.

As In2Out works to nurture confidence and uncover potential, helping to support change and reduce re-offending behaviour, participants have resettled back into society, moved towards independent living and worked towards less chaotic lives.

**“THANK YOU FOR HELPING ME START A NEW CHAPTER IN MY LIFE.”**

