



An Independent Evaluation of Emergency Covid Response Bowman Wellbeing Activity Packs



UNIVERSITY OF
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EXECUTIVE SUMMARY

Launched in June 2020, Bowman Wellbeing Activity Packs were provided by Care After Combat to UK military veterans in prison, in an effort to mitigate against the impact of the Covid-19 pandemic. This evaluation report, by the University of Lincoln, presents an analysis of feedback data which was designed and collated by Care After Combat. The feedback data sought to explore the following:




- 1) An assessment of the utility of the packs to incarcerated veterans.
- 2) An assessment of what impact the well-being packs on incarcerated veteran well-being, sense of community and hope.
- 3) Identify how well-being packs might be improved for the future.

Key Findings


- Wellbeing Activity Packs helped to mediate experiences of loneliness, keep recipients motivated and provide a sense of hope
- A sense of community was fostered through receipt of and engagement with the Wellbeing Activity Packs
- Pack activities can work to foster and mobilise social capital

Recommendations:

1. The need for continued implementation of the packs and further wraparound support within the prison estate for particularly the most vulnerable veterans.
2. Pack recipients indicate experiences of unmet physical health needs which can limit full pack engagement
3. Communication processes within prisons can sometimes impede incarcerated veterans' awareness of support available from CAC: when restrictions are lifted a review of support information access and dissemination may be beneficial. It may also be of benefit that important CAC communications are repeated to ensure maximum reach in view of this barrier







KEY FINDINGS



MEDIATED LONELINESS


FOSTERED A SENSE OF COMMUNITY






PROVIDED SENSE OF HOPE


MOTIVATED RECIPIENTS





MOBILISED SOCIAL CAPITAL

ENTERTAINED MINDS



BOWMAN WELLBEING ACTIVITY PACK EVALUATION

Care After Combat

“Trusted Mentors helping Veterans in the Criminal Justice System”.



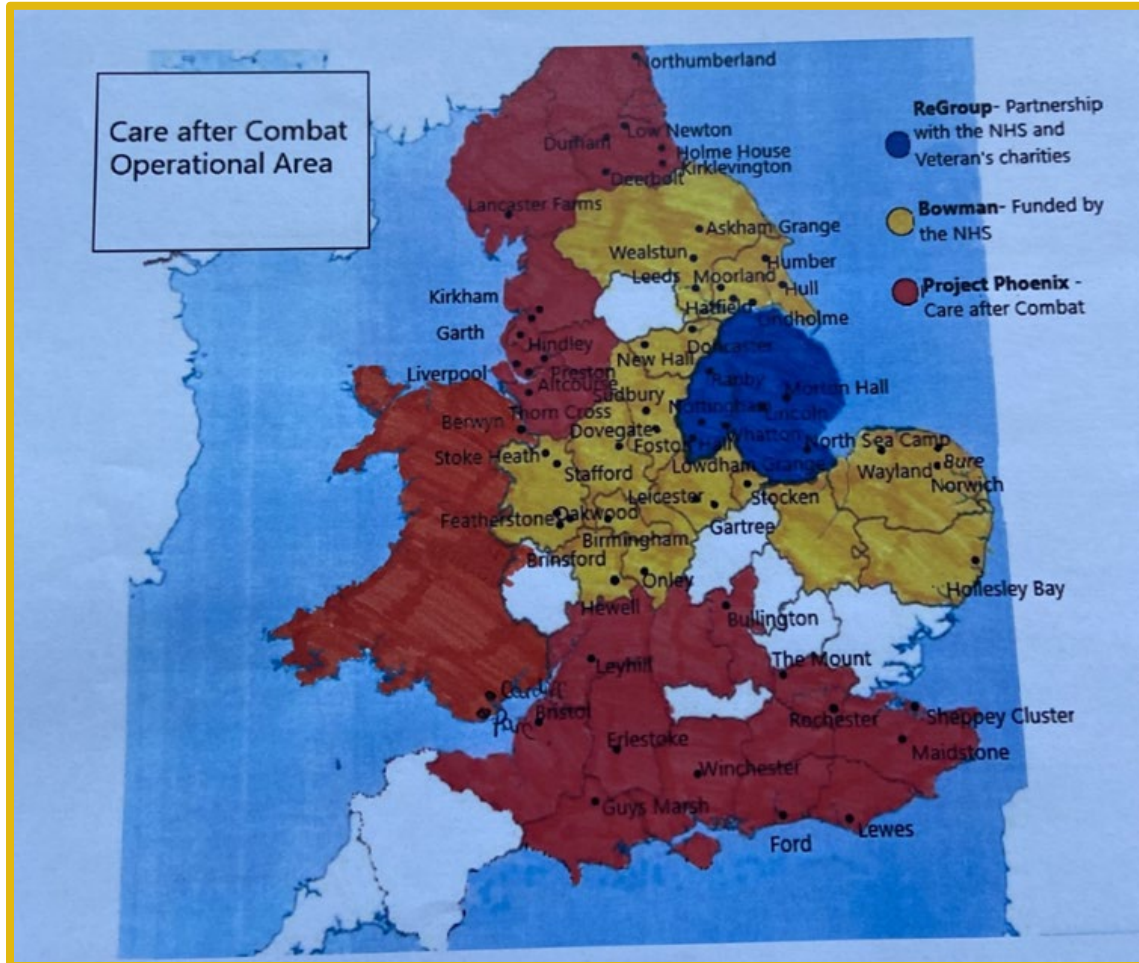
Care After Combat (CAC), founded in 2014 and operational in 2015, are a charity committed to the support of military veterans in the criminal justice system. Although military service can create a turning point for people who are at risk of criminal justice system contact (Teachman and Tedrow, 2016) military service can also increase risk of offending post-service, with increased risk of violent offending being particularly noteworthy comparatively to other offence types for veterans (MacManus et al, 2019). However, the number of veterans in prison remains contested: The Howard League (2011) suggests that veterans may represent the largest vocational group in prison; the Ministry of Justice found that out of 62% of people in prison surveyed, 4% indicated they were ex-service personnel (Ministry of Justice, 2018).

The needs of veterans in prison are complex and multi-faceted, and in order to reduce risk of reoffending post-release it is important to focus on socio-economic factors as well as mental health (MacManus et al, 2019). Experiencing conflicting identities and adjusting to life following release from military service are unique challenges veterans face (Lyne and Packham, 2014) which when compounded with problems such as substance use, PTSD, social isolation and psychological stress, highlight the complex needs of this group. It is known that contact with the criminal justice system can exacerbate mental health problems, create feelings of stigmatisation and create barriers to support access (Best 2016; Wolff and Draine, 2004), posing an extra layer of challenges for veterans to navigate.

CAC provide a range of remote and in-person services which support veterans from induction into prison, through to 12 months post-release from prison, and longer if required.

Their services broadly intend to offer practical navigational support; a sense of community and inclusion; and to reduce likelihood of reoffending. This report presents an assessment of an aspect of the charity’s Bowman support provision, rapidly implemented in response to the COVID-19 pandemic - the Bowman Wellbeing Activity Packs.

Figure 1: The Operational Area Map for Care After Combat (2021)



Bowman: Wellbeing Activity Packs

Launched in June 2020, Bowman is a Pathfinder Project for UK Military Veterans in the Criminal Justice System and part of the many services provided by Care After Combat. As a result of the Covid-19 pandemic, movement in and around the prisons was greatly restricted. The extensive pandemic-related prison restrictions prevented CAC provision of regular in-person forum meetings and one-to-one mentoring, which would usually be offered by the charity. In response to the pandemic, the Veteran Care Through Custody team therefore sought to find ways of continuing to provide support. Bowman was therefore designed and rapidly operationalised with support provision including the offer of:

- A remote Mentor and the provision of materials to contact the mentor including pre-paid envelopes and stationary;
- Access to the CAC Helpline telephone support;
- Wellbeing Activity Packs (appendix A)

There were over 800 responses received by Care After Combat in relation to their remote mentoring support provision which were individually responded to by the mentoring team, indicating the reach of support provided by the service. This report presents analysis of evaluative data designed and collated by Care After Combat concerning incarcerated veteran's assessment of the Bowman Wellbeing Activity Packs. The Packs were originally developed by the Veteran Care through Custody Offender Health team Nottinghamshire Healthcare Foundation Trust as part of the ReGroup provision of care for veterans. They were first distributed in April 2020 to veterans under the care of the Offender Health service and adopted for wider circulation by Bowman in June 2020. The Wellbeing Activity Pack was sent into areas identified in figure 1 above on 18th June 2020. Feedback forms were sent shortly after (20th June 2020), followed by evaluation forms circulated by Care After Combat on the 23rd March 2021 in an effort to assess the impact of the Wellbeing Activity Packs.

The Wellbeing Activity Pack has been co-designed with people in prison, centred on a military theme, and the pack focuses on mental and physical wellbeing, provides psychoeducation, and interactive activities. The pack is user led and is aimed at the individual while at the same time generates a sense of community. It is intended that interactive aspects encourage appropriate peer support.

Data Collection and Analysis

Care After Combat's evaluation of Bowman Wellbeing Activity Packs has been led internally by Dr Jane Jones, Care After Combat's Clinical Lead. A questionnaire (Appendix B) designed by Dr Jones, including both open and closed questions, was disseminated to the prisons who had been in receipt of the wellbeing activity packs from June 2020 - in place of the in-person forums which were paused in response to covid-related prison lockdowns significantly restricting prison movement and visitor access. Questions included in the questionnaire broadly aimed to establish the following:

1. Have the Wellbeing Activity Packs been useful to veterans in prison?
2. What impact have the Wellbeing Activity Packs had when it comes to veterans' wellbeing, sense of community and hope?
3. Are there any ways in which the Wellbeing Activity Packs may have been improved, and if so how?

A short questionnaire was also designed and disseminated which asked whether pack recipients would like to continue to receive the Wellbeing Activity Packs post prison-lockdown. Data has been inputted by the University of Lincoln research team into secure online platforms. Quantitative data have then been analysed by the research team using SPSS, statistical software for the social sciences, to provide

descriptive statistics. Qualitative data have been analysed using thematic analysis in order to determine key themes concerning veterans in prison's evaluations of this form of remote support. Thematic analysis refers to a flexible method of analysis which is used for identifying and describing patterns within qualitative data, wherein a theme represents a prevalent feature within the data (Trahan and Stewart, 2013).

Ethics

Ethical approval was sought and obtained prior to data access and analysis by the research team through the University of Lincoln's ethical approval process (Ethics Reference 2021_6874 2021_6874). Raw data was anonymised by Care After Combat staff prior to data access and analysis by the research team. Data was then inputted on site before being securely stored on the University's OneDrive. Given the funding of a number of Care After Combat's services by the NHS, queries were made as to the requirement of NHS ethics for the analysis and publication of this data, and it was confirmed by the Workflow Monitoring Manager at the Health Research Authority (HRA) that HRA ethical approval would not be required for this work.

Key Findings

- Wellbeing Activity Packs helped to mediate experiences of loneliness, keep recipients motivated and provide a sense of hope
- A sense of community was fostered through receipt of and engagement with the Wellbeing Activity Packs
- Pack activities can work to foster and mobilise social capital

Quantitative Data

Quantitative data was collected from two evaluation feedback questionnaires: 'The Wellbeing Pack Questionnaire' and 'Continuation of Wellbeing Pack Questionnaire'. The data was coded, inputted and analysed using the statistical package SPSS. Overall, the data suggests an overwhelmingly positive response to the Wellbeing Activity Packs and its perceived impacts.

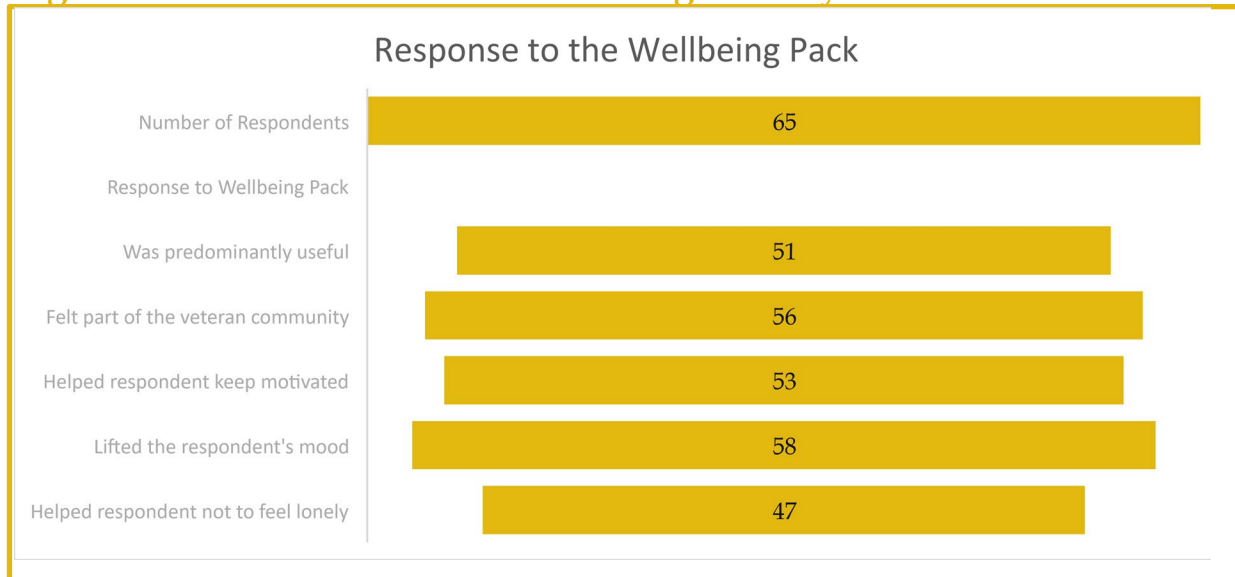
The Wellbeing Activity Pack Questionnaire

'The Wellbeing Pack Questionnaire', was designed to gather veterans' feedback and facilitate an assessment of the utility of the Wellbeing Activity Packs. In total there were 65 respondents. Figure 2 summaries the response of veterans to the Wellbeing

Activity Pack. The majority of respondents described the Wellbeing Activity Packs as predominantly useful (n=51).

A significant proportion of respondents (91.8%) said that the Wellbeing Activity Packs had helped them to feel part of the veteran community (n=56). As veterans are known to be exposed to experiencing social isolation, and challenges concerning identity development, the provision of a sense of community through engagement in the Wellbeing Activity Packs is particularly positive. Given what is known more broadly about the role of social identity on offending trajectories, and the capacity for social networks to increase chances of both desistance from crime and recovery from addiction (Boehm, 2014; Hiedemann, Cederbaum and Martinez, 2014; Longabough et al, 2010; Best et al, 2012) the sense of community fostered may help to contribute towards a reduced likelihood of reoffending post-release.

Figure 2: Veteran Reaction to Wellbeing Activity Pack



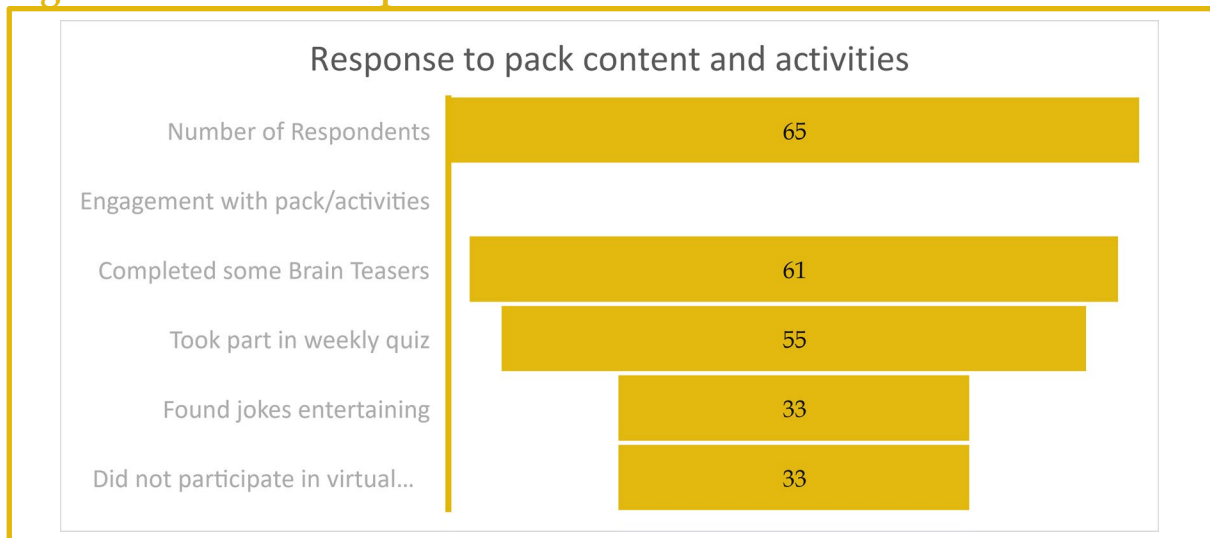
A noteworthy, 86.9% (n=53) of respondents said that the packs had helped to keep them motivated, and 93.4% (n=58) of respondents said that the Wellbeing Activity Packs had helped to lift their mood. During the pandemic, people in prison have been restricted to their cells up to 23 and a half hours a day and as such have experienced restrictive access to meaningful activities (Prison Reform Trust, 2020). The potential for loneliness to be exacerbated by the pandemic appears to have been alleviated by the Wellbeing Activity Packs as 78.3% (n=47) of respondents said the Wellbeing Activity Packs had helped them to not feel lonely during the covid related prison lockdown. It is known that Such restrictions have significant implications for rehabilitation prospects, and as such it is positive that the Wellbeing Activity Packs helped to improve mood and maintain a sense of motivation with over 50% (n=33) of

respondents reporting that they found the jokes included in the Wellbeing Activity Packs to be very entertaining.

Given the extreme experiences of prolonged isolation during Covid-19 lock-up in prison, these findings are potentially significant. Although it cannot be assumed that the packs in and of themselves are sufficient to replace a fully operational regime, including sufficient time spent out of cell, it is important that the Wellbeing Activity Packs helped to mediate experiences of loneliness for the majority of the cohort during this unprecedented period.

As outlined in Figure 3 below, veterans' assessment of the pack content and activities revealed that 95.3% (n=61) of respondents said that they had completed some of the brain teaser activities and 85.9% (n=55) of respondents took part in the weekly quiz. An activity which shows slightly lower engagement was in the virtual forums (introduced in place of the in-person forums, the virtual forums offered participants an opportunity to engage in discussion about a set topic in writing). Sixty percent (n=33) said that they did not take part in the virtual forum, and supporting qualitative data suggested that this was predominantly due to prison-related barriers to engagement and a lack of confidence about personal written contribution being useful to the group.

Figure 3: Veteran Response to Pack Content and Activities

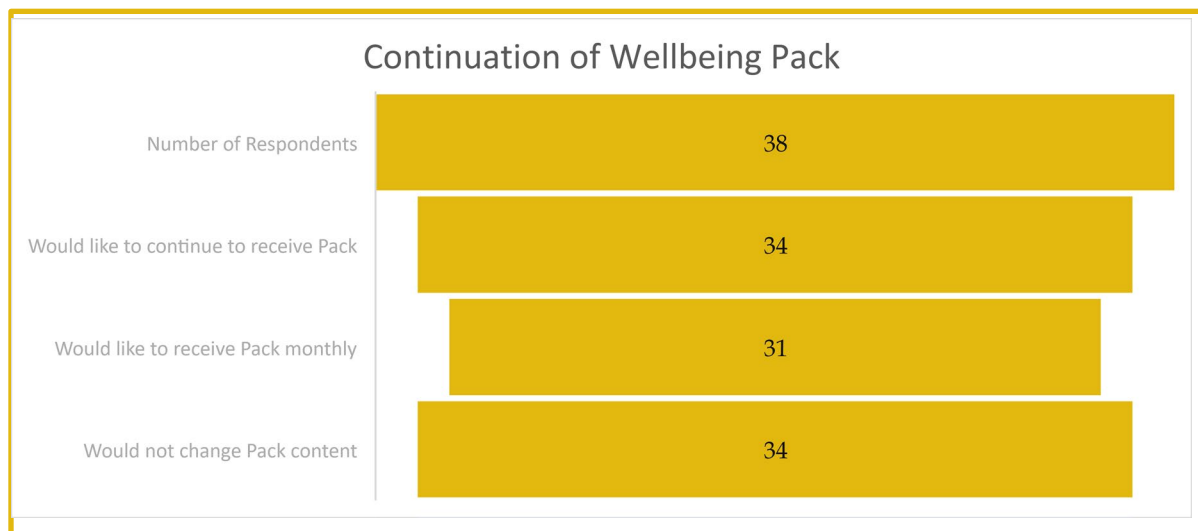


The activity with a lower level of engagement were the virtual forums which were introduced in place of in person forums. The forums offered participants an opportunity to engage with in discussion about a set topic in writing. Qualitative data suggested this was predominantly due to prison related barriers to engagement and a lack of confidence about personal written contributions being useful to the group.

Continuation of Wellbeing Pack Questionnaire

A short 'Continuation of the Wellbeing Pack Questionnaire', was also produced by Care after Combat to help the organisation identify whether or not pack recipients wanted to this service to continue. This questionnaire produced 38 respondents. As outlined in Figure 4 below, 34 respondents to the Continuation of the Wellbeing Pack Questionnaire indicated they would like to continue to receive the wellbeing packs post-lockdown. Thirty-one respondents (86.1%) replied that they would like to receive the pack monthly, and the majority of those who responded 91.9% (n=34) would not change the pack content.

Figure 4: Continuation of Wellbeing Pack Questionnaire Responses



Overall, therefore, the quantitative data suggest the Wellbeing Activity Packs are having an important impact on recipients in several areas, particularly concerning the provision of a sense of community and a lifting of mood.

Qualitative Data

Qualitative responses to the evaluative questionnaire designed and implemented by Care After Combat were digitised before being thematically analysed by the University of Lincoln research team. Thematic analysis looks to identify prominent, repeated responses in the qualitative data, and four key themes were identified during a cross-referencing approach to analysis conducted by the research team, including: Enhanced sense of connection; Gratitude, Generativity and Social Capital Mobilisation; Routine and Sense of Hope; and Recommendations. Each of these key themes are detailed below.



Enhanced Sense of Connection

A key theme identified in the qualitative written responses was an enhanced sense of connection fostered by engaging with the Wellbeing Activity Packs. The packs were felt by respondents to have ignited an enhanced sense of connectedness to both the world outside of the prison and to the military community. Appreciation was shown for the creation of this sense of inclusion and connectivity:

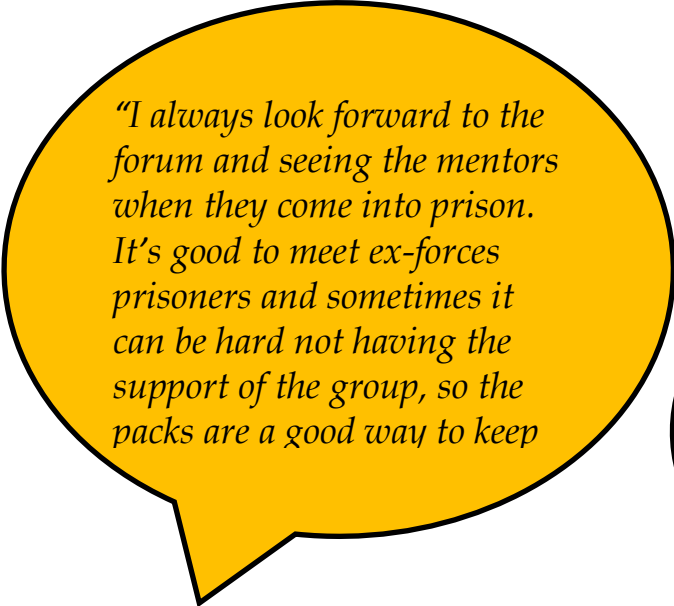
“It’s good to feel part of a team, other than the “jail” team” (N3)

“This is always a nice feeling to feel included” (N9)

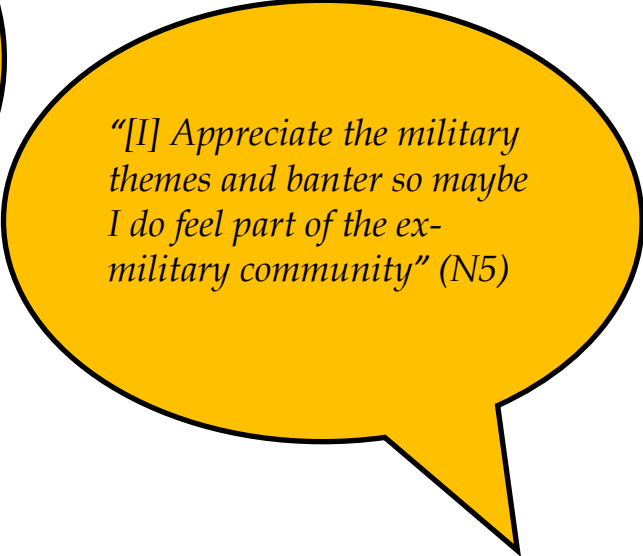
The sense of connection to the military community through their engagement with Wellbeing Activity Packs was described by respondents as being created in part through the military specific information and themes included throughout but also through the charity’s advocacy for ex-veterans more broadly:

“These [packs] are a great thing to have to maintain sense of community. Although I don’t always complete the quiz or brain teasers, I still appreciate the thought. Even now, I’m fortunate to have a full-time job in the prison, plus I’m preparing for my 2nd year of Open University- so I am actually quite busy with not much spare time! A massive thank you to Simon and Amy and Mick for the communication.” (N12)

“Yes, [the packs make me feel a part of the community] very so, as I haven’t in here, makes me want to join back up and smash it. It definitely does make me feel part of a community” (N13)

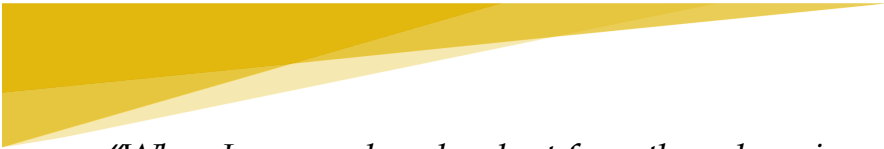


"I always look forward to the forum and seeing the mentors when they come into prison. It's good to meet ex-forces prisoners and sometimes it can be hard not having the support of the group, so the packs are a good way to keep



"[I] Appreciate the military themes and banter so maybe I do feel part of the ex-military community" (N5)

Leaving the forces can result in veterans experiencing a profound sense of identity loss (Albertson, 2019):



"When I was made redundant from the submarine service in 1993, it was like all of a sudden I was persona non grata, and even other members of the RN didn't want to talk to me. The newsletter and activity packs are helping to reverse that feeling. Thank you to the whole team for your efforts- they are appreciated" (N23)

In sum therefore, respondents have felt that the Wellbeing Activity Packs have helped to foster a sense of community, connectedness and inclusivity, both to life externally to the prison and to other military veterans.



Gratitude, Generativity and Social Capital Mobilisation

The notion of gratitude was another of the key themes identified by the researchers. Veterans expressed their gratitude for receiving the packs, as they were an effective way to pass the time and keep them occupied during lockdown. Indeed, one of the reoccurring themes was the recognition that, despite being “locked up” they had not been forgotten:

“They keep me busy each week and something to look forward to Also knowing that someone out there cares about you is nice” (N39)

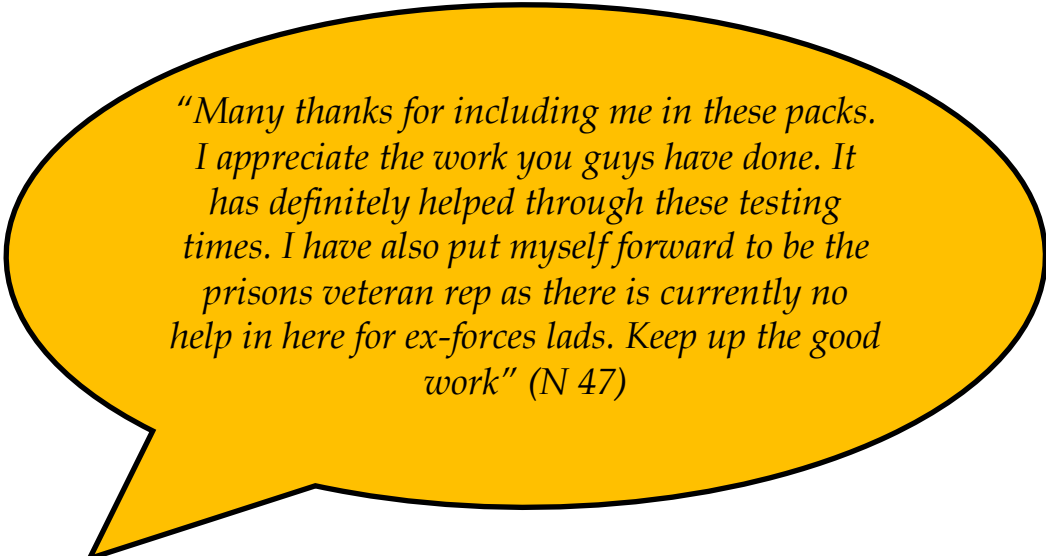
“I think you guys should be very proud of yourselves and give yourselves a big pat on the back. Not only is this service very kind and generous it makes us all remember we are still part of the service, and no matter what, will never be abandoned. Thank you to all of you -

“I am so grateful for these packs as they’ve really helped me out as I’ve been so depressed through this lockdown and 23 hour lock up. They’ve been much help and the humour is brilliant, something you need in times like this” (N13)

The perception of the caring nature of the packs and the acknowledged effort which had gone into creating and distributing the activities included within them was also appreciated by the veterans, even when the packs were not felt to be of personal preference, with one respondent explaining:

“...I can see how it will help a lot of people and the purpose behind them. Clearly a lot of work has gone into them, so even though it wasn't for me I am grateful so thank you”
(N31)

Feeling respected and cared for was detailed as having a positive impact on their sense of self for some respondents, and the transmission of gratitude into generativity was alluded to as occurring as a direct result of receiving the Wellbeing Activity Packs by participants. Research within the field of positive criminology (Ronel, 2006) explains how encounters with perceived goodness and altruism can positively impact people who have a negative and sometimes traumatic view of the world. Altruistic acts can function not only to remind individuals that there is good in the world, but also to help them to internalise the concept of non-material gratification: the sense of fulfilment derived from altruism, and the act of giving time and resources to particular causes, which has been recognised as encouraging various positive processes in ‘at risk’ groups. Particularly, it may ultimately help individuals move away from criminality and deviant behaviour and lead more fulfilling lives. The process of witnessing and benefitting from altruistic acts, in this instance the experience of being in receipt of the Wellbeing Activity Pack whilst in prison, was seen to catalyse a desire to engage in a process of generativity for some participants, as highlighted in the qualitative data, with veterans explaining:



“Many thanks for including me in these packs. I appreciate the work you guys have done. It has definitely helped through these testing times. I have also put myself forward to be the prisons veteran rep as there is currently no help in here for ex-forces lads. Keep up the good work” (N 47)

In other words, witnessing and being in receipt of perceived caring acts inspired some respondents to strive to support others in similar altruistic ways in the future. Participants also discussed how they would share activities and exercises with pad mates (people with whom they shared a cell) and other people in prison:

“Share [some of the brain teaser activities] with pad mates, healthy competition, good fun” (N52)

“Got the wing involved on the quiz etc” (N65)

“Yes [the physical activities are useful] – I even share them with other inmates” (N54)

“At times when I’m down or feeling rubbish I go through these packs and the jokes crack me up. I have my friend in stitches, keep them coming” (N13)

This suggests that the activities provided Wellbeing Activity Pack recipients with the opportunity to develop and mobilise social capital. Bourdieu (1985) defines social capital as providing a sense of meaning and belonging as developed through shared cultures and histories, which provides support and resources to individuals and groups. Through the sharing of quizzes, brain teasers and exercise routines the veterans may have built valuable social networks and capital, facilitating a sense of belonging. Furthermore, social networks and the associated norm of reciprocity associated with them can provide a sense of fulfilment and empowerment which can be valuable in re-building confidence and self-esteem (Putman, 2000). Not only have the Wellbeing Activity Packs been described as creating a feeling of community and connectedness therefore, but they have also inspired the desire to engage in generative acts and to build social capital between fellow prison inmates.



Routine and Sense of Hope

A clear theme around the provision of a positive routine and a related sense of hope was also evident in the qualitative data as a result of receiving the Wellbeing Activity Packs. Hope has been repeatedly evidenced to play a vital role in the promotion of desistance from crime (Vignansky, Addad and Himi, 2018) and as such the evidence that the packs can help to nurture this has positive implications. Respondents

described looking forward to receiving the packs regularly, and feeling that they work to provide a welcomed sense of positivity about the future:

“The packs do help, it’s something to look forward to” (N22)

“It helps me realise that there may be light at the end of the tunnel and that I can hope for some help when I am released” (N23)

Engaging in the activities also helped to create a meaningful routine for some, again supporting the maintenance of a positive sense of self both mentally and physically:

Physical activities and the brain teaser have kept my body and mind sharp and tuned (N38)

They remind me to be disciplined in myself remember who and what I am not just a prisoner (N39)

Being able to look forward to receiving the packs and then completing them therefore helped to create a sense of routine for participants and served as a reminder that support exists externally to the prison which also helped to foster a sense of hope for some.

Recommendations

Through the qualitative feedback, three recommendations have been identified:

- 1. The need for continued Wellbeing Activity Pack implementation and more wraparound support within the prison estate for particularly the most vulnerable veterans**

It is important to acknowledge that although the packs were very well received and impactful for the majority of respondents, they are not intended to replace a purposeful prison regime. Although the packs have now formed a fundamental source of support for recipients therefore, further in-person support may be required as the pandemic permits. Further support was detailed as required particularly by physically vulnerable incarcerated veterans:

“In the current regime it is hard to motivate myself to read, let alone complete. I feel isolated and as if the key has been thrown away and forgotten about. I recently got refused from F wing for not having a sentence plan or Oasis (?) report. This is beyond my control but yet I am penalised for it. It is very disheartening in these troubled times.” (N19)

- 2. Pack recipients indicate experiences of unmet physical health needs which can impact full pack engagement**

Some veterans described experiencing ongoing physical problems which they felt prevented them from partaking in the physical exercise regimes included in the packs. The restrictive nature of the environment meant that the physical activities were also not felt to be feasible for some respondents despite the attention that had been paid by CAC to including exercises that would be feasible to undertake in a prison cell:

“Due to health issues can’t take part [in the physical exercises]” (N21)

“I confess I haven’t actually attempted any of the exercises, mostly because the cell is not really big enough to do so” (N23)

“I have back and knee problems so I have found those [physical exercises] hard to do” (N28)

Data therefore suggest the need for further physical health supports for recipients in order to protect and enhance their health, particularly for veterans with existing and service-related injuries. Some respondents also discussed a lack of confidence in taking part in the quiz due to the perceived difficulty level:

"I tried [taking part in the weekly quiz] but failed miserably could not answer the questions confidently" (N33)

As such, the inclusion of a range of question difficulties aimed to help participants to feel more confident in taking part, but this confidence may be further enhanced during the recommencement of in-person group forum support.

3. Communication processes within prisons can sometimes impede incarcerated veterans' awareness of support available from CAC: when restrictions are lifted a review of support information access and dissemination may be beneficial. It may also be of benefit that important CAC communications are repeated to ensure maximum reach in view of this barrier

Care After Combat provide a range of support services including mentoring which aims to smooth the transition from prison to the community, and the provision of individualised pre-release materials. Wellbeing Activity Pack recipients did however highlight that they felt it would be useful to include resettlement-related information in the packs, despite the fact that this form of support is provided separately by CAC due to the long-term sentences of some pack recipients.

"I would like to have more facts and information (personally) on what you as an organisation can practically help with such as: employment, housing, grants or vouchers, other charity information that may be able to assist prisoners or ex-army" (N29)

"I really enjoy receiving my pack and look forward to the meetings starting up again. I would like more info on what help may be available on/after release from prison in a future pack. Keep up the good work it really does help. Thank you" (N63)

This feedback therefore suggests some prison specific communication-related barriers between CAC and pack recipients. CAC rely on veteran custody officers to disseminate information which can therefore mean that communication channel quality differs across the prison estate. Important CAC communications therefore may require repeating to ensure maximum reach. Some respondents also expressed a desire to receive the quiz answer sheets to be able to mark their own contributions. Overall however, the Wellbeing Activity Packs have made a significant positive difference to the majority of recipients - highlighting their usefulness and the capacity they have to foster a sense of community, social capital and more. Minor recommendations made could work to enhance engagement with Wellbeing Activity Pack activities and CAC services. In sum, data analysed suggests the packs are a positive, impactful and gratefully received resource which if discontinued could have detrimental effects on wellbeing and the sense of community and hope fostered.

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Appendices



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Appendix A: Example Bowman Wellbeing Pack

Virtual Veteran Forum Week 11

As you will know the whole world is dealing with Covid-19 and as such movement in and around the prisons has been greatly restricted. As a result of this we are unable to hold our regular monthly veteran forums at each prison.

To enable us to stay in contact with each other during this period we at **Veteran Care Through Custody** will continue to provide a virtual forum for you all to take part in.

This is how it will work:

We'll send you a topic idea each week and you can give your opinion or ask questions relating to this - your opinions and questions can be confidential and we will just respond to you, or we can share this with the wider virtual veteran forum attendees, it's up to you.

Just let us know your decision and if you are happy to share your opinions and questions please sign the consent form below.

This week's topic for discussion has been set by one of our veterans (Thank you!):

What experiences have improved your self-confidence?

If you are happy for us to share your opinions and questions with the wider virtual veteran forum attendees, please give your consent by signing below:

Name (Please Print)

Signature

Date:

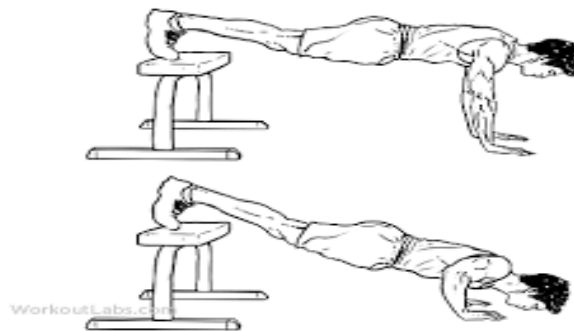
Get Off Your Pit and Get Active! Week 11

As you will know the whole world is dealing with Covid-19. Many people are being asked to self-isolate to reduce the spread of the virus and this applies to the prison population. Here at **Veteran Care Through Custody** we've been thinking of ways to help you during this difficult time, so to do this we have pulled together a few useful tips. We're open to suggestions so if you have any good ideas that we can share with other veterans please let us know.

Whether your arms resemble pieces of string dangling from your sleeves or if you resemble Popeye (Who wouldn't want to be a member of the Senior Service?) the following exercises will help build or maintain muscles mass and sort out some of the stuff in-between!

As always sit these out if you don't think you are physically up for the exercises or seek advice before you attempt them.

1. Decline Push Up



- Place your toes on a chair or your pit. Then get into a high plank with your palms flat, hands shoulder-width apart, shoulders stacked directly above your wrists, core and glutes engaged.
- Bend your elbows and lower your chest to the floor.
- Push through the palms of your hands to straighten your arms. That's 1 rep
Targets the core, pectorals, deltoids, and triceps.

2. Incline Push Up



- This is a push-up regression, which means it's less challenging than a regular push-up. The more elevated your upper body is, the easier it will be.
 - Get into a high plank with your hands on a chair or your pit, palms flat, hands shoulder-width apart, and shoulders stacked directly above your wrists. Extend your legs behind you, feet hip-width apart. Engage your core and glutes.
 - Bend your elbows and lower your chest to the bench.
 - Push through the palms of your hands to straighten your arms. That's 1 rep.
- Targets the core, pectorals, deltoids, and triceps.*

3. Body Saw



- Rock forward on your forearms so your shoulders come in front of your elbows, and you come to the very tips of your toes. Focus on maintaining core engagement.
 - Now push in the other direction, rocking as far back as possible straightening your forearms slightly, and rolling onto the balls of your feet. Again, focus on maintaining core engagement.
 - Continue to rock forward and back for however long it feels comfortable.
- Targets deltoids, latissimus dorsi, glutes, and core.*

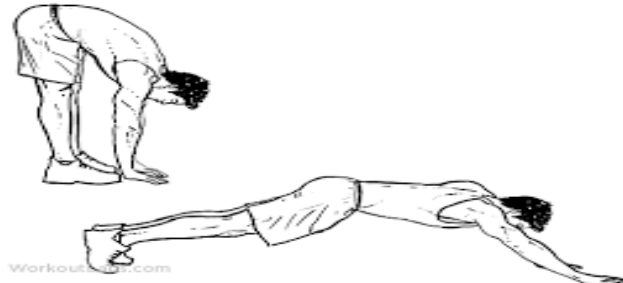
4. Body Weight Tricep Dips



- Straighten your arms to lift your backside, then bend your elbows to lower yourself without sitting down completely. That's 1 rep.
- Keep your heels on the floor and your elbows pointing directly behind your body (not flared out to the side).

Targets the triceps and pecs.

5. **Inchworm**



- Walk your hands forward to come into a high plank with your hands flat, wrists stacked under your shoulders, and your core, quads, and butt engaged. Pause for a second.
- Walk your hands back to your feet and stand to return to start. That's 1 rep.

Targets the deltoids, latissimus dorsi, glutes, and core.

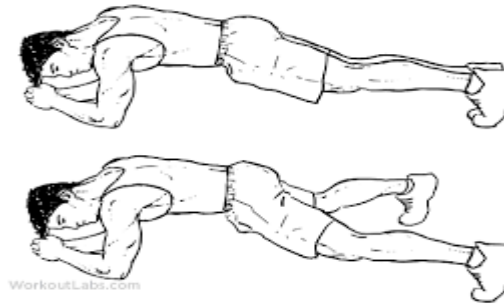
6. **Forearm Plank to Dolphin**



- Start in a forearm plank with your forearms on the floor, elbows directly underneath your shoulders, hands facing forward so that your arms are parallel, and legs extended behind you. Tuck your tailbone and engage your core, butt, and quads.
- Press through your forearms and lift your hips up and back, creating an inverted V-shape with your body. Your head should be between your shoulders.
- Pause for a second and then slowly lower your back into a forearm plank. That's 1 rep.

Targets the core, deltoids, rhomboids, latissimus dorsi, and quads.

7. Plank Jack



- Jump your feet out and in (like jumping jacks). Try not to let your hips bounce as you jump.
- Continue for as long as it feels comfortable.

Targets the deltoids, latissimus dorsi, triceps, glutes, hip adductors (inner thigh muscles), glutes, and core.

Stay occupied if you can and stay safe

The Veteran Care Through Custody Team

Bowman (Week 11)

Bowman is the name of the tactical communications system used by the British Armed Forces. The Bowman C4I system consists of a range of HF radio, VHF radio and UHF radio sets designed to provide secure integrated voice, data services to dismounted soldiers, individual vehicles and command HQs up to Division level.

In past centuries communicating a message usually required someone to go to the destination, bringing the message. Drums, horns, flags, and riders on horseback were some of the early methods the military used to send messages over distances.

The advent of distinctive signals led to the formation of the signal corps, a group specialized in the tactics of military communications. The signal corps evolved into a distinctive occupation where the signaller became a highly technical job dealing with all available communications methods including civil ones.

Poor communication in the military, as in life, can cause problems. **So, after another tenuous link, can you solve the following riddles communicating to us a clear answer? Good Luck!**

1. What question can you never answer 'yes' to?	
2. What's never used until it is broken?	
3. What has teeth but cannot eat?	
4. How many months have 28 days?	
5. What part of London is in Brazil?	
6. What can you hold in your left hand but not your right hand?	
7. What do you drop when you need it and take back when you don't?	
8. What starts with an 'E' and ends with an 'E' and only has 1 letter?	
9. From what number can you take half away and leave nothing?	
10. When can a net hold water?	
11. How many sandwiches can you eat on an empty stomach?	

12. Forwards I am heavy, backwards I am not	
13. What has many keys but cannot open a door?	
14. What has 4 legs but only 1 foot?	
15. What becomes larger the more you take away from it?	
16. It has cities without houses, forests without trees and river with no water. What is it?	
17. What man cannot live inside a house?	
18. A hungry donkey was tied to an 8-foot piece of rope. About 30 feet away there was a basket full of fresh carrots. The donkey wanted to eat them; how did he reach them?	
19. What match cannot be put inside a box?	
20. What belongs only to you but is used by others more than yourself?	

Good Luck!

The Veteran Care Through Custody Team

Wind Beneath My Wings! (Week 11)

Every branch of the military takes a few hits from the armed forces community from time to time and the RAF Regiment is no exception! But did you know.....??



Regiment History:

The Royal Air Force Regiment (RAF Regiment) is part of the Royal Air Force and functions as a specialist corps founded by Royal Warrant in 1942. The Corps carries out soldiering tasks relating to the delivery of air power. Examples of such tasks are Non Combatant Evacuation Operations (NEO), recovery of downed aircrew (Joint Personnel Recovery - JPR), and in-depth defence of airfields by way of aggressively patrolling a large area of operations outside airfields in hostile environments. In addition the RAF Regiment provides Joint Terminal Attack Controllers (JTACs) to the British Army and Royal Marines, and provides flight size commitment to the Special Forces Support Group.

The RAF Regiment Gunners are personnel trained in various disciplines such as infantry tactics, force protection, field craft, sniper, support Special Forces operations, CBRN (chemical, biological, radiological and nuclear) defence, equipped with advanced vehicles and detection measures. RAF Regiment instructors are responsible for training all Royal Air Force personnel in basic force protection such as first aid, weapon handling and CBRN skills.

The regiment and its members are known within the RAF as "The Regiment", "Rock Apes" or "Rocks". After basic training at RAF Halton, and a 20-week gunner course at RAF Honington, its members are trained and equipped to prevent a successful enemy attack in the first instance; minimise the damage caused by a successful attack; and ensure that air operations can continue without delay in the aftermath of an attack. RAF Regiment squadrons use aggressive defence tactics whereby they actively seek out infiltrators in a large area surrounding airfields.



Origins of the 'Rock Ape' nickname

In the past the nickname 'Rock Ape' has been attributed to their traditional role guarding areas of Gibraltar, but this is not so. The term came into use after an accident in the Western Aden Protectorate in November 1952. Two RAF Regiment officers serving with the Aden Protectorate Levies at Dhala decided to amuse themselves by going out to shoot some of the hamadryas baboons (locally referred to as "rock apes"). The officers drew rifles and split up to hunt the apes. In the semi-darkness one of the officers fired at a moving object in the distance. When he reached the target, he discovered he had hit the other officer. After emergency treatment Flight Lieutenant Percy Henry Mason survived to return to service a few months later. When asked by a board of inquiry why he had fired at his friend the officer replied that his target had "looked just like a rock ape" in the half light. The remark soon reverberated around the RAF and it was not long before the term was in general use.

Another version of the nickname was that the German Minister of Propaganda in the Second World War, Joseph Goebbels heard the legend that, if the barbaric apes on the Rock of Gibraltar ever left, the British Empire would crumble. At that stage of the war, when things were not going well for the Axis forces, he decided that a propaganda coup was required and reportedly sent a commando raid to eradicate the apes. The story goes that Winston Churchill heard of the mission and immediately tasked the RAF Regiment with protecting the apes, and thus the nickname was born.



Per Ardua (Latin for "Through Adversity")



The Veteran Care Through Custody Team

Quiz (Week 11)

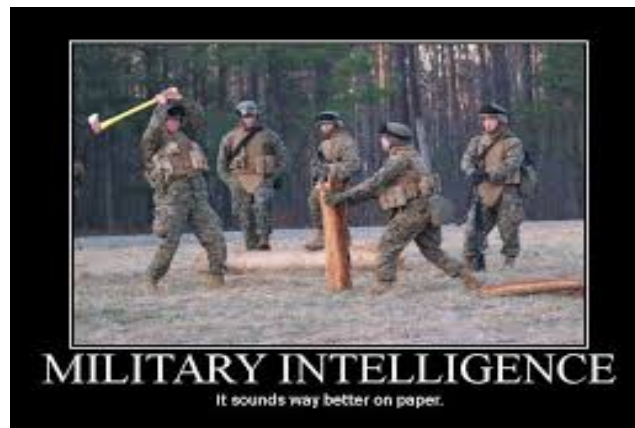
Get your thinking cap on and see how many of these questions you can answer. Return it in the enclosed envelope to have your answers checked.

Name _____

1. In horse racing, which is the only three- time winner of the Grand National?
2. In bowling, what is the term given to three consecutive strikes?
3. Since 1977 where has snookers' world championships taken place?
4. How long does Prime Ministers questions last?
5. What is the name of the group of people who make sure MPs attend important votes?
6. What is Japanese Sake made from?
7. Which vitamin is the only one you wouldn't find in an egg?
8. Which fish is the main ingredient in Scotch Woodcock?
9. Who played Queen Elizabeth II in the first two series of The Crown?
10. Which singer has had the most UK number one singles ever?
11. Who is the only singer to have performed more than one James Bond theme tune?
12. Who has scored more career goals: Cristiano Ronaldo or Lionel Messi?
13. Wayne Rooney scored his premier league first goal against which team?
14. True or false, the Channel Tunnel is the longest railway tunnel in the world?
15. What is the test called that London taxi drivers take to become a cabbie?
16. What is the procedure called where an anaesthetic is injected close to the spinal cord?
17. What is the common name of the ' Aurora Borealis'?
18. Which fantasy kingdom was found at the back of the wardrobe and featured Aslan and a white witch?
19. Where in London is there a bronze statue of Charlie Chaplin?
20. No 617 squadron of the Royal Air Force is better known as the what?

If you can't take a joke you shouldn't have joined up! Week 11

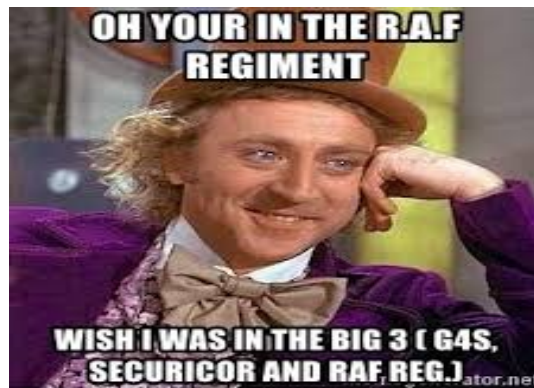
And so it continues!! Please send us your jokes!!



A marine officer and his partner are awakened at three o'clock in the morning by a loud pounding on their front door. He gets up and goes to the door where a marine, standing in the pouring rain, is asking for a push. "No chance," says the officer, "it's three o'clock in the morning!" He slams the door and returns to his bed. "Who was that?" asked his partner. "Just some marine asking for a push!" he answers. "Did you help him?" she asks. "No, I did not, it's three in the morning and it's pouring down!" "Well, you have a short memory," says his partner. "Can't you remember about three months ago when we broke down and those two marines helped us? I think you should help him; you should be ashamed of yourself!" Doing as he is told, the officer sighs, gets dressed and goes out into the pouring rain. He calls out into the dark, "Hello, are you still there?" "Yes," comes back the answer. "Do you still need a push?" calls out the officer.

"Yes, please!" comes the reply from the dark. "Where are you?" asks the officer.

"Over here on the swing".....!! (Thanks to one of our fulltime mentors for



this)

An RAF recruit reports that a mirror is broken in his room. Military Police are looking into it!

What do you call an army officer who lives in a toilet? A Loo Tenant! (I'm sorry!)



A Sergeant stops one of his recruits and informs him that he has noticed he has put on a lot of weight during his training. The recruit replies "I've had a lot on my plate lately Serg!"

What do you call a military officer who knows everything about everything? General Knowledge!

A student tells his teacher that he wants to be a Royal Marine when he grows up. The teacher replies "You'll have to decide as you can't do both!" (Another one from one of our fulltime mentors!)

I went to buy some camouflage trousers the other day, but I couldn't find them!

What's the difference between an elephant and a zippo. One is really heavy and the other is a little lighter!

A Petty Officer says to me "What rhymes with orange?" I said, "No it doesn't!"

What kind of exercise do lazy airmen do? Diddly squats! (**There are no words!**)

A Royal Marine sometimes tucks his knees into his chest. That's just how he rolls!

The Veteran Care Through Custody Team



By The Left Quick March! (Week 11)

Marching refers to the organized, uniformed, steady walking forward in either rhythmic or route-step time; and, typically, it refers to overland movements on foot of military troops and units under field orders. It is a major part of military basic training in most countries and usually involves a system of drill commands. A soldier learning to march to drum cadences, martial music and shouted commands is considered an essential element of teaching military discipline.

Marching is often performed to march music and is typically associated with the military. The United Kingdom is no different and the following are some of the marches associated with each branch.



Royal Navy

Hearts of Oak

Hearts of Oak is the official march of the Royal Navy. The music of "Heart of Oak" was composed by William Boyce, and the words were written by the 18th-century English actor David Garrick. "Heart of Oak" was originally written as part of an opera. It was first played publicly on New Year's Eve of 1760.

Lyrics:

Come, cheer up, my lads, 'tis to glory we steer,
To add something new to this wonderful year;

To honour we call you, as freemen not slaves,
For who are so free as the sons of the waves?

Chorus:

Heart of Oak are our ships,
Jolly Tars are our men,
We always are ready: Steady, boys, Steady!
We'll fight and we'll conquer again and again.

We ne'er see our foes but we wish them to stay,
They never see us but they wish us away;
If they run, why we follow, and run them ashore,
For if they won't fight us, what can we do more?

(Chorus)

They say they'll invade us, these terrible foes,
They frighten our women, our children, our beaus,
But if they in their flat-bottoms, in darkness set oar,
Still Britons they'll find to receive them on shore.

(Chorus)

We still make them fear and we still make them flee,
And drub them ashore as we drub them at sea,
Then cheer up me lads with one heart let us sing,
Our soldiers and sailors, our statesmen and king.

(Chorus)



Royal Marines

A Life On The Ocean Wave

A Life on the Ocean Wave is a poem-turned-song by Epes Sargent published in 1838 and set to music by Henry Russell. In 1882, the Deputy Adjutant General of the Royal Marines requested that the Bandmaster of each Royal Marine Division (Portsmouth, Plymouth, Chatham) submit an arrangement for a new regimental march for the Corps, if possible based on a naval song. Kappey, the Bandmaster of the Chatham Division, submitted an arrangement of "A Life on the Ocean Wave", with an eight bar trio from "The Sea" by Sigismund Neukomm, which was authorised for use as the regimental quick march of the Corps of Royal Marines in 1882.

Lyrics:

A life on the ocean wave
 A home on the rolling deep
 Where the scatter'd waters rave
 And the winds reveal their keep
 Like an eagle cag'd I pine
 On this dull unchanging shore
 Oh give me the flashing brine
 The spray and the tempest's roar
 A life on the ocean wave
 A home on the rolling deep
 Where the scatter'd waters rave
 And the winds reveal their keep

The winds! The winds! The winds their revels keep
 The winds! The winds! The winds their revels keep

Once more on the deck I stand
 Of my own swift gliding craft
 Set sail! Farewell to the land
 The gale follows fair abaft
 Of my own swift gliding craft
 Set sail! Farewell to the land
 The gale follows fair abaft
 We shoot through the sparkling foam
 Like an ocean bird set free
 Like the ocean bird our home
 We'll find far out on the sea
 A life on the ocean wave
 A home on the rolling deep
 Where the scatter'd waters rave

And the winds reveal their keep

The winds! The winds! The winds their revels keep
 The winds! The winds! The winds their revels keep

The land is no longer in view
 The clouds have begun to frown
 But with a stout vessel and crew
 We'll say, let the storm come down
 And the song of our hearts shall be
 While the winds and the waters rave
 A life on the heaving sea
 A home on the bounding wave

A life on the ocean wave
 A home on the rolling deep
 Where the scatter'd waters rave
 And the winds their revels keep



The Army

Each regiment of The Army has their own marching song and as such there are too many great songs to list.



Royal Air Force

Royal Air Force March Past (Instrumental)

The "Royal Air Force March Past" is the official march of the Royal Air Force (RAF) and is used in some other Commonwealth air forces.

The original score was completed by Walford Davies in 1918 for the new RAF; it combined the rhythm of the bugle call of the Royal Flying Corps with that of the Royal Naval Air Service. The call appears in both the introduction and the coda. It was originally known as the Adastral I (in reference to the RAF's motto). The second part of the march past, the trio, was composed by Sir George Dyson.

The march can be played both as a slow march and a quick march, and has been used as both when the Queen's Colour Squadron and RAF bands perform public duties such as mounting the guard at Buckingham Palace.

RAF Regiment

Holyrood (1912) - named after the Palace of Holyroodhouse in Edinburgh, commemorating the coronation year visit of King George V and Queen Mary. This march is now the quick march of the RAF Regiment. It was composed by Frederick Joseph Ricketts (21 February 1881 - 15 May 1945) who was an English composer. Under the pen name Kenneth J. Alford, he composed marches which are considered to be great examples of the art.

Lyrics:

Sunny days
Sweeping the clouds away
On my way to where the air is sweet
Can you tell me how to get
How to get to Sesame Street?

Come and play
Everything's a-okay
Friendly neighbours there
That's where we meet
Can you tell me how to get
How to get to--

Sunny days
Sweeping the clouds away
On my way to where the air is sweet
Can you tell me how to get
How to get to Sesame Street?

Come and play
Everything's a-okay
Family, neighbours, friends



That's where we meet
 Can you tell me how to get
 How to get to Sesame Street?
 How to get to Sesame Street?
 How to get to Sesame Street?

Take care and stay safe

The Veteran Care Through Custody Team

Appendix B: Wellbeing Pack Evaluative Questionnaire

Veteran Care through Custody - Debrief!

How are we doing? **Please let us know**

The Veteran Care through Custody Wellbeing/Activity packs you have been receiving are signed by myself as your mentor however the content every week has been put together by Simon Ralls our Clinical Specialist and Amy and Nicki our admin team extraordinaire! **Thank you,** Simon, Nicki and Amy,



A huge to those of [redacted] with the topics and made contributions.

I really do hope that you have enjoyed some or all the packs so far. I do know that you will appreciate the time it takes to keep these packs military themed, to research the topics, to be inclusive, to find new quiz questions and to muster the courage to give out the jokes!!!!

Every response we receive is responded to individually.

Many of you have kept in touch with us via these packs and we are grateful for every single response because it helps us to keep our veteran community together, valued and recognised within the Criminal Justice System.

I am sure you will be happy to join me in thanking Simon, Nicki and Amy for their dedication to these packs by answering a couple of questions. **Please do send us your views whether you have sent any responses before now or not.**

The packs are now sent out once a month, now that prisons are gradually reopening and forums can restart.

Please can you take a few minutes to fill in this evaluation form and return it to us in the stamped addressed envelope.

Please circle the number / response you feel reflects your views.

Comments are also a valuable source of information helping us to work with you to develop this and future services, so don't hold back let us know what you think.

Thank you for taking time to complete this for us

1. The Veteran Care Through Custody Wellbeing / Activity packs have been useful:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Not Useful

10 = Extremely Useful

2. The joke section has been entertaining (we did try!):

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Not Entertaining

10 = Extremely Entertaining

3. I have done some of the brain teaser activities (even if I do not return them):

YES / NO

Comments:

4. I have taken part in the weekly quiz (even if I do not return them):

YES / NO

Comments:

5. The physical exercises have been helpful: *YES / NO*

Comments:

More questions over the page

6. I've taken part in the virtual forum (even if I did not return my responses):
YES / NO

Comments:

7. The facts and information sections have been interesting: *YES / NO*

Comments:

8. The packs have helped to lift my mood: *YES / NO*

Please explain:

9. The packs have helped to keep me motivated: *YES / NO*

Please explain:

10. The packs have helped me to feel part of a community: *YES / NO*

Please explain:

11. The packs have helped me to not feel lonely: *YES / NO*

Please explain:

12. Please put any other comments about the wellbeing / activity packs you may have:

--

Thank You for Taking Time to Complete This for Us

The Veteran Care through Custody Team