

TFN Impact Report

Name of your Organisation:	Spark Inside
Name of the project TFN funded:	The Hero's Journey Life Coaching Programme
Date Funded by TFN:	30/01/2017
Were you able to undertake your project as planned?	Yes
Can you describe and/or demonstrate the specific impact that TFN funding has had against your initial objectives?	<p>The Hero's Journey (a 'through-the-gates' coaching programme for young people aged 15 to 25 in prison) has expanded from a pilot with 8 young people in 2013 to reaching almost 300 young people in 9 prisons in 2017.</p> <p>We externally evaluate The Hero's Journey on a regular basis to demonstrate our impact. In 2014/15, a large external evaluation by University of Cambridge with a cohort of 134 young men at HMPs Wormwood Scrubs and Wandsworth (60% in prison for violent offences) found participants had an in-prison violence and reoffending rate (six months post-release) that were 33% lower than a matched group comparison. In 2015/16, an independent evaluation by The Social Investment Consultancy showed Hero's Journey participants experienced statistically significant increases in wellbeing, decision making and problem-solving skills, empathy and emotional intelligence, resilience and confidence, and improved social experience. You can find the evaluation report on our website: www.sparkinside.org.</p> <p>Through delivering The Hero's Journey, we observed that the culture of prison wings can negatively impact on positive interventions. As a result, we developed a pioneering large group systems coaching intervention that works with up to sixty representatives of a prison wing. In 2014/15 we piloted this programme in HMPs Brixton and Pentonville with 97 prisoners and prison officers. These workshops significantly improved prisoner-prison officer relationships, increased officers' empathy, and increased prisoners' pro-social behaviour, for example, entries on the Incentives & Earned Privileges Register increased by 81%.</p>
What portion of the project did TFN fund?	n/a - unrestricted funding
How many direct beneficiaries did the TFN funded project reach?	n/a
How many indirect beneficiaries did the TFN funded project reach?	n/a

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<p>Were you able to leverage further funding as a result of TFN support?</p>	<p>No</p>
<p>Did you receive any pro-bono support, volunteer offers or introductions as a result of the event?</p>	<p>No</p>
<p>How important was TFN funding in helping you achieve your objectives?</p>	<p>TFN funding was not essential as we would have been able to find alternative funding</p>
<p>Since presenting at TFN, has your organisation undergone any other significant changes?</p>	<p>We have a stronger Senior Management Team, that is supporting the Founder & CEO to drive forward the charity's mission and encourage innovation, including the exploration of a social licensing programme, which will allow Spark Inside to work with other organisations in collaboration to deliver The Hero's Journey to other vulnerable groups around the country.</p>
<p>Can you tell us any personal stories to highlight the value of the project?</p>	<p>JACOB, AGED 22 (name changed to protect his identity):</p> <p>Finding himself in prison for the third time at 22, Jacob attended The Hero's Journey workshops with a plan to continue selling drugs on his release until he was 25. He enjoyed selling drugs, but at 25, Jacob would go straight. Through a series of coaching questions, Jacob realised that what he really enjoyed was cooking drugs. Throughout the three workshops, Jacob's excitement for cooking began to outweigh his planned return to crime - coaching had shifted how Jacob saw himself and discovered new possibilities for his future. When Jacob was released from prison, he started his own business doing what he loved: cooking! We were delighted when he started his own vegan Caribbean pop-up restaurant!</p> <p>JONATHAN, AGED 22 (name changed to protect his identity):</p> <p>'When I went to jail for the fourth time, I thought either I would spend the rest of my life in jail or I would end up dead.</p> <p>I had mixed with the wrong crowd all my life and graduated from petty theft of mobile phones and selling cannabis when I was 13 to robbery and grievous bodily harm a few years later.</p> <p>I first went into prison when I was 16 and was in and out of the system for the next six years. I was on a road of destruction and felt I didn't really have anything to live for because I didn't think much more was possible for my life.</p> <p>But then I worked with Spark Inside.</p> <p>Before the workshop I didn't feel like I could talk to other people, I</p>

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kept my feelings bottled up. But the workshop helped me realise that I could talk to people and they would listen and they would understand. It helped me to understand other people better too.

It also helped me to see I was living for today and I wasn't living for tomorrow. I wasn't thinking about the future. So I started to think about what I wanted to do with my life because I knew I didn't want to keep coming back to jail.

I reconnected with the fact there was so much more to life; that there is always a solution to any problem; and that the impossible is possible.

I had lost belief in myself but the whole programme - the workshop and one-to-one coaching - restored the belief that I can do anything I want if I put my mind to it.

It also opened my eyes to all the other possibilities and avenues that I could take to achieve what I wanted in life.

The coaches saw the spark in me that I hadn't seen in myself for a long time, and it gave me hope that it wasn't too late to change things.

When you feel like no one is listening to you and no one cares you start to resent the world, but the Spark Inside coaches made me feel heard and understood and helped me see the world in a different light.

I would love to see this course delivered to every incarcerated person in the country, to anyone who has lost hope or direction so they can regain their focus and their belief in themselves.

I've left prison for the last time and I'm not going back. I know I can make it.'