

The prison population is growing, and sentences are getting longer than ever.

In the 30 years since The Hardman Trust formed, the prison population has increased by 75%. This number will continue to rise, with 20,000 new prison places being built in the next two years. As prisons fill up, sentences are getting longer. We now have some of the longest in Europe, with four times

as many people sentenced to 20 years than a decade ago. This is happening against a backdrop of low prison staffing and limited funding within a cost of living crisis: There are more people in prison, doing longer sentences, with fewer resources to support them.

The Hardman Trust is the only charity in England, Wales and Scotland focusing on the unique needs of people on long term sentences.

People facing decades of prison time often completely lose connection with their family and friends on the outside. Depending on the prison, there may be limited access to rehabilitative programmes and educational courses until later in the sentence. It can be hard to maintain hope, find direction, or create meaningful plans for the future.

People leaving prison after 10 years will have different needs to those leaving after 10 months. The world has changed – there are different habits and new social norms. Prices have gone up, technology has evolved, neighbourhoods look different, and the workplace has changed. It takes time to adjust.

Over half of those leaving prison each year face homelessness, and this risk increases for those that struggle to find work, have lost family connections, or are struggling with their physical or mental health.

Most are keen to work, but face multiple barriers: a skillset that no longer matches the job market, a long gap in the CV, a lack of confidence, and stigma related to the offence. Others will be seeking work for the first time, having been in prison since childhood.

Supporting people leaving prison into training, education or employment is one way to encourage financial independence, reduce the risk of homelessness, improve wellbeing and reduce recidivism. It is a simple, common sense approach that benefits us all. We also recognise that a life beyond prison isn't only about work. Everyone's needs and goals are different, from practicalities such as how to open a bank account or register with a GP, to broader ambitions around how to create a life of meaning, connection and purpose. For many, wellbeing is a priority as they adjust to a new way of life. The Hardman Trust supports each person towards their own goals, starting where they are.



**The
Hardman
Trust**

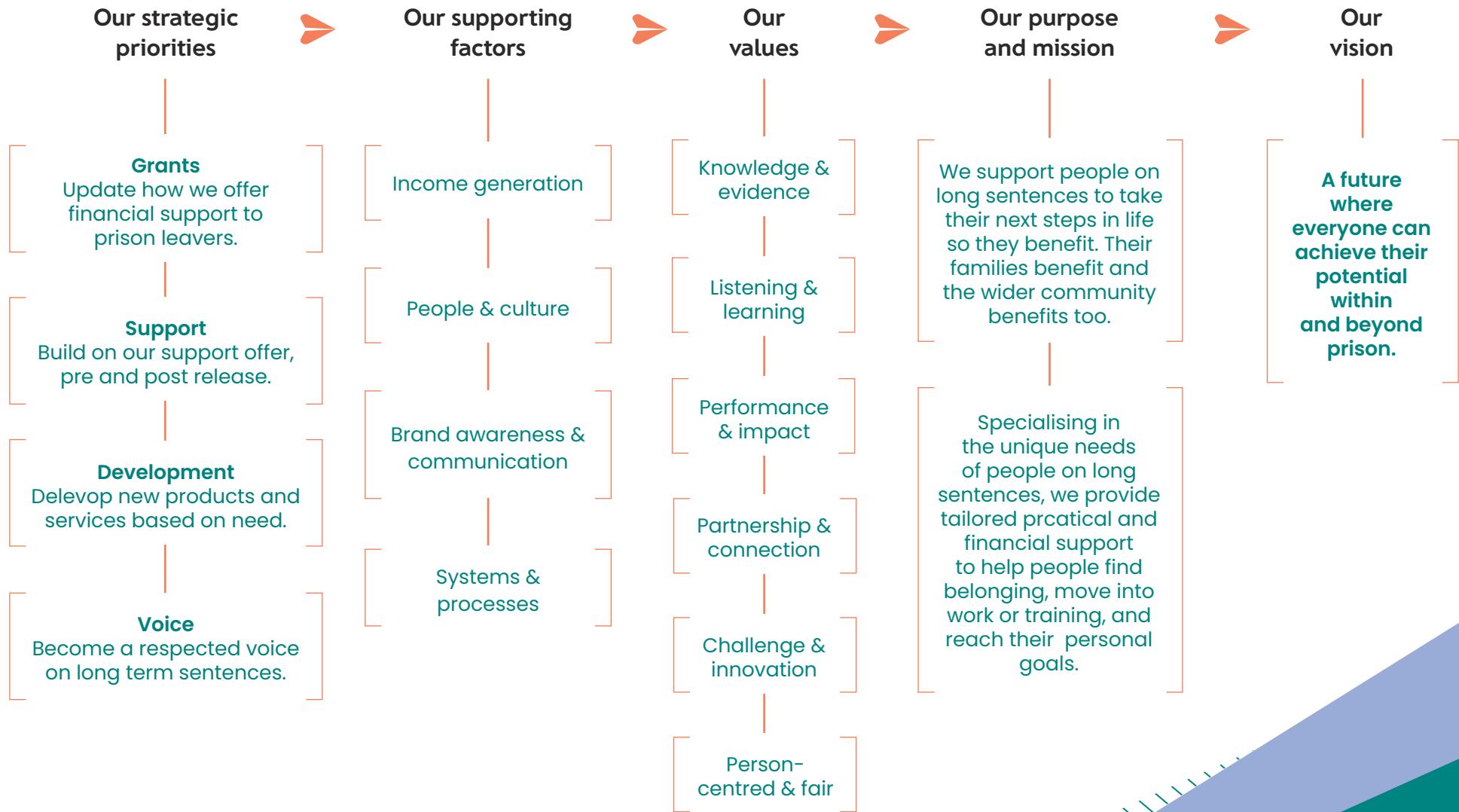
For the long term

Our strategy summary 2023-2026

www.hardmantrust.org.uk

1

Our plan on a page



Our Theory of change shows how our vision, mission and purpose come to life in our work and what difference we seek to make

Who we are here for	What we do	To encourage	With the intention of	So that
<p>People on long prison sentences</p>	<p>Befriending letter writing at all stages of a sentence</p> <p>Planning & preparation getting ready for release</p> <p>Financial support turning the plan into reality</p> <p>Post-release support and signposting to stay on track</p> <p>Raising the conversation adding to the dialogue on long-term sentences</p>	<p>Meaningful relationships & connections with the outside world</p> <p>Purposeful use of time better use of 'nothing time'</p> <p>A plan for life, in and after prison for those that will and won't be released</p> <p>Training & access to educational courses</p> <p>Employment & self employment</p> <p>More conversations around long sentences</p>	<p>Improving wellbeing & sense of self</p> <p>Improving aspirations & hope for the future</p> <p>Improving belonging & connection</p> <p>Creating positive resettlement journeys</p> <p>Alleviating poverty through financial independence</p> <p>Avoiding homelessness</p> <p>Reducing reoffending</p> <p>Reducing stigma & improving understanding</p>	<p>Everyone can achieve their potential within and beyond prison</p>
<p>Our activities</p>		<p>Our outcomes</p>	<p>Our impact</p>	<p>Our vision</p>

Come with us



Support us financially

We rely on the generosity of our donors to fund our work. We are the only charity specialising on the needs of people on long sentences and the need is growing. We have 30 years of experience, and the work we do makes a difference to prison-leavers, their families and the wider community.

If you are interested in donating, funding or sponsoring our work, please get in touch.

Donate your time, expertise or skills

Do you have a set of skills that could help us in our mission to support people on long prison sentences?

Do you have an interest in our work and time to spare? Contact us to discuss how you could volunteer your time, expertise or skills.

Partner with us

Partnership is key to our approach. We know we can achieve more when we come together.

Can you think of a way we might be able to work together?

Get in touch

If anything you've read here sparks a question or idea please email us at info@hardmantrust.org.uk