



Mobile Team Challenge Ltd

Unleash the Potential of Your People

www.mtceurope.co.uk

Her Majesty's Prison & Young Offenders Institution Parc

Background

Her Majesty's Prison & Young Offenders Institution Parc is a Category B local prison housing approximately 900 male adults (convicted only) and young offenders (convicted and remand). The prison opened in November 1997 and is the only private prison in Wales. It is managed by Securicor Custodial Services on behalf of the Prison Service. The prison employs 391 members of staff, (excluding subcontractors) many of whom are recruited from the local area. HMP & YOI Parc offers a progressive and challenging regime in a modern environment. A range of activities aim to equip offenders with the key skills necessary to reduce the risk of re-offending after release.

HMP & YOI Parc offers a challenging regime aimed at addressing prisoners' offending behaviour and equipping them with the skills necessary to reduce the risk of re-offending after release, and to increase their prospects of securing employment. Offenders at HMP & YOI Parc can access the following programmes:

- Reasoning & Rehabilitation, a Prison Service accredited course which employs cognitive skills training to address offending behaviour.
- Focus on Resettlement (FOR) programme, a course aimed specifically at prisoners serving less than twelve months. The course encourages self-motivation to change negative behaviour among this much-neglected offender group, and features a unique community follow-up service by prison staff after release.
- Preparing for Programmes workshops
- Behavioural Assessment Programme
- Anger management

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How relationship with MTC began?

Officers at HMP Parc attended the Prison Service Conference and saw a demonstration by MTC. Steve Williams, Physical Education Officer, HMP Parc **"I had heard excellent reports from my fellow officers about MTC and seeing it in action at the conference showed me that it complemented our existing training resources perfectly."** The kit was financed by the Youth Justice Board.

What happened next

PE staff at HMP AND HMYOI Parc's gymnasium enhanced their PE programme by adding the use of the new Mobile Team Challenge (MTC) equipment that aids the Enhanced Thinking Skills (ETS) courses. It encourages prisoners taking part to work together as a team, to improve self-confidence, communications skills, leadership, motivation and problem solving. The MTC equipment is made up of 7ft long metal beams and various attachments, which enable the beams to fit together or act as seesaws. It offers up to 254 different tasks or activities. The equipment is quick and easy to assemble as well as requiring little storage space.

The new equipment is used at the beginning of the ETS course and then again after the course is completed.

PE staff have noticed a marked improvement on the second run, showing better communication skills and deeper thinking by those involved in the exercises. The equipment has been used as an icebreaker for drug support courses, as part of training for rugby and football squads, and also as an aid to staff team building and leadership training.

"There are many valuable aspects to the MTC approach that develop communication, flexibility, trust, teamwork, etc. This can all be related and the lessons learnt transferred to work and life in general"

Steve Williams, Physical Education Officer, HMP Parc.

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Mobile Team Challenge is being used in the following ways within prisons and rehabilitation centres to generate more constructive and positive behaviour:

1. MTC Activities provide many more opportunities for positive assessment, and often surprise individuals about their own and others capabilities and good nature. This can result in reversing the 'labeling' effect: damaging labels such as 'troublemaker' get replaced by more optimistic ones, which in turn builds self-esteem.
2. Experiences of success in activities also helps to greatly develop self-esteem. This directly affects offending behaviour in which low self-esteem is almost always a contributory factor.
3. The reviewing of positive experiences in activities helps to establish reviewing itself as a positive experience. Reviewing skills are then applied to offending issues so that significant changes in behaviour can be achieved.
4. The reviewing of negative experiences which arise during activities also provides useful insights into difficulties that are related to offending.
5. Activities can be used as part of the physical education programme, whilst also offering numerous development opportunities for enhancing thinking skills and developing more constructive behaviour.
6. Activities can be set up as skills training exercises. Improved skills in, for example, decision-making, problem-solving, planning, assertiveness, or self-control can reduce the chances of further offending.
7. Choosing and introducing activities in ways that highlight connections with offending situations before doing the activity creates fresh insights so that alternative courses of action and possible solutions can be found.

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8. Doing activities with prison or police officers or other authority figures, can change attitudes all round. This can help to reduce offending and helps to avert or defuse any future confrontations.
9. MTC Activities can help to develop better relationships between staff and offenders as well as amongst the staff and establishments target population.
10. Taking part in MTC activities can be linked to easing the transition during the resettlement process.

Steve Williams, Physical Education Officer, HMP Parc,

"I would say that the Mobile Team Challenge approach has been one of the most successful things that we have implemented in the prison and the inmates regularly tell us that it is the best thing on the programme."

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