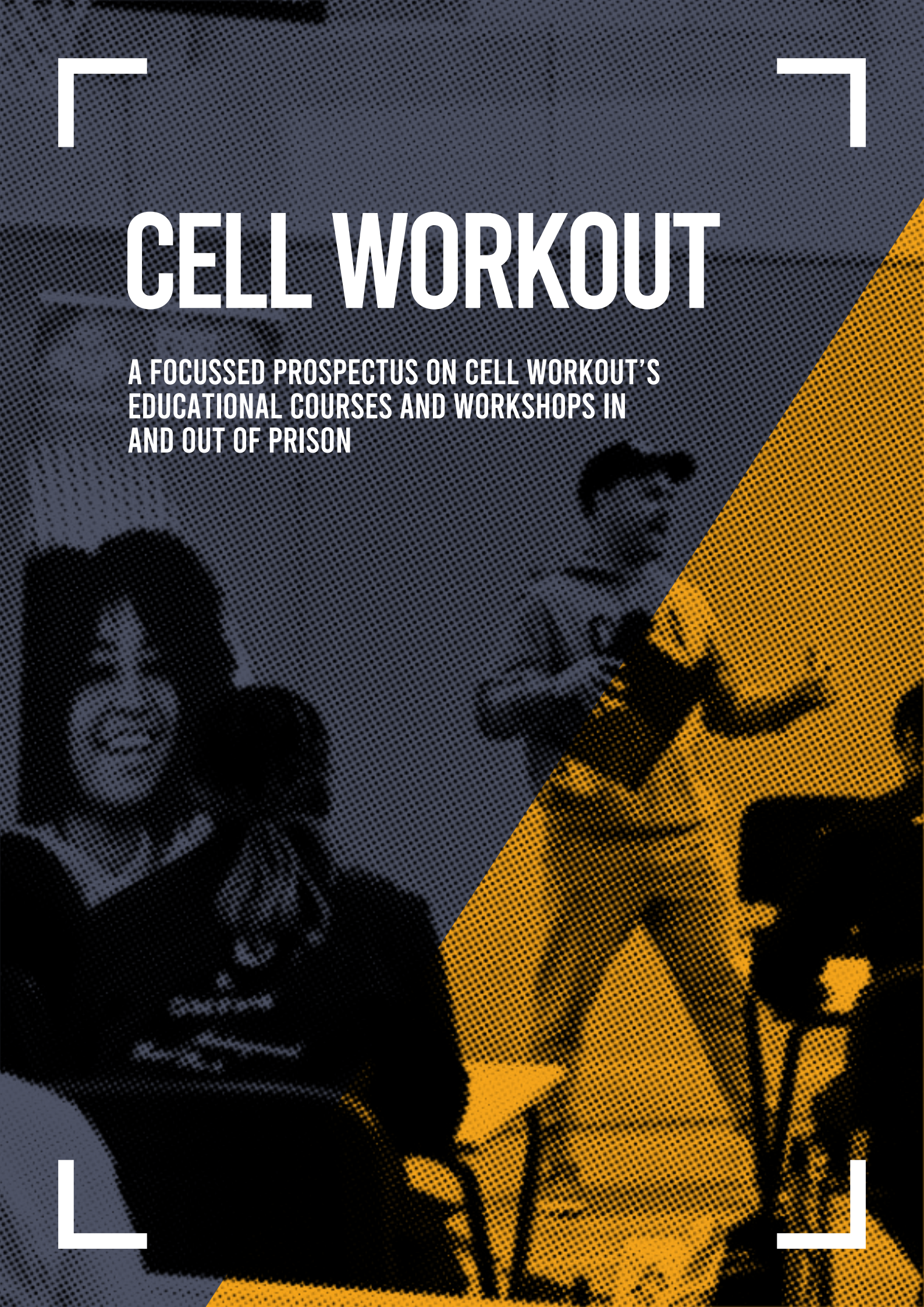
CELL WORKOUT

A FOCUSSED PROSPECTUS ON CELL WORKOUT'S EDUCATIONAL COURSES AND WORKSHOPS IN AND OUT OF PRISON



1 DAY WORKSHOP
LIFESTYLE PLANNING

OVERVIEW

This workshop led by LJ Flanders offers an opportunity for participants to think about how to make improvements to adopt a healthy lifestyle (physically and mentally).

Using the power of scheduling and journalling within the prison regime, they will learn how they can make the most of their sentence and reduce barriers to achievement.

An idea developed as a strategy to give prisoners autonomy, educe violence on the wing and prepare for release.

LJ will talk about his experiences and show how this method helped him personally.

There will be group discussions and exercise throughout the workshop, suitable for all levels and abilities.

WHAT THE DAY ENTAILS

This 1 Day Workshop is split into 2 sessions, AM & PM, delivered to 2 different groups.

- 30 people per day.
- Delivered in a classroom (no need for sports hall).
- Every participant receives a Cell Workout Diary & Journal to continue their learning.
- Topics, tasks and exercises taught by LJ Flanders.
- Exercise snacking throughout to keep engagement.
- A brief background of LJ's story, personal diaries and Q&A.

Successfully delivered at:

- HMP Humber
- HMP Leeds
- HMP Elmley
- HMP Swaleside
- HMP Guys Marsh
- HMP ISIS
- HMP Manchester
- HMP Thameside
- HMP Chelmsford

TOPICS COVERED

- How to create a healthy lifestyle, for better physical and mental health.
- How to improve fitness levels, write and schedule a workout plan and develop weekly commitments.
- Create realistic and achievable goals within a prison setting.
- How to better schedule and manage time.
- How to journal and the benefits.

BENEFITS & OUTCOMES

- Gives prisoners the opportunity and autonomy to take control of their sentence.
- Creative way of delivering education in prison.
- Engages with people outside of a formal education setting.
- Encouraging people to read and write.
- Supports violence reduction on the wing.
- Aims to control stress management.
- Allows participants to consider what life can be after prison and creating life goals.
- A way to maintain relationships on the outside and creating support networks inside.

3 PART WORKSHOP

PLAN, REVIEW, CONTINUE

OVERVIEW

- This workshop is broken down into 3 separate days. Spread over 6 weeks (a session every 2 weeks).
- Deliver to 2 different groups (AM & PM). Up to 30 people over the day.
- Every participant will receive a Cell Workout Diary & Journal.
- To keep participants engaged and energised there will be exercise during the session, suitable for all levels.
- Workshop can take place in classroom or fitness space (with desks for written tasks).
- We offer continued support throughout, promote good habits, how to set achievable goals and be consistent.

PART 1

Introduction & goal setting

- A step-by-step guide through LJ's personal diaries, from starting in prison in 2011 to current day. An example of how keeping a diary can help plan, increase productivity and achievement.
- The benefits of journalling and how to journal.
- Set goals to achieve over the 6-week period.
- Exercise snacking throughout (high intensity bursts of exercise, suitable for all levels).

PART 2

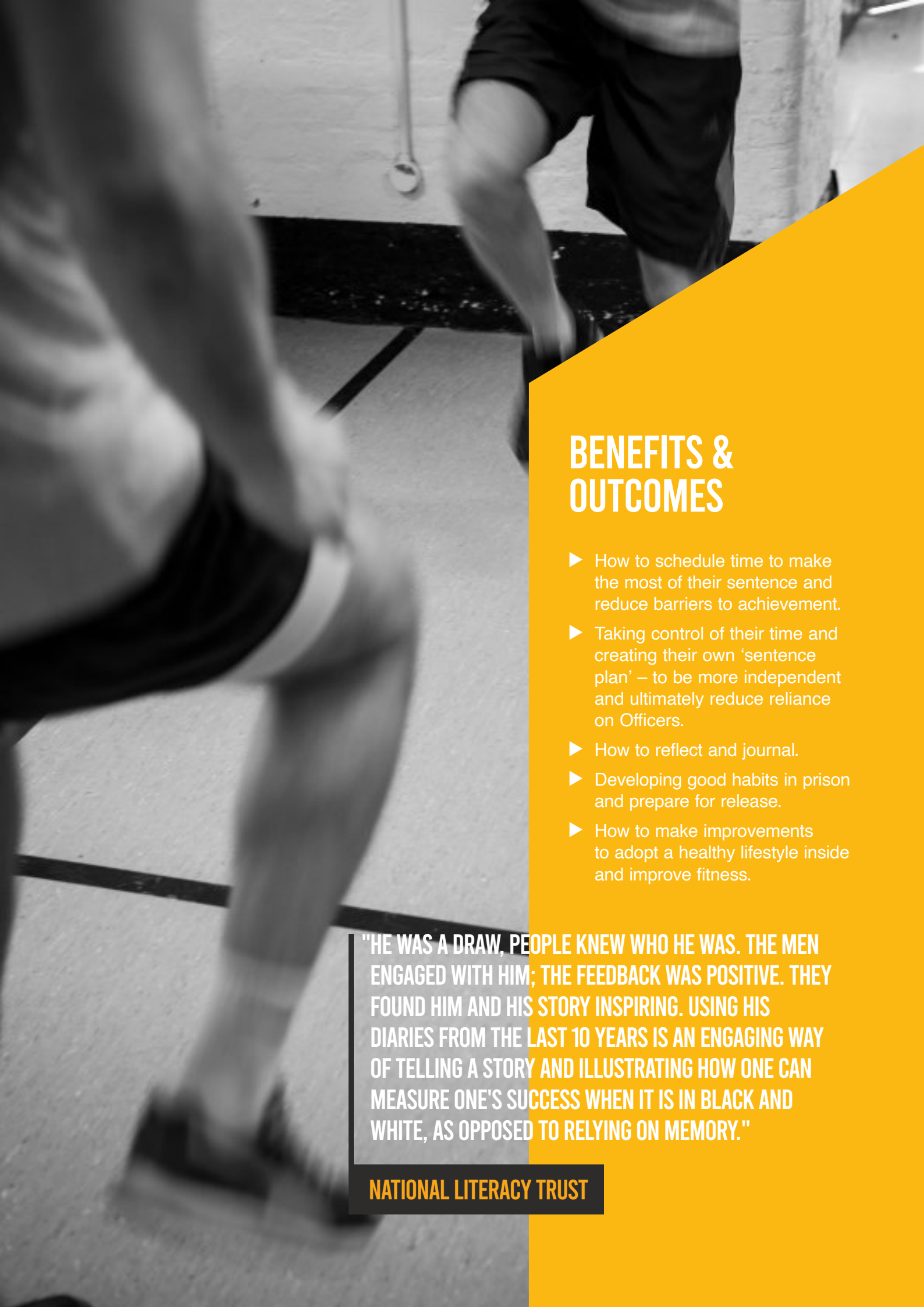
Review

- Review the goals set from session 1: reflect on what is working, are they on track or revise if necessary.
- Exercise snacking throughout.
- The group can share their good practice and any barriers they have been faced with.

PART 3

Action Plan

- A summary of the 6 weeks from everyone, what benefits have they noticed.
- Create an action plan how they can be self sufficient with their own sentence planning.
- Start to use the Cell Workout Diary & Journal that they will be used throughout their sentence, and upon release.



BENEFITS & OUTCOMES

- How to schedule time to make the most of their sentence and reduce barriers to achievement.
- Taking control of their time and creating their own 'sentence plan' – to be more independent and ultimately reduce reliance on Officers.
- How to reflect and journal.
- Developing good habits in prison and prepare for release.
- How to make improvements to adopt a healthy lifestyle inside and improve fitness.

"HE WAS A DRAW, PEOPLE KNEW WHO HE WAS. THE MEN ENGAGED WITH HIM; THE FEEDBACK WAS POSITIVE. THEY FOUND HIM AND HIS STORY INSPIRING. USING HIS DIARIES FROM THE LAST 10 YEARS IS AN ENGAGING WAY OF TELLING A STORY AND ILLUSTRATING HOW ONE CAN MEASURE ONE'S SUCCESS WHEN IT IS IN BLACK AND WHITE, AS OPPOSED TO RELYING ON MEMORY."

NATIONAL LITERACY TRUST

ABOUT US

Cell Workout began as a fitness book, by L.J Flanders, designed for use in a small space, to encourage people in prison to exercise and improve their health and wellbeing.

For more than a decade LJ has continued to champion to bring health and wellbeing to disadvantaged groups, in and outside of prison and reduce inequalities. LJ & relatable lived experience has a proven track record for success in this environment and engaging the participants to obtain positive outcomes. Delivering in 45 HMPs, YOIs and Women's Estate Private and 3 STC, across the nation.

Through the research and evaluation of work done in prisons, the Cell Workout Workshop has evolved and developed. It is a multi-layered approach, bringing together the various pillars of personal improvement, that are interlinked and work together for positive outcomes.

Participants on the workshop will be encouraged to make changes to their lifestyle that will improve their physical and mental wellbeing, to engage in education and learn new skills to bring about positive change in all areas of their lives. Over time, even small changes will add up to make a big difference to what they can achieve.

The transferable personal learning skills covered during the program will provide participants with the tools to ultimately improve their employability and rehabilitation.

We hope this offering is something you will be interested in.

PLEASE GET IN TOUCH IF YOU WOULD LIKE TO LEARN MORE

HOME GUESTS
12:24

TESTIMONIALS

"My motivation was at its lowest at the beginning. There's a big difference from then and now. My mindset has changed, I didn't know about that. I didn't like to read in public and I was out of my comfort zone but I really enjoyed it."

HMP AYLESBURY PARTICIPANT

"I didn't realise the importance and impact this could have on my time behind the door and even for the outside. This was not just a tick box exercise, this was real life planning at its most intense and knowledgeable experience, I will 100% keep this for life."

HMP THAMESIDE PARTICIPANT

"The event was a big success and as a result, 'Cell Workout' continues to be one of our most popular titles within the library....it provides activity for prisoners who are locked up in their cell for long periods of time. This can focus their minds and alleviate negative thoughts that come their way."

HMP THAMESIDE LIBRARIAN

"LJ has a real rapport with the men and his time in prison means that he understands their situation and speaks the same language. It also enables him get across realistic but positive messages about the importance of training and skills and choosing not to go back to a life of crime on release. With so many negative stories and statistics about rates of reoffending, it is really important that ex-offenders like LJ can share their story both in prisons and in the wider community""

HMP CHELMSFORD LIBRARIAN

CONTACT US

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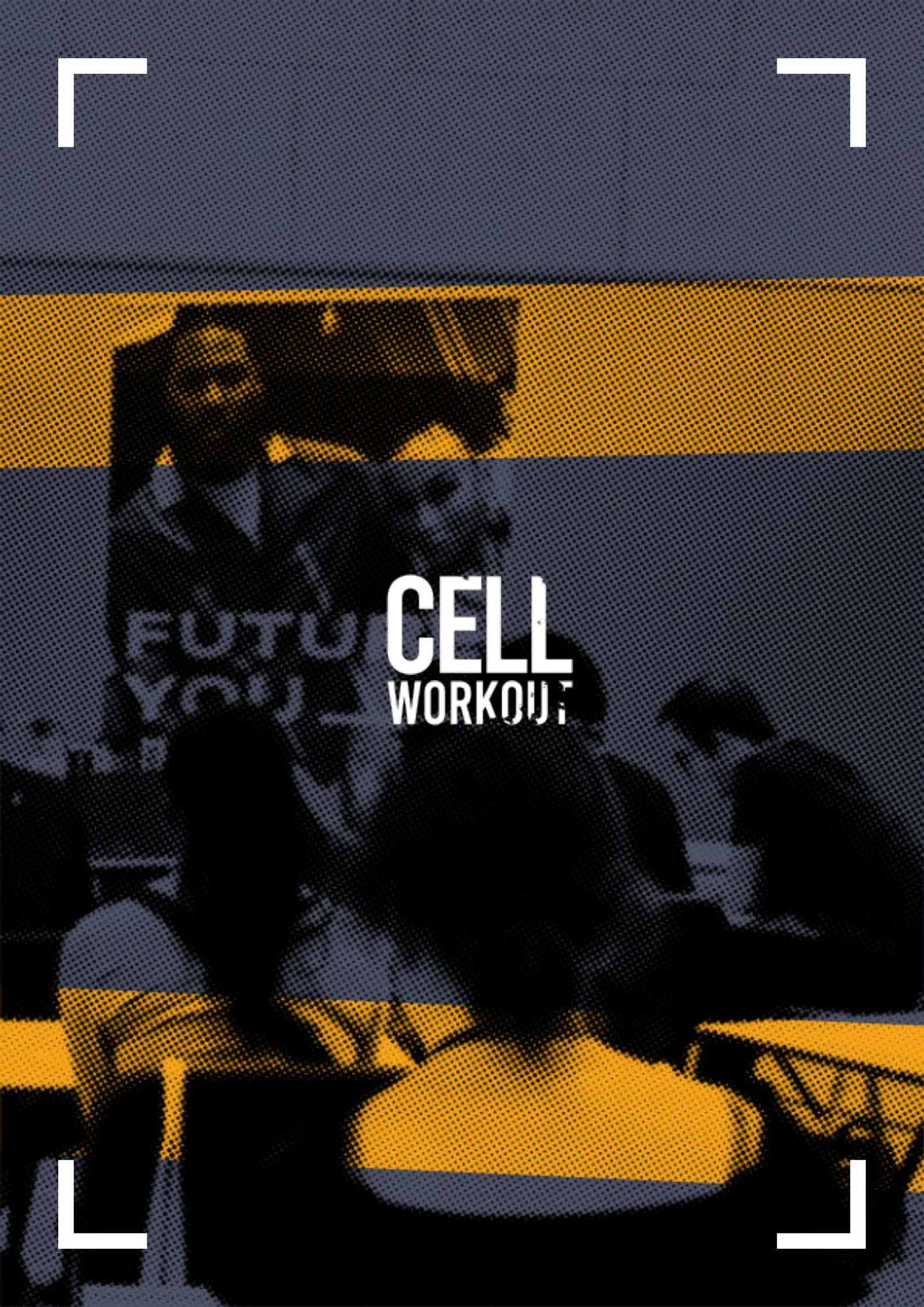
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