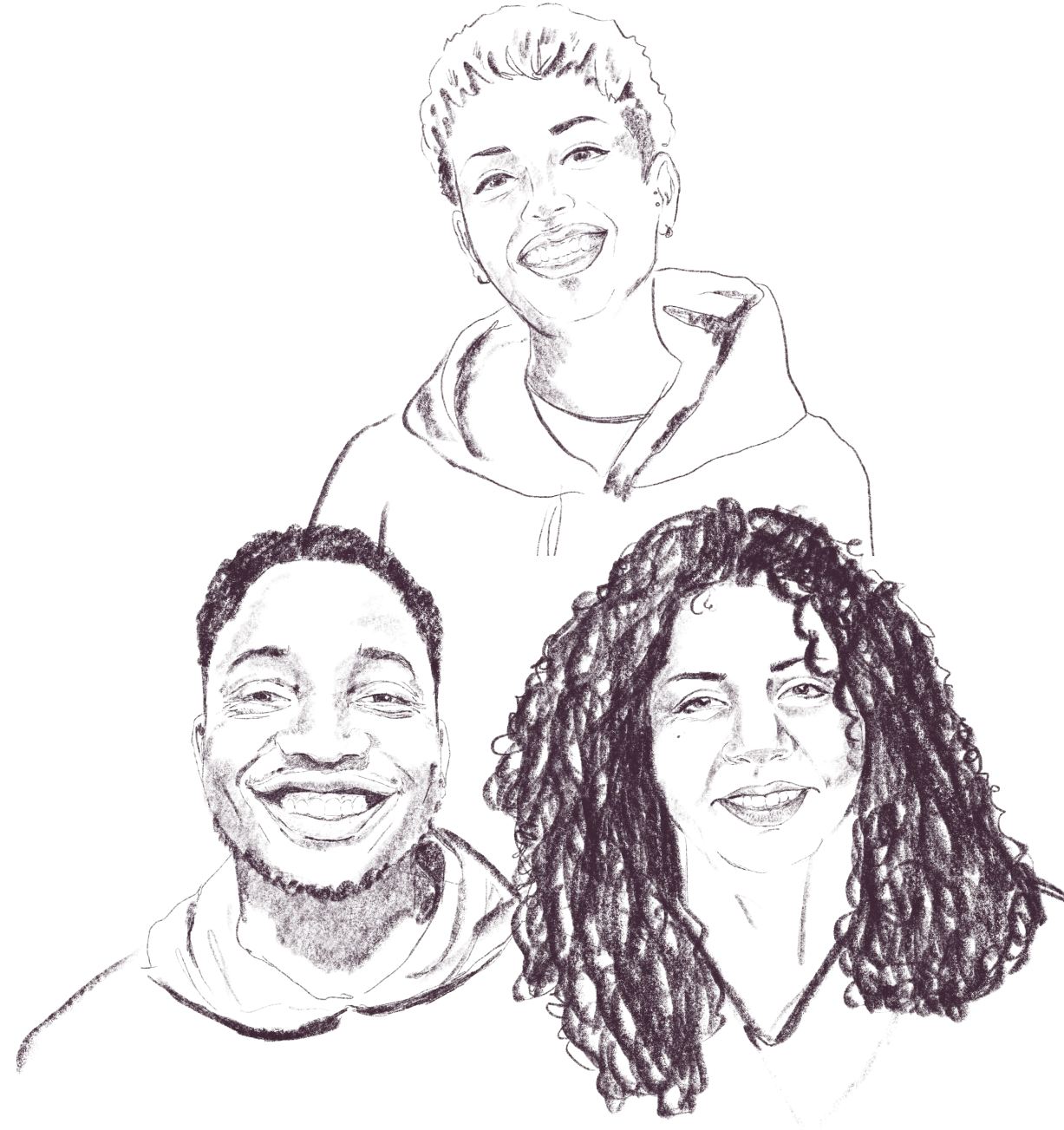


My **Plan**

This plan helps you
plan the support you
want **in prison** and
after release



This plan focuses on what matters to you, your goals, and the support that will help.

You develop it with your **Prison Offender Manager** and **Probation Practitioner**, and your **Personal Adviser** if you have one.

This helps everyone work to one clear plan led by you.

Staff will use this plan to update their own plans, like OASys and your Pathway Plan, so support is joined up and clear.

How you use this plan is up to you.

You can talk or draw instead of write, choose which pages to complete, and work on it with staff or a peer support worker. You can update it at any time.

Contents

	About me		3	 This tells your workers who you are and what you want to work towards
	My wheel of life		5	
	Support Network	 My support network	9	 Use the wheel to choose which pages to complete.
	Health and wellbeing	 Physical Health	11	
		 Mental Health	13	
	Housing and Money	 Housing	15	
		 Money	17	
	Living and working	 Life skills	19	
		 Learning and work	21	
	A plan for achieving my goals		23	 You can use this to create a plan for achieving your goals



About me



My name is

People call me

My pronouns are

--

--

--



What's **important** to know about me?



Who **matters** to me?

--

--



What would **success** look like for me?



What **support** would help me get there?



What **strengths** do I have to draw on?

--

--

--



About me

When to use this tool

- To show who I am and what matters to me
- To share my main support goals

? How to use this tool

1. Fill in the boxes.
2. Come back to **goals and strengths** if you need to.



Examples

Important things to know about me:

“I prefer to read things on my own before talking about them”

“If I seem quiet it usually means I am anxious”

“An important thing to know about my background is...”



About me

Page 1 of 2

My name is		People call me	My pronouns are
Add your name			
What's important to know about me?		Who matters to me?	
<i>If I seem quiet it usually means I am anxious</i>		<i>Strong, kind, good at caring for others</i>	
What would success look like for me?	What support would help me get there?	What strengths do I have to draw on?	
<i>Being a great mum. Going back to college</i>	<i>Finding safe housing my kids can stay in with me. Help with college applications</i>		



Skills ideas

- Caring for others
- Hairdressing
- Carpentry skills
- Creative writing
- Filling out forms
- Writing poetry



Strengths ideas

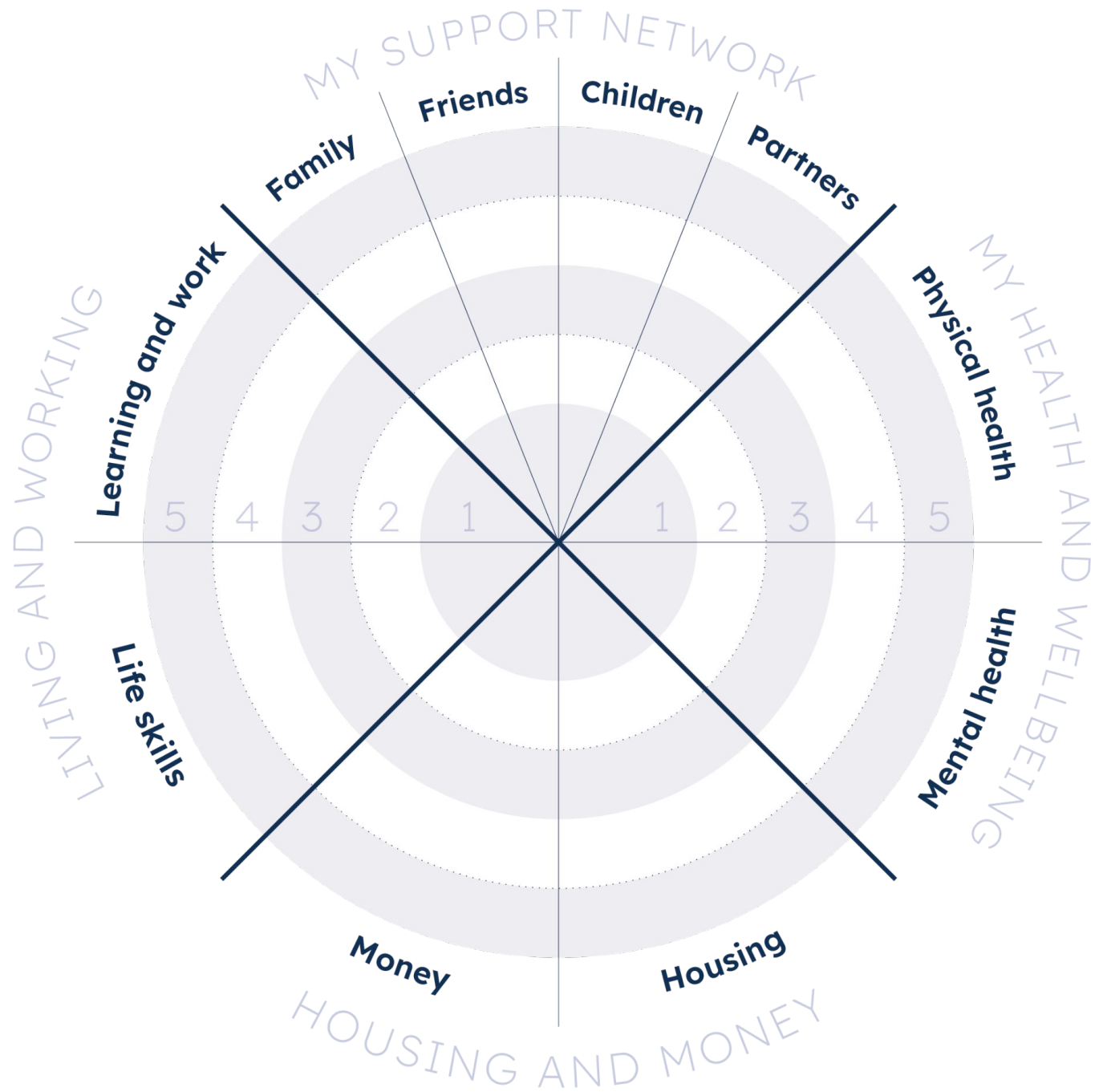
- Strong
- Adventurous
- Loving
- Trustworthy
- Confident
- Kind



My wheel of life

Complete the wheel to show which parts of your life are going well and which you want to focus on:

- 1 = (I don't feel great about this)
- 5 = (I feel pretty great about this)





My wheel of life

When to use this tool

- To show how different parts of my life feel right now
- To choose what I want to focus on in my planning meetings




How to use this tool

The wheel

Mark how you feel in each part of the wheel, from 1 in the middle to 5 on the outside.

You can track how these change overtime.

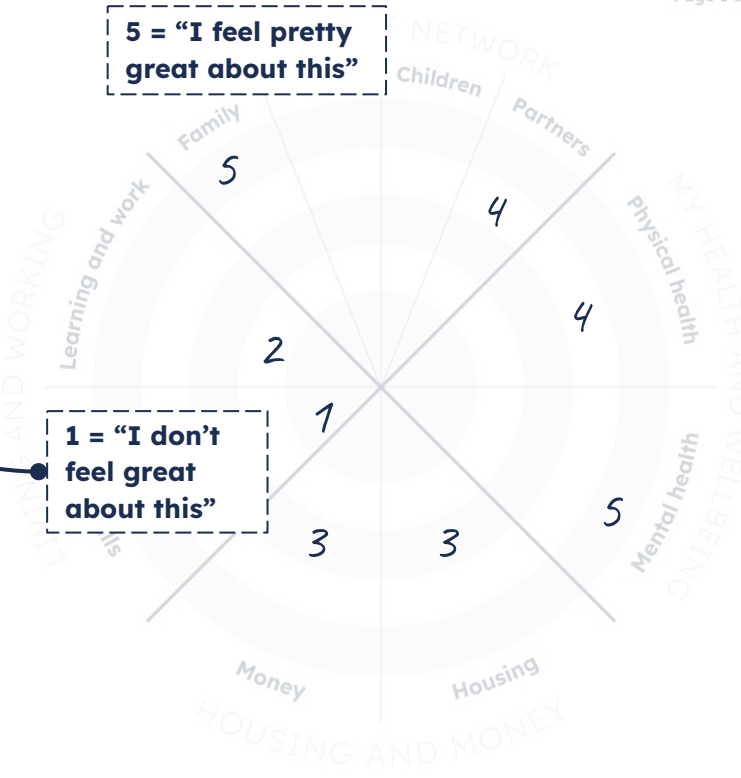


My wheel of life

Page 1 of 2

Complete the wheel to show which parts of your life are going well and which you want to focus on:

1 = (I don't feel great about this)
5 = (I feel pretty great about this)



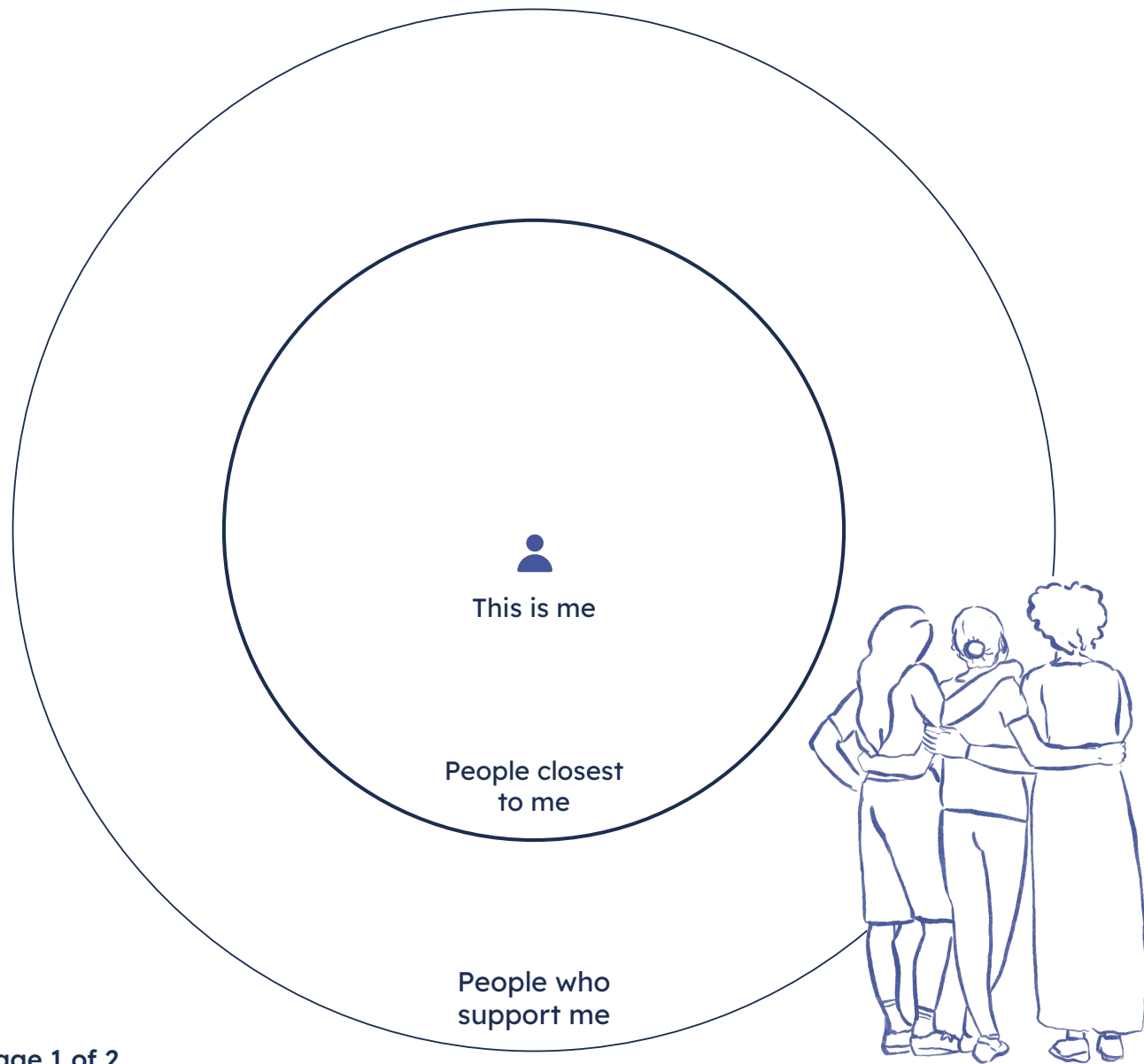
5 = "I feel pretty great about this"

1 = "I don't feel great about this"



Support network

Who are the people in my circle of support?



 Who do I turn to when things **feel hard**?

 Who brings out **the best in me**?

 Who could help me with **my goals**?



When to use this tool

- To help your key worker understand who is important to you
- To think about who you would like in your circle of support
- To spot who might be able to help with your goals



? How to use this tool

Put people in the circles, either by writing their names or drawing them.

💡 Ideas:

- People you trust
- Family, chosen family and friends
- Staff, workers or mentors
- People you want more contact with
- People who make you feel safe, calm or understood

The diagram shows a 'Support network' tool with concentric circles. The innermost circle is labeled 'This is me'. The middle circle is labeled 'People closest to me' and contains 'Sister' and 'PA'. The outermost circle is labeled 'People who support me' and contains 'Friends' and 'POM'. To the right is a 'Wheel of Life' form with three questions: 'Who do I turn to when things feel hard?' (with 'My friend' written), 'Who brings out the best in me?' (with 'My partner' written), and 'Who could help me with my goals?' (with 'My PA' written). A line connects 'My friend' in the form to the 'Friends' circle in the diagram.

Questions

Use the questions to think about how people could support you.

Start with one person and think about what support they might offer and how you could ask for their help.



My physical health

My energy levels are



Low



Medium



High



Any **physical health conditions** I want support with

My sleep is



Poor



Ok

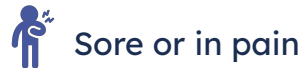


Good



Things I want to **focus** on are

My body feels



Sore or in pain



Mostly ok



Strong



Support that would **help**



My physical health

When to use this tool

- To think about how your physical health is right now
- To decide what you want support with

? How to use this tool

Questions

Use the questions to think about how your body, sleep, and energy feel at the moment.

My physical health

Wheel of Life

<p>My energy levels are</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Low ✓ </div> <div style="text-align: center;"> Medium ✓ </div> <div style="text-align: center;"> High ✓ </div> </div>	<p>Any physical health conditions I want support with</p> <p style="font-size: 1.1em; margin-top: 10px;"><i>Chronic pain</i></p>
<p>My sleep is</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Poor ✓ </div> <div style="text-align: center;"> Ok ✓ </div> <div style="text-align: center;"> Good ✓ </div> </div>	<p>Things I want to focus on are</p> <p style="font-size: 1.1em; margin-top: 10px;"><i>Getting better sleep</i></p>
<p>My body feels</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Sore or in pain ✓ </div> <div style="text-align: center;"> Mostly ok ✓ </div> <div style="text-align: center;"> Strong ✓ </div> </div>	<p>Support that would help</p> <p style="font-size: 1.1em; margin-top: 10px;"><i>Managing my medication</i></p>

Page 1 of 2

Write down the things you want to focus on and any support that would help.

Ideas

- Managing pain or a health condition day to day
- Getting better sleep
- Having more energy during the day
- Getting to health appointments
- Understanding or managing medication
- Recovering after illness or injury moving my body
- Eating regularly or more healthily



My mental health and wellbeing



What helps me **stay well**



What I **struggle with sometimes**



What I'd like **support** with



People or things that help me cope



My mental health and wellbeing

When to use this tool

- To think about what helps your mind stay well
- To plan what support you might need for your mental health



How to use this tool

Think about things that **help you feel well**



Ideas

- Rest and sleep
- Eating well
- Having something to work towards
- Fresh air or getting outside
- Medication
- Connecting to loved ones

The screenshot shows a 'Wheel of Life' tool interface. At the top, it says 'My mental health and wellbeing' and 'Wheel of Life'. The tool is divided into four quadrants:

- Top Left:** 'What helps me stay well' (smiley face icon). Contains the handwritten text 'Writing poetry'.
- Top Right:** 'What I struggle with sometimes' (frowny face icon). Contains the handwritten text 'Feeling lonely'.
- Bottom Left:** 'What I'd like support with' (first aid kit icon). Contains the handwritten text 'Medication'.
- Bottom Right:** 'People or things that help me cope' (heart icon). Contains the handwritten text 'Visits from my sister'.

At the bottom left of the screenshot, it says 'Page 1 of 2'.

Think about things **you struggle with**



Ideas

- Feeling lonely
- Tiredness or low energy
- Managing a long-term condition
- Stress or anxiety



Housing plan



What **housing options** do I have right now?



Who can help me with housing?



What do I need to **feel safe and stable** in my housing?

What the plan is, and who will help:





When to use this tool

- To think about where you could live after prison
- To plan your next steps with your worker



How to use this tool

Housing plan

Wheel of Life

<div style="display: flex; align-items: center; margin-bottom: 10px;"> What housing options do I have right now? </div> <p style="margin: 0;">Think about all the housing options that might work for you</p>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> Who can help me with housing? </div> <p style="margin: 0;">Add the people you can draw on for support, whether that is someone you could live with or someone who can help you plan</p>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> What do I need to feel safe and stable in my housing? </div> <p style="margin: 0;">Add what you need to feel safe and stable in your housing.</p>
<div style="display: flex; justify-content: space-between; align-items: center; margin-bottom: 10px;"> What the plan is, and who will help: </div> <p style="margin: 0;">Work with your supporters to decide which option feels safest and most stable for you.</p>		

Page 1 of 2



Ideas

- Private renting
- Staying with chosen family or a close friend
- Supported housing
- Semi-independent or shared housing
- Temporary housing



Ideas

- Seeing where I will live beforehand, for example through video tours or photos
- Moving to a new area for a fresh start
- Living somewhere close to people who support me
- Support to settle in when I arrive help with practical things like benefits, bills, or setting up the home

Your Prison Offender Manager, Probation Practitioner, Personal Advisor, Strategic Housing Specialist, and CRS accommodation workers can help you think about this.



Money



<p>What money do I have right now?</p>	<p>Do I have what I need to access my money?</p>	
<p>Do I have any debts or money I owe?</p>	<p>How will I get money in the future?</p>	
<p>What do I need money for?</p>	<p>How will I manage my money?</p>	<p>What support would help me with money?</p>



Money

When to use this tool

- To understand what money you have now and what you might be able to get
- To plan how you will manage money in prison and after release
- To identify any support you might need



How to use this tool

Use the questions to think about what money you have, and how you will get money in the future.

When thinking about any debts or money you owe

This could include fines, rent arrears, utilities, benefit overpayments, or other overpayments.

When thinking about support that would help

You can get support from:

- Prison DWP, ID and Banking Clerk
- Personal Advisor
- Local welfare assistance
- Charity grants

Money I might be entitled to:

If I am under 25

I might be able to get:

- Universal Credit
- Housing support
- Council tax help
- Extra support from my Personal Adviser or local authority
- Assistance to understand what you may be entitled to
- Help with budgeting and making the most of your money.
- Signposting for help resolving money problems.

If I am over 25

I might be able to get:

- Universal Credit or other benefits
- Housing benefit
- Support if I am in education or training
- Grants from charities or support services



Life skills



This feels **really difficult**



I need **some help** with this



I feel confident about this



Money and budgeting



Cooking and eating well



Planning and shopping for food



Cleaning and keeping my place tidy



Getting to places and appointments



Keeping important documents safe



Digital skills and being safe online



Asking for help when I need it



Getting the support I am entitled to





When to use this tool













- To think about your day-to-day needs
- To understand where you might want support

? How to use this tool

Look at each part of daily life in the table

Tick the box that feels true for you

 Life skills Wheel of Life 

	 This feels really difficult	 I need some help with this	 I feel confident about this
 Money and budgeting	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Cooking and eating well	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
 Planning and shopping for food	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Cleaning and keeping my place tidy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
 Getting to places and appointments	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
 Keeping important documents safe	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
 Digital skills and being safe online	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Asking for help when I need it	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
 Getting the support I am entitled to	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Page 1 of 2

Use this tool **with your worker** to plan what support you might need next



My learning and work



What do I **enjoy doing** day to day?



What **matters most** to me in a job?



What **sort of jobs** might I want to do in the future?



One small step I can take now is...



People who can help me get there

A short-term goal I have is...

A long-term goal I have is...



When to use this tool

- To explore ideas for learning, training or work
- To plan small steps towards your future goals

? How to use this tool



Ideas

- Working outdoors
- Working with people
- Making a difference
- Having a routine
- Earning a good salary
- Lots of variety

My learning and work

Wheel of Life
✕

<p style="font-size: 0.8em; margin: 0;">What do I enjoy doing day to day?</p> <p style="font-size: 1.2em; margin: 10px 0;">Think about things you enjoy doing day to day</p>	<p style="font-size: 0.8em; margin: 0;">What matters most to me in a job?</p> <p style="font-size: 1.2em; margin: 10px 0;">Think about what is important to you in a job</p>	<p style="font-size: 0.8em; margin: 0;">What sort of jobs might I want to do in the future?</p> <p style="font-size: 1.2em; margin: 10px 0;">Write or draw the types of jobs you might want to explore</p>	<p style="font-size: 0.8em; margin: 0;">One small step I can take now is...</p> <p style="font-size: 1.2em; margin: 10px 0;">Add any small steps you can take now</p>	<p style="font-size: 0.8em; margin: 0;">People who can help me get there</p> <p style="font-size: 1.2em; margin: 10px 0;">Think about people who can help you move towards your goals</p>
<p style="font-size: 0.8em; margin: 0;">A short-term goal I have is...</p> <div style="border: 1px solid #ccc; height: 40px; margin-top: 5px;"></div>		<p style="font-size: 0.8em; margin: 0;">A long-term goal I have is...</p> <div style="border: 1px solid #ccc; height: 40px; margin-top: 5px;"></div>		

Page 1 of 2



Achieving my goals



<i>My goals</i>	What I will do and when I will do it	Who can help me and what will they do	Updates			Complete
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>



Achieving my goals

When to use this tool

- After identifying a goal
- To help you think about how and when you will achieve this goal



How to use this tool

Achieving my goals Page 1 of 2

My goals	What I will do and when I will do it	Who can help me and what will they do	Updates	Complete
			Keep track of your progress	<input checked="" type="checkbox"/>
	Fill in the table to show how and when you will complete different actions	 	Add names of people who can help you and how	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Wheel of Life

Complete the wheel to show which parts of your life are going well and which you want to focus on. Use the numbers to score each area: 1 = (very poor), 5 = (very good).

Areas of my life I feel good about

Areas of my life I want to focus on

My learning and work

What do I enjoy doing day to day?
What matters most to me in a job?
What sort of job might I want to do in the future?
One small step I can take now is...
People who can help me get there

A short-term goal I have is...
A long-term goal I have is...

Look at my **Wheel of Life** or **My learning and work** pages for some ideas.

My support network

Who are the people in my circle of support?

Who do I turn to when things feel hard?
Who brings out the best in me?
Who could help me with my goals?

This is me
People closest to me
People who support me

Look at **My Circle of Support** to see who can help.