My BreakOut Action Plan

Name:

Date of action plan:

PO signature:

Supporter signature:
### Managing myself

#### Mindfulness

Visit the local library and borrow a book to read for pleasure. Consider joining a local book club or reading group.

Who can help me with this: ____________________________

**Completed:** ☐
**Date:**

#### Family and Friends

Get involved in my children’s education. Help them with homework, visit the school or attend their clubs and activities.

Who can help me with this: ____________________________

**Completed:** ☐
**Date:**

#### Victims and restoration

Speak to CAB, Do-it or the jobcentre plus to find volunteering opportunities in the community.

Who can help me with this: ____________________________

**Completed:** ☐
**Date:**
Creativity

Get involved in a local musical activity such as a choir or band or set one up with some friends.

Completed: ☐
Date: __________

Who can help me with this: __________________________

Getting sorted

Mental health

Speak with my GP and get in touch with mental health professionals to talk about my mental health and care.

Completed: ☐
Date: __________

Who can help me with this: __________________________

Drugs

Sign up for community support for drug misuse, such as narcotics anonymous

Completed: ☐
Date: __________

Who can help me with this: __________________________
Alcohol

Complete a RAPt post custody support course or a similar course run by a charity, for example from Catch-22, Turning Point or CRI. Ask my probation officer or supervisor about opportunities.

Who can help me with this: ____________________________

Completed: [ ]
Date: ____________

Training and work

Make an appointment at Jobcentre Plus and get advice on the Work Programme and applying for jobs.

Who can help me with this: ____________________________

Completed: [ ]
Date: ____________

Moving on

Housing

Move in with my partner

Who can help me with this: ____________________________

Completed: [ ]
Date: ____________
Family and community

Sit down together with family and talk about what has happened before prison and what we all hope to happen now that I am released. Ask my probation officer about getting support from family mediation services for this.

Who can help me with this: __________________________

Completed: □
Date: _________________________

Work

Write an updated CV and covering letter. Use Nacro’s guide for examples of covering letters

Who can help me with this: __________________________

Completed: □
Date: _________________________

Offending behaviour

Write a list of people, places and activities that might encourage me to reoffend and make plans on how to avoid them, and a list of people, places and activities that will help me to avoid offending and how I can use these more.

Who can help me with this: __________________________

Completed: □
Date: _________________________

Date completed:
Ex-offender Signature: __________________________
PO Signature: __________________________
Supporter signature: __________________________