



# Inside Out

Releasing Potential | Restoring Life | Rebuilding Community



**Are you tired of feeling like you are on your own and that no one is there for you?**

**Does it seem that you are always starting from the bottom again?**

**If someone offered you a real opportunity to start again, would you take it?**

**If the answer is 'yes'  
maybe Inside Out Derby is for you!**

ST. PETER'S  
IN THE CITY, DERBY



# WHAT IS INSIDE OUT?

Based at St. Peter's in the City, Derby, the Inside Out community reaches out to prison leavers and others who would benefit from support. Our aim is to empower participants to make healthier life choices, develop self-worth, find purpose and meaning, and contribute more productively to society. Each participant will have a mentor to support them with accommodation needs, to help them access work and education and volunteer work placements, and to seek and sustain employment. Inside Out has also partnered with Faith Hope & Enterprise Housing to offer some participants accommodation.

## WE OFFER A MENTORING PROGRAMME WITH:

- A shared home
- 1 to 1 support from a mentor
- Support to access education and volunteer placements
- Participation in meaningful activities
- Help with seeking employment
- A community to belong to

## INSIDE OUT EXPECTATIONS INCLUDE:

- A desire and motivation to change
- Sticking to 'house rules' in the shared accommodation
- A commitment to regularly meet with your mentor and participate in community activities
- Undertake random drug testing
- Being open to the Christian faith that guides the Inside Out community

## HOW TO APPLY:

Ask your Offender Manager, Prison Chaplain, or a member of staff in the Resettlement Team to access the referral form which is available on our website. The referral form can be posted to St Peter's in the City, St Peter's Street, Derby, DE1 1SN or sent via email.

<https://www.stpetersderby.org.uk/project/inside-out/>.