

Inside Prep 6 — Planning for Parole, Release & Redemption

INSIDE KNOWLEDGE | FREE SUPPORT RESOURCE | LOU MYX

This final module is about thinking ahead. Whether your sentence is short or long, there will come a day when you walk out those gates. This module will help you prepare mentally, emotionally, and practically for that moment—starting now.

Making the Most of Your Sentence

Start thinking early about what you want from your time inside: education, work, healing, clarity.

Keep your IEP (Incentives and Earned Privileges) status up—stay out of drama and follow routines.

Apply for courses, peer mentor roles, and release-on-temporary-license (ROTL) where possible.

Log your progress—if you attend a workshop, do a course, or get praise, make a note of it.

Talk to your personal officer about your goals, even if they seem distant.

Don't just wait it out. Build something inside that you'll take with you outside.

Preparing for Release

Make a release checklist: ID, accommodation, benefits, health, transport, contacts.

Reach out to resettlement or housing teams early—especially if you're at risk of homelessness.

Ask your family/friends to help research what's waiting for you: council support, food banks, job centres.

Consider your mental health—talk to healthcare or a chaplain about a support plan.

Think about who you want to reconnect with, and who you might want to keep at a distance.

Plan something simple but meaningful for your first day out—don't overwhelm yourself.

Redemption & Reflection Prompts

- What have I learned about myself since being here?
- What would I say to the version of me who came in?
- Who do I want to be one year from now?
- What does redemption look like for me—internally, not just legally?
- What do I want to do with the rest of my life that I'll be proud of?

Personal experience and general support only. Prison rules, entitlements, procedures and available services vary and may change. Check current arrangements with the relevant prison or official guidance before relying on practical details.