

**Case Study: Participant C**

One young man who benefitted from the project is participant C, a tree surgeon, who was living in the city of Southampton with his partner and dogs, before he was reprimanded.

Catching up with Pathways Project Manager Jed a month after his release, Participant C said: “I was really suffering with my mental health leading up to my sentencing. The Saints Restart project is very good for your mental health helps to keep you busy.”

Saints Foundation work in partnership with the prison team at HMP Winchester to support offenders through 1-to-1 mentoring, physical activity, and group sessions, with engagement continuing beyond the gate as the team continue their work with the probation officers.

“The workshops in prison are amazing, they really help bring people out of their shells and help you talk while in custody, it makes you feel like you aren’t just a prisoner, or a number It made me feel human again.

“I have been doing boxing with Jed, and it’s helping me stay away from crime, there were some days all I could think about was drinking and getting recalled.”

Since leaving prison Participant C has gained funding to complete their tree surgeon qualifications and has moved into employment.

