

REDUCING REOFFENDING



**Reducing
Reoffending**

**catch
22**

INTRODUCTION

For over 200 years, Catch22 has supported people to build lives they value. In our justice work, this means reducing reoffending to prevent further harm – particularly to victims – and strengthening families and communities.

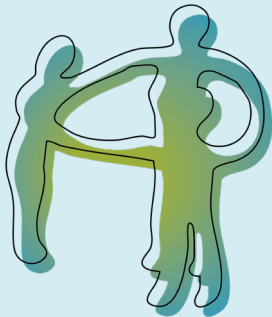
Reoffending remains a major challenge: almost three in ten people reoffend within a year, rising to one-third for those leaving prison, and two-thirds for people serving short sentences. The social and emotional impact is huge, and the financial cost exceeds £20 billion annually.

Reducing reoffending works because the things that help people move away from crime – stable housing, meaningful employment, healthy relationships, mental health and substance use support – build safer and more resilient communities.



OUR APPROACH

Our commitment to Reducing Reoffending is built on three principles:



Connection in the community

Rooted locally. Connected nationally.

We embed workers within the communities they service, collaborating with probation, prisons, local and grassroots organisations to provide joined-up, holistic, community-based support.



Co-production

Real voices. Real results.

Our services are co-designed with service users and frontline teams, ensuring relevance, empowerment, and lasting impact.



Voluntary sector value

Powered by purpose.

As a not-for-profit, we reinvest in people and services. Our voluntary status builds trust, delivers social value, and drives better outcomes.

Together, these principles underpin rehabilitation that supports change, strengthens communities, and reduces reoffending for the long term.

We work across the justice system to reduce reoffending and prevent harm.

Our delivery includes:

Custodial services – purposeful activity, rehabilitation, and safety

Transition support – personalised through-the-gate help

Community services – wellbeing, finance, recovery and mentoring

Young adult support – bridging the youth-to-adult gap

Victim support and restorative practice – centring victim experience and accountability

Innovation and systems change – driving better outcomes across the sector

IN CUSTODY AND THROUGH THE GATE

Custody is a moment of disruption, yet a vital opportunity. Evidence shows that punishment alone does not reduce reoffending. But access to purposeful activity – education, skills, work, family contact, and structured support – does.

Our custodial work

Catch22 operate in a number of prisons in London, West Midlands and the South West, delivering:

- offender management
- violence reduction programmes
- support for men on remand and foreign nationals
- education, skills, mentoring and purposeful activity

We also work with prison staff to reduce violence, self-harm, and prepare people for release.

Prison Violence Reduction (PVR) Service

PVR reduces violence in custody through trauma-informed support, mediation and purposeful activity. We stabilise wings, strengthen staff-resident relationships and help people carry safer decisions into the community.



OUR IMPACT

82% felt confident making safer choices

82% felt confident managing finances

70% felt more confident handling conflict

Delivery in 2024-25:

669 referrals

418 purposeful activity sessions

44 trained in Information, Advice, and Guidance (IAG)

348 staff received training

169 service users received training

What others say:

An innovative, commissioned model in which caseloads were manageable, and contact was maintained with prisoners.”

-HMIP, HMP Thameside 2025

The restorative justice pilot, led by Catch22, was instrumental in resolving violent incidents and training peer mentors as ‘restorative justice champions’.”

- IMB Annual Report 2025

The dedicated gangs team within Catch22 plays a vital role in identifying and managing gang conflicts, contributing to a safer prison environment.”

- IMB Annual Report 2025

Staff were clearly hardworking and committed and understood their role in ‘keeping the system going.’”

- Sarah Coccia, COO HMPPS

Catch22’s involvement has significantly enhanced operational processes and the quality of joint working... Their presence has added real value to our efforts to deliver rehabilitative and trauma-informed care.”

-Head of Safety, HMP Wandsworth, 2025

SPOTLIGHT: THROUGH-THE- GATE SUPPORT

Leaving custody is a vulnerable moment. Without help to secure stable housing, income, or emotional support, progress made within custody can unravel quickly.

Our Personal Wellbeing and Dependency & Recovery teams (CRS) support people up to 12-weeks pre-release, building strong and trusted single point of contact relationships which enables our teams to meet people at the gate, providing successful transition and continuity into the community.

Our remand and through-the-gate service (PVR Phase Two) ensures that people on remand receive the same transitional support as their sentenced counterparts. In 2025, we delivered 183 through-the-gate interventions for people on remand.



“[My caseworker] was able to provide support with my housing situation by contacting the council on my behalf... thanks to her I am in a much better position to resolve my problem.”

– Recipient of through-the-gate remand support

OUR WORK IN THE COMMUNITY

Community-based support is central to reducing reoffending. As the 2025 Independent Sentencing Review notes, effectively supporting more people in the community provides better value for money and creates more lasting change than custodial sentences alone.

Why community rehabilitation works

Rehabilitation in the community allows people to rebuild their lives around stability:

- keeping their homes
- maintaining employment
- staying connected to family and support networks

The same interventions that reduce someone’s likelihood of reoffending also support them to build purpose, confidence, and long-term wellbeing. Our Commissioned Rehabilitative Services (CRS)

Through our Commissioned Rehabilitative Services (CRS), we support men on probation to address the factors most closely linked to reoffending – wellbeing, financial stability, and recovery from dependency – while helping them develop confidence, purpose, and positive routines.



How we learn and improve

Our Data & Insights team has completed a multi-year internal impact review of our Commissioned Rehabilitative Services (2023–2025). The findings are actively shaping how we design and deliver support, strengthening practice, targeting engagement where it's most needed, and driving equity-focused improvements across PWB and FBD.

Personal Wellbeing (PWB)

Across London, West Mercia, South Central and the South West:

- Satisfaction consistently **95–100%**
- Strong progress in emotional wellbeing, relationships, lifestyle and resilience

Examples:

- Avon & Somerset: **100%** positive feedback, **91%** positive progress
- Thames Valley: **97%** positive feedback
- London: **98%** positive feedback

Feedback from participants

“The members of your team have had an absolutely massive influence on my life and changed it for a positive way... the content of the sessions was spot on as well.”

– PWB participant, Thames Valley

“He has appreciated the non-judgemental outlook and informed discussions... it has done him the world of good.”

– Probation Practitioner, Hampshire & Isle of Wight

FINANCE, BENEFIT & DEBT (FBD) LONDON

Financial insecurity is one of the biggest barriers to making progress on probation. When people are dealing with debt, benefit delays, or pressure to quickly repay unsecured borrowing, this can push people towards high-risk decisions that increase the likelihood of reoffending.

Our Finance, Benefit & Debt (FBD) service helps men on probation get back on stable financial footing. We support people to understand and manage their debts, access the right benefits, and build practical money-management skills that last. The service is regulated by the Financial Conduct Authority (FCA), and all our staff are FCA-accredited, which means the advice we give is trusted, safe and high-quality.

In London:

96%

progressed on
financial issues

97%

satisfied with support

Case study: Chris

Balancing fines, a new job, and becoming a first-time father, left Chris overwhelmed. Through structured one-to-one support, he:

- resolved court fines
- built budgeting and money-management skills
- set realistic financial goals
- opened his first savings account

By the end of the intervention, Chris felt confident managing his money and providing for his family.

DEPENDENCY & RECOVERY (D&R) London, ages 18–25 (delivered with Forward Trust)

Young adults aged 18–25 on probation often face multiple pressures – substance use, gambling, trauma, unstable housing, and strong peer influence – all while navigating the shift into adulthood. These challenges can make recovery and desistance especially difficult.

Our Dependency & Recovery service provides specialist support by linking young adults into the right treatment, helping them to build resilience, independence, and positive routines. Drawing on Catch22's wider expertise in youth work, employability and justice, our D&R service offers the specialist, consistent support this age group needs to build stability and reduce the risk of reoffending.

- **93.3%** recorded positive progress
- Participants report stronger coping strategies and better emotional regulation.



I initially saw [the service] as a way to fill my rehabilitation hours. However, having someone to talk things over with... has helped me to start to question and alter my behaviours, small manageable steps at a time. I now feel more in control of my actions and choices.”

– Recipient of our Dependency and Recovery Service



YOUTH2ADULTHOOD (Y2A) MENTORING SERVICE

The move from the youth justice system into adulthood can be a vulnerable moment for 17–25-year-olds. Expectations rise (more self-management), supervision is less intensive, and eligibility for support often changes – from mental health to housing and benefits – which can leave gaps just as responsibilities increase.

For young adults in Newham facing this transition or returning from custody, our Y2A mentoring service provides goal-setting, mentoring, meet-at-the-gate, and connections into employment, education, health and specialist services.

In the past year, Y2A achieved:

100% satisfaction

71% positive distance travelled

234 onward referrals



It changed my life. Getting this support meant a lot of pressure off my chest, a lot of people don't get the support from you guys and that's why they reoffend. It helped with my mental health and gave me somewhere to feel comfortable and have someone to talk to."

– Recipient of Y2A Mentoring Service



My mentor was very supportive and understanding. I wasn't perfect and at times I felt I caused her stress but she was always professional. I appreciated her patience and she was always available when I needed her support."

– Recipient of Y2A Mentoring Service



REDUCING REOFFENDING

At Catch22, we've been working to tackle the root causes of crime and reoffending for over 200 years. From education and youth work to probation and victim services, one thing has always been clear: when someone leaves prison or is on probation, the right support in the community can be life changing.

Our Reducing Reoffending campaign is rooted in three core principles:

Connection in the community: Rooted locally. Connected nationally.

Co-production:
Real voices. Real results.

Voluntary sector value:
Powered by purpose.

These pillars guide how we believe rehabilitative services should be designed and delivered, to make both recall reform and the shift away from short sentences meaningful and reduce reoffending for the long term.



CONNECTION IN THE COMMUNITY

The strength of community sentences lies in their ability to keep people rooted in the places they live. This only works when people are connected to the right opportunities and relationships. Many of those we support don't know what's available locally or feel unsure about reaching out. Our role is to bridge that gap – case workers who reflect and live in local communities, providing assertive linkage to local, rehabilitative activities, strengthening local networks, and helping people build lasting connections within their local community.

Spotlight: Community Partner Network (CPN)

Our Community Partner Network brings together over 200 mission-driven organisations across justice, employability, education, health, and family support. The CPN:

- strengthens local capacity
- improves referrals
- creates shared learning
- ensures clear pathways for people



Being a part of the community partner network has allowed many connections to be created, and this has actively led to future collaborative opportunities that I have been very grateful for.”

– Member of Catch22's Community Partner

Youth2Adulthood mentoring service – connection in practice

The Y2A hub is a great example of community-based rehabilitation. Co-located with Probation in Newham, the hub brings together multiple services under one roof, creating a safe, accessible environment for young people.

Josh's story

Josh came to Y2A after receiving a 12-month community order for intent to supply Class A drugs. He was sofa-surfing and surrounded by peers involved in crime.

Through Y2A:

- he secured stable accommodation with support from our housing team
- we provided essentials through our Essential Fund
- we funded an SIA CCTV course aligned with his career goals

However, what made the biggest difference was connection. Josh re-engaged with his church, joined a local youth club, and was introduced to organisations aligned with his interests:

Fight for Peace – using sport to build confidence

The Amani Project – creative workshops and mentoring

With consistent support from his mentor, Josh built a new network, strengthened his confidence, and began to see a future beyond offending.

CO-PRODUCTION

Effective rehabilitation cannot be designed behind closed doors. It must be shaped by people with lived experience and those working directly on the frontline.

Our approach:

We design services with people, not for them. Through consultation sessions, co-design workshops, and staff feedback loops, our services stay grounded in real experiences and evolving needs.

Spotlight: Lived Experience Consultants
In 2024–25, we piloted paid consultancy roles for people with lived experience. Five consultants now work with managers to:

- test ideas
- challenge assumptions
- influence service design
- ensure decisions reflect lived reality

Consultants also receive structured development opportunities, supported by the Royal College of Art's Service Design MA.



Knowing that my voice is being taken seriously feels good, because who doesn't want to be heard?"

– Lived Experience Expert

Spotlight: Experts by Experience podcast

Listening to people with lived experience of the justice system is central to how we learn, improve and challenge assumptions. In 2025, we built on the success of our Catch22Minutes podcast by launching Catch22Minutes: Experts by Experience, placing lived experience voices front and centre. 15 episodes launched in 2025, aired inside prisons, sharing real stories on topics including restorative practice, masculinity, family relationships and reintegration, with the series now airing inside HMP Thameside and plans underway to expand to more prisons.

Spotlight: Peer Mentoring programme

Our Peer Mentoring programme brings lived experience directly into our work, offering support that feels genuine and relatable. For many people on probation, speaking to someone who has been in a similar situation builds trust, reduces isolation and creates a sense of hope that change is possible. Mentors are individuals who have progressed through our services and felt ready to support others. They work with those currently using our service to engage in both one-to-one and group sessions, offering understanding, encouragement and a positive rolemodel. For mentors themselves, the role builds confidence and skills, turning lived experience into meaningful expertise and empowering them to contribute positively to their communities.



The Experts by Experience podcast is a really innovative space that gives a platform to the voices that are not always heard because of what society values as ‘knowledgeable’. More should be done across all sectors to champion these voices in order to learn from them and create change.”

- Guest on our Experts By Experience series of Catch22Minutes

VOLUNTARY SECTOR VALUE

As a voluntary sector organisation, our role is not enforcement but support – and this complements the statutory responsibilities of probation and prison staff. People often find it easier to engage with non-statutory staff who can focus solely on helping them address practical barriers and build stability.

Moreover, as a not-for-profit, Catch22 reinvests every pound into improving services, strengthening communities, and driving innovation.

GoodTech Ventures is an example of Catch22’s voluntary sector value in action. This programme supports early-stage founders to design, build, and scale digital tools that improve public services – including services that help reduce reoffending.

At its core, GoodTech is about co-creation. It brings together founders, practitioners and people with lived experience to develop digital solutions to real needs.



Before GoodTech launched, Catch22 incubated justice ventures that are now well known in the sector, including Unlocked Graduates (incubated for three years before transitioning to an independent charity in 2020) and Offploy (backed through Catch22's Incubate, Accelerate, Amplify programme). Under the GoodTech banner, we're now supporting a new wave of justice-focused ventures – for example, Reintegrate Me by Tailored Futures (a digital resettlement platform connecting people in the criminal justice system with employers).

Justice AI Hackathon

Recently, GoodTech Ventures hosted a Justice AI Hackathon to explore how technology can strengthen rehabilitation and community support. Practitioners, technologists, designers and people with lived experience worked together on challenges that we see every day in our frontline work across custodial and community services, and the Director of the Justice AI unit for the Ministry of Justice sat on the judging panel.

The winning concept, Pathway AI, proposed an early-warning tool to reduce recalls and free up probation officers' time.



“Bringing together people from the community, criminal justice and tech spaces created an energy that was genuinely inspiring... learning how to build websites and mobile apps in just two days was empowering. It was a reminder of what's possible in the right environment.”

- Titi Solarin, participant and CEO of Tailored Futures

Spotlight: Innovation Challenge – VCSE value from underspend (people over profits)

Our Innovation Challenge reinvested Catch22 underspend to give operational colleagues the opportunity to pitch, test and scale new approaches that improve delivery and strengthen our overall offer. It sparks creativity, encourages professional development, and shows the unique value a non-profit can bring.

The winning projects Theatre Project – The BENCH

A 10-week creative programme using drama to build confidence, empathy and self-worth. Participants co-created a performance drawn from lived experience, developing communication, teamwork and self-reflection along the way. Audiences described the production as “beautiful” and “moving”.

“I was a bit nervous when I first started, but spoke through the nerves and said everything right... I can't wait to do this again”

– Performer

Psychological Wellbeing Practitioner Apprenticeship

A fully funded Level 6 clinical route for Personal Wellbeing practitioners, expanding our mental health expertise and improving the support we offer.

“Being able to offer informal clinical diagnosis for mental health conditions, explain treatment options, liaise with GPs, and deliver more informed sessions has had a noticeable impact on the progress of those I am working with.”

– Catch22 staff member undertaking PWP Apprenticeship

“Your trainees have been outstanding and have been a real asset to their cohorts and the programme. It has been great to expand our provision to a new sector.”

- Staff Member at University of Exeter

COLLABORATION BETWEEN THE VOLUNTARY AND STATUTORY SECTOR

The voluntary sector plays an important role in helping people on probation engage consistently and make progress. Catch22's trusted, non-judgemental approach complements probation's statutory responsibilities, providing practical and relational support alongside supervision.

Probation colleagues highlight our practical help with tasks like benefits, communication, and engagement, strengthened by dedicated Stakeholder Engagement Leads.

What probation colleagues say:

“[Caseworker] is great at navigating difficult service user's and has built great working relationships with some of my most difficult cases”

“[Caseworker] has been really helpful especially with PIP applications, as it can be really long and complicated and it takes a load of my mind”

“[Caseworker] is based in the same office at me when he is in Ealing and he is a team player and interacts supportively and professionally with all staff in the office.”



CATCH22'S JUSTICE CONFERENCE

Our annual Justice Conference brings together practitioners, policymakers, lived experience leaders, and partners to share learning and strengthen sector collaboration.

People first. Purpose driven. Locally rooted.

This booklet shows why reducing reoffending matters, Catch22's impact, and the principles guiding our approach. As sentencing reforms evolve, our focus stays the same: supporting people to change, strengthening communities, and preventing future victims.

How you can support this work

Join our Community Partner Network
Collaborate with local organisations and help build stronger, more connected support pathways.

Learn more about our Experts by Experience work

Champion lived experience and help ensure services are shaped by the people who know the system best.

Attend our justice conference

Take part in sector-wide conversations, share insight, and help drive practical, meaningful reform.

Partner with us

For partnership or collaboration enquiries, contact our team at: justice@catch-22.org.uk

The logo for Catch 22, featuring the word 'catch' in a bold, lowercase, sans-serif font above the number '22' in a larger, bold, lowercase, sans-serif font. The background is a dark teal color with a diagonal gradient transitioning to a lighter teal and green in the upper right corner.

catch
22

catch-22.org.uk

Catch22 charity limited. Registered charity no. 1124127
Company limited by guarantee. Company no. 06577534