



*THIS PROGRAMME IS  
VALIDATED BY NOMS*

# The Hercules Programme

## Social Deprivation Mindset (SDM)

A development Programme engaging in the way you think and how you think. Helping you to understand who you really are and the choices you make.

**UNDERSTANDING THE  
SOCIAL DEPRIVATION MINDSET**

**HOW TO MANAGE AND CHANGE YOUR  
SOCIAL DEPRIVATION MINDSET**

**AN  
EX-OFFENDER  
SPEAKS**

*By Trevor Hercules*

# The Hercules Programme

## *Have you had enough of the madness...?*

- Is it time to really think about your way of life, your relationships with your family and friends and society?
- Is it now the time to stop coming to prison and start thinking that there is much more to you than this.
- If it is then perhaps the Hercules Programme can help.
- It is not a miracle cure but maybe it can go a long way to helping you understand, manage and change the destructive and negative thinking that has led you to prison.
- Perhaps coming from the point of an ex-offender who has 'been there, seen it, done it' you may find empathy on your journey to managing and changing the way you think about your life.

## *The Hercules Programme is underpinned by what we term Social Deprivation Mindset (SDM).*

- We challenge the way you think about yourself and society.
- We help you to explore a different way of thinking.
- We explore what coming to prison really means.
- We introduce you to our four step plan which we believe can be a good guide towards managing your life.
- Why education is important.

## *What is the Hercules Programme?*

- The Hercules Programme is designed primarily as a preparatory course – to help prisoners explore how and why they think the way they do towards crime, society and themselves.
- To help them manage and change a negative mindset. Also to go on and access other courses.

## *What is Social Deprivation Mindset*

- Defining characteristics simply put:
- It is an adapted way of thinking and behaving.
- It is born primarily from individuals being economically deprived disadvantaged and feeding into it.
- Results in individuals feelings like social outcasts, alienated and abandoned; and that society is unfair and unjust.
- When socialising with like-minded individuals this mindset then grows to become a group mentality.

## *Our Belief*

We believe that many prisoners don't know how to change or believe they have a 'real' alternative to want to change.

Our programme is borne out of what it's really like to be on the other side of the law and society.

By programmes devised by people who have managed to turn their lives around. With real situations that the clients understand and have empathy with.

We deal realistically with problems prisoners will have to face while in prison and when released from prison.

## *So How Does This Work?*

The Hercules Programme: Is a four week programme, consisting of a two hour session per week over the four weeks. In all an eight hour programme.

## *Some of our programmes:*

- How to avoid conflict with prison officers
- Where I come from does not define me.
- Education is important
- Changing my mindset

## *Hercules Programme Key Focuses:*

- Desistance and self awareness
- Involves enabling individuals to understand the concept of the Social Deprivation Mindset.
- Identifying the origin/sources of social deprivation experienced by each individual.
- How SDM influences an individual's thoughts, feelings and behavioural approaches.

## *Aim*

- To enable participants to understand how SDM influences their experiences and can hinder their progress within prison with their families and society.

## *Learning Outcomes*

- The importance of education and its value.
- Reflect on their qualities and ability to facilitate better relationships with others.
- Understand how SVM is linked to their life journey and identify positive goals.
- Develop personal action plan.

### *Target Group*

- Medium, high risk acquisitive offenders.
- High offender group reconviction scores (OGRS)
- Index offences of theft, burglary and other related offences (including violence if it has occurred in the process of above index offences).
- Age limit – 18 years and upwards.
- Clear links to life style and associates and relationships assessments within OASY and ASSET. Excluding violent index offences and sexual offenders.
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- Eight learners per group.
- Self selection.

### *The Trainer Will:*

- Carry out formative assessments.
- Pre and post course questions.
- Complete summative assessments.

### *Working agreement for each programme is as follows.*

- Commitment to make training work.
- Take responsibility for own learning.
- Commitment to equality and diversity.
- Respect others.
- Confidentiality.

### *The Benefits*

- Employers: skilled task force more confident and competent; and overall higher performing establishment.
- Increased likelihood of implementing more effective public protection, strategies and service provision respectively.
- Achieving organisational performance targets and public sector equality duties (PSEDs)
- Service Users: Increased engagement with prison officers and other professionals and other inmates.

### *Short Preparatory Course*

- Designed for individuals to develop.
- Understanding of their own behaviour.
- Desire and motivation not to re-offend.
- Willingness to change their behaviour.
- Increased group participation in accredited programmes, develop social and coping skill and effect rehabilitation to build positive relationships and futures.

### *The Public Benefit*

- Reduction in crime, safer communities and increased confidence in public sector provision.