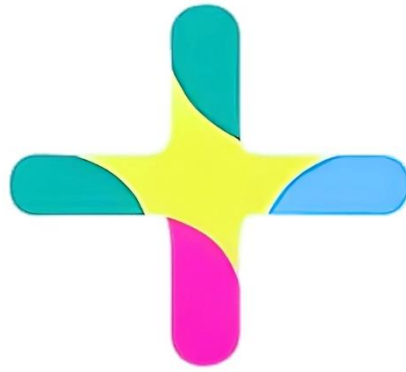


NOW EVERYBODY UNITE



NE:U
POSITIVE WELLBEING

Information Pack

"Stronger futures are built on second chances."



What is NEU Positive Wellbeing for Justice & Inclusion?

Cycles of trauma and exclusion rarely start at prison gates—they begin much earlier. Many people who end up in custody have already been failed by the system as children in care or excluded from school.

- **Almost 40% of prisoners were once in care.**
- **Only 13% of care leavers enter higher education (compared to 43% of peers).**
- **Over 60% of permanently excluded students go on to offend within two years.**
- **Reoffending costs the UK £18 billion annually—but behind the number are young lives without opportunity.**

At NEU, we believe wellbeing is the foundation of prevention and rehabilitation. By tackling the roots of exclusion through lived experience, we empower individuals to build purpose, confidence, and healthier futures.

Our Proven Approach

- **Trauma-informed practice** - safe spaces where people are respected, not judged.
- **The Solihull Approach** - strengthening communication, trust, and emotional regulation.
- **Lived experience leadership** - our trainers include ex-offenders, care leavers, and those who've overcome exclusion—proof that change is possible.
- **Six pillars of wellbeing** - Mental, Emotional, Social, Physical, Creative, and Environmental wellbeing, ensuring a holistic framework for resilience.

Why does this matter?

Without intervention, exclusion creates a pipeline to offending and unemployment. By embedding wellbeing into rehabilitation and prevention, we help to:

- Reduce reoffending and antisocial behaviour.
- Increase employment, training, and education opportunities for care leavers and excluded students.



- Provide healthier coping strategies to break cycles of trauma and violence.
- Build resilience, confidence, and trust in participants.
- Strengthen safer, more connected communities.

This is not charity. It's prevention, empowerment, and social justice.

Our promise is simple: Positive Wellbeing for All.

With NEU, you're not just supporting individuals—you're strengthening the fabric of your community.

How do we deliver?

- In-prison workshops – practical tools before release.
- Transition support – group and 1:1 sessions for ex-offenders and care leavers during the vulnerable first year of independence.
- School-to-community pathways – wellbeing programmes for students at risk of exclusion, delivered by lived-experience facilitators.
- Community reintegration – linking participants to local hubs, training, volunteering, and employment.
- Train-implement-handover model – sustainable programmes that embed lived experience into local services.

Measuring What Matters Together

We use the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) alongside storytelling and lived experience reflection to track growth in confidence, wellbeing, and resilience. This gives funders and communities clear, evidence-led data to show:

- Reductions in social isolation.
- Improved emotional wellbeing.
- Progression into education, training, or work.
- Stronger community connections.



The NEU Justice & Inclusion Model

Our approach is train-implement-handover, with the option of ongoing support. This ensures programmes are sustainable, scalable, and affordable for all partners.

Train - Implement - Handover

- ✓ Sustainable for probation, schools, and community hubs
- ✓ Scalable across regions
- ✓ Affordable, evidence-based, and led by lived experience

Moving Forward Together

At NEU, we believe nobody is defined by their past or their postcode. Whether it's a prisoner preparing for release, a young person leaving care, or a student excluded from school—everybody deserves a chance to thrive. Because when everybody unites, everybody has a future.

 **Let's build a future where Positive Wellbeing for All is more than a promise—it's a reality. Because when everybody unites, everybody thrives.**

Contact NEU Justice & Inclusion

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📷 **Instagram:** @neuwelling_ltd

🌐 **Web:** www.neuwelling.co.uk (going live October 2025)



What people say

"I enjoyed learning more about myself and how I can change negative pathways into positive within 30 seconds. I also liked to learn all the positive ways of dealing with my problems without resorting to negatives and causing more issues. I truly believe I have learnt a lot during this in many areas where I will put all this into practice for future references - The trainers explained really well and helped me by giving me positive feedback and helping me when needed."

"I learned many tools to add to my toolbox that will help me through my journey in life. I have never been good at expressing my feelings or emotions, but this programme really helped me start my

"We learnt a lot of positive coping strategies to handle a lot of issues in day to day life. Also I learnt how the brain works with trauma especially in younger years of life."

"I enjoyed learning different skills about my personal wellbeing. I wasn't positive or happy in myself when I first started here, every session that I joined, I progressed more with positivity and controlling my emotions which is fantastic for someone like myself. I feel this has helped me to help others who may feel what I used to feel."

