



Name: 'Adeel'

Age at sentencing: 16 yrs old

Charge: Murder

Sentence: 99 yrs HMP Reading

"The Chrysalis Programme was awesome; being listened to, being actively involved, it has completely changed my perspective on life!

I am determined to give whatever I can back to the community" Adeel

Adeel had a working class upbringing, did well at school and was on the brink of taking up further education in sports science and physical education.

At 16 years of age he was looking forward to an exciting and rewarding life.

Then one evening, when out with his older brother, he became involved in an event/altercation that unfortunately resulted in the death of a person.

Adeel, along with the others in the group, were charged and convicted of murder.

For Adeel this means a 99 year licence and now, 6 years on, he is hoping for parole in, as yet, an unknown future.

Before this Adeel had never been in trouble and unfortunately for him, that day he put himself in the wrong place at the wrong time.

Why did you choose to attend the Chrysalis Programme?

After sentencing I initially felt depressed and helpless, and very angry at what had happened to me.

Eventually, though, I knew I needed to turn my life around and start to work towards being ready for the day when I was hopefully eligible for parole and release.

One of the guards suggested the Chrysalis Programme and after reading the literature, I thought I would give it a go and so submitted my application.

So, after your first day on the programme, what were your initial perceptions?

At first I thought that it was just another course, similar to others, focusing on improving my communication and life skills. I had been on many courses so I was surprised and pleased to be proved wrong.

In the 6 years I have been here in prison, I have never found a programme like it.

It really spoke to me as an individual and showed me how I can be more than I ever thought I could be. I found the content so "out there".

I mean everything was there: how to think differently, 7 Habits, and its variety of the modules content.

Then there were the exercises, videos, puzzles and 'games' which really kept my interest and more than that, it showed me how to take control of my life and take responsibility for the person I am and that I can be.

Now you have completed the Chrysalis Programme, how do you see your future?

The Chrysalis Programme has given me real hope that I can achieve something worthwhile with my life, even when I am here in prison.

I am using everything I have learnt and now know what is really important to me.

It has also given me the opportunity to come back and help others going through the modules. By doing this, I am now learning how to effectively coach and mentor people, which is great for my current role in the prison helping to run the gym and encouraging others to participate.

When I am released, I will be taking advantage of the coaching and mentoring support that the Chrysalis Programme offers.

Without doubt, the Chrysalis Programme has given me the confidence and tools to help me really put my dreams into action.

CHRYSALIS PROGRAMME

