



RESEARCH REPORT |

You're Not Just a Number: Experiences of the Key4Life Programme at HMP Fosse Way

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Executive Summary

You're Not Just a Number explores the experiences of men participating in the Key4Life programme at HMP Fosse Way. Based on interviews with 46 participants, it examines emotional resilience, mentoring, employability, and identity change, offering evidence of how relationship-based rehabilitation supports desistance and safer prison environments.
