

Impact Report 2025

**"Movement saved me.
Meditation saved me.
Handwritten letters saved me."**

Lisa, now a recovery coach and PPT ambassador,
on the life changes she made in prison



Our mission

The opportunity for personal growth exists in a prison cell

The Prison Phoenix Trust responds to and encourages people in prison in the development of their spirituality and sense of personal responsibility, through the disciplines of meditation and yoga, working with silence and the breath.

The trust offers personal support to people in custody through teaching, workshops, correspondence, books, CDs, DVDs and newsletters – and to prison officers too.

The trust recommends simple yoga sensitively tailored to students’ needs. This includes postures and movements, breathing exercises, relaxation and meditation where students focus on their breath.

Concentrating on silence and the breath throughout yoga practice offers students ultimate peace of mind. This is the goal of ancient yoga, as well as being a calming practice.

The Prison Phoenix Trust

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“I am desperate for someone to listen even if they don’t understand. I don’t want to be regarded as a bad person. I just want to be someone that made a mistake and is doing all that he can to put things right.”

Rob’s first letter to his PPT mentor
See how Rob’s feeling today on the back cover

Seeing the person not the prisoner

“You are part of a wonderful community of kindness. From the bottom of my heart, thank you for your support and your compassion.” **Jeremy Irons, PPT Patron**

“I am finally understanding properly the need for mindfulness and being grateful for the small things everyday. My change in attitude and approach has allowed me to deal with the loss of my last contacts with the outside world.” **Matt, HMP Garth**

A common humanity

The Prison Phoenix Trust is grounded in a very simple belief: every person has inherent worth, regardless of what they’ve done.

People in prison are human beings - many with histories of trauma, loss, addiction, and mental ill-health. Prison takes away freedom, but it shouldn’t take away dignity or the opportunity to change. Supporting people in prison isn’t about excusing harm or minimising responsibility. It’s about recognising humanity and creating the conditions for growth, accountability, and repair.

We also believe that how we treat the most marginalised people says a lot about who we are as a society. Choosing to support rehabilitation over punishment alone makes prisons safer, reduces reoffending, and helps break cycles of harm that affect families and communities for generations.



25%	of adults and...	49%	of under-21s were in care
27%	of men and...	59%	of under-18s are from global majority backgrounds
60%	have literacy difficulties	53%	of women survived physical, sexual or emotional abuse in childhood
78%	of women in Scottish prisons have brain injury from violence		

A challenging year in prisons

Prisons became headline news in 2025, as the government took steps to address dangerous levels of overcrowding.

To reduce pressure on prisons operating at 99% capacity since 2023, measures included the controversial emergency early releases of people after serving 40% of their sentence (instead of the usual 50%).

But with more than 6,000 entering prison each month, the population continues to grow with a record 87,332 people incarcerated in England and Wales by November 2025 – a number projected to reach 105,200 by 2029. Numbers remained steady in Scotland at around 8,000 but were rising in Ireland to an average 6,000 in the Republic and 1,900 in the North.¹

It will be some time before longer term measures such as a prison building programme and a review of sentencing policy will take effect.

Meanwhile the government’s June 2025 spending review included cuts of up to 50% in prison education budgets.² Prison governors reported resources being the tightest they’ve been for 30 years.

The toll on the wellbeing of people living and working in overcrowded conditions in under-resourced prisons has been grim. Assaults on staff reached an all-time high. Deaths in custody rose 30% to 411, including 96 self-inflicted deaths. Self-harm incidents also peaked at a rate of one every 7 minutes.³

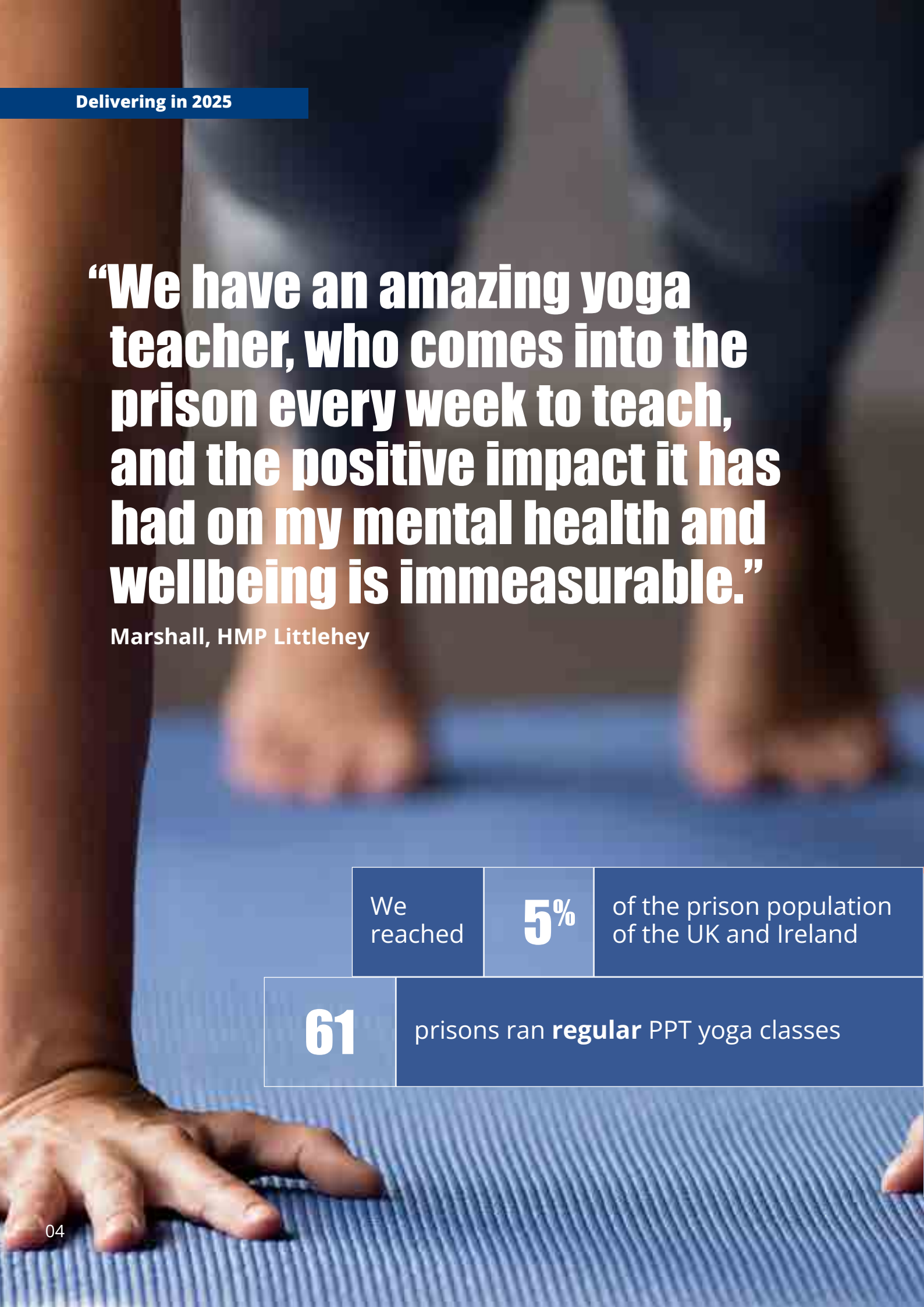
The need for a humane approach focused on rehabilitation and reintegration has never been greater.

103,232	people are currently living in prison in UK & Ireland		95%	of whom are adult men	33%	are prolific offenders		24%	of men have post-traumatic stress disorder	
34%	are locked in their cells for at least 22 hours a day on weekends		29%	on weekdays	40%	of men in prison &	50%	of women witnessed violence in their childhood home		
30%	increase in deaths in custody (411 people)	96	self-inflicted deaths		7 mins	Self-harm incidents peaked at a rate of one every 7 minutes				

“I am trying to learn to be comfortable in the uncomfortable. I am trying to find a solution to the broken system of things in prison that is obtainable by myself to give me a fighting chance of rehabilitation and to shut the revolving door that prison has become.” Stacey, HMP



1 <https://www.prisonstudies.org/>
2 <https://www.gov.uk/government/publications/spending-review-2025-document/spending-review-2025-html>
3 <https://www.gov.uk/government/statistics/safety-in-custody-quarterly-update-to-june-2025/safety-in-custody-statistics-england-and-wales-deaths-in-prison-custody-to-september-2025-assaults-and-self-harm-to-june-2025>



“We have an amazing yoga teacher, who comes into the prison every week to teach, and the positive impact it has had on my mental health and wellbeing is immeasurable.”

Marshall, HMP Littlehey

Healing through trauma-informed yoga

The PPT hears comments like this one from men and women in prisons across the UK and Ireland. Prison students say their weekly yoga class can be a lifeline. Sometimes it’s the only time in the week that they feel fully human - not just a prison number.

But while overcrowding and under-resourcing of prisons leads to even greater needs for holistic practices such as meditation and yoga, those same pressures also make it harder for prisons and The PPT to provide in-person yoga classes.

When resources are squeezed, the time needed by the prison isn’t available to organise a suitable space, allocate and risk-assess students, unlock them from cells and accompany them from their wings.

Classes can’t begin until the prison has security-vetted the teacher, provided key and security training and arranged for them to be met and accompanied from the gate.

So it’s an immense achievement that, despite this challenge, The PPT’s small yoga co-ordinating team succeeded in supporting yoga classes in more than 60 prisons over the course of 2025, along with taster workshops and wellbeing days in 9.

They found willing partners to work with in prison departments including healthcare, chaplaincy, drug recovery and neurodiversity teams and worked flexibly to meet the individual needs of each prison.

We reached		5%	of the prison population of the UK and Ireland	5,315	used our peer-support newsletter	2,393	prison staff received information & resources
61	prisons ran regular PPT yoga classes			176	continued to receive our support after leaving prison		
		12	workshop days were held in 9 prisons		551	letters were written by our mentoring team	

“Thanks for your yoga DVDs. Meditation helps my stress if I am having a bad day. It solves a lot of unnecessary fights and calms myself.” Anon

In-cell resources and peer support

*“I am a 28-year-old lad three-quarters of the way through my sentence. After getting recalled for self-harm I felt hard done by, but your book *Peace Inside* has saved me from my negative self. It has inspired me to learn more about yoga, body and spirit.”* **Luke, HMP Parc**

When people spend long hours locked behind cell doors, The Prison Phoenix Trust's flexible approach comes into its own. Our specialist resources, including DVDs, books, CDs and yoga hand-outs, enable people to use their time productively, studying yoga and meditation in their cells.

This was ever more important in 2025 when prison over-crowding and under-resourcing meant many people spent long periods of time locked behind doors with only limited opportunities to come out for 'purposeful activity' such as education, work or PE.

60%

of people in prison had 4 or more sessions of purposeful activity each week¹

In 26%

of prisons, it was available to less than half of prisoners¹

25%

of people in prison are overcrowded, with two crammed into cells designed for one²

So we created meditation and yoga practices that can be done in extremely tight spaces and provided these in illustrated handouts and through the quarterly peer-support newsletter.

The newsletter is also where people in prison share with each other their own challenges, advice and experiences of practising yoga and meditation inside. More than 5,100 individuals, representing around 5% of the prison population, asked to receive newsletters in 2025.

1. <https://www.instituteforgovernment.org.uk/publication/performance-tracker-2025/criminal-justice/prisons>

2. <https://www.gov.uk/government/statistics/hmpps-annual-digest-april-2024-to-march-2025/hmpps-annual-digest-2024-to-2025--2>



“The PPT has been the best support, helping me work on my mind and soul, being able to talk to others. I’m not so reclusive anymore.”

Antony, HMP Whatton

Sharing hope and experience

Rob was at his lowest, darkest place when he first went to prison; he felt alone, ashamed and fearful of what life now held.

He wrote: *“I am desperate for someone to listen even if they don’t understand. I don’t want to be regarded as a bad person. I just want to be someone that made a mistake and is doing all that he can to put things right.”*

When someone cries out for help from prison, one of The PPT’s dedicated team of 12 volunteers writes back, with a book, CD or DVD – and the offer on ongoing, individual support.

These exchanges of letters chart inspiring journeys of spiritual and personal development happening in prison cells all over the UK and Ireland.

Over the next two years Rob corresponded with volunteer Yvonne and as he neared release he wrote: *“I will always be grateful to you and everyone at The PPT. You have helped me to heal and grow in confidence and self-esteem.”*

“I actually feel like this is who I have always supposed to be. I know that not everyone is going to want to know me when I get out, but I know that I will not be alone. I have resilience and determination.”

Yvonne has mentored many people in prison over 22 years of service and in September, she was highly commended in the BBC Make a Difference Awards, a tribute to all who volunteer their time and expertise.

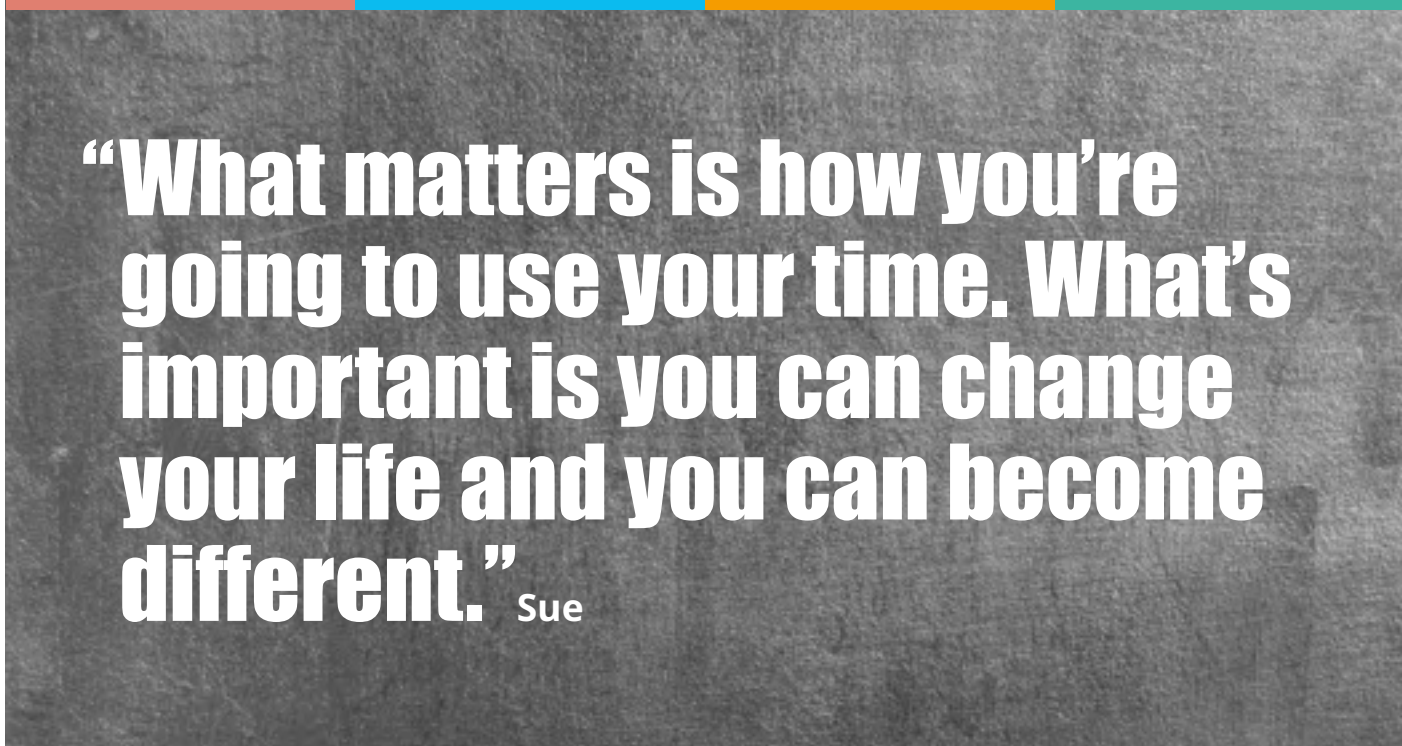


2,030	people living in prison received FREE resource packs		
197	establishments used our services across the UK and Ireland		
12	volunteer mentors wrote	45	letters per month
37	volunteers supported a staff team of 12 (7.1 FTE)		

Addiction and recovery

Drug dealing to fund her own heroin addiction landed Sue in prison with a 4-year sentence. Her story is familiar to many in prison.

Two-thirds of women and nearly two in five men report committing offences to get money to buy drugs. That’s why helping people to beat their addictions is a high priority.



Some prisons have now set up Incentivised Substance-Free Living (ISFL) wings, where people in recovery from addiction submit to regular testing; and are offered support to stay clean.

In 8 of these prisons The PPT has delivered regular yoga and meditation classes to help people develop the skills that will support their sobriety.

Sue, whose story was featured in our BBC Radio 4 Appeal in 2025, said prison for her was a blessing, a break from the chaos of her former life and chance to start again. Encouraged by a mentor from The PPT, meditation and yoga supported her as she worked through the childhood traumas and addiction that had consumed her.

She’s now a valued member of The PPT’s team of ambassadors, helping to train prison yoga teachers, sharing her experiences, and bringing something good out of the dark times in her life.

ISFL prisons with yoga from The PPT: Bristol, Bullingdon, Erlestoke, Lewes, Dovegate, Peterborough, Lindholme, Portland, Guys Marsh



“It really felt to me throughout the whole journey that The Prison Phoenix Trust had me held in the palm of their hand. Regardless of the difficulties I've had, the struggles I'm going through, you have always been there for me unconditionally.”

17%	one in six men and one in seven women (15%) serving a sentence in prison are there for drug offences	
70%	of people in prison with alcohol problems had been drinking when they committed the offence for which they were in prison	
	66%	of women and 38% of men report committing offences to get money to buy drugs
	48%	of women in prison report having committed offences to support someone else's drug use

“Yoga isn’t restricted to the mat”

says Emma, who won the British Wheel of Yoga Heart of Yoga Award for her work teaching young offenders in 2025.

“Fran bought so much more than yoga sessions; she reached out to hard-to-engage people who could not trust easily in anything. She bought about a sense of hope and self-worth in a person and through the principle of yoga they found something positive that they could be part of.”

Head of Reducing Reoffending HMP Exeter

61	prisons ran regular PPT yoga classes
12	teachers did CPD in trauma-informed yoga
8	attended masculinity workshop for men who teach men in prison
14	yoga teachers completed their accreditation

Advanced training for yoga teachers

Prison yoga teachers are very special people. They need advanced skills to make yoga and meditation accessible to groups that might include in the same class a muscle-bound man used to a gym workout, someone on crutches and someone with a neuro-diverse condition.

And they need strength of character to deal with both the hyper-vigilant atmosphere inside prisons and also the slow-moving logistics of getting a class started. We sometimes warn teachers that HMPPS stands for His Majesty’s Patience and Perseverance Service!

“For me the yoga starts when I knock on a cell door and say I’m a yoga teacher. I try to fit it into every interaction with the staff and with the lads. For all the upheaval the staff and children go through, I can be the one consistent thing in their week, knocking on the door with my bag of yoga mats, asking if they want to do yoga.”

14 of the 20 teachers who trained with The PPT in 2024 continued in 2025 to visit a prison, observe a prison yoga class and then be observed teaching a class, in order to complete our accreditation.

Teachers who trained with The PPT in the last 2 years have gone on to teach regular classes in prisons across the UK, including: Addiewell, Birmingham, Bristol, Channings Wood, Downview, East Sutton Park, Erlestoke, Exeter, Five Wells, Guys Marsh, Hindley, Hollesey Bay, Isle of Wight, Lewes, Manchester, Maidstone, Oakwood, Pentonville, Portland, Wetherby, and a number of Approved Premises housing prison leavers across England and Wales.





Mental health

Two thirds of people serving prison sentences report mental health struggles. According to an NHS study, more than half have self-harmed. And, tragically, in 2025 nearly 100 people died by suicide.

The relationship between mental health and crime is complex, but evidence suggests that improving mental health both in prison and on release is associated with reduced probability of reoffending.^{1,2}

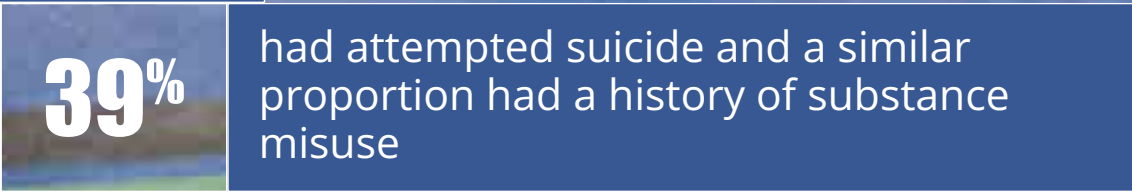
During Mental Health Awareness Week each May many prisons highlight the support available to people who are struggling during their time inside.

In 2025 The PPT helped people in 124 prisons try yoga and meditation for 10 minutes each day during Mental Health Awareness Week with a campaign called Give It 10. It reached people who've never tried yoga and meditation for self-care.

A special pack of resources was created including 7 illustrated yoga sequences, a poster and calendar to tick off progress.

One in 4 people who requested these starter packs have gone on to ask for more support, requesting further yoga resources or individual help from one of The PPT's mentors. This way we're supporting mental health in prison, one yoga pose at a time.

*"A large number of people in prison also have risk factors for poor mental health such as experience of childhood trauma, domestic violence and concurrent substance use disorder. In addition, the prison environment, regime and sentence type can inevitably have a negative impact on mental health."*³

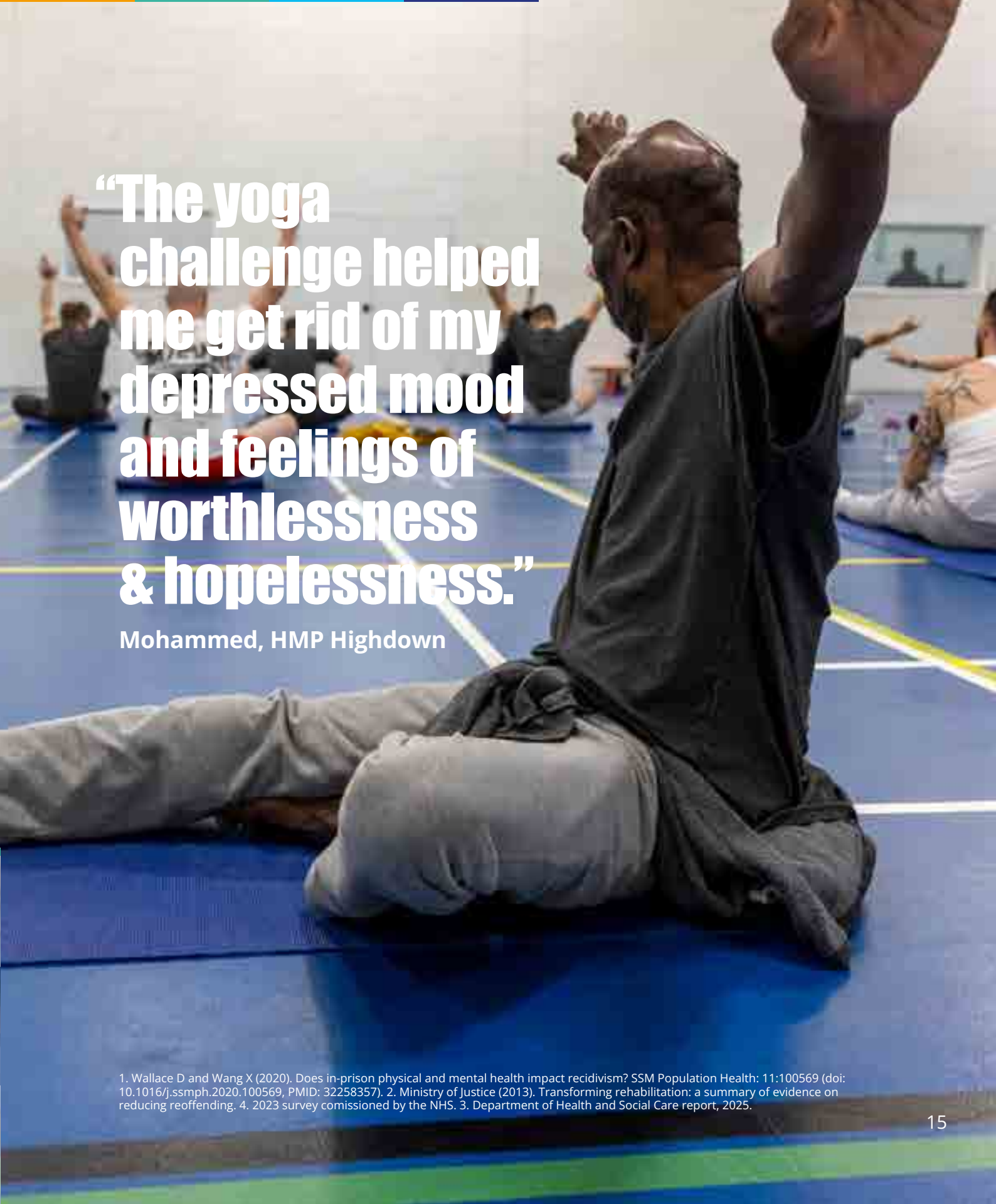


Stressed?

Can't sleep?

Head doing you in?

Yoga can help



"The yoga challenge helped me get rid of my depressed mood and feelings of worthlessness & hopelessness."

Mohammed, HMP Highdown

1. Wallace D and Wang X (2020). Does in-prison physical and mental health impact recidivism? SSM Population Health: 11:100569 (doi: 10.1016/j.ssmph.2020.100569, PMID: 32258357). 2. Ministry of Justice (2013). Transforming rehabilitation: a summary of evidence on reducing reoffending. 4. 2023 survey commissioned by the NHS. 3. Department of Health and Social Care report, 2025.

With a little help from our friends

Behind every story of change are the supporters who help make it possible. Our work was strengthened in 2025 by the generosity and advocacy of remarkable supporters, who amplified our message, shared powerful stories and inspired others to engage. Their contributions help extend our reach, raise vital funds and bring the benefits of yoga and meditation into prisons.



Monawar Hussain

The PPT's consultant was guest editor of the Sophie Law breakfast show on BBC Radio Oxford in February, inviting our CEO Selina Sasse to talk about our work and also interviewing PPT ambassador Paul, who shared his experiences of yoga and meditation in prison.

Jeremy Irons

Our long-time patron Jeremy told the moving story of The PPT's ambassador Sue for a Radio 4 Appeal broadcast in May. We were overwhelmed by the wonderful response to the appeal, which raised more than £50,000, including match-funding from 3 generous donors. Jeremy said: *"You are part of a wonderful community of kindness. From the bottom of my heart, thank you for your support and your compassion."*

Levi Roots

Levi Roots is not only a celebrity chef and businessman, but also a keen yogi. This year he shared tips on practising yoga and meditation in prison through The PPT's peer-support newsletter and as part of a yoga course on laptops in HMP Erlestoke. He said: *"Yoga is an absolutely wonderful thing. Anyone can do yoga and you can do it anywhere."*

Qian Zephaniah

Our much-missed patron Benjamin Zephaniah's legacy lives on with the continuing support of his widow Qian. She invited The PPT to take the stage at the first ever Official Benjamin Zephaniah Day a Brunel University in April, and through Benjamin's social media channels has helped our campaigns and recruitment drives reach many more people with the power of yoga in prison.

Proud to be part of the conversation

Inside Time – reported the growth in demand for yoga in prison, featuring a front-page picture of yoga in HMP Maidstone.

Life After Prison podcast – The PPT ambassador Lisa was interviewed about her journey from addiction and prison to sober coach and mentor.

BBC Radio Solent – talked to The PPT ambassador Richard about Mental Health Awareness Week in prisons.

BBC Radio York and the Yorkshire Post – reported Emma's Heart of Yoga Award for her work teaching young offenders.

BBC Radio Oxford – invited The PPT on a number of times and broadcast a long piece on volunteer Yvonne being highly commended in the BBC Make a Difference Awards.

National Prison Radio's Inside Out programme interviewed The PPT ambassador Paul about the transition to life on the outside and making a living in the wellbeing field.

Yoga Magazine – ran a 5-page feature on yoga and mental health in prisons.

Spectrum Magazine – ran a 2-page feature on yoga and women in prison, featuring The PPT's ambassador Lisa.

BBC Radio 4 – gave its appeal slot to Jeremy Irons and Sue's story of rehabilitation from addiction and prison.

Ox Mag – had a Q&A with Jeremy Irons about his long-time support for The PPT

Om Magazine, Yahoo News, Oxford Mail, Oxford Herald and Oxford Times all featured Jeremy, Sue and our Radio 4 Appeal.

A year of yoga and meditation in prisons



January

New yoga and mindfulness classes started at HMP Portland, with sessions in the gym and substance-free living wing. (Pic 1)

At the Women and Justice: A New Direction summit in London we emphasised the importance of addressing the mental health needs of women in prison and shared the latest findings from 11 mindful yoga programmes delivered in two women's prisons throughout 2023 and 2024. (Pic 2)

In Oxford, Tiny Teahouse and Everybody Yoga Studio raised £400 for The PPT.

February

Celebrity chef and businessman Levi Roots lent his support to yoga in prison with an article in our peer-support newsletter, drawing on his own experience of serving time inside. (Pic 3)

New yoga classes started at HMPs Oakwood and Thameside.

The PPT's consultant Imam Monawar Hussain was guest editor of the breakfast show on BBC Radio Oxford. He invited our CEO Selina Sasse to talk about our work and also PPT ambassador Paul to share his experiences of yoga and meditation in prison. (Pic 4)

March

We shared yoga and meditation – and experiences of working in prisons – with chaplains and delegates at the Quakers in Criminal Justice conference.

A new course of yoga classes started at Tulse Hill Approved Premise, London.

April

At HMP Bullingdon we shared yoga at the prison's community day for people who don't currently get visits from family or friends. (Pic 5)

We took part in the first official Benjamin Zephaniah Day at Brunel University. PPT trustee Shola Arewa and Qian Zephaniah had the opportunity to catch up (above). Former director Sandy Chubb shared memories of our much-loved patron, poet and human rights champion, while PPT ambassadors Lisa and Dennis spoke about their experiences of yoga and meditation while serving prison sentences. (Pic 6)

May

Some 55 prisons took part in The PPT's Give It 10, trying 10 minutes of yoga every day during Mental Health Awareness Week. (Pic 7)

People in 10 prisons took part in a meditation "retreat" for World Meditation Day. Handouts with simple yoga sequences and breath-focus meditation were sent in advance so that people in prison could join volunteer mentors, yoga teachers, trustees and staff who practised together in person.

A 12-week pilot course of yoga and meditation delivered into cells via laptops began at HMP Erlestoke, launched with a message from celebrity chef and businessman Levi Roots.

Prison Yoga teacher Emma won the British Wheel of Yoga Heart of Yoga Community Champion Award for her work teaching young offenders. (Pic 8)

A new course of yoga classes began at HMP Hollessey Bay.

At the All-Party Parliamentary Group on Sport and Physical Activity in the Criminal Justice System, yoga lead Victoria along with prison yoga teacher Sandra and PPT ambassador Lisa took part in a round-table discussion on women in prison.

Some 350 people donated to our Radio 4 Appeal, in which actor Jeremy Irons told the story of PPT ambassador Sue. (Pic 9)

The PPT ambassador Paul spoke on National Prison Radio's Inside Out programme about the transition to life on the outside and making a living in the wellbeing field. (Pic 10)

The PPT ambassador Richard spoke on BBC Radio Solent about yoga in prisons for Mental Health Awareness Week.

June

New yoga courses started in HMPs Liverpool and Maidstone.

14 prison yoga teachers attended a one-day workshop updating skills and knowledge of the trauma-informed approach now required to teach in prisons.

Yoga workshops were held for probation staff in Hampshire and Berkshire.

We took part in the Perrie Lectures 2025: the future of prisons: should we do custody differently? (Pic 12)

A year of yoga and meditation in prisons



July

New yoga classes started at the secure Bella Centre for women Glasgow.

August

Taster yoga workshops were held for 25 men in HMP Ashfield.

The PPT ambassador Lisa was the special guest on Life After Prison podcast, talking about the role of meditation and yoga in rehabilitation and the way she has created a new life for herself. (Pic 1)

September

Volunteer Yvonne was highly commended in the BBC Make a Difference Award for her service mentoring people in prison over 22 years with The PPT. (Pic 2)

A new course of yoga classes began at HMP Bullingdon.

We ran a workshop for male yoga teachers, sharing ways of bringing a trauma-informed approach to yoga into a hyper-masculine environment of men's prisons. (Pic 3)

The PPT ambassador Lisa was the star of Remember A Charity Week's national advertising campaign encouraging people to leave a gift in their will. (Pic 4)

October

Simon, who shared yoga with his peers while serving a sentence in 2 prisons, was recognised with a prestigious Hope and Fulfilment Award from the Prison Reform Trust.

Yoga lead Victoria shared The PPT's work with the Yoga Community Outreach Project.

November

We began a partnership with Change Grow Live, introducing yoga and meditation as part of drug and alcohol recovery programmes in 4 prisons in South-West England.

An introduction to mentoring workshop was held for future volunteers.

December

Yoga workshops were held to launch new courses starting at HMP Manchester and HMP Peterborough. (Pic 5)

CEO Selina Sasse attended Justice Futures. (Pic 6)

Hidden heroes

Peer to peer support with the Hope & Fulfilment Awards

In October Simon, a mentee of The Prison Phoenix Trust, was recognised with a Hope and Fulfilment Award for his outstanding contribution to the wellbeing of others in prison.

The award, run by the Prison Reform Trust and generously supported by Lady Edwina Grosvenor & The Wilmington Trust, is a new national scheme designed to recognise, reward and celebrate the achievements, talent, and initiative of people in prison.

While serving his sentence in 2 prisons, Simon created and led the Inner Strength, Movement and Breathwork course — a programme that uses yoga, meditation, and mindfulness to build resilience and emotional strength among his peers.

Celebrating hope and human connection

Simon's recognition was the third major award for The PPT in 2025. In September, long-time volunteer Yvonne was highly commended in the BBC Make a Difference Awards after 22 years of mentoring people in prison.

In May, yoga teacher Emma won the British Wheel of Yoga Heart of Yoga Award for her work teaching young offenders.

Together, Simon, Emma and Yvonne's achievements highlight the power of human connection, compassion, and personal growth in the rehabilitation journey.



Prison yoga goes digital

In 2025 The PPT created a 12-week yoga course, Freedom Inside with Yoga, for people to follow in their cells in HMP Erlestoke on prison service laptops, known as Launchpads.

Part of a 2-year research project, this is a collaboration with colleagues in His Majesty's Prison and Probation Service and Professor of Criminological Psychology Rosie Meek of Royal Holloway University of London.

It aims to contribute to an evidence base that will help the wider criminal justice sector understand how digital learning and enrichment projects can be cost-effective in supporting rehabilitative interventions in prison.

An important aspect of the pilot was the involvement of users of the course in its co-creation, with content designed to meet specific needs they raised. Learnings from this will influence the next stage, which is an expansion of the project to another 3-5 prisons in England and Wales.

Technologically, most prisons still resemble the 1950s more than the 21st century, but since 2021 more than 16,000 Launchpads have been introduced into 20 prisons.

Responses to the pilot were very positive with more than 50% of those in custody at HMP Erlestoke taking part. Prison staff are also being asked if they've noticed any changes in people taking part in yoga.

One staff member wrote that a man in recovery from addiction had a goal to stay sober until lunchtime: *"I just wanted to let you know that he came into my office this morning and was glowing. He stated he loved yesterday; he had the best nights sleep ever and fell asleep at 6pm and slept all night. He also did not use at all yesterday. I am giving him a mat and he is going to try your videos in his cell now."*

Thanks to support from funders, this research project will continue run throughout 2026, with results published in 2027.

"This was an amazing project that has over-delivered in its result, to go from a starting point of 0 prisoners to half the prison population doing some yoga. I really hope you are proud of the achievements and can deliver this to the rest of the estate so they can also engage in this valuable activity and bring yoga into more cells." **Digital Manager, HMP Erlestoke**

"I've really got into the yoga. I do it every day, I pull my mat out in the mornings, put the new session on and away I go. I'd like to say a very, very big thank you. It's very much appreciated." 'Nick', HMP Erlestoke



Wise women

"I am honoured to be bringing not just my lived experience, but also the voices of countless women who have sat in those same cells, aching to move, to feel, to heal."

Lisa, PPT ambassador



Three great PPT Women, yoga lead Victoria, prison yoga teacher Sandra and ambassador Lisa, took part in an All-Party Parliamentary Group round-table discussion aimed at informing policy for women in prison.

This follows a growing recognition over 20 years of the distinct needs of women in the criminal justice system, leading at the start of 2025 to the launch of a new Women's Justice Board with a goal to *"reduce the number of women in custody by using early intervention and tackling the root causes of offending."*

Minister of State for Prisons, Probation and Reducing Reoffending, James Timpson's announced his intention to close a women's prison in England or Wales, redirecting offenders to alternative forms of punishment and rehabilitation.

The PPT is contributing experience of developing trauma-informed ways of working with women in 8 women's prison over recent years.

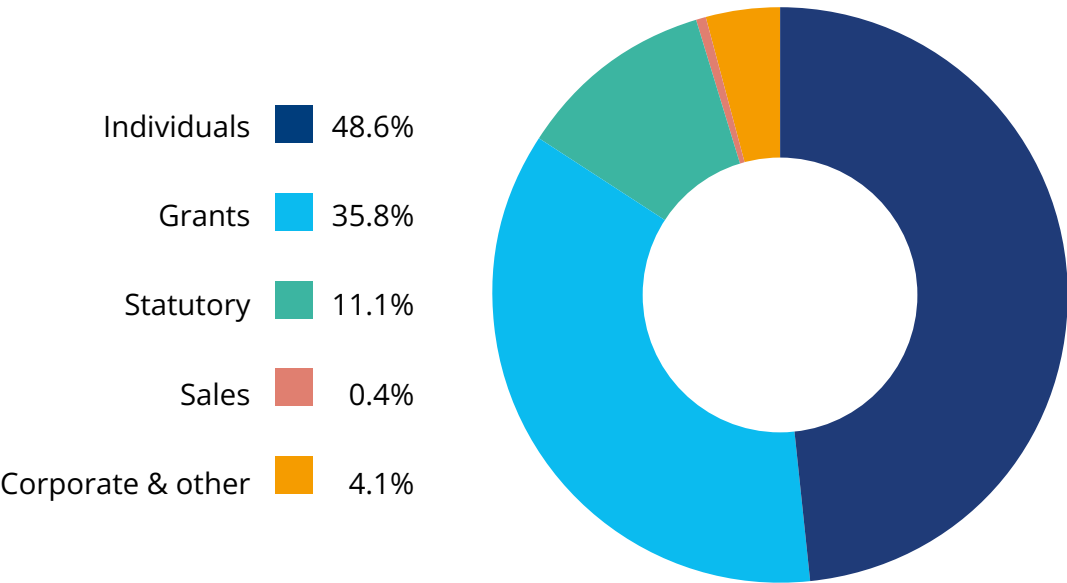
"Turning my personal **-show into some small source of service is the greatest privilege of my life. To those still trapped 'inside', still struggling with self doubt... Hold on. Breathe. Move. You're not alone."** Says Lisa



Financial summary

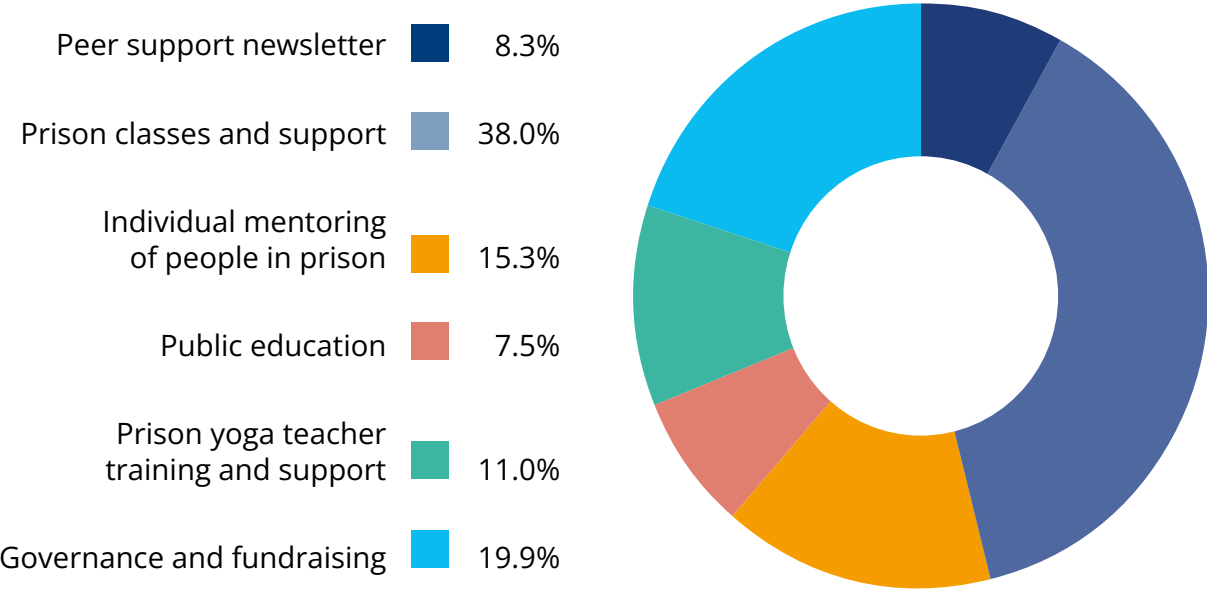
Income: £498,811

The strategy is to grow funding across The PPT’s income streams. In 2025, we were following on from 2024, when we received some particularly large one-off legacy and grant income. This meant that year on year there was a fall in income in 2025 vs. 2024, but comparing the 2025 results to other recent years, the overall pattern of growth was maintained. The split of income in 2025 was



Expenditure: £520,266

Expenditure was in line with strategic aims for service delivery and profile-raising. It also reflects investments made in capacity building within the team, and developing a bespoke CRM system to provide more detailed impact reporting & fund raising



*Hope and healing
through meditation
and yoga*



PO Box 328, Oxford OX2 7HF
www.theppt.org.uk
Charity reg. no. 1163558

“I will always be grateful to you and everyone at The PPT. You have helped me to heal and grow in confidence and self esteem. I actually feel like this is who I have always supposed to be. I know that not everyone is going to want to know me when I get out, but I know that I will not be alone. I have resilience and determination.”

It's 2 years since Rob's first letter to his PPT mentor
He's come a long way