



A list of dedicated support agencies for ex-offenders in the UK

Offenders and ex-offenders are often stigmatised by society. It is incredibly difficult for this group of people to move past their convictions. The conviction follows them in many aspects of life, from employment to familial relationships.

Time in custody means leaving employment (if the individual was employed), being separated from their meaningful relationships, loss of stable accommodation for many, isolated from new opportunities and much more.

Luckily, the UK has many great organisations that assist individuals with convictions; this list may not be comprehensive, but it's a good place to start.



Unlock is a charity who specialise in assisting people with criminal convictions. They have a wealth of information and advice on things like criminal record checks. Contact them on 01634 247350.



[Nacro](#) help people to reintegrate with society, helping in different areas like housing, mental health and substance misuse. Contact them on 0300 123 1999.



St Giles Trust use their expertise and life experiences to guide people towards a more positive future. They can help with housing and emergency accommodation. Contact them on 020 7708 8000.



[RECOOP](#) help older people with criminal convictions get settled back into society.



[Women in Prison](#) is a social justice charity there for women affected by the criminal justice system, campaigning against harm caused to women and their loved ones by imprisonment. Contact them on 0800 953 0125.



[Apex Charitable Trust](#) provide specialist advice and support to individuals concerned with the disclosure of criminal convictions to employers. Contact them on 01744 612898.

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[Working Links](#) support people looking for employment after incarceration, and make positive changes in the environment through human activity. They have a link to find free courses to help people upskill their CV.



The [YMCA](#) supports young offenders upon release from prison by helping them identify training opportunities. They're based in England and Wales and can also give advice on family, accommodation, health & wellbeing and training & education. Contact them on 0207 186 9500.



[Step Together](#) work to connect, engage and empower people with complex needs overcome their personal barriers. Contact them on 0117 955 9042.



[Nerdwallet](#) have some useful advice on getting a bank account after leaving prison. This is valuable information for employment and trying to secure things like a loan or a mortgage.



[Together](#) supports the mental well being of people who have been convicted of a criminal offence. They believe too many people pass through the criminal justice system without recognition of the harm caused to their mental health. Contact them on 020 7780 7394 or email criminal-justice@together-uk.org