



Research partnerships and collaborations helping to address the sustainable development goals

Below is an example demonstrating our response to Target 10.3:

Ensure equal opportunity and reduce inequalities of outcome, including by eliminating discriminatory laws, policies and practices and promoting appropriate legislation, policies and action in this regard

Research on social identity and mindfulness has underpinned rehabilitation programmes in maximum security prisons in Kenya. These programmes have reduced incidences of violence, alcohol and drugs and supported re-integration programmes benefitting the wider community. The Programme has since been adopted by the Nafisika Trust, a Kenyan charity working in prisons, further extending the reach, and enabling the Programme to become sustainable.

Research on African prisons by Dr Inmaculada Adarves-Yorno highlighted that many prisons in Africa were operating at 300% of capacity, with some lacking the necessary facilities for rehabilitation. Kenya had seen cases of prisoners ganging up against warders, and guards torturing convicts. The atmosphere of despair, tension and aggression in many prisons left warders and prisoners alike susceptible to mental health issues like post-traumatic stress disorder. Most prisoners felt incarceration was the end of their lives, they had no hope, they engaged in aggressive behaviour, they could not deal with their negative emotions, they considered the guards the "enemy", there was conflict and resistance to the prison rules and regulations of the institution.

Exeter research on mindfulness led to a training programme with its goal to transform prisoners into mindful leaders, initially at the Naivasha Prison. As well as being implemented within Naivasha Prison, Mindfulness PLUS training has also been introduced to a number of other prisons and institutions in Kenya. The programme has been formally transferred to the Lang'ata Women's Prison, a maximum female facility in Nairobi, and more than 20 other institutions in Kenya have also adopted it.