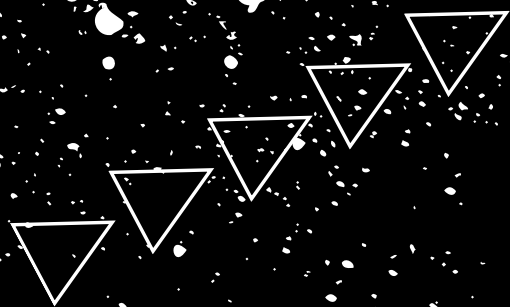


EMPOWER

Evidence-Based Digital Health & Wellbeing Platform



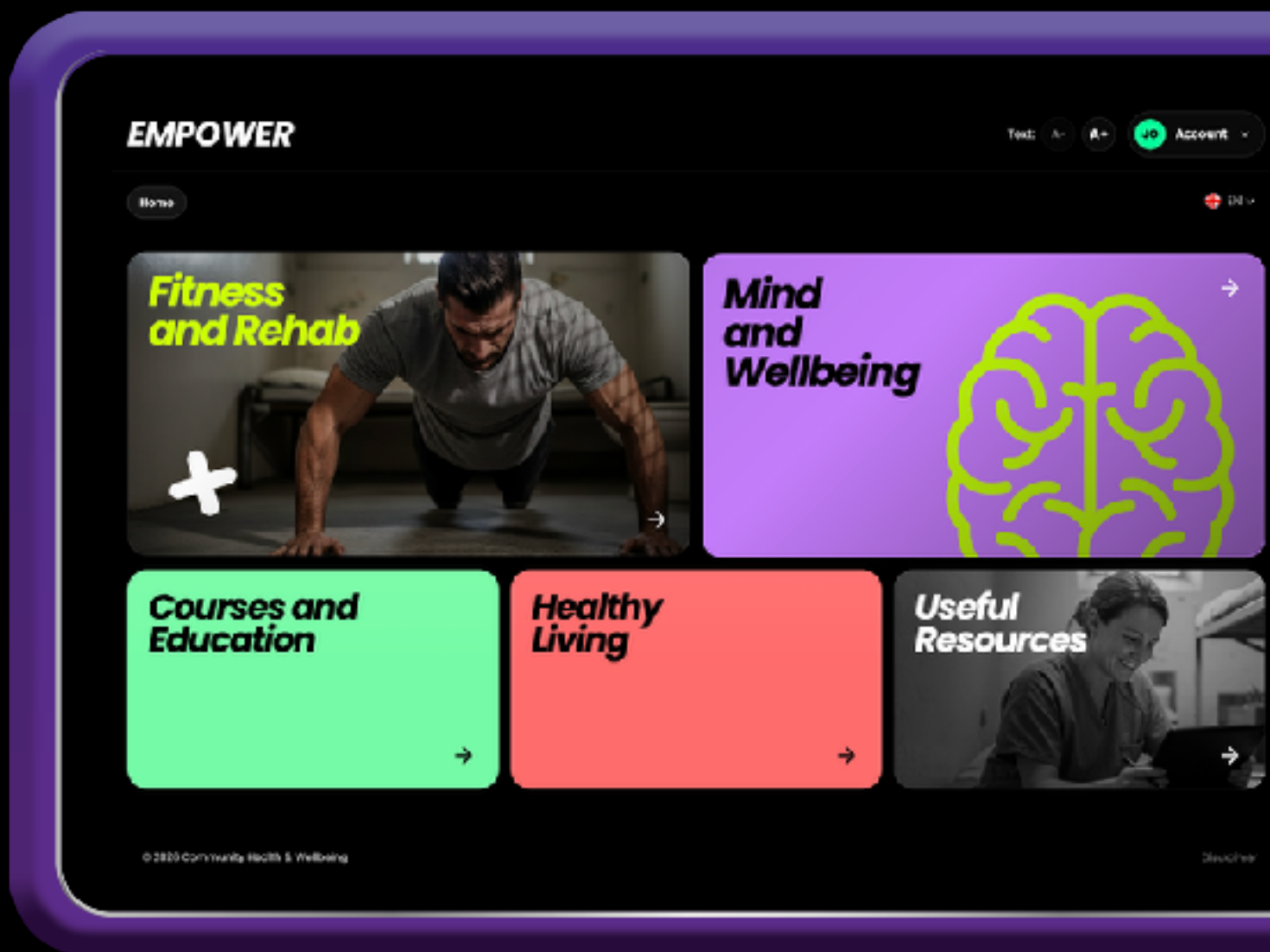
Overview 2026
Netherlands

Powered by
+ CHW_ Community
Health &
Wellbeing

Welcome to *EMPOWER*, a comprehensive digital health and wellbeing platform designed to support physical health, mental wellbeing, education, and personal development in secure and challenging environments.

This application guide provides an overview of the ***EMPOWER*** platform, outlining its wide range of evidence-based fitness, rehabilitation, mental health, learning, and life skills resources. Fully translatable into over 130 languages and accessible worldwide, ***EMPOWER*** has been developed to remove barriers to wellbeing, empower individuals to take control of their health, and support positive, sustainable change.

Within this guide, you'll find a clear breakdown of each application area, helping you understand how **EMPOWER** can be implemented to improve engagement, resilience, and overall wellbeing across diverse populations.



EMPOWER

Contents

The **EMPOWER** platform is organised into five core categories, providing an integrated approach to physical health, mental wellbeing, education, and practical life skills, designed to be accessible, inclusive, and adaptable. It also includes a central dashboard for prisoners and staff, offering tailored tools to support engagement, delivery, and oversight across the platform.

Fitness & Rehabilitation

- In-Cell Workouts
- Gym Workouts
- Instructional Exercises
- Yoga
- Pilates
- Health Conditions
- Personal Coaching Programmes
- Injuries and Rehabilitation
- Fitness Tracker and Food Log

Mind & Wellbeing

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- CBT Support, Grounding Technique
- Motivational Videos
- Mind Games

Courses & Education

- Mental Performance Course
- Substance Misuse Course
- Nutrition Course
- Conflict Resolution Course
- First Aid / Basic Life Support Course
- Human Trafficking Awareness Course

Healthy Living

- Men's Health
- Women's Health
- Seniors Support
- Oral Health
- Recipes

Useful Resources

- Finance
- Career Guidance

Prisoner & Staff Dashboard

Available in **130+** languages – Full translation support for all content

Fitness & Rehabilitation



Fitness & Rehabilitation

In-Cell Workouts

What It Is

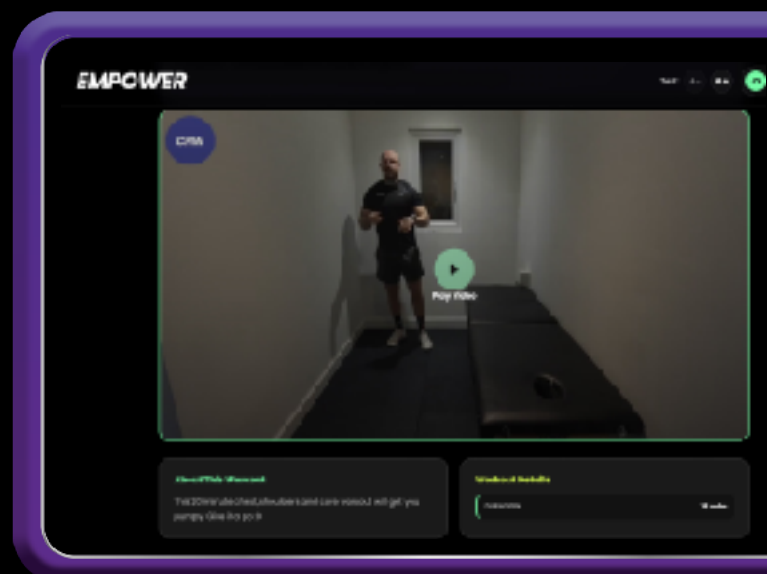
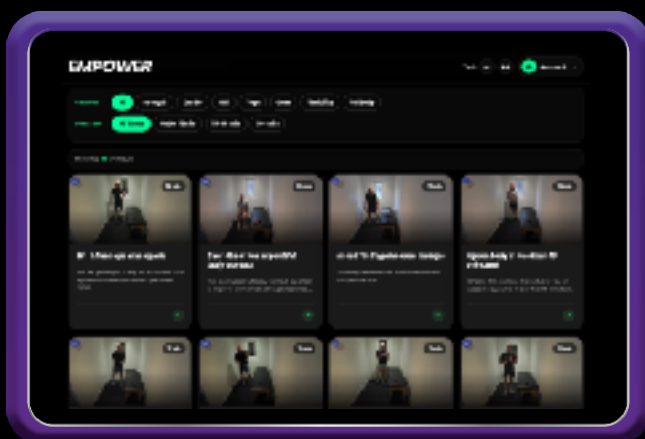
A comprehensive collection of equipment-free exercises specifically designed for confined spaces. This app provides bodyweight workout routines that can be performed in small areas, making fitness accessible regardless of environment or available equipment. All exercises are demonstrated with clear instructions and can be adapted to different fitness levels.

Benefits

- Stay fit without any equipment or gym access
- Exercise safely in limited spaces
- Build strength, endurance, and flexibility
- Improve mental health through physical activity
- Progress at your own pace with scalable difficulty
- Maintain physical health in any environment

Key Features

- Full bodyweight workout routines (upper body, lower body, core, full body)
- Warm-up and cool-down sequences
- Progressive difficulty levels from beginner to advanced
- Timed workout sessions with rest intervals
- Exercise demonstrations with proper form guidance
- Stretching and mobility routines
- Quick 10, 20, and 30-minute workout options
- Workout tracking and progress logging



Fitness & Rehabilitation

Gym Workouts

What It Is

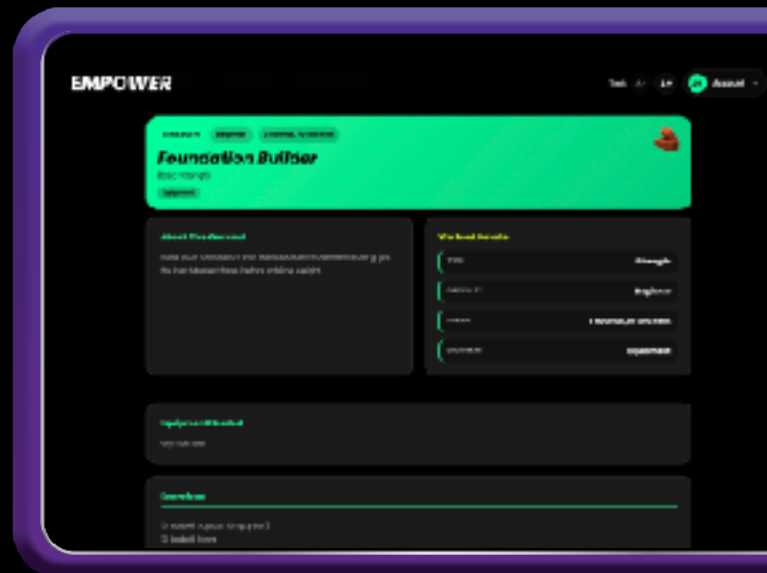
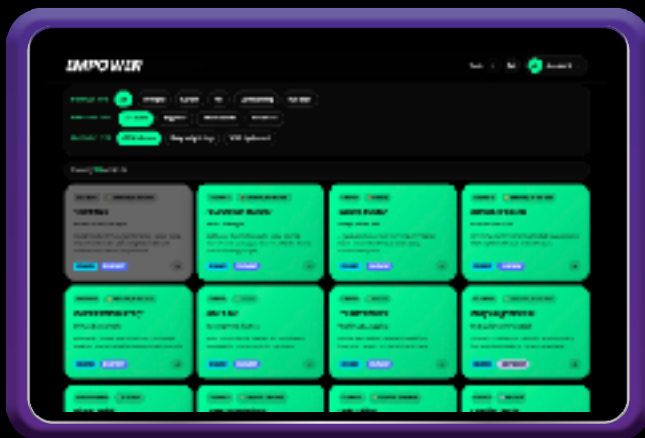
Workouts designed for gym environments with access to weights and equipment as well as bodyweight workouts. This app provides professionally designed workouts comprehensive exercise libraries to help users build muscle, lose fat, or improve overall fitness with proper gym-based training.

Benefits

- Build muscle and strength effectively
- Follow structured workouts designed by fitness professionals
- Learn correct exercise techniques to prevent injury
- Maximise gym time with efficient workout structures

Key Features

- Multiple workout options
- Comprehensive exercise library with video demonstrations
- Circuit training, Body weight training, Hyrox, Crossfit, Athx and more!



Instructional Exercises

What It Is

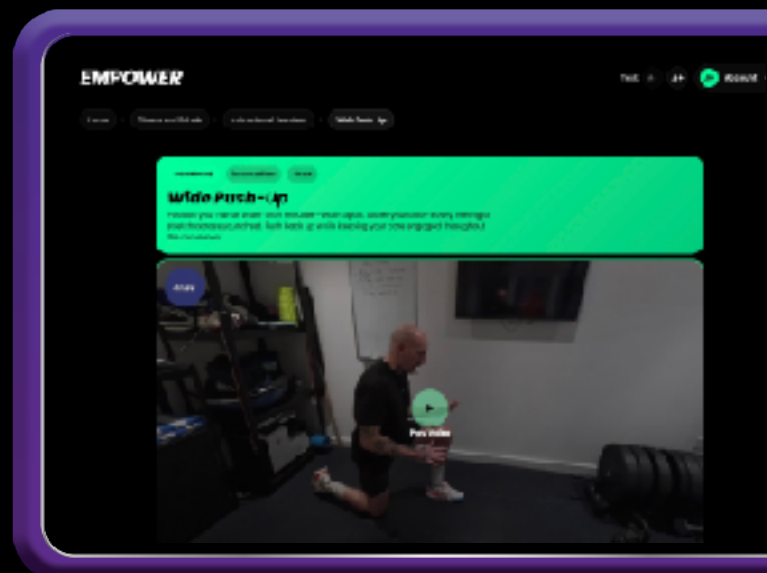
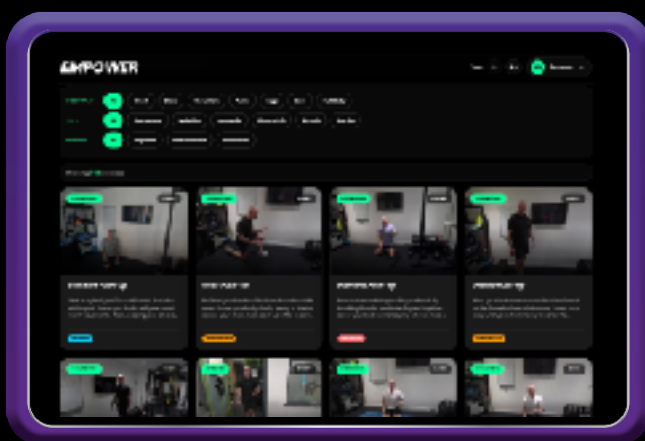
A detailed exercise education resource providing step-by-step demonstrations and technique breakdowns for a wide variety of exercises. This app focuses on teaching proper form, movement patterns, and exercise execution to ensure safe and effective training, whether at home or in the gym.

Benefits

- Learn correct exercise form to prevent injuries
- Understand proper movement patterns and muscle engagement
- Build confidence in performing exercises correctly
- Improve exercise effectiveness through better technique
- Access professional instruction anytime
- Reduce risk of strain and injury during workouts

Key Features

- Video demonstrations for hundreds of exercises
- Step-by-step written instructions with key coaching cues
- Common mistakes and how to avoid them
- Muscle group targeting information
- Exercise variations and progressions
- Breathing technique guidance
- Equipment alternatives and modifications
- Searchable exercise database by muscle group or equipment



Fitness & Rehabilitation

Yoga

What It Is

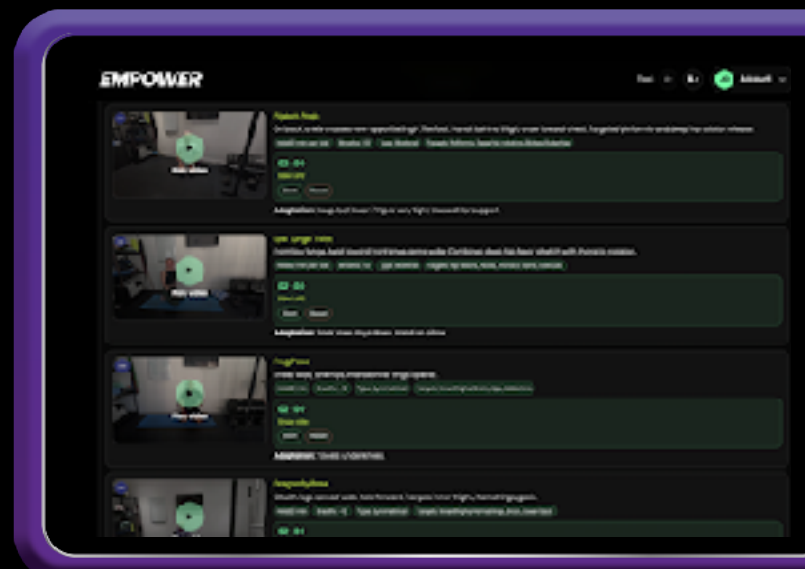
A comprehensive yoga platform offering guided sessions for flexibility, balance, relaxation, and mindfulness. The app includes specific progressive programmes that help you to achieve goals, from quick stretching routines to full hour-long practices, suitable for complete beginners through to experienced practitioners.

Benefits

- Improve flexibility, balance, and body awareness
- Reduce stress and promote relaxation
- Strengthen muscles through bodyweight poses
- Enhance mental clarity and mindfulness
- Support better sleep and recovery
- Accessible practice requiring minimal space

Key Features

- Guided yoga sessions with audio/visual instruction
- Session lengths from 10 minutes to 60+ minutes
- Pose library with alignment instructions
- Timed pose sequences with transitions
- Beginner-friendly foundations programmes
- 12 week goal specific Yoga programmes
- Breathing exercises (pranayama) integration



Pilates App

What It Is

A mat-based Pilates platform focusing on core strength, posture improvement, and body conditioning. This app provides structured Pilates programmes that build functional strength, improve flexibility, and enhance body awareness through controlled, precise movements suitable for all fitness levels.

Benefits

- Strengthen core muscles and improve stability
- Enhance posture and body alignment
- Increase flexibility and range of motion
- Build lean muscle and body tone
- Reduce back pain through core strengthening
- Improve body awareness and movement quality

Key Features

- Guided mat Pilates sessions with instruction
- Beginner to advanced workout programmes
- Core-focused workout routines
- Full-body Pilates programmes
- Timed exercise sequences with rest periods
- Posture correction exercises
- Breathing technique integration
- Session lengths from 15 to 45 minutes
- Exercise modifications for different abilities



Health Conditions

What It Is

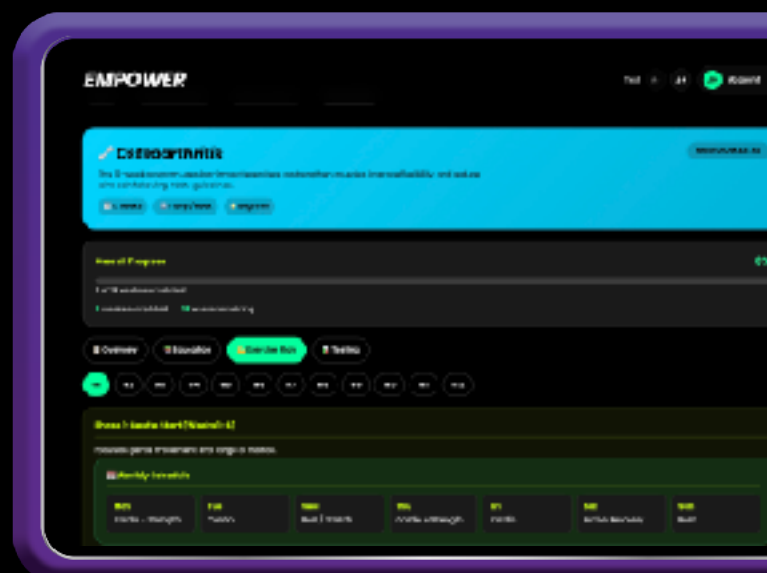
Specialised programmes designed for individuals managing specific health conditions. Based on NHS, NICE, WHO, and ACSM guidelines, these evidence-based programmes provide safe, appropriate exercise routines tailored to conditions such as diabetes, heart disease, arthritis, COPD, and more.

Benefits

- Exercise safely with guidance specific to your health condition
- Improve condition management through appropriate physical activity
- Follow evidence-based programmes from authoritative health sources
- Build strength and fitness within safe parameters
- Understand exercise modifications for your specific needs
- Support overall health alongside medical treatment

Key Features

- Structured programmes for multiple health conditions
- Condition-specific exercise modifications and precautions
- Progressive difficulty appropriate to each condition
- Educational content about exercise and health conditions
- Warning signs and when to stop exercising
- Warm-up and cool-down routines for each condition
- Progress tracking with condition-appropriate metrics
- Programmes for: Type 2 Diabetes, Heart Disease, Arthritis, COPD, Hypertension, Obesity, Depression/Anxiety, Osteoporosis, and more



Personal Coaching Programmes

What It Is

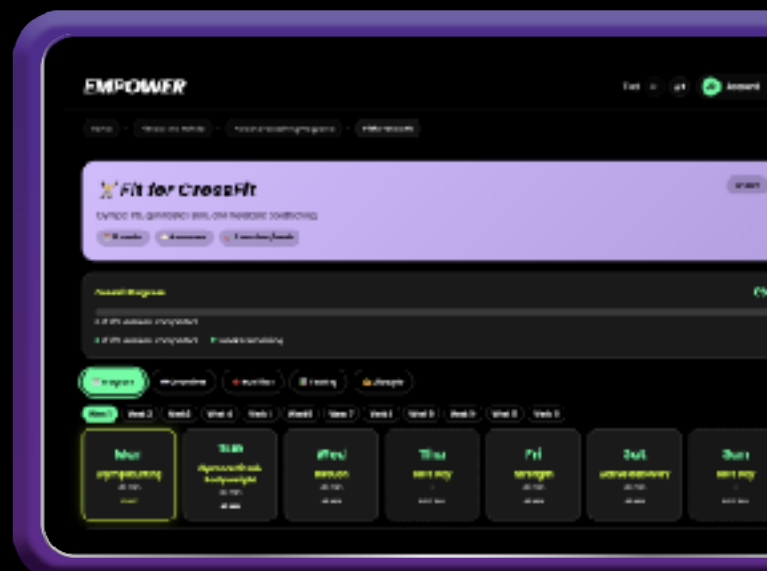
Personalised fitness training plans for your individual goals, fitness levels, and preferences. This app provides customised workout programming with goal-specific guidance, whether the aim is weight loss, muscle building, improving endurance, sport specific, or general fitness improvement.

Benefits

- Receive personalised training tailored to your specific goals
- Follow progressive programmes
- Exercises appropriate to your current fitness level
- Stay motivated with structured, goal-oriented training
- Achieve results more efficiently with targeted programming
- Access professional-level coaching without a personal trainer

Key Features

- Goal assessment
- Multiple training goal options (fat loss, muscle gain, endurance, general fitness, sport specific)
- Adaptive programming based on progress
- Workout scheduling and planning tools
- Progress assessments and programme adjustments
- Nutrition guidance aligned with training goals
- Rest and recovery recommendations
- Programme duration options (4, 8, 12 weeks)



Injuries and Rehabilitation

What It Is

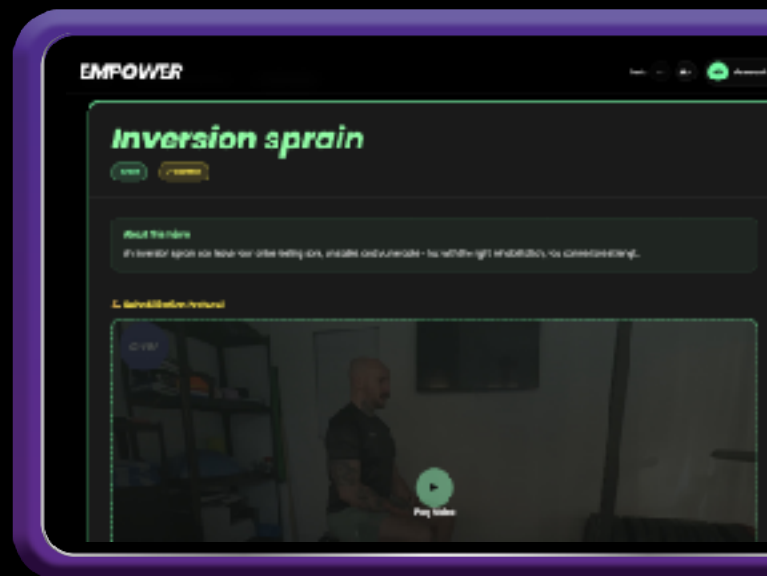
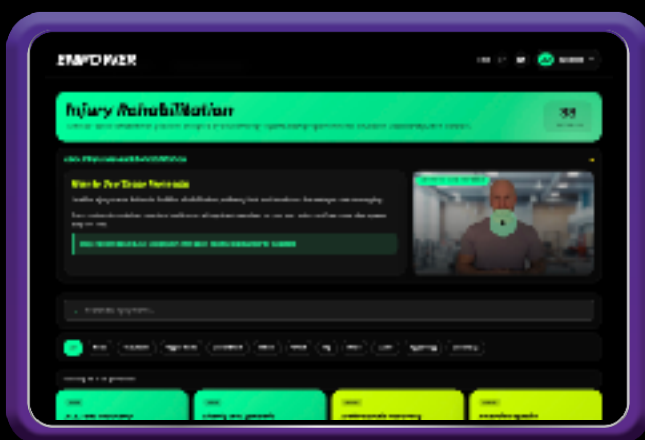
A comprehensive rehabilitation resource providing recovery exercises and injury prevention strategies. This app offers guided rehabilitation protocols for common injuries, helping users safely return to activity while reducing the risk of re-injury through proper recovery programming.

Benefits

- Recover safely from common injuries with guided protocols
- Understand injury healing and appropriate recovery timelines
- Prevent future injuries through targeted exercises
- Maintain fitness during recovery with safe alternatives
- Build strength around vulnerable areas
- Return to full activity with confidence

Key Features

- Rehabilitation protocols for common injuries (shoulder, knee, back, ankle, etc.)
- Phase-based recovery programmes (acute, subacute, return to activity)
- Mobility and flexibility restoration exercises
- Strengthening exercises for injury prevention
- Recovery guidance
- When to seek medical attention guidelines
- Injury prevention programmes for common problem areas



Fitness & Rehabilitation

Fitness Tracker and Food Log

What It Is

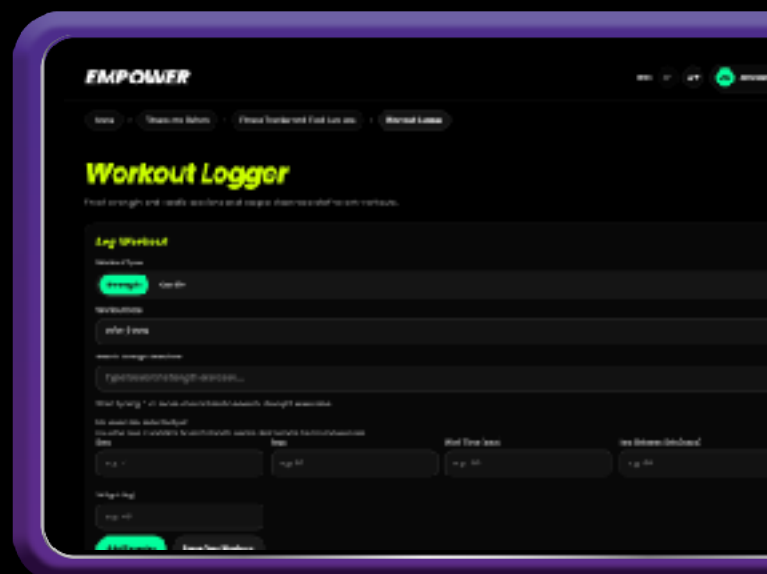
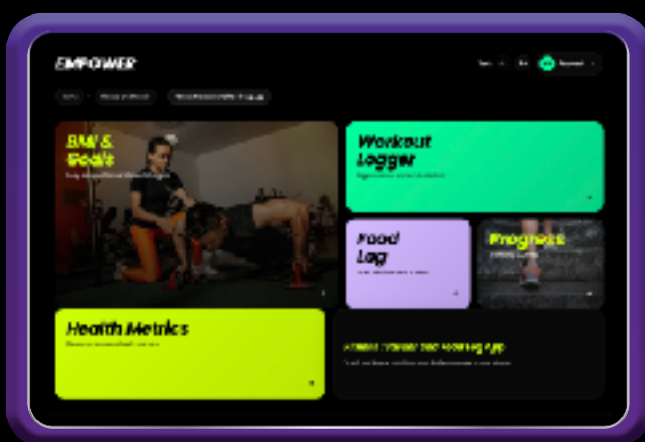
A comprehensive tracking application for monitoring workouts, nutrition, and overall fitness progress. This app combines workout logging, calorie and macro tracking, body measurements, and progress visualisation to provide a complete picture of health and fitness journey.

Benefits

- Track all aspects of fitness in one place
- Monitor nutrition and calorie intake accurately
- Visualise progress over time with charts and statistics
- Stay accountable with consistent logging
- Understand the relationship between diet and exercise
- Make informed decisions based on personal data

Key Features

- Workout logging with exercise, sets, reps, and weight tracking
- Comprehensive food database with thousands of items
- Calorie and macronutrient (protein, carbs, fat) tracking
- Body measurement tracking (weight, measurements, photos)
- Progress charts and statistics
- Daily, weekly, and monthly summaries
- Goal setting and progress towards targets
- Water intake tracking



Mind & Wellbeing



Guided Meditation

What It Is

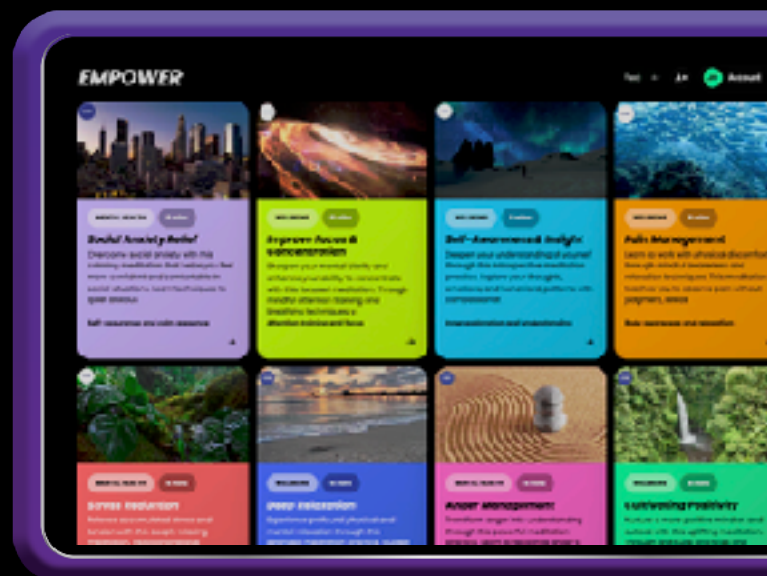
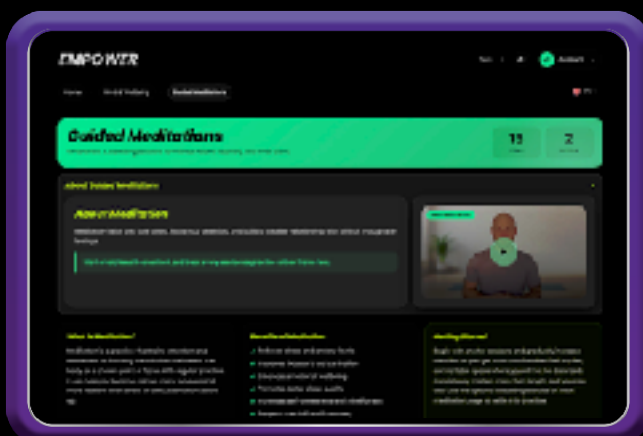
A comprehensive meditation platform offering audio and visual-guided relaxation and mindfulness sessions. This app provides a variety of meditation styles and lengths to help reduce stress, improve sleep, increase focus, and promote overall mental wellbeing through regular mindfulness practice.

Benefits

- Reduce stress, anxiety, and tension
- Improve sleep quality with relaxation techniques
- Increase focus and mental clarity
- Develop mindfulness skills for daily life
- Build emotional resilience and calm
- Access guided support for meditation practice

Key Features

- Audio-guided meditation sessions across multiple categories
- Meditation styles: mindfulness, body scan, breathing, visualisation, loving-kindness
- Varied session lengths
- Sleep meditations and bedtime relaxation
- Stress relief and anxiety reduction sessions
- Focus and concentration meditations
- Breathing exercise tutorials
- Background sounds and ambient music options
- Meditation streak and practice tracking
- Beginner's guide to meditation



CBT Support

What It Is

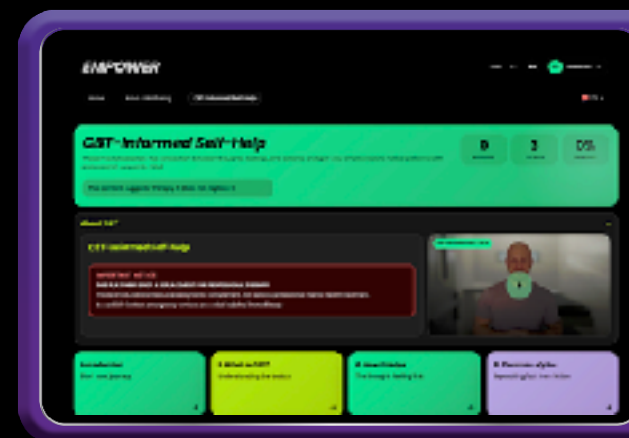
An educational platform based on Cognitive Behavioural Therapy principles, providing tools and exercises for understanding and managing thoughts, feelings, and behaviours. This app offers mood tracking, thought records, and CBT-based exercises to support mental wellness. Important: This is an educational resource and does not replace professional therapy.

Benefits

- Understand the connection between thoughts, feelings, and behaviours
- Learn to identify and challenge unhelpful thinking patterns
- Track mood and recognise emotional patterns over time
- Develop practical coping skills and strategies
- Build self-awareness through structured reflection
- Access CBT-based education and tools anytime

Key Features

- Mood tracking with pattern analysis
- Thought record/diary functionality
- Educational modules on CBT principles
- Common thinking traps identification and examples
- Cognitive restructuring exercises
- Behavioural activation planning
- Activity scheduling and tracking
- Progress visualisation and mood charts
- Coping strategy library
- Crisis resources and support information
- Clear disclaimer: Educational resource, not therapy replacement



Grounding Techniques

What It Is

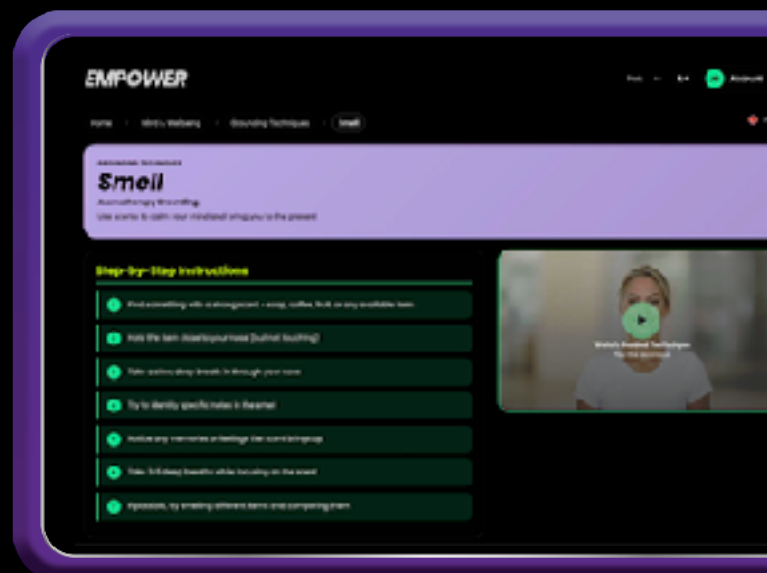
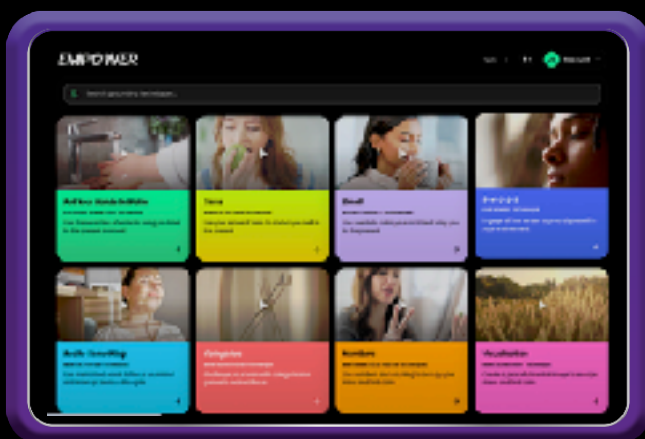
A collection of quick, practical exercises designed to help manage stress, anxiety, and overwhelming emotions in the moment. This app provides evidence-based grounding methods that can be used anywhere to bring attention back to the present and reduce distress.

Benefits

- Quickly reduce anxiety and stress in the moment
- Regain sense of control during overwhelming situations
- Stay present and focused when emotions are intense
- Access simple techniques that work anywhere
- Build a toolkit of coping strategies
- Manage panic and distress more effectively

Key Features

- 5-4-3-2-1 sensory grounding technique with guided walkthrough
- Breathing exercises (box breathing, 4-7-8, diaphragmatic)
- Progressive muscle relaxation sequences
- Mindful observation exercises
- Physical grounding techniques
- Mental grounding exercises (categories, counting, memory games)
- Cold water and temperature-based techniques
- Quick 1-minute grounding options
- Longer calming sequences for deeper relaxation
- Guidance on when and how to use each technique



Motivational Videos

What It Is

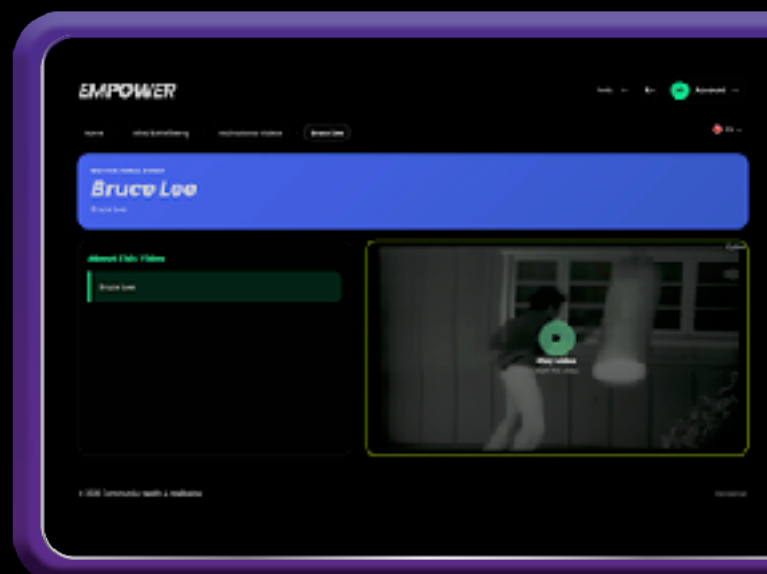
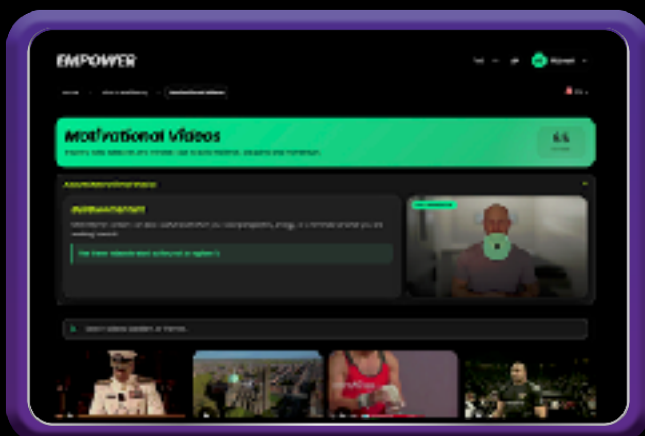
A curated collection of inspiring video content designed to boost mindset, motivation, and positive thinking. This app provides uplifting content covering personal development, resilience, success stories, and encouragement to support mental wellbeing and personal growth.

Benefits

- Boost motivation and positive mindset
- Find inspiration during difficult times
- Learn from success stories and experiences
- Shift perspective with uplifting content
- Support personal development journey
- Access encouragement whenever needed

Key Features

- Curated library of motivational video content
- Categories: resilience, success, personal growth, overcoming adversity
- Short clips for quick inspiration (2-5 minutes)
- Longer content for deeper engagement
- Favourites and playlist creation
- Regular content updates
- Search by topic or theme



Mind Games

What It Is

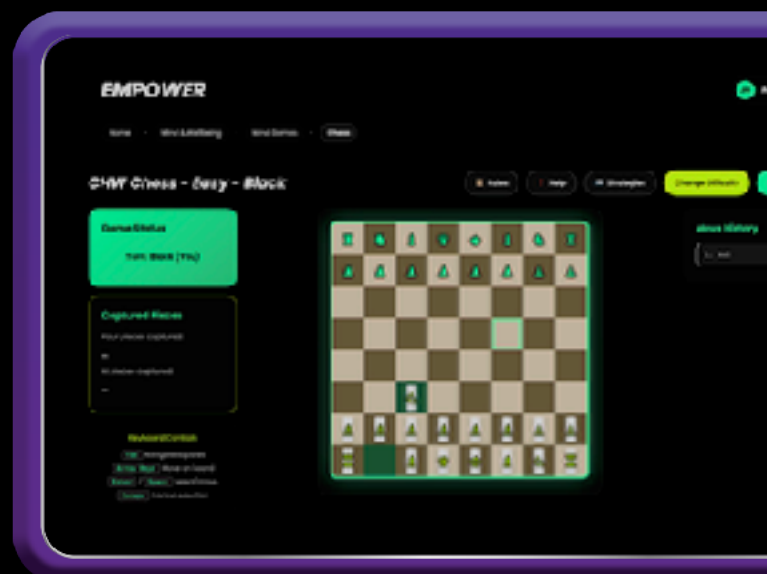
A collection of brain training games and puzzles designed to stimulate cognitive function, improve focus, and provide engaging mental exercise. The app includes classic games that challenge different cognitive skills including logic, memory, strategy, pattern recognition, and problem-solving.

Benefits

- Keep the mind sharp and engaged
- Improve focus, concentration, and attention
- Enhance problem-solving and strategic thinking
- Support memory and cognitive function
- Provide healthy mental stimulation and entertainment
- Challenge yourself with progressively difficult puzzles

Key Features

- Sudoku: Classic number logic puzzles with multiple difficulty levels
- Concentration Grids: Focus and attention training exercises
- Word Search: Vocabulary and pattern recognition puzzles
- Connect 4: Strategic two-player connection game
- Draughts (Checkers): Classic tactical board game
- Chess: Strategic planning and critical thinking game
- Multiple difficulty levels across all games
- Progress tracking and personal bests
- Hints and learning modes for beginners
- Accessible design with keyboard navigation support



Courses & Education



Courses & Education

Mental Performance Course

What It Is

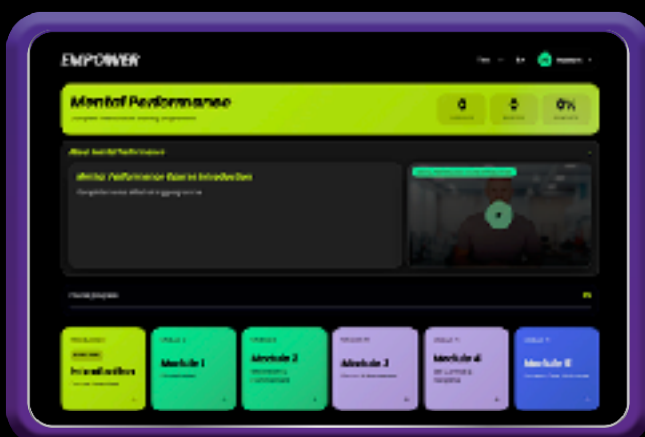
A comprehensive training course designed to enhance focus, resilience, and mental strength. This course covers psychological skills training used by athletes and high performers, adapted for personal development. Topics include goal setting, motivation, concentration, stress management, confidence building, and developing mental toughness.

Benefits

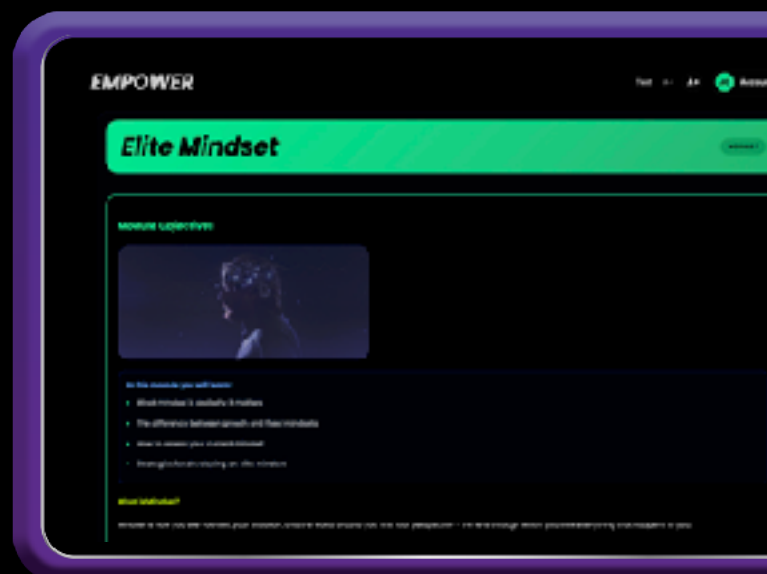
- Develop stronger focus and concentration abilities
- Build mental resilience for challenging situations
- Learn goal-setting techniques that drive results
- Improve performance under pressure
- Manage stress and anxiety more effectively
- Build lasting confidence and self-belief

Key Features

- Multi-module structured course with progressive learning
- Goal setting frameworks and exercises
- Concentration and focus training techniques
- Stress management and pressure handling strategies
- Confidence building exercises
- Motivation and self-talk optimisation
- Visualisation and mental rehearsal techniques
- Interactive assessments and self-reflection tools
- Progress quizzes after each module
- Practical exercises to apply learning
- Certificate of completion



EMPOWER Overview



Courses & Education

Substance Misuse Course

What It Is

An educational course providing comprehensive information about substance misuse, addiction, and recovery. This course covers the science of addiction, effects of various substances on the body and mind, recognising problematic use, harm reduction strategies, and pathways to recovery and support.

Benefits

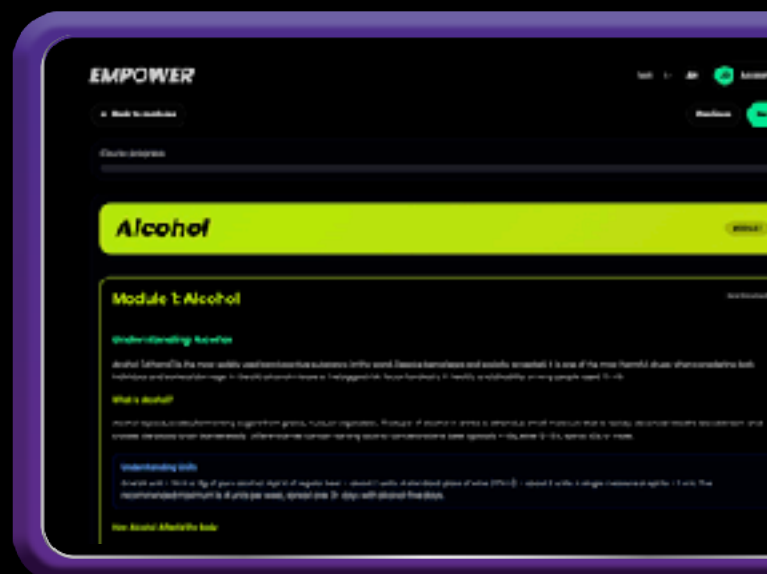
- Understand the science behind addiction
- Learn about effects of substances on body and mind
- Recognise signs of problematic substance use
- Discover harm reduction strategies
- Understand recovery options and support available
- Make more informed decisions about substance use

Key Features

- Comprehensive modules covering addiction science
- Interactive body maps showing substance effects on organs
- Information on multiple substance categories (alcohol, opioids, stimulants, etc.)
- Risk factors and warning signs education
- Harm reduction information and strategies
- Recovery pathways and treatment options
- Support resources and helpline information
- Interactive quizzes and knowledge checks
- Personal reflection exercises
- Stigma-free, educational approach



EMPOWER Overview



Courses & Education

Nutrition Course

What It Is

A comprehensive course on healthy eating, nutrition science, and meal planning. This course covers macronutrients, micronutrients, reading food labels, portion control, building balanced meals, and making sustainable dietary changes. From fundamental nutrition through to advanced teachings, based on authoritative guidelines from NHS, WHO, and nutrition science.

Benefits

- Understand how nutrition affects health and energy
- Learn to build balanced, nutritious meals
- Make informed food choices with label reading skills
- Understand macros and their role in the body
- Develop sustainable healthy eating habits
- Support fitness and health goals through nutrition

Key Features

- Educational modules on macronutrients (protein, carbs, fats)
- Micronutrient information (vitamins, minerals)
- Interactive body maps showing nutrient effects
- Food label reading tutorials
- Portion control guidance with visual aids
- Meal building interactive tool
- Macro budget game for learning balanced eating
- Hydration education
- Special dietary considerations
- Quizzes and knowledge assessments
- Practical meal planning guidance



Conflict Resolution Course

What It Is

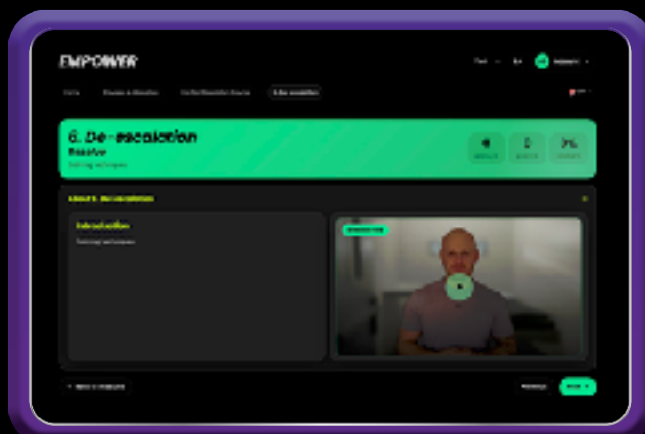
A practical course teaching skills for managing difficult situations, disagreements, and interpersonal conflicts peacefully and constructively. This programme covers communication techniques, de-escalation strategies, emotional intelligence, negotiation, and building better relationships through effective conflict management.

Benefits

- Handle disagreements calmly and constructively
- De-escalate tense situations effectively
- Communicate more clearly during conflicts
- Understand different perspectives and find common ground
- Build stronger relationships through better conflict skills
- Reduce stress from interpersonal difficulties

Key Features

- Communication techniques for difficult conversations
- De-escalation strategies and tactics
- Active listening skills training
- Emotional intelligence development
- Understanding conflict styles and approaches
- Negotiation and compromise techniques
- Managing anger and strong emotions
- Scenario-based learning exercises
- Role-play situations with guidance
- Practical frameworks for conflict resolution
- Self-reflection and personal conflict pattern analysis



EMPOWER Overview



Courses & Education

First Aid / Basic Life Support Course

What It Is

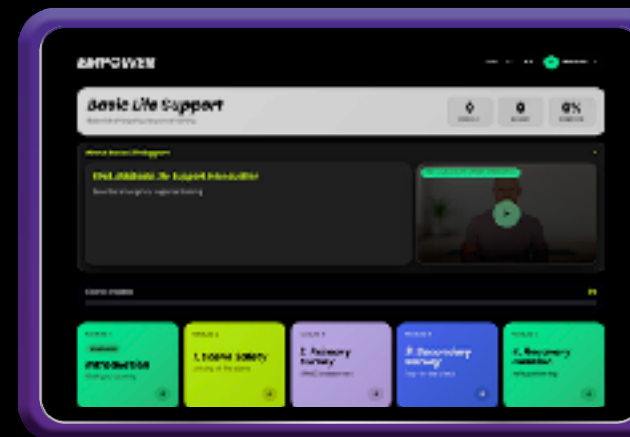
Essential emergency response and life-saving training covering CPR, Defibrillation, choking, recovery position, and emergency assessment. This course provides step-by-step guidance for handling medical emergencies, based on official guidelines from resuscitation councils and health authorities.

Benefits

- Know how to respond in medical emergencies
- Learn life-saving CPR and choking response
- Understand when and how to call for help
- Provide effective first aid for common injuries
- Stay calm and take appropriate action in emergencies
- Potentially save a life with proper training
- Medical emergency recognition
- Interactive quizzes and scenario assessments
- Quick reference emergency action guides
- Based on official BLS/First Aid guidelines

Key Features

- CPR training with step-by-step instructions
- Choking response for adults and children
- Recovery position demonstration
- Primary and secondary survey assessment
- When to call emergency services guidance
- AED (defibrillator) awareness
- Medical emergency recognition
- Interactive quizzes and scenario assessments
- Quick reference emergency action guides
- Based on official BLS/First Aid guidelines



Courses & Education

Human Trafficking Awareness Course

What It Is

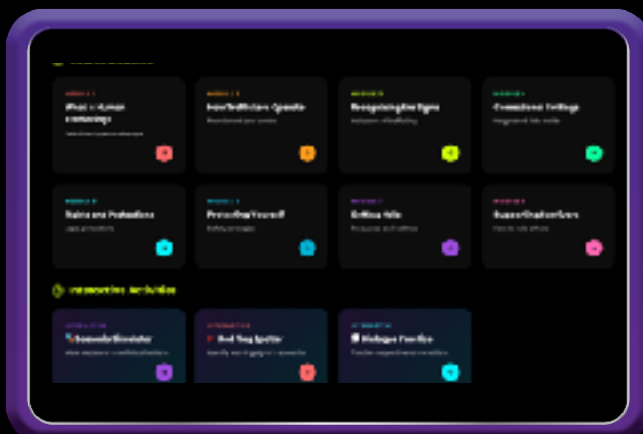
A comprehensive awareness and education course designed to help people recognise, understand, and respond to human trafficking. This course provides essential knowledge about how trafficking operates, warning signs to watch for, legal rights and protections, and practical strategies for protecting oneself and supporting others. Specifically tailored for correctional settings, the course addresses unique vulnerabilities and risks while empowering users with actionable information.

Benefits

- Understand human trafficking and its impact
- Recognise warning signs and recruitment tactics
- Learn your legal rights and protections
- Develop personal safety strategies
- Understand risks in correctional environments
- Learn how to safely support others
- Access resources, hotlines, and help
- Build confidence in responding to dangerous situations

Key Features

- 8 learning modules
- Interactive scenario simulator
- Red Flag Spotter and dialogue practice activities
- Quiz assessments with 66% pass rate
- Progress tracking and visual completion indicators
- Certificate of completion



Healthy Living



Your Health Reference

What It Is

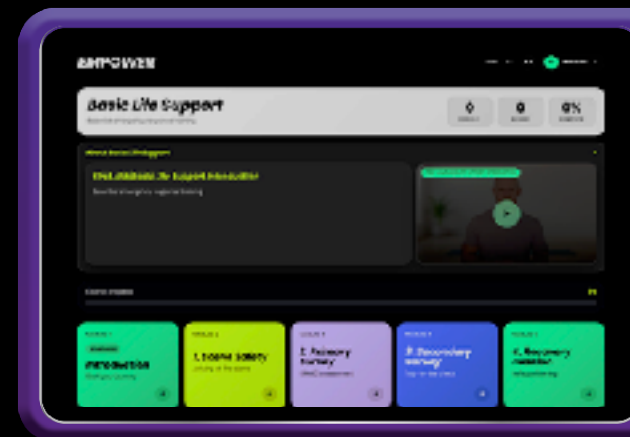
A comprehensive reference covering common health conditions, symptoms, and wellness guidance applicable to everyone. This app provides reliable health information for everyday concerns, helping users understand symptoms, know when to seek help, and maintain overall wellbeing.

Benefits

- Access reliable information on common health concerns
- Understand symptoms and what they might mean
- Know when to seek medical attention
- Learn preventive health measures
- Support overall health and wellness
- Make informed health decisions

Key Features

- Common conditions A-Z reference
- Symptom information and guidance
- When to see a doctor guidelines
- Preventive health measures
- Healthy lifestyle guidance
- Sleep health information
- Immune system support
- Common medication information
- First aid basics quick reference
- Health myth busting
- Seasonal health considerations



Men's Health

What It Is

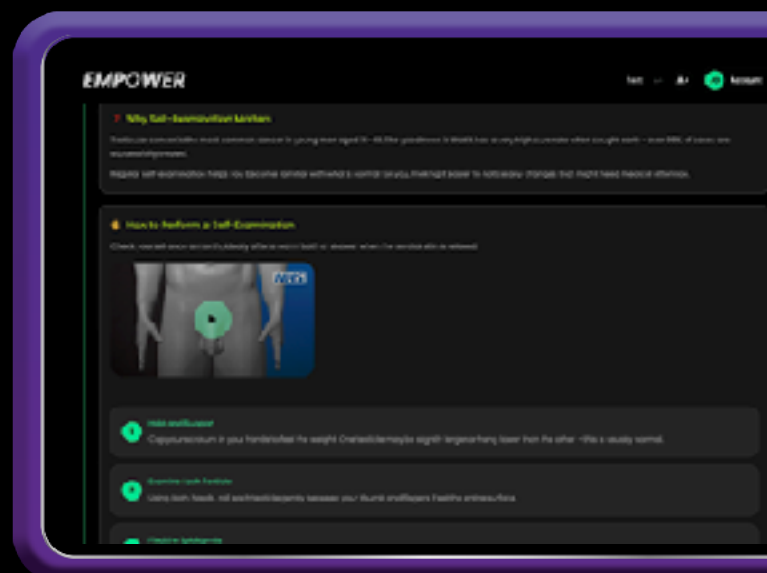
A comprehensive health information resource specifically addressing men's health concerns and conditions. This app covers topics including prostate health, testosterone, heart health, mental health awareness, sexual health, and common conditions affecting men, with guidance on symptoms, prevention, and when to seek medical advice.

Benefits

- Access reliable health information specific to men
- Understand common men's health conditions
- Recognise symptoms that need medical attention
- Learn preventive health measures
- Break down stigma around men's health topics
- Take proactive steps for better health

Key Features

- Prostate health information and awareness
- Heart health and cardiovascular risk factors
- Mental health awareness and support resources
- Sexual health information
- Testicular health and self-examination guidance
- Common conditions: hernias, kidney stones, etc.
- Symptom checkers and when to see a doctor
- Healthy lifestyle guidance for men
- Age-specific health considerations
- Health screening recommendations



Women's Health

What It Is

A comprehensive health information resource specifically addressing women's health concerns and conditions. This app covers topics including menstrual health, pregnancy, menopause, breast health, reproductive health, and common conditions affecting women, with guidance on symptoms, management, and healthcare navigation.

Benefits

- Access reliable health information specific to women
- Understand menstrual and reproductive health
- Navigate pregnancy and menopause with a comprehensive 12 week programme and quality information
- Recognise symptoms that need medical attention
- Learn about breast health and self-examination
- Take informed control of health decisions

Key Features

- Menstrual health information and cycle education
- Pregnancy information and guidance
- Menopause understanding and symptom management complete with a 12 week progressive programme
- Breast health and self-examination guidance
- Reproductive health information
- Common conditions: PCOS, endometriosis, UTIs, etc.
- Contraception information overview
- Cervical screening awareness
- Mental health considerations specific to women
- Health screening recommendations by age



Seniors Support

What It Is

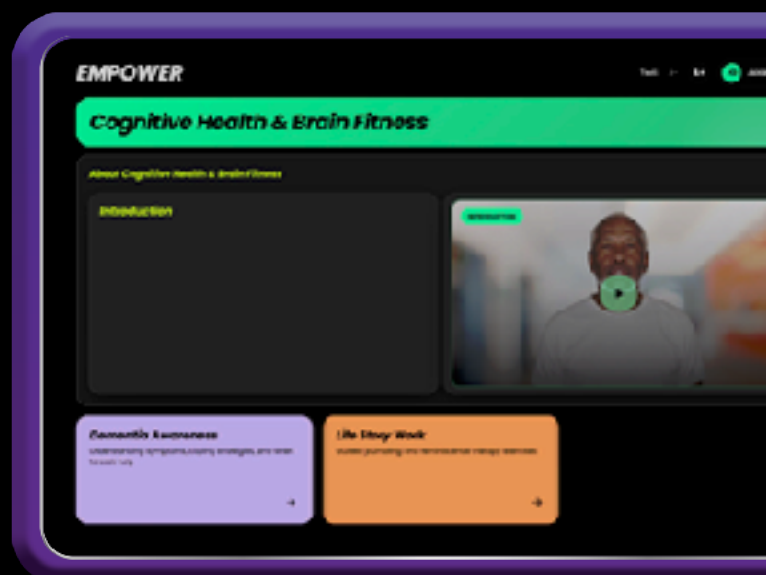
A specialised digital health and wellness platform specifically designed for older adults. This section provides comprehensive, age-appropriate health resources covering gentle movement, managing long-term conditions, cognitive health, mental wellbeing, nutrition, sensory health, sleep, and practical life skills – all tailored to the unique needs and challenges of older adults managing health in custody.

Key Benefits

- Safe fitness routines for mobility and balance
- Support for long-term health conditions
- Brain fitness activities and cognitive support
- Guidance for emotional wellbeing and mental health
- Nutrition and sensory health advice
- Sleep improvement strategies
- Preparation for healthcare appointments and release
- Stay connected with family and develop digital literacy
- Access all content offline

Key Features

- 40+ resources across 8 health categories
- Chair-based exercise, adaptive Tai Chi, gentle yoga, daily stretching and walking
- Balance and fall prevention programmes
- Guides for diabetes, heart health, COPD, medication, and chronic pain
- Dementia awareness, brain games, coping with loneliness, grief support
- Nutrition for dental health, bones, hydration; eye, hearing, and skin care
- Sleep hygiene and energy management
- Healthcare navigation and release preparation
- Digital literacy support and text size accessibility controls



Oral Health App

What It Is

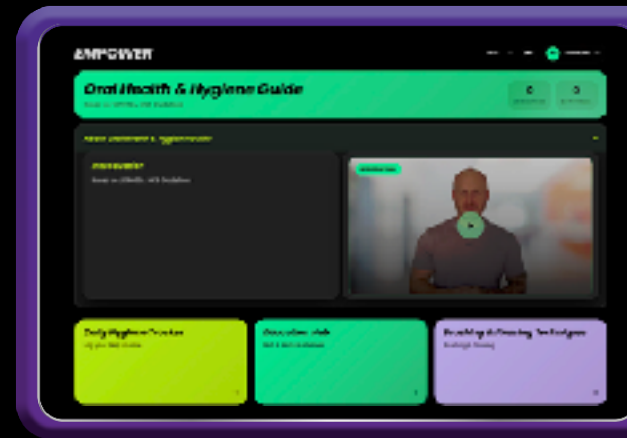
A comprehensive oral hygiene and dental care resource providing guidance on maintaining healthy teeth and gums. This app includes education on proper brushing and flossing techniques, common dental problems, and a daily tracking system to build consistent oral hygiene habits. Based on NHS and dental association guidelines.

Benefits

- Maintain healthy teeth and gums
- Learn proper brushing and flossing techniques
- Understand common dental problems and prevention
- Build consistent oral hygiene habits
- Track daily dental care routine
- Reduce risk of cavities and gum disease

Key Features

- Daily brushing and flossing tracker
- Proper brushing technique guidance (2-minute timer)
- Flossing and interdental cleaning instructions
- Mouthwash use guidance
- Common dental problems education
- Gum health information
- Sugar and diet impact on dental health
- Fluoride information and recommendations
- When to see a dentist guidance
- Oral health quiz and knowledge checks
- Progress tracking and streak monitoring
- NHS/NICE-based recommendations



Recipes App

What It Is

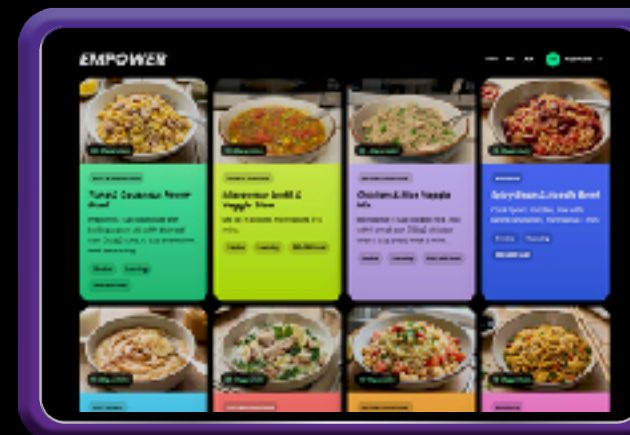
A collection of healthy recipes with step-by-step cooking instructions, nutritional information, and practical tips. This app provides accessible recipes organised by category, difficulty, and dietary requirements to support healthy eating habits and make nutritious cooking achievable for everyone.

Benefits

- Access healthy, nutritious recipe ideas
- Learn to cook with step-by-step instructions
- Understand nutritional content of meals
- Find recipes suitable for dietary needs
- Build cooking skills and confidence
- Support health goals through better eating

Key Features

- Extensive library of healthy recipes
- Step-by-step cooking instructions
- Nutritional information (calories, macros) per serving
- Categorisation by meal type (breakfast, lunch, dinner, snacks)
- Difficulty ratings (easy, medium, advanced)
- Dietary filters (vegetarian, vegan, gluten-free, dairy-free)
- Ingredient lists with quantities
- Cooking time estimates
- Tips and variations for each recipe
- Favourites and meal planning features
- Search by ingredient or cuisine
- Budget-friendly recipe options
- Prison ingredient friendly



Useful Resources

FUTURE



Useful Resources

Finance

What It Is

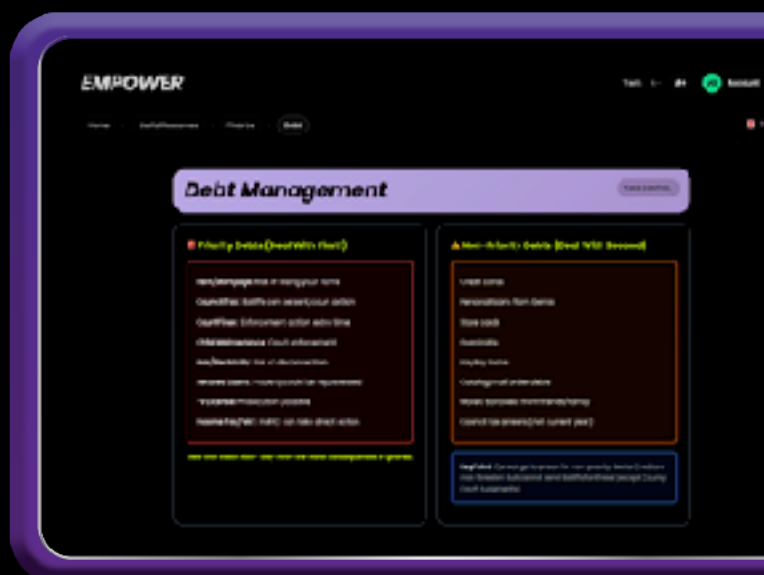
A comprehensive financial education resource covering budgeting, saving, debt management, and financial planning. This app provides practical tools and guidance for building financial stability, understanding credit, and making informed money decisions.

Benefits

- Build essential money management skills
- Create and maintain a realistic budget
- Understand and manage debt effectively
- Learn about credit and how it works
- Plan for financial goals and emergencies
- Develop long-term financial stability

Key Features

- Budgeting fundamentals and techniques
- Income and expense tracking guidance
- Saving strategies and emergency funds
- Debt management and repayment strategies
- Understanding credit scores and reports
- Banking basics and account management
- Avoiding financial scams and fraud
- Benefits and entitlements information
- Interactive budget calculators
- Financial goal setting tools
- Quiz assessments for each module



Useful Resources

Career Guidance

What It Is

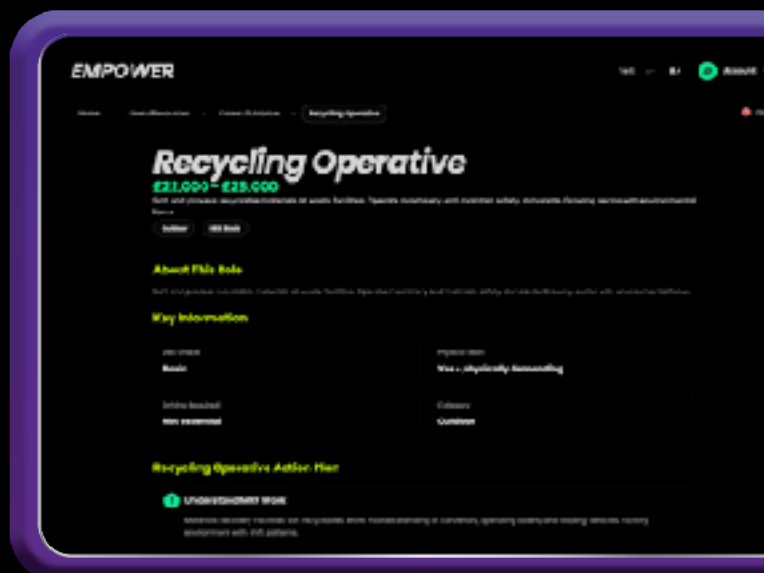
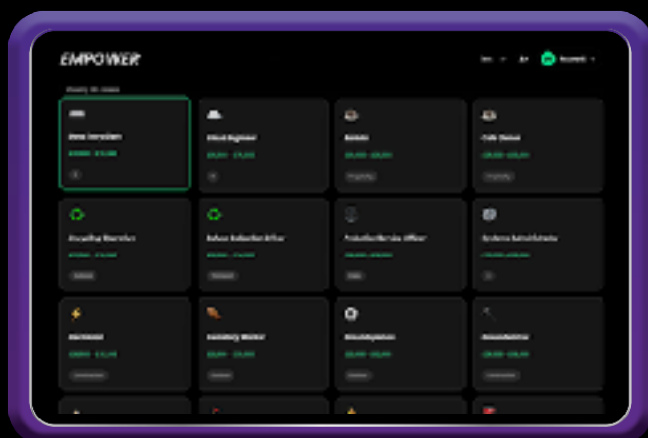
A comprehensive career guidance platform helping users explore employment opportunities, discover suitable career paths, and prepare for the job market. This section features an interactive career coach questionnaire, a searchable database of 140 job options across 7 industries, and practical tools for building CVs, preparing for interviews, and understanding workplace expectations.

Benefits

- Discover careers matched to your strengths and interests
- Explore job options, salaries, and qualifications
- Build confidence in career planning and decision-making
- Learn employer expectations and workplace rights
- Prepare CVs, cover letters, and interviews
- Access region-specific employment info
- Plan realistic paths to employment after release

Key Features

- Interactive career coach and skills assessment
- 140 job profiles across Care, Construction, Hospitality, IT, Outdoor, Transport, Warehouse
- Salary, entry requirements, and day-in-the-life insights
- Searchable, filterable job database
- Matched career recommendations
- CV templates and interview guidance
- Workplace etiquette and benefits information
- Training and qualification pathways
- Save and review favourite careers



Prisoner and Staff Dashboard

Dashboard

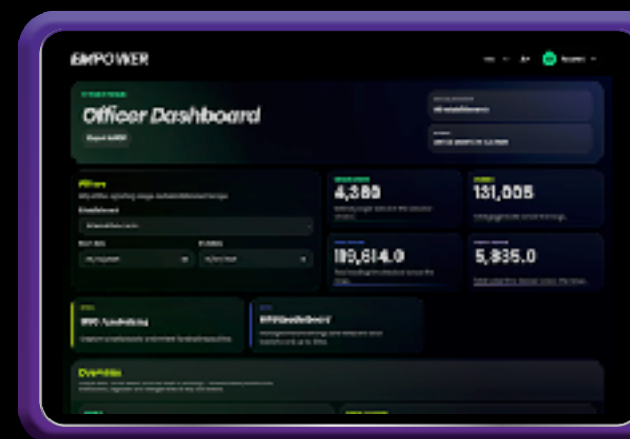
The **EMPOWER** dashboard serves as a central access point for staff and prisoners, offering tailored tools to support engagement, delivery, and oversight of health and wellbeing activities.

Staff Dashboard

Provides full access to prisoner-facing content and oversight tools, supporting effective delivery, monitoring, and management of EMPOWER across the establishment.

Key Features:

- Use content in 1-to-1 sessions, group classes, or wellbeing workshops
- Easy navigation of video and content libraries
- Real-time analytics to track engagement, including total and unique users, content hours, daily activity, top videos/pages, and new uploads
- Custom date range selection (defaults to current month)
- Export reporting
- Prisoner Manager tools to view/manage profiles, update information, and reset passwords



Prisoner Dashboard

A personalised hub for each user's health and wellbeing journey.

Key Features:

- Track progress and activity history
- Monitor achievements and set new goals
- Visual feedback to stay motivated
- Quick access to platform sections, resuming where they left off

Prisoners can engage at their own pace, with continuity and ease of use.



Cost Savings & ROI Analysis Netherlands

Prepared by Community Health and Wellbeing Limited.

All figures based on a representative facility of 1,000 prisoners on a 5-year contract (Tier 2 pricing with 15% multi-year discount).

This document separates savings into two categories: Section A uses baseline costs from published government data with reduction rates projected from peer-reviewed corporate wellness research; Section B shows estimated additional savings where some inputs are composite estimates, clearly flagged as such.

Executive Summary

The average cost per prison place in Netherlands is €112,000 per year (DataPulse Research — Incarceration Costs in the EU (€307/day)).

For a facility of 1,000 prisoners on a 5-year contract, **EMPOWER** delivers:

Conservative ROI (Section A only — published baselines, projected reductions): 12.6x

Combined ROI (Sections A + B): 14.6x

Total 5-year net savings (combined): €3,158,650

In addition, a projected 2% reduction in reoffending among platform users would save €1,052,800 per year in avoided reincarceration costs — a benefit to the wider justice system and society.

The conservative figure uses only published government baselines combined with cautiously projected reduction rates (one-fifth to two-fifths of published corporate wellness findings). These reduction rates have not been validated by an RCT in a correctional setting; however, we deliberately use a fraction of the published evidence to account for this uncertainty. Even at these reduced rates, the return is substantial.

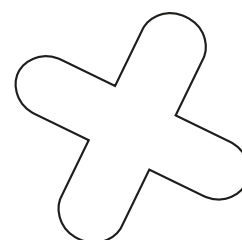
The Investment

Tier	Population	Price	Per Person/Month
Tier 1 (1–500)	1–500	€55.00/yr	€4.58
Tier 2 (501–1,500)	501–1,500	€51.00/yr	€4.25
Tier 3 (1,501+)	1,501–unlimited	€48.00/yr	€4.00

Example: 1,000 prisoners, 5-Year Contract

Metric	Value
Per person/year (after 15% discount)	€43.35
Monthly cost	€3,613
Annual cost	€43,350
Total 5-year investment	€216,750

This equates to just **€3.61 per person per month**.



Section A: Projected Savings from Published Government Baselines

Every baseline cost figure in this section (e.g. healthcare spend, sick days, turnover rate) comes from a named, published government or peer-reviewed source.

The reduction percentages are projected, not measured: they are derived from Chapman (2012), the most comprehensive meta-evaluation of workplace health promotion economic returns (62 studies), conservatively adjusted downward for the correctional context. Chapman found approximately 25% reductions in sick leave, health plan costs, and workers' compensation in corporate workplace settings. We apply one-fifth to two-fifths of those published rates. These projected reductions have not been validated by any randomised controlled trial in a correctional setting.

Important caveats: Chapman's findings are from corporate workplace settings, not prisons. Subsequent randomised controlled trials — including the Illinois Workplace Wellness Study (Jones et al., 2019, n=4,834) and the BJ's Wholesale RCT (Song & Baicker, 2019) — found substantially smaller or non-significant effects in corporate settings. However, correctional environments differ fundamentally: (a) baseline health and wellbeing provision is far lower than in corporate settings, meaning the marginal impact of structured activity is greater; (b) prisons already have some structured programmes (gym sessions, education, offending behaviour courses), but these reach only a fraction of the population for limited hours — a 24/7 in-cell digital platform extends reach to those on restricted regimes, in segregation, or during lock-up periods; and (c) the Institute for Government (2025) provides independent, correctional-specific correlational evidence that purposeful activity is associated with significantly fewer assaults. We use these very conservative reduction rates (5–10%) precisely because the direct evidence base for digital interventions in corrections is still developing.

Section A: Projected Savings from Published Government Baselines

A1. Healthcare Cost Reduction (5%)

What the published data says: The Netherlands has one of Europe's most comprehensive prison healthcare systems with Psycho-Medical Teams in every prison and four Penitentiary Psychiatric Centres. Healthcare cost per prisoner is estimated at €5,200.

Source: WHO Europe; DJI (who.int/europe/news/item/04-04-2024-the-netherlands-paves-the-way-for-improved-prison-health-policies)

Why we use a 5% reduction: Chapman (2012) found ~25% healthcare cost reductions in corporate wellness. We apply one-fifth (5%).

How we calculated the saving:

Step 1: Work out the total healthcare cost for 1,000 prisoners:

$$1,000 \times €5,200 = €5,200,000 \text{ per year.}$$

Step 2: Apply the 5% conservative reduction:

$$€5,200,000 \times 5\% = €260,000 \text{ saved per year.}$$

Step 3: Multiply by 5 years: $€260,000 \times 5 = €1,300,000$ total saving.

Section A: Projected Savings from Published Government Baselines

A2. Staff Sickness Absence Reduction (10%)

What the published data says: What the published data says: Dutch prison staff average approximately 10 sick days per year. Under Dutch law, employers must pay 70% of wages during sick leave for up to 2 years, making this unusually costly. Fully loaded cost is approximately €280/day.

Source: CBS; Dutch Employment Law (cbs.nl)

Why we use a 10% reduction: Chapman (2012) found ~25% sick leave reductions. We apply two-fifths (10%).

How we calculated the saving:

Step 1: Work out how many staff serve 1,000 prisoners: $1,000 \times 0.8$ staff ratio = 800 staff. (Derived from DJI staffing data. Prison Insider (2024) reports a 2:1 ratio for Extra Secure Units (EBI), but the system-wide operational ratio is lower. We use 0.80 as an estimate for frontline staff.)

Step 2: Work out the total annual sickness cost:
 $800 \text{ staff} \times 10 \text{ days} \times \text{€}280/\text{day} = \text{€}2,240,000$ per year.

Step 3: Apply the 10% conservative reduction: $\text{€}2,240,000 \times 10\% = \text{€}224,000$ saved per year.

Step 4: Multiply by 5 years: $\text{€}224,000 \times 5 = \text{€}1,120,000$ total saving.

Section A: Projected Savings from Published Government Baselines

A3. Staff Turnover Reduction (8%)

What the published data says: After 6,400 staff positions were cut between 2012–2015, the Netherlands faces severe correctional staffing shortages. 330 cells were unusable in 2024 due to lack of staff. Turnover is approximately 12%, with replacement costs of €14,000.

Source: DJI; CBS (government.nl/latest/news/2024/03/15/extra-measures-to-tackle-capacity-problems-in-prisons)

Why we use an 8% reduction: Chapman (2012) found ~25% turnover reductions. We apply one-third (8%).

How we calculated the saving:

Step 1: Work out the annual turnover cost: 800 staff × 12.0% leaving rate × €14,000 replacement cost = €1,344,000 per year.

Step 2: Apply the 8% conservative reduction:
 $€1,344,000 \times 8\% = €107,520$ saved per year.

Step 3: Multiply by 5 years: $€107,520 \times 5 = €537,600$ total saving.

Section A: Projected Savings from Published Government Baselines

Section A Summary

Category	Reduction	Saving Per Year	5 Year Total Saving
Healthcare (5%)	€5,200,000	€260,000	€1,300,000
Staff Sickness (10%)	€2,240,000	€224,000	€1,120,000
Staff Turnover (8%)	€1,344,000	€107,520	€537,600
SECTION A TOTAL	€8,784,000	€591,520	€2,957,600

Section A Conservative ROI: 12.6x
(net saving of €2,740,850 after deducting the €216,750 platform cost)

Section B: Estimated Additional Savings

Important transparency note: The savings in this section use some figures that are not directly published by any single government source.

Where an incident rate is published but the cost-per-incident is not (or vice versa), we clearly state which figure is published and which is an estimate. We include these categories because they represent real costs that correctional facilities incur, but we want to be transparent about the evidence basis.

Note on overlap: Some savings categories may partially overlap. For example, a reduction in prisoner violence may also reduce staff sickness absence and workers' compensation claims. To mitigate double-counting, Section B reduction rates are kept deliberately low and independent — we do not assume that a single intervention produces additive effects across all categories simultaneously. Nonetheless, decision-makers should treat the combined (A+B) total as an indicative upper range rather than a precise projection.

Section B: Estimated Additional Savings

B1. Violence & Security Incidents (10%)

Published figure: 120 incidents per 1,000 prisoners.

Source: Estimated. The CPT (2023) noted that reliable assault statistics are not available because incident recording is poorly organised. (rm.coe.int/1680abb4b5)

Estimated figure: €4,000 per incident. Composite estimate. No published figure exists. The CPT confirmed that recording of incidents is poorly organised.

Why we use a 10% reduction: Research supports structured programmes reducing violence. We apply a conservative 10%, noting that Dutch assault data is unreliable.

How we calculated the saving:

Step 1: Work out baseline cost:

$$120 \text{ incidents} \times €4,000 = €480,000 \text{ per year.}$$

Step 2: Apply the 10% reduction:

$$€480,000 \times 10\% = €48,000 \text{ saved per year.}$$

Step 3: Over 5 years: $€48,000 \times 5 = €240,000$.

Section B: Estimated Additional Savings

B2. Mental Health Crisis Events (8%)

Estimated figure: 85 events per 1,000 prisoners. Estimated from Dutch research: 69% of prison population experience mental health issues. ~1,500 patients admitted to PPCs annually.

Estimated figure: €2,500 per event. Composite estimate. PPC bed day costs approximately €500+ but no per-crisis figure is published.

Why we use an 8% reduction: WODC research supports structured interventions. We apply a conservative 8%.

How we calculated the saving:

Step 1: Baseline: $85 \text{ events} \times €2,500 = €212,500$ per year.

Step 2: 8% reduction: $€212,500 \times 8\% = €17,000$ per year.

Step 3: Over 5 years: €85,000.

Section B: Estimated Additional Savings

B3. Disciplinary Proceedings (8%)

Estimated figure: 150 proceedings per 1,000 prisoners. Estimated from Council of Europe SPACE-I data and DJI operational reports.

Disciplinary detention is capped at two weeks per year by statute.

Estimated figure: €800 per proceeding. Composite estimate.

Why we use an 8% reduction: Research shows structured activity reduces infractions. We apply 8%.

How we calculated the saving:

Step 1: Baseline: $150 \times €800 = €120,000$ per year.

Step 2: 8% reduction: $€120,000 \times 8\% = €9,600$ per year.

Step 3: Over 5 years: €48,000.

Section B: Estimated Additional Savings

B4. Workers' Compensation / Injury Claims (8%)

Estimated figure: 4% claim rate. Estimated from Dutch occupational health and safety regulations data.

Estimated figure: €3,500 per claim. Composite estimate.

Why we use an 8% reduction: Chapman (2012) found ~25%. We apply one-third (8%).

How we calculated the saving:

Step 1: Baseline: $800 \text{ staff} \times 4\% \times €3,500 = €112,000$ per year.

Step 2: 8% reduction: $€112,000 \times 8\% = €8,960$ per year.

Step 3: Over 5 years: €44,800.

Section B: Estimated Additional Savings

Section B Summary

Category	Reduction	Saving Per Year	5 Year Total Saving
Violence (10%)	€480,000	€48,000	€240,000
Mental Health (8%)	€212,500	€17,000	€85,000
Disciplinary (8%)	€120,000	€9,600	€48,000
Workers' Comp (8%)	€112,000	€8,960	€44,800
SECTION B TOTAL	€924,500	€83,560	€417,800

Total Return on Investment

	Annual	5-Year Total	Basis
Section A savings	€591,520	€2,957,600	Published data
Section B savings	€83,560	€417,800	Estimates
Combined gross savings	€675,080	€3,375,400	
Platform cost	€43,350	€216,750	
Combined net savings	€631,730	€3,158,650	

Conservative ROI (Section A only): 12.6x — published government baselines with conservatively projected reductions.

Combined ROI (Sections A + B): 14.6x — includes estimated additional savings from composite figures.

For every €1 invested, the facility saves between €13.65 (conservative) and €15.57 (combined).

Evidence Base & Methodology

This analysis separates savings into two tiers of evidence. Section A baselines come from named government publications; Section B baselines include composite estimates where no single published figure exists. All reduction percentages are projected from Chapman (2012) and applied at one-fifth to two-fifths of the published corporate rates. The baselines are verifiable; the reductions are projected.

Key evidence limitations:

1. Chapman (2012) and Baicker et al. (2010) studied corporate workplace wellness programmes, not correctional environments. No randomised controlled trial has validated these reduction rates in a prison setting.
2. The Illinois Workplace Wellness Study (Jones, Molitor & Reif, 2019) — a rigorous RCT with 4,834 employees — found lower returns than the meta-analyses. The BJ's Wholesale RCT (Song & Baicker, 2019) similarly found no significant healthcare cost savings after 18 months. These results indicate that the 25% reductions reported in meta-analyses may overstate achievable outcomes even in corporate settings.
3. The IfG's finding of 26% fewer assaults with purposeful activity is correlational, not causal. Prisons with better regimes may differ in other ways (funding, leadership, staffing levels) that also reduce violence.
4. Digital wellness platforms have not been directly studied for correctional ROI. Our projections are evidence-informed extrapolations, not direct measurements of **EMPOWER** outcomes.

We use these limitations to justify our conservative approach: applying only a fraction of published corporate findings and clearly distinguishing between published baselines and projected reductions.

Evidence Base & Methodology

Demonstrated Engagement

These projections are supported by **EMPOWER's** proven engagement across operational facilities.

During March 2025 to February 2026, 2,868 unique active users accumulated over 101,000 hours of engagement across 6 facilities, completing approximately 40,000 sessions, with a sixfold increase in monthly page views over the period.

If engagement in a given facility proves lower than these observed levels, projected savings would reduce proportionally. Staff savings (sickness, turnover) are influenced both by the indirect effects of improved prisoner wellbeing on the working environment and by direct staff access to the platform.

Sensitivity Analysis

The table below stress-tests our projections by scaling down all reduction rates to 75%, 50%, and 25% of the values used in Sections A and B. This allows decision-makers to assess the return even if the platform delivers significantly less than projected.

Scenario	Annual Saving (Section A)	Conservative ROI	Combined ROI (A+B)
As projected (100%)	€591.520	12.6x	14.6x
75% of projected	€443.640	9.2x	10.7x
50% of projected	€295.760	5.8x	6.8x
25% of projected (worst case)	€147.880	2.4x	2.9x

Even at 50% of projected reductions — a highly conservative scenario — the platform still delivers a positive return of 6.8x. At just 25% of projected rates, the combined ROI is 2.9x.

Break-even analysis: The platform breaks even (annual savings equal annual cost) when just 7% of Section A projected savings are achieved, or 6% of combined (A+B) projected savings. Below these thresholds the platform would not pay for itself in a given year.

Section C: Wider Societal Savings from Reduced Recidivism

This section explores savings that accrue to the wider justice system and society, rather than to the individual correctional facility.

These are not included in the facility ROI calculations above, but represent genuine public sector savings if recidivism is reduced.

Total annual reoffending cost: approximately €3.3 billion in annual criminal justice costs. (Leiden University (2023); DJI budgetary data.

Short-sentence prisoners alone cost over €400 million in additional recidivism-driven societal costs.)

Reoffending rate: 47.0%. (WODC (Research and Documentation Centre): approximately 47% of released prisoners reoffend within 2 years.)

Section C: Wider Societal Savings from Reduced Recidivism

Societal savings calculation:

For 1,000-person facility: $1,000 \times 47.0\%$ reoffending rate = 470 reoffenders per year.

Projected reduction: $470 \times 2.0\% = 9$ fewer reoffenders per year.

Annual societal saving: $9 \times \text{€}112,000/\text{reoffender} = \text{€}1,052,800$ per year.

5-year societal saving: $\text{€}5,264,000$.

Cost components:

The cost of reoffending includes: incarceration, prosecution, adjudication, victim services, community supervision. Per-reoffender cost: $\text{€}112,000$. ($\text{€}112,000$ per prisoner per year (DataPulse/DJI, $\text{€}307/\text{day}$).)

Why 2% reduction?

We project a 2% reduction in reoffending among platform users. Leiden University research (2023) demonstrated that alternative interventions to short imprisonment significantly reduce recidivism.

Important note:

These figures represent societal savings, not facility cost recovery. They do not appear in the ROI calculations above, which are confined to facility-level costs and savings. A 2% reduction in reoffending is a conservative estimate based on published evidence and the known impacts of structured physical activity, mental health support, and wellbeing in prison settings. However, this reduction has not been directly validated for **EMPOWER**. Achieving it requires strong engagement, good facilitation, and continued focus on resettlement outcomes.



EMPOWER: **Platform Evidence**

EMPOWER: Platform Evidence

Staff Pilot Results

A 12-week staff pilot conducted at HMP Dovegate (operated by Serco) included 14 participants (7 men and 7 women). Delivered within the demands of a working custodial environment.

Body composition changes:

Average body fat: 28.7% → 25.7% (–3 percentage points)

13 of 14 participants improved body composition

8 participants lost weight (average 2.4 kg);

5 maintained weight whilst reducing body fat

Prisoner Engagement Data

EMPOWER is currently deployed across 6 correctional facilities in United Kingdom and Australia: HMP Dovegate, HMP Doncaster, HMP Ashfield, HMP Fosse Way, HMP Thameside (UK) and Clarence Correctional Centre (Australia). Over the period of March 2025 to February 2026, the platform has recorded the following prisoner engagement:

- 2,868 unique active users over 12 months
- 101,000 cumulative hours of engagement
- 4,100 hours of video content watched
- 40,000 sessions over 12 months
- A sixfold increase from March 2025 to January 2026 in user engagement
- Most recent monthly usage: 19,000 page views

Top engagement categories: motivational content (58,000+ hours), in-cell workouts (~7,500 hours), yoga (~5,000 hours).

EMPOWER: Platform Evidence

Prisoner Feedback: Case Studies from the **EMPOWER** Platform

The following case studies represent direct feedback from prisoners using the **EMPOWER** platform across UK facilities. All outcomes are self-reported by users and recorded by facility staff.

Case 1: Prisoner, Age 34, HMP Dovegate

A 34-year-old at HMP Dovegate presented with significant knee injury. After engaging with the **EMPOWER** knee rehabilitation (12 weeks), full range of motion regained, pain reduced from 8/10 to 2/10, returned to gym sessions.

Case 2: Prisoner, Age 28, HMP Doncaster

A 28-year-old at HMP Doncaster presented with recurring ankle instability. After engaging with the **EMPOWER** bespoke ankle programme, self-rated improvement 10/10; programme created in response to user feedback.

Case 3: Prisoner, Age 41, HMP Fosse Way

A 41-year-old at HMP Fosse Way presented with overweight, poor cardiovascular fitness. After engaging with the **EMPOWER** in-cell workouts (16 weeks), lost 2 stone, self-reported resting heart rate dropped from 88 to 68 bpm, gained confidence to attend group gym.

Case 4: Prisoner, Age 25, HMP Ashfield

A 25-year-old at HMP Ashfield presented with severe anxiety, poor sleep (3-4 hours). After engaging with the **EMPOWER** meditation (8 weeks), sleep improved to 7-8 hours, concentration in education improved, rated improvement 10/10.

Case 5: Prisoner, Age 36, HMP Fosse Way

A 36-year-old at HMP Fosse Way presented with low self-confidence, poor motivation. After engaging with the **EMPOWER** mental performance course (6 weeks), developed positive mindset strategies, gained confidence to apply for employment on release.

Case 6: Prisoner, Age 45, HMP Dovegate

A 45-year-old at HMP Dovegate presented with depression. After engaging with the **EMPOWER** mental performance + meditation (10 weeks), re-engaged with education and activities, described feeling like 'a different person'.

EMPOWER: Platform Evidence

Senior Endorsements

Hayley Peek, Integrated Services Director, Serco:

"Accessible, practical content that goes far beyond traditional wellbeing provision"

Andy Johnson, Director, HMP Dovegate:

"CHW is my number one wellbeing and fitness partner"

Practitioner Evidence

The evidence presented above reflects real-world practitioner observations and engagement data from operational facilities. Formal randomised controlled trials have not yet been conducted for **EMPOWER** in correctional settings. A rigorous evaluation is recommended to establish causal effects and to validate the projected outcomes modelled in this report.

CHW proprietary deployment data collected across UK and Australian facilities, March 2025 to February 2026. This is unpublished practitioner evidence gathered during operational delivery.

Published References

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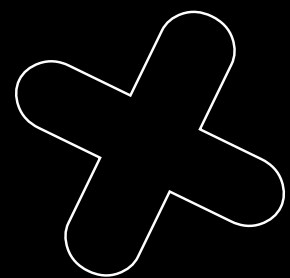


Disclaimer: All reduction percentages are projections derived from published corporate wellness research, not from measured outcomes of **EMPOWER**. Baseline cost figures are from published government sources. Actual results will depend on facility conditions, engagement levels, and implementation quality. No RCT has validated these projected reductions in a correctional setting.

We believe that every individual deserves a chance at a healthier, more fulfilling life – even in the most challenging environments.

If you have any questions about the **EMPOWER** platform or need guidance on applications, implementation, or access, please don't hesitate to get in touch.

For questions or guidance, please email
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**Empowering Rehabilitation.
Transforming Lives.**

