CHECKLIST

After sentencing: what to do in your first week

- [ ] Read your sentence paperwork and write down your release date, licence conditions, and any court directions.
- [ ] Ask your solicitor or duty adviser to explain anything unclear about your release date or early release eligibility.
- [ ] Confirm your address with the prison; many prisons require an approved address before release.
- [ ] Contact your family and ask them to help gather documents you will need after release: birth certificate, tenancy agreement, or employment letter.
- [ ] Ask what programmes or treatment the prison offers related to your sentence and register if relevant.
- [ ] Request the probation officer's contact details and the date of your first appointment after release.