



# prison bake

A GBB PROGRAMME

## errr what?!

Put simply, Prison Bake is a course of baking lessons that teaches participants much more than just how to combine ingredients.

Good Bitches Baking's kaupapa is to enable people to spread kindness through the mechanism of baking. We operate from a no-judgement, all-access platform, and have developed our Prison Bake programme to give some often pretty disenfranchised members of our community some more tools to use when they rejoin that community.

*Every session has so many special & uplifting moments, the laughter, banter, pride, engagement, kindness is all there in huge quantities!!*

*Prison staff*

## what happens though?

A group of GBB volunteers will show up at your facility every week for six weeks to teach a group of people nearing the end of their term how to make some sweet treats.

We operate on a minimum of 1 GB to 2 pairs of participants + a GB to lead the sessions and they will be the same people for the whole programme so your people can get comfy with them.

Alongside the practicalities of sifting and oven temperature, we'll teach them some intangible skills about kindness - what it means to be kind, how it feels to be kind, and yes, that they can be kind too. You might be surprised how many people don't know that last one.

The participants share some of the baking after each class, but crucially, most of it is donated to an organisation that supports people having a tough time. This is one of the key elements of the programme.

There's lots of layers to this (more than your great-nan's best afternoon tea sponge cake) - we think of it as closing the circle of kindness.

*It was the hope that you gave them [the recipients] that their own tāne could be better. You showed them that there is still goodness. It's gold.*

*Recipient organisation*

## is it any good?

Yes. We ran the programme in 2018-2020 and have rolled it out again in 2023, and yes, it is good - as good as a straight-out-of-the-oven hokey pokey biscuit.

The comments in this document tell the story better than we can. You could also have a look at this clip from Stuff: <https://bit.ly/Stuff2018PB>

## what do you need?

Only a few things:

- # An equipped kitchen/s
- # Your security processes
- # Some participants - how many depends on your set-up
- # A person to look after everything at your end

*I found a peace while baking that was really different.*

*Participant*

## let's talk money honey

For 12 participants, Prison Bake costs about \$3,500, which covers ingredients, travel reimbursement, and admin costs.

There are lots of ways to cover this - if you have a budget, amazing. If you can supply some or all of the ingredients, fantastic. If you don't or can't, we have some corporate partners who can help us out.

We don't want budget to be a barrier to your people having access to Prison Bake - we're a not-for-profit so we don't really have pots of cash lying about, but we'll make it work with you.

*If it's good for those men, it will be good for whānau and New Zealand.*

*Recipient*

## mmmokay, what's next?

Let us know you're keen! Or curious... Either way, let's talk.

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[www.gbb.org.nz/prison-bake](http://www.gbb.org.nz/prison-bake)

*I learned that I can be a kind person.  
I didn't actually know that.*

*Participant*



**good bitches**  
BAKING