

A photograph of Michael Groce, a man with a shaved head and sunglasses, wearing a white long-sleeved shirt and dark trousers. He is performing on stage, holding a microphone in his right hand and gesturing with his left. The background shows stage lighting and rigging.

**MICHAEL GROCE ONCE BRITAIN'S  
MOST WANTED CRIMINAL - FROM  
THE CAGE TO THE STAGE,  
BRITAIN'S MOST WANTED POET**

# How does a leopard change its spots?

*With over 35 years of Restorative  
Justice experience, Michael's FACT  
finding story strives to achieve the  
following, to: Inform, and Engage.  
Progress and Empower.*

A photograph showing a group of men sitting in a room, likely during a workshop. They are all looking towards the left side of the frame. The men are of various ages and ethnicities. The room has a plain wall and a window in the background.

## For those looking to change spots!

*The purpose of this 2 part workshop is to engage with  
people, who wants a positive relationships between their  
family, significant others and community.*

*This innovative and creative approach, informed  
through poetry, life lived experience and self reflective  
tools, meets the diverse needs of people who may or  
may not have established relationships with their family  
and significant others and community.*

*People go away empowered for success , informed of THE RIGHT  
STEPS and the tools to overcoming barriers between their family,  
significant others and community.*

**From a bad spot to a good spot!**

**1st Session:** 1-2 hour - Number of participants 1-20 ( Can accommodate classes )

## **Locked in the Pen-Creative Education Workshop.**

*"Can a Leopard ever change its spots, can new tricks be learnt by old dogs. What example am I, always on the edge and always on the slide. Like a broken needle scratching over prison records, "In again, in again"."*

- **20 minute - Facing the F.A.C.T'S. Session**  
Hear about the impact and barriers of a non positive relationship on family, significant other half's and community.
- **30 minute: Writing Exercise**
- **10 minute: Q and A and recap**

**2nd Session:** 1-2 hour - Number of participants: 1-20 ( Can accommodate classes )

## **Non Violent Communication-Communication Workshop.**

*"Its only bars and high walls, one day my freedom will come. On the right side not the wrong side, I will change the words to the prison records."*

- **20 minute - Non Violent Communication Session**  
Learn about the benefits of Non Violent Communication to improving a non positive relationship on family, significant other half's and community.
- **30 minute: Writing Exercise**
- **10 minute: Q and A and recap**

Please make sure that all participants are provided with Pen and Paper

## If by Rudyard Kiplin

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
**And yet don't look too good, nor talk too wise:**

If you can dream—and not make dreams your master  
If you can think—and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken,  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
**And stoop and build 'em up with worn-out tools:**

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
**Except the Will which says to them: 'Hold on!'**

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
**And—which is more—you'll be a Man.**



Michael Groce the son of Cherry Groce, the woman shot by Police in 1985, while looking for him, sparking the Brixton riots, is an award winning poet, winner of the Cheltenham Literature Festival Poetry Slam, the first black man to do so.

Michael is also MD of Rooted and Booted Ltd, of which the company's core services' are specialised in ABCD Methodology and Non Violent Communication, Theory of Change and Restorative Justice. Dialogue by Design and Conceptual Poetry.

Michael has written articles and book reviews for a variety of publications and presented at national and international television, radio and conferences.

Michael is also a visiting university and school lecturer,

Running Life Skills' workshops.

### **Note:**

Michael entered the care system at the age of 6 years old, and by the time he was 21 years old Michael was Britain's most wanted man for 30 years, he has served over 16, prison sentences, with over 75 previous convictions, serving them at Wandsworth, Belmarsh, Pentoville, Portland to name but a few. his convictions includes, firearms, drugs and violence.

# Locked in the Pen

Locked in the pen,  
All broken life in ruined  
And what brought me to this end  
Man spirit going into action

Tucked in, banged up  
Behind the doors, doors shut  
To the sound of the keys In the lock  
On the wrong side of the wall  
In blue jeans and stripe shirt  
On the wrong of the world  
Walking round in circles

Then one day my son pays me a visit  
Say don't worry just like you I am into crime  
I imagined father and son on wanted posters  
Both of us in prison and serving out our time

Tucked in, banged up  
Behind the doors, doors shut  
To the sound of the keys In the lock  
On the wrong side of the wall  
In tracksuits and worn Tee shirts  
On the wrong of the world  
Walking round in circles

Can a leopard ever change it spots  
Can new trickes be learned by old dogs  
And what example I am  
Always on the edge always on the slide  
Like a broken needle scratching over prisons records  
In a again .... In again  
Like a broken needle scratching over prisons records  
In a again .... In again

It's only bars and high walls  
One day my freedom will come  
on the right side not wrong side  
I'll change the words of this poem

Tucked in, banged up  
Behind the doors, doors shut  
To the sound of the keys In the lock  
On the wrong side of the wall  
In tracksuits and worn Tee shirts  
On the wrong of the world  
Walking round in circles

By Michael Groce