

ANNUAL REPORT ON HEALTHY LIVING PROJECT - 2003/2004

From Rev. Peter Tarleton, Chair, Advisory Group

This has been an exceptional year even by the dramatic standards of our recent history. Having received confirmation of our funding in August 2002, you might have imagined that it would be plain sailing from there on in. That would have been much too simple for us!! We entered this year with plans to recruit a Co-ordinator, and we appointed Susie Gridley from the 1st of July 2003.

Malka Denton had been seconded from the Visitors' Centre to the Project for the preceding 6 months, and greatly assisted in the development of the services which started to get off the ground from the beginning of April. Bernadette Broderick from Leeds Counselling and Maggie Vantoch Wood from Citizens' Advice Bureau have to be admired for their patience and persistence in hanging in there while the Prison 'family' came to terms with this new arrival. They were greatly heartened when Susie came on the scene, and provided a new sense of direction and belonging. At this point the Prison seemed to warm to the Project, and include it whole-heartedly in the organisation.

We had major difficulties with the cost of the building work, and felt extremely let down by the failure of the quantity surveyor to give us accurate prices. Even with some savings on the overall design, we were still a considerable way short of our required total. We must acknowledge the generosity of HM Prison Service in giving us a grant of £20,000 to assist with the shortfall, and to the New Opportunities Fund for allowing us an increase based on the real increase in costs over the period of the bid. Allied to this was the determination of the Advisory Group not to sacrifice any of the design quality simply to affect savings.

So the start of the capital project was delayed until September, and we were delighted with the commitment of the architect and the builders over the reconstruction period. The completed Centre has a wonderful ambience, and is a fitting testimony to the commitment and generosity of all the people who have been involved in this Project since it began.

There has been incredible commitment from Susie Gridley during this year. She has shown an even greater range of strengths than the Advisory Group could have hoped for. She was joined in January by Hilary Hunt who as an administration and finance worker added to the quality and extent of the project. With all the other parts of the service programme - e.g. Alcohol Awareness and Yoga - coming alongside the counselling and advice, finally we were beginning to see in reality the Healthy Living Project that we dreamed in our little hearts (Malka's and mine!) as long ago as September 1999.

I am indebted to Val Mills and Bernadette Murphy, but also Dorothy Ryder and Father Timothy from Armley Parish, and Mike Throssell and John Anderson of CAB, and Tony Goodall, and all the generous-spirited men and women who endured the interminable meetings to plan and engineer this hope into a reality. Thank-you for staying the course, especially in those dark days when I ran out of steam!

Peter Tarleton
Chair – Advisory Group

Jigsaw Healthy Living Project

Co-ordinator's Annual Report

April 2003 – March 2004

1. Background

The Jigsaw Project (previously known as the Armley Prison Communities Healthy Living Project) originated from a bid to the New Opportunities Fund to develop healthy living opportunities for all communities associated with Leeds Prison – families of prisoners, prisoners themselves, prison staff and people living in the shadow of HM Prison Leeds. Research and experience, particularly from the Visitors Centre Manager and the Prison Chaplain, identified a range of unmet needs amongst these communities. The project bid aimed to tackle some of these inequalities in health and promote better health and well-being.

The bid to refurbish the existing Visitors Centre at HM Prison Leeds and employ project staff and services was successful in August 2002. This Year 1 of the project began in April 2003 with the establishment of two key services – Leeds Citizen's Advice Bureau and Leeds Counselling – and the recruitment of a Project Co-ordinator, Susie Gridley, in July.

2. Aim and Objectives of the Jigsaw Project

The aim of the Jigsaw Project is:

“to substantially improve the health and well-being of prisoners, their families and dependants, prison staff and the local community in Leeds by providing a range of health promoting services wanted, needed and chosen by the beneficiaries themselves”.

Our objectives are to:

- Improve physical health and well-being
- Improve family health and well-being
- Improve mental health and well-being
- Improve financial health and well-being
- Improve access to health-related information

Over the last year we had a number of actions which formed Year 1 of the Business Plan. This was the set-up phase of the project:

3. Capital Project

A large proportion of this year was taken up with managing the refurbishment of the Visitors Centre. This involved:

- finding ways to fund the substantial difference between the bid capital cost and the tender capital cost;
- negotiating a 10 year lease between the Visitors Centre charity and the national Prison Service Estates Department (the first lease of its kind for the Prison Service, and definitely breaking new ground!);

- putting in place New Opportunities Fund requirements for capital payments and making monthly reports to the Fund for the 6 months of the project;
- liaising with the Architects (One Stop Architects), the contractors (Torpoint Ltd) and Prison Works department on the day to day management of the refurbishment;
- designing the colour scheme and layout of the Centre with the Visitors Centre staff on dark and gloomy winter nights!

The overall cost of the refurbishment was £438,713

This was funded by £418,713 from NOF and £20,000 from HM Prison Service.

Thanks go to Torpoint Ltd, the Contractors who did an excellent job in completing the refurbishment on schedule and to a high standard, and to One Stop Architects, for the vision to convert the old centre into a top class community facility.

4. Staff Recruitment

In July 2003, Susie Gridley began as the Project Co-ordinator. Susie brings with her a background in community development and health promotion, but was new to the prison environment. The first year involved a steep learning curve (or baptism of fire!) establishing a prison based project that worked across traditional boundaries and as a link with voluntary and community agencies.

Hilary Hunt joined the team as the Finance and Administrative Support Worker (part-time) in January 2004. Hilary has had a long career in the banking sector, but also considerable experience of working as a volunteer in church and youth projects.

Maggie Wood (Citizens Advice Bureau) and Bernadette Broderick (Leeds Counselling) were in the project from the start and had incredible patience and perseverance to develop their services from scratch. These services were successfully developed over the year with prisoners and prison staff from within the prison, whilst the refurbishment of the Visitors Centre took place.

5. Service Delivery

The Jigsaw Project strategy is to take a holistic approach to providing new healthy living opportunities to its' four client communities. It is a national pilot project that works across traditional boundaries – some of its most interesting aspects involves the emerging links between community and prison, prison staff and prisoners, families, staff and prisoners etc.

The project is set up in a way that brings in external service providers to meet need, as it is identified (often dependent on attracting new funding to go with it!). There are a core number of key staff based at the Visitors Centre, and a wider number of service providers who come into the project to deliver services, through a Service Level Agreement. As part of our commitment to strengthen links with the local community, we are keen to engage local voluntary and community organisations in the delivery of services, for example, Armley Church Advice Centre, and in the future, Armley Counselling.

The following progress over the past year was made our objectives:

Improving physical health and well-being

- Weekly yoga sessions for prisoners and staff
- 5 x 3 day course of Alcohol Awareness Training for prisoners
- Salsa and Massage taster sessions in the Visitors Centre

Improving family health and well-being

- Baby-Fathers Alliance ran a course on being a father for Afro-Caribbean fathers
- Supported the Family Man course (run by HMP Leeds Education) with potential for developing linked family visits

Improving mental health and well-being

- Leeds Counselling established a 1:1 counselling service for prisoners and prison staff
- The Visitors Centre was opened in March 2004 for visitors, providing a friendly and welcoming environment with facilities and a listening ear

Improving financial health and well-being

- Leeds Citizens Advice Bureau established a comprehensive advice service for prisoners, staff and families, specialising in debt advice
- Preparations were made for Armley Church Advice Centre to run a Benefits and Rights Drop In from the Visitors Centre to start in April 2004

Improving access to health-related information

- Links were made with the Public Health Resource Centre and other Healthy Living Centres, and with the Primary Care Trusts in North East and West Leeds, as a basis for developing the health information shop in the Visitors Centre from April 2004.
- The Jigsaw Project joined the Health Promoting Prisons Working Group and Mental Health Subgroup, working in partnership with other prison agencies to promote health and well-being amongst prisoners and staff.

6. Key Achievements

This progress in the set-up of the project has resulted in the following outputs and outcomes in terms of the project's overall objectives:

- The Refurbishment of the Visitors Centre with an additional floor, open for use by March 2004
- 501 different people used our services or activities
- 2120 sessions/follow on enquiries were made by these people

We have defined a session as the first session a person attends, plus any further sessions attended by that same person
A follow on enquiry is defined as a request for further information that requires another contact to be made on that person's behalf.

Of these:

280 were prisoners

143 were staff

78 were family members

7. Plans for Year 2

Year 2 will see the official launch of the new Visitors Centre and Jigsaw Project in May 2004. With the recruitment of the Health Information and Development Worker, a range of new healthy living services will be developed.

There will be a particular focus in Year 2 on developing services and activities that can be accessed by visitors, who by the nature of prison visiting, may only access the project when they are on a visit, and until their partner/son etc is released or transferred.

The other main focus will be to build community links. This in part will be done through developing use of the building by local community groups and organisations. We will also be reaching out into West Leeds to work with local people around issues relevant to their health and well-being, such as community safety, drugs, and support for local people with relatives or friends in prison. Another strand will be to work with Resettlement staff at HM Prison Leeds to develop links with the voluntary and community sector, as part of more integrated services and through care for prisoners and their families.

7. Thanks

Year 1 was challenging in a way that developing any new project is challenging – but more so, given the unique setting of working in the prison environment. Thanks and appreciation go to all those that spent time and energy in easing the process. In particular, to Lucy Dowling and Bernadette Murphy for providing premises to work from in the first few months, and to the prison Chaplaincy for vacating their office on E and F wing for the next few months! And especially to Leauon in Admin for providing a seat, telephone, and friendly ear in those bewildering early days.

Also thanks to the Advisory Group members who were supportive and encouraging throughout the year. In particular to Rev Peter Tarleton, the Chair, and Val Mills, who have been dedicated to getting this project funded and off the ground. And to Maureen Browell, Chair of the Visitors Centre Management Committee, for her support during the process of merging the two projects.

Big thanks go to our funders:

The Big Lottery Fund (previously New Opportunities Fund), West Leeds Primary Care Trust, HM Prison Leeds, HM Prison Services, Childrens' Fund, Leeds Health Action Zone, and Leeds City Council (Joint Planning and Support Unit)

Last, but by no means least, an extra special thanks goes to all the Visitors Centre staff – Malka, Debbie and Ronnie, who have whole-heartedly embraced the Jigsaw Project despite all the change and disruption it has caused! Their enthusiasm and commitment to improving opportunities for families of prisoners comes from the heart, and has been an inspiration. They have wanted the Jigsaw Project to happen, and supported all the Jigsaw Project Team fantastically. The successful merging of the project is testament to their flexibility and vision – and we look forward to working together as a team in the future.

Susie Gridley
Project Co-ordinator
30th September 2004