



# THE JIGSAW PIECE



## Jigsaw Healthy Living Project

Promoting wellbeing for all-Families, Prisoners, Staff, Local Community

# The Visitors Centre celebrates Christmas

The Visitor Centre celebrated Christmas in style by holding a Christmas Fayre on Wednesday 1st December. We had:

**A Santa's grotto for the children**

**A pottery stall**

**Cakes & gift stalls**

**Caribbean Christmas pudding Parlour**

**Raffle, & tom bola.**

**Lucky dip and children's games**

**A stall by Armley Helping Hands group**

**A craft stall by a local community member.**

The event attracted over 150 people including prison visitors, prison staff and people from the local community.

The fayre had a real buzz around it as it was the first event of this kind to attract large numbers of visitors and the local community at the same time. The Visitors Centre felt like a real community resource, something we have been striving towards since the

launch back in May 2004.

A great time was had by all who attended and we raised £240.

Some of this was donated to buy Christmas presents for the children who

attended the Christmas visit and some went to the Callum Mardy Foundation.

A big thank you to Santa, who made it all the way from Lapland to be here!



## 'Happy New Year from all of us at the Visitors Centre'

'We hope that in 2005 we will see not only visitors and prison staff, but people from Armley and Wortley coming into the Centre. The Blue Pepper Café in the Centre offers a friendly and healthy place to take a break. We also have a range of activities such as yoga and salsa dancing if you want to put those New Year's resolutions into practice! So why not pop in and see us — we're on your doorstep'

**Susie Gridley,**  
Project Manager

### How to find us

HMP LEEDS  
MAIN GATE

VISITORS  
CENTRE

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### Looking For A Good Venue?

Does your group need a nice place to meet? The community room at the Visitors Centre is open for use by community groups and voluntary organisations. The room is also perfect for team away days and workshops. Contact Hilary on 0113 2038430 for more details.

AS you go towards Armley, take the 1st left towards HMP Leeds. We are the first building on the left.

## Alcohol Awareness Course for Prisoners

The Jigsaw Project is working in partnership with the prison to address alcohol issues amongst prisoners and their families. Our innovative 3-day alcohol awareness training programme is addressing previously unmet need amongst prisoners, and, having carried out a fully evaluated pilot (2003/4), is an example of Best Practice.

We take a realistic approach to this work, acknowledging that this course may be one of many jigsaw pieces that contribute to the men's wishes to go clean and straight, creating a more stable lifestyle for themselves and their families.

The men are accepted onto the programme following application criteria that include anticipated release within 6 months of a course date. We adopt training methods and approaches that support participants-prisoners to identify the personal and social effects of their alcohol misuse. Importantly participants are encouraged to explore what they want from their lives, and the means to achieving their aims. Key learning includes being able to

measure alcohol consumption, identify personal life goals and individual support needs, as well as identifying what personal resources they need to draw on and develop. By day 3 of the course a significant majority have increased their perceived ability to address their alcohol related behaviour. A ceremony at the end includes the men receiving a certificate of attendance and achievement. For many this is a first.

Jigsaw Project staff, who also work with partners and families, arrange referrals to services that the men have identified.

**Barbara Dransfield**



## Home-Start Volunteers Page 2 Make a Difference to Families

Home-Start Leeds is a voluntary organisation supporting families with young people who are experiencing stress or difficulties. We support families with at least one child under five years of age. Families wanting support can ring us directly or ask someone else to do so on their behalf, such as their health visitor, group worker or relative. Our volunteers visit families in their own home, once a week, for a few hours and offer emotional support, friendship and a little practical help.

Home-start offer  
volunteers lots of

training opportunities within a caring environment: the training includes free preparation course, confidence building, regular support, expenses and free ongoing training.

We have an excellent mentoring programme for anyone in need of a little extra support before being ready to be a volunteer.

If you would like more information about Home-Start or becoming a volunteer phone 0113 2442419 or email

**office@home-startleeds.co.uk**

**Cyndy Dowling  
Co-ordinator**

## Volunteer Opportunities

### Hours are flexible & Free training provided

Are you interested in Volunteering at the Visitors Centre ?

We are looking for people to volunteer in the following areas:

- 1, Courts Liaison Project**
- 2, Play Areas**
- 3, Blue Pepper Café**
- 4, Family Support, Advice & Information**
- 5, Healthy Living Services and Events**

For further information on volunteering contact Malka Denton on 0113 2032771

## Leeds Counselling Service at the Jigsaw Project

Bernadette Broderick, from Leeds Counselling, an independent counselling service, is contracted by the Jigsaw Project to provide a professional 1:1 counselling service to prisoners and prison staff at HMP Leeds.

Thoughts and memories about past and present relationships, bereavement, successes and failures in life can often cause

great upset when prisoners are separated from their everyday lives and families. Counselling can provide a safe space for these events to be thought about and re-considered so that new ways of looking at them and managing them can be reached.

The service is confidential. What is said within the counselling session does not get reported back to any authority

within the prison unless there is a serious risk of harm to the prisoner or another person, or prison security is being breached. Inmates can be referred by other agencies in the prison e.g. Probation Service, Mental Health In-reach team, Chaplaincy, or family members can pass on a request with the prisoner's permission through the Visitors Centre staff.

Arrangements can be made for prisoners who are released during a

course of counselling to complete the agreed session outside the prison.

The service is also available for prison staff.

**Bernadette Broderick**  
Counsellor



## Family Day at the Visitors Centre

Children are often the ones most affected by imprisonment. Action for Prisoners Families, a national charity, set a 'Family Friendly challenge and the Visitors Centre responded by working in partnership with the prison librarian, education department and the prisons visits team to organise a family visit for Halloween.

Eight families were involved, and during the visit we had a tree activity where families think together about what makes a family blossom. This gave children a rare opportunity to share with dad their thoughts and

experiences whilst he is away. After the hard work, we then had, an arts & craft activity, a story teller and apple bobbing.

After the visit the children and mum/ carer were invited back to the Visitors Centre for lunch and a pamper session.



**Comments from the families included:**

*'It was excellent'*

*'my girls loved every minute'*

*'enjoyed it very much'*

**Best thing was:**

*'that the dads can interact with their children without being scrutinized'*

*'for my daughter and her dad to be able to walk together holding hands'*

*'being able to do fun things together for the children'*

*'we got to be a family and do things together'*

*'interacting more like them, this morning the children really liked it'*

**Inmates comments:**

**What did you enjoy most:**

*'playing with my kids drawing and the story*

*teller'*

*'the activities we did together'*

*'cuddling'*

*'being able to sit next to my girlfriend and kids Cos I felt a lot closer to them'*

*'making the family tree with the kids'*

*'everything'*

**Would you recommend this event to a friend?**

*'absolutely'*

*'definitely'*

*'I and my family really enjoyed ourselves, thank you!'*

**Debbie Freeman**  
Senior Family worker

## Crime & Community Safety Evening for West Leeds

Wednesday 8th December saw a Community Safety Evening at the Visitors Centre organised by the Jigsaw Project and the West Leeds Community Safety Partnership.



A number of agencies including the Community Wardens, Community Police Support Officers, Anti-social Behaviour Unit, Victim Support Unit, West Leeds Community Drug Service and Prison Me No Way all came together to give the residents of Armley & Wortley an opportunity to ask questions about their concerns and

issues around crime in the area.

The evening had 3 guest speakers. The Governor of the prison spoke about the role the prison plays in the community. Gill Hunter, the Coordinator of West Leeds Community Safety Partnership, spoke about the work going on across West Leeds with partner agencies,

and Michelle McGill, the chair of New Wortley Residents Association spoke about the recent improvements for people in the area.

Michelle stated ' I made some contacts to help our association with the crime in this area, and also people who will help us with raising money to do the things we have in mind for the children in

our area. It was also interesting to know how other people felt who live here, and what the governor had to say. Thinking of us as his neighbours and not just the people who live here made us feel that he cares about us as a community. I would be happy to come along to any more events you will be holding and help in any way I can'. A large number of local residents attended the evening. We were really pleased to see so many new faces and hope to take forward the ideas in the future.

For more information contact Lee at the Jigsaw Project.

## Armley Church Advice Centre benefits the Visitors Centre

Armley Church Advice Centre has been giving advice to the local community in Armley for the last three years. We give advice on a wide range of issues including benefits advice, debt, family and personal, employment, housing and consumer. Originally set up with funding from the Church Urban Fund we provide free, confidential advice for everyone. We started our sessions at the

Visitors Centre in April 2004. Initially take up was slow but gradually visitors, staff and the local community are getting used to our presence and the numbers are increasing.

We are in the Visitors Centre from **11.00am until 3.00pm every Wednesday** so people can call in and see us then or they can contact Lee on 0113 2032512 at the

Jigsaw Project to make an appointment. Anyone living locally can also visit us at St. Bartholomew's Parish Hall on Wesley Road, Armley on Monday or Tuesday mornings between 10.00am—

12.30pm or phone us on 0113 2634661 to discuss the issue.

**Trish Bondi & Rose Wright**

**(Advice Workers)**



# The Using Parents (UP) Group

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UP groups have been in existence in Leeds for about six years and are run for children who need help and support because of their parents, carers or other family members use of drugs or alcohol. They are run jointly by Base 10 young peoples drug/alcohol agency (part of the Turning Point charity) and the Drug Intervention Project both based in Leeds.

The current group is for children in West Leeds aged 11-13 and has been based at the Visitors Centre. Group work is offered to the five 'wedges' areas of Leeds in turn, so the

next group will be for children in the North-West wedge after Christmas. Groups are provided for either primary school age children (generally school years 5 and 6) or high school age children (generally school years 7 to 9).

They take place on Thursday after school and transport to and from home and food are provided. Anyone can refer to the group and we work with children with parental consent. We also give feedback to parents and evaluate the group with children and parents. A typical group lasting ten

weeks would include sessions on drug and alcohol awareness, coping with risky or emergency situations, first aid and nutrition. We also aim to have fun and include a trip to Leeds Climbing Wall, Ten-Pin Bowling

a meal out, art and drama and group games. For more information contact Chris Long (DIP) 0113 2413070 or Martin Guy at Base 10 on 0113 2433552.

**Chris Long (DIP Worker)**



## New Counselling Service at the Visitors Centre



**'It is not easy inside but it can be even harder on the outside at times'.**

Through the Jigsaw Project, Armley Counselling is offering a new listening service to families of prisoners who need to come to terms with

what is happening to them, and for people in Armley and Wortley particularly ex-offenders.

You will find equality in the counselling room and what you say to the counsellor is treated as confidential. The

counsellor does not judge you but will respect your situation and offer support to help you overcome the difficulties you are going through.

Counselling can help you make decisions to improve your self worth and self esteem. We are available at the Visitors Centre on Monday & Thursday mornings. We also see clients within Armley, Wortley, Bramley, Stanningley and Pudsey areas of Leeds at the Strawberry lane

Centre.

Can we help you or do you know a friend or family member who wishes to talk through their problems?

Please contact Lee at the Visitors Centre on 0113 2032512 or Sean at the Strawberry Lane Centre on 0113 2891151.

**Sean Harrison  
Armley Counselling  
Service**

# Programme of activities

## Weekly sessions

	Day	Time
Benefits & Rights Advice Drop In	Wednesdays	11.00am — 3.00pm
Family Support	Daily	9.00am — 5.00pm
Health Information Advice & Support	Daily	10.00am — 6.00pm
Blue Pepper Café	Daily	9.00am — 5.00pm
Free Internet Access	Daily	9.00am — 5.00pm
Massage Sessions	Tuesdays & Wednesdays	11.30am — 1.00pm 11.30am — 1.30pm
Salsa Classes	Wednesdays	12.15pm — 1.15pm
Yoga (community/visitors) (Staff)	Wednesdays Tuesdays	4.30pm — 5.30pm 12.15pm — 1.15pm
Physical Health and Training (PHAT) Club (Staff)	Starts 3rd February	Lunchtimes
Baby Massage	Thursdays	11.30am — 1.15pm
Stop Smoking Classes	Tuesdays	12.30pm — 1.30pm

## Service Providers and Events

Citizens Advice Bureau (Prisoners/Families/Staff)	Monday — Thursday	10.00am — 4.00pm
Leeds Counselling Service (Staff & Prisoners)	Mon, Thurs & Fri	10.00am — 4.00pm
Armley Counselling Service (local community/visitors)	Monday & Thursday	10.00am — 12.00pm
Health Awareness & Healthy Food day	Friday 18th March	11.30am — 2.00pm
Alcohol Awareness Courses (Prisoners)	Bi-monthly	3 day course
STOP Violence Course (prisoners)	February & March	3 day course
Drug Awareness Course (Visitors/Local Community)	February & March	TBA
Family Forum	February	TBA

### Contact Details

**Lee Stephenson** Health Information & Development Worker, **Tel:** 0113 2032512 **or**  
**Email:** lees\_jigsawhlp@hotmail.com

**Write to:** The Jigsaw Project, Visitors Centre, c/o HMP Leeds, 2 Gloucester Terrace, Armley, Leeds, LS12 2TJ

**Our Vision:** “The Visitors Centre is here to provide friendly and independent support, information and advice and healthy living activities for all communities associated with the Visitors Centre – families of prisoners, prisoners and ex-prisoners, prison staff and the local community. We aim to empower people and their families to make positive choices about their lives and life style.”



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