

Dear Readers

Reading through this issue of the “Jigsaw Piece”, I got a real flavour of the broad range of activities and services now on offer at the Visitors Centre. It is fantastic to see greater use of the Centre by local community groups, and to host to events such as the West Leeds Men’s Health Day. Through greater partnership working in the community, together with our work in the prison and ongoing family support, we are reaching out to a wide range of clients, which is both challenging and rewarding. Long may it continue!

Susie Gridley, Manager

Exciting new youth project at the Visitors Centre

Building on the young people’s fun day and the mural project, the Jigsaw Project felt that we should try and continue to provide more provision for young people from Armley and New Wortley.

We decided to work in partnership with New Wortley Community Centre’s youth group and Christchurch youth project to provide extra provision for local young people. This would be a 10 week pilot project, offering the young people from both organisations the opportunity to use the Visitors Centre.

Available for them at the Visitors Centre were:

- **Computers with internet access**
- **Chill out/sensory room**
- **Arts & Craft room**
- **Weekly planned activities such as a drumming workshop, cookery courses, circus workshop, and a photography & video workshop**

- **Various sports on Jailey Field outside the Visitors Centre**

The project ran on Monday evenings from 4.30pm—6.30pm with two local youth workers. The 10 weeks covered June 6th to August 15th.

This provision allowed us to work with a section of the community that is traditionally hard to engage with, and is a new area of work for the Jigsaw Project.

Comments by the young people:

“I really like using the computers”

“The activities that we do are really good”

“The chill out room is wicked, especially when we are listening to music”

Lee Stephenson
Health Information & Development Worker



Jigsaw Healthy Living Project

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

Men's Health Event

The Jigsaw Project in partnership with West Leeds Healthy Living Network held a men's health event which was part of national men's health week. The event was open to all men from West Leeds and took place on Wednesday 15th June 11.30am—2.30pm. A number of organisations including Sure Start's "Men Behaving Dadly" project, Community Health Educators, Practice Nurses from Armley Clinic, Safer Custody's Detox Unit from HMP Leeds and West Leeds Healthy Living Network attended the event to showcase what their organisation does for men's health in West Leeds. The main objective was to increase men's awareness of weight and obesity issues. The day attracted over 50 people which included male members of staff from HMP Leeds, local community members and prison visitors. On the day, we had:

- **Men's health quiz**
- **Blood Pressure reading**
- **Body Mass Index measuring**
- **Fruit Smoothies**
- **Waist measurements**
- **Massage**
- **Free buffet**

The evaluations revealed that many of the guests found out valuable information. In particular waist measurements revealed many had increased risk levels of Coronary Heart Disease (CHD). The National Health Service Measurement for Central Obesity states the following waist measurements for men:

- **37 inches and below are healthy**
- **37-40 inches increase health risks of CHD**
- **40 inches and above indicates high health risk of CHD and men should seek advice immediately to lose weight.**

Waist measurements should be taken around the largest part of the abdomen. For more information on men's health contact the Men's Health Forum on www.menshealthforum.org.uk



Pilates classes at the Visitors Centre

In response to requests from staff, the Visitors Centre ran a 10 week pilates course as part of its physical activity programme. Pilates is extremely good for:

Improving body posture and image

Body toning

Losing weight

Back strengthening

The course ran at full capacity of 12 clients and intensified each week. The cost of the course was an amazing £15 and the clients were given £5 back if they completed 7 out of the 10 sessions. The classes ran on a Wednesday lunchtime 12.15pm—1.15pm. It finishes in mid August but we are starting another course in early September.

If you are interested in attending, contact Lee on 0113 2032512 to book a place.



New Wortley Fun Day

The Jigsaw Project is working with New Wortley Community Centre to hold a fun day for residents of New Wortley on Sunday 4th September at Oaks Park Field (AKA Jaily Field behind Armley Prison Visitors Centre). We are planning stalls, a programme of shows and displays, a children's area, and a food court. If you interested in having a stall at the event contact either Lee Stephenson on 0113 2032512 or Charmaine Howell on 0113 2793466.

Community Room

Available For Use at

Armley Prison Visitors Centre

Available Mon-Fri for:

Meetings, Training Sessions, Activities Seminars, Support Groups

Refreshments can be provided

Phone Hilary at 0113 2032581 for more info

Available For Use at

Armley Prison Visitors Centre

Sensory Room



Open Mon-Fri: (9am-5pm)

Chill out and Relax!

Read/Study/Nap!

Plus you can make use of the other resources and activities at the centre:

Café, Counselling, Health/Financial Information, Internet Access, Children's play area

Wortley Walking Group

The Wortley Walking Group use the Visitors Centre at the end of one of their walks on a bi-monthly basis. The group has 8 different walks that they go on. The walk that they use that incorporates the Visitors Centre meets at 10.00am at the Netto Store, Oldfield Lane Wortley. It's a 3 mile circular easy going walk via Copley Hill, finishing time at 12.00pm at the Visitors Centre for a coffee stop.

If you want join the group then contact Richard Smith on 07976 744358 for more details.

Family Visits at HMP Leeds

The family visit was great. My children really enjoyed it as there were lots of activities to keep them occupied. Spending time together as a family meant a lot to us, it was nice to have that closeness. The staff at the Visitors Centre who set up the family visit were great, caring and took the time to talk and involve the inmates and their families in everything that went on. It would be great if the family visits continued as the inmates and the families get a lot of satisfaction from them.

Partner of a prisoner

Family Support Training at the Visitors Centre

On the 25th and 26th May I attended a family support training course about support work of those affected by a prison sentence. As a relatively new volunteer at the Visitors Centre I was interested to attend, as I had never previously taken part in anything similar.

Day 1

On the first day we covered the "Traumatic Life Event Cycle" – which broke down into stages the feelings and emotions people progress through after experiencing such an event. The first emotion encountered after a trauma is shock. This initial disbelief then gives way to denial, then anger, then despair, followed by grief, sadness – eventually leading to a certain acceptance. This is followed a period of adjustment in which a person begins to stop viewing their whole world through this event. Finally the whole process becomes something from which reflection and strengthening can occur.

Many people commented that this was one of the most insightful and helpful parts of the course and some also felt that this cycle had put into words how they had themselves felt at points during their own life events. I certainly had never encountered the emotions involved in an upsetting and disrupting event broken down in this way, and others said the same when invited to contribute.

It was then explained how a prison sentence (either for the individual serving the sentence

or their family) can trigger and fit into this cycle, and how different parts of the cycle may even be relevant to the legal stages leading to the spell in prison.

Day 2

On Day 2 we discussed how different types of help are relevant in certain stages of the cycle. For instance, if a person is in denial following an event they are finding difficult to cope with, it is important that they are treated gently and listened to with a sympathetic ear. When the same person reaches the "grief" stage they will be more receptive to practical help and capable of being confronted with the reality of the situation. They can be helped to take steps towards finding coping strategies for their situation and solutions for those problems which can be dealt with.

"All in all it was an interesting and enjoyable 2 days and each member of the group found it extremely useful regardless of their experience or the number of training courses they may have attended in the past".

I felt that one of the main reasons for the success of the course was the way in which the trainer used exercises to switch the focus back on ourselves – and to try, as near as possible, to put ourselves in a similar situation to those we are supporting.

For example, one of the tasks on Day 2 was to split into groups and talk them through the time line of our own lives – without pause or interruption – for 15 minutes. Personally, I was mortified at the thought!!

When I commented on this I was urged to think about how the users of the Visitors Centre may feel when they come to the staff and/or volunteers, who they may never have met before, with a problem. The point hit home, and other members of the group echoed this when we discussed the course at the end of day 2.

I had only begun to volunteer at the Visitors Centre a couple of weeks before so I felt at times that I wasn't able to contribute as much as some of the others. However, it was a friendly and relaxed atmosphere - and one of the reasons the course was so well received by all was that everyone had something to give to the group. One of the most interesting parts of the course for me was listening to others recount their experiences of support work (and the excellent sandwiches provided at lunch!). This being the first course of the sort I've ever attended I'd recommend it to anyone involved in support work!

If you would be interested in attending future training on family support, contact Malka Denton on 0113 2032771

Emma Smith, Volunteer



Governor's Question Time Responses

In the last newsletter we reported on the governor's question time held at the Visitors Centre. Several questions were asked in regards to visiting prisoners at HMP Leeds. The following responses were given to the questions asked at the family forum:

Q, Why is the property system so complicated?

A, The property system is currently under full review to try to simplify the method of entry for items being brought into the establishment.

Q, Why are the Visiting Orders (VOs) taking so long to be sent out?

A, There is a lead time for VOs of approximately 3 days from posting them on the wings to them being processed. There have been problems with existing computer hardware, we are currently introducing new hardware. At the moment we are processing 550 –750 VOs per week.

Q, Why can't we ever get through on the booking line to book a visit?

A, Each booking takes between 2-6 minutes. There are hardware problems which have reduced the number of terminals available to book visits— hopefully there will be replaced in the next 2 weeks. We accept the your frustrations.

Q, Why are we not getting on our visits on time?

A, We only have 1 visits escort runner and they have to escort to and from the visits room, both special and domestic visits. Official minimum visits time is 30 minutes. Anything over 30 minutes is extra, whilst we aim for longer, this is our minimum requirement.

The next family forum is on 22nd September. Come and put your questions to the governor.



Health Fayre at HMP Leeds

Family support, mental health, depression, drugs, alcohol, sexual health, Hepatitis C, debt... information and advice on all these issues and much more



was available at the Health Promoting Prisons Fayre on 8th July at Leeds Prison.

The aim of the day was to raise awareness amongst prisoners and prison staff about the different services that are available both inside the prison, and on the outside in the community.

The idea originated from the Health Promoting Prisons Group, a multi-agency partnership with a remit to promote health and well-being through a settings approach, for staff, prisoners and families at HMP Leeds. Some members of the group had attended a similar fayre at HMP Wealstun, which had raised the profile of health promoting prisons work.

In the morning and afternoon, prisoners came to the Multi-Faith Centre, and were able to ask questions relating to their own health, and to get advice and information for their families.

Over lunch, the event was open to prison staff, offering cholesterol testing and blood pressure tests, as well as taster sessions in Tai Chi and Acupuncture.

Both prisoners and staff took part in a Health Quiz, and went out and about amongst the stalls to get the answers.

Feedback from the 180 participants and 21 agencies suggested that not only had the event raised awareness of health issues within the prison but it also raised awareness of more general prison issues. Many of the agencies found the day "a real eye opener", which challenged a lot of pre-conceptions.

For more information about the Health Promoting Prisons group and how to get involved, contact the Chair, **Ian Ducker, on 0113 203 2988.**

Programme of activities

Weekly sessions

	Day	Time
Benefits & Rights Advice Drop In	Monday & Tuesday	Appointments only
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	11.00am — 1.00pm 11.30am — 1.30pm
Pilates (from 8th June)	Wednesdays	12.15pm — 1.15pm
Healthy Eating Class (from 16th August)	Tuesday	12.15pm—1.15pm
Youth Group (from 6th June)	Mondays	4.30pm—6.30pm
Community Meeting Room Available	Mon—Fri	9.00am—5.00pm
Sensory Room	Mon—Fri	9.00am—5.00pm

Service Providers and Events

Citizens Advice Bureau (Prisoners/Families/Staff)	Monday — Thursday	10.00am — 4.00pm
Leeds Counselling Service (Staff & Prisoners)	Wed, Thurs & Fri	10.00am — 4.00pm
Armley Counselling Service (local community/visitors)	Monday & Thursday	10.00am— 12.00pm
New Wortley Fun Day on Jailey Field	Sunday 4th September	12.00pm — 5.00pm
Alcohol Awareness Courses (Prisoners)	September 7th, 8th & 15th	
Armley Prison Visitors Centre Annual General Meeting & Partnership Event	September 14th	10.00am—1.00pm
Family Support Training (Time for Families)	September 28th & 29th	
Family Forum	September 22nd	11.45am—12.45pm

The Visitors Centre is open Monday—Friday 9.00am—5.00pm

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



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