



# THE JIGSAW PIECE



Dear Readers,

Spring was definitely in the air for our graffiti art project in April – and we had a really fun weekend brightening up the building. Thanks to all the young people involved for their hard work in thinking up the design, as well as their commitment on the day. We think it looks fantastic! Read on for more information about what’s planned in the coming weeks – and if there’s anything else you’d like to see provided at the Visitors Centre, it would be good to hear from you.

Susie Gridley, Manager

## Young People paint the perfect picture of Armley



spent the day spraying what they had designed. Friends and family of the young people also joined us for lunch and to give their impressions as the mural progressed. A fun and exciting time was had by all.

**“The spray painting was brilliant”**

**“I really enjoyed spraying the picture”**

**“The graffiti project has been wicked”**

The Jigsaw Project in partnership with Christchurch Youth Project and Interplay Theatre undertook a community arts project with local young people from Armley and New Wortley. The project entailed a 4 week development phase under supervision from two legal graffiti artists,

Monkee & Sparx. The group designed a mural to be applied to the gable end of the Visitors Centre.

The Prison Governor attended the first session to give the young people guidelines as to what was and wasn’t appropriate. Lee

from the Jigsaw Project explained the remit of the Jigsaw project. The Governor then attended the last session to give the design his seal of approval!

The Big Day for painting the mural took place on a sunny Saturday 23rd April. The children

Graffiti artist, Monkee stated **“I am passionate about graffiti, but I am adamant that it needs to be undertaken within the law. I see this project as a fantastic opportunity for me to pass on some of my skills and views about legal graffiti”**.

*Jigsaw Healthy Living Project  
Promoting wellbeing for all-Families, Prisoners, Staff, Local Community*

## Anger Management/Domestic Violence Course for Prisoners

An innovative three day “shocking”, and course for perpetrators “eye-opening” of domestic violence has been piloted over the last 2 months through the Jigsaw Project.

Facilitated by Kathy Grogan Associates, also manager of the STOP Project in Leeds (a perpetrators of domestic violence programme) and therapist Simon Roe, they have now completed two 3 day courses.

The programme raises awareness of the definitions of domestic violence: physical, verbal, psychological, emotional, sexual, financial and spiritual. This is followed by making participants aware of the consequences of this behaviour in each category. Participants found this breakdown, in their own words;

The main areas covered on the course are: role modelling, positive reinforcement, victim empathy and relapse prevention. Two points that cause consternation when first presented to programme participants are violence and abuse which are always choice decisions. Kathy says “When we look back over what happened during the incident, we can see that at every step of the way we could have made an alternative choice that was non abusive and non-violent”.

The other points that raise disquiet with participants initially is when it is said; “no-one can wind you up without your consent”. Needless to say this statement is met with disbelief but then they go through the different



## Complementary Therapy at the Visitors Centre



The Jigsaw Project has a complementary therapist running 20 minute sessions at the Visitors Centre on a Tuesday 11.00am—12.30pm, and Wednesday 11.30am—1.30pm.

Why not book a 20 minute session for the bargain price of just £2 per session? And you get your first session free!

The types of therapy available are:

### Head massage

options available to avoid/walk away from these situations. It empowers participants and gives them additional skills to make alternative choices when they find themselves in potentially dangerous situations.

The feedback from inmates has been very positive and although they are limited

### Shoulder & Back massage

### Hand massage

This service is available for the local community of Armley and New Wortley, as well as visitors and staff.

*“The therapist is excellent and is very good for everyone”.*

You need to book early to avoid disappointment. Call Lee on 0113 2032512 to book a session

initially in how much they can practice with their families, they have learnt enough techniques to start practicing already with those they meet on a daily basis.

Graduation certificates are awarded at the end of the programme for inmates who have completed the full course.

## Young People enjoy a FUN DAY at the Visitors Centre

The Visitors Centre celebrated Easter by holding a young people's fun day on Wednesday 23rd March. We had activities such as:

**Video Mixing Bus from the youth Service**

**Circus and Magician Workshop**

**Henna & Face painting**

**Rugby Taster Session**

**Massages**

**Play Stations**

**Sensory/Chill out room**

The event attracted over 60 people which included local children and children on a visit.

A number of agencies including the Youth Service, Health Education, Christ Church Youth Project,

West Leeds Community Safety Unit and Leeds Smoke Free Homes attended the event to showcase what their organisation does for young people in West Leeds. For many of the children it was the first time that they had visited the Visitors Centre.

The evaluation forms revealed that the majority of children would definitely come again to the Visitors Centre for another event. They gave us ideas of opening early evenings to use the chill out room, café, and internet.

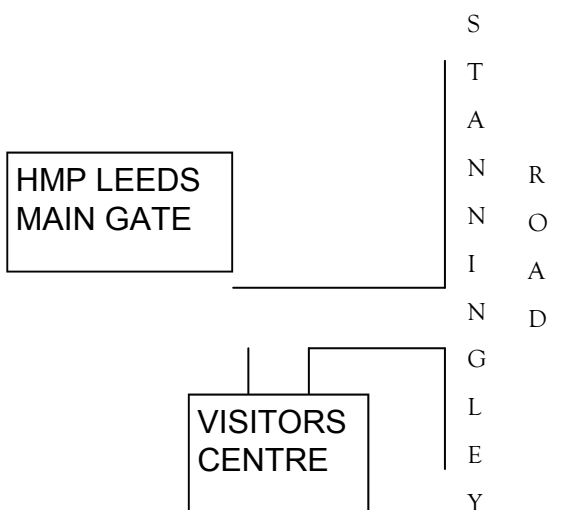
We are working on some of these ideas with local youth work agencies.

If you are interested in getting involved contact Lee at the Jigsaw Project on 0113 2032512

### 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 2032581 for more details.

### How to find us



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

### Interested in Family Support Work?

We are holding FREE training on 18<sup>th</sup> and 19<sup>th</sup> May for frontline workers and volunteers whose work may include supporting families of prisoners.

**Contact Malka for more information on 0113 203 2771**



## The Governor's question time at the Family Forum

Armley Prison Visitors Centre works with families and friends visiting the prison. Staff at the Visitors Centre are often the first point of contact for visitors. We try and explain the prison's systems and procedures that may affect families and answer any queries and questions they may have.

Lots of families were highlighting the same complaints and concerns about particular prison procedures, so a Family Forum was set up. Families were invited to discuss how prison systems affected them. We also set up a list of questions families would like the answers to. These questions were passed on to Governor Ian Blakeman, who agreed to do a question



time with families regarding these questions.

The Governor of Leeds Prison and Chris Dyer, Head of Operations and Security, met up with families to answer some of their questions. They both expressed the importance of this forum and also what a good opportunity it was to meet with families.

A number of questions

were asked around issues such as:

**Handing in of property and the property process**

**The length of time it takes to receive Visiting Orders**

**The difficulty of booking visits over the phone**

**The vending machines always being empty in the visits room**

We are aiming to have a Family Forum once a month, where families will be able to get support from each other as well as the Family Workers. The Visitors Centre can then pick up any issues families are experiencing and pass them on to the appropriate departments

If are interested in joining the Family Forum or would like further information, please contact Debbie on 0113 2032771.

**Debbie Freeman  
Senior Family Worker**

### Health Event

On Wednesday 15th June, the Visitors Centre is holding a Men's Health Event for Men's Health Week. The key objective is to increase men's awareness of weight and obesity issues. If you want to attend this event and find out what will be happening on the day or want more information contact Lee on 0113 2032512

### 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

## COURT LIAISON PROJECT AT THE VISITORS CENTRE

At the Visitors Centre, we deal with the effect of crime that does not hit the headlines. The families are often the forgotten victims of crime and yet when someone is sent to prison the ripple effect and impact on the families is significant.

The Visitors Centre recognises the impact and aims to address the needs of families. The most effective way of doing this is by making sure the families have access to relevant and up-to-date information about all aspects of the system at Leeds Prison as well as supporting their emotional needs.

One of our biggest obstacles is getting the right information to families as early as we can. By the time we have our first contact with them, either by phone or face to face, they have often been told all sorts of wrong information which has caused them great distress and worry.

In response to this we are developing a volunteer programme to run from inside the courts. Leeds Prison is a local prison and serves 8 courts in West Yorkshire. We cannot serve all 8 from the beginning, so we are starting in Leeds Combined Court. We will have trained volunteers working inside the courts who will be able to identify prisoners families and offer them support, information advice and guidance. We will introduce them to the Visitors Centre and all that is on offer there for them.

The training for volunteers will consist of:

**Understanding the Visitors Centre and what's on offer**

**Leeds Prison—Rules & Regulations and the day to day regime**

**The court system**

**The basics of Support Work—maximum impact in minimum time!**

**Active listening skills**

**Introduction to basic counselling skills**

The project is being funded by Action For Prisoners Families and we are looking to recruit volunteers over the next 2 months to begin training in June.

If you are interested please contact Malka Denton (below) on 0113 2032771



## The Visitors Centre opens its new sensory room



After months of planning it has finally happened! The Visitors Centre opened its new sensory room. The sensory room can be used for relaxation, de-stressing and chilling out. The room is open for the local residents of Armley and New Wortley, families and visitors of prisoners

and prison staff. The room is available for 20 minute sessions.

Here is an opportunity to enjoy:

**Soft cushions and chairs to relax on**

**Listen to soothing music**

**The tantalising lighting effects!**

The sensory room is free of charge to use. The room is opened Monday— Friday 9.00am—5.00pm.

If you want to book the sensory room then call Hilary Hunt on 0113 2032581.

Need advice on financial matters?

Drop in to the benefits advice service at the Visitors Centre on Wednesdays 11.00am—3.00pm

# Programme of activities

## Weekly sessions in the Visitors Centre

	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 — 5.00pm
Blue Pepper Café	Daily	9.00am — 5.00pm
Free Internet Access	Daily	9.00am — 5.00pm
Massage Sessions	Tuesdays & Wednesdays	11.00am — 12.30pm 11.30am — 1.30pm
Healthy Eating Class	Tuesdays	12.15pm—1.15pm
Pilates	Mondays	12.15pm—1.15pm
Community Meeting Room Available	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 pm, Thurs & Fri	10.00am — 4.00pm
Armley Counselling Service (Community/Visitors)	Monday & Thursday	10.00am— 12.00pm
Alcohol Awareness Courses (Prisoners)	May 4th, 5th & 12th	3 day course
Family Forum	May 12th, June 16th July 14th	11.45am—12.45pm
Family Support Training	May 18th & 19th	All Day
Health Promoting Prison Fayre (Staff/Prisoners)	June 8th	All Day
Men's Health Event (part of men's health week)	Wed 15th June	11.30am — 2.30pm
STOP Violence Course (Prisoners)	TBA	3 day course

**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 lives and life style.”



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