

The Jigsaw Piece



Jigsaw Visitors' Centre
Putting the pieces together

The Jigsaw Visitors' Centre Sharing Ideas and Moving Forward

We held the first of our bi-annual Partnership Events on Wednesday, 26th April. This was an excellent opportunity to both share Best Practice and also some of our thinking for the future.

We had three speakers—Yvonne Rose (the chair of the Jigsaw Management Committee), Rita Hindley (Centre Manager) and Mark Hudson—the Yorkshire & Humberside Prison Service Voluntary & Community Sector Co-ordinator. Mark provided some fascinating input which ranged across some of the history of Leeds Prison, bringing us bang up to date with interesting information on the National Offender Management Pathways.

The main focus of the day however was on encouraging discussion and debate in two workshops.

Workshop 1 covered the new work which the Centre is hoping to take forward working with prisoners and families in a more inclusive way to ensure a positive future. This is likely to include a tighter focus on relationships and joint decisions. Discussion covered:-

- The importance of engaging more volunteers to help us in the Centre and provide additional resource capacity for the improvements we want to introduce.
- How other voluntary agencies and the community could get involved in supporting the service
- The dialogue that needs to start to move the project forward.

Workshop 2 generated input on community involvement and engagement with the activities that Jigsaw is involved with. This brought forward the following suggestions:-

- More publicity about the Centre, services and activities that are on offer.
- More outreach work in the community
- Make links with local organisations so referral systems can be used.
- Outreach some of Jigsaw services in other local community venues.

The next Partnership Event will be held in October 2006. If you are interested in attending please contact Hilary Hunt on 0113 2038430 to book a place

As you can see from the this issue we're going through exciting times in the Centre at the moment. We now have a web site in the early stages of development and we've held some really helpful discussion groups about our future plans both at the Partnership Event and also with our Management Committee. Working with young people in the community remains high on our agenda - we've just started a 10 week support programme linked to Christ Church Youth Group. Read more about it on page 4 and also about the health initiative that we are working with as part of that contact.

(Rita Hindley Centre Manager)

Volunteer and make a difference!

Encouraging volunteers to work with us has always been high on our priority list. However personal circumstances can change quickly—e.g. moving house, changing job, family priorities—and that sometimes results in offers of support being withdrawn.

As a small team with unpredictable workloads it's really important for us have access to willing volunteers who are prepared to help us deliver our wide range of services. We have a regular advert in this Newsletter (see below) which encourages volunteers to consider a range of involvement. All are equally important.

However a common theme running through all those roles is the importance of supporting families through change and uncertainty.

Once a partner is sentenced, the list of questions is endless:-

- What's going to happen to him now?

- What can he have?
- What about his belongings, what happens to them?
- What about his alcohol or drug problem—who's going to let them know about it so that they can treat him appropriately?
- What about the debt he's in—how can that be sorted out?

All practical considerations which need to be addressed. Our training covers all this and more - providing volunteers with enhanced skills and the knowledge and ability to help others less fortunate.

Volunteers really do make a difference by increasing our potential to support families and children whilst visiting their loved ones. If you're interested in getting involved, please contact either Malka, Lee or Rita or call in at the Centre for a chat.

Volunteer Opportunities

**Are you interested in Volunteering at the Visitors Centre? You will get to meet new people and make friends
Hours are flexible & Free training is provided**

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

- 1. Courts Liaison Project**—supporting families from the early stages in court
- 2. Play Areas**—helping play workers in the prison visits room where we provide facilities for children to enjoy themselves whilst mum and dad are talking
- 3. Blue Pepper Café**—based in our Visitors Centre providing drinks and light refreshments for people who use the centre
- 4. Family Support, Advice & Information**—working with families and visitors of prisoners
- 5. Healthy Living Services and Events**—based in the Visitors Centre and in the community

For further information on volunteering contact either Malka on (0113 2032771), Rita (0113 2032511), or Lee (0113 2032512)

Student placements at the Visitors' Centre



Laura is on the left and Louise is on the right of the picture

Laura from Sheffield Hallam University is studying for a social work degree to be a Social Worker; her study placement is concentrating on working with families and children. As well as providing support in the play areas on visits, she has also helped us with some key development projects—research with children, Child Protection and also helping to develop an information directory for families.

Both students have been a fantastic support and will be greatly missed when their placements finish in June.

"It has been a very eye-opening experience being placed at the visitors centre, as it has allowed me to look at how the children and families are affected by prison. In terms of social work I think it's a massive step forward that the prison service are accepting students on placement and I'm enjoying my time here very much!"

(Laura Sheffield Hallam University student)

"Over the past ten weeks, I have enjoyed all the types of work I have been involved in. It has been a great experience which I have enjoyed and will miss very much"

(Louise Leeds Metropolitan University student)

At the Jigsaw Visitors' Centre we aim to empower people, and help them to move forward and develop. This is confirmed by providing work placement opportunities for two university students.

Louise from Leeds Metropolitan University is studying for a Youth and Community degree, and has been involved in developing the youth provision that is presently taking place at the Visitors' Centre (read more on page 4). She has been heavily involved in working with families around family support and also with prisoners around prison liaison work.

The future for the Jigsaw Visitors' Centre

Now that we're more than half-way through our core funding it's really important that we are very clear on our future direction. To that end we've spent quite a bit of time together as a team and with the Management Committee on reviewing our funding options and ways of working.

At the heart of our vision is a commitment to "empower people and their families to be able to make positive choices about their lives and lifestyles". For us this principle is reinforced through providing helpful information, quality support and, most importantly, encouraging people to work together and learn from each other.

Providing improved support for prisoners, their partners and families is high on our agenda. We hope to be able to do this through a range of training workshops, individual support sessions and a clear focus on building and sustaining relationships.

A substantial part of our funding for the Centre was through the Big Lottery Healthy Living Programme. Over the past 3 years we've pioneered a number of new initiatives focused on different aspects of health—e.g. healthy eating, exercise (e.g. pilates, salsa, yoga) and also run massage and relaxation sessions. In the coming year we want to concentrate on working with families to ensure that their health concerns are addressed and integrated within the support we provide.

Jigsaw Visitors' Centre tackles smoking

The Jigsaw Visitors' Centre celebrated national No Smoking Day by hosting a Health Awareness Event around stopping smoking. The event was held on Wednesday 8th March 11.30am—2.00pm. The event consisted of an information stand by Leeds Smoking Service issuing different techniques for stopping smoking, massage sessions, healthy food and a quiz. The event attracted over 40 people and a great time was had by all.



Choosing Health agenda for young people

The Jigsaw Visitors Centre has continued to build on the good work that it has done with young people and is currently undertaking another youth project in partnership with Christ Church Youth Project. The format for this particular project has slightly changed as now the youth project includes part of each session around health, and in particular issues around the “Choosing Health” national agenda. The types of activities that are provided for the young people include work around:

- Physical activities through dance classes
- Mental Health activities through workshops by community health educators around self esteem and confidence building
- Healthy eating through cooking workshops by community health educators
- Sexual health with health education workers
- Smoking with D cubed from Leeds Youth Service
- Alcohol with D cubed from Leeds Youth Service

The youth project runs on Wednesday evenings 4.30pm—6.00pm over a 10 week period. The youth project started on the 10th May and will finish on 12th July. We try to make sure that the health activities are fun, as we consider it vitally important that young people are taught about health issues positively and in a way that is memorable.

Men's Health Awareness Event

On Wednesday 14th June the Jigsaw Visitors' Centre, in partnership with West Leeds Healthy Living Network, is holding a Men's Health Awareness event for Men's Health Week. The key objective is to increase men's awareness around mental health issues.

The event will run from 11.30am—1.30pm and will consist of information stalls by organisations who work within mental health, activities that tackle mental health, healthy food and a quiz. If you want to attend just drop in between the times above or if you want more information contact either Lee on 0113 2032512 or Jon at West Leeds Healthy Living Network on 0113 2951043



Young people participating in a session around Smoking with a worker from D Cubed part of Leeds Youth Service

Anger Management courses at HMP Leeds

The Jigsaw Visitors Centre in partnership with HMP Leeds probation department and Kathy Grogan Associates (STOP Project) ran two 3 day anger management/domestic violence courses in March and April 2006.

The programme raises awareness of the definition of domestic violence - physical, verbal, psychological, emotional, sexual, financial, and spiritual. Participants are made aware of the consequences of behaviour in each category

The courses were facilitated by Kathy Grogan with the assistance of probation staff at HMP Leeds. Probation staff co-facilitated the course to enable them to gain knowledge of the content so that in future they would be able to deliver the workshops.

Both courses ran at full capacity of 12, more courses are planned for this year.

The Jigsaw Visitors Centre connects to the World Wide Web

The Jigsaw Visitors' Centre launched its official website on Thursday 4th May. You can now access a wide range of information about the project, services and activities that are on offer. Just log onto www.jigsawvisitorscentre.org.uk The Jigsaw Visitors' Centre has also increased its I.T provision from one computer to three computers all with internet access. These computers are available for the local community, prison staff, visitors/families and prisoners on release. There will be support available for those who need help. **Below is the home page of the website.**

Jigsaw Visitors' Centre

Welcome to the Jigsaw Visitors' Centre Web-site Home page

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 styles".

Home	Contacts	Events	Volunteers
Local Community	Prison Staff	Prisoners/ Ex-prisoners	Visitors/Families



New Biometric system at HMP Leeds

This system was introduced to enable staff to control the movement of prisoners and visitors within HMP Leeds in a more effective way.

Initially when a visitor books in for a visit, they place their right

index finger onto the scanner machine. Their left finger will follow to confirm the reading. A photograph is also taken. Each time family and friends visit fingerprints are scanned to match up with photographs and

details of the visit.

VISITORS STILL NEED TO BRING IDENTIFICATION WITH THEM TO ALL VISITS

-Programme of activities-

Weekly sessions in the Visitors' Centre

	Day	Time
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	11.30am — 1.30pm 11.00am — 1.00pm
Community Meeting Room Available	Mon– Fri	9.00am—5.00pm
Sensory Room	Mon-Fri	9.00am—5.00pm
Youth Provision (Community) (starting 5th June)	Mondays	7.00pm—8.30pm

Service Providers and Events

Citizens Advice Bureau (Prisoners/Families/Staff)	Mon — Thurs	10.00am — 4.00pm
Leeds Counselling Service (Staff & Prisoners)	Tues, Thurs & Fri	10.00am — 4.00pm
Armley Counselling Service (Visitors/Community)	Monday & Thursday (Appointments only)	
Health Awareness Event (Men's Health)	Wednesday 14th June	11.30am—2.00pm

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

Contact Details

Lee Stephenson Health Information & Development Worker, **Tel:** 0113 2032512
or Email: Lee@jigsawvisitorscentre.org.uk

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

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