

The Jigsaw Piece



Jigsaw Visitors' Centre
Putting the pieces together

Confirming Jigsaw's success

Over the past few months Leeds Met Centre for Health Promotion Research have been busy carrying out an evaluation of the Jigsaw Visitor Centre. Their research project covered both the Healthy Living project and also the daily work that we do with families visiting their loved ones in Prison.

The research was extensive and included questionnaires, focus group discussions and detailed telephone interviews with a wide range of our providers, prisoners, families, prison staff and staff working at Jigsaw. The result was a comprehensive and impressive Evaluation report which very clearly identified what was working well and what needed to improve.

Our view was that we should definitely use the Report to promote the Centre and we therefore decided to hold a Press Conference. We had a strong list of local and national press contacts. Ours was a "good news" story and it was no surprise that we had limited take-up. However we had a fantastic day with some wonderful speakers:- Rachel Dixey from Leeds Met explained how the research project had worked, followed by Ian Blakeman (Governor of HMP Leeds). Ian was very complimentary about the staff at the Centre making the heartfelt comment that "The people in this Centre are some of the best people I have ever seen working in the public sector".

Mark Heybourne from Action for Prisoners Families talked in depth about the very necessary work of supporting families and children in order to support the reduction of re-offending. Our local MP, John



Rita Hindley, John Battle MP, Rachel Dixey Leeds Met and Ian Blakeman Leeds Governor giving speeches at the press conference

Battle, drew all the strands together in a final speech which blended his experiences as a 'boy and man of West Leeds', his memories of the Prison dominating the sky-line and his personal recognition of the very necessary work which Jigsaw is doing. All in all it was a hugely successful event ~ a real celebration and confirmation of Jigsaw's success so far. We know however that there's a lot more for us to do to support families and prisoners to rebuild their lives and have a positive future. The Leeds Met Evaluation as an independent, objective and positive report will be helpful in securing new funding so that we can continue to widen our services. Katie Baldwin's article in the Yorkshire Evening Post in fact raised the interest of a local organisation who may be able to help us with our funding challenges. Many thanks to Katie in particular and to everyone who attended the Press conference.

(Rita Hindley Manager)



Family Visit organised by the Visitors Centre

On Monday 24th July we held an extended family visit as a conclusion to the “Fathers Inside” course run by the Education Department in the Prison. The aim of the visit was to round off the course in a positive way, enabling families to discuss issues and raise concerns, as well as plan for a positive future through the activities offered on the day. The visit lasted for two hours and was attended by 11 inmates and their families. During the visit all families were involved in ‘stepping stones’ activity which allowed them to look at good things about their relationships and areas that they may want to change, as well as celebrating family success. The visit also included free time to spend together as a family, party games and a buffet. The families had their photos taken as a memento of the day and dads gave their children pre prepared tapes of their favourite stories to listen to at home. The afternoon was enjoyed by all the families, some of the comments were:

“It was great to see my partner enjoy spending time with our son and being together.”
“The fewer restrictions allowed my partner to interact in a better way without constant interruptions.”



“The children’s games were great.” “It was good that dad could run around after our son for a change!”

The inmates appreciated being able to spend quality time with their children in a positive and supportive environment.

The children were thrilled to be able to spend such a long time with their families playing games and talking.

To find out about extended family visits please call Ronnie or Caroline on 0113 2032771.

‘THE WAITING ROOM’ – BBC 4 Documentary

BBC 4 is making a series called ‘**The Waiting Room**’. There are 6 programmes in the series and each one is set in a different waiting room around the country. The idea is to catch a snap shot of peoples lives and find out how people are feeling whilst they are waiting!

Jigsaw Visitors Centre was approached last year and asked if we would like to take part. After many conversations with different people – including visitors, staff & the prison governor - we decided to go ahead. We felt it would be an excellent opportunity to highlight the problems faced by families and friends visiting someone in prison. This will **NOT** be a drama that makes you shout at the TV, but a genuine snap shot of people’s lives.

The crew filmed in the Centre one day a week for 10 weeks and gave people the opportunity to talk about how they felt when they visited Leeds Prison, what’s good and bad and a chance to tell their story. No one had to do it

but we are **VERY GRATEFUL** to those who did. Everyone was honest and open and talked passionately about the situation they found themselves in.

They finished with over 20 hours of footage which they have had to edit down to 30 minutes of television; so not everyone who was interviewed will end up in the finished programme.

The programme will be aired in October or November. We would like to **THANK** everyone who agreed to be interviewed and Dave Pearson & Ian Blakeman who were very supportive all through the making of the documentary.

(Malka Denton Service & Development co-ordinator)

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)

NEW APPROACH TO VOLUNTEERING

It's not easy to know the best way to recruit people to volunteer with us. Is it better to do it exactly the same way you would employ a member of staff or should it be different? People volunteer for many different reasons and may not be comfortable with an application and interview approach.

Over the years we have tried and tested various methods of recruiting & selecting volunteers.

We've recently designed a new approach.....

So, now it's out with the old and in with the new!

We would like everyone who wants to volunteer with us to get something positive out of the experience, even the recruitment process!

- Everyone who enquires about volunteering here will now be invited to take part in a 1 day workshop (instead of an application form & interview). The workshop is called "**Preparing to Volunteer**" and the day will include:-
- Hopes, expectations and concerns of volunteering
- Learning styles
- Building rapport

- Understanding our client group
- Managing self disclosure
- How safe are you to talk to?

The intention is that participants will self assess their suitability for volunteering at the Jigsaw Visitors Centre

The course will include a mixture of:

- Group work
- Individual exercise
- Reflection time, and
- Feedback

By the end of the day people will have a much better understanding of themselves and they will know if volunteering at the Jigsaw Visitors Centre will suit them. Equally we will have learnt a lot about potential volunteers and will know if they are the right kind of people for the Centre. This makes the recruitment process more realistic and a positive experience for everyone—even those people who decide not to join us!

If you or anyone you know would like to volunteer with us please call into the centre and speak to Malka or call on 0113 2032747.

New I.T Provision at the Visitors Centre



The Jigsaw Visitors' Centre has two new computers available for use by the local community, visitors and families of prisoners and prison staff. Both computers have FREE internet access and are available Monday—Friday 9.00am—5.00pm and are being used regularly by our service users which is very encouraging.

If you want to use the computers then just drop into the Visitors Centre. Help is at hand for people who need additional help on computers by Jigsaw members of staff. It is hoped that more computers will be available in the near future if there is a clear demand.

If you require any more information contact Lee on 0113 2032512

Meeting room for hire

The Jigsaw Visitors' Centre has a bright, airy, spacious community meeting room available for hire. The meeting room can be used for:

**Meetings, Training Sessions
Seminars, Away Days
Activities**

The community room can hold up to 30 people. There is a small charge for the room which is as follows:

**Free for groups who have no paid staff
£5p/h for small community/voluntary organisations with paid staff
£10p/h for statutory and large community organisations**

Refreshment packages are available. To book this room contact Carolyn on 0113 2032771

Men's Health Event

The Jigsaw Visitors' Centre, 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 14th June 11.30am—1.30pm. A number of organisations including Stocks Hill Day Centre, Leeds Credit Union, Alzheimer's Society and Community Health Educators from 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 mental and emotional issues. The event attracted over 40 people which included members of staff from HMP Leeds, local community members and prison visitors. On the day, we had:

- **Men's health quiz**
- **Fruit smoothies**
- **Massages**
- **Mental Health information through hand outs and leaflets**
- **Free buffet**

Men's health is sometimes neglected and is not always addressed by health services. Men also often neglect their health more than women. It is hoped that holding events like this will raise men's awareness to address their health issues. For more information on men's health contact Men's Health Forum on www.menshealthforum.org.uk



Youth provision at Jigsaw

During the last 12 months the work that we have carried out with young people has gone from strength to strength. This work has been carried out in partnership with Christ Church Youth project. We have now successfully carried out three 10 week youth projects. The latest youth project has just finished on 12th July. A programme of activities is developed for each project; the activities have included healthy eating classes, body art workshops, photography workshops, drumming workshops etc. The weekly sessions took place on Wednesday evenings 4.30pm—6.00pm. The next youth project will be starting later in the summer.

Meeting space for young people

West Leeds Youth Service met with us in May with a view to the Centre helping them with their challenge of turning their detached youth work into something more meaningful. We agreed to open the centre from 6.30pm—8.30pm on Mondays so that they could use it as a meeting place. They started with 1-2 young people but over the last 2 months the numbers have risen to 12. The computers and chill out room prove to be very popular amongst the young people attending. Again this is clear proof of Jigsaw being able to support the local community. Any young people wanting to attend just drop in on Monday evening to the Visitors Centre.

Leeds Citizens Advice Bureau at the Jigsaw Visitors Centre

CAB presence at Jigsaw is in effect as an outreach centre staffed by, me as the adviser, an admin worker (one day per week) and one or two volunteers when available. Our work is largely with prisoners where we deal with a variety of issues including debt, legal issues, benefits and housing rights, prison rights, problems faced by foreign national prisoners, single parents, and many other issues which are particular to someone serving a prison sentence at HMP Leeds or their family. The service can continue when they leave prison.

We link up with prisoners families and frequently extend advice to them e.g. bankruptcies within prison, where families are essential in helping the procedure through the courts. We assist families separately and we are also available for

prison staff. As can be imagined we are a very busy little office.

(Maggie Vantoch-Wood CAB Advise



The Jigsaw Visitors Centre welcomes a new member of staff

My name is Sarah Bennett. I became a family play worker at the Jigsaw Visitors Centre on the 3rd July. I am a qualified Youth & Community Worker and have previously worked in youth settings and in community/family centres in the South Leeds area.

I will be working Saturday to Wednesday carrying out family support work in the Visitors Centre and play development work with children in the prison play areas. I am really excited by this new challenge that I will be undertaking at the Jigsaw Visitors Centre.

(Sarah Bennett family play worker)



-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 (starting 8th August)	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 (In partnership with Youth Service)	Mondays	6.30pm—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)	

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

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."



The Jigsaw Visitors' Centre is funded by
Big Lottery Fund, HMP Leeds, Leeds Primary Care Trusts,
Lankelly Foundation, Leeds Health Action Zone, Tudor Trust,
Action for Prisoners' Families
A Project of Armley Prison Visitors' Centre, Registered Charity
No:1113759

