

The Jigsaw Piece



It's child's play at the Visitors' Centre

Between 200 – 250 children and young people visit their dads in HMP Leeds each week. Whilst we aim to encourage children during visiting time to spend time with their fathers, the visit sessions can last for up to 1 ½ hours and this can be a long time to expect children to sit with nothing to do. So the Jigsaw Visitors' Centre offers play activities for children on a visit.

The play areas are open to all children and young people, who can choose what they want to play with and can come and go as they please. An experienced Family Playworker is on hand to stimulate play, although the children remain the responsibility of the parents at all times. Each week there is an optional activity for the children to do, such as



Children playing games at a recent family visit

making Halloween masks, decorating biscuits, and reading stories. We also do displays and activities around festivals and encourage all children to participate.

The children are often proud to show their dads what they have been drawing, and especially like making cards.

They can also take pens

and paper to their visiting table, which gives dad the opportunity to spend time doing what the children are interested in.

So next time you're visiting with children, why not give the play area a go?

Julia Caldecott, Family Playworker

Are you visiting prison for the first time?

The Jigsaw Visitors' Centre offers information, advice, and support on prison systems and procedures. This includes where you have to go, what will happen and what you can and can't take in with you. We explain what help is available if needed e.g. with Assisted Visits Prison Scheme, to claim back

travel expenses, benefits & rights advice, and counselling.

We answer any queries or questions you may have, and provide a booklet which contains all relevant information. Most importantly, it has a direct telephone number to the Jigsaw Visitors' Centre, where you can phone at any time if you are worried,

concerned or need to talk things through.

Staff at the Jigsaw Visitors' Centre try and make the nightmare of having a loved one in prison a little more bearable by listening, being approachable and helping in any way we can.

Call Debbie Freeman on 0113 2032771 for more information

**Jigsaw Visitors' Centre
Putting the pieces together**

It's a time of change at the Visitors' Centre!

Firstly, we have a new name, "Jigsaw Visitors' Centre". Over the last year we have been working hard to bring together the Jigsaw Healthy Living Project and Armley Prison Visitors' Centre – so the new name seems only natural. We need to be recognised as a resource for visitors to the prison, as well as within the local community, so hopefully the name will still appeal to all our client groups.

Secondly, we are pleased to be welcoming new faces into the team. Rita Hindley will be starting on December 1st, taking over my role as Manager whilst I'm on maternity leave. Alison Wright is providing maternity cover for Caroline Midgely in the play areas – congratulations to Caroline for the birth of Amelia Grace!

And then there's the whole regional agenda which is at last putting children and families of prisoners firmly on the map. Read on to find out more about developments for voluntary and community organisations in providing services for offenders and their families in the future.

Susie Gridley (Manager)

Nacro MOVE (Managing Offenders Through Voluntary Sector Engagement)

Nahida Majid explains how NACRO(MOVE) can improve the contribution of the Voluntary and Community Sector (VCS) in reducing re-offending.

Nacro MOVE, is one of five National Offender Management Service Change Up projects funded through the Active Community Unit, which aims to increase engagement of the VCS in the delivery of offender related services. The VCS has an important role to play in helping deliver the Regional Offender Manager's target of reducing re-offending by 10% by 2010. We hope to achieve a collective approach towards tendering for and delivering elements of integrated offender interventions and services.

The Government's strategy for reducing re-offending is set out

in the National Reducing Re-offending Action Plan. The plan identifies seven 'pathways' to be followed in reducing re-offending :-

- 1, Accommodation**
- 2, Education, Training and Employment**
- 3, Mental and Physical Health**
- 4, Drugs and Alcohol**
- 5, Finance, Benefits and Debt**
- 6, Children and Families of Offenders**
- 7, Attitudes, Thinking and Behaviour**

In Yorkshire and Humberside, Regional Offender Manager Paul Wilson is very keen to enable VCS participation.

The VCS in Leeds has much to offer in helping to meet the needs of offenders and has been commended for its innovative

approach to offenders.

However, organisations face many challenges in delivering services.

Opportunities will soon exist for FREE training, development and support in the following areas:

- Business Planning
- Policy Development, e.g. health and safety, diversity, and finance
- Bid writing/tendering
- Partnership development
- Offender management and resettlement

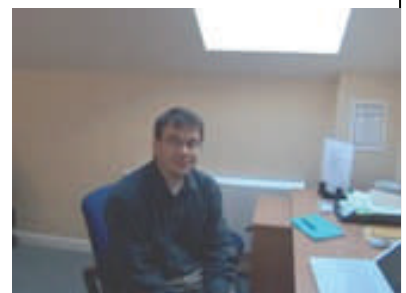
If you are a group or organisation from the VCS in Leeds and are interested in providing services for offenders and ex-offenders then please call for an information pack on 0113 377 8536".

New Counsellor in Town

Hello, I'm Ian Fairley, and I have joined the Jigsaw Visitors' Centre as a Leeds Counselling counsellor for prisoners and staff alongside Bernadette Broderick. There will now be two of us counselling in and from the Visitors' Centre; me on Tuesdays and Thursdays, and

Bernadette on Thursdays and Fridays.

Thank you to my new colleagues for making me welcome—I'm really looking forward to contributing to the work of the Jigsaw Visitors' Centre. If you want to get in contact please phone 07962655668.



The community of New Wortley enjoys it's 1st Fun day

The Jigsaw Visitors' Centre and New Wortley Community Centre came together to organise a fun day for all local residents of New Wortley on Sunday 4th September 12.00pm—5.00pm on Jailey field (behind HMP Leeds).

The residents of New Wortley felt a little unengaged as a community and felt that a "Fun Day" would be an excellent opportunity to bring the whole community to together.

The event offered something for all ages. We had:

Majorettes display

Football tournament

Country & Western display

Fire Brigade display

The fun day also hosted lots of information stalls advertising the work of local organisations.

There were other stalls at the event selling food, jewellery, sweets, and toys. For the young children fair ground rides & bouncy castles were available.

The fun day was opened by local MP John Battle and over 500 people attended.

The fun day has received lots of positive feedback and we

hope it is the first of many annual fun days for the local residents of New Wortley. Over £500 was raised from the event, which will be used to buy something for the young people of New Wortley.

To get involved next year ring Charmaine at New Wortley Community Centre on 0113 2793466.



STAFF TAKE THE HEALTHY OPTION

Staff at HMP Leeds were offered the opportunity to improve their eating habits through a healthy eating course which was offered by the Jigsaw Visitors' Centre in conjunction with a community dietician from North West Leeds PCT.

The course was 8 weeks long and covered a wide range of elements including:

Weight Loss Experiences

Changing your Eating patterns & Goal setting

**Understanding Healthy Eating
Food Labels & Shopping**

Modifying Menus, Eating out & Alcohol

Gaining Control of your Eating

Stress Management & Relaxation

At the beginning of the course each participant filled out a weight loss and lifestyle questionnaire. Each week entailed lots of discussions and interaction around the subject areas. 10 members of staff signed up for the course that ran on a Tuesday lunchtime 12.15pm—1.15pm. The same

lifestyle questionnaires and an evaluation form were filled in at the end of the course by the participants. The majority came back very positive and many had changed their eating habits.



**Robert Anderson
Community Dietician**

Alcohol Awareness course for Muslim prisoners

The Jigsaw Visitors' Centre remains at the forefront of healthy living service development in the UK prison service, and is setting up an innovative pilot programme through the provision of an alcohol awareness course specifically targeted at young Muslim prisoners.

Many young people experiment with alcohol and street drugs. However, young Muslim men find they become caught between the demands of personal and cultural aspirations, and easily develop very sophisticated forms of deception and

dishonesty around access to and use of these substances. This creates a situation where accountability for behaviour is skillfully denied and defences are built up in order to protect the problem of core religious, family values.

The findings of our evaluation below highlighted under-representation from Muslims in the general course. Research by M. Razaq, probation officer at HMP Leeds, however identified a real need amongst Muslim offenders to address their alcohol use. In response to this a small planning group from the probation service, Carpe Diem

and the Jigsaw Visitors' Centre, are looking to evidence the value of working with this specific population of young men in the prison. To this end, we have secured funding from West Leeds Primary Care Trust and Safer Custody to run two 3 day courses before the end of March 2006. These will run along side our general alcohol awareness courses (see article below).

The pilot will be evaluated and shared with prison agencies and NOMS.

Barbara Dransfield (Carpe Diem Associates)

The impact of alcohol awareness programme: findings

The alcohol awareness programme run in HMP Leeds through the Jigsaw Visitors' Centre is coming towards the end of its 3rd year of operation. An evaluation of the programme was carried out from May – August 2005 by an independent evaluator, Yvonne Prendergast, from 'red' Consultancy. The programme, delivered by Carpe Diem Associates Ltd, aims to encourage participants to plan realistically for their release and for their future in relation to alcohol.

What did the evaluation find?

Impact of the programme on participants

The programme is effective in improving participants' knowledge of alcohol, increasing their insight into their drinking lifestyle and in

enabling them to identify strategies for managing their alcohol use.

"It opened up my eyes...I'll die of alcohol if I don't do something. I learned a lot about myself, my patterns, how I'd got here. It's totally changed all areas of my life". (Prisoner's comment following release)

Programme delivery

The use of highly skilled external trainers has been effective in creating a safe but challenging atmosphere.

Referral and through care

Referral and follow-up processes are patchy, but improving.

Participants from minority ethnic backgrounds are under-represented on the programme.

A strategic approach

The embedding of the

programme within a strategic approach is restricted by the limited resources available to HMP Leeds Alcohol Strategy.

The evaluation recommended that the Jigsaw Visitors Centre:

- Share examples of good practice from the programme.
- Share information about the need for the programme and its impact
- Continue to use independent trainers.
- Improve routes for referral (particularly for under-represented groups) and for follow-up.
- Carry out evaluation of long-term impact on participants.

**Yvonne Prendergast
Red Consultancy**

**For a copy of the report
contact Hilary Hunt on 0113
2032581**

Clinks Regional Information and Skills Project (CRISP)

The CRISP project is funded generously by the Change Up Programme. CRISP will run until the end of December 2006 in the East Midlands, Yorkshire and Humber and the North East.

Aims of CRISP

1, To ensure that voluntary and community organisations who work with offenders and/or their families have easy access to the support available to them. This assistance could be around information, advice, skills development and other issues. Clinks is aware that only a small proportion of their members are tapping into the full range of resources available to them. CRISP will help by forging links between those who offer support and those who need it. It will also identify gaps and work creatively to meet the real needs of the offender-related sector.

2, CRISP will build the capacity of the sector to improve the services currently delivered and to look at ways in which provision can be expanded into new areas. CRISP envisages working with organisations that

deliver to offenders and their families and those who can be persuaded to do so. CRISP celebrates diversity and is keen to consider the particular needs of disadvantaged communities of interest.

CRISP Products

A, The CRISP section of the Clinks website will provide a one-stop shop of information and support available at national, regional, sub-regional and local levels.

B, CRISP will publish a Who's Who Guide describing the role and function of the various bodies involved in offender management.

C, CRISP is keen to see organisations becoming both recipients of and contributors to this project. CRISP hopes to broker peer-supported learning relationships whereby people share their expertise in safe and facilitated environments. We intend to establish Action Learning Sets bringing diverse players together to learn with and from each other. Coaching and Mentoring may also form part of the CRISP package in the longer-term.

Early Wins

- CRISP is working in partnership with several national generic and specialist infrastructure organisations and their members at a local level
- CRISP is working positively with Regional Voluntary Sector Forums
- CRISP is forming good working relationships with the Regional Offender Managers and their teams
- CRISP is assisting several organisations who work with offenders and their families in prisons and in community settings
- CRISP is involved in planning "A Safer North-East – creating community alliances with offenders and their families" and will deliver a workshop on the day

For more information

contact: Kate Holmes

CRISP Leader at

Kate.holmes@clinks.org

or by telephone on 01904 673970

Christmas Fayre at the Jigsaw Visitors' Centre

Friday 2nd December

11.30am—2.30pm

Including Santa's Grotto, Tombola, stalls, prizes, games etc

All welcome contact Lee on 0113 2032512 for more details

Are you looking for ADVICE?

Armley Church Advice Centre runs a drop-in session at St Bartholomew's Parish Hall, Wesley Road, Armley, Leeds on

**Monday and Tuesday mornings
10.00am – 12.30pm**

offering free, confidential advice on benefit issues, debt problems, housing, employment, family and personal issues etc.

For further information ring us on 0113 2634661

Programme of activities

Weekly sessions in the Visitors' Centre

| | Day | Time |
|--------------------------------------|--------------------------|--------------------------------------|
| Benefits & Rights Advice | Mon & Tues | Appointments only |
| 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 |
| Pilates (from 12th October) | Wednesday | 12.15pm—1.15pm |
| Youth Project (from 16th November) | Wednesday | 4.30pm– 6.30pm |
| Massage Sessions (from 6th December) | Tuesdays & Wednesdays | 11.00am — 1.00pm 11.30am — 1.30pm |
| 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) | Mon — Thurs | 10.00am — 4.00pm |
| Leeds Counselling Service (Staff & Prisoners) | Tues, Thurs & Fri | 10.00am — 4.00pm |
| Armley Counselling Service (Community/Visitors) | By appointment | |
| Couples Relationship Training | 24th & 25th November 2 day course | |
| Christmas Fayre (Staff, Visitors, Community) | December 2nd | 11.30am — 2.30pm |
| Christmas Visit (Prisoners) | December 19th | 10.00am—12.30pm |

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: 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."



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Families
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