



# THE JIGSAW PIECE



## *Jigsaw Healthy Living Project*

*Promoting wellbeing for all—Families, Prisoners, Staff, Local Community*

### The launch of the Jigsaw Healthy Living Project

Welcome to the first edition of the Jigsaw Project newsletter!

After a long year refurbishing the Visitors Centre, recruiting staff and establishing services, we are now back in the Visitors Centre and had a very successful launch on 7<sup>th</sup> May. Now we are ready for action!

For those of you who don't know much about the project, we are here to develop health promoting services and activities for four communities linked with HM Prison Leeds. These are families of prisoners, prisoners – in prison and on release - prison staff, and local people who live with the prison on their

doorstep. Many of these people have poor health and very stressful lifestyles, and find it difficult to access health services and information.

So we have begun setting up new services:

- Citizens Advice Bureau working with prisoners, families and staff, particularly around debt
- Leeds Counselling working one to one with prisoners and staff
- A Wednesday Benefits and Rights Advice Drop In (11.00am —3.00pm) with Armley Church Advice Centre
- A “prisoner on release” scheme meeting prisoners at the gate



- Alcohol Awareness training
- Healthy Living activities such as salsa, massage and yoga open to everyone!

The Visitors Centre also has a well-equipped meeting room and 2 advice rooms available for use by community groups and local people.

And our community café is open to all

for tea and toast every week day!

**So why not pay the Visitors Centre a visit and experience the activities and services first hand?**

**We look forward to seeing you in the near future.**

**Susie Gridley**

**Jigsaw Project Co-ordinator**

**Tel: 0113 203 2512 for more information**

### Re-Opening of the Visitors Centre

The Visitors Centre is now open after being closed for 18 months due to refurbishment. The building is warm, and comfortable with friendly, approachable staff. We offer information, support and advice on prison systems and procedures e.g. Visits, property and booking.

We also have a play area, café, taxi free phone, lockers, toilets and baby change area.

The Visitors Centre is open to everyone, Monday-Friday 9am – 5pm. For further information on the Visitors Centre contact Malka Denton on 0113 2032771.





**Friday 30th July** saw the first in a series of health awareness events at the Visitors Centre organised by the Jigsaw Project. The event was held as part of sexual health week and consisted of information and displays around sexual health and a quiz to

to find out just how much people really knew about sexual health.

We also had free healthy food through the 5-A-day team. Everyone agreed that the Mexican food was delicious. We also had recipes for the dishes so that people could try their hand at making the food at home.

Our salsa dance teacher, Janice, was there to add to the Mexican theme, by giving people the opportunity to experience salsa

dancing for the first time.

The event was between 11.30am —2.30pm and attracted over 70 people including prison staff, prison visitors, people from the local community and agency workers.

The comments and responses about the event were very positive and encouraging as a great day was had by everyone who attended.

**The Jigsaw Project is planning 4 more health awareness days between now and March 2005.**

**The next event will be on Friday 1st October for Mental Health Week. And of course there will be FREE healthy food to go with it! We look forward to seeing you then.**

For more information, contact:

**Lee Stephenson  
Health Information  
& Development  
Worker on 0113  
2032512.**

## Programme of activities

### Weekly sessions and drop-in sessions

Activity/Session	Day	Time
Benefits & Rights Advice Drop In	Wednesdays	11.00am — 3.00pm
Family Support for visitors	Daily	9.00am — 5.00pm
Health Information Advice & Support	Daily	10.00am — 6.00pm
Tea & Toast Bar	Daily	9.00am — 5.00pm
Massage Sessions	Wednesday	11.30am — 1.30pm
Salsa Classes	Thursdays	12.15pm — 1.15pm
Yoga	Wednesdays	4.30pm — 5.30pm

### Service Providers and Events

Citizens Advice Bureau (Prisoners/Families/Staff)	Monday — Thursday	9.00am — 5.00pm
Leeds Counselling Service (Staff & Prisoners)	Thursday — Friday	9.00am — 5.00pm
Health Awareness & Healthy Food events	Bi-monthly	11.30am — 2.30pm
Alcohol Awareness Courses (Prisoners)	Bi-monthly	3 day course
Alcohol Awareness Course for Community	November 2nd	1 day course

For anymore information on any of the above activities or service contact Lee Stephenson on

**0113 2032512**

Armley Prison Visitors Centre works with families and friends visiting H.M.P. Leeds. We are a registered charity and all our core costs are met by charitable trusts and foundations as we are totally self funding. A large aspect of our work is to provide staff cover for the play areas within the prison visits

rooms; we have visits 7 days a week, 3 visit sessions a day and 3 evening visits. At present we only cover one play area 7 days a week but we have just secured £146,170 funding from the Big Lottery Fund. This means we can now employ extra play workers so the play areas are staffed every time there is a visit. We

have on average around 200 children/ young people, aged between 0-15 years old visiting the prison each week. Visits can last for 1 ½ hours, which is a long time to expect children to sit still for.

Visits are very important for families and prisoners. They can be very stressful for everyone if children

are running around the room. The play workers provide a range of age appropriate toys, games and arts & craft activities; this enables the prisoner and mum/ carer some time to talk.

This grant will help us to ensure that prison visits are a positive experience for children.

**Debbie Freeman  
Senior Family Worker**

## Citizens Advice Bureau (CAB) at the Jigsaw Project

My name is Maggie and I have been the Citizens Advice Bureau worker, attached to the Jigsaw Project since June 2003.

Much of my time is spent in the prison seeing clients and helping them deal with

a range of issues, largely debt, and family issues, but also helping, if possible, with any other problem that comes up. The CAB service is free and confidential. I can refer clients to outside agencies including CAB specialist

workers and CAB offices around the country.

The service has been gratifyingly well used and I have made over 450 visits to clients in this first year.

My office is in the Visitors Centre. Whilst most of my clients are



prisoners I am happy to see prisoners' families and staff. I can be contacted for an appointment on 0113 2038431 or just drop in.

## The Jigsaw Project join forces with the Criminal Justice Intervention Programme (CJIP)

The Jigsaw Healthy Living Project is working in partnership with the Leeds Criminal Justice Interventions Programme (CJIP) in supporting newly released prisoners. The programme is designed to work with prisoners who have drug or alcohol related offences.

The CJIP programme is a multi agency initiative which includes police,

probation, housing, addiction therapists, job centre plus, and social services. The CJIP officers work with the prisoners pre-release to address any issues that the prisoners have.

Lee, from the Jigsaw Project, meets the newly released prisoner at the gate on release and takes them to the Visitors Centre. Over a coffee, issues are discussed about any support that

may be needed for the partners or family members to prevent the newly released prisoners from going back to drugs or alcohol.

Then the CJIP officers pick the newly released prisoners up from the Visitors Centre. This benefits both the prisoner and the CJIP team as it allows them the opportunity to meet each other in a neutral environment.

The scheme is in its early stages but initial feedback suggests it is operating very successfully.

The Jigsaw Project is hoping to develop this programme with other CJIP teams around West Yorkshire i.e. Bradford, Halifax, Wakefield and Huddersfield in the near future.

**Lee Stephenson  
Health information &  
Development Worker**

## Future Events

**22nd September** Basic Food & Hygiene course (free for Volunteers) 9.30am—5.00pm at the Visitors Centre

**30th September** The Visitors Centre Annual General Meeting 12.00—2.00pm at the Visitors Centre

**1st October** Mental Health Awareness and Healthy Food Day 11.30am—2.00pm at the Visitors Centre

**28th October** Health Quiz — Health Promoting Prisons at HMP Leeds

**2nd November** Alcohol Awareness Day for the Community at the Visitors Centres. Time TBC (please ring the Jigsaw Project to book a place)

**If you would like to put a date of any healthy living event in this column of our next newsletter (Jan 05), please contact Lee at the number below.**

# Volunteer Opportunities

## Are you interested in Volunteering at the Visitors Centre?

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

- Tea Bar
- Family Support and Information
- Healthy Living Events
- Play Areas

For further information on volunteering contact Malka Denton on 0113 2032771

## Health Information Shop

The Jigsaw Project houses a health information shop which allows people to access information relating to any aspects of health. This includes leaflets on issues such as gambling, contact details of local agencies, drug support

agencies and so on.

We also put together information packs for agencies working with prisoners, families and for prisoners about to be released.

We have internet computer access



available for public use.

So any enquiry, pop in and see us or give us a ring - 0113 2032512.

## How to contact the Jigsaw Healthy Living Project

The team consists of **Susie Gridley** (Co-ordinator), **Lee Stephenson** (Health Information & Development Worker), **Hilary Hunt** (Finance & Admin Support Worker)

**Tel:** 0113 2032512

**Email:** info\_jigsawhlp@hotmail.com

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

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