**Supporting Prisoner Wellbeing**

It is important that we do our utmost to support our prisoners’ wellbeing, especially as we navigate these uncertain times. The guidance below is aimed at providing establishments with quick and cost-effective ideas to improve prisoner wellbeing. Following this, in 2022 we will be publishing a toolkit on how prisons can effectively support and enhance prisoners’ wellbeing.

**Positive practice during Covid**

During the lockdown period in prisons, we saw a range of positive measures introduced by establishments designed to improve prisoner wellbeing (intellectual, physical and social) during long periods behind the door. Below are some of the notable wellbeing tools establishments utilised:

***Materials to support intellectual wellbeing:***

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|  **Audiobooks**  | A variety of audiobooks, fictional stories, and self-help books.  |
| **Puzzles to help Young Adults who have ADHD, Autism or in need of extra assistance**  | The puzzles can be built alongside key workers during their key work session to help communication flow in a less formal manner.  |
| **LCD writing tablets**  | These helps improve functional skills and hand/eye coordination.  |

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| **Simple assembly wooden construction kits**  | These kits can help Young Adults who have difficulty coping with the increased time in the cells due to Covid-19 restrictions.  |
| **Art and craft activities**  | The craft activities include sensory and anti-anxiety materials.  |
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***Materials to support physical wellbeing:***

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| **Meditation cards, Positivity cards, Mindfulness CDs**  | These materials can help improve mental wellbeing.  |
| **Daily care products**  | The pharmacy shop, provided by the medicines management team, enabled prisoners to shop for items, encouraging a culture of self-care of their health and well-being, comparable to the community pharmacy service.  |
| **Yoga mats, water bottles, sleep masks**  | A variety of individual items were provided to help improve wellbeing.  |

***Materials to support social wellbeing:***

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| **Printer/scanner, cartridges, heat press, transferable paper, graphic design pens, canvas tote bags**  | Prisoners were able to create a design which could be transferred onto a canvas tote bag which could be given as a present to their family or a friend.  |
| **Children’s books**  | These are available in the Purple Visits (video calls) area so that prisoners can read a story to their children during their visit.  |
| **Kids book pack**  | This is aimed at fathers in prison. A book can be sent to family members at home and the dad will have another copy with him in prison. During the purple visits call, he will have the opportunity to read the same book with his children.  |

**What else can you do to support prisoners’ wellbeing?**

Have a look at the Wellbeing resources on the intranet: hmppsintranet.org.uk/resources/in-cell-materials/wellbeing

Other cost-effective suggestions that you could utilise in your establishments to support the healthy wellbeing of prisoners:

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| Supporting people through the different dimensions of wellbeing | Ideas  |
| Intellectual Wellbeing | Board games  |
| Recreational activities aimed at people who have developmental disorders/autism spectrum disorders (Rubik's cubes, spinners, board games and puzzles which are ASD friendly) |
| Physical Wellbeing | Enabling regular access to cell cleaning products |
| Provision of self-care routines  |
| Offering Wellbeing Plans (hard copies can be ordered from Print) |
| Access to wellbeing/self-help/self-care books in library  |
| Wellbeing/activity packs for new reception prisoners (to go alongside the usual pack new receptions receive)  |
| Diet plans/nutritional guidance, considering different needs  |
| Yoga/meditation classes  |
| Social Wellbeing | Peer-led self-help groups e.g. support groups for those having a difficult time with the impact of the pandemic  |
| Social Wellbeing | Wing based activities for groups to promote social interaction with others (regime dependent) |
| Group exercise classes in gym (including yoga classes, Parkrun, running classes etc if feasible/budget allows)  |
| Community/wing meals (where feasible) |

**Staff Wellbeing**

As well as considering our prisoners’ wellbeing, it is also important to consider you own personal wellbeing, by looking out for yourselves – and each other. If you think you may need to speak to someone, you can find help and support online or over the phone from [our employee support service PAM Assist](https://intranet.noms.gsi.gov.uk/policies-and-subjects/hr/helping-you-at-work/employee-support). Please see [Staff Wellbeing - HMPPS Intranet (gsi.gov.uk)](https://intranet.noms.gsi.gov.uk/covid-19-coronavirus/staff-wellbeing) for further avenues of support. You can also speak to the care team in your own establishment who will be able to signpost you for further support.