



WELLBEING INITIATIVES

A number of initiatives have been implemented at individual prisons across the prison and youth custody estate to improve the wellbeing of people in prison, and to help them to cope with the unprecedented challenge of the COVID-19 pandemic. The table below provides a summary of just some of the measures prisons have put in place. For further information, please contact Safercustodypolicyandlearning@justice.gov.uk

Category	Resources	Additional information
Reading and writing materials	ReaderPen Secure-Text to speech scanner	This pen scans and reads printed words aloud. It also includes a dictionary function. It is beneficial for those prisoners with reading challenges such as Dyslexia and those who have English as an additional language.
	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 help improve functional skills and hand/eye coordination.
Crafts and construction kits	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.
	Canvas, paint sets, brushes	This forms part of the HOPE project where art work will be displayed in an art gallery and auctioned off to raise money for a local children's mental health charity.
Materials to support wellbeing	Meditation cards, Positivity cards, Mindfulness CDs	These materials can help improve mental wellbeing.
	A variety of daily care products	The pharmacy shop, provided by the medicines management team, enables 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.
Courses	Level 4 obesity and diabetes course	This course is to improve wellbeing and address any concerns about weight management which may have been affected during the lockdown.
	'Man MOT'	A 12 week programme has been created in response to Covid-19 and supports prisoners to focus on their health and wellbeing. Fortnightly meditation sessions are an optional addition to the 'Man MOT'.
Healthy eating and community living	'Healthy hearts' programme	This is a joint initiative between healthcare, kitchens, gym and residential services. The 'healthy hearts' programme encourages prisoners to be more active and to make better informed choices about the food they eat.

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	Community landing meals	To improve morale and continue to embrace the core standards of an Enabling Environment ethos, community landing meals were served in a Covid-19 safe way.
Family contact and relationships	Printer/scanner, cartridges, heat press, transferable paper, graphic design pens, canvas tote bags	All prisoners can create a design that can be transferred onto a canvas tote bag which can be given as a present to their family or a friend.
	A small collection of 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.
	DVDs and DVD players	These are for a number of interventions for fathers in prison called "Golden Threads". The father reads a story book to their child and this is sent to the child on a DVD.
Digital/Communications	Digital cameras, filming equipment and microphones	These items are to help increase the content available on the Digital Hub, where education and exercise is conducted in cell.
	TVs for each wing	Televisions were fitted in all residential areas to enable the communication of information including wellbeing resources such as debt management and support services.
	WayOut TV channel	The WayOut TV channel can be used to provide short education courses, a variety of information blogs and available services.
	Television equipment	The equipment will provide a second in-cell educational channel and will be used in one of the workshops.
Outdoor and physical activities	A wellbeing area for prisoners and their visitors. A giant chess board, boules and relax area.	This area will encourage wellbeing and enable social activities among prisoners, helping to improve communal living.
	Resistance bands, Interval timer, Resistance bands light, Skipping rope, Push up rack board	These items are to assist with fitness and workout sessions.
	Plant pots, soil, seeds and gardening equipment	Plant pots provided for each prisoner.
	A small gym on the reverse cohort unit (RCU)	The adaptation of a small gym on the RCU has been beneficial for mental and physical health needs.
Physical environment	Cactus plants	This encourages prisoners to own, nurture and take care of something simple in their cells.
	Aquarium units to position in prominent prisoner locations	The upkeep required for the aquarium will create purposeful activity.