

**HMP / YOI Preston**

**Public Sector Prisons**

**Families, Significant Others & Care Leaver’s Strategy**

**January 2025**

**SIGNED: DATE: 05/12/2024**

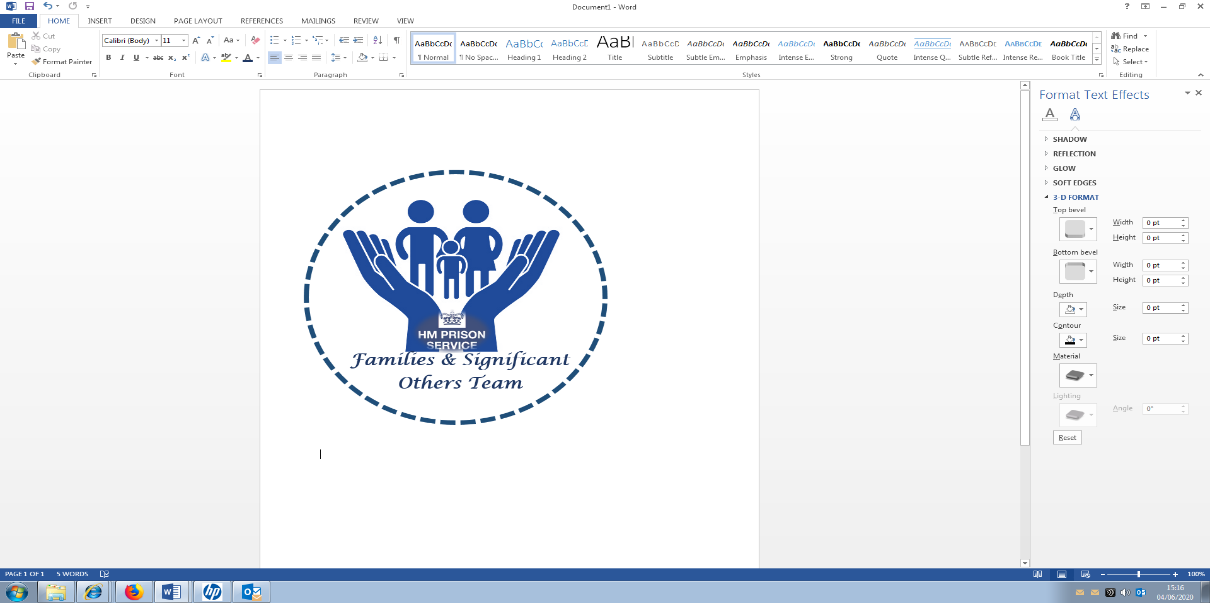
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**SIGNED: DATE: 05/12/2024**

**GOVERNOR**

**REVIEW DATE:**



**HMP / YOI PRESTON**

Our family team

* Functional head of the family team – Anas Ounia
* Family and significant other lead/Champion – Hannah Walker
* POP’s Manager – Savannah Cottam

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# Key aims of the establishments Family and Significant Others Strategy

HMP / YOI Preston – “Our Community Prison”

This strategy will highlight that at HMP / YOI Preston we are committed to the fostering of key family ties. We believe in nurturing those existing relationships to support prisoners within the establishment and their return to the community. We acknowledge the Farmers Review of 2017 that emphasises that these relationships with family and significant others are hugely influential within a prisoner’s life and their likelihood of reoffending. This document will describe what we are currently achieving, the plans we propose to do within the next few years and how prisoners and their family and significant others will be included in this process. This document should also answer some questions that our prisoners or their families and significant others might have.

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History

HMP / YOI Preston is a male. category b victorian prison in the center of preston. It was originally built in 1790 but completELy rebuilt in 1840 and today is a remand prison.

**Getting to HMP / YOI Preston**

[Find HMP / YOI Preston on a map](https://goo.gl/maps/kkbGuG28PpL2dADR9)

**🚝**[**National Rail Enquiries**](https://www.nationalrail.co.uk/) **The closest railway station is Preston train station. The station is a 20-minute walk away from the Prison.**

🚌**[Traveline for local bus times](https://www.traveline.info/). We are an 8-minute walk from Preston bus station.**

🚗 **If coming by car there is no visitor parking at the prison, you can park across the road at Crossgate church car park. The address for this car park is Crossgate Church, Landmark, St Mary's Street North, Preston PR1 5LG. There is also parking at the junction of Deepdale road and Ribbleton lane. The address is 2 Deepdale road, Preston. PR1 5AQ. Charges are currently £3 for the day; theses are subject to change\***

**Accessibility**

The Visits Hall is accessible by an elevator and there are disabled toilets available. Please note that wheelchair users and adults accompanying them will be searched upon arrival. The staff that undertake these searches will do so with sensitivity and patience.

**IN AN EMERGENCY**

**If you are worried about the welfare of a prisoner during office hours, please call 01772 444550 which is our switchboard and ask to speak to safer custody, If it is out of office hours please ask for the orderly office or the on-duty governor who will deal with your matter promptly and call you back.**

**There is also the option to call** **safer custody on 01772444874. This number is a voicemail service that is checked daily.**

**There is also a form for sharing non-urgent concerns about the safety or wellbeing of a prisoner.**

[**HMP Preston Safer Custody Contact Form | Prisoners' Families Helpline**](https://www.prisonersfamilies.org/forms/hmp-preston-safer-custody-contact-form)

**NON-EMERGENCIES- If you have any other Family or significant other related issues that are not an emergency, please contact our family mailbox: familiesandso.preston@justice.gov.uk**

**COMPLAINTS – For any complaints regarding your visit please email** [**ComplaintsPreston@justice.gov.uk**](mailto:ComplaintsPreston@justice.gov.uk)

**We also have a twitter account!**

**Please follow us @HMP / YOIPreston**

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**Visits**

**The aim with visits at Preston is to guarantee that we provide good quality visits in a relaxed environment which hopefully makes a positive contribution to the wellbeing of prisoners and their family and significant others.**

**Social visits timetable**

|  |  |  |
| --- | --- | --- |
| Days | Session One | Session Two |
| Monday | 14:00-15:00 | 15:30-16:30 |
| Tuesday | 14:00-15:00 | 15:30-16:30 |
| Wednesday | 14:00-15:00 | 15:30-16:30 |
| Thursday | 14:00-15:00 | 15:30-16:30 |
| Friday | 14:00-15:00 | 15:30-16:30 |
| Saturday | 14:00-15:00 | 15:30016:30 |
| Sunday | 14:00-15:00 | 15:30-16:30 |

**To book a visit the lines are open Monday – Friday 9am – 5pm**

**Social visits are booked on 0330 058 8224 There is also the option for booking social visits via the website at** [**https://www.gov.uk/prison-visits**](https://www.gov.uk/prison-visits)

**Legal Visits**

**Legal Visits are booked on 0330 058 8224 there is also the option to book via email - HMPPSvisitbooking@justice.gov.uk**

Legal visits occur every morning and afternoon Monday to Friday. Each Morning or afternoon there are two sessions which comprises of four Video legal visits and six face to face legal visits per session

A group of people in clothing

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**To book a visit you will need:**

* **the prisoner’s number.**
* **the prisoner’s date of birth**
* **the dates of birth for all visitors coming with you to make sure the person you’re visiting has added you to their visitor list**

**Upon entering the prison**

The doors to the visits centre will open 30 minutes before the first session. There are lockers available in our entrance that need a £1 coin to use. All visitors must have a valid I.D and will be searched on the way into the prison. This will include passing through a metal detector and a rub down search. All visitors’ religious beliefs are respected throughout this process with private curtained areas available should religious headwear need to be removed for the search.

* There is both hot and cold food available from the café in the visit’s hall as well as drinks. You can bring up to £20 per family in coins or notes for this purpose.
* Children are given age-appropriate boxes at the tables. These boxes contain books, activities, puzzles, and toys for the children to play together with their loved one.
* We have a small play area in the corner of our visits hall where there will be a POP’s support worker who will assist in the play area with the children to guide with activities like colouring and reading.

**Property Drop off**

**The following items are permitted through visits and allowed on any day that your visit occurs, but property is only allowed to be handed in within the prisoners first 42 days in custody.**

* **Combination of 3…trousers, jeans or tracksuit bottoms.**

* **Maximum of 9 combination of…sweat tops, jumpers, cardigans, shirts, t shirts etc.**

* **1 coat not padded or with a hood.**

* **Max 3 pairs of gym vests and gym shorts.**

* **10 pairs of socks.**

* **10 pairs of underwear.**

* **3 sets of pyjamas.**

* **No footwear, no hooded tops, nothing padded, no offensive slogans/team logos.**

* **Socks and underwear can be replaced every 6 months.  Following a three-month qualifying period prisoners who have attained Enhanced status will be permitted two clothing allowances per calendar year containing a maximum of 5 items.  This must be applied for to a Governor.  Clothing will be issued on a one for one basis.**

* **Prisoners can put their name in the Reception Book, each Wing has one to collect property from Reception.**
* **The books are taken to Reception on Fridays and prisoners are brought to Reception on the weekend to collect their property.**

**What we are aiming to achieve.**

We are continuously striving to improve the service we provide as an establishment and a team. These are a few of our main goals for 2025.

* A quiet room with sensory toys and lights for prisoners with children who have sensory issues that struggle with coming in on regular visits and family days.
* We have a green screen and a camera that we are hopeful we can set up so that prisoners and their loved ones can take fun pictures/videos with different themes throughout the year.

**Family & Significant Others Service Provider**



**Partners of Prisoners (POPs)**

POPS began as a peer support group for offenders’ families set up in 1988, recognising that there was no formal support for prisoners’ relatives. POPS was established to help families cope with the stress and isolation experienced by this hidden group.

POPS provide our family services contract and are responsible for providing staff for the visitor’s centre and work with HMP / YOI Preston to help facilitate family days and bring the family together to take part in fun activities that children can do with their parents. The POP’s staff provide information regarding the Visiting process at Preston to visitors and signpost visitors to available support within the community. Their family support phone number is **07471037207.**

Pops help us to strengthen relationships and parenting skills and are a crucial support with preparing families for a prisoner’s release.

**Internal partnerships**

The Offender Management Unit (OMU) have developed the Time4Change program (A support group for young adults) They have also developed partnerships with the following to bring support and improve prisoner’s outcomes once released. These positive connections will aid in the rehabilitation and interpersonal relationships these prisoners have with their families and significant others.



* A picture containing logo

  Description automatically generatedLeaders unlocked
* The JJ effect
* Employment hub
* Lancashire armed forces covenant
* The British ironworks and more

**Family and Significant Other Days**

The aim of family days are to help support and sustain the role that the prisoner plays within their family through the children and the families having bonding time together. They allow the dads to be fathers with their children face to face for and temporarily re-create domestic family life which has a hugely positive influence on the prisoners.

The aim is to have at least **6** family days a year with additional days being added on when possible. These family days run over a longer period than visits usually **10am to 14:00pm including lunch**. Many of these family days will be run within the school holidays.

These days have different themes throughout the year. For example, a summer theme, new-born baby theme and a Halloween theme. Research has shown that there are huge benefits to having a family day to maintain and enhance that bond between families with a more relaxed visit being crucial to fostering parental bonds.

All prisoners can apply for a family day, subject to security and public protection checks. They will be able to attend in their own clothes with the opportunity for family photographs to be taken together. These photographs will then be emailed to the families and a copy given to the prisoners.

|  |
| --- |
| **Family Day Dates** |
| * 19th February 2025 |
| * 9th April 2025 |
| * 21st May 2025 |
| * 23rd July 2025 |
| * 27th August 2025 |
| * 24th September 2025 |
| * 29th October 2025 |
| * 17th December 2025 |

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**A group of people in clothing

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**Video Calls**

Our aim is to provide Video calls to help build and maintain family links especially for those family members who live further away or find it problematic to travel to and from Preston perhaps because of disabilities or small children.

**With statistics showing that prisoners with family ties are 39 per cent less likely to re-offend** this measure is in place to help prisoners retain and develop the communication and soft skills they will need to reintegrate well with their family and function well in employment.

Here at HMP / YOI Preston we have video visits, and a positive outcome of the pandemic has been the continuation of video visits as an extra way that prisoners can keep in contact with their loved ones. This video visit is now an additional extra and is not in replacement of a social one.

**There are currently four video visit laptops and there are 3 sessions per day that occur throughout the week.**

**The first session runs from 14:00-14:30.**

**The second session is at 14:45-15:15.**

**The final session of the day runs from 15:30-16:00.**

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**Internal Partnerships**

The Family and Significant Others Team have strong, established links with internal and external key partner agencies and by working in partnership we can provide support, advice and guidance to prisoners and their families.

**Chaplaincy**

The Chaplaincy team work closely with the families and significant others team and provide support to prisoners and their families in several circumstances. They meet every person within the first 24 hours of coming into Preston and offer general, bereavement and family support regardless of the prisoner’s faith or belief.

**Offender Management Unit**

The Offender Management Unit provide support to prisoners and families through helping the prisoner progress through his sentence and encouraging him to build positive relationships with a focus on rehabilitation and resettlement.

Offender Supervisors also work with Offender Managers both from the National Probation Service and Through The Gate team to plan for resettlement in terms of accommodation, education and employment needs.

**Keyworkers**

Key workers (prison officers who have received appropriate training to support and encourage prisoners) actively work with individuals to stress the importance of keeping in touch with family members or significant others using prison telephones, letters, visits and family days. Some of these key workers specialise in specific areas like care leavers.

**Safer Custody**

HMP / YOI Preston has a designated Safer Custody Team provide a safeguarding line which allows families to contact the prison if they have any concerns regarding a member of their family in Preston. This line is checked daily for any information from families. That number is **01772444874**

**Keeping in touch**



* **Letters** - All prisoners can write and receive letters to and from their family members.
* **[](http://emailaprisoner.com/)E-mail a prisoner** enables family, significant others, or a friend, anywhere in the world, to send a message to prisoners in the UK from any computer. This costs 40 pence per message. The message is delivered to the prison within seconds so that it can be delivered to the prisoner by prison staff the next mail delivery. This service allows families to maintain contact via e-mail and provide a faster and alternative method to letters.
* **[logo small](http://www.prisonvoicemail.com/)Prison Voicemail** allows friends and family to contact the prison and leave a voicemail message for a prisoner who can then pick the message up using an individual voicemail pin number, this allows families to leave messages at a convenient time for them without worrying about missing a call.
* The prisoners have also now got in cell phones where they can call their family or significant others for 15 minutes, 4 times a day. These phones enable the prisoners to be able to contact their loved one when convenient for them not just at set times on the landing.

Storybook Dads is facilitated through the library at HMP / YOI Preston. Storybook Dads is a registered charity that helps prisoners keep in touch with their children. Library staff work with prisoners to record an age-appropriate story for the prisoner’s child. The recordings are made in private, and support is available to those who find reading challenging. It takes approximately 12 weeks from completing the recording to the child receiving their CD and book. The project is available for prisoners with children, grandchildren, stepchildren, nieces and nephews and younger brothers and sisters (subject to security clearance). It is suitable for children between the ages of 0 and 12 years. Prisoners can apply to produce a CD every three months and when two have been completed they can apply to produce a DVD.

**Diversity and inclusion**

**Here at HMP / YOI Preston we recognise that people, families, and significant others come in all different shapes and sizes and that they should not directly or indirectly be discriminated against because of a protected characteristic. We also must ensure inclusion for all prisoners to have access to contact with their families and significant others whilst in prison.**

**Background- There are 9 protected characteristics under the Equality Act 2010.**

**These characteristics are**

1. **Age**
2. **disability**
3. **gender reassignment**
4. **marriage, civil partnership**
5. **pregnancy, maternity**
6. **race**
7. **religion, belief**
8. **sex**
9. **Sexual orientation.**

**With visits being such a key part of a prisoner’s rehabilitation and the aim to provide inclusion for all our prisoners we find out which prisoners have not received a visit in over 90 days. This alert allows us to create and send out a prisoner survey to determine why they have not had a visit. The survey asks the prisoners if they would benefit from the prison visitors scheme or if they would be interested in a group with other similar prisoners to meet and chat. This will hopefully enlighten us as to why they have not had a visit and ensure we are offering the correct support.**

**We will listen to what you have to say**

An open family forum will be held in the Support Hub every other month. These will be held at 11:00am. Prisoners will be credited with an extra VO (visiting order) if their family attends the forum. The questions that families have will be sent to us beforehand so that we can have the relevant staff member and correct answer ready on the day. These meetings will be attended by a senior member of staff from the prison who will tell families about his or her area of work and listen to their concerns.

A written record of these meetings will be kept and will be used to develop work with families and significant others.



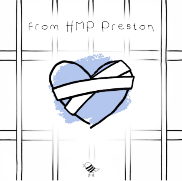
**Experience of Care**

The aim within Preston is to ensure that care experienced prisoners have the support and guidance that is needed for development and rehabilitation from both our family team and hopefully from a significant other.

* Care leavers are identified on reception by the officer completing the first night’s interview.
* Once a care leaver has been identified we ensure that their local authority has been identified and the relevant personal advisor has been found. We do this by giving them a consent form to allow us to find the correct Personal advisor for them.
* We have a dedicated senior point of contact for care leavers. She is the keyworker that speaks to the care leavers to ensure they are getting the support they need and answer any questions they may have.
* The SPOC also holds meetings regularly for care leavers to be able to feel comfortable speaking about their life with other care leavers. And different sections of the prison come and speak to offer their advice and answer questions.

**There are less than 1% of under 18’s in the UK that enter the care system annually, however they make up 27% of the prison population. These prisoners often have none or very little family or support.**

* There are meetings held regularly for care experienced prisoners, at these meetings they can talk to each other for support and ask any questions to the relevant departments that they need. There are also Personal advisors at these meetings from the local authorities to answer any questions that they might have.
* We have worked in partnership with the Birdie organisation and hope to partner with other organisations in the near future.

[https://anchor.fm/birdpodcast/episodes/HMP / YOI-Preston--Care-Leavers--Custody-e1ium0s/a-a82nii4](https://anchor.fm/birdpodcast/episodes/HMP-Preston--Care-Leavers--Custody-e1ium0s/a-a82nii4)

**Young Adults**

At HMP / YOI Preston around 10% of our Prisoners are young offenders, it is therefore important that this cohort is not forgotten about and offered support navigating through their sentence and release. Young adulthood is a time where they can struggle with high levels of impulsivity and crucial neurological development. These are heightened within the prison setting.

**Time for change** is a program that is specifically designed for young adults between the ages of 18-25. This program aims to address some of the issues faced by the YA cohort. For example, improving their education and employment opportunities. Each prisoner has a 1 to 1 where they are asked what they would like to do employment wise. They are then given the right direction to take in terms of education whilst in Preston to help them potentially achieve that employment goal when released. This program helps improve the YA’s with their self-awareness, self-confidence and personal/social development.

They receive these through

* Discussion groups
* Debating groups
* Education courses
* Motivational talks
* Podcasts
* Peer mentorship
* Life skills
* Counselling & Trauma support
* Career opportunities through job applications, cover letters etc.

These discussion groups include topics on **conflict resolution, gang culture, relationships, parenting, consent, mental health, drug use and care experienced.** As some of these discussions are intense the YA’s are provided with a compact to sign that explains the intensity of the program this is to protect their health and wellbeing whilst partaking in this course. There is also a counsellor present in all these groups to offer ongoing support.

**Residents Journey**

Arrival

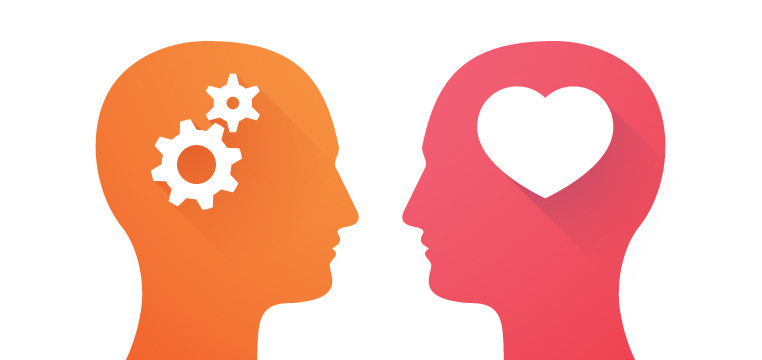
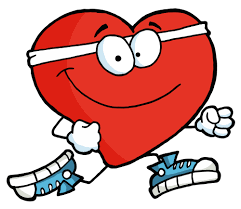
**Induction**

* **Initial health screening**
* **Initial cell sharing risk assessment**
* **Chaplaincy interview**
* **Allocated a POM & Keyworker**
* **Moved to appropriate wing**

* **Improve Employability Prospects A picture containing text, clipart

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* **Positive contribution to communityA picture containing text

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* **Build on RecoveryA picture containing text, tool

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* **Plan for Release **
* **Self-Improve **
* **Develop Emotional Intelligence**
* **Gym induction**
* **Interview with community rehabilitation companies**
* **Assessed by Healthcare**
* **Maintain/Recover Family Ties **
* **Complete Sentence Plan **
* **Gain Qualifications **
* **Address Resettlement Needs Shape, square

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* **Undertake Self-Reflection A picture containing shape

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* **Allocation to an appropriate activity after an initial risk assessment.**

* **Attend 12-week pre-release meeting with agencies to discuss plan to release**
* **Discuss Pre-Release Anxieties (One to One and Group)**
* **Outstanding interventions in place for ongoing work in community.**
* **Ensure Employment Ready**
* **Confirm Accommodation Plans – work with through the gate in accordance to the resettlement plan.**



Release from Custody and Handover to Community Offender Management

A picture containing text, indoor, wall, bathroom

Description automatically generated**A picture containing indoor

Description automatically generatedRESIDENT JOURNEY AT PRESTON**

Prisoners arrive in a GEOamey van and will be taken into reception.

A picture containing indoor, ceiling

Description automatically generatedThey will then wait in the holding room.

**A picture containing wall, indoor

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A picture containing indoor, station, steel, train

Description automatically generatedThey will then be asked a few questions and have their picture taken before being moved up into the Prison.

A picture containing indoor, ceiling

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Firstly prisoners will stay on the induction wing / first night’s centre. They will have two interviews down here regarding the prison system and questions concerning their welfare. They will then be seen by several different departments, before being moved onto a wing

****A picture containing indoor, wall

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A picture containing toilet, stall, dirty

Description automatically generatedThey will then have a daily routine in place whether they work, go out for exercise or decide to go to education classes. Meals are at set times throughout the day and served on the wings.

**A picture containing indoor

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**Exercise yard The Gym**

A picture containing text, indoor

Description automatically generatedA picture containing indoor, wall, toilet

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**Education The Library**

The Multifaith Room

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**A picture containing indoor, window, several

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The Servery

Meat cooking in an oven

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A picture containing indoor, pan, cooked

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**Menu from our kitchen**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **BREAKFAST** | **LUNCH** |  | **SWEET** | **TEA** |  |  |
| **MON** | **BEANS AND TOAST**  **FRESH FRUIT**  **BREW PACK** | **1. Halal burger / bun with onions**  **2. Vegetable burger / bun with onions**  **3. Lancashire Hotpot**  **4. Salad bap**  **5. Cheese and tomato melt**  **Homemade vegetable soup/ bun** | **HS**  **HS V H VG**    **HS V H VG**  **HS V H** | **Cake**  **or**  **Fruit** | **1.Halal chicken and potato curry**  **2. Salmon cake x 3**  **3.Cheese pie**  **4. Mushroom and tomato pasta**  **5. beef Pie**  **6. Gym pack**  **Sauté potato or peppered rice peas** | **HS H**  **HS H**  **HS V**  **HS V VG**  **HS V H VG** | **BreadX2**  **Super snack**  **Biscuit** |
| **TUE** | **2 X SAUSAGE**  **2 X VEG SAUSAGE**  **BREAD X 2**  **FRESH FRUIT**  **BREW PACK** | **1. Halal chicken pizza**  **2. Cheese, mushroom / pizza**  **3. Large sausage and onion baguette**  **4. Large veg sausage / onion baguette**  **5. Beetroot salad**  **Homemade tomato and lentil soup/ bun** | **HS**  **HS V**  **HS**  **HS V H VG**  **HS V H VG** | **Cake**  **or**  **Fruit** | **1. Halal Chicken tikka Leg**  **2. Breaded fish**  **3 Tuna pasta Bake**  **4. Hoi sin noodles**  **5. Cottage Pie**  **6. Gym pack**  **Roast potato or peppered Rice**  **sweetcorn** | **HS**  **HS H**  **HS V**  **HS V H VG**  **HS V H VG** | **BreadX2**  **Super snack**  **Biscuit** |
| **WED** | **BEANS AND TOAST**  **FRESH FRUIT**  **BREW PACK** | **1. Halal Corden bleu in a bap**  **2. Tuna melt**  **3. Sliced pork in a sandwich**  **4. BBQ chicken sandwich**  **5. Vegan cheese salad**  **Homemade leek and potato soup / bun** | **HS**  **HS H**  **HS H**  **HS V H VG** | **Cake**  **or**  **Fruit** | **1. Halal Chinese chicken curry**  **2. Salt fish Pattie**  **3.Vegetable spring roll x 1**  **4.Poatoto leek casserole**  **5. Bacon chop with fried onion**  **6. Gym pack**  **Potato wedges or Rice peas** | **HS**  **HS**  **HS V VG**  **HS V H VG**  **HS V H VG** | **BreadX2**  **Super snack**  **Biscuit** |
| **THUR** | **2 X SAUSAGE**  **2 X VEG SAUSAGE**  **BREAD X 2**  **FRESH FRUIT**  **BREW PACK** | **1. Halal spicy fish burger in a bap**  **2. Bacon and sausage sandwich**  **3. New potato with beef chilli**  **4. Mexican bean roll with salad**  **5. Cheese and tomato sandwich**  **Homemade mushroom soup / bun** | **HS H**  **HS H**  **HS V H VG**  **HS V** | **Cake**  **or**  **Fruit** | **1.Halal mince biryani**  **2. Smoked mackerel**  **3.Vegatble samosa x 2**  **4. Chickpea curry**  **5. beef lasagne**  **6. Gym pack**  **J / Potato or peppered Rice spaghetti** | **HS**  **HS H**  **HS V**  **HS V VG**  **HS V H VG** | **BreadX2**  **Super snack**  **Biscuit** |
| **FRI** | **BEANS AND TOAST**  **FRESH FRUIT**  **BREW PACK** | **1. Halal hot tandoori chicken sandwich**  **2. Tuna and cucumber sandwich**  **3. New potato with cheese and beans**  **4. Sliced beef and salad sandwich**  **5. Couscous salad**  **Homemade barley broth soup / bun** | **HS H**  **HS H**  **HS V H**  **HS V H VG** | **Cake**  **or**  **Fruit** | **1. Halal Chicken Leg in Garlic Butter**  **2. Battered white fish**  **3. Vegetable sausage roll**  **4. Steak pie**  **5. Gym pack**  **Mushy peas**  **Chips or peppered Rice** | **HS**  **HS**  **HS V VG**  **HS V H VG** | **BreadX2**  **Super snack**  **Biscuit** |
| **SAT** | **CEREAL**  **MILK**  **BREWPACK**  **FRESH BANANA** | **1. Cheeseburger in a bun**  **2. Spicy Mexican pasty**  **3.Vegetable burger, veg sausage**  **4. Onion falafel**  **5. sausage, bacon, fried bread**  **Baked beans hash brown x 2/ rice** | **HS**  **HS V**  **HS V H VG**  **HS V H VG** | **Ice cream**  **Or**  **Fresh fruit** | **1. Cheese and Onion melt**  **2. Halal BBQ Chicken Pizza**  **3. Chicken pie**  **4. vegetable pie**  **5. Noodles flavoured**  **Crisp, chocolate biscuit, fruit** | **HS V**  **HS**  **H**  **HS V H VG**  **HS V H VG** | **BreadX2**  **Super snack**  **Biscuit** |
| **SUN** | **CEREAL**  **MILK**  **BREWPACK**  **FRESH BANANA** | **1. Chicken and stuffing / gravy**  **2. Breaded fish**  **3.Cheese and onion pie**  **4. Vegetable Kiev**  **5. Roast pork and stuffing / gravy**  **Roast potatoes or Rice**  **Farmhouse vegetables** | **H**  **HS H**  **HS V**  **HS V H VG**  **H** | **Jam doughnut**  **Or**  **Fresh fruit** | **1. Halal Chicken Burger in a bap**  **2. Curried noodles**  **3. Balti Pie**  **4. 2 x Vegetable Sausage / Bap**  **5. Large Sausage Roll**    **Crisp, chocolate biscuit, Fruit** | **HS H**  **HS V H VG**  **HS**  **HS H** | **BreadX2**  **Super snack**  **Biscuit** |
| **IF YOU SUFFER FROM ANY FOOD ALLERGIES, PLEASE SPEAK TO A MEMBER OF THE KITCHEN TEAM WHO WILL BE HAPPY TO ADVISE YOU ON YOUR CHOICES.**  **A SPECIFICATION IS AVAILABLE FOR EACH DISH ON THE MENU.OUR MENU CONTAINS NO GENETICALLY MODIFIED INGREDIENTS.**  **H – HEALTHY V – VEGETARIAN VG – VEGAN HS – HALAL SUITABLE. All religious dietary requirements can be followed GYM PACK (CRISP, NOODLES, OAT BAR, BISCUIT AND BANANA)** | | | | | | | |

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| **Available support/information for families, significant others and professionals working with them** | | |
| **Gov.uk** | <https://www.gov.uk/life-in-prison> | Information regarding all aspects of prisons including establishment information, sending in money/phone calls/directions/ID for visits plus information about courts/sentencing and the criminal justice system. |
| **Preston Prison safeguarding hot line** | 01772 444550 – Please ask for safer custody during office hours.  Out of office ask for orderly officer | A phone line for families who want to share information and concerns with staff about prisoners at HMP / YOI Preston. |
| **Inside Time** | [www.insidetime.org.uk](http://www.insidetime.org.uk) | This website gives visiting and other advice |
| **Offenders’**  **Families Helpline** | 0808 808 2003  [info@prisonersfamilieshelpline.org.uk](mailto:info@prisonersfamilieshelpline.org.uk)  [www.prisonersfamilieshelpline.org.uk](http://www.prisonersfamilieshelpline.org.uk) |  |
| **Prisoners’ Families and Friends Service** | 0808 808 3444  [info@pffs.org.uk](mailto:info@pffs.org.uk)  [www.pffs.org.uk](http://www.pffs.org.uk) |  |
| **Prison voicemail** | [www.prisonvoicemail.com](http://www.prisonvoicemail.com) |  |
| **POPS – Partners of Prisoners** | [www.partnersofprisoners.co.uk](http://www.partnersofprisoners.co.uk)  0808 808 2003  Their family support phone number is 07471037207 |  |
| **NICCO** | [www.nicco.org.uk](http://www.nicco.org.uk) | Nicco is a one-stop information and advice service to support all professionals (working with children and families of prisoners) and all families of prisoners, bringing together useful information in one place. |
| **Childline** | 0800 11 11 |  |
| **Bernardos** | [www.barnardos.org.uk](http://www.barnardos.org.uk)  0208 550 8822 |  |