

# News *for* Friends

Newsletter of the

Friends of Guys Marsh

No 12 – Spring 2015



## FOGM Welcomes you to our 2015 Newsletter

### My Last Message as President

I'm really sorry to be going, but I've been President of FoGM for eleven years – nearly all the Charity's lifetime – and it's high time I handed over to someone younger and nippier on their pins. Whoever it is (we don't know yet but we have high hopes) will come into an organisation currently undergoing many other changes – the loss to illness of our new and inspiring Chairperson Joanna Kozubka being among them. Guy's Marsh Prison itself is facing many major challenges, in the face of shrinking funds and the demands of a complicated part-private, part public-bureaucracy, itself in transition. But the dedication and intent of the Friends remains as strong, powerful and effective as ever, and our support and trust in Guy's Marsh is undaunted.

The aims of the Friends – to encourage effective citizenship and sustain family ties for those incarcerated – remain as important as ever, and it is most encouraging that these are the very aims her Majesty's Prison Service now treats as a priority. Harsher punishments do little to reduce the recidivism rate, attempts at rehabilitation do. Prison keeps offenders for a period of time proportionate to their crimes, and then, apart from a handful of lifers, turns them out into the community again. To return prisoners better educated, better husbands, fathers than they went in, is simple common sense. Fortunately progress to this end at Guy's Marsh has been remarkably successful.

It is little more than a decade ago that visitors to the prison – parents, wives, girlfriends, children – had

to stand outside in the cold and wet in a state of tension and distress as they queued to get in. Now, thanks to the Friends of Guy's Marsh, there is a visitors' room outside the gates where families may wait and compose themselves, somewhere for the children to play, even a bus to and from Gillingham station (especially needed in this rural area where public transport leaves a lot to be desired). What verged on the inhumane is now civilised, thanks to the efforts of the Friends – and the cooperation and enthusiasm of an overworked prison management all too well aware of the drawbacks of the old punitive system. 'Do-gooders' are no longer suspect as naïve meddlers – that's what the voluntary sector actually does: good.

There's now even a Jailhouse Café, open to staff and to the general public, where prisoners waiting for release can hone catering skills acquired during their sentences. Thanks to modern technology prisoners, separated perforce from their children, can now at least record them bedtime stories. These advances, and a score of others designed to help prisoners and their families keep their relationships alive and well and the rate of recidivism as low as possible, have all been achieved during the last decade; and I am pleased and proud to have been part of it, however small.

Finally, I would like to add that the Friends are one of the most pleasant and effective groups of people that I have ever worked with, and long may they flourish and thrive!



*Fay Weldon*

**UNUSUAL OPPORTUNITIES – see back page**

# ONE YEAR ON

Last year my report finished knowing that we had challenges ahead and wondering what new initiatives we could activate. Well, challenges there certainly have been plus many unforeseen ones appearing to test our mettle, and good surprises too to spur us on!

I cannot pretend that our committee has been free from difficulties this year and will illustrate just a few. Although Joanna had recently taken over the Chair from Linda it has not been the year she envisaged. Circumstances have most unfortunately prevented her from being present at our events and disappointingly for everyone has not been able to meet our 'Friend' supporters. Despite her absence she has kept her finger firmly on the pulse, directed operations and guided decisions. With her position not improving Joanna is withdrawing from the Chair but will remain as a Trustee. Hence we are seeking a new Chairman. In the meantime, Jonathan Davies will be acting Chairman until we find a suitable permanent candidate.

Four new members have joined our team: Hugh Elwes in November who was subsequently elected as an active Trustee, William Charlton taking on the management of our web site, and to fill other roles Carol Collis and Elizabeth Rickards.

Four members resigned to pursue differing demanding

interests, although, happily, they retain their links with the Friends. We owe them all an enormous thank you for their sterling work – ex trustees Linda Cowley, Beryl Adams and Bridget Graham, and also the main mover and shaker of our excellent fund raising Carol Service, Simon Godfrey.

Since Beryl's move to Andover we have been without an operational Secretary and that role was gallantly covered firstly by Bridget, and then on her departure, Jonathan (master of many responsibilities!). A new member was welcomed warmly in April '15, offering to take the Minutes which will help greatly whilst we search for a Secretary who can encompass the full secretarial duties. The Inspector's visit in November revealed some of the problems Guys Marsh faced, understandably caused by the continued uncertainty of where the responsibilities for Governors and agencies would fall under the approaching implementation of resettlement status and accelerated by ongoing budget cutbacks and inevitable staff reductions.

All these factors have also curtailed the activities in which FOGM was able to become involved. Despite this we have enabled three new activities: the introduction of Yoga which proved to be a highlight of the prison week for many men; the long awaited opening of the Barber Shop; and the Spinning

Challenge endurance day. Thankfully, our existing support for families continued unhampered with the provision of the children's Play Worker until December, refreshments on organised Family Days and for weekend visits, plus the Saturday transport. Also continued was our PERC's work on resettlement for the remainder of his grant; one further Forgiveness Project programme; the facilitation of Music workshops; help for both serving and outgoing prisoners; and recognition of staff best practice. Fundraising activities by our committee and those of others have kept our finances in healthy preparation for the coming year's commitments, whilst leaving us eager to discover what new challenges lie ahead.

Lastly, our disappointment at losing Fay as our President is greatly compensated by her wish to continue supporting FOGM with her patronage. We have been so privileged to have Fay as our President, her support and encouragement has been unstinting for all these 11 years. Naturally she now feels the time has come to reduce commitments in her very busy life and 'hand over to someone young and effective'. We know she wishes for her successor as great a degree of interest in our work as she has enjoyed... we are on the lookout for this very special person.

*Roberta*

**Interested in reducing crime ~ contact us**

# Anniversary Carol Celebration

A major fund-raising event for FOGM in 2014 was the carol service held on Sunday 7th December. This was a highly successful and enjoyable event attended by over 250 people. We were very fortunate to be offered the historic chapel at Sherborne School as the venue, lit by candles for the occasion. But the generosity of the school went much further and they also provided the excellent choir and organist as well as the atrium of the music school for the party afterwards. Even more generous was the allocation of donations from the boys' own carol service to FOGM. We are indeed indebted to the headmaster, the chaplain and assistant chaplain and the head of music of Sherborne School.

With hardly a vacant seat and a warm and welcoming atmosphere the service began. It included carols for everyone to sing as well as items sung by the choir alone. We were very grateful to all our speakers for giving up their time to help us. Lessons were read by Julian Fellowes, Valerie Pitt Rivers and Charles Collingwood, who most kindly stepped in at short notice. Linda Cowley, our former



Carol Service guest readers with Linda before the service

chairman, talked about the work of FOGM, standing in for Joanna Kozubaska who was sadly unable to attend due to illness. Both the chaplain, Lindsay Collins, and the assistant chaplain, Nicholas Mercer talked movingly about the challenges facing prisoners at Christmas. For most people, this service was the first event of the Christmas season, and it got us all off to a very good start.

Afterwards, some of the older pupils guided us by torchlight over to the atrium of the splendid Music School for mince pies and mulled wine, both generously donated by the new Sherborne Waitrose. It was quite a crush to fit everyone in, but the atmosphere was good and those who persevered and had good hearing enjoyed a jolly party.

Altogether, the event was a joyous success and raised in excess of £6000 for our charity.

*Simon Godfrey*

## And the missing guest?

**It'll be Alright on the Night'** ... and it was of course! However, a little explanation is due to our wonderful congregation who received the unfortunate last minute changes with understanding and in good spirit. To the puzzlement of all, the absence of our fourth speaker took us by complete surprise and could not be explained. It was only the following day that we discovered he had been urgently taken into hospital in the early hours and hopefully set back on his road to full recovery. His presence and inspiring story was much missed. ■

## FAMILY DAYS

As part of the important work of keeping fathers in touch with their children, every two or three months families of selected prisoners are invited into the prison to spend a day for them to enjoy together. The Barnardo's team and a prison officer organise fun sporting and craft making activities, with FOGM funding the lunch. The summer event included a BBQ which was much appreciated. To show how much these days mean to them the men themselves are now contributing towards the cost of the food from their earnings.

One long term prisoner has written "... the chance to interact and play with my son the way I did is priceless. It enabled me to bond with my son more in four hours than we have in the last 12 years and the chance to connect with him was a amazing. That is why I think these family visits are so important ... " ■



Expia Directors open their new Café

## A Welcome for All

From the seed of the idea being sown to its fruition we have given our enthusiastic support to the opening of the Jailhouse Café venture.



This included the committee giving their individual time in the early days and raising the money for the electrical installation of the kitchen equipment. Closed briefly for refurbishments it was re-opened with an official launch when it was transferred from the prison's management to Expia CIC (Community Interest Company). We have watched it grow from operating two days a week for coffee and snacks to its present five days providing light refreshments and a comprehensive lunch menu from 10am until 2.30pm. Under the auspices of an experienced Chef Manager at least five men now have work placements whilst training to gain qualifications in catering and front of house skills. It is rewarding to witness such a successful development from the initial concept.

When Linda Cowley stepped down from our committee she became a Director of Expia, having been one of the main instigators of the project. We designed a cushion cover which a friend, and talented embroiderer, Vicky, made for us to present to Linda in thanks and celebration of her leadership and active commitment for well-nigh eleven years (picture page 11). It was a delight that our President, Fay Weldon, was present to enjoy this special occasion with us. Where else could be more appropriate to hold the presentation party than in the Jailhouse Café! ■

## Giving reaps its own rewards – for prisoners too

As can be read in several articles, prisoners are keen to take responsibility and from their meagre earnings manage to give to charities and to events organised for their families. The Spinning Challenge and Family Visit Days being prime examples. By these actions respect is gained and self-esteem grows.

On our part we give our support to requests from prisoners where appropriate and encouragement to those going back into society. For one man we supplied decorating tools so he was able to immediately resume his employment as a painter and decorator.

Another, determined to make a fresh start, left Guys Marsh to relocate miles from his previous address to begin a new life with his family. Having had his own building business for 20 years D needed equipment to get him back into work. Whilst serving his sentence he proved himself to be worthy of our confidence and we gladly helped him towards his goal with a voucher for Screwfix plus an assortment of donated tools. He thanked us with a most appreciative letter:

*"..... This is a new beginning ..... with your help I feel that I have had a huge weight taken off my shoulders to be able to work well equipped to do the job in hand. .... I am aware of the great and continuing work that you do for prisoners and the prison. ...."*

We look forward to hearing of his progress as he assured us he would keep in contact. ■



# Spinning for Charity

In the autumn of 2014 FOGM was approached through their Prison Council representative regarding the possible purchase of 4 new spinning bikes at a cost of £1,000 each. On asking for some detail he told us that such bikes were the very latest thing in gym equipment, allowing those using them to undertake a wide range of physical exercises whilst pedalling on what we, old fashionedly, called a static exercise bike. The Committee were impressed by the amount of detail that had been put into the prisoners' submission which demonstrated the overall benefit the additional equipment would generate within the prison. With our backing the smart new bikes arrived.

After the bikes had been installed, the same prisoners announced that a 'Spinning Challenge' event would take place in the gym involving an activity starting at 9 am, based on 19 bikes in all, and concluding nine hours later at 6pm. Gratifyingly, this marathon was being undertaken to raise money for 'Families of Ocean Ward', a charity supporting the Children's Cardiac Ward of Southampton Hospital, chosen because one prisoner's child is receiving long term treatment there and the men were keen to support the ward's wonderful work in the best and only way they could.

The day in mid October arrived and a number of FOGM members assembled at Guys Marsh gym to see them start; they being all kitted out in 'Ocean Ward' and 'FOGM' T-shirts which we had supplied. It was quickly apparent that this was going to be physically very demanding with

a wide range of exercises being undertaken, whilst pedalling at a range of speeds, all to the leader's stop watch.

We returned just before 6pm to catch the conclusion of the event. In all 32 'spinners' had participated, 14 of these being prisoners and most of the others being members of staff. Of the 14 prisoners, more than half of them had stayed the course for the full 9 hour period. To reward and celebrate their mammoth efforts Marcel (our PERC) prepared a BBQ for all the Spinners just outside the Gym.

In all a sum well in excess of £2,000 was raised for Families of Ocean Ward, with getting on for half that amount coming through the efforts of the prisoners themselves. Some parents live a considerable distance away from Southampton with children and babies often there for many months, making it hard to keep in contact. The donation is helping to pay for the installation of new hi-tech TVs with internet access at



each patient's bed space enabling parents and friends to keep close though apart.

Since then the spinning 'bug' has really caught on in the prison and a number of new events are planned. What was really gratifying, however, was that the initial investment had been maximised, fitness levels had increased and a local children's charity had benefited. It seems such a shame that a praiseworthy initiative such as this, undertaken by prison inmates, receives so little attention and appreciation amongst the wider public.

*Jonathan*

## PRECIOUS TIMES

Partners and children have had their weekend visits made all the more valuable by the way that Nicola, our Play Worker, organised the afternoons. Her task being to see that all family members benefitted to the fullest extent by suggesting a choice of age appropriate games or toys through the relaxed use of play and by providing support and advice. With constructive and sensitive interaction she encouraged better family relationships. Nicola witnessed the strengthening bonds and gained much satisfaction from her role which FOGM funded. She worked under the auspices of Barnardo's Project Worker but left on maternity leave in December to await the birth of her second child. Barnardo's advertised for a temporary replacement but until March the vacancy had unfortunately not been filled. ■

# Community Focuses on Rehabilitation

It is most heartening that our endeavours to help prisoners change their lives around is becoming more widely recognised locally and our sincere thanks go to the many groups who have shown their support:

The members of Gillingham Methodists Church have generously supported our work by donating on two separate occasions: a collection was made in aid of our charity after a talk given by the Rev Deacon Mike Turnbull, Guys Marsh RC Chaplain, on the rehabilitation work within the prison, and in the autumn the members of their Tennis Club also chose us to be the worthy recipients of their giving.

The World President and executives of the Mothers Union visited the Jailhouse Café accompanied by members of the Salisbury Diocese to learn about the work of our local branch groups whose work is focused on helping the prisoners of Guys Marsh. Brenda Birt, area organiser, invited them to hold their meeting in the café and to enjoy lunch followed by a talk given by Governor Burles. They were interested to learn about life behind our particular fence and their appreciation was shown by presenting a cheque made out to Friends of Guys Marsh after taking a collection.

The Gillingham and

Shaftesbury Tangent Club also made us their chosen charity for a donation after the Governor's interesting talk to them.

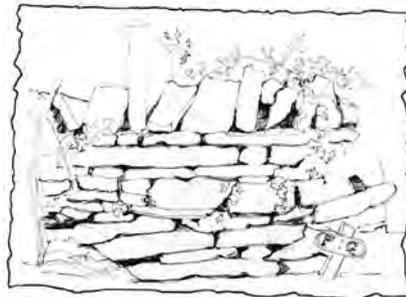
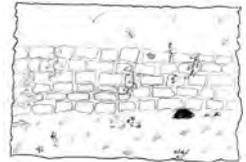
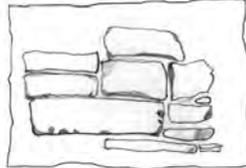
St James Church at East Orchard dedicated their Candlelight Service collection to FOGM and Christian Aid.

An enormous boost to the funds raised by the Friends Carol Service held in the chapel of Sherborne School was made by the school chaplaincy who dedicated the collection from the boys' own Carol Service to our work.

Please continue to value rehabilitation and believe how much it can reduce crime and change lives. ■

## Tom's Field Campsite

A special mention must be given to Sarah Wootton who raises money for charity from the sale of her delightful booklet celebrating the dry stone walls on her campsite at Langton Matravers. In 2013 visitors were invited to make a record by drawing a section of the campsite walling and from a selection of the many illustrations the booklet was produced - an extract is shown here. The excellent shop in the campsite sells the booklet which is having a second edition printed to keep up with demand. Having already raised funds for us this year Sarah is repeating her request for donations to Friends of Guys Marsh in return for sales. ■



When the wind rises some people build walls others build windmills

-Chinese proverb



## REFRESHING CHANGE

Change is a particular aspect of present life and is no less so for Friends of Guys Marsh, as is seen on our front page and in articles elsewhere. In line with the trends we considered that after 10 years existence it was time for a more modern image to illustrate our support of the community within HMP Guys Marsh. A design company in Bristol, The Drawing Board, generously volunteered to design a logo for us to reflect the encompassing nature of our work. We agreed that the logo illustrates that well with its assortment of colours denoting the diverse range of people in our prison environment arranged in circular form.

## Work in Progress

Our web site is woefully out of date and the demanding task of refreshing and updating it is being tackled by William; please bear with us whilst this is ongoing. He plans to include more interesting and informative content, resulting in an improved read under his management. ■

## Lift My Spirits

The Chapel at Guys Marsh has always been a place within the prison which has offered prisoners a location where they can come and find peace and quiet and follow whatever faith path they are affiliated with. It also provides a place where they can learn new experiences which can be helpful to them on release. The Chaplaincy welcomed the opportunity to offer space for yoga classes when the question arose being aware of the resulting benefits from past arrangements when the Prison Phoenix Trust (PPT) visited Guys Marsh.

At the suggestion that we could provide classes again enquiries were made to PPT who located a local yoga teacher, Sally Wagner and trained her to instruct her course in the prison environment. After a successful pilot trial in November we agreed to enrol Sally for a period of three months followed by an assessment and report for the consideration of future provision in the spring.

Sally's report showed steady and enthusiastic attendance resulting in real change in the men: giving confidence to the shy and withdrawn, calming down those loaded with attitude, and relaxing tension for the fearful and worried. The classes give the men time to have stillness within a busy and uncertain environment in a



place where they feel safe. With tensions eased the general atmosphere of the prison is improved for all.

Guided by their tutor, many are keen to obtain books and

CDs from the Phoenix

Trust which help them to practise in their cells between classes and gives them a pride in their achievements, sharing this with Sally.

Since the re-introduction of yoga we have received excellent reports:

Chaplaincy team – *Spending time in peaceful meditation is helping those who have anger management issues to keep control, and is an effective therapy for those who feel vulnerable.*

Prisoner GR – *I am experiencing a lot of stress for various reasons at the moment, and the yoga and relaxation helps to reduce my stress levels to a manageable level.*

Prisoner DT – *I cannot stress enough how beneficial the classes have been to those involved. They not only contribute to good health but also allow inmates to have some relief from the daily stresses associated with being in prison.*

FOGM Trustee – *I visited the Chapel and saw the positive attitude of those involved, which was impressive and I support continuation of this project. ■*

# SHORT BACK AND SIDES SIR?

Last year we spoke of our anticipation of the shop being opened in August – it did not and our expectations see-sawed until, to great adulation, they became a reality in February when the sign went up:

## ‘Open for Business’

For the last four years FOGM members have filed past the Barber’s Shop in Guys Marsh on their way to a meeting room. The shop itself was well equipped with clean basins, three barbers chairs, mirrors and boxes where the equipment was stored. However, government cutbacks during the last Labour administration meant that it had had to close and it has remained empty and unused ever since with the financial situation becoming even harder over time.

The shop fulfilled two purposes. The obvious one being that, with some 550 inmates, it provided a necessary service and, as importantly, it allowed prisoners formally to train as competent barbers and emerge with NVQ qualifications at the end of the 11 week course. FOGM, with their on-going desire to see men leave



First group of trainee barbers.

Guys Marsh with meaningful and relevant work-based qualifications, undertook a campaign for the re-opening of the Shop.

We have had our ups and downs throughout 2014 but eventually Prison management were persuaded as to its merits and serious discussions began between the charity, the management and Weston College who are responsible for the provision of in-prison education in the West of England. Overcoming many obstacles the story has at last a satisfactory conclusion. The prison was persuaded to give up a rarely used storage area adjacent to the Shop and this was converted by prisoners (undertaking an NVQ Building course) with walls coming down and new flooring being installed. The lighting was significantly improved and a further 3 chairs and mirrors were put in.

In February of this year the

Shop re-opened to take in its first 4 trainee prisoners pursuing the barbering qualification. An excellent lady instructor is now in charge and they are videoed during training; this video is then shown on an in-shop screen and used as a training tool.

Shortly, sessions will accommodate 8 prisoners on the 11 week courses and NVQ certificates will be issued. FOGM contributed nearly £1,000 to provide new equipment for the shop and are reviewing whether they can afford to provide qualified prisoners, on their release, with a barbering set, to help them get established. The satisfaction gained in seeing the Shop open both mornings and afternoons five days a week, the enthusiasm of the trainees and the long queues of those awaiting their hair appointments is hard to quantify.

*Jonathan*

**A Musical Evening...** a delightful evening of music was held in Fonthill Bishop Reading Room this April. It was organised by David Davies who gathered together his fellow musicians, Musica Rustica, playing flutes, cello and piano. Leila Mather, a young soprano, joined them to add to the enjoyment. The occasion was held in aid of three charities chosen by our Chairman, Joanna Kozubska (Motor Neurone Disease, Stroke Association and Friends of Guys Marsh) all of which have special meaning for her and for her friends and family who packed the hall. The audience were most generous with £402 awarded to our charity alone which, together with the resounding burst of applause for the ensemble, showed everyone’s appreciation. Thanks of course went to the ensemble and especially to David for his generous initiative. ■

## NOTICE

Our requested minimum subscription of £5 has remained since 2005 so we are raising it slightly to £10 for new Friends who will still be able to donate whatever their pocket can afford. Every donation is put to full use and we thank you for every penny!

## Prison Effective Resettlement Co-ordinator (PERC)

The five year grant from the Tudor Trust to fund Marcel's position of the PERC came to an end in December. An application to continue his work for a further period was made but was not successful as the goal posts had moved and we were unable to meet the criteria required. With the end of his work in the resettlement field, acknowledged by management and prisoners alike as invaluable, we are seeking a solution to being able to retain his expertise in a different form.



Visit our Jailhouse  
Café open  
Monday to Friday  
from 10am to 2.30pm

## SUBSCRIPTION FORM

I would like to become a Friend of Guys Marsh\*  
I wish to renew my subscription\*  
*\*(delete as appropriate)*

Please tell us how you heard about Friends of  
Guys Marsh

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Name:

Address:

email:

*The information you provide on this form will be stored on the Friends of Guys Marsh database and will not be passed to or shared with any other external organisation.*

Annual subscription: £10  £25  £50  Other

I enclose a cheque for: £..... made payable to  
"Friends of Guys Marsh".

I wish to pay by standing order – please send me a  
form.

Date:

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\*Gift Aid declaration: I am a UK taxpayer and wish  
Friends of Guys Marsh to reclaim tax paid on my  
donations (see explanation on reverse): Yes/No  
(delete as appropriate)

Signature: .....

## \*Gift Aid

If you are a UK taxpayer you can make a Gift Aid declaration which will increase the value of your subscription/donation to Friends of Guys Marsh by 20%. This is because it enables us to reclaim the basic rate of tax on it from the Inland Revenue, benefiting us enormously but not affecting you at all.

(This is only allowable provided you have paid at least as much tax as we are reclaiming, either as income tax or capital gains tax).

If you are a higher rate taxpayer you can reclaim the difference between the higher rate of tax you pay and the basic rate of tax we reclaim when you complete your self assessment tax return.

Subscriptions should be sent to:

The Treasurer  
FOGM  
Lymburghs Farm  
Marnhull  
Sturminster Newton  
Dorset DT10 1HN

*Please use this form for yourself or a friend  
by cutting along the dotted line.*

## Mindfulness

The technique of Mindfulness is currently very popular and believed to be an effective way of coping with personal difficulties. It offers a complete approach to well-being, recognising the interaction between body and mind; giving people greater ability to focus and respond rather than react in habitual, often self-destructive ways in difficult situations. Practised correctly it improves mental and physical health, confidence and self-esteem. Acquiring the technique requires discipline and resolve; those able to engage with it report great and lasting benefits.

An 8 week Mindfulness programme was run for the first time in Guys Marsh early this spring open to prisoners and staff with some very positive feedback. One prisoner appeared a very changed man when he left for release. Having been badly bullied he had gained the strength to stand up to the bully, felt in better control of his emotions and easier in his mind.

We were pleased to oblige when approached to facilitate the one-off donation in payment of this course. Another course is planned in the autumn for which funding must be found. As it has the full backing of governors but with no budget to cover it they have turned to FOGM for help. After full consideration our next step will be to procure a grant. ■



# VALUING THE WORKFORCE

Prison life is not straightforward or easy, and along with the daily routine staff effectively deal with many difficult situations. FOGM's way of showing our support is to respond to requests when occasions arise even if they appear minor. One such request was to provide refreshments during the break of an organised staff Well Being Day where health issues were addressed.

## Recognising Good Practice

Another opportunity we look for is to give credit where we hear it is due. From a strong list of nominations in the summer we chose Mark Cheshire, a young officer who set a fine example amongst his colleagues with his conduct and leadership. He worked particularly hard on resettlement work for the prisoners on his Wing, improving life for both them and for others beyond his wing. Prisoners spoke highly of him for his unceasing efforts to help them with their problems. We congratulated him for his excellent achievements but were disappointed that he was called away on the day of the presentation, unable to accept our award and shield in person from Joanna at the July staff meeting.

## An Exceptional Circumstance

The prison only considers candidates for their staff awards from those employed directly by the Prison Service. However there are many people who work



at Guys Marsh who do not come into this category. One such person, Caroline, could not be considered although she worked alongside two qualifying staff members on an urgent task which was outside their line of duty. In July the prison's Performance Recognition award for this exceptional body of work was awarded to these two members of the Administration department. They both felt it unjust that Caroline could not

be recognised for her equal contribution and turned to FOGM for help. As with the prison we also normally only accept nominations for Prison Service staff for our awards but decided to make an exception in this case with a small award. Caroline was taken completely by surprise with our presentation as she was unaware of the request her colleagues had made. ■

## Highlight on Initiatives

Two inmates were brought to our attention for their considerable efforts and initiative in managing to obtain extra equipment for the Gym. Working with the instructor they have greatly improved the level of activities for inmates and staff alike. We gladly agreed to the suggestion that we could recognise their dedication. We arranged for a small award and also certificates in 'recognition of significant contribution to community life'; the latter, importantly, to be held on their files. We received a most appreciative letter of thanks from them. It was by their endeavours that the excellent Spinning Cycle event for charity became a possibility – see the report on page 5.

Another application we had early in the year was for a pair of hair clippers on one of the Wings. The men were cutting each other's hair with scissors and some strange results ensued! It was good to rectify the problem. Although the clippers can still be used, happily, now that the Barbers Shop is up and running a good hair cut is the norm! ■

# ACKNOWLEDGEMENTS

For your invaluable support – whether financial or in kind

- *The Valentine Trust*
- *The Tudor Trust*
- *Worship Company of Weavers*
- *Anonymous Donors*
- *Graham Cole*
- *Musica Rustica*
- *Gillingham Methodists*
- *The Mothers Union*
- *Our seen and unseen 'Friends'*
- *The Drawing Board*
- *Rachel Davies*
- *Vicky Hukins*
- *Our Anonymous 'Friend' accountant*
- *Daniel House ACCA, MAAT*
- *Christine Willis, Graphic Designer*
- *Tutor and students of GM IT Department*

*For partnership working • Nordcat – • Barnardo's*

# YOUR ATTENTION PLEASE – UNUSUAL OPPORTUNITIES

As you will gather from this newsletter, Friends of Guys Marsh is searching for like minded people to undertake interesting and active roles on our sociable committee.

We need to hear from people who have experience or an interest in Criminal Justice, or any suitable professional business background, to join us with a view to becoming Chairman.

These attributes would also suit our Secretary although good skills in this field would be sufficient.

For a less demanding volunteering opportunity a desire to reduce re-offending in an active way is the only criteria, and your enthusiasm would be readily harnessed.

We hold monthly meetings at the prison with occasional ones arranged for sub committee discussions so the demand on your time is not onerous.

Please contact our trustees via email [info@friendsofguysmarsh.co.uk](mailto:info@friendsofguysmarsh.co.uk) if you are interested. We will give you all the details you would need to consider this further and then an informative and friendly meeting would be arranged if you wished to learn more or take it further.



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Charity No. 1104063

[www.friendsofguysmarsh.co.uk](http://www.friendsofguysmarsh.co.uk)

## PATRONS:

*Mrs Anthony Pitt-Rivers CO DL*

*Dr Fay Weldon*

## Friends Committee

**President:** *To be elected*

**Vice President:** *Terry Francis*

**Hon. Vice President:** *Derek Ross*

**Hon. Vice President:** *Graham Cole*

### Trustees:

*Joanna Kozubscza*

*Jonathan Davies*

*Roberta Primrose*

*Hugh Elwes*

**Acting Chairman:** *Jonathan Davies*

**Acting Secretary:** *Bridget Graham*

**Treasurer:** *Roberta Primrose*

To contact us please email  
[info@friendsofguysmarsh.co.uk](mailto:info@friendsofguysmarsh.co.uk)

### Committee:

*Marcel Williams*

*Jane Childs*

*Annie Henschel*

*Barry Vardill*

*Graham Woollard*

*Carol Collis*

*William Charlton*

*Elizabeth Rickards*

## A possible change to happen next year

Do not be surprised if the newsletter has a different look next time as I am handing it over to a colleague to make his mark. Having produced it with Sir Barry Wilson for our first couple of years I have undertaken it ever since – 11 years, definitely time for a change for you and for me!

*Roberta*