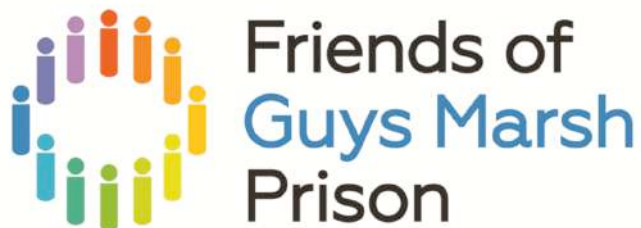


News *for* Friends

Newsletter of the Friends of Guys Marsh Prison No 17



Friends of
Guys Marsh
Prison

practical support • better futures



Rehabilitation Changing lives

The Friends of Guys Marsh helps support rehabilitation through funding of courses and training, and support for initiatives within the prison.

Support Giving hope

We give support to many individuals each year, giving them the chance to build a new life. We also help to enable opportunities for family visits and childcare.

Fundraising Securing our future

The profile of FOGM has grown significantly this year, offering even more support and help. Turn to page 13 for ways you can ensure our work continues.

Dear Friends,

There is little good news about at the moment and everyone is having to make the best of it, FOGM like many other charities has had to cancel a range of events that would have added to our funds. There are two pieces of good news; firstly the amazing response we had to our call for sewing machines and material for the men and secondly that there has been a significant reduction in drug use and bad behaviour within the prison, small mercies.

We ended up providing 25 donated machines for the men to use when making items for the NHS, care homes and doctors' surgeries. The men and staff were hugely appreciative of the support the community showed to them.

This support echoes the work we have been able to do this year due to the generosity of the Friends and various Trusts who have supported us. In the last year, we have provided over 30 men with a range of assistance that has allowed them to leave prison with, hopefully, a brighter future. This is in addition to our ongoing support to their families in the form of the Bus from Gillingham to the Prison, food for family visits and a range of other interventions that re-enforce the family bond, an aspect that is known to be a positive impact upon future behaviour.

If I had one request of the Friends it is that we grow our number, so if you happen across someone who is interested in our work please do ask them to get in touch – more likely once the restrictions have been eased!

In the meantime, thank you for your support which allows us to help the men to a better life.

Giles Fearn - Friends of Guys Marsh Prison Chair



WOULD YOU LIKE TO BE INVOLVED WITH THE WORK OF THE FRIENDS?

We are looking for someone to join our trustees as Membership Secretary, Do you enjoy keeping in touch with people and building relationships? Then this may be the perfect opportunity to help us. For further information and to apply, e-mail Giles via info@friendsofguysmarsh.co.uk

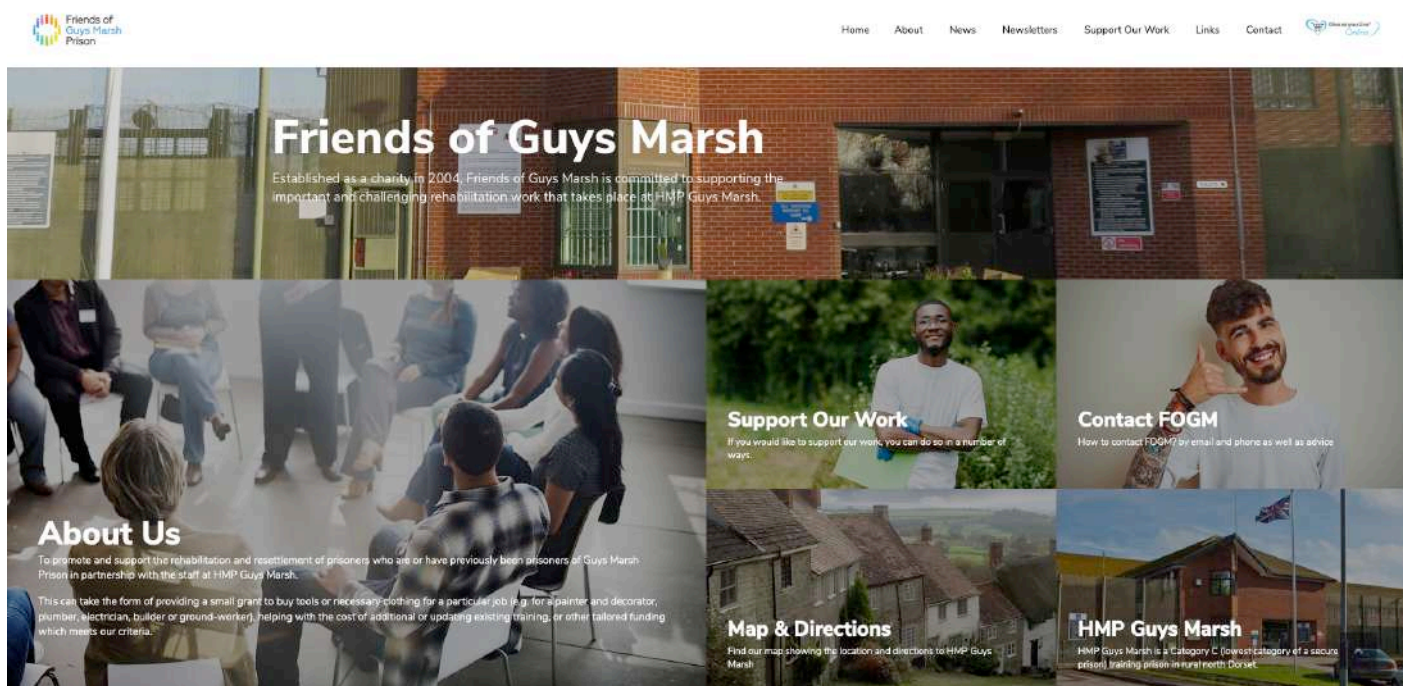
FOGM's new website

One of our trustees has been working with a local company to update our website which had become rather dated. The new design is clearly laid out and will provide FOGM with a great virtual 'shop window' to enable a wider group of people to engage with the charity's work and quickly find out how they can become involved.

To see our new website visit www.friendsofguysmarsh.co.uk



practical support • better futures



“I cannot thank you enough for today, support from FOGM has been incredible....The men working on the sewing project were amazed with people’s generosity.....I don’t think they realised quite how important their work is viewed by the community. This really has been a valuable project already for more ways than one “

Tracy Harrison (Head of Reducing reoffending)

We were overwhelmed by the support from the friends and our local community for the request for sewing machines and material. Over 25 machines were donated, including an industrial model as well as bobbins, material and elastic. We also were touched by examples of real kindness such as a couple selling plants who heard about the work of our charity and immediately donated their day's takings. We also received wonderful help from the Salisbury and Warminster branches of the Mothers' Union who read about our appeal and shared this with their members.



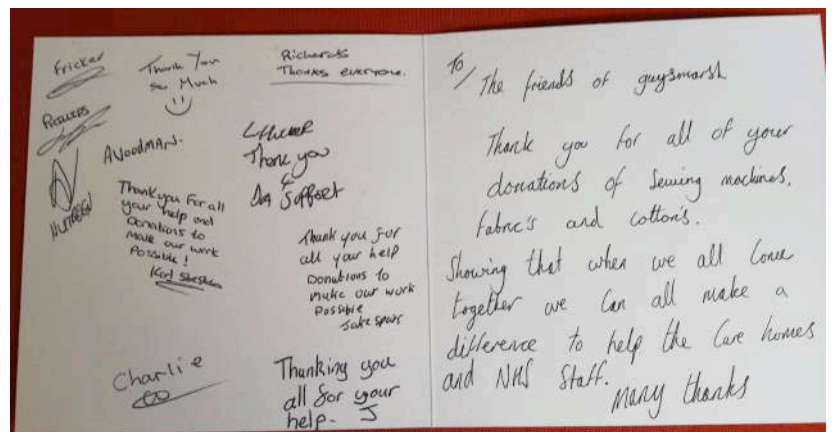
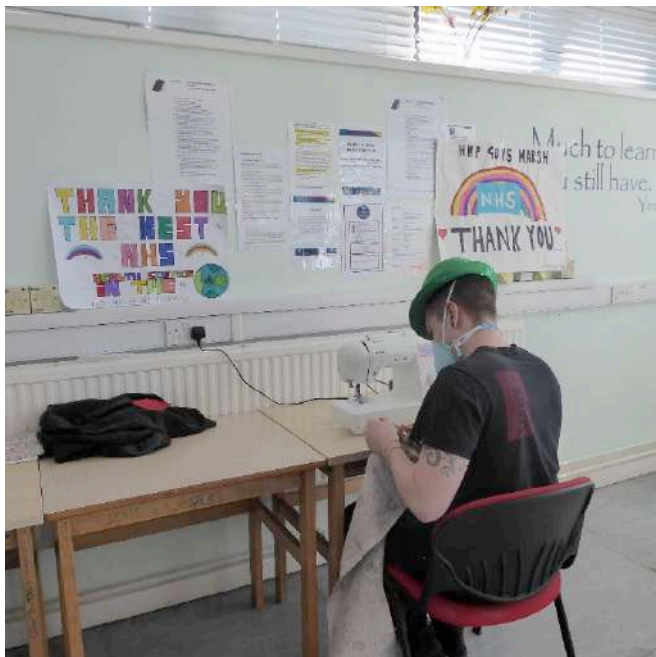
THE AMAZING GUYS MARSH SEWING BEES!

EXTRACT FROM AN ARTICLE BY LUCY CAMPBELL IN THE GUARDIAN

*In more positive news, inmates at **HMP Guys Marsh** in Dorset are sewing 500 items for nurses at Yeovil hospital, following donations of materials and sewing machines from local villagers.*

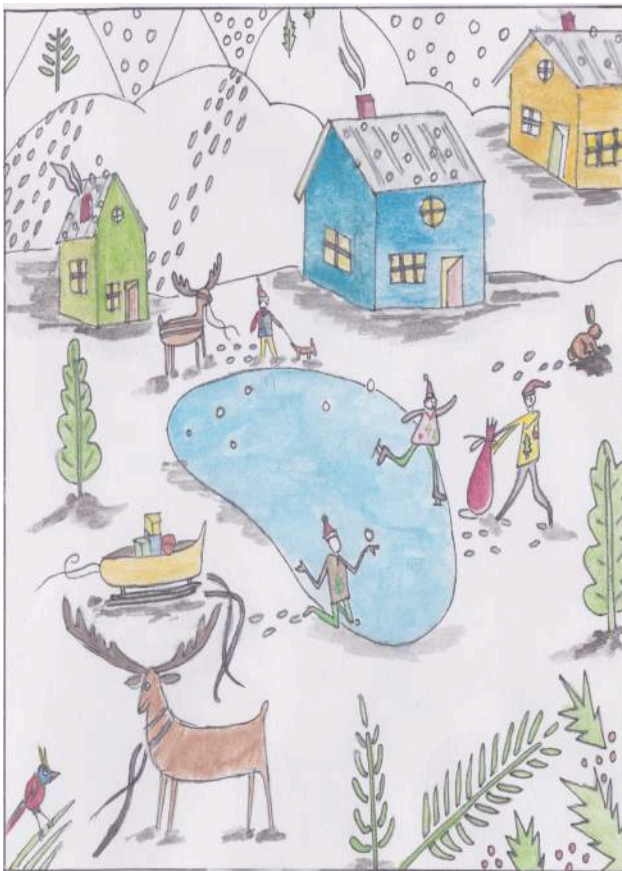
In need of a project for the prisoners, who are under even stricter confinement than usual due to lockdown and physical distancing measures, and wanting to help the NHS, the prison contacted Yeovil hospital to ask what they needed. Delighted, the hospital asked for 500 items including nurses scrubs and laundry bags.

*With there being only one sewing machine between the men, the local community was called upon to get involved with the project. People from the village of **Marnhull** donated several machines and local businesses donated fabric in the form of spare duvets and sheets, binding, buttons and elastic to get the initiative started.*



CELEBRATING TALENT

Three of our trustees attended a Celebration Event within Guys Marsh to present prizes to the men who had drawn the pictures featured on last year's Christmas Cards; each received a painting set and printed copies of the cards. It was clear that they took pride in their work and were pleased that their designs had been chosen. After the event we were treated to refreshments and had the opportunity to talk to residents and prison staff. We were encouraged to hear that FOGM has a strong profile within the prison and that men are being made aware of the support available. We will be running the Christmas Card competition again this year and will have packs of cards available from mid-September.



Pre-order Friends of Guys Marsh Christmas cards

Our 2020 Christmas cards will be available in September and will feature the winning entries from the competition being run at Guys Marsh over the summer. A pack of six cards costs £3.00 or four packs for £10.00.

To order, e-mail Shaun at info@friendsofguysmarsh.co.uk stating how many packs you would like and he will contact you as soon as they are available.

CHRISTMAS FUNDRAISER

FOGM trustees were out in force at “Christmas in the Car Park” in Marnhull on December 14th, enjoying a lovely evening of festive fun! This local community event is a well-attended pre-Christmas celebration and is characterised by a number of stalls selling handicrafts and local produce. Also at the forefront of the celebrations, a burger stand and very popular stall selling ‘vin chaud’! The Marnhull Community Choir led the singing of Christmas carols, setting the evening’s festive tone and adding to the Christmas cheer.



Each stall contributed a fee to FOGM, with all profits from the burger stand going to our charity as well. In addition, the trustees manned a fully stocked stall for FOGM, which had an extensive Tombola – many thanks to the individuals and local businesses who supplied the generous gifts – and a further offering of wooden garden planters, bird boxes and bug hotels from the workshops at HMP Guys Marsh. We also had an eclectic mix of Christmas paraphernalia, including wooden Snowmen and FOGM Christmas cards.

Adding together all the donations, stall fees and the persuasive selling talents of the band of trustees, well over £500 was raised for FOGM on the night. So, a productive event as well as a highly enjoyable and entertaining evening!



2019 RESETTLEMENT FAIR

This annual event, organised by the Volunteer Centre Dorset, was held in early July 2019 at HMP Guys Marsh.

The aim of the event is to showcase the different organisations and avenues of help available to the men, encouraging their resettlement after their prison term. Overall, there were around 12 different stalls offering advice and information to approximately 100 men over the two hour period.

Not surprisingly, the busiest stall was refreshments but all the representatives soon found themselves deep in conversation with the men, most of whom were genuinely interested to find out what was on offer.

This is a good way to spread the news about what FOGM can do and how we can help. Despite posters in the wings, introductions during the induction event and referrals from staff and Catch 22, as anyone who has worked with the prison will know, it's a very dynamic and fast-moving environment so getting our name in front of the men is always a bonus.

Three of the FOGM trustees were able to be on site and connected with a number of the men. In some instances we were able to point them to other organisations more suited to their needs and we were all touched by one, JH, whom you have been able to help with some tools and who made a point of coming to see and thank us for our trust in him. Here's hoping his plans and dreams for the future with his family work out.

We left after a busy couple of hours knowing that, not only had the men had a different afternoon experience from the usual, they'd also had the opportunity to recognise they are not forgotten or ignored. Having this avenue of visibility spreads the word and helps us help them.

MUSIC AWARD

We were delighted to hear that Jabril, a resident at Guys Marsh, had won a Koestler Arts "*Platinum Award*", the highest award possible. Jabril has been working on his music under the guidance of Toby Langton-Gilks, who runs inspiring workshops every week in Guys Marsh. Toby wrote to us saying: "very few (if any) Platinum Awards are awarded each year – this being the first I've seen in 10 years entering my men for these awards. I'm absolutely delighted. I never expect anyone to win anything, however, knowing the quality of Jabril's talent, I'd expected *something*."

Guys Marsh Governor, Ian Walters, later presented the Certificate to Jabril in the Music Room.

THE GROWTH PROJECT - A report from Dr Sarah Lewis

MB, SG and JB have been trained to deliver our Youth Growth Programme which works with young people on the risk of exclusion. They are taking their learning and using it as a preventative model to support the growth of young people and disrupt the 'school to prison pipeline'. The Programme aims to start this year and is the first of its kind. JF has also accompanied Dr Sarah Lewis to co-facilitate sessions to university students from China who are training to be police officers and SO is writing and producing his own music and building a fan base as we speak. Both MB and SG have successfully gained their CSCS cards and are currently working in the construction industry.

Last year SR was accepted onto an Apprenticeship in order to develop his skills in business, enabling him to set up his own business within the food industry. LF is due to be released soon and has been accepted for a Foundation Degree in Film; he hopes to join the PRS team following release, to carry out support work for Growth Projects in prison, using his experience of the arts and script writing to engage prisoners.

KC is developing his business idea to support prisoners who want to be entrepreneurs. He has also developed a passion for singing and music production and is working on a music project currently in prison.

RK and HT work with Penal Reform Solutions, promoting growth and raising awareness around prison reform. They are also designing a Financial Literacy Course to build financial capacity in those that are disenfranchised. This empowering programme is psycho-educational and informed by the growth principles.

IR is creating podcasts for Penal Reform Solutions, to highlight the importance of rehabilitation and growth in prisons. He is also organising the Everest Reform Project, whereupon 2 prison staff and 2 ex-offenders climb Everest, with support of a crew who all have lived experience of prison.

JH has written a 10 week Mindfulness Based Yoga Course and currently works as the Business Manager at PRS. He is currently developing a lifer programme, which is focused on growth, relationships and identity.

BF worked for PRS upon release and although he no longer works for PRS, he is keen to volunteer once he finds greater stability.

SC is currently in HMP Sudbury and working in other prisons where he presents to younger residents, talking about his life and his experiences of prison. He is keen to deliver the lifer programme, which is currently being developed by PRS. He is regularly released on temporary license (ROTL) and is progressing well in his sentence.

HELP TO INDIVIDUALS

After much discussion, this year we have given a great deal more support to individuals, particularly on release. Below is a summary of help given to men over the year. We are currently reviewing this aspect of the charity's work to ensure that our funds are working best to support as many individuals as possible, whilst maintaining the essential core support through initiatives such as the play worker, meals for family days and the bus service.

MW was positive about his release and has settled near his mother who will be supportive of him. He had no clothes so we provided him with a basic clothing kit. Sadly he lost a close relation during his sentence and, despite being unable to attend the funeral, he has dealt with it well and is determined to leave prison a positive person and not to consider revisiting.

DA was due to leave in April. He has been in prison for several years, is well-educated and intelligent. With another young man they have put together a very good presentation for a business he wants to set up. Although we didn't feel that financial support was appropriate at this stage, two of our trustees have a great deal of joint business experience and are providing support including a monthly day of discussion and advice. Read our special feature on page 12.

CM came across as a polite and gentle character but full of enthusiasm to continue with an Open University course on personal training and sports coaching that he started while in prison. He required equipment to enable him to gather data essential to the course assessment criteria. One of our trustees suggested a second hand electronics store which provides a guarantee and CM was given a voucher for a used laptop. He was absolutely delighted to be given support.

DM Was very keen not to go back to the area he was in before his sentence for fear of getting back into negative old ways. He was very fortunate that his case manager has found him a great residential opportunity where he can stay for several months away from his old area. He will get support there and any questions answered. He only had the clothes he was in so FOGM bought essential clothing.

JB had plans to set up a catering company. Whilst inside he had taken advantage of opportunities available to him and had worked in the catering department, who had provided us with a glowing reference "JB has a real passion for food, his work has always been to a high standard and he has a very good work ethic, willing to go the extra mile in anything that he does and always listening to advice and taking on board criticism; he will make a very good team member in any catering operation." He had passed his level 2 NVQ in catering and hospitality as well as level 2 in food safety. His form was one of the neatest we had received and he was given a voucher for Nisbetts, a catering supplier.

NB Asked for tools to help him set up a fencing business. He presented a comprehensive business plan and had spent his time inside the prison well, acquiring several NVQ qualifications including Maths and English, bricklaying and cleaning.

AB had a good plan in place for after release. We gave a voucher towards essential window cleaning equipment including high-reach hoses which would enable him to start earning an income straight-away. His wife had been very supportive and had arranged for a van to be ready the day of release and had plans in place to set up a website. He had previous experience in the industry and had presented the committee with a well thought out business plan with costings and projected income and outgoings. "I have a good support network around me who can assist me in taking this idea to the level that will ensure I never return to prison". He was a positive, confident individual.

SK had very few possessions and no clothes.; a larger than life character who we felt would benefit greatly from being helped. Several trustees sourced XXXL clothes from surrounding charity shops and we were able to provide him with a complete set of essentials and underwear which we always purchase new. Everytime we visited him he was incredibly grateful to the charity for their support. You will have read in our newsletters about the leavers' bags and this was a perfect example of how beneficial these are for men being released without the basic essentials. SK had nowhere to go on release so he was intending to go to a Salvation Army hostel as he had, in his past, helped the homeless in Germany.

One young man who wanted compulsory basic training so that he could ride a motorbike. His father had offered to buy him a car but he had said no as it would be too expensive to run. One of our trustees arranged for him to do a day's course in Gloucester and he passed and was then able to literally jump on his machine the next day and ride off to work he had already lined up in Wales – he phoned to say he had passed and was so grateful for the support.

FOGM provides funds, support and benefits in kind that are not otherwise available to the prison to contribute towards the successful rehabilitation and reintegration of each man into society. We work towards helping the men re-discover a feeling of self-worth, offering practical support so the residents have a better chance of enjoying a happy, successful, crime-free life 'outside'. We aim to provide positive and therapeutic interventions that are known to help the men change and give them both the physical and mental support during their time within the custodial system, so that men leave the prison better equipped to thrive and live independent, productive lives.

THE EVEREST REFORM PROJECT

IR, who was released from Guys Marsh earlier this year, is passionate about rebuilding lives and breaking down the negative public perception surrounding those who have served time. He has been meeting regularly with two of our trustees, who are giving business support, and is the driving force behind The Everest Reform Project, an initiative designed to bring together ex-residents and prison staff. You can read about this exciting challenge by visiting www.everestreform.co.uk

THE EVEREST REFORM PROJECT

"From behind bars to the top of the world"



“FIND A FRIEND FOR FOGM”

The generous support the friends give to our work enables us to help change lives and shape futures. In recent times the company of others has become ever more important and we are keen to introduce new friends to the essential support FOGM gives to the men, their families and the prison in general.

There are two subscription forms in the newsletter this year so please pass one of them on to someone you think would like to become a Friend. Alternatively click on “Support our work” on our website homepage at www.friendsofguysmarsh.co.uk.



WOULD YOU LIKE TO HELP?

FOGM continues to support a playworker who spends each weekend helping to encourage, maintain and strengthen family relationships; an important part of our work. There is much documented evidence that keeping the family bond, when a man is in prison, is one of the contributing factors to reducing reoffending.

Our commitment to fund the playworker requires us as trustees to secure £6,000 each year to fund this vital role. With the Covid-19 lockdown our ability to fund-raise is being compromised and so we are reaching out to friends and family for donations specifically for this role. If you are in a position to support us please visit:

<https://donate.giveasyoulive.com/fundraising/support-our-play-worker>



FRIENDS OF GUYS MARSH PRISON (FOGM) SUBSCRIPTION FORM

- I wish to renew my subscription.
- I wish to become a Friend to support FOGM's work (please say how you heard about us)

.....
NAME:

ADDRESS:

.....

Email:

Data protection: By providing the above information you consent to it being kept on FOGM's database to receive our news. We confirm that your details will not be passed to, or shared with, any other organisation. **You may withdraw your consent at any time.**

Annual subscription: £10 £20 £25 £50 Other £

As an example, £45 pays for three fully kitted leavers' bags given to men locating to a hostel or no fixed abode. £80 pays for a Play Worker to work for a whole weekend with children visiting their fathers.

I enclose a cheque for £ made payable to: **Friends of Guys Marsh Prison**

I would like to pay by standing order - please send me a form - Yes / No

Date:

Gift Aid declaration: Please sign below if you are a UK taxpayer and wish us to Reclaim tax paid on your donations which will increase its value to us by 25%. This is only allowable provided you have paid at least as much tax from income or Capital Gains as we are reclaiming.

Signed:

Please send form and cheque to: The Treasurer, Friends of Guys Marsh Prison, HMP Guys Marsh, Shaftesbury, Dorset, SP7 0AH



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ACKNOWLEDGEMENTS

In appreciation of your valuable support,
financial or in kind:

- The Valentine Trust
- Alice Ellen Cooper Dean Charitable Trust
- Seven Anonymous Donors
- Pitt-Rivers Charitable Trust
- H. H. Charitable Trust
- Shaftesbury Society of Quakers
- Tom's Field
- Salisbury Diocese Mothers Union
- Rachel Davies
- FOGM Friends & Volunteers
- Guys Marsh Inmates charitable donations
- Daniel House ACCA, MAAT
For partnership working
- *Nordcat (North Dorset Community Transport)*
- *Barnardo's*
- *Marie Waterman (Volunteer Centre & Clinks)*
- *G.M Chaplaincy Team*
- *Dr Sarah Lewis (Prison Reform Solutions)*
- *Brenda Birt (North Dorset Mothers Union)*



Friends of
Guys Marsh
Prison

practical support • better futures

Charity No. 1168102

www.friendsofguysmarsh.co.uk

info@friendsofguysmarsh.co.uk

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OUR MISSION

FRIENDS OF GUYS MARSH PRISON MISSION STATEMENT

To promote and support for the benefit of the public at large (in partnership with staff and governors) viable programmes and initiatives aimed at the rehabilitation and resettlement of offenders who are, or who have been, inmates of HMP Guys Marsh.

FOUNDING MEMBER

Vice Admiral Sir Barry Wilson KCB

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