



**Support, Help
and Advice for
Relatives and
Friends of
Prisoners**

Issue 14 Summer 2010

Big Sleep at the Science Museum

SHARP teamed up with the Science Museum in London to offer children a great day out, and a night to remember

SHARP was fortunate enough to have been invited to a 'Science Night' being held at the national Science Museum in London. They regularly hold Science Nights which usually cost £35 per person.



The organisers had decided to hold their first charity event for prisoners' families, as they recognised the difficulties that these families face within society.

They invited SHARP to go along with some of our clients and we found four families who were able to join in. Family Support Workers for SHARP Samantha

and Donna were also lucky enough to be able to attend and also take their sons along!

After a very long train journey due to engineering works, we had to tackle the London Underground to get us to the museum in South Kensington. As there was a party of 12 this was quite an experience! Although we all managed to get there in one piece and in time to enjoy a Chinese meal together before heading to the museum.

The evening began at 7pm and was due to finish at 10am the next morning. There were many activities for the children to enjoy after we set up camp amongst the museum artefacts. All our meals were provided by the museum. After a night of very little sleep (some more than others...!!!) we had breakfast and enjoyed a 3D film in the museums huge IMAX cinema. On our

exit everyone was given a gift bag.

After the event had finished, everyone had plenty of time to do some sight seeing before heading back to Shrewsbury on the train. Unfortunately this was again delayed by engineering works, so it is fair to say that all children and adults were absolutely exhausted, but all said they had had a brilliant time.

Thank you to all who took part and to the Science Night organisers for putting on such a wonderful and generous event. We hope there will be another opportunity for SHARP clients to take part, if this event takes place again.



LOOK INSIDE Want to make contact?

Keeping in touch with a relative or friend in prison is now even easier through the Email a Prisoner service.

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S.O.R.I at HMP Shrewsbury

HMP Shrewsbury is one of only a handful of prisons chosen to pilot a new Restorative Justice course.

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Unsure who can help & support?

Take a look at our Useful Contacts page to see the wealth of organisations ready to help.

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Find out more about us

SHARP is always here to help. Want to find out more about us and the work that we do?

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PREPARING FOR A POSSIBLE CUSTODIAL SENTENCE?

*On the day,
make sure you...*

1

Say goodbyes before attending court

2

Wear comfortable shoes

Have you heard of 'Email a Prisoner'?

If you need to get in touch with a relative or friend in prison, Email a Prisoner might be the answer



Email a Prisoner is a system which enables relatives and friends to send messages, via the www.emailaprisoner.com website, to prisoners in the UK and Irish prisons that operate the service.

Whilst the service was set up principally for families and friends it is a useful tool for charities, such as SHARP, and other organisations and agencies who need to communicate with prisoners.

It is free to sign up to Email a Prisoner, and it only takes a few seconds, following prompts on the website - all you need is an email address (if you don't have an email address you will be assisted in setting one up, just click on the website contact page and get in touch for details).

The system allows you to write an email, press 'send' and sit back, in the knowledge the email will be delivered safely, securely and instantly, to the

prison of your choice and it will be included in the next internal mail delivery within the prison.

Once you are a member you will be able to send a message to any prisoner in the UK or Ireland, provided you know their prisoner number, from just 25 pence per message. So, even if you are separated by continents or oceans, you can now stay in contact with prisoners in the UK, from all corners of the world.

The website lists those prisons using the system and the company operating the service acknowledge that they would not be able to operate the service if it were not for the assistance and co-operation of the Prison Service and prison staff.

[For fuller details, visit the website and contact the Email a Prisoner team, which is there to help.](#)

MESSAGE FROM THE MANAGING DIRECTOR

We believe our service has and will continue to reduce re-offending by making it as easy as possible for people, especially family members, to maintain contact.

Also, we believe that increased communication helps to reduce suicidal thoughts, tendencies to self harm and plays an important role during the first days in custody, and throughout, the time spent in custody.

The Email a Prisoner service is a benefit for all who have access to a computer.

We sincerely hope that all establishments will adopt our service giving family, friends and professionals the option to convey their thoughts via email and not to be constrained by postal requirements.

Regards,

Derek Jones

Managing Director
Email a Prisoner



Prison Chat UK is an online community giving support to those who have a loved one inside the British prison system. Whoever is inside, be it your mother, father, wife, husband, sister, brother etc, and no matter what they have done, you are welcomed here.

Using our online forum we hope that you find the answers and support you need at this testing time. Having a loved one inside can leave you feeling lost, lonely and betrayed. *We are here to help you get through it!*

www.prisonchatuk.com

Support, Help and Advice for Relatives and Friends of Prisoners

3

Have cash for immediate phone calls - £30?

4

Jot down essential phone numbers

5

Have essential medication with you

6

Have cigarettes if necessary

**01743
245365**

THE TELEPHONE IS OFTEN THE FIRST CONTACT WITH SHARP

Callers might find the number on the internet, from a leaflet or newsletter, or it may have been passed on from a friend

What do we try to give them?

- Help
- Information
- Reassurance
- A friendly ear

Most people are seeking information; how to find a relative in prison, visiting information, what they can take on a visit or how to access information on benefits. If we cannot help then we have contact details for organisations that can.

For some though it is simply enough

just to have someone listen without passing judgment. To listen without being involved. To soak up the grief and anger without expressing an opinion. In short just to be there. This is an important part of our work...

...JUST BEING THERE

Funders 2009

We at SHARP would like to sincerely thank the following organisations for their donations during 2009.

Without their financial contribution we would not have been able to support the 3,800 relatives of prisoners who benefitted from our help throughout the year.

Millichope Foundation
Advantage West Midlands/Shropshire
Access Partnership
Joicey Trust
Haberdashers Company
Warwickshire Masonic Lodge
Vassiliou Charitable Trust
Ryklow Charitable Trust
Reuben Foundation
Hilden Charitable Trust
PennyCress Trust
Garfield Weston Foundation
Alice Ellen Cooper Dean
Charity Foundation
Joan Strutt Charitable Foundation
Matthews Wrightson Charitable Trust
Shrewsbury Prisoners Fellowship
Rathbones Trust
Jurgens Charitable Trust
Woodward Charitable Trust
Norman Charitable Trust
Sydney Black Charitable Trust
JTH Charitable Trust
Jessie Spencer Charitable Trust
Community of the Presentation Trust

MJ Hindley Charitable Trust
29th May 61 Charitable Trust
Albert Hunt Charitable Trust
Christopher Laing Charitable Trust
IMI Charitable Appeals Committee
RW Mann Trust
Souter Charitable Trust
Baron Davenports Charity
Lloyds TSB Foundation
Nationwide Foundation



S.O.R.I at HMP SHREWSBURY

What is S.O.R.I.?

S.O.R.I is the name given to an offender based Restorative Justice course. First developed by HMP Cardiff, it is now being piloted in six prisons including HMP Shrewsbury and there is now a possibility of it being rolled out to all prisons.

S.O.R.I uses best practice guidelines to bring victims of crime, offenders and community members into personal contact with the intention of repairing emotional and physical harm. Becoming more involved:

If you are interested in knowing more about S.O.R.I or Restorative Justice, or would like to attend the community presentation on the Thursday afternoon of a S.O.R.I course, we would love to hear from you. Please contact us or:

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HMP Shrewsbury, The Dana,
Shrewsbury, SY1 2HR
Tel. (01743) 273125
david.farley@hmps.gsi.gov.uk

USEFUL CONTACTS

ACTION FOR PRISONERS FAMILIES

National organisation for the support of prisoners families

0808 808 2003
www.actionpf.org.uk

CITIZENS ADVICE

Shropshire

08444 99 11 00
www.citizensadvice.org.uk

COMMUNITY LEGAL SERVICES DIRECT

Website available in different languages

0845 345 4345
www.communitylegaladvice.org.uk

GATEWAY FOUNDATION

Helps offenders, drug users, alcoholics with mentoring and recovery

www.gatewayfoundation.org.uk

GINGERBREAD

Organisation for single parents

0808 802 0925
www.gingerbread.org.uk

HM PRISON SERVICE

Website has details of all prisons, their visiting times, contact numbers and the regime

www.hmprisonservice.gov.uk

INSIDE INFORMATION

A comprehensive guide to Prisons and related services

www.information.insidetime.org

NACRO

National Association for the Care and Resettlement of Prisoners

0800 0181 259
www.nacro.org.uk

PACT

Prison Advice and Care Trust

0808 808 2003
www.prisonadvice.org.uk

PAPYRUS

Help to prevent young suicides and provides support for families

0800 068 4141
www.papyrus-uk.org

PRISONERS FAMILIES AND FRIENDS SERVICE

For anyone affected by the imprisonment of a close family member or friend

0808 808 3444
www.prisonersfamiliesandfriends.org.uk

PRISON FELLOWSHIP

Support and help for families

01621 843232
www.prisonfellowship.org.uk

PRISONER LOCATION SERVICE

Assistance in locating prisoners. **MUST** include full name and date of birth

Fax: 0121 626 3474
Email: prisoner.location.service@hmps.gsi.gov.uk

rd4u

Help with bereavement for young people by young people

0808 808 1677
www.rd4u.org.uk

SHELTER

Housing advice charity

0808 800 4444
www.shelter.org.uk

SSAFA

Help for prisoners who have served in HM Forces, and their families

0845 1300 975
www.ssafa.org.uk

STORYBOOK DADS

01822 322287
www.storybookdads.co.uk

THE IMMIGRATION ADVISORY SERVICE

Independent organisation with advice for immigrants and asylum seekers

www.iasuk.org

VICTIM SUPPORT

Support for victims and witnesses of crime

0845 3030 900
www.victimsupport.org.uk

ABOUT



When someone is sent to prison, family and friends usually have no chance to speak to them before they are taken away. They may have no idea where their loved one is being taken to, or when they will be able to see them again.

Dependants may have financial difficulties and may struggle without practical and emotional support. It all probably seems very bleak indeed.

That is why we are here, to help, support, advise and befriend.

SHARP exists for you...

...for those serving the silent sentence.

Free and confidential advice, support and friendship are all available for the relatives and friends of prisoners or those awaiting trial or sentencing.

SHARP is a registered charity supported by donations from Charitable Trusts and private individuals.



CONTACT US

SHARP

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