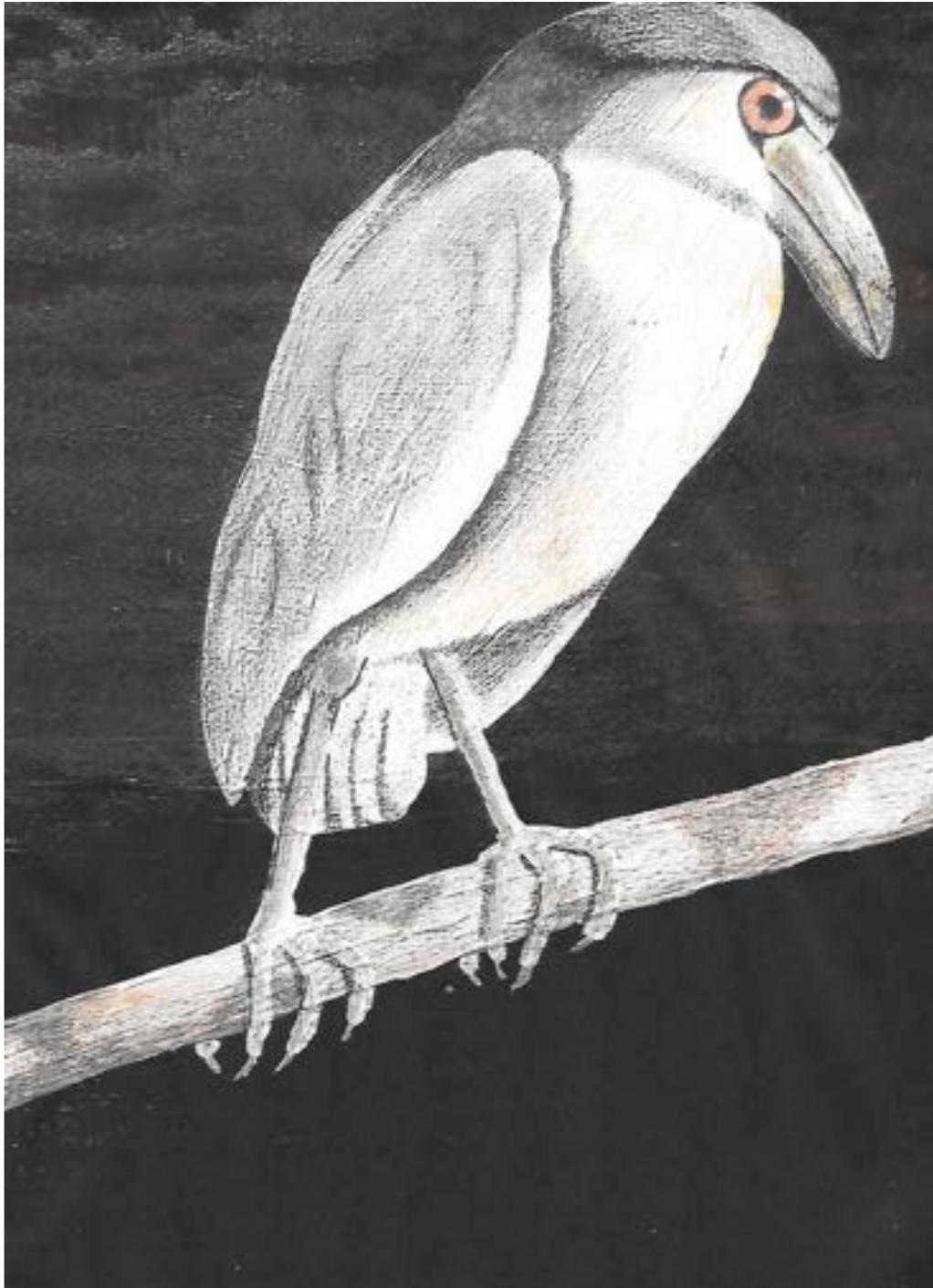




THE FRIENDS of ERLESTOKE PRISON



Friends of Erlestoke Prison

Annual Report

1st April 2018 to 31st March 2019



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Annual Report

Publication date: 29th July 2019

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Report front cover painted by an HMP Erlestoke prisoner

Contents

1.	Chair's report	3
2.	Reference and administrative details of the Friends of Erlestoke Prison, its Trustees and advisers	4
3.	Objectives of the Friends of Erlestoke Prison	4
4.	Structure, governance and management	5
4.1	Trustees and Patrons	5
4.2	Governance	6
5.	Marketing and Publicity	6
5.1	Publicity	6
5.2	Twitter - @friendserlepris	6
5.3	Local community	6
5.4	Friends of Erlestoke Prison Public Safety Award – December 2018	7
6.	Projects	7
6.1	Art Therapy	7
6.2	Arts Festival – Penned Up	10
6.3	Person to Person Course	10
6.4	Resettlement into Open Conditions Course	11
6.5	Bookbags	11
6.6	Drama Workshops	11
6.7	Origami	12
6.8	Older Prisoners	13
6.9	Health Trainers	14
6.10	Transport Scheme	15
6.11	Yoga	16
6.12	Chapel Garden structure	17
7.	Fundraising	18
7.1	All Weather Sports Pitch – our big appeal	18
7.2	Fonthill Open Garden – June 2018	19
7.3	Jonathan Aitken – March 2019	19
7.4	Comedy, Magic and Dinner evening – March 2019	19
7.5	Easyfundraising and Justgiving	20
7.6	Grants and donations 2018/2019	20
8.	Financial Review – 2018/19	20
8.1	Receipts and Payments Accounts: 1 st April 2018 – 31 st March 2019	22
9.	Public Benefit Statement	23
10.	The Year Ahead – 2019/2020	23
11.	Sustainability	24
12.	More information	24

1. Chair's report

Welcome to our 7th Annual Report, and my first as Chair. Last November, after more than 7 years at the helm, Belinda Southwell stepped down from the Chair role. A huge thank you to Belinda for all her hard work and energy in those 7 years and also for agreeing to remain as a Trustee. I intend to continue Belinda's great work and further develop the Friends to take on new challenges. We will continue to work closely with the prison governors, staff and prisoners to sustain our current projects and identify new initiatives to help rehabilitate prisoners and support their families.



HMP Erlestoke continues to operate as a predominantly rehabilitation prison, with only a few men released each month. In contrast to previous years, the prison now has a full complement of Prison Officers which facilitates more effective functioning of the prison regime. All prisoners now have an Offender Supervisor and the prison has implemented the Offender Management in Custody model, which allows more contact time between offenders and supervisors. The prison has also adopted the Progression Regime for Indeterminate Sentence for Public Protection (IPP) prisoners with complex needs. To keep up to date with HMP Erlestoke news, you can now follow them on Twitter @HMPErlestoke.

The Friends continue to deliver initiatives which are proven to support offender rehabilitation, but which are beyond the scope of prison budgets. Thank you to all our service providers who do such an excellent job. Art Therapy sessions now run 5 times per month and Origami classes 4 times per month. Yoga classes have continued on a weekly basis on Wednesdays and Fridays, plus once a month at weekends. This year, we welcomed Beth Fiducia-Brookes who leads our new drama workshops on Friday mornings. We also welcomed Sally-Anne Livesley as our new Transport Scheme and Volunteer Co-ordinator in January 2019. Sally-Anne ensures that the Scheme continues to run smoothly on prison visiting and family days. A heartfelt thank you goes to Carol Part, who successfully developed and coordinated the Scheme from February 2016 until this year. Due to illness, Carol had to step down from that role, but we are grateful that she has remained a Trustee and look forward to her rejoining our meetings later this year.

We are grateful to the Hilden Charitable Fund who continue to fund our Transport Scheme. And also, to the Allen Lane Foundation who supported our Yoga class provision. Thank you to Jonathan Aitken who helped our fundraising by speaking about his experiences as a prisoner to a fascinated audience at Sarum College. And thank you to Erlestoke and Coulston Cricket Club who invited us to join them in fundraising at a Comedy Night and dinner at Dauntsey's School in March. Thank you also to the Lord Margadale of Islay for the Open Garden event at Fonthill House last summer.

The Friends could not continue without the support of our regular contributors, those who attend our events, raise money for us, our volunteer drivers, patrons, prisoners, prison staff, partners and my fellow trustees. Thank you to you all. We look forward to another successful year of running our existing projects and getting closer to our goal of building the much-needed All-Weather Sports Pitch. Please follow us on Twitter @friendserlepris or visit our website regularly to keep up to date with our news.

Angela Hughes, Chair, Friends of Erlestoke Prison

2. Reference and administrative details of the Friends of Erlestoke Prison, its Trustees and advisers

1. The Charity is known as 'The Friends of Erlestoke Prison'. No other name is used.

2. The registration number is: 1147582

3. The address of the Charity is:

HMP Erlestoke, Westbury Road, Erlestoke, Devizes, SN10 5TU

4. The Charity Trustees for the period of this report:

Belinda Southwell Chair until November 2018

Angela Hughes Secretary and Chair from November 2018

Mark Mangham Treasurer

Simon Petchey Governance

Judith Squarey Older prisoners

Carolyn Deverall Younger prisoners

Carol Part Fundraising and Transport Scheme

Sarah Gooch All-weather Sports Pitch project

5. Patrons for the period of this report:

The Charity has a Royal Patron: HRH The Duchess of Cornwall

and 5 Patrons:

Sir Christopher Benson, DL

John Bush, CVO, OBE

Robert Hiscox, DL

The Lord Margadale of Islay, DL

Sir John Nutting Bt., QC

3. Objectives of the Friends of Erlestoke Prison

The objective of the Friends of Erlestoke Prison is 'to promote and support the rehabilitation of prisoners who are or have previously been prisoners at HMP Erlestoke, by the provision of funds and services as the Trustees think fit, and in consultation with prison Governors/Governing Body'.

HMP Erlestoke is a Category C adult male predominantly rehabilitation prison and is the only prison in Wiltshire. Located in the rural village of Erlestoke, the nearest railway station is Westbury, 8 miles away. There are eight residential units; three are standard units, one of which is used for induction, four are enhanced units, one is dedicated to intervention programmes which address substance abuse issues and past behaviours. The total operational capacity of the Prison is 524. When men are released from Erlestoke, they move to a resettlement prison, close to their home or where they will begin their lives after prison.

The Friends of Erlestoke Prison helps to support prisoners with the challenges of rehabilitation and changing behaviour whilst in custody and also helps them to keep in touch with their partners and children whilst completing their sentence. The Charity also aims to raise awareness and promote local understanding of the Prison, which for many, is an unknown 'hidden' institution.

4. Structure, governance and management

4.1 Trustees and Patrons

The Charity has eight trustees, a Royal Patron, five patrons, and a group of enthusiastic local volunteers, supported by the prison management team. There are no paid permanent staff. The Charity has five independent service providers who deliver yoga and drama sessions, teach art and origami classes and manage the Transport Scheme.

The eight trustees are all volunteers; two have been with the Charity since start up and were previously members of the Independent Monitoring Board, both at HMP Erlestoke and one other establishment. New trustee recruitment is often achieved through existing trustees' personal networks of interested individuals. This year, we advertised for two new trustee positions via Reach Volunteering <https://reachvolunteering.org.uk>; we received one very suitable candidate who we will be appointing in June 2019. We have also identified a second trustee through our own network who we will also be appointing in June 2019. All trustees are risk assessed and vetted by the Prison security department.

Trustees attend relevant conferences and seminars to ensure their knowledge is current and relevant to the work that they perform for the Charity. For example: Angela Hughes attended the 'Understanding Charity Accounts and Responsibilities as a Trustee' workshop run by the Wiltshire Community Foundation in January 2019. Sarah Gooch and Carolyn Deverall attended the Wiltshire branch of SSAFA's annual training day in November 2018 in Tidworth to learn about SSAFA's work with service veterans in the criminal justice system. Sarah Gooch also attended a conference for retired JPs at the Magistrate's Association HQ last Autumn; speakers included Jeff Berliner from Alcoholics Anonymous and Paul Grainge from RECOOP.

Two trustees are currently studying for degrees, Angela Hughes is studying a BSc Crime and Criminology with the University of Portsmouth and Simon Petchey is studying an IT and Computing degree with the Open University. Trustees' background and experience includes working in the NHS, the Army, Police, Technical Sales, Human Resources, Marketing, Restorative Justice, Magistracy, Professional Fundraising, Event Management, Physiotherapy and Law.

The trustees held regular meetings (approximately every 6 weeks) throughout the year to ensure that they remain up to date with what is happening in the Prison, make decisions on requests for support, plan future events and discuss fundraising ideas. The Governor or Deputy Governor plus a member of the Independent Monitoring Board (IMB) attend these meetings to provide up to date information about the prison. Prison staff sometimes join the meetings to provide additional expertise on prison issues. Prisoners are also invited on occasions to discuss how they have benefited from the work of the Friends.

The trustees held an Annual General Meeting on Friday 23rd November 2018 when Angela Hughes was elected as Chair and Mark Mangham was re-elected as Treasurer. All other trustees were reappointed for a further three years from November 2018.

4.2 Governance

Nature of governing document: Trust Deed, dated 29th March 2019. This document has been updated to reflect changes in governance within the Charity. It had been in place since 2012 and was in need of a review to address new trustee membership, our current investment policy and electronic banking. The other most significant governance issue during the year was ensuring continuing compliance with General Data Protection Regulation (GDPR) legislation which came into effect in May 2018.

5. Marketing and Publicity

5.1 Publicity

Publicity this year focused largely on promoting fundraising events and increasing awareness of the all-weather sports pitch appeal.

The Transport Scheme continues to be promoted throughout the prison: in the internal magazine (The Manor), the Visits Hall, the Visitor Centre and via posters and postcards in the residential wings. The Trustees also continually search for new volunteer drivers in the local community (see section 6.10).

5.2 Twitter - @friendserlepris



The Friends launched a Twitter account in April 2018. Please follow us! For those who do not have an account, our Twitter feed can also be found on the homepage of www.friendsoferlestokeprison.com

5.3 Local community

Angela attended a 5th form community event at Dauntsey's School, West Lavington in April 2018, the aim of which was to inform pupils about the roles played by public institutions and voluntary groups in society. Angela chatted to several groups of pupils to discuss the work of the charity and HMP Erlestoke.

Angela also attended a 'Charity Think Tank' in January 2019 with pupils at Marlborough College by invitation of Reverend Tim Novis, the Senior Chaplain. She introduced pupils to the work of the Friends and provided some insights into life in prison.

Our Treasurer, Mark Mangham, led a small choir at the funeral of an Erlestoke resident, Margaret Coupe during the year. They sang the hymns and the 'Nunc Dimittis' a cappella, with Mark singing the solo. The family generously donated half of the collection to the Friends of Erlestoke Prison which amounted to nearly £150. Margaret had spent time teaching remedial English to prisoners in the 1970s.

Sarah Gooch visited to Swindon Town Football Club to discuss possible future links with the club and HMP Erlestoke, with particular reference to the Twinning Project launched by David Dein (former Vice

Chairman of Arsenal and the FA) in October 2018. The initiative seeks to pair all football clubs in the Premier League and EFL with prison and has government support. Unfortunately, the Friends cannot make progress with this until the all-weather sports pitch is built (see Section 7.1), although Swindon Town Football Club were keen to offer mentoring and work experience.

The Friends were also proud to be mentioned in the 2017/18 Restorative Together Annual Report published in June 2018. Restorative Together is an organisation which delivers restorative processes throughout Wiltshire and Swindon. In 2013, the Friends, Victim Support and HMP Erlestoke prisoners collaboratively created the 'Journey to Hope' mosaic, which has hung on an outside wall in the prison for 6 years. Restorative Together mentioned the mosaic as it beautifully represents restorative work which helps victims and offenders better understand each other and the impact of crime.

5.4 Friends of Erlestoke Prison Public Safety Award – December 2018

Belinda Southwell attended the HMP Erlestoke Community Awards Ceremony this year to present the Public Safety Award, sponsored by the Friends. The award recognises the work of prison staff in relation to protecting the public.

Our congratulations go to Emma Mercieca who won our award this year. Emma is an Offender Supervisor who works with the Safety team to help change the lives of the most troubled and complicated offenders. Emma has made a significant contribution to one offender's progress in the sentence and parole process, including potential release to a rehabilitation unit. The offender concerned was a prolific self-harmer and had a complicated history; Emma is deserving of the award for her efforts under difficult circumstances.

Also nominated for this award was Stephen Melville for his excellent work with the Youth Justice System.

The Friends would like to congratulate all the award winners, but in particular the winners of the 'team of the year' which was awarded to one of the Night OSG Teams who start work at 9pm each night. Unseen by other groups of staff, they play a key role in keeping the establishment safe, decent and secure until the next morning. They work with offenders 'through the door' and often pick up pieces of work which are not theirs to do. The prison can be a lonely place at night, and the team support and help each other. It is easy to forget that there are staff who are there during each night, as well as each day.

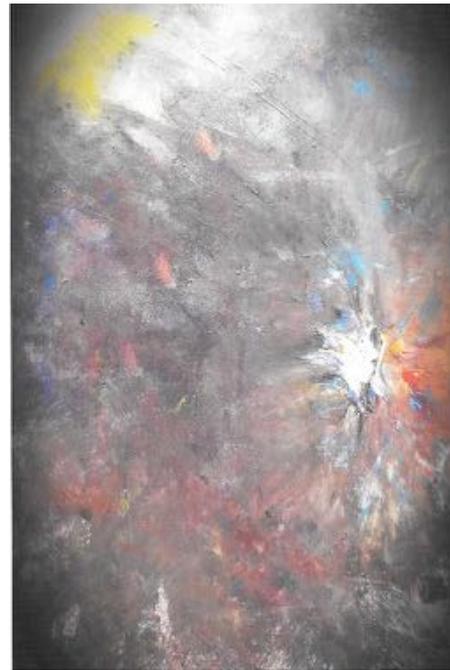
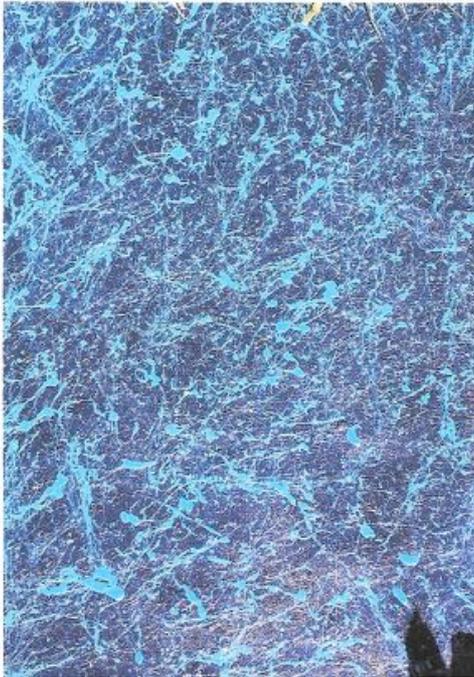
6. Projects

6.1 Art Therapy

Launched in March 2017, the Friends continued to fund the weekly 'Friday Art Project' and a monthly 'Tuesday Art Project'. The prison has also continued to fund a further monthly 'Tuesday Art Project', giving two sessions per month on Tuesdays. They are non-qualification based sessions and continue to be popular with the 10 to 12 prisoners who attend regularly and often debate social and cultural issues during the class. The class provides a place for different views to be expressed in a safe, creative environment with clear

boundaries. As well as individual work, there is often a collaborative piece going around the class to which everyone contributes. The Tuesday sessions continue to give more prisoners the opportunity to develop their skills and discover their talents. Sue McNally-Mills continues to engage and inspire the participants with a variety of techniques, tools, materials, subjects, books and art newsletters. Congratulations to Sue for being nominated by several prisoners as an 'outstanding teacher' in 2018 by the Prisoner Learning Alliance.

The Friends funded 2 display boards which now hang in the Visits Hall and are used to show case art work from this group. Some examples of the prisoners' artwork are shown below.



Further examples of the artwork are now displayed in the Court House Café in Salisbury – thank you to Sue who made this happen. It is one of the first things that you see when you enter the café and the Friends are very proud to fund this work. There are several other completed canvasses by the men, kept by the cafe so that the art can change, and the canvasses can move position creating a new look as often or as little as wanted.



The Friends were proud to display prisoners' work at their Open Garden fundraising event in June 2018 (see section 7.2). Examples are shown below.



Sue received a letter from a prisoner in summer 2018 who wrote to her on behalf of the art group. He commended her on the *"calm friendly and encouraging atmosphere in the sessions"*, which, he says, is

“rarely found in these institutions”. He had been in 14 different establishments but said that he had “never experienced such warmth, patience and understanding”. He believes that Sue’s sessions are “one of the best activities currently run and the therapeutic benefits of the work done in class alongside her demeanor are amazing”.

The Friends remain strong believers that art can positively impact rehabilitation and aim to continue funding these sessions into the future.

For more information about the impact of art in prisons, please visit the National Criminal Justice Arts Alliance Evidence Library: <http://www.artsevidence.org.uk/evaluations/>

6.2 Arts Festival – Pinned Up



This is the third year that the Friends have supported the ‘Pinned Up’ arts festival in the prison. As with previous years, prisoners are involved in the festival organisation, including nominating and inviting the speakers to the event, designing publicity materials and helping with logistics. The 2019 festival ran from the 11th to the 21st March.

Over 20 speakers and workshop leaders ran sessions for prisoners to inspire, build knowledge, encourage creativity and develop new skills during the 2-week period. This year, the inspirational individuals included Noel ‘Razor’ Smith, author of ‘A Few Kind Words and a Loaded Gun’, Vicky Pryce, author of ‘Prisonomics’, Alberto Crisci, the visionary chef behind The Clink, the high end restaurant in a prison staffed by prisoners, John Bird, founder of the Big Issue, David Dein, former Vice Chairman of Arsenal and Helen Holtam, our Origami teacher, who ran an origami workshop (see section 6.7). Also, Beth Fiducia-Brookes, our Drama tutor who ran an open workshop on speech making.

6.3 Person to Person Course

The Friends match funded a pilot ‘Person to Person’ course with the Concord Prison Trust, which ran in November/December 2016. Although only 4 prisoners completed the course, the Friends agreed that the course had value and therefore agreed to match fund a second course. It ran in November 2018 and seven prisoners completed the 6-week course, which focused primarily on improving participants’ communication skills. Angela Hughes attended the final session and talked with the prisoners about the course. Most of the seven agreed that it had improved (for example) their self-awareness, their understanding of body language and managing anger triggers and also gave them insights into why other people behave the way in which they do.

The Concord Prison Trust was established as a registered charity in August 2004 but began their work in 1999 as a not-for-profit consultancy providing basic counseling skills courses for prisoners. They are dedicated not only to prison education but also to providing a path to rehabilitation through self-knowledge. Their courses teach prisoners a skill which could, with further training, lead to a career on release and also insight and self-awareness, making them question the path their lives have taken. For more information please visit: <http://www.concordprisontrust.org.uk>

6.4 Resettlement into Open Conditions Course

Three years ago, the Friends funded this unique course for indeterminate and long-term determinate prisoners. The course helps prisoners to make the transition from the Category C environment of HMP Erlestoke to the very different environment of a Category D open prison. The feedback from prisoners and the prison management team was very positive and the Friends decided to fund another course this year. Run by Dr Jenny Clifford from PEOPLE, the resettlement charity based near Bath, the course is in two parts comprising 12 weeks in each part.

However, as HMP Erlestoke now have funding for and are running the Progression Regime model and all of the course participants are on Progression Regime Stage1, the prison agreed to fund Resettlement into Open Conditions, in place of the Friends.

6.5 Bookbags



The Friends once again supported the prison library this year in the provision of books, cloth and crayons for the Book Bags that offenders give to their young children during visits. The children are allowed to have access to the bags and books during the visit and it gives the prisoner something to do with their child; reading and drawing with the crayons. The



Textiles class makes the bags, under the supervision of the Textiles teacher; this results in various designs to suit babies, boys and girls. The bags are made as and when they are needed. Nearly 80 bags were handed out in total during this reporting period.

6.6 Drama Workshops



This year we welcomed Beth Fiducia-Brookes who joined the Friends as our drama tutor. From the 31st August 2018, Beth has been tutoring weekly drama workshops in the prison. The workshops have been running well despite an initial low attendance. This has been addressed with increased publicity throughout the prison.

Beth separates her drama workshops into Spring, Summer and Autumn projects. The Autumn project involved the group devising short scenes, including one inspired by the centenary of WW1. The Spring project focused on the theme of change, specifically technical change and one of the men wrote a series of short scenes which he planned to enter into the Koestler Awards*. Interview and Job skills development using role play will be introduced as part of the drama classes in the future, starting summer 2019, with trustees taking part in practice interviews with the prisoners.

The quotes below are extracts of feedback from the workshop participants:

“The whole drama experience was amazing. It really captivates me to attend every week. Having a performing arts background meant it was really nice revisiting the various aspects of drama. Beth was great.

Always full of vigour and energy which is very encouraging. It really does rub off. I am very thankful for the drama workshop and believe others will be also once they get a taste.”

“It was a break away from the same old regime and system and was like [being] outside”.

“If stressful things [were happening] on the wing we come up to Education for a bit of outside life”.

“The more you try things the better understanding you get.”

In addition to the weekly workshops, Beth put on a production in the Sports Hall on a Family Day, so that children could watch their fathers perform which was a great success.

* The Koestler Awards seek to harness the uniquely transformative power of the arts to motivate prisoners, secure hospital patients and immigration detainees to learn the skills and gain the confidence to live creative, positive and productive lives. For more information, visit: <https://www.koestlerarts.org.uk>

6.7 Origami

Since summer 2017, Helen Holtam has been providing Friday morning origami sessions which continue to be popular amongst the prisoners who regularly attend.



The session has continued to be split in two halves with the first half dedicated to producing and packaging greetings cards, which this year, have been entered by the group for the 2019 Koestler Awards. The second half of the session focuses on learning how to create 3D origami models as shown below.



Over the year, the group have designed and made many greetings cards, which have been sold in the prison Visits Hall, the Education Department, the Erlestoke Farm Shop <https://erlestokehousefarmshop.org.uk>, Salisbury Cathedral Shop, Sarum College Bookshop, the Crown Court Café and various church groups. Over £5,000 has been raised for the Friends from the sale of the cards during this reporting period. This includes an order from James Langstaff, the Bishop of Rochester (responsible for prisons) for 500 Christmas cards which was successfully fulfilled. The Trustees would like to thank Helen for all the time that she spends selling the cards on behalf of the Friends.

Prisoners who attend the origami sessions were busy in the run up to the Salisbury City of Doves project which ran from the 12th May until July 2018; they folded over 300 beautiful origami doves which were

displayed in the Cathedral as part of the Michael Pendry art installation to celebrate Salisbury's resilience

and spread the message of peace and hope across the City following the nerve agent attack in March 2018. The exhibition has since been shortlisted for an award.



The group also made origami decorations for the Christmas Tree festival at St Thomas's Church in Salisbury in December 2018.



Helen also ran an origami session as part of the Pened-Up arts festival in March 2019 (see Section 6.2). The theme was modular origami where many identical folded units are joined together without glue. The regular keen Friday origami group attended to assist with the session. One prisoner talked about his own experience of Chinese golden venture origami and brought 2 exquisite white swans to show the group. He explained how he had learnt the unit fold through the small window while in isolation six years ago. When he had made enough

units, he was then taught how to fit them together. He has been making teddies and other models ever since for charity or other men!

Such is the success of the origami group, the Manor (the internal prison magazine) printed a double page article about our origami sessions in the December 2018 publication, entitled 'T.F.I. Origami Friday'.

6.8 Older Prisoners

The Friends have continued to partner with RECOOP (Resettlement and Care of Older Ex-Offenders and Prisoners) this year, working with Sandra Seldon to provide monthly talks to entertain and inform older prisoners. Judith Squarey has supported Sandra in providing the following talks:

11th April 2018 – Commander John Eldridge RN Retd.

Commander John Eldridge spoke about the Falklands War, giving a sailor's view. He had been on board HMS Penelope and shared his fears at the time, with the prisoners.

6th June 2018 – The Ven. Stephen Robbins

Stephen Robbins gave an army and faith-based talk and discussed with the prisoners how he coped with death.

4th July 2018 – Sarah Scrope

Sarah arrived with a large basket of sweet peas and wild mint from her river. Her talk was entitled 'Managing an estate and using your imagination'. She played Mozart's 21st piano concerto and tried to encourage the prisoners to imagine themselves somewhat better.

3rd September 2018 – John Cox

John Cox is a retired senior English teacher at Bishop Wordsworth School, Salisbury. He talked about St. George and the Dragon, starting by showing pictures by different artists, encouraging the prisoners to compare different interpretations of the story. He read poetry and encouraged the men to write their own poems.

7th January 2019 – Archdeacon Alan Jeans

Archdeacon Alan Jeans talked about his trip to the WW1 battlefields with 3000 army cadets. He spoke about how the trip affected the young people and how they coped.

11th February 2019 – Robert Gordon

Robert Gordon spoke about his experiences as British Ambassador to Burma (now Myanmar). He also spoke about Aung San Suu Kyi who brought democracy to her country with nonviolence and also experienced imprisonment.

Sadly, attendance at these talks has reduced throughout the year; the Friends are working with RECOOP to improve this situation by increased circulation of notices as to who will be speaking and when in 2019.

For more information about RECOOP, please visit: <http://recoop.org.uk>

6.9 Health Trainers

The Friends continued to support the Wiltshire Council Health Trainer programme at HMP Erlestoke. The Health Trainers fulfill a role in the prison similar to Health Trainers around Wiltshire in the local community. They work on a confidential one to one basis with other prisoners, helping their clients to establish their own solutions to improve health and wellbeing. They focus on health issues such as healthy eating, stopping smoking, increased physical activity, weight loss and improving emotional health. The Friends believe this is a valuable programme, not only for the Health Trainers own development, but also for all their clients in the prison.



This year, the Friends purchased several pieces of equipment to support the new cohort of Health Trainers including 3 weight-watcher scales, paper tape measures and 2 blood pressure kits. We also funded Health Trainer branded jumpers and polo shirts so that the Trainers are recognisable on the prison wings.

Angela Hughes continues to attend the Health Trainer Steering Group meetings to monitor the progress of the programme and to assess the need for potential further support from the Friends.

For more information about the Health Trainer programme, please visit: <http://www.wiltshire.gov.uk/public-health-trainers>

6.10 Transport Scheme

Our highly successful Transport Scheme was set up in 2014 to facilitate regular contact between prisoners and their families, the aim of which is at the heart of the work of The Friends of Erlestoke Prison.

There is no convenient bus service from Westbury Station or Devizes Market Place to the prison. The Transport Scheme, run by volunteers, allows many visitors needing transport to make regular visits, particularly those who could not otherwise afford to pay for taxi journeys from Westbury or Devizes.

Regular visiting days are on Thursdays, Fridays, Saturdays and Sundays. There are also some Family Days throughout the year, which are held on Wednesdays.

During the year April 2018 to March 2019 we recorded a sharp increase in the number of visitors using the service and the following figures include children under 12. Figures also show the number of volunteer journeys:

	2016/2017	2017/2018	2018/2019
Total adult passengers	545	623	1072
Total children under 12	146	111	146
Total volunteer journeys	469	515	881
Total 'no show'	13	8	16

Figure 1: Statistics for April 2018 to March 2019 compared with previous years

Although some passengers live comparatively nearby, in Bristol or Bath, most travel long distances and can come from as far afield as Scotland, Newcastle, Yorkshire, Manchester, Sussex, Kent, The Midlands, London, Devon, Cornwall, Wales and East Anglia. Such long journeys, by public transport, make visiting the prison a stressful experience, especially for those with young children.

We ask passengers for a small voluntary donation for each journey and, although this is not a requirement, many passengers are pleased to make a contribution towards the costs of the Scheme.

The Trustees are most grateful to receive a second specific grant towards the costs of the Scheme from The Hilden Trust.

In September 2018, our volunteer drivers had the opportunity to meet together at a lunch, generously hosted by our Chair of Trustees and her husband, Belinda and Richard Southwell. This kind invitation was welcomed by the volunteers and it gave the opportunity for the Trustees to express most grateful thanks to those who give so generously of their time. The Transport Scheme could not operate without them. A further, more formal meeting is planned for the spring.

Carol regretfully had to retire as the Transport and Volunteer Co-ordinator in September 2018, due to sudden ill health. The Trustees would like to thank Carol for all her work in growing the scheme and supporting the families who use it; we wish her well in her recovery.

Despite Carol's unexpected retirement, the Scheme continued to run successfully thanks to Alison Groves who stepped in and did a wonderful job of "holding the fort" until January 2019. At this point, we welcomed Sally-Anne Livesley who took up the role, continuing to ensure that the Scheme ran smoothly and acting as the liaison link between the passengers and the volunteer drivers. The Trustees would like to thank Alison and Sally-Anne for ensuring the continued success of the scheme.

Also, the kindness and consideration of the volunteer drivers is hugely valued and throughout the year, we received messages of thanks from passengers. Here are just a few examples:

Throughout the year, we received messages of thanks from passengers and here are just a few examples:

C from Portsmouth

"I would like to give my thanks to everyone from the Friends of Erlestoke that have supported me over the past 2 years and for giving up their time. Please pass on my thanks. Less than 2 months until my chap will be home so its happy times for me. It is very important to me that the drivers know how much I've appreciated them all. Best wishes"

S from London

"Please thank everyone for their help, we are so grateful, and we wouldn't have been able to visit him without it. He has been moved to another one, so we won't need a lift anymore, please wish everyone good luck from us."

J & her grandsons from Bournemouth

"The boys look forward so much to visiting their uncle and he loves the time he has with them. Here is a picture they wanted me to send to thank all the volunteers who help us. Sam grew the sunflower in my garden"



For more information about our Transport Scheme, please call or email Sally-Anne: 07721 932430 or friendstransportscheme@gmail.com

6.11 Yoga



Susanna Graziano has continued as our yoga teacher this year, having been with us since November 2017. As part of her ongoing professional development, in June 2018, Susanna completed the 5-day residential course run by the Prison Phoenix Trust* specifically designed for those individuals teaching yoga in prison. The Friends supported this course with a grant from the High Sheriff of Wiltshire.

Susanna conducted weekly yoga sessions on Wednesdays until July 2018 when we added a once a month weekend class. Furthermore, due to demand from the prisoners, in October 2018 we added a weekly Friday yoga session. Attendance at the classes varied; there were usually between 10 – 20 students at each session. Susanna has observed that the regular students are more open and talkative, also more relaxed and they say they look forward to their yoga classes each week. The classes carry an air of good humour which Susanna believes helps to manage the students' stress levels. Students are encouraged to make decisions about the class and how they would like to progress; at first this was strange for them, as they were not used to being asked their opinion. Susanna also sometimes asks a student if they would like to come forward and demonstrate a posture. Also, new students are guided by the regular students who share the positive effects yoga has given them.

Susanna also attended a Family Day and gave a short demonstration; both parents and their children joined in. More recently Susanna has been approached by prison staff to provide a class for staff members which she will commence in April 2019. Susanna often receives letters of gratitude from her students. Below are some extracts from the letters:

"I would like to drop you a brief note to show my gratitude for the yoga classes you provide. As an older prisoner it very much helps me to stretch and relax in an hour of peace. But most of all it is an oasis of calm in a hostile environment, so thanks."

"We are pleased and thankful that Suzy has brought yoga sessions to us here at Erlestoke. We go away after each session feeling revitalized/refreshed and definitely more bendy and stretchy. Yoga sessions have helped us in many ways. A feeling of inner peace, calmness in ourselves, having clearer breathing techniques and that relaxed feeling where you can put aside any anxieties that we previously had."

"There's no embarrassment or discrimination to anyone, so the sessions make us feel comfortable and more self-assured."

**The Prison Phoenix Trust (PPT) supports prisoners in their spiritual lives through meditation, yoga, silence and the breath. It recommends breath-focused stretches and meditation sensitively tailored to student's needs. Prisoners who participate in the classes report that their yoga practice helps them cope with anxiety and depression, allowing them to sleep better and to find something in themselves that they like. Several now continue their yoga practice outside of the class, in their cells on a daily basis. www.theppt.org.uk*

6.12 Chapel Garden structure



Last year we reported that the trustees agreed to fund a structure to enhance the Chapel garden. Prisoners working in the Farms and Gardens carpentry workshop designed the structure and it has been in place in the Chapel garden since summer 2018. The Trustees are grateful to the Salisbury Mothers' Union who donated £600 for this structure.

7. Fundraising

7.1 All Weather Sports Pitch – our big appeal



Two years ago, the Friends launched an appeal to raise £500,000 to build an All-Weather Sports Pitch, equipment and storage, on unused land at HMP Erlestoke.

The Friends therefore welcomed Professor Rose Meek's August 2018 'A Sporting Chance - an independent review of sport in prisons'* which recognised that sport can play a key role in the rehabilitation process. Professor Rose Meek says, "participation can not only improve mental health and behaviour, but can directly contribute to efforts to reduce reoffending, particularly by providing a route in education and employment". The report has been endorsed by the Government who recommended that prisons should devise an 'integrated physical activity and wellbeing strategy'.

The Friends remain committed to helping HMP Erlestoke to achieve this; there is currently no outdoor space where prisoners can properly exercise or participate in sporting activities. The pitch would:

- Improve prisoners' health and well-being
- Improve prisoners' team working and communication skills
- Build prisoners' confidence in meeting people outside of the prison through sporting activities with the local community such as football, volleyball, circuit training and tennis
- Provide opportunities to strengthen relationships between prisoners and their children on family days.
- Enable the prison to offer sport/lifestyle qualifications to help prisoners obtain employment on release.

Fundraising throughout this reporting period has been a combination of work to support existing projects and All-Weather Sports Pitch appeal.

*Meek, R. (2018). 'A Sporting Chance – an independent review of sport in youth and adult prisons'.

Retrieved from

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/733184/a-sporting-chance-an-independent-review-sport-in-justice.pdf

7.2 Fonthill Open Garden – June 2018



We are grateful to our patron, the Lord Margdale of Islay for the Open Garden event at Fonthill House and Garden in June 2018. We raised over £4,600 through the sale of origami cards, plants, garden furniture made by prisoners, home produce and refreshments. There was also a tombola and an exhibition of prisoner artwork from our Art Therapy group.



For more information about the Fonthill Estate, please visit: <https://www.fonthill.co.uk>

7.3 Jonathan Aitken – March 2019



Thank you to Jonathan Aitken who kindly gave a talk in March 2019 at Sarum College, Salisbury. We had a full house of 90 people attending. Jonathan spoke movingly and entertainingly about his time in prison, where he took on the job of scribe for several prisoners who found writing letters to their loved ones a difficult task. Since his ordination, Jonathan has become a Chaplain at HMP Pentonville, and he also told us about the range of duties that this position involves. Then followed a Q&A session, before moving into the dining room for an excellent meal prepared by the Sarum College catering team. Jonathan also kindly provided us with two of his books to add to the raffle prizes that we had collected.

The event enabled us to raise the handsome sum of £5,380 which included some generous donations by several people who were unable to come on the night.

For more information about Jonathan Aitken, please visit: <https://www.jonathanaitken.org>

7.4 Comedy, Magic and Dinner evening – March 2019



We are also indebted to the Erlestoke and Coulston Cricket Club who invited us to join their Comedy, Magic and Dinner evening at Dauntsey's School. Our share of the profits was proportional to our ticket sales and we raised £1,500 whilst benefiting from introducing a new audience to the work of the Friends and having a fun night at the same time!

Registered Charity Number: 1147582

7.5 Easyfundraising and Justgiving

We continued to encourage our supporters to donate via www.easyfundraising.org.uk when shopping online. Many retailers will make automatic donations to us, at no extra cost to yourself, if you select the 'Friends of Erlestoke Prison' as your preferred charity. Thank you to our supporters who do this regularly when shopping online.

Thank you also to the individuals who donated online via <https://www.justgiving.com/friendsoferlestokeprison>

7.6 Grants and donations 2018/2019

Last year, the Hilden Charitable Trust encouraged us to apply for further funding to support our Transport Scheme; we applied and are grateful to them for another £6,000 grant to contribute to the costs of our Co-ordinator and scheme running costs. We have also been encouraged to apply for a third year's funding in November 2019.

We are also grateful to the Allen Lane Foundation for a grant of £3,386 towards the cost of our yoga classes and equipment.

8. Financial Review – 2018/19

On 31 Mar 19 the charity had funds in the bank of £75,461, and a two-year bond valued at £50,000. This financial year we had total expenditure of £27,765 and raised £84,519. Funds earmarked for the all-weather sports pitch stood at £115,000 on 31 March 19. This reflects the fundraising priorities and an adjustment of the trustees' allocation to the all-weather sports pitch from general funds to ensure there is £10,000 available to support mainstream charity spending. A summary of our major expenditure for the year is shown below.

Scheme	18/19	17/18
Transport	£7119	£6341
Art	£8511	£6332
Yoga	£4246	£1364
Origami	£1660 (but net profit of £3226)	£1439
Drama	£878	-

Our fundraising is a combination of personal donations, the proceeds of fundraising events and organisation/trust fund donations and grants, often for specific projects. A bedrock is the continuing steady stream of donations from our generous regular supporters. Our fundraising activities this year are detailed in section 7 of this report.

The fundraising impetus has been our medium-term project to build an all-weather sports pitch under the

leadership of Sarah Gooch, assisted by Carol Part.

Our expenditure is directly linked to the charity aims. Our spending has remained steady this year, however, demand for our Transport Scheme, with its dedicated coordinator, continues to grow (see section 6.10). Origami, with great commitment from Helen Holtham, is a major net contributor to the charity; Helen has raised over £5,000 this year through the sales of a range of original and quality cards and art work.

Our budget for the financial year 2019/2020 remains at £24,500 anticipating the continuation of drama within our regular provision of support to the offenders. Although we will continue to fundraise for our core projects much of our fundraising efforts will remain focused on the capital funds required for the all-weather sports pitch. Now that we have proved we have the capability to generate funds for this project ourselves, we will have a switch of emphasis and will apply for formal grants.

Our draft reserve policy is to ensure that we have sufficient funds to cope with a 25% drop in income without impacting key projects for 6 months and our reserve level is now more than in line with this policy. Our access to external grants has not been impacted by the growth in our reserves – in recognition that a growing proportion is earmarked for the all-weather sports pitch – although not technically yet a formal restricted fund.

We currently have a current account and an instant access savings account which is earning a basic level of interest. Our investment policy was reviewed last year, and a two-year £50,000 bond was purchased in Oct 18 due to mature in Oct 20.

Our financial year 2018/2019 accounts have been independently inspected by Chris Vaughan, Accountants, 195 Ermin Street, Swindon, Wiltshire, SN3 4NA, are available on request or from www.friendsoferlestokeprison.com

8.1 Receipts and Payments Accounts: 1st April 2018 – 31st March 2019

	Total Funds £	Last Year £
Receipts		
Fundraising income	17,581	36,975
Grants	29,386	17,000
Donations Received	37,493	5,062
Gift Aid Income	-	2,835
Investment income	59	14
Total Receipts	84,519	61,886
Payments		
Transport Coordinator and equipment	7,072*	6,305
Transport Expenses	81	36
Yoga	4,246*	1,364
Art (labour and materials)	8,511	6,332
Drama	878	-
Health Trainers & equipment	137	611
Equipment	486	
Origami	1,660	1,439
Fundraising costs	389	511
Insurance	470	470
Justgiving subscription	216	216
Older project areas	500	-
Sundries	3,116	677
<i>Sub total</i>	27,765	17,962
Asset & investment purchases	50,000	-
<i>Total payments</i>	77,765	11,962
<i>Net of receipts (payments)</i>	6,754	43,924
Cash funds last year end	68,707	24,783
Cash funds this year end	75,461	68,707

Notes:

*Included within the £7,072 for the Transport Coordinator and equipment there is a £6,000 specific grant

*Included within the £4,246 for Yoga, there is a £3,386 specific grant

Also, within these Accounts the Trustees have designated a fund for the all-weather sports pitch; please see section 7.1 for more details.

9. Public Benefit Statement

Our Public Benefit statement remains unchanged from previous reports.

Most prisoners will eventually be released into our communities and will have to re-establish themselves back into society. Unless HM Prison Service makes effective interventions whilst the men are in custody it is highly unlikely that they will change their behaviour and many will revert back to old habits and patterns upon release, which leads to re-offending and more victims of crime.

It is well documented that the risk of men re-offending is much reduced if they have a home and a job upon release and have been supported throughout their sentence by friends and family. HM Prison Service works to help the men in these areas, but there is always more that can be done.

Any rehabilitated prisoner, who becomes a law-abiding citizen, will provide benefit to the community, particularly if he is employed and properly supporting his family. The Friends work with HMP Erlestoke to help prisoners take responsibility for themselves and their future outside of the prison. The Friends will do this by encouraging prisoners to actively plan and prepare for their future by developing a good work ethic, face up to their crimes and their offending behaviours and take the opportunity to educate and develop themselves whilst in custody.

The Friends offer volunteering opportunities for the local community to work with the prison to help achieve its aims. Many people in the communities around HMP Erlestoke view the prison as an 'unknown institution' where 'bad' people are sent for punishment. The Friends of Erlestoke Prison aim to raise awareness of prison life and build understanding of how many of the prisoners ended up in prison, often through, for example, mental illness, drug/alcohol addiction, abusive childhoods and poor education. Prison is also an opportunity to change. The Friends are realistic and know that even with powerful interventions, some prisoners will not change. However, if the interventions work for a percentage of the prison population, communities will benefit from the integration of non-violent, employable men with skills and trades who are able to support themselves and their families. People are often prejudiced because of what they don't know – as more locals become involved with the prison and understand what it is trying to do, they may become more accepting of ex-prisoners, particularly those who want to transform their lives.

10. The Year Ahead – 2019/2020

The All-Weather Sports Pitch appeal will continue be a major focus for fundraising efforts in the 2019/2020 financial year. The Friends strongly believe that a sports pitch will greatly benefit the mens' physical and mental well-being and will provide educational opportunities as well as fresh air and exercise.

However, this appeal will not be at the expense of our support to prisoners' families and we will continue to sustain and develop our Transport Scheme to meet the increasing demand. We will also strive to continue our art therapy, origami, yoga and drama sessions.

Consideration will also be given to all future requests for funding which supports education and skills development to improve post custody employability. Also, initiatives which support rehabilitation and inspire changes in patterns of offending behaviour will be supported where possible.

Judith Squarey has announced her retirement from the Friends and will be leaving us in Autumn 2019. We are in the process of recruiting two new trustees and look forward to formally appointing them in summer 2019. Their two roles will focus on older prisoners (replacing Judith) and education.

We also look forward to three major fundraisers in 2019/2020 – a ‘Jailbreak’ event, a Bridge Lunch in September 2019, a ‘cARTE Postales’ event in October 2019 and a 5-a-side football tournament in summer 2020. Please visit our website for the latest details of these events.

11. Sustainability

To sustain the work of the Friends in HMP Erlestoke and to achieve our target for the all-weather sports pitch, relentless effort is required to constantly fundraise. Events go some way to do this, but in the next financial year, a more strategic approach is required to tap into otherwise unexplored funding sources.

We will also continue to recruit new volunteers for the Transport Scheme and focus on activities, which ensure the retention of existing volunteers and trustees.

12. More information

If you would like more information about the work of the Friends, please visit our website:

www.friendsoferlestokeprison.com, email info@friendsoferlestokeprison.com, or follow us on Twitter:

@friendserlepris

Thank you for your continued support and interest in our charity.

The Trustees

Friends of Erlestoke Prison