

# High Down Low Down

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## You said....so we asked



As CIOs we face a range of different questions, queries and issues you raise to us.

We also take forward your suggestions and common issues to a meeting held with the Residential Governors, with regular prison departments attending, and others on a rolling basis, as requested.

A recent issue CIOs raised, which was resolved, was the reinstatement of stereos on the kiosk catalogue list. We have also raised the supply and stock of items, and lead times to receive the items by prisoners once these have been ordered.

Other areas raised were having face to face contact with OMU, which is why the CIOs now help to run a weekly surgery on your house block, with OMU attending

each week. Ask your CIO if you are sentenced or recall and would like to make an appointment to see OMU.

One common area raised was the need for better incentives in prison, particularly for Enhanced prisoners. Some of you may also recall seeing or completing a survey on IEP (Incentives and Earned privileges) run by Equalities department to get your views and feedback on this, with a follow up focus group recently held.

Some CIOs also attended a consultation session held by the Prison Reform Trust (PRT). They are currently running a prison wide consultation across the country asking the question "What incentives work in prison?" The views from High Down will be incorporated into the final report given to HMPPS.



A group of CIOs and other peers also participated in four sessions

run by the O.U. school of law.

This was facilitated by St. Giles Trust where relevant and topical prison subjects such as IPP sentences and licence conditions were discussed and comments given.

The other area CIOs were asked to consult on was a living standards audit, with each CIO required to complete a survey for their house block to get their views on facilities, cleanliness and other items.

The CIOs also put together a list of items and suggestions to improve the Canteen process, including meeting with staff from the Ministry of Justice to provide prisoner feedback and suggestions in this area.

As CIOs, we have focussed on some "big ticket" items that will need focus and time to change, but even for some smaller items, don't hesitate to suggest these to your house block CIO.

We can't guarantee an immediate outcome, but we'll ensure that your views get put forward and heard.



# Parole Board Processes & Changes



**Parole** is a process whereby prisoners can be released once they have served their minimum term in custody. The Parole Board will decide whether the prisoner can be released back into the community.

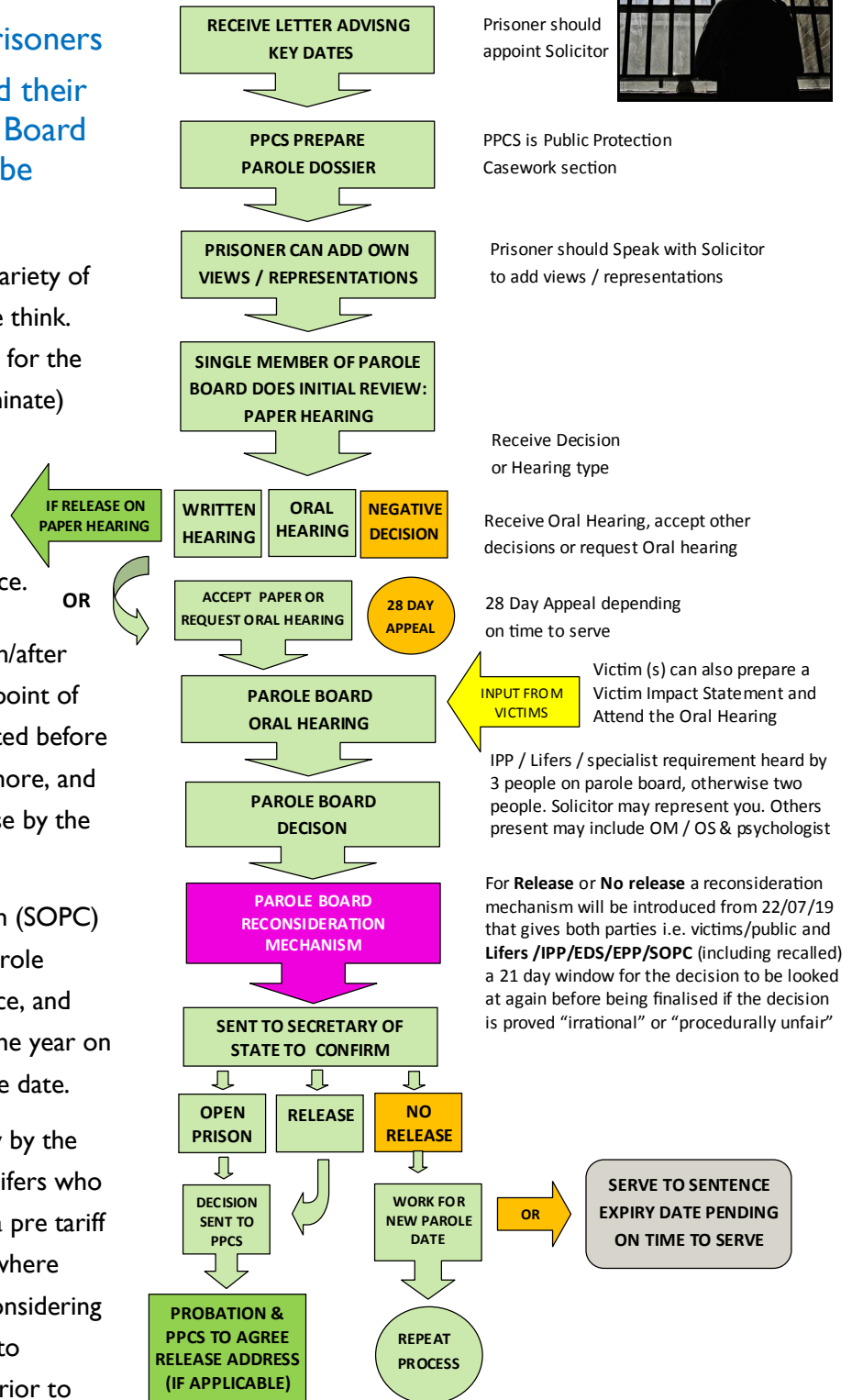
Parole effects a number of prisoners serving a variety of sentences, *not just Lifers and IPPs* as many people think. Prisoners will have a parole eligibility date, even for the following types of fixed term sentences (determinate) where an automatic release date is shown:

- ◆ Extended Public Protection (EPP) imposed before 14/07/2008 under the CJA, again parole is considered at the halfway point of the sentence.
- ◆ Extended Public Protection (EDS) imposed on/after 13/04/2015, parole eligibility date is two thirds point of the sentence. Where EDS prisoners are convicted before 13/04/2015 for custodial terms of 10 years or more, and certain offences, these have discretionary release by the Parole Board.
- ◆ Sentences for Offenders of Particular Concern (SOPC) under the CJA imposed on/after 13/04/2015. Parole eligibility is at the half way point of their sentence, and those eligible will have a *minimum* guaranteed one year on licence after release, on their conditional release date.

Lifers will have both a pre and post tariff review by the Parole Board. The pre tariff review is done for lifers who are three years from tariff expiry, and is called a pre tariff sift done by OMU and probation. This is done where there is reasonable prospect of Parole Board considering the Lifer suitable for Open conditions (D Cat), to effectively 'test the water' in open conditions. Prior to releasing the Lifer back into the community, the release is again subject to a post tariff review and approval by the Parole Board.

Prisoners also subject to standard recall (i.e. where they remain in custody until the end of their sentence) and will also need review from the Parole Board for release prior to their end of sentence.

Parole can be quite a timely and complex process, so it is worth seeking legal advice on this. Some sentences also fall under a new "Reconsideration Mechanism". The following diagram shows the steps involved in the Parole process:



There has been a lot of attention recently around Parole processes and increased transparency, following several high profile cases in the media, and changes to the Parole Board, and the role victims play. For Release or No release decisions a **“Reconsideration Mechanism” will be introduced from late July 2019 that will give the public /victims plus Lifers, IPP, EPP/EDS, SOPC the right for the Parole Board decision to be looked at before finalised if proved “irrational” or “procedurally unfair”** This is well explained in July’s “Inside Time” magazine (limited copies available at the library) Your legal team will be best placed to guide you through the process.

# Equalities: What is GRTHM ?



You may not be familiar with the abbreviation, but in fact it is short for **Gypsy, Roma & Traveller History Month** which covered the whole of June this year.

Started in 2008, this event is a way of raising awareness that these groups exist in our inclusive society (and of course here at High Down) and they have contributed much over the years to society. It is also a way of offsetting negative and stereotyped prejudices.

The Equalities Department at High Down did their own work to celebrate GRTHM - they had already held a focus group meeting in April and other

events in June. On Way Out TV - free in all your cells on your TV, they showed "Searching for the Travelling People" - this was shown on loop in the first two weeks of June - a 35 minute documentary presented by Travellers' Times Editor. They also put up some information on the walkways for residents to read and there were specific meal options on the menu.



## RESETTLEMENT: COMING UP FOR RELEASE ?


**Novus, in partnership with the London Community Rehabilitation Company (CRC) can support you with your resettlement planning on arrival to the prison, and review it with you 12 weeks before you leave prison (London release).**

They can help you with practical issues, such as freezing any debt you may have, or managing your tenancy agreement while in prison.

Also they at look at support tailored to your personal needs including:

- ◆ Education & Training
- ◆ Employment
- ◆ Finance, benefits and debt
- ◆ Health and wellbeing
- ◆ Relationships

**Resettlement can discuss any support you may need when leaving the prison, and run courses in your last 12 weeks to help you for release:**

 **Finance Benefit and Debt**  
The aim for this course is:

To enable you to manage your debt problems, and

to manage your debt problems and feel more in control of your finances. *The course will cover:*

- £ Understanding options for repayment of priority debts
- £ Understanding options for dealing with non-priority debts
- £ Advise on budgeting, planning financially and drawing up financial agreements
- £ What action can we take regarding benefits and how to maximise income on release.



### **Criminal Record Disclosure for employment**

The aim is to understand about criminal records, and what you do and do not need to disclose when applying for jobs and employment.



### **Getting it Right (GIR)**

This covers responsible thinking, change planning, relationships, personal goals and relapse prevention.

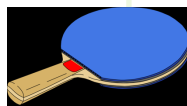
For more details apply on the kiosk general request under "Resettlement" or speak to your wing CIO if you need help applying





# Health & Fitness Updates

We all know that keeping fit and exercising is an essential part of prison life - gym sessions, yard workouts and in cell exercises. Regular exercise keeps vital organs such as your heart and lungs healthy. Science is increasingly discovering more about the whole mind and body relationship - regular exercise has benefits to mental health, self-esteem and can increase concentration and can help with sleep, and make you look and feel better. Chemicals released during exercise, not just endorphins but also endocannabinoids are your bodies reward mechanisms for doing exercise and attach to the 'feel good' receptors in the brain. But it's not just a case of pumping iron - brisk walking, running or hard physical work also can count as part of your exercise quota. Most experts say that most people should do about 30 minutes exercise at least five days a week. Trying to incorporate it as part of your daily routine will make it more enjoyable and seem less of a chore. Playing team sports or against someone else will push the competitive element in you and also help you participate in group activity. The gym has a range of activities - your participation will depend on your gym sessions and of course your IEP and behaviour ! Check the gym timetable for more details.



## All sounds too familiar and too easy....Feeling fit for a challenge ?



Try this Kick-Start circuit. It has been devised by one of the gym orderlies and can be completed in your cell in the morning (before starting your core day). Remember to build up at your own pace, it's not a race.

Burpees With Jump	20 Reps	18 Reps	15 Reps	18 Reps	20 Reps
Mountain Climbers	20 Reps (10 Each leg)	24 Reps (12 Each leg)	30 Reps (15 Each leg)	24 Reps (12 Each leg)	20 Reps (10 Each leg)
Oblique Crunch Press Ups	10 Reps (5 Each side)	12 Reps (6 Each side)	10 Reps (7 Each side)	10 Reps (6 Each side)	10 Reps (5 Each side)
Standing Squats	20 Reps	25 Reps	30 Reps	25 Reps	20 Reps
Tricep Dips	20 Reps	25 Reps	30 Reps	25 Reps	20 Reps

*Note: High Down Low Down Magazine is produced by prisoners for prisoners. As well as news and events at High Down, we'd like to hear your ideas & feedback on articles that you would like to see., or submit. Ask your CIO (in the yellow T-shirt) for a form. All submissions will need to be approved by a governor before publication.* High Down Low Down is compiled, designed and printed in the prison

Did you know? 2 years ago OSG Knowles (No relation to Beyonce) won a competition to name this magazine. She came up with the name "High Down Low Down"