In addition to the formal evidence taking sessions, the Committee undertook a number of visits to prisons across Scotland in January 2013 for members to see for themselves the issues surrounding the provision of purposeful activities in prisons.

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John Finnie MSP’s visit to HMP Inverness

Key themes and issues raised
- short sentences of 3 to 6 months which do not give prisoners opportunities to engage in purposeful activity
- availability of accommodation within the prison to provide activities
- geographical area which presents difficulties in terms of access to families and processing prisoners

Visit programme
The Member met with the Acting Governor, Gordon Morrice, and colleagues and toured the following parts of the prison—
- Laundry
- Kitchen
- Workshop where recycling and British Institute of Cleaning Science (BICS) training takes place
- Links centre where prisoners can interact with external agencies and receive health advice and treatment
- Gymnasium
- Education centre
- Women offenders’ unit

HMP Inverness
The prison holds prisoners with sentences of up to 4 years. It can hold a maximum of 172 prisoners but ideally the population should be under 120 to enable access to activities. It is a mixed population with a significantly smaller female population (currently the prison has one female prisoner). The prison serves 11 courts across the Highlands and Islands, including Orkney. Geographical matters are therefore and issue, for example, there can be transport difficulties transferring prisoners from remote areas to the prison and for family visiting for prisoners.

There is generally a high proportion of remand prisoners. Currently the population is approximately 65% convicted prisoners to 35% remand prisoners but the proportion of remand prisoners is often over 40%.

Purposeful activities
Most convicted prisoners are employed in activities in the prison. The exceptions are mainly protected prisoners and the difficulties associated with providing enough security for them. In addition, engaging remand prisoners in purposeful activity can also be difficult because there is no requirement on them to do so and the incarceration period is short.

The main activities prisoners undertake are laundry, kitchen, recycling and cleaning. Prisoners take part in these activities on a rotational basis, forming part of a working party. In addition courses are provided by Carnegie College within the prison’s education centre.

Prisoners earn wages through engaging in activities which pay for goods such as cigarettes and confectionery and access to television.
**Working parties**

Prisoners work in the laundry on a rotational basis with working parties of 6 prisoners. Each prisoner is issued with a kit of clothing on entry to the prison and they are able to keep the same kit of clothes throughout their time in the prison.

The kitchen operates on a shift system with 20 cooks operating in 3 working parties. SVQ training is offered; SVQ level 3 would be the most useful, however this takes 5-6 months which requires a prisoner to be serving a sentence of at least 2 years. It is therefore difficult to take prisoners to this level of qualification as the majority of sentences are short. However, in general, experience in the kitchen offers useful skills.

British Institute of Cleaning Science (BICS) training is provided in the workshop which provides prisoners with qualifications in cleaning skills. This is provided in house by trained prison officers. However, the training is intensive and so provision of this service can have knock-on effect with provision of training and support in other areas of the prison.

Prisoners also undertake recycling work in the workshop area which mainly involves separating waste generated in the prison. At the time of the visit, prisoners were sorting books which had been donated for passing on to a local charity.

**Links centre**

Prisoners have access to over 60 agencies in the links centre, from addictions support to counselling and housing advice. The prisoners’ induction process is also carried out in this area. A wide range of information is also available on a variety of matters including job centre adverts. Citizen’s Advice, SACRO and Shelter have been contracted to provide housing advice support.

A research project is currently being conducted in the prison on pathways into offending, focusing on neurodevelopmental problems such as ADHD and Asperger syndrome. The project is in its early stages.

**Education centre**

The prison has an education centre comprising of two classrooms and courses can also be provided in the prison’s chapel. Carnegie College provides literacy, numeracy and art courses in the centre. Prisoners also have access to computers on which they have access to the Encyclopaedia Britannica and use microsoft workbooks to gain IT awareness. An intranet is being developed to support the training programmes and further modules are being developed. The prison also provides toe-by-toe mentoring which is a literacy programme provided by Shannon Trust where prisoners mentor other prisoners in literacy.

The restricted accommodation places limitations on what courses can be provided. For example, the art courses are limited to what resources are available within the prison. There are, however, benefits from the small number of prisoners which allows for lower tutor to prisoner ratio in classes.
**Women offenders’ unit**

The prison has set aside a unit specifically for women offenders which is a self-contained block comprising a kitchen, living area, bedrooms, bathroom and shower and small gym. There is also provision for childcare if required and there is a small outdoor recreational area.

The unit gives the women the opportunity to gain a range of skills such as financial management, home management and parenting and childcare skills. It is not staffed in the evening and the women are not locked in their rooms at night and are free to move around the unit at all times.

The unit is currently unoccupied but it has been a successful initiative; of the 24 prisoners who have been through the unit, only 3 have reoffended.

**Other issues**

**Health service – transfer to NHS**

Overall, with the exception of a few teething problems, the transfer of prisoner healthcare to the NHS had been a positive experience. The change has brought about greater co-ordinated health care support for prisoners with improved links to external services on release. The transfer also means that only a single health assessment is required as the assessment replicates that which would be carried out externally and so this information can be passed on to external agencies for use once the prisoner is released. The transfer has also enable provision of services to be tailored to local needs as it is not bound by a national contract.

**Addiction support**

Health and addiction support is provided by multi-disciplinary addictions team in the Links centre. In addition, external agencies such as Inverness Counselling and Addiction, Alcoholics Anonymous, Narcotics Anonymous, Apex and the harm reduction team provide support for prisoners. Prisoners are assessed for health and addiction problems shortly after reception. Training is also offered in first aid, for example a heart start course and Naloxone intervention training are provided.

**Induction process**

Induction of prisoners takes place within a day of entry to the prison. It is a comprehensive process covering a whole range of issues using the SPS’s NIPI2 induction system. These include familiarisation with the prison regime; outstanding fines; mental health issues; disabilities; religion; social care; benefits; family access; childcare; and employment advice.

**Throughcare**

There are still a number of issues to address in terms of throughcare support. The NHS transfer had helped co-ordinate health provision but there were still a number of outstanding issues. This includes the provision of housing for prisoners on release and the variation of housing support available between local authorities and access to external services. Prisoners are particularly vulnerable immediately following release and so improved support for this process is required. It was also noted that greater contact between the prison and the community would be of benefit.
General
The large proportion of remand prisoners and the high number of short-term prisoners (fewer than 6 months) presents difficulties in ensuring access to meaningful activity. Remand prisoners are not required to participate in activities though some want to. In addition, the range of options available to short-term prisoners is limited. The relatively small number of prisoners also means that there is not always time for prisoners to engage in many activities beyond the internal housekeeping activities which have to be undertaken.

The prison would like to develop a wider range of activities for prisoners to access. This could be either as a taster or certificated vocational training in activities such as painting and decorating, call centre training, radio skills and job interview techniques. Work is going forward to develop these.

There is no direct evidence that access to purposeful activity has resulted in reduced re-offending. However, anecdotally prison staff are aware of individual cases of prisoners gaining employment following engagement in activities within the prisons and there is general evidence of the positive impact these activities have had.
Colin Keir and David McLetchie MSPs’ visit to HMP Edinburgh

Key themes and issues raised
- Challenges facing prisons in organising purposeful activities, both in terms of ensuring there are spaces available for all prisoners and in encouraging some prisoners to participate.
- Short term prisoners and efforts to reduce their reoffending.
- Throughcare and the support to prisoners available on release.

Visit programme
Members met with the Governor, Teresa Medhurst, and colleagues and toured the following parts of the prison—
- Portable appliance testing (PAT) workshop – male prisoners;
- Woodcraft workshop – female prisoners;
- Education centre, run by Carnegie College;
- Residential hall;
- Induction centre;
- Family centre.

HMP Edinburgh
The prison contains a mix of different prison populations: remand (167 male; 21 female); short-term prisoners (STP) (350m; 67f); long-term prisoners (LTP) (161m; 13f); 17 prisoners who had been released but subsequently recalled to prison; life (74m; 6f); and 8 life prisoners who had been released but subsequently recalled to prison. Most prisoners are local to Edinburgh/Lothians but there are some from the wider national population, including female offenders, sex offenders and non-offence protection prisoners (usually for gang or drug debt reasons).

The different populations, and need to keep them separate, present significant logistical challenges to prison authorities.

Purposeful activities
Remand prisoners can access some activities but often have little interest and time; remand prisoners often spend first few weeks stabilising their addictions and settling into the regime.

Those imprisoned for over 40 days are allocated to a work party. The time allocated for activities is 2¼ hours in the morning and 2½ hours in the afternoon.

Taking into account settling in, a prisoner needs a minimum of 6 months to achieve something meaningful from an activity and it is difficult to structure something in a shorter period. A 2 year sentence is optimal.

The lack of routine and chaotic lifestyle of many prisoners prior to imprisonment means that some prisoners do not want to engage with the activities provided. The poor job market is an added lack of incentive in developing their skills.
The importance of incentive to participate in activities was raised. STP have a fixed release date whereas LTP have to pass a parole board and are aware that good attendance on activities looks favourable.

There are not enough job placements for all prisoners to undertake activities (shortfall of 250 places) so the prison focuses on those who are interested and is developing ideas on how to encourage others, such as improving the timetabling, advertising on the new prison radio. Peer tutoring has worked in other prisons and there is the potential for this to be used. It is recognised that some of the prison population is not suitable for undertaking activities due to age, mental health, etc.

Members were impressed by their visit to the PAT workshop (for STP and LTP). This has been operating for two months, doing PAT tests for local charity shops. A level 1 City and Guilds qualification can be achieved in a few months and the prison is hoping to support up to level 3 in future. It is also hoped to extend the programme into electrical testing and repairs for white goods. These workshops reduce landfill, provide prisoners with new and relevant skills and provide cheaper portable appliances for re-sale through charity shops. The charities using the service have highlighted significant sales figures for the first few months and there has been an increase in charities interested in using the service.

During a tour of the Education Centre, members heard about its main aims, and the associated challenges, of engaging with prisoners and addressing their basic literacy/numeracy/digital needs. The particular challenges in engaging with STP (as outlined above) and general disinterest – stemming from disengagement with education from school age - was discussed again. There are greater attempts to make learning relevant through integration in workshop time (time spent in Education Centre as part of work party time is paid at the same rate) or other activities such as music. SQA is also starting to recognise this, eg shorter, 10 hour courses which allow quicker completion and prisoners to recognise their progress and achievements.

The issue about not being able to access the wealth of online resources because of the restrictions to viewing the internet was raised. It was felt that this is something that should be looked at because it is successfully done elsewhere in UK.

All prisoners chat with Education Centre staff on induction and complete the Key Plus survey on admission which evaluates learning needs.

Prisoners earn wages; there is a basic cell wage and wages for participating in work or education. This is set out in a national earnings policy. Wages differ between different work shops and education courses, from £4.80 for an education course to up to £12 for some work parties.

**Other issues**

*Addiction*
Approximately 80% prisoners enter with an alcohol or drug addiction. This was felt to be a significant factor in reoffending.

*Short term prisoners*
Members were concerned about some prisoners being stuck in a ‘revolving door’ between prison and outside, with many prisoners serving a number of terms. Prison staff explained that some prisoners are released themselves expecting that they would shortly return to prison. As set out above, the challenges associated with using short term prison terms to meaningfully engage and rehabilitate prisoners was discussed. The difficulties of successfully addressing the fundamental causes – such as lack of education, poor employment prospects, addictions, chaotic lifestyles – of the sort of crimes which lead to these short term prison sentences in the time available was discussed.

Prison was seen as a way of life for some prisoners; some long serving prison officers told members that they were now seeing the third generation of some families serving sentences at HMP Edinburgh.

Members met with two prisoners serving short term prison terms. When asked about their view on short term sentences, in terms of their impact as a deterrent, punishment and in rehabilitation, their overall response was that they are “an inconvenience”.

**Peer to peer tutoring and support**
The increased use and effectiveness of prisoner support, either as part of prisoners’ induction or during education/training, was highlighted.

**Preparation for release and throughcare services**
The restart programme was discussed. This provides medical, legal and employment support in advance of release. The greatest challenge is prisoners’ concerns about re-integration into society and having sufficient support/benefits/accommodation in place; high number of suicides on release.

The throughcare services and support provided to prisoners on release was discussed. It was highlighted that there is no statutory requirement on either prisoners or agencies to do anything to support a prisoner on release. It was recognised that the myriad of agencies providing similar but slightly different services, with different application processes, etc, can be very confusing. Prisoners usually leave prison with at least three contacts to follow up for addiction services/benefits and accommodation. It was suggested that a single route/one-stop shop, as recommended in the Commission on Women Offenders report, would be helpful.

The need for agencies to be more tolerant of, and make allowances for, ex-prisoners’ more chaotic lifestyles was also discussed. Some agencies refuse to help after a couple of missed appointments, for example.

There is room for improvement in criminal justice agencies communicating better where a lot of support has been provided for a prisoner on release and they are re-arrested at the gate. Advance notice of this could avoid wasted man hours.

**Importance of maintaining family relationships whilst in prison**
Members were told that the aim is to provide a resource which is akin to a community centre but which signposts users to the support and services available in the community. All visitors must register at the centre before prison visits. The
family centre provides a number of functions, providing support to families and prisoners with children to help manage the separation and ease transition on release. The importance of this function was emphasised, as it is recognised that a supportive family environment is crucial to reducing reoffending.
Christine Grahame and Alison McInnes MSPs’ visit to HMP YOI Polmont

Key themes and issues raised
- While a wide range of activities are provided in Polmont YOI, there are challenges in encouraging inmates to participate;
- Even if inmates do engage in education, programmes, or work while in custody, there is a lack of employment opportunities for inmates on release;
- A national prison has difficulties in engaging interest from local authorities in funding programmes delivered in the prison and in the provision of throughcare;
- A family centre and effective parenting interventions are needed.

Visit programme
Two members of the Justice Committee, Christine Grahame and Alison McInnes, met with the Governor, Sue Brookes, and colleagues, and were given a tour of the following areas of the prison—
- health centre;
- education centre, run by Carnegie College;
- bike repair workshop;
- Paws 4 Progress workshop;
- laundry;
- visitor centre.

HM YOI Polmont
Polmont Young Offenders’ Institution (YOI) is the national establishment for male young offenders aged between 16 and 21 across all sentences and remand. The average sentence length is between two to four years.

The establishment dates back to 1911, but has largely been rebuilt over the last few years. Polmont YOI is contracted to hold 760 inmates (with maximum capacity for 830), however, on the night before the visit (14 January 2013), it held 591 inmates. The staff complement is 359, in addition to a wide range of external partners engaged in the delivery of specific services.

100 female offenders are to be moved to Polmont YOI for approximately six months to facilitate refurbishment of Cornton Vale. Current residents of Blair House (16 and 17 year olds) will be relocated to Munro Hall (level 2) to accommodate the female inmates.

Purposeful activities
General
Polmont YOI offers a wide range of activities and programmes including educational and training opportunities delivered by Carnegie College. However, one third of inmates refuse to engage in activity. The Governor has recently commissioned a review of access to activity, which aims to identify the barriers to participation and put in place measures to improve take-up. Issues being considered as part of the review include ways in which structured activity can be provided during evenings and

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1 Staff told Committee Members that one third of inmates are happy to engage in activities; one third dip in and out of activity; and the final third refuse to engage at all.
weekends, scheduling and timetabling, reducing competition between activity providers, and the impact of the Scottish Prison Service wages policy.

Some inmates opt to participate in activities to improve their chances of parole, but for others there is little incentive to engage. The Governor told Committee Members that access to purposeful activity could be further enhanced by greater access to ICT, learning materials and e-learning if more resources were made available. ICT-based learning could also reach a larger target audience; however, there are too many inhibitors in place. A balance between safety and security and the ability to develop inmates needs to be found.

The Governor’s view is that there are too many inhibitors in place for inmates using ICT when it has the potential to provide learning to larger numbers.

Scheduling of activities is complicated as prisoners often get drawn into other appointments, for example, in relation to healthcare, external agency services, and court appearances.

There are no work spaces available for untried prisoners and other activities for remand prisoners are limited by the short and variable time periods in custody; the lack of willingness to engage or to be perceived to admit their offending behaviour; and the need to concentrate limited resources on a convicted population. The Governor’s review will explore the potential for the remand population or targeted groups of remand prisoners to be engaged in some forms of activity.

Work
All convicted prisoners are required to work. Work spaces are provided in traditional skills such as bricklaying, joinery, plumbing and hairdressing, but also in more innovative areas such as a bike workshop, which has proved particularly popular. Run by the Bike Station, this workshop lasts for 5½ hours a day over six months and provides opportunities for inmates to strip and rebuild bikes for resale. The workshop has had some positive results so far - one inmate was employed by the Bike Station on release, and another rebuilt a bike that was sold for around £300 – and is being rolled out to some adult prisons. Employment opportunities are however limited for all inmates regardless of whether or not they have undertaken work, training or education while in custody.

Programmes
A large number of programmes are provided, including: Constructs, which aims to reduce reoffending by teaching participants to respond differently to problems; Controlling Anger Regulating Emotions, which trains offenders in skills to manage their anger; and a pre-release Knife Crime session, which uses ex-prisoners and victims to demonstrate the consequences of knife crime. Inmates can self-refer onto programmes provided or be referred by staff through case management reviews and other meetings. Programmes are voluntary. Staff indicated that, for every 20 inmates who are referred to a programme, eight will refuse to attend at the outset and a further two to three will drop out during the programme.

The Dogs Trust run the Paws for Progress course in the YOI which helps inmates to train and rehabilitate rescue dogs for re-homing and to produce reports on their
experiences with the dogs. Inmates’ behaviour and communication skills are improved as a result, and the chances of the dogs being successfully re-homed are increased.

**Education**

Literacy, learning and skills is one of the Governor’s main priorities. On average, inmates have the literacy and numeracy skills of a first year high school student and it is these inmates that are least likely to engage in education while in custody. Lack of resources hinders the provision of one-to-one training on literacy and numeracy which is more effective than classroom learning. Scottish Government funding for literacy and numeracy programmes often goes to local authorities, who have little incentive to fund projects to be delivered in a national YOI outside their local area.

As poor social and communication skills can act as an inhibitor to engagement in activities, Polmont YOI provides speech and language therapy to support inmates to improve these skills.

Due to the logistics of moving inmates, education sessions are usually scheduled for full mornings or afternoons (3 hours). Education is often delivered in bite-sized chunks interspersed between games in attempt to keep inmates’ attention.

**Other issues**

**NHS transfer**

Inmates tend to receive better medical treatment within the YOI than they did in the community. Inmates often do not have a GP in their local community. Continuity of medical treatment within and outwith the YOI can therefore be difficult. The establishment does not routinely inform local GPs of the medical needs of inmates on their release back into the community unless they require long-term essential medical treatment which needs a prescription. GPs can however access information regarding the medical conditions and treatment of inmates while in Polmont YOI through NHS Vision, a central electronic patient records system which is now being used by the Scottish Prison Service. It is not always possible for medical centre staff to prepare for the release of a prisoner especially where they are released without notice, for example, as a result of court proceedings.

**Throughcare**

One of the Governor’s main priorities is throughcare and transitions. As a national establishment, Polmont YOI engages with a wide range of external partners across Scotland to support voluntary throughcare and mentoring. The large volume of organisations wishing to deliver services in the establishment places pressure on space and resources. However, staff also spoke of the difficulties for a national prison to engage local authorities in the provision of throughcare to inmates on release. They noted that videoconferencing may assist in this process.

Focus is on short term offenders serving between 18 months and four years. The Governor indicated that she would wish to ensure case management and

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2 Staff are starting to collate information on the number of inmates without a GP. Statistics are likely to be available at the end of 2013.
throughcare plans for all inmates (convicted and remand) if additional resource could be found.

**Families and parenting**
Another of the Governor’s priorities is families/parenting and intergenerational change. Around a quarter of inmates are fathers. The YOI offers a positive parenting programme, which focuses on practical parenting skills. Three family contact officers are in place along with enhanced bonding visits and varied family events. The YOI is working with SPS headquarters and youth justice partners to scope out the requirements for enhanced parenting interventions.

Committee Members heard that families often inhibit rehabilitation. The Governor highlighted the importance of establishing a family centre, similar to that at Edinburgh Prison, to provide holistic family interventions. A business case for a family centre is to be prepared during 2013.

**Links with the community**
Staff indicated that links with the community needed to be developed further. The Governor suggested that this might be achieved if the same case manager was allocated to an inmate within and outside the prison and if prison officers were able to provide advice and assistance to that case manager after an inmate has been released.

The Governor highlighted that there are no open prisons for young offenders and suggested that the development of hostel-style accommodation for young offenders towards the end of their release, with staff present at night and mentoring support in the community, should be explored. Supervised placements in the community for inmates may improve employment opportunities.

*Commission on Women Offenders: recommendations*
The Governor suggested that many of the Commission on Women Offenders’ recommendations could also apply to young offenders, for example, it would be useful to appoint a lead member on the Scottish Prison Service Board with specific remit for young offenders. Development of an estates strategy for young offenders is also needed to establish whether a national prison is the most effective approach.

*Capacity of Polmont YOI*
The Governor would like to see the capacity of the establishment lowered once the groups of female prisoners are transferred back to Cornton Vale rather than them being replaced with another group of prisoners. This could allow the allocation of one cell per inmate, a higher staff to inmate ratio and more opportunities for activities.

*Staffing*
The Governor indicated that she would welcome additional staff to improve care and rehabilitation of inmates, for example, parenting officers to deliver parenting intervention, prisoner care officers to develop care plans for all inmates, and youth workers located in every hall.

It would also be useful to have youth-based workers seconded into the prisons to help advise staff on working with young offenders.
Graeme Pearson MSP’s visit to HMP Low Moss

Key themes and issues raised
• remand prisoner management and uptake of activities
• engagement of short term prisoners
• need for more research in order to identify what initiatives and programmes are successful

HMP Low Moss
The Member met with the Governor, Michael Stoney, and colleagues and toured the Links Centre and the Family Centre.

The prison opened in March 2012 and so has not completed a full year yet. It holds a range of prisoners from short term prisoners to life sentences. Its current population is around 700 of which there are 119 remand prisoners.

The prison’s operating day is between 7.30 and 20.30. Prisoners generally work from 8.30 to 17.30 each day with one hour for lunchtime in order to instil routine into the day and normalise a working hours routine. Exercise takes place in the evening to avoid interrupting the working day.

Purposeful activities

General
The prison aims to provide 35 hours per week of purposeful activity for each convicted prisoner. In the period April to Nov 2012 the prison provided an average of 30 hours per week per convicted prisoner of purposeful activity and an average of 25 hours per week of per convicted prisoner of scheduled work activity. It should be noted that the prison population did not reach full capacity until May and the prison regime built up gradually to full activity delivery by July.

In the April to Nov period 522,222 hours of purposeful were provided which is broken down as follows—

<table>
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<th>Activity</th>
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<tr>
<td>Offending behaviour programme attendance</td>
<td>6,814</td>
</tr>
<tr>
<td>Links centre attendance</td>
<td>6,842</td>
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<tr>
<td>Scheduled activity/work attendance</td>
<td>436,852</td>
</tr>
<tr>
<td>Education attendance</td>
<td>21,402</td>
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<tr>
<td>Other activity (eg PT, sports)</td>
<td>51,199</td>
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The figures are lower for remand prisoners who are not required under prison rules to attend work or purposeful activity. The support offered to remand prisoners also varies from convicted prisoners as their needs are different eg balancing chaotic lifestyles, poor physical and mental health and substance misuse. However a full range of activities is offered in which they are encouraged to participate.

Positive Impact Programme
The prison offers a Positive Impact Programme (PIP) for prisoners who have never been in custody before and includes remand and convicted prisoners. It aims to lessen the negative impact on the individuals of being imprisoned. The programme delivers a range of interventions to minimise this impact.

**Activities**

The prison provides a range of activities and work for the prisoners which include vocational training and qualifications. These include—

- timber machine and assembly which involves producing a range of products which meet manufacturing specifications;
- gardens/waste management which provides ground maintenance and qualifications for prisoners;
- laundry which provides launderers prison and personal items. The prison intends to start delivering SVQ qualifications.
- catering which provides a real life working environment with the aim to provide qualifications to prisoners;
- industrial cleaning where prisoners can work towards gaining qualifications in British Institute of Cleaning Science (BICS) and biohazard clean-ups.

The education service in the prison provides a range of courses including literacy, life skills, vocational skills and integration skills which is tailored to address individual's needs. In future the prison will seek to maximise the number of prisoners who attend the learning centre.

A range of offending behaviour programmes are offered including substance-related offending behaviour, violence prevention, controlling anger regulating emotions and constructs.

**Family contact**

The prison places a high priority on maintaining family contact. It offers unlimited family visits in the evenings, subject to availability of space, and child-friendly visits are particularly encouraged. This includes time for prisoners to assist with homework and interact with their children more generally. Voluntary groups are also involved in family contact and provide support for homework as well as hosting parties and events in the visitor centre and the local Guide and Scout groups also meet there. The prison has developed strong links with the local community through organising a series of meeting with local communities groups.

Visits and other activities such as NA, AA and faith-based activities are not recorded as purposeful activity but the prison intends to record family visits in this way from next year.

**Staff development and support for activities**

The prison is keen to develop a positive staff culture and in doing so has developed the roles of the prison officers beyond their usual role. This has allowed the prison to use the existing skills and experience of prison staff to provide additional support for prisoners. For example, a prison officer now provides guitar lessons to prisoners. This policy has had a positive impact on the relation between prisoners and staff where prisoners can experience a positive authority figure role model.
Benefits of activities
It was accepted that is difficult to measure the success of activities in supporting reduction in reoffending. Some research is being carried out into family contact and the positive impact programme run by the prison but further research is required more generally into the impact of purposeful activity programmes.

General

Security
The prison security regime does not involve lock ups which frees up officers’ time. It is a very efficient and strict regime and the movement of prisoners is very tightly run. The prison operates a no metal policy and has an integrated security system with detectors in place throughout the prison. There are also 500 CCTV cameras within the prison. The prison has good police support with one full-time officer in place as well as developing a good working relationship with the local police.

Throughcare
Interest has been sought from prison staff to become more involved in the delivery of throughcare and engagement with external services. There was a positive response with around half of the staff volunteering to be involved in developing greater links with the community and the services available.

Video-conferencing
The prison would like to operate video conferencing for pleading diets which would save on resources. However, there are still a number of issues that need to be resolved externally before this can be taken forward.

Transfer of healthcare to NHS
The prison’s experience of the transfer of prisoner health care to the NHS has been generally positive. A wider range of services is now available and it has helped improve throughcare. However, problems have been experienced with medical staff recruitment and, in particular, with prescribing medication. A new doctor is due to start shortly who will take the lead in prescribing which should address this issue.

Future
The prison would like to bring forward a range of initiatives in the future.

There is a plan to develop a public social partnership to address gaps in throughcare for short-term consistent offenders. It was acknowledged that this would have significant impact on the case work going through the Links Centre. This is intended to join up the delivery of services.

There are already a range of peer support programmes in place (eg toe-by-toe literacy and the Samaritans). The prison would like to develop this further to provide training for particular prisoners with significant skills to enable them to become peer tutors.

There are plans to develop a multi-media working party to produce brochures, leaflets and posters which may be developed into a business enterprise model.
A painting party/windows party will be developed to provide vocational training and which will have responsibility for the maintenance of the prison. As well as providing qualifications it encourages self-esteem in the individuals concerns.

A range of initiatives will be brought forward in gardening including mono-blocking, recycling and poly tunnels.

There has been a push to get more support from staff in supporting prisoner management delivery to include driving theory training as well as IT supported approved activities.

There are plans to further recreational activities to including more events, book clubs and a drop-in centre.

There has been a lot of interest in a modular programme which is being developed for persistent offenders whose sentence length precludes them from accessing quality offending behaviour programmes. It will focus on the specific needs of offenders. The aim is also to structure the programme so as to increase attendance and it is intended that this will be developed for accreditation.

The prison would like to develop more work for prisoners in the community eg maintaining communal gardens, clearing snow. However restrictions can be difficult to overcome as licence conditions need to be factored in. Support for community payback orders could be provided although this would have an impact on resources.
Sandra White MSP’s visit to HMP Glasgow

Key themes and issues raised
- lack of housing and employment opportunities on release;
- lack of programmes and throughcare opportunities for short-term prisoners;
- too many agencies within the prison deliver similar programmes;
- literacy and numeracy levels are not as poor as portrayed;
- remand prisoners do not engage in activities.

Visit programme
Sandra White met with the Governor, Derek McGill, and colleagues, and were given a tour of the following areas of the prison—
- health and links centres;
- day centre, including yoga/relaxation class, a course on learning English as a second language, and a workshop recycling glasses;
- chaplaincy;
- bike repair workshed;
- a drama room where an external play\(^3\) had been staged earlier that morning.

HMP Barlinnie
Barlinnie is Scotland’s largest prison, with a maximum capacity of 1104 prisoners. Until Low Moss opened in March 2012, Barlinnie regularly housed around 1700 inmates resulting in high levels of overcrowding. Prisoner levels are now nearer to 1300, with 560 staff.

The prison population is composed of 67.1% convicted prisoners and 32.9% on remand. Only one-third of those who are remanded receive a custodial sentence\(^4\). Most inmates in Barlinnie serve sentences of between two and four years. A survey of inmates carried out in October 2012 showed that 90.54% prisoners had been in custody before. Prisoners of around 20 different nationalities are housed in Barlinnie.

Purposeful activities
General
Barlinnie offers a wide range of educational and vocational activities. However, it is not possible to offer all inmates work and programmes due to the high population in the prison. Prisoners serving six months and over have been identified as a priority group in relation to education provision. There is insufficient time for prisoners with shorter sentences to enrol and complete courses, which tend to be in 12-week blocks. Remand prisoners do not participate in programmes/courses. The Governor indicated that this was often because their lawyers advise their clients not to enrol in programmes or courses as this can be seen as an admission of guilt.

Work

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\(^3\) This play is based on the diaries and letters of Etty Hillesum, a young Jewish woman living in Amsterdam at the time of Nazi occupation of Holland, who later died at Auschwitz in 1943.

\(^4\) One-third are found not guilty and the other third is given other disposals (on the basis that they have already served time in prison on remand.)
SPS staff provide a range of vocational training programmes and work parties, such as joinery and metal work, construction and fork-lift truck programmes. Prisoners work towards SQA qualifications wherever possible and are given CV-building training and interview techniques. Remand prisoners do not have access to work parties or vocational training. The tour included a bike repair shed, where the Bike Station provides the prison with old cycles to be rebuilt and returned for resale. Inmates work towards velotech certificates, the industry standard qualifications in bike maintenance, up to gold standard. The Bike Station provides a number of opportunities for employment on release, but these are limited.

Martin Plant Hire runs a work party involving training prisoners in repairing and maintaining plant hire items and offers employment to some prisoners who have completed this training on release.

Some prisoners on life sentences are employed outside the prison, with prison officers involved in monitoring them while they are in the community.

**Education**
Motherwell College delivers education in the prison. Classes are available in a number of areas, including basic literacy, numeracy, art, ICT, creative writing and modern studies. Some prisoners are working towards English at Higher level.

Within a week of admission, education staff visit all prisoners serving six months or more to carry out an assessment of literacy and numeracy levels with a view to identifying programmes which they may wish to enrol on. (Prisoners serving six months and over have been identified as the priority group for education provision.) The Governor and staff argued that literacy and numeracy levels are not as poor as had been portrayed in the media and this is evidenced by the completion rate of a recent prisoner survey. (70% of prisoners completed the 4-5 page survey.)

The number of courses that can be provided is limited by the size of the Education Centre, which only has three classrooms. The Governor indicated that additional classrooms would be provided temporarily shortly.

**Other issues**

**Housing**
The Governor and staff at the prison highlighted a lack of available housing as the main difficulty faced by prisoners on release, and those prisoners we spoke to during the tour agreed. Attempts to find housing do not begin until six weeks before a prisoner is released that it is often too late to find any proper accommodation. Inmates said that prisoners are regularly housed in a hostel, which prisoners said is not an environment conducive to staying off drugs/alcohol or offending behaviour. Prisoners are often given sleeping bags when they report to their local housing office on release. Private housing is not an option as a large deposit and background checks are often required. Prisoners highlighted the Dick Stewart Project, which provides supported accommodation, assistance for training and education and individual care plans, as the type of project that can help prevent them from reoffending.
Healthcare
On admission all prisoners receive a physical, mental health, addictions and suicide risk assessment in the health centre. GP records are made available to the health centre for all prisoners serving six months or longer. Nursing cover is provided 24 hours a day. A variety of clinics, such as asthma, sexual health, chronic disease management and smoking cessation, are available. A well-person clinic, which is based on the ‘Keep Well’ initiative in the community, provides healthcare screening for prisoners over 35. (In the community, the Keep Well initiative screens over-55s). Dental services are provided on weekdays and an addictions service is offered.

In a test carried out during February 2011, 82.1% of prisoners on admission tested positive for illicit substances, and on liberation, 10.28% of prisoners tested positive. The Governor and staff suggested that alcohol is more of a problem and is involved in around 80% of crimes. The prison operates an alcohol anklet trial project aimed at helping ex-prisoners to stay off alcohol on release.

Within the health centre, a day care unit is provided for prisoners with mental health issues. This aims to help prisoners with mental health issues to develop their self-confidence and motivation to participate in further activities and mix with other prisoners. The unit includes computer and activities rooms, therapy rooms and a clinic. Activities include yoga/relaxation, drama, head massage and computer work. The tour also included a class in English as a second language and a project involving assessing and noting the prescriptions of recycled glasses for transfer to projects in India.

Links with the community
A wide range of agencies operate within the prison, including Routes Out of Prison, Cornerstone, Hope, Faith and Throughcare, and Phoenix. Staff suggested that many of these agencies are providing similar programmes and that this duplication should be minimised. The Governor argued that prison staff are well-placed to provide structured support to ex-prisoners in the community.
Roderick Campbell MSP’s visit to HMP Perth

Key themes and issues raised

- Purposeful activities (work parties, education, physical training, programmes and the LINKS Centre)
- Throughcare

HMP Perth

Primarily a community prison with both remand and sentenced prisoners (mostly short-term), but also providing high supervision accommodation for prisoners serving up to life.

Service agreement to provide 633 prisoner places but, if necessary, can accommodate around 700. Average population during 2011-12 was 689 (including 132 untried prisoners).

Most prisoners have been in custody before and have had chaotic lifestyles.

Transfers in and out of HMP Perth may occur for a variety of reasons including disciplinary and family issues.

Visit programme

Met with the Mike Inglis (Governor), Jacqui Clinton (Deputy Governor) and other colleagues – including Calum Kincaid and Lorraine Roughan, who also led tour of the following parts of the prison:

- **Work Parties** – providing training (some with potential qualifications) as well as services for the prison and/or material which the prison can sell. Currently able to provide approximately 370 work spaces (around two-thirds of the convicted prisoner population). Visited:
  - kitchen (capacity 18) – training and service for the prison; higher than normal staff to prisoner ratio due to nature of the work; some of the highest prisoner wages\(^5\)
  - textiles (capacity 24) – training and contract work; only workshop that can take ‘protection prisoners’ (i.e., those who need to be protected from other prisoners due to the nature of the offence or other factors such as crime related debts)\(^6\)
  - laundry (capacity 24) – training and service for the prison
  - hairdressing (capacity 6) – training (basic course ten weeks) and providing barber service for all prisoners
  - bike station (capacity 10) – recently started partnership with the [Bike Station](#) (with funding from the Robertson Trust) providing training as bike mechanics

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\(^5\) Advised by SPS that prisoners are allowed to spend up to £20 per week within prison. Whether or not wage rates are likely to motivate prisoners to seek particular areas of work may depend upon whether or not they receive any financial support from family, etc, outside the prison.

\(^6\) Protection prisoners may also carry out pass work within the accommodation blocks. As at 10 January 2013, HMP Perth held 46 protection prisoners.
grounds and waste management (capacity 28) – includes window cleaning and recycling services for the prison
painting and decorating (capacity 22) – training and service for the prison.

- **LINKS Centre** – induction for new prisoners and service provider appointments
  - used for different types of prisoner on different days (e.g., first time prisoners receive induction on Wednesdays); being used by protection prisoners at time of visit
  - aim to tailor inductions to particular needs, explaining what services/support available, nature of the regime, etc, but all convicted prisoners (serving seven days or more) are taken through a core screening form
  - service provide appointments for prisoners include those relating to housing, employment and money advice
  - library – includes book-groups; run by librarian who also works in the community.

- **Education Centre** – partnership with [Carnegie College](#). Includes:
  - literacy sessions
  - IT suite (no internet for security reasons)
  - drama group – invitation to attend work performed by prisoners and developed from their own ideas on evening of 29 May (to be filmed plus media interest)
  - maths/numeracy sessions
  - teaching kitchen – noted that can also be a useful way of identifying/addressing literacy and numeracy needs in a less direct way
  - art.

- **Health Centre** – noted that too early to say whether the move to it being part of the NHS will improve throughcare, but the approach is now based more on need rather than length of sentence.

- **Accommodation** – B-Hall
  - all cells refurbished last year
  - mix of remand and sentenced prisoners but mostly remand (around two-thirds at present)
  - occupancy can fluctuate quite considerably (e.g., between 130 and 190)
  - inspected one ‘safe cell’ – can be used for a prisoner if judged to be a suicide risks – it provided very sparse accommodation (not currently in use and prison staff noted that it was not ideal)
  - inspected one other cell – more typical type of cell; equipped with bunk bed for two prisoners but currently being used for single prisoner (limited space for two prisoners).

**Purposeful activities**
- Available resources mean that not able to provide work spaces for all prisoners. SPS stated that:

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7 Written material provided during visit.
“The majority of work in HMP Perth is allocated to convicted prisoners with 16% of the population being untried and not required to work.

HMP Perth is continually striving to increase the numbers of prisoners who are out of their cell. However, even with the recent and planned increases, there will not be sufficient work spaces for all convicted prisoners. The main focus at the moment is to ensure that our existing capacity is well utilised.

The staffing complement within regimes has been maximised and there is currently only limited cover available for annual leave within the laundry, waste management and the bike station. Staff will soon be competent to cover the hairdressers. However, when some staff are on leave, their workshop will either be unoccupied or working at reduced prisoner numbers.”

- Need to provide a range of tasks – from very simple to more complex – to meet the needs of different prisoners (eg many prisoner on methadone). Goals can include skills and qualifications which may help job prospects; but also improving like skills, supporting self-esteem and helping to provide a decent regime for prisoners
- Generally harder to motivate prisoners serving short sentences to take up opportunities within prison
- Remand prisoners – cannot compel them to work and in practice very low uptake of any opportunities.

Other Issues

Throughcare
- housing – local authority housing staff provide support if prisoners are local to the area but reliant on support from Shelter if from further afield – seeking to develop improved services in this area
- money advice – some concerns about level of advice available from CAB staff
- recognition that need to do a lot more for short term prisoners; attempts to do so include a Dundee Short Term Prisoner pilot in relation to which the SPS stated:8
  “This year-long trial involves short term prisoners with a Dundee City Centre postcode who receive a sentence at Dundee Sheriff Court. This trial is funded by Scottish Government and involves inter agency working between a number of prisons and Criminal Justice Social Work Services. The aim is to reduce re-offending by this group of prisoners by providing an approach that involves partner agencies working together and utilises an Integrated Case Management similar to how long term prisoners are managed.
- Data is being collected across all participating sites and will form the basis of a report into the management of short term prisoners.”
- concern about ‘cluttered landscape’ of bodies and targets
- availability of services can be a ‘post code lottery’ – need more guaranteed services across Scotland

Criminal Justice Authorities (CJAs) and other links with Criminal Justice Partners

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8 Written material provided during visit.
• SPS role in challenging/questioning approach of other organisations if SPS staff can see different approaches (with different outcomes) in different localities
• Governor noted that quality of working relationships can vary from one place to another
• Budgets – despite existence of CJAs, can be difficult to get money moved to the area where it will do most use.

Reducing reoffending – crucial elements are family, housing and work.
Alison McInnes MSP’s visit to HMP Addiewell

Key themes and issues raised

- The possibility of a private prison having greater flexibility and scope for a strategic approach than public prisons.
- The impact of the architectural design of HMP Addiewell on population movement and, therefore, access to activities.
- The difficulties of measuring the success of purposeful activities.
- The benefits of peer tutoring.
- The benefits of the computerised prisoner management systems.

Visit programme

The member met with the Director, Audrey Park, and Tony Simpson and toured the following parts of the prison—

- Douglas Wing/induction centre;
- Solas Centre, including the library;
- Academy, including workshops and the education centre.

HMP Addiewell

The prison has been open for four years. As a private prison, one of the key differences is that the Director does not have a prison governor’s authority to discipline prisoners – this is a power held by directors of private prisons in England and Wales. Prison discipline is enforced by 2 Scottish Prison Service staff, the Controllers.

HMP Addiewell holds a maximum of 796, with 700 prisoner level set out in the contract. The prison currently holds 700 prisoners. Of this, 2% are under 21 yrs, 20% 21-24 yrs, 41% 25-34 yrs, 23% 35-44 yrs, 11% 45-54 yrs and 3% 55 yrs and older. As a community prison, 65% come from North and South Lanarkshire and 21% from Lothian and the Borders.

18% of the prison population are on remand, 16% serving sentences of less than 12 months, 36% 12 months to 4 yrs, 20% 4 yrs and longer and 10% serving life or indeterminate sentences.

Purposeful activities

HMP Addiewell’s contract defines purposeful activities as “any structured activity which encourages positive involvement in the prison routine and/or contributes towards successful rehabilitation”. The prison requires SPS permission for an activity to be classed as a purposeful activity (and count towards meeting its contractual target). The prison is not a ‘production’ prison as it was felt that it would be difficult to make a profit and maintain orders.

The prison offers 311 jobs as well as academic, vocational and creative opportunities. There is an activity uptake co-ordinator who monitors participation levels. The prison aims to match interventions with prisoners’ needs and risks and operates individual timetables. Prisoners must be out of their cell for 12 hours a day and 40 hours a week of purposeful activities must be available.
It was pointed out that earnings do act as an incentive to participate but that this incentive is weakened if families put money in prisoners’ prisoner personal cash accounts.

The prison initially used West Lothian College to provide education services but now employs its own teaching staff.

All prisoners have access to purposeful activities, including those on remand. Remand prisoners were described as “quite engaged”.

65% access the academy, approximately 16% prisoners’ families are involved in their integrated case management, since 2011, 22 prisoners have had employment on release and 7 have gone into training, 3,000 plus have gained qualifications.

The prison makes use of peer tutoring; for example, induction seminars are taken by a prisoner. When asked about this, prisoners at the induction meeting said that they felt more comfortable, and better able to trust the information they were being given, if it came from a fellow prisoner.

A prisoner explained how the computerised prisoner management system worked – the system allows prisoners to view their individual timetable, make menu preferences for the canteen, order from the shop, check notices, book visits and their prisoners’ personal cash account statements. It was explained that it is hoped to increase the amount of information prisoners can view.

The academy – classrooms and workshops – were visited. During a visit to the plastering workshop, the Director explained that it is recognised that prisoners will find it difficult to find employment on release so they are offered the skills which they could pursue on their own or do for family/friends. Breaks are provided within classes to break up the long sessions.

Other issues

Working with third sector agencies
The prison tries to take a strategic approach to minimise the confusion a large number of agencies can pose. It works with approximately 12 agencies.

Short term prisoner – throughcare – Bridges Project
All short term prisoners are offered throughcare and 2 officers are jointly funded by West Lothian and Lanarkshire local authorities' social work departments for this purpose.