“We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer.”

Dietrich Bonhoeffer
For forty years Prisons Week has prepared prayer literature to enable the Christian community to pray for the needs of all those affected by prisons. Please pray each day during Prisons Week, but also ask yourself whether there is one thing that you as an individual, or as a church, can do to help any of those people that you are praying for. For more information and for prayers for Prisons Week please visit: prisonsweek.org

The Prisons Week Prayer

Lord, you offer freedom to all people.
We pray for those in prison.
Break the bonds of fear and isolation that exist.
Support with your love prisoners and their families and friends, prison staff and all who care.
Heal those who have been wounded by the actions of others, especially the victims of crime.
Help us to forgive one another, to act justly, love mercy and walk humbly together with Christ in his strength and in his Spirit, now and every day.

Amen
It is all too easy to use the language of ‘others’ – those people who we group as a category such as ‘refugees’ or ‘the homeless’ … or ‘prisoners’. The truth is that every person is unique and created in God’s image – an individual with a name and a story, and created to live in relationship.

Broken relationship is a familiar theme in the stories of women in prison. Furthermore, approximately 50% have experienced some form of abuse in childhood and nearer 60% have been victims of domestic violence.

As the Church of England Bishop for Women’s Prisons I am so grateful for prison staff, chaplains, voluntary groups and organisations who support women in prison and on release and who not only see each woman in a holistic way but also as part of the greater ‘us’ and not ‘them’.

The gospel stories are full of encounters between Jesus Christ and unique individuals as he engages with them out of deep love, expressed in both challenge and compassion and always within the context of their relationship with places and people, who often discover that the encounter impacts their own story.

I hope that the information in these pages will inspire us to pray for all individuals in prison as well as their families, prison staff and all who work in the criminal justice system, and to pray for new and deeper encounters with Jesus Christ. I also pray that these pages will have an impact on our own story such that we might be prompted to reflect on how we can use our voice and resources in response to what we read. May we discover that the struggles faced by individuals in the criminal justice system are ‘our’ problem and not simply the problem of ‘others’.

Rt Revd Rachel Treweek
Bishop of Gloucester and Bishop for Women’s Prisons
London Prisons Mission

There are too many men, women and children in British prisons and they serve longer custodial sentences than our European neighbours. Despite this, reoffending rates remain persistently high. I am convinced that the prison population should be drastically cut and that those people the courts and the public consider essential to detain are held in prisons where the focus is on education, mental and physical health, skills training and rehabilitation. From the first day of custodial sentence all efforts should be concentrated on preparing each person to lead a constructive and law abiding life when they leave prison.

The London Prisons Mission (LPM) is a modest project. At present our volunteers work inside three London prisons and the Immigration Detention Centre at Heathrow. Our purposes are:

• To support and assist the multi-faith Prison Chaplaincy Teams

In the last year we hosted away days at Heathrow. Our purposes are:

To enable volunteers to practise their Christian ministry with a vulnerable and often neglected section of society

Volunteers undertake a wide range of work identified and needed by the Managing Chaplains inside prisons according to their skills and experience. Security clearance is required and appropriate training provided. Activities include supporting teams which respond to inmates at risk; conducting restorative justice programmes; mentoring inmates during crucial pre and post discharge weeks; assisting prisoners with post sentence accommodation arrangements; providing bereavement counselling and administration for family funerals; assisting with literacy and numeracy teaching; assisting in chapel worship; assisting in the production of Story Book Dads for children. Volunteers unable to commit to regular work inside prisons undertake tasks such as letter writing for Prisoners’ Penfriends.

• To inform congregations of churches about prisoners, their families, prison staff, victims of crime and issues concerning the criminal justice system

Our work in support of this purpose has expanded. Volunteers produce and promote this, our fifth, booklet of resource material for Prisons Week. The aim is to encourage and enable ordained and lay church leaders of all denominations to devise interesting services to bring issues concerning penal policies and practices to the attention of diverse congregations. Volunteers have found that books written by Amanda Brown, a Prison Doctor at HMP Bronzefield and Simeon Sturney, Through the Gate Chaplain at Bronzefield, provide clear insight into the lives of women before, during and after their time in prison.*

Volunteers also curate and manage shows of prisoners’ art which we have mounted at several central London churches, attracting visitors not only to see the artworks but to lectures and discussions about crime and punishment.

Since July 2019, LPM volunteers have led research and development on the Safe Homes for Women Leaving Prison initiative, in collaboration with other public, private and voluntary sector agencies. Reports and Recommendations will be presented to Ministers and the Mayor of London outlining changes to policies and practices required to prevent such a shameful situation in future.

Although women and girls (aged 10-18) comprise only 5% of the total prison population, this 2020 Prisons Week booklet concentrates mainly on them. We do not suggest that they are more important than the 95% of men and boys. They all need determined attention and support if they and our society are to gain any benefit from incarceration. But we are convinced that the circumstances which result in the imprisonment of women, their needs while detained, and their requirements if they are to recover in safety on discharge are fundamentally different. We also believe that the scale of the female prison population allows for the changes needed to be achieved.

John Plummer
Coordinator
London Prisons Mission
johnplummer@londonprisonsmission.org

*The Prison Doctor: Women Inside; Dr Amanda Brown
One Mile to Make a Difference: Journeying with Former Prisoners on Their Road to True Freedom; Simeon Sturney
• Across the UK, around **12,000** women are imprisoned each year.

• Rates of **self-harm** amongst women are at the highest level for eight years. Women account for a disproportionate level of self-harm in prison—last year **19%** of all self-harm incidents in prison were by women, despite making up only **5%** of the total prison population.

• More women are sent to prison to serve a sentence for **theft** than for violence against the person, robbery, sexual offences, fraud, drugs, and motoring offences combined.

• **80%** of women in custody have dependents under the age of 18.

• Women in prison are highly likely to be victims as well as offenders. Over half the women in prison report having suffered domestic violence, with **53%** of women reporting having experienced emotional, physical or sexual **abuse** as a child.

• Nearly two in five women (**37%**) leave prison **without settled accommodation**.

• An estimated **17,240** children are **separated** from their mothers by imprisonment every year.

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**Source:** Prison Reform Trust Bromley Briefings Prison Factfile Winter 2019
The most important thing faith communities have to contribute in this area is something we don’t have criminological evidence on, but which could underpin so much of what is well evidenced, and that is an approach to each and every person that presses on in very real and tangible ways to announce, that we are all, in fact, equal souls, all day long. Anon.

**Prisons Week Worship**

**Prayer**

Justice surely hopes that there will be a sense of healing, a chance to see things differently, and a new future for all those affected by crime and imprisonment. To achieve this we need each other, and in particular we need each other’s words of encouragement. This Prisons Week let us pray for all those affected by prison, that we may build a sense of hope in each other that life will in some measure be restored.

“So speak encouraging words to one another. Build up hope so you’ll all be together in this, no one left out, no one left behind.”

1 Thessalonians 5 v11

Father of mercy, the secrets of all hearts are known to you alone. You know who is just and you forgive the unjust. Hear our prayers for those in prison, give them patience and hope in their sufferings, and bring them home again soon.

(Roman Missal)

**Prayers of Intercession**

We pray for those who are in prison. May the light of Christ offer them hope and give them the strength to deal with the situation they are in. May the promise of God’s love and mercy encourage them to turn from a way of darkness to a path of light and life.

Lord in your mercy... hear our prayer.

We pray for those who have been the victims of crime: those who have had their lives changed forever; those who now live in fear because of the actions of others. May their hearts and minds be open to the healing power of God and allow the grace of the Holy Spirit to restore their trust and confidence.

Lord in your mercy... hear our prayer.

We pray for those who work in prisons. May the light of Christ guide all that they do, may they show compassion and understanding to all whom they encounter and be granted the grace and strength to continue their vital work.

Lord in your mercy... hear our prayer.

We pray for the families of those in prison and the families of those who are the victims of crime. May the reconciling power of God’s love bring healing and wholeness to their lives. May the wider community offer support and acceptance to counter feelings of isolation and loneliness.

Lord in your mercy... hear our prayer.

We pray for those who wish to change the direction of their life and those who struggle to break free from the grip of addiction. May they be open to the saving grace of God’s love and recognise that the path of light offers hope and renewal.

Lord in your mercy... hear our prayer.
Prisoners’ Sunday Prayer

Good and Gracious God, you offer the promise of new life:

We pray for those who feel imprisoned by fear and grief as a result of the actions of others
Help them and heal them, we pray

We pray for those who are imprisoned in gaol and cell as a result of their own actions
Help them and heal them, we pray

In your Son you show the way to new life
We pray for all who offer friendship and example to prisoners and their families
Support and encourage them, we pray

We pray for all who struggle to offer a better way to those trapped in cycles of violence
Support and encourage them, we pray

Closing Prayer

Lord Jesus, help us to have the courage to stand in your light, the light that shatters darkness. Open our ears when we do not hear you, deepen our thinking when we do not respond to you, focus our vision when we get distracted from you, open our eyes when we do not see you. In Jesus’ name we pray. Amen.

Revd Penny Seabrook, Vicar, All Saints Fulham

Further prayers

Lord, we hold before you the plight of those who are serving custodial sentences in prisons that are ill equipped to cater for their spiritual, emotional and physical needs. We pray particularly for any who have been traumatised by the restrictions imposed by Covid 19, and for the families who have been unable to visit in the normal way. For the staff who have put their own health at risk, in order to maintain order. For chaplains who have been called upon, to provide pastoral care and a listening ear. For volunteers, who have been unable to help and have worried about the welfare of the prison population. Grant those in authority wisdom and compassion as they allocate scarce resources. Bless those who keep the criminal justice system on the political agenda, and help us, with them, to raise awareness of the need for reform, so that the dignity of all caught up in that system is upheld and honoured. We pray this in the name of Christ, Amen.

Revd Dr Simon Woodman
Bloomsbury Central Baptist Church, London

Father in heaven, you sent your son to bring light into the darkness of our hearts and minds. May His light shine upon the sinner and the prisoner, the sick and the suffering, the poor and the outcast. We commend to your fatherly protection all who need that light today, especially those who are in prison and separated from their families and loved ones. We pray that, following your Son’s command, those who minister to their needs will be enlivened by the power of your Holy Spirit. Bring the light of Christ once more into all their lives, so that they may experience your love for them always. We make this our prayer through you who are God, living and reigning for ever and ever. Amen.

Revd Penny Seabrook
Vicar, All Saints Fulham

No prison cell is so isolated that it can keep the Lord out. He is there with you. He cries with you, works with you, hopes with you. His paternal and maternal love is everywhere.

Pope Francis

Father God,
Jesus urged us to use few words as we pray.
Therefore, may we bless the good we see and draw alongside the outcast. Particularly in our prisons where there is good to see and where outcasts gather. Empower us to be an incarnation of your love. Amen.

Jonathan Green
Development Coordinator,
The Welcome Directory

“There’s no privacy and no silence and I’ve never felt so lonely.”

Gracious Spirit of God, your presence ranges far and wide, and your loving embrace extends to all peoples, and all places, and through all times. So help us enlarge our own participation in the mission to which we have been called. May we find within ourselves a unity of spirit and purpose with the whole great communion of saints. May we be anointed as those who proclaim liberty to the captives. All around us there are those who are held prisoner – some as a result of their own actions, others as a result of the actions of others. Some are physically incarcerated, others are imprisoned by the torment of their own minds and souls. Help us as the Spirit-filled people of God to be those who see restoration where others see vengeance. Help us to be those who see freedom as the goal of every human soul. Help us to not turn away from those who are hidden from us behind bars and walls. Amen.

Revd Dr Simon Woodman
Bloomsbury Central Baptist Church, London
I know I can’t manage life on the street without getting involved with the wrong people again.”

Sometimes when nobody is looking, there are tears in the night.
It hurts to be here, in spite of all the bravado.
Memories come of family, and of shame too, of what led to this in the first place.
There are tears in prison, and threats, temptations and despair.
Gracious God, we pray for prisoners, their families and their victims.
We ask guidance for the governors and warders, probation officers and chaplains.
We pray for policy makers, judges and magistrates. We remember those in prison today, in the love of Christ. We ask you to remember them too.

Revd Dr Brian Haymes (Baptist)

We pray for men and women leaving prison, returning to families that have grown used to their absence and into communities where they can, too easily, be drawn back into the crime network.

We pray for prisoners who have committed sexual offences and who find integration into any employment or voluntary work almost impossible and who often lead lonely lives and find little or no support in rebuilding their lives.

We pray for churches that they may be communities of welcome for ex-offenders who need help with rehabilitation, and may find the gift of hope that comes from Christ.

We do not pray from a position of strength.
We pray for the prisoner knowing that human divisions are false, that this is not the innocent praying for the guilty or the right praying for the wrong but people praying for people, the hurt remembering the hurt, the failure reaching out in love to the failure in a single community reaching out in grace.

Revd Neil Campbell, Chaplain at HMP Dumfries

O God, you rule over your creation with tenderness, offering fresh hope in the midst of the most terrible misery. We pray for our brothers and sisters whose souls are blackened by despair, infusing them with the pure light of your love. As they curse the day they were born and yearn for oblivion, reveal to them the miracle of new birth which shall prepare them for the joys of heaven.

- A prayer adapted from the Book of Dimma (Celtic 7th Century)

Be close with comfort, most gracious God, to all who are cast down and defeated amidst the sorrows and difficulties of the world – and especially to all captives and prisoners: and grant that by the life-giving power of the Holy Spirit, they may be raised up to you with hope and courage, and enabled to continue upon their way rejoicing in your love; through Jesus Christ our Lord.

Revd Roderick Leece, Rector, St George’s Church, Hanover Square, London

Hymns

The Spirit lives to set us free – Damian Lundy
Longing for light, we wait in darkness – Bernadette Farrell
Amazing grace – John Newton
The light of Christ has come in to the world – Donald Fishell
Come to set us free – Bernadette Farrell
And can it be – Charles Wesley
God is working his purpose out – A.C. Ainger
Hail to the Lord’s anointed – James Montgomery
Hark the glad sound – Philip Doddridge
Jesus shall reign – Isaac Watts
Just as I am – Charlotte Elliott
0 for a thousand tongues to sing – Charles Wesley
Songs of praise the angels sing – James Montgomery
Wait for the Lord – Jacques Berthier, Taize Community
Jesus remember me – as above
The Lord is my light – as above

Scripture references/readings

Malachi 4:1-3 (or 3:19-20 depending on the translation) The Day of the Lord is coming
Isaiah 55:6-9 God’s offer of mercy
Psalm 26 (27) The Lord is my light & my salvation
Psalm 102 (103) The Lord is compassion & love
Romans 8:31-39 Nothing can separate us from the love of God in Christ
James 1:2-4.12 Faith and endurance
Matthew 7:7-11 Ask, seek, knock
Luke 18:1-8 Never become discouraged – the parable of the persistent widow
Jeremiah 29:10-14 I will bring you back from exile
Luke 7:36-50 Be generous with forgiveness
Ephesians 2:1-10 By God’s grace are we made alive in Christ
Ephesians 4:1-6 Live a life worthy of the calling you have received
“She told me that her time in prison was the first time she’d been safe at night in bed for seven years. Her stepfather was serving a long sentence for abusing her.” *Prison doctor*

Prayer in Time of Distress

O Lord God, great distress has come upon me; and I do not know what to do. O God, be gracious to me and help me. Give me strength to bear what you send, and do not let fear rule over me; Take a father’s care of those I love, My wife and children. O merciful God, forgive me all the sins that I have committed against you and against my fellow men. I trust in your grace and commit my life wholly into your hands. Do with me according to your will and as is best for me. Whether I live or die, I am with you, and you, my God, are with me. Lord, I wait for your salvation and for your kingdom. Amen

Morning Prayer

O God, early in the morning I cry to you. Help me to pray, and to concentrate my thoughts on you: I cannot do this alone. In me there is darkness, But with you there is light: I am lonely; but with you there is help; I am restless, but with you there is peace. In me there is bitterness, But with you there is patience; I do not understand your ways, But you know the way for me... Restore me to liberty, And enable me so to live now that I may answer before you and before me. Lord, whatever this day may bring, Your name be praised. Amen

Prayer in Fellow Prisoners

O Lord my God, thank you for bringing this day to a close; Thank you for giving me rest in body and soul. Your hand has been over me and has guarded and preserved me. Forgive my lack of faith and any wrong that I have done today, and help me to forgive all who have wronged me. Let me sleep in peace under your protection, and keep me from all temptations of darkness. Into your hands I commend my loved ones and all who dwell in this house; I commend to you my body and soul. O God, your holy name be praised. Amen

Evening Prayer for Fellow Prisoners

O Lord my God, thank you for bringing this day to a close; Thank you for giving me rest in body and soul. Your hand has been over me and has guarded and preserved me. Forgive my lack of faith and any wrong that I have done today, and help me to forgive all who have wronged me. Let me sleep in peace under your protection, and keep me from all temptations of darkness. Into your hands I commend my loved ones and all who dwell in this house; I commend to you my body and soul. O God, your holy name be praised. Amen

Prayers by Bonhoeffer

Pastor of the German Lutheran Church in London from 1932 to 1935, Dietrich Bonhoeffer was an opponent of Hitler and executed in a Nazi concentration camp in 1945.
This is the question the Prison Reform Trust is often asked by people who are either aware that women comprise only 5% of the total UK prison population (so why worry?), or assume that women are in prison for the same reasons as men (so why care?), or both. The answer is that because women are such a small percentage of those in prison they are often overlooked and marginalised in a system geared around men’s offending patterns and circumstances. Yet the profile of women in the criminal justice system, their circumstance and the impacts of imprisonment on them and their families are different from men’s.

Over half of women (53%) in prison report having experienced emotional, physical or sexual abuse as a child, compared to 27% of men. Indeed, women not uncommonly offend as a result of abusive and coercive relationships – for example 48% of women in prison committed their offence to support someone else’s drug use, compared to 22% of men. Research by the Disabilities Trust with 173 women at HMP Drake Hall found 64% had a history indicative of brain injury and for most this was caused by domestic violence. There is extensive academic research establishing that most women who are sent to prison have experienced multiple disadvantage and if they had received more support sooner they may not have ended up behind bars.

These are some of the other striking differences:

- Women are more likely to be imprisoned for a non-violent offence – 82% of prison sentences given to women are for non-violent offences, compared to 67% of men’s. The main category of offence for which women are imprisoned is theft, mainly shoplifting.

- Because women’s offences tend to be less serious they are overwhelmingly given short sentences – 74% of prison sentences given to women in 2019 were for less than 12 months, which is not long enough for any constructive interventions but enough to cause significant and long term harm to women and their children.

- Women in prison are far more likely than men to be primary carers of children. A Ministry of Justice survey found that around 60% of women compared with about 45% of men in prison had children. However women are far more likely to be primary carers so when a mother is imprisoned every aspect of a child’s life may be disrupted, while if a father is imprisoned the children generally stay with their mother.

- Levels of self-harm among women in prison are five times higher than among men. This in part reflects the intense feelings of anxiety, guilt and shame women experience when separated from their children – often for the first time – by imprisonment. This also reflects poor mental health amongst women prior to imprisonment – women are more than twice as likely as men to report having attempted suicide at some point in their life (46% v. 21%) and to suffer from anxiety and depression in prison (49% v. 23%).

- Women on remand account for almost half of the women received into prison and most women remanded do not go on to receive a custodial sentence on conviction. This is particularly true for black, Asian and minority ethnic women.

There has been significant policy progress in the last two years, with publication of the government’s Female Offender strategy in June 2018 and Lord Farmer’s review in 2019. But implementation of all the promises to improve provision of early intervention and community solutions and reduce the use of short prison sentences is proving painfully slow. Despite urging from the Joint Committee on Human Rights, whether or not women have dependent children is still not routinely asked or recorded by criminal justice agencies, and the consequences for children of parental imprisonment is still not assessed by decision makers.

It is a decade since the UK helped negotiate and sign up to the UN Bangkok Rules which commit governments to a better and more holistic response to women in contact with the criminal justice system. We hope that if any good can come from the pandemic it will be a rapid decline in the number of women sent to prison which is now even more clearly a serious health hazard.

Jenny Earle and Emily Evison
Transforming Lives Programme
Prison Reform Trust

“We aim to provide a period of safety and stability, with half decent food and a clean bed for women who have often been abused since infancy. This way we might help them on the path to a better future.” Prison chaplain
1. What percentage of women remanded in custody by a magistrate in 2016 did NOT then receive a custodial sentence?
   a) 40%
   b) 60%
   c) 80%
2. What percentage of women entering prison have committed a non-violent offence?
   a) 40%
   b) 60%
   c) 80%
3. 58% of all women are reconvicted within one year of leaving prison. For those leaving after serving a sentence of less than 12 months does this percentage figure:
   a) Fall to 53%
   b) Rise to 73%
   c) Stay the same
4. Women released from prison are more likely to reoffend, and reoffend sooner, than those serving community sentences. In the light of this the use of community sentences over the last decade:
   a) Halved
   b) Stayed the same
   c) Doubled
5. Women are generally more positive than men about the benefits of purposeful activity in prison in helping them on release. Six weeks after release from custody just over 1 in 10 men are in paid employment. Compared to this the figure for a woman is:
   a) Less than half: 1 in 20
   b) About the same: 1 in 10
   c) Almost double: 1 in 5
6. The difference between rough sleeping and homelessness is that it is possible to be homeless, but not rough sleeping. For example, someone can be homeless if they are staying in temporary accommodation, but they are not rough sleeping as they do have a proper roof over their head at night. Of the 3,500 women released from prison in 2019 how many were sleeping rough on their release?
   a) 75
   b) 100
   c) 175
7. Of the 3,500 women released from prison in 2019 how many were released to homelessness?
   a) 565
   b) 665
   c) 765
8. The term ‘settled accommodation’ refers to secure, medium to long term accommodation. The principal characteristic is that the occupier has security of tenure/residence in their usual accommodation in the medium to long term, or is part of a household whose head holds such security of tenure/residence. Of the 3,500 women released from prison in 2019 how many left prison without settled accommodation?
   a) 930
   b) 1,030
   c) 1,330
9. Family contact can help reduce the risk of reoffending on release. Keeping in touch is often made more difficult by being held in prison many miles away from home. The average distance between a woman in prison and her family is:
   a) 15 miles
   b) 45 miles
   c) 65 miles
10. Based on Department of Transport 2019 data on average traffic speeds on ‘A’ roads at all times of day: assuming that there was no suitable public transport AND assuming that they had the use of a car AND could take time off work/school, what might be the average length of time a round trip would take a family member to visit a woman in prison?
    a) More than 3 hours
    b) More than 4 hours
    c) More than 5 hours

11. Nearly half of women reported needing help with a drug problem on entry to prison but what percentage of all women in prison had committed their offence to support the drug use of someone else?
    a) 38%
    b) 48%
    c) 58%

This quiz is devised from content taken from the Prison Reform Trust Bromley Briefings Prison Factfile Winter 2019 (apart from question 10).
JOURNEYING NOT JUDGING – my role as a through the gate chaplain

Many of the women I see leave prison have no one to greet them; some don’t even know where they are going. Wherever they are going to stay that first night, the likelihood is that it is not going to be very safe. They leave fearful of the future, lonely and in some cases drawn back to a life of addiction and abuse. The regulars have promised too many times that this will be the last – so they are now resigned to returning in a few weeks. Many of them have known horrendous abuse, either before or during chronic addiction and offending behaviour.

Even when the authorities find temporary accommodation not everyone can take advantage of it. ‘Denise’ told me she didn’t want to be offered housing as she knew her boyfriend would take over and move in with all his drug dealing – often referred to as ‘cuckooing’. She felt no one was listening to her as she was still being pressured into accepting accommodation. Some people just need to get back to the familiar – drug use and crashing.

I specialise in working with some of the most chaotic residents in the prison system. On the day of release I meet women in the ‘holding cell’ just prior to their exit. I engage with everyone waiting to be released – I’ll tell them what I do and how I can help them. I’ll also find out what their plans for the day are. Sadly I can see these plans change in an instant, especially when another releasee enters the cell and persuades the first woman to drop her plans and go off with her in pursuit of drugs and ‘friendship’. Weeks of planning and dreams can be dashed in a moment. The new ‘best friend’ is promising to look after the woman and take care of her. My experience tells me this is unlikely to end well.

When all their paperwork is completed, I make my way to the front of the building to greet the women as they walk out through the huge foreboding gate. My role isn’t to challenge or judge but to journey alongside them. I’m there to listen, signpost, encourage and even carry their bags to the train station for them. Sometimes they ask me to pray for them, knowing they need all the help that’s going. Along the route I hear some very sad stories – of broken dreams, child and adult abuse, the loss of children and the separation from family, all hope gone. Some will consume a few cans of alcohol before they get on the train, in order to deaden the reality of what they are going to do in order to get the money to buy the drugs they will be sharing, so they can ‘sleep’ in the drugs den that night. And if they don’t come with money or drugs, then against the ‘sexual favours’ they will have to perform. For this reason I don’t blame them for having a drink or two. I remember asking a ‘homeless’ woman what her greatest need was – expecting her to reply “housing” or “drug rehab”. But she said she wanted more time in formal interviews, with probation, drug workers and housing. She wanted to be able to share her feelings and what was really going on for her. So now I make a real point of listening and respecting what she says as we journey together. In this simple act I’m able to let her know that she is worth every minute of my time and that she can trust me with her thoughts and pain. At the end of our engagement when I’ve walked with someone to the station, I’ll wave her off on the train. It’s then that she’ll thank me for helping her and very often tell me what a difference I have made to her release. I’m of the opinion that if the first hour goes well there is a chance the second and third will also go well and that she might get to her appointments that day.

This specialist support is offered to everyone being released without condition (however I will carry out a ‘dynamic’ risk assessment) and I am paid by the prison as an accredited chaplain to undertake it – highlighting the importance the prison places on the release process and the welfare of the women.

However, I’m not alone and have volunteers who assist me. If you have ever thought of volunteering in prison, please contact your local establishment and see if they need volunteers, or if you attend a church they may know of people who volunteer in a prison and could link you up with them.

Simeon Sturney
Through The Gate Chaplain
HMP & YOI Bronzefield
Author of One Mile to Make a Difference: Journeying with Former Prisoners on Their Road to True Freedom

“When I put No Fixed Abode as the address on a pre-discharge methadone prescription for a woman leaving prison the next day, I have very little hope and expect to see her back inside again soon.” Prison doctor

Labels, HM Prison Send
Organisations working, campaigning and providing services around prisons and the criminal justice system

ADVANCE
Aims to change and save lives, helping women who experience domestic abuse to be safe and take control of their lives and women who have committed crime or are at risk of offending to break the cycle
[advancecharity.org.uk](http://advancecharity.org.uk)

ANAWIM
A women’s centre in Birmingham which provides holistic services for women and their children, including prison in-reach and resettlement and accommodation support
[anawim.co.uk](http://anawim.co.uk)

CARING FOR EX-OFFENDERS
Connects a person coming out of prison with a local church community to assist resettlement
[caringforexoffenders.org](http://caringforexoffenders.org)

CENTRE FOR CRIMINAL JUSTICE STUDIES
Inter-disciplinary criminal justice research and publications, University of Leeds
[law.leeds.ac.uk/research/criminal-justice-studies](http://law.leeds.ac.uk/research/criminal-justice-studies)

CHANGING TUNES
Reducing reoffending through music
[changingtunes.org.uk](http://changingtunes.org.uk)

CHURCHES IN COMMUNITIES
Promoting cooperation between churches and ministries
[cicinternational.org](http://cicinternational.org)

COMMUNITY CHAPLAINCY ASSOCIATION
Works alongside prisoners, ex-prisoners and their families, mentoring within prisons and through the gate
[communitychaplaincy.org.uk](http://communitychaplaincy.org.uk)

THE CONNECTION AT ST MARTIN’S
Helps homeless people in London recover and find housing and work
[connection-at-stmartins.org.uk](http://connection-at-stmartins.org.uk)

FINDING RHYTHMS
Takes music workshops into prisons and uses music to empower prisoners
[finding-rhythms.co.uk](http://finding-rhythms.co.uk)

FINE CELL WORK
Charity which makes beautiful products in British prisons, teaches high quality skills, instills self discipline, fosters hope and encourages independent, crime free lives
[finecellwork.co.uk](http://finecellwork.co.uk)

HIBISCUS
Supports foreign nationals and black, minority ethnic and refugee individuals involved in the criminal justice system in the UK
[hibiscusinitiatives.org.uk](http://hibiscusinitiatives.org.uk)

KOESTLER ARTS
Arts charity which encourages people in the criminal justice system to change their lives by participating in the arts
[koestlerarts.org.uk](http://koestlerarts.org.uk)

HOWARD LEAGUE FOR PENAL REFORM
Campaigns to reduce crime and prison population, as well as extensive data collection and legal services
[howardleague.org](http://howardleague.org)

HOUSING FOR WOMEN
Supports women through affordable housing, helps women and children escaping domestic abuse, survivors of trafficking, women leaving prison and older women
[htw.org.uk](http://htw.org.uk)

INSIDE TIME
Monthly newspaper, written for and largely by prisoners, providing an inside view of the prison system
[insidetime.org](http://insidetime.org)

INQUEST
Inquest is the only charity providing expertise on state related deaths and their investigation
[inquest.org.uk](http://inquest.org.uk)

LANGLEY HOUSE TRUST
Provides resettlement services for ex-offenders
[langleyhousetrust.org](http://langleyhousetrust.org)

LIBERTY CHOIR
A ‘through the gate’ programme of high quality singing and social development
[libertychoir.org](http://libertychoir.org)

NACRO
Social justice charity concerned with changing lives and reducing crime. Supports and advises disadvantaged people including offenders
[nacro.org.uk](http://nacro.org.uk)

ONE SMALL THING
Working with staff in women’s prisons and in the community developing and fostering positive outcomes with an approach called trauma-informed practice
[onesmallthing.org.uk](http://onesmallthing.org.uk)

PRISON ADVICE AND CARE TRUST (PACT)
Provides support to prisoners, people with convictions and their families. Removes barriers and increases awareness in public services
[prisonadvice.org.uk](http://prisonadvice.org.uk)

PRISON REFORM TRUST
Authoritative source of information about prisons and penal policy as well as campaigning to improve prison standards and results
[prisonreformtrust.org.uk](http://prisonreformtrust.org.uk)

PRISONER HOPE
Partnership of prison chaplains and organisations involved with prisoners, former prisoners and their families, providing a weekly prayer for use in churches of all denominations
[prisonhope.org.uk](http://prisonhope.org.uk)

PRISONERS’ PENFRIENDS
Making it possible for volunteers to write safely to prisoners, giving friendship, hope and a reminder of the world outside
[prisonerspenfriends.org](http://prisonerspenfriends.org)

PRISON REFORM TRUST
Advocating the importance of human rights, access to justice, equality and standards for health, safety and welfare in prisons
[prisonreformtrust.org.uk](http://prisonreformtrust.org.uk)

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REVOLVING DOORS AGENCY
Demonstrates effective ways to reform public services to benefit people currently failed by the system, including women leaving prison
revolving-doors.org.uk

SAFE GROUND
A charity using drama to educate prisoners and young people at risk in the community, and so reduce the risk of reoffending and build stronger communities
safeground.org.uk

SOLACE WOMEN’S AID
Works to prevent violence against women and girls and provides services for survivors, including women leaving prison
solacewomensaid.org

SPURGEONS
Christian charity working with children and families in and near to prisons
spurgeons.org

ST GILES TRUST
Works with people facing disadvantages such as homelessness, addiction, severe poverty and offending backgrounds and provides accommodation advice in prisons
stgilestrust.org.uk

ST MUNGO’S
Campaigns to end homelessness and rough sleeping. Provides wide range of homelessness services and support, including accommodation advice services within prisons
mungos.org

STORYBOOK DADS
Helps parents in prison keep in touch with their families through recording bedtime stories and making gifts for their children
storybookdads.org.uk

SYCAMORE TREE
Victim awareness programme that teaches the principles of Restorative Justice
sycamoretree.org.uk

WAY4WARD
Providing interventions to reduce violence and offending behaviour and divert adults and young people from entering the criminal justice system
way4ward.org

WELCOME DIRECTORY
To help faith communities become places where people who leave prison can find acceptance
welcomedirectory.org.uk

WOMEN IN PRISON
A national charity providing specialist support services for women by women
womeninprison.org.uk

WORKING CHANCE
Recruitment agency which specialises in training and assisting ex-offenders into employment
workingchance.org

Images courtesy of Koestler Arts.
Koestler Arts has been unlocking the talent inside the criminal justice system since 1962. All the Koestler Arts artworks in this publication were submitted to the Koestler Awards by women in secure or community justice settings across the UK.