

OUTREACH EDUCATION

What Is It?

If you work in the workshops, did you know that you can still carry on with self improvement through your Basic and Key Skills education?

Well, you can, and on certain days of the week, a teacher is available to help and guide you through one-to-one tuition. You will also be given work to do in your cell.

For further information, contact [REDACTED] or make an application to your workshop instructor.

**Do you have difficulty with your
reading and writing,
or know someone who does?**



Then perhaps
'TOE by TOE'
will help



*It is quick and easy, and only takes about 10 - 15 minutes per day.
So don't miss out, contact your Wing office or [REDACTED] on F Wing.*

For those who are proficient in reading and would like to help fellow prisoners to improve their skills, please contact your Wing office or Trish Barr on F Wing.

SENTENCE/CUSTODY PLANNING

- Over 12 months you will have a sentence plan.
- Under 12 months you will have a custody plan.

TRAVEL WARRANTS

All discharged prisoners can request a travel warrant

LIBRARY

The library here at HMP Manchester is situated on F wing and is available to all prisoners for your leisure and information needs. A branch of Manchester Public Libraries, it is staffed by two Librarians, [REDACTED] and [REDACTED] with the assistance of two library orderlies (prisoners).

The library contains over 12,000 items including novels, information and reference books, spoken word cassette tapes and CDs, CD Roms, titles in large print, books to help develop your reading skills, magazines and newspapers, legal guidance and prisoner information and titles in 21 languages as well as English.

You may reserve books that are not available here; the librarians will try to obtain them from outside libraries. You can borrow 4 books and 2 tapes (or CDs) at a time and keep them for 2 weeks. Library staff can renew books you haven't finished reading, but please remember to return finished books promptly as other people may be waiting to read them.

OPENING TIMES	a.m.	p.m.	eve
Monday		G	A INNER, B, C
Tuesday	K	I, H	Business Club
Wednesday	G, H	K	A outer, H, B
Thursday		G, H	A inner, D, C
Friday	G, K	H, I	A outer, B, D

Officers shout 'Library' on these Wings.

Put in an application if you are having trouble getting to the Library.

E WING INNER	Library on the wing, librarian visits.
E WING OUTER	Saturday morning
HCC	Library on the wing. Librarian visits

DID YOU KNOW?

We are running a project here in the library for people who would like to start their own business. We have books and information to help, a monthly business club, and a Tuesday evening library session for Business Planning. If you are interested in starting your own business and want to find out more get in touch with US in the library.

A PLEA FROM THE LIBRARY!

If you have library books in your pad that are not yours **PLEASE** return them. We have hundreds and thousands of missing books.

HAPPY READING!



HIV AND AIDS

Human Immunodeficiency Virus

H.I.V. is a virus that can destroy the bodies defence system so that it can no longer fight infections. As yet, there is no vaccine that can protect you against it. Worldwide, the most common way of becoming infected is by unprotected sex.

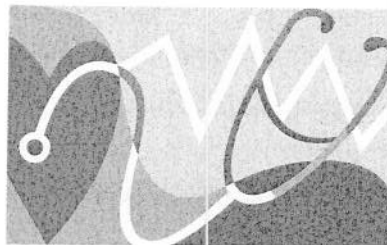
Other ways of infection include:

- The sharing of needles, syringes or other drug injecting equipment such as spoons and filters.
- By having vaginal or anal sex with someone who has H.I.V.
- Infected blood transfusions or medical equipment used abroad, which is not sterile.
- Skin piercing, tattooing or electrolysis.

Indeed, anything that pierces the skin can pass on H.I.V. or other infections if the equipment is not sterile.

H.I.V. can develop into A.I.D.S. (Acquired Immune Deficiency Syndrome)

This will affect your body's ability to fight off any infections: for example - mouth ulcers, chest infections, skin cancers and many others which, eventually, may lead to death.



Avoid the above by:

- Practising safer sex
- Using a condom
- Avoiding rimming
- Using needle exchanges for clean needles, filters and syringes
- Not sharing drug injecting equipment, including spoons
- Always use a reputable establishment for body piercing or tattooing

POINTS OF CONTACT

If you are worried or just want more information about H.I.V. or A.I.D.S. please contact any of the following:

- Health Care Centre
- Chaplaincy
- Listeners
- Officers
- Outreach
- Probation
- Samaritans
- CARATS Team



HEPATITIS A

What is hepatitis A?

It is an infectious disease caused by a virus (germ). It is called Infectious Hepatitis, Infective Jaundice or Catarrhal Jaundice.

How do I get it?

The virus is present in the stools (bowel motions) of someone who is infected. It can get on your hands after going to the toilet if you don't wash your hands properly.

How can I get help?

If you're still worried that you or someone in your family has Hepatitis A you should contact your doctor.

MRSA

What is MRSA?

It is a germ that causes a number of common infections including boils. It can also cause serious infections like pneumonia.

How do you catch this?

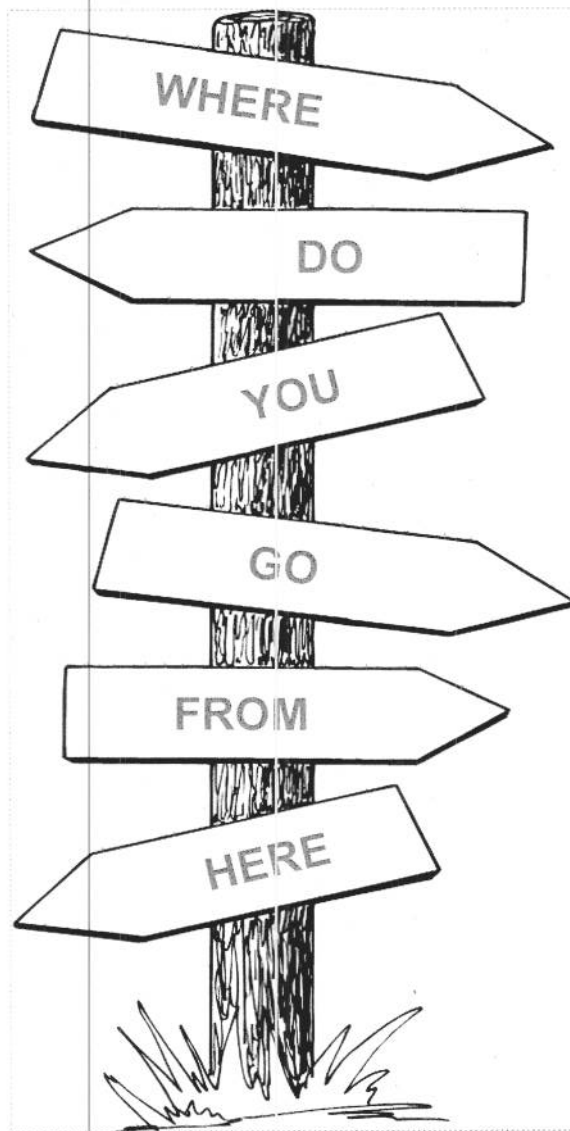
Usually by having direct contact with the skin of someone who is infected or from the hands of a person who has been treating a person with MRSA. Sometimes it can be passed by using, for example the towel of a person with the infection.

How do I know if I have got it?

The germ may be spread around the body or confined to one or two areas.

How is it treated?

If the person is infected it is unlikely that they will receive treatment, it is more likely that the germ will make its own way out of the body. However, if the patient is housed in a hospital they will receive treatment.



WHAT NEXT?

After finishing your induction on G Wing it will be time to move on. Many factors affect this like your status (remand or convicted) and sometimes your security category.

On the whole, most prisoners move onto K Wing and are then allocated a wing from there. If you are a remand or trial prisoner it is likely you will remain on K wing for a while. If you are convicted you will be moved to a working wing on the bottom prison (or main jail as it is known) with different wings taking different prisoners. Below is a short explanation of which wings you could be allocated to.

A WING

Takes prisoners who request "own protection" e.g. people who feel threatened or un-safe on general location.

B WING DFU (Drug-Free Unit)

Here Manchester operates a voluntary testing procedure. Allocation to this wing is by application and interview by B wing staff. They take a ratio of 50% non drug users, 25% intermittent users and 25% prolific users (who have undergone de-tox and wish to stay off drugs).

C WING

This wing is mainly used for housing life sentenced prisoners but will also accept those sentenced to over 12 months who are willing to work.

D WING

This wing accepts all convicted prisoners who are willing to work no matter what their sentence.

E WING INNER (Cat' A' unit)

This is the category 'A' unit where category 'A' and 'E' list (Escape listed) prisoners are housed.

E WING OUTER V.P. (vulnerable prisoners)

This unit is mainly for prisoners who require protection due to the nature of their offence.

H & I WINGS - Drug Treatment Unit (D.T.U)

H and I Wings are the de-tox group work units at HMP Manchester. They are voluntary units. Firstly you must have a drug problem i.e. alcohol, heroin, crack etc. You will be housed on I Wing whilst undergoing your chemical de-tox, where you will be seen by a doctor and the de-tox nursing team. They will complete a full assessment of your problem. You must have given a positive urine sample in the reception area, because that urine screen will become your base line sample.

On interview, the de-tox team will establish your full drug history and the doctor will perform a medical assessment, which will determine which de-tox programme you will undergo. All this information is treated in the strictest of confidence.

If you get caught trying to hide your medication by pretending to swallow it or by palming it, your prescription will be stopped and you will be removed from the wing.

When you have successfully completed your de-tox, you will be moved to H wing where you will take part in the group work programme. Once you have completed the programme you can then apply to the B wing Voluntary Testing Unit.

The group work on H wing covers a variety of subjects and you will be paid whilst taking part in the programme, you will also have a voluntary urine test at least once a week.

If you are found positive you will be placed on DTU for 7 days, with loss of T.V. and afternoon association.

You will also take part in an interview with the wing Senior Officer or Principal Officer. Should you be found to be positive again you may be placed on a basic regime.

USEFUL TELEPHONE NUMBERS

Did you know that all prisoners also have access
to the following telephone numbers?

There is no need to register them.

Samaritans	0161 236 8000
Terrence Higgins Trust	020 7242 1010
National Aids Helpline	0800 567 123
Aids Treatment Project Phone line	0645 47 00 47
Crimestoppers	0800 555 111
National Drugs Helpline	0800 77 66 00
Commission for Racial Equality	020 7828 7022
Prisons Ombudsman	020 7035 2876
Prison Reform Trust	020 7251 5070
Criminal Cases Review Commission	0121 633 1800
Alcoholics Anonymous	01904 644 026
NSPCC Child Protection Helpline	0800 500 500
Customs Drug Freephone	0800 595 000
Customs Alcohol & Tobacco Freephone	0800 901 901
Saneline	0345 678 000
NACRO Resettlement & Advice Service	0800 0181 259
Shelterline	0800 800 4444
Learning Direct	0800 100 900

Interventions Unit

HMP Manchester delivers Offending Behaviour Programmes to aid offenders in addressing their previous individual offending behaviour. Offending Behaviour Programmes that are delivered at HMP Manchester's interventions unit are:

Thinking Skills Programme – TSP

3 Modules – Self Control – Problem Solving – Positive Relationships

Approximately – 6 weeks

Who is it aimed at? – TSP targets male and female offenders age 18 years and over who are medium risk of re offending and above, and are assessed as having the treatment needs that the programme addresses

Healthy Relationships Programme – HRP (High and Moderate)

Moderate HRP

6 Modules – Motivational Enhancement – Awareness and Education – Managing thoughts and Emotions related to abuse – Social Skills – Relapse Prevention and Risk Management Life on the Outside – Healthy Relationships

Approximately – 6 weeks

Who is it aimed at? – Offenders who have a history of conducting domestic violence

High HRP

10 Modules – Motivational Enhancement – Awareness and Education – Cultural Issues – Autobiography – Thinking Skills – Managing Emotions – Social Skills – Parenting – Relapse Prevention and Risk Management “Life on the Outside” - Healthy Relationships

Approximately – 4½ months

Who is it aimed at? – Offenders who have a previous conviction for domestic violence?

Sex Offender Treatment Programme – SOTP (Core and Becoming New Me)

SOTP Core

20 Modules – Establishing the Group - Understanding Offence related thinking - Coping Strategies - My History - Active Accounts – Fantasy - Patterns in my offending - Feedback & Goal Setting - Costs & Gains of

Offending - Old Me - Re-visiting TNA and the write up of grids - Victim Empathy - Victim Perspective Narratives - Victim Perspective Role-plays - Victim Letters - Getting to Future Me - Future Me Alternatives to Offending - Future Me Role-plays - Future Me Collages - Ending

Approximately – 6 Months

Who is it aimed at? – Offenders who have been convicted of a sexually motivated offence

SOTP Becoming New Me

12 Modules – Getting Going - New Me - New Me & Sex - My Feelings - Making It Okay - My Risky Things - Old Me vs. New Me & Offending - Individual Review Sessions - Other People's Feelings - What My Offending Does to Victims - New Me Coping - New Me Planning for the Future

Approximately – 6 Months

Who is it aimed at? – This programme is aimed at the same type of offender as SOTP but has been adapted to cater for offenders who have low cognitive and social functioning

Control of Violence for Angry Impulsive Drinkers (COVAID)

10 Modules – Assessment and Introduction - Explaining Drunken Aggression - Reducing the chances of violence - Managing Anger and Stress - Alerting Triggers - Weakening Beliefs - High Risk Situations - Problem Solving - Coping with Moods and Emotions - Synthesis and Evaluation

Approximately – 3 Weeks

Who is it aimed at? – Offenders who have been convicted of a violent crime conducted whilst under the influence of Alcohol. COVAID is not aimed at offenders who have a dependency on Alcohol

Attending these programmes and addressing your individual offending behaviour can have a positive impact on an offender gaining parole.



Further information can be gained from your allocated Offender Supervisor.



Revised January 2012