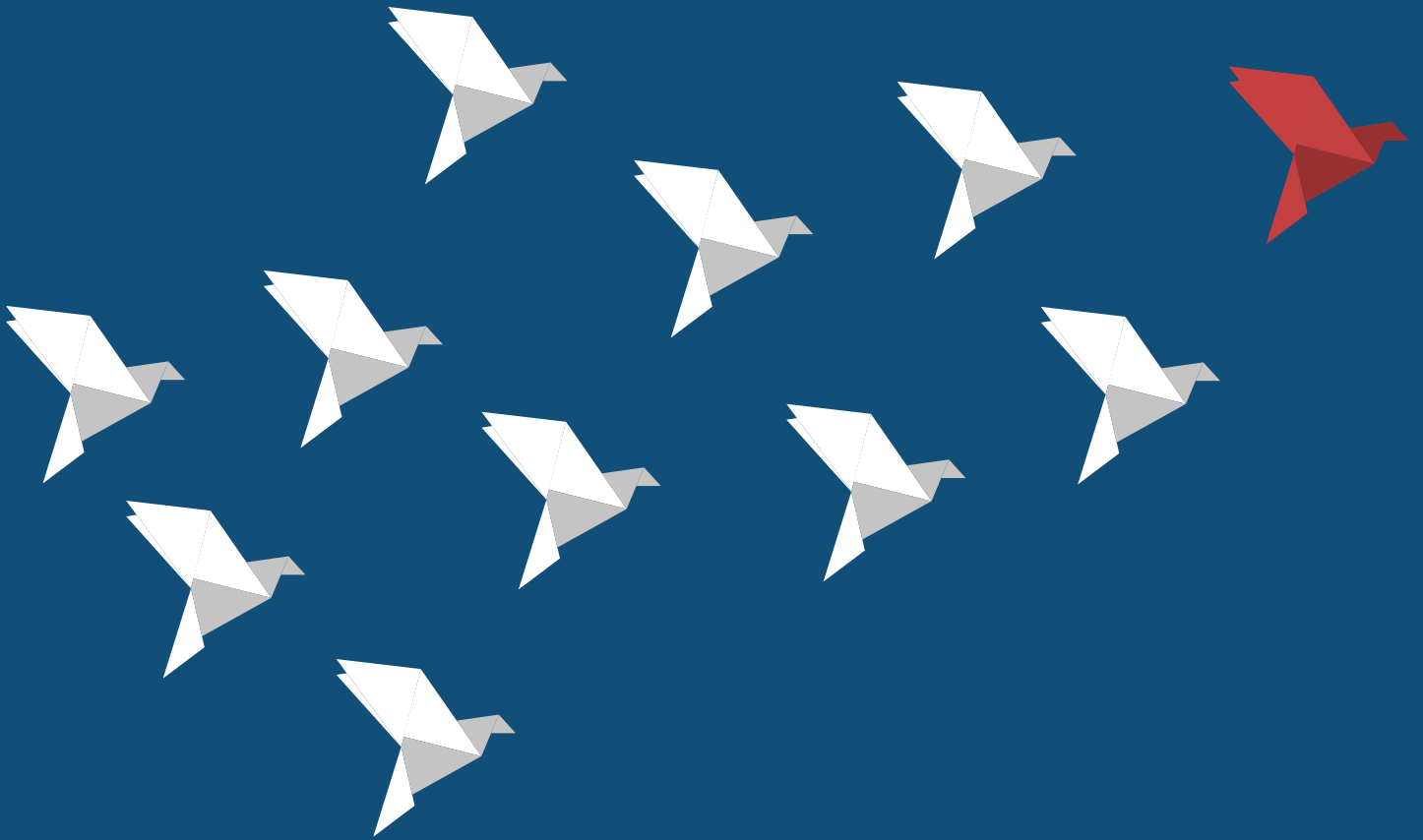


# Your Guide To The Male Estate



**LEADERS  
UNLOCKED**

**Blagrove.**  
investing in  
young people



HM Prison &  
Probation Service



THE ELLIS CAMPBELL  
FOUNDATION

**YOUNG  
JUSTICE  
ADVISORS**



# Contents.

<b>04</b>	<b>Who? What? Why?</b>	<b>20</b>	<b>Rom's experience</b>
<b>06</b>	<b>Introduction</b>	<b>21</b>	<b>Categories, Roles and Rankings</b>
<b>07</b>	<b>Day 1</b>	<b>23</b>	<b>Careers, Aspirations and jobs in prison</b>
<b>08</b>	<b>Arriving at prison</b>	<b>24</b>	<b>Kojo's experience</b>
<b>13</b>	<b>Joe's experience</b>	<b>25</b>	<b>Questions for you</b>
<b>14</b>	<b>Regime</b>	<b>26</b>	<b>Advice</b>
<b>15</b>	<b>Need to knows</b>	<b>27</b>	<b>Patrick's experience</b>
<b>19</b>	<b>Parcels and post</b>	<b>28</b>	<b>Supportive agencies</b>

# Who? What? Why?

## Who are the Young Justice Advisors?

The Young Justice Advisors is a project, created for 18-30-year-olds, to allow young adults in the Justice System to have a voice. The group has worked with HMPPS, The Ministry of Justice, and over 800 young adults! The group aims to provide a safe space and reform policy using real experiences of young adults to influence change.

## What is this guide for?

This guide is for boys and young men moving into the adult male prison estate for the first time. This guide will hopefully be a go-to for you whenever you feel like you may need extra support or information.

## Why did we create this?

This guide was created to help you through your move from youth custody to adult custody. After doing some research and carrying out interviews with boys, we noticed a lack of information and support through this experience and that everyone's experiences are different. We agreed that the guide needed to be accessible, informative, reliable and relevant. This guide has been created with HMPPS Young Adults Team and the YCS Transitions Central Management Team.



Remember  
your  
experiences  
are your  
superpowers!

“

We want to be the voice  
for all young adults who  
want to be heard.

# Introduction.

## Who are the Young Justice Advisors?

This guide has been created by young adults who have experienced transitions from the youth custody estate to the adult prison estate. This has been made in partnership with HMPPS (His Majesty's Prison and Probation Service) who know this is an area where there needs to be more support and are working hard to make it better so young people can have a more positive experience. It's filled with real life experiences of people who have either made the same

journey as you or have had experiences of the adult male prison estate. Not only is it filled with their experiences, but it has been written by them too.

We wanted this guide to show you the journey you will be going on when moving from the youth custody estate into the adult prison estate and to give you some insight and knowledge to prepare you for how it should be.

## How you might be feeling:



**Curious**



**Angry**



**Worried**



**Relieved**



**Lost**



**Hopeful**



**Alone**

They are all valid feelings and you may experience one or you may experience them all but it's what we do with them that is the starting point of the next step of your journey. Throughout this journey try to use the help available when you need it. This is also a time of discovery for yourself, you will learn things about yourself you never knew before by being in a new environment.

Most importantly remember this is your journey. Where do you want your journey to take you? Set yourself goals to achieve along your journey in prison. You can improve and empower yourself everyday, whether reading is your thing, fitness or maybe you want to explore education. You can achieve whatever you put your mind to!

# Day 1.

**Arrive at the prison**

**Go through reception to be processed through. Your property will be sorted and gone through with you.**

**Any initial questions you have can be asked, you will receive a very brief introduction to the prison.**

**You will be given your necessities and some food, then shown your new cell.**

**The next day (if it is not a weekend), your induction process will start. This includes everything from your education and employment, to your gym induction.**

# Arriving at the prison.

Things might feel strange and different but remember you are around people who probably feel the same, you are not alone.

## Reception

- You will arrive at the prison in a vehicle, where the vehicle will be searched and a head count will be taken. Depending on the time you arrive, the length of time taken from the vehicle to reception can vary.
- Staff will then take you to the reception, also be aware this process can feel quite rushed.
- You will then be taken to the main desk, where your name will be taken and you will be informed of the reception process.
- After this you will be taken to wait in a holding cell. This can take a long period of time and may not feel very individual. This is due to staff completing other duties between completing your reception process and is not in any way to punish or make you feel more stressed.
- You will then be taken for a full search by an officer of the same sex as you and it will be conducted with respect. During the search you will not be touched in anyway. You will be asked to remove each item of clothing and hand it to the staff who search it then hand it back to you.
- You will NEVER be fully naked, only your top half then bottom half and you are NOT touched.
- The next step will have a nurse or and a doctor see you for a health screening and any medication you may need.



# Arriving at the prison.

- An officer will then complete relevant paperwork, explain rules and sort through your personal property. You'll be given clothes if needed, bedding, cutlery and a choice between a 'vaping kit' or 'emergency food canteen'.
- You should also receive a meal while you are waiting in reception.
- The next step will be your photo being taken for your new ID card.
- You'll be given the opportunity to use the phone to contact a family member or close friend. You will also be introduced to your peer support workers like, listeners, transitions reps, wing reps.
- Finally you'll be taken over to the first nights/induction wing and shown your cell. Once roll check is complete you will be locked up overnight till the morning when induction commences. This will be the perfect opportunity to ask further questions.

## What you are entitled to

The prison will provide you with:

Bedding  
Cutlery (Plastic)  
A Bowl (Plastic)  
Mug (Plastic)  
Plate (Plastic)  
Tooth Brush  
Toothpaste  
Kettle  
Tracksuit Bottom  
Tracksuit Jumper  
T-Shirt  
Towel  
Boxer Shorts

66

**If you feel lost, confused or just need advice don't be afraid to ask any questions.**

# EMPLOYMENT

If education is not something you are looking for, you would like to take a more practical approach to work - there are companies that employ adults who have been to prison. There are also a few recruitment agencies working with people who may have a criminal record.

## Induction

Induction is the first time you are introduced to the prison. It is a chance to meet the staff and other prisoners. You will be given information about the prison and what to expect. It is a chance to ask questions and get advice.

# Joe.

**My journey first began when I was transferred from HMYOI Wetherby on my 18th birthday. I thought to myself “just my luck - sat on a prison bus for my birthday!” I was in Wetherby for just over a year and that’s where I started my 9-year sentence. I had an ‘up and down’ behaviour pattern in Wetherby when I was first sentenced, but my behaviour changed when I got settled in.**

My view of how it was going to be was completely wrong. It was relaxed, but the neverending countryside made me feel like we were driving round in circles. I was checked on a lot by the staff and asked if I was ok. It was around two o'clock when I got a sudden feeling of anxiety as we arrived at the gates of HMP Deerbolt. Then, the bus began to move very slowly, and I heard a sound as if someone was dragging a rake across concrete. I looked out the small window and it was the gates to Deerbolt opening. Then the bus became dark like we were entering a tunnel.

I stepped off the bus with my property and escorted into reception where an officer greeted me. She made me feel welcome as she processed my property. Everything I had in Wetherby came with me but I had, for example, seventy photos - I was allowed twenty of the seventy, and photocopied.

An officer met me, and he showed me to the induction room. We went through some paperwork, and he introduced himself. There was a lot of questions for me to answer and a lot for him to tell me. The questions were regarding health, concerns, feelings of being here, sexuality and safety. He started to explain things about the wing, cells, work, and healthcare. He said everything will be explained in more detail tomorrow. He then showed me to my cell and said this is where I'll stay for a couple of days.

The second day of induction was where everything was explained to me in more detail. This time, there were other people in the room who came in around the same time. At the end of the talk, we were all given a booklet telling us everything about Deerbolt, with visits and pin apps.

I started to go to English part time until I could get a full-time job somewhere which meant I would be out of my cell for the best part of the day. When I got a full-time job off the wing, that's when my time began to move faster, and my days were more practical with something to do.

I take pride in my work, and I have a motive - do a good job or don't do it at all. I volunteer to do extra jobs to keep me motivated and busy. This is the start of a long journey where I will achieve things on the way that will help me in the future. I've just completed an open university course in science and health and have put in for the next course towards an honours degree in health science. This year hopefully I will become a listener. I have also just been given the healthcare champion role which is a role that supports people in prison around health needs and someone a prisoner can talk to and raise concerns.

# Regime.

This is what a core day could look like in an adult male prison. Also remember to note that each prison is different, so days, times and session lengths will all vary from prison to prison.

## Morning

**08:00** - Unlocked for morning activity, education, medication, agency appointments, induction and key work.

**11:30** - Return to the wing for lunch and medication.

**12:30** - Lock up for lunch.

## Afternoon

**13:30** - Unlocked for afternoon activity, education, medication and visits.

**16:30** - Return to wing for evening meals and medication.

**17:30** - Lock up for evening roll check.

Times and activities will vary depending on establishment but the minimum level of regime which must be adhered to is above.

# Need to knows.



## IEP

Each person is set a level within the prison based upon their behaviour. This is called your Incentive and Earned Privileges (IEP). There are three levels of IEP:

**Basic:** Poor behaviour/non-compliance will lead to basic IEP which gives you the lowest level of entitlements, regime, spends for canteen, and time out of cell.

**Standard:** This is the entry level IEP and given to all people who follow prison rules. This means you are entitled to the full regime, spends for canteen and time out of cell.

**Enhanced:** This level is for going above and beyond the standard behaviour required. You would be given more time out of cell, more spends for canteen, visits and in some prisons access to different regime and wings/houseblock's offering more entitlements such as on unit gyms and kitchens.

## Adjudications

An adjudication is a legal process carried out with a Governor and sometimes depending on severity with an external Judge for breach of rules and regulations. Awards are given if proven guilty during an adjudication giving you a punishment. These can range from segregation to loss of privileges such as canteen, tv or spends. If you are to receive a punishment from a Judge this includes all of the above but also the potential of additional days on your sentence.

## Some things that can go on your file

Negative IEP

Positive IEP

Comments about your behaviour

Warnings

Adjudications

Any specific needs you may have

## Canteen

Canteen days are once a week, this is where you can order toiletries, better food, vaping equipment, bedding and pin credit to make calls. Your IEP level will determine the amount of money you can spend and certain items you are able to purchase:

**Standard £15.50**

**Enhanced £25.50**

If you are standard status you can spend £15.50 of your own money that you have sent in, plus any additional money you earn from employment or education.

If you are enhanced status you can spend £25.50 of your own money that you have sent in, plus any additional money you earn from employment or education.

## Ordering your meals

Meals are ordered a week in advance via either paperwork or electronically. Paper format will need to be handed usually to a designated menu orderly who will collate. You get to choose from a variety of lunch and tea meals each day catering for all dietary requirements. These meals are then collected from the servery/hotplate at points during the day for you to eat in shared areas or in your cell.



# Need to knows.



## Visits

**Social visits:** During a social visit you will be allowed to spend time face to face with family and friends. You will be able to have a hello and goodbye hug during this visit, but contact is limited to this. This will be in a designated room where a small number of other men will be having a similar visit.

**Family visit:** A family visit is a private visit with your family where you can engage and play with your children more than in a standard social visit. There will be no other visitors in the room during your family visit. This is not a standard visit and will need to be applied for through staff.

**Legal visit:** A legal visit is from a legal representative to help with any legal issues you may have. This type of visit can include any community support workers you may have engaged with prior to custody too such as YOT, care teams and social services including many more.

## Laundry

You should be introduced to the laundry worker. This will be the person you give your clothes to wash. There will be a set day where you will be able to use the laundry.

## Applications

Applications come in many formats depending on the jail, some even electronically, but these are a method of requesting contact with any agency or basic equipment on your residential unit. They are submitted to a designated person or member of staff who log the application and returned to you with an answer or appointment depending on request.

## Complaints

Complaints are a confidential way of raising issues to the correct source or manager. You simply fill in a complaint form and post in a designated box which is emptied daily Monday to Friday. All complaints will receive a response within 7 days unless directed to somewhere else, but you will be informed of this. IMB (Independent Monitoring Board) forms/complaints are submitted in the same way and only seen by the IMB staff. IMB is completely separate from the prison, they are their own organisation and make sure that prisons are held accountable. These are generally raised to senior management if necessary and appropriate and a member of the IMB regularly comes and sees you regarding your complaint but not always.

## Inside OMU (Offender Management Unit)

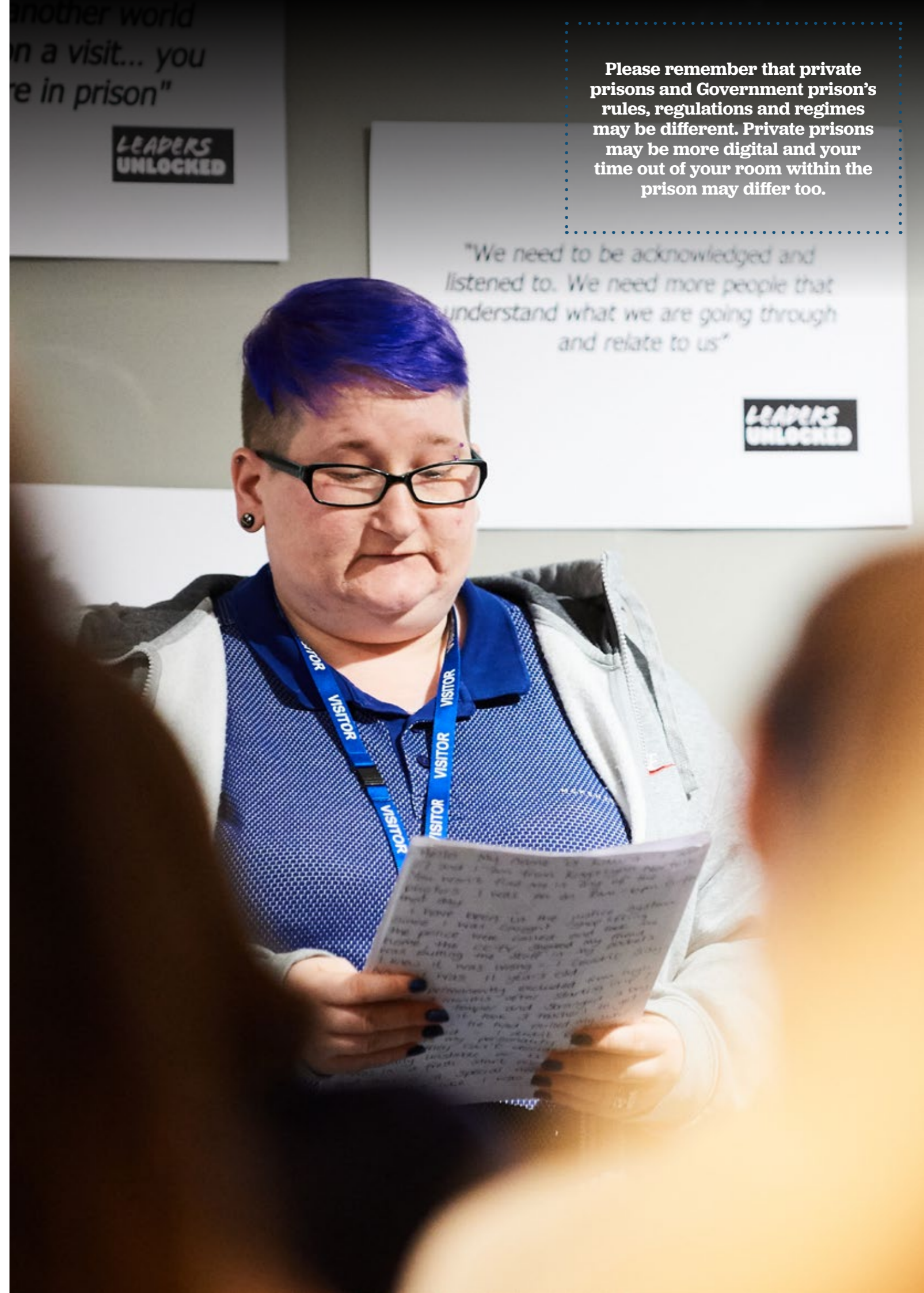
Your POM (Prisoner Offender Manager) can help you contact your outside probation worker to start building a relationship and a better understanding of you. They will also help to create a sentence plan. Your POM writes your OASys (Offender Assessment System) report, which is a generalised report and score that determines your level of risk and harm within the establishment and to the public, as well as your security category (Cat A,B,C,D). They are there to help and support you through the sentence as the report works in tandem with your sentence plan. They can help you apply for ROTLs or any day releases to maintain family ties.

## PPE (Personal Protection Equipment)

Use of Force is a last resort and will only be used if all other methods fail first. This applies to PPE each member of staff carries, cuffs, parva and batons. Staff are trained to deal with all incidents without using their PPE or force.

Please remember that private prisons and Government prison's rules, regulations and regimes may be different. Private prisons may be more digital and your time out of your room within the prison may differ too.

"We need to be acknowledged and listened to. We need more people that understand what we are going through and relate to us"



# Need to know.



## Searches

You will experience searches at different times throughout your time in custody, there are different types. Searches are in place to help keep you, other people and staff safe.

### Searching levels and times of use

A **full** search is where you will be asked to remove items of clothing, you will NEVER be fully naked, only your top half then bottom half and you are NOT touched. These searches are completed:

1. At reception.
2. Potentially after a social visit.
3. Before exiting the establishment and after returning to the establishment from any external place.
4. Prior to a cell search.
5. When being located in the segregation unit.

A **level B rub down** search is where you are fully clothed and is the same search staff and visitors get. These searches are completed:

1. Before/after attending work or activities.
2. Before/after gym or exercise.
3. Before/after to adjudications in segregation.
4. Before/after social and legal visits.

## Cell Searches

From time to time you may experience a cell search or 'sweep'. Every cell search includes a full search of you. These searches are done routinely or if there is intelligence about you, or you are at risk of harming yourself or others.

# Parcels & post.



If your family and friends want to send items or clothing to you there are limitations to what you can and can't have due to security risks.

Many prisons do not allow cash to be sent in, services like secure online payments or postal orders and checks are the best and safest way to send money. Always make sure your full name, the prison's full address and your prison number are stated and visible.

Family and friends can send in parcels through the post. There are a limited amount of items that can be sent through post. Each prison should have a list of what you can and cannot send through the post.

## Allowed

- Reading books, puzzle books, sketch pads, notepads and paper.
- Pre-stamped addressed envelopes for you to reply.
- Photos are allowed (some prisons may take photocopies and keep originals for security reasons) your family and friends can send photos directly from the free prints website addressed to the prison.

## Not Allowed

- Aerosol
- Aftershave /perfume
- No copied CDs and DVDs
- No liquid products
- No hooded jumpers
- No inappropriate pictures

Many prisons vary and rules can be different so it is always best to ask if you are unsure.

# Rom.



**Getting caught up in the prison system was both unfortunate and a blessing. I was in an incident that involved me being racially attacked and in retaliation at the time it felt like the right thing to do. I wouldn't say for me I found a particular thing that was helpful but rather some small different things that helped me get through.**

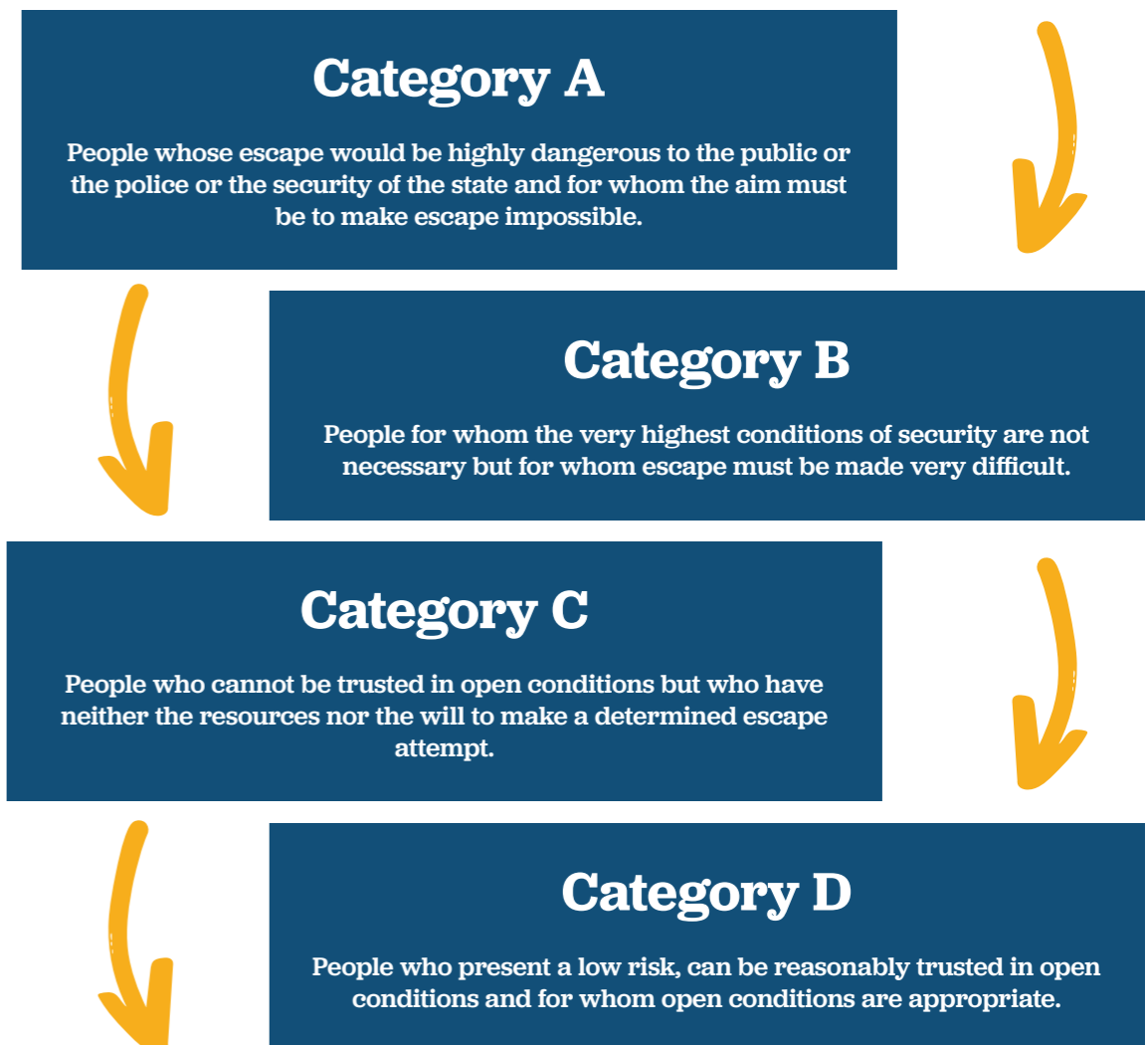
Things like going to the library to expand my knowledge and read and find new interests in philosophy. I also went to the gym when I could to help release any negative energy I was carrying and just found things that I looked forward to doing.

The connection and support that I had from my family and partner at the time helped, positive people in your life inside or out is helpful. I wanted to come home and use my experiences to help other people like myself. Your days will be filled with a lot of repetition so expectations may be lowered and things that were once small may bring you pleasure. This is why it is good to continue to do the things that kept your mental health in check whilst you were inside when you are home. It will allow you to adapt and transition back into a new routine and environment and help ease your transition.

# Categories, roles & rankings.

What is categorisation? Once you have been convicted, you will be given a security category. The purpose of categorisation is to assess the risk you pose. The likelihood of you escaping or absconding, the risk of harm to the public if you did escape or abscond and any control issues you may present which would have an impact on the security and good order of the prison and the people in it.

- Governor
- Deputy governor
- Keyworker
- PO - Prison Officer
- SO - Supervising Officer
- CM - Custodial Manager





# Careers & Aspirations.

Each prison offers many different paid jobs, depending on the type of establishment but a core list is below:

- Kitchens
- Gardens
- Waste management
- Workshops – These are many and depend on prison.
- Education
- Wing workers – painters, cleaners, handyman, servery.
- Gym orderlies

Do you have goals? Would you like to further your education? Maybe working is more of an interest to you?

#### Have you thought about your career path?

- Who are you?
- Who do you want to be?
- What are your strengths, interests and goals?
- What is your dream job?
- Do you know what you will need or what to do to succeed?
- Do you have a CV and a cover letter?

#### Employment Hub

The prison should have an employment hub or careers service, they can help you with many things like ways to prepare for education and employment, point you in the right direction you need to reach your goals like making a cv or helping you gain the qualifications you need.

#### Always Remember

- You can do whatever you set your mind to.
- If you fail just try again practice makes perfect.
- Every accomplishment starts with the decision to try.
- Don't give up.
- Constructive criticism isn't negative, learn from your mistakes to help you grow.



**Something I found helpful was outside organisations. For example leaders unlocked is an organisation I met in prison, and they helped me so much.**

They gave us young adults a voice in the prison. My motivation to stay on a positive path was family and for myself. I don't want to waste any more years of my life in prison. I don't want to put my mother and family through anymore heartache, because you're not the only one suffering when you do time in prison. I also want more for my life. I want to be able to fly out of the country when I want to, I want to be able to do what I want when I want.

My advice for someone leaving prison is to be prepared to go through some days where you feel lost or stuck. It's about pushing through those days because better days are ahead so long as you don't go back to old ways. Things may take a bit longer than you're used to, you may have to survive off peanuts for some time but it will always get better as long as you do not give up and continue to put in the effort to forward your life. Whether it be finding a job or an apprenticeship.

# Questions for you.



Here are a few questions to get you thinking about what you want to do and who you want to be. You can think about these by yourself or with your key worker.

**What's one thing you have achieved that you are proud of?**

**What are your interests?**

**Who do you want to be?**

**What are your strengths?**

**What is one step you can take now to move closer to your dreams?**

**How can you make the most of your time in prison?**

# Advice.



**Advice from people who have been on the same journey as you**

**Find work or education as soon as possible to use your time positively, don't waste time.**

**Remember to believe in yourself, no matter what.**

**Try to use your experiences to help other people.**

**If you have to redo education, or start a job from the bottom, go for it.**

**If you enjoyed reading or studying then keep it up.**

**If you have survived what you have already been through, then you can do anything.**

If you are ever in search of advice, information, support or just a chat there will always be someone willing to listen to you - from your peers, to designated mentors and staff from inside and outside organisations, so never be afraid to ask.

**Always try to push forward. If you ever feel overwhelmed, try and talk to someone, or doing an activity you know you enjoy.**

**If you enjoy working out then continue to do so, its a great way to release stress.**

**If it doesn't involve you stay out of it, stay away from it and ignore it. You are your number one focus!**

# Patrick.



**Although I had a difficult upbringing, in my late adolescent years I was an aspiring and law-abiding student in fulltime work. I had also completed voluntary work for The Prince's Trust.**

I earned my main source of income as a 'frontline door supervisor' - or as it's more commonly known as - a 'bouncer'. I worked in this position for around 3-4 years. I could fill up a book with my feelings towards the security industry, but in a nutshell, I and my colleagues would experience significant amounts of physical and verbal abuse (often racial abuse if you happened to be from the BAME community like myself) with very little support.

After an incident occurred on an evening on the job, I was sentenced to 18 months. I used the time wisely. That's 1 and a half years of my life completing a foundation degree and building my career with the looming presence of a prison sentence hanging over my head. When you are inside, you do whatever you have to do to survive. I am not naïve to that; the situation. I got a job fast in something I knew would develop my skills. I became an education mentor, and taught other prisoners English and Maths, as well as having 1-1 sessions with people to talk to them and give them advice.

This is an experience that I actually wanted, as my degree was in Criminal Justice, and I wanted a career where I could help people who have experienced the system. I also went to the gym 4 days a week and read a lot. Keeping yourself occupied is essential and having goals or ways to progress yourself means that the time is not entirely wasted.

# Support.



There is **lots of support** available in prison, this can vary across prisons, but the main ones are: peer supporters, listeners, young adult mentors, transition mentors, safer prison reps, violence reduction reps and education mentors.

These are all peer-based roles and are signposted by different colour t-shirts, cell cards and on notice boards across the prison.

Other sources are Samaritans, Prison Staff, Wellbeing and Mental Health services.

Each prison has various agencies available to you during your time in custody, the most common are below:

**Safer Custody** – Safety and wellbeing Security – Maintain security and safety.

**OMU/Probation (Offender Management Unit)** – Sentence, probation, resettlement and release services.

**Residential** – Living areas in the prison

**Operations** – Visits, reception and escorts

**Education/Library/Employment services**

Each department will have a management structure. This is usually set up like this:

Governors, Custodial managers, Supervising officers, Prison officers, civilians and administrative staff.

Outside agencies will be different but still have a structure in place.



## The Shannon Trust

The Shannon Trust have supported people in prison for years using the power of reading and also inspiring and training those to teach others who cannot read.

**Address:** Freepost SHANNON TRUST  
(It's a short address but it will reach them)

**Phone:** 0203 875 9311

**Email:** [communications@shannontrust.org.uk](mailto:communications@shannontrust.org.uk)



## Howard League

Howard League work with parliament and professionals to influence and create positive change for children and young people.

**Email:** [info@howardleague.org](mailto:info@howardleague.org)

**Legal advice:** 0207 249 7373



## Prisoners' Education Trust

Prisoners' Education Trust help people in prison by equipping them with skills and qualifications to build brighter futures.

**Address:** Prisoners' Education Trust The foundry 17 Oval Way  
London SE11 5RR

**Phone:** 02023 752 568



## Listeners scheme is run by Samaritans

The Listener scheme is a peer support service which aims to reduce suicide and self-harm in prisons. You can request to speak to a listener whenever you need one.

**Phone:** There will be a free phone number you can dial from inside.



## Prison reform Trust

The Prison Reform Trust (PRT) an independent UK charity working to create a just, humane and effective Justice system. They are reducing unnecessary imprisonment and promoting community solutions to crime; improving treatment and conditions for people in prisoner and their families; and promoting equality and human rights in the justice system.

**Phone:** 0808 802 0060

**Address:** Prison Reform Trust, FREEPOST ND 6125, London EC1B 1PN

**Email:** [advice@prisonreformtrust.org.uk](mailto:advice@prisonreformtrust.org.uk)



## Mind

Mind is the leading mental health charity in England and Wales. They work to create a better life for everyone with experience of mental distress.

**Region:** Nationwide

**Address:** 15 – 19 Broadway, London, E15 4BQ

**Phone:** 0208 519 2122

**Email:** [contact@mind.org.uk](mailto:contact@mind.org.uk)

**Website:** [www.mind.org.uk](http://www.mind.org.uk)



## Changing Tunes

Changing Tunes is a registered charity that uses music teaching, rehearsing, recording, performance, improvisation and composition to aid the rehabilitation of people in custody and those with a lived justice experience.

**Region:** Nationwide

**Address:** PO Box 2646, Bristol, BS6 9BU

**Phone:** 0844 414 6083

**Email:** [info@changingtunes.org.uk](mailto:info@changingtunes.org.uk)

**Website:** [www.changingtunes.org.uk](http://www.changingtunes.org.uk)



# We want to hear from you.

**Leaders Unlocked** enables young people and under-represented groups to have a stronger voice on the issues that affect their lives. In education, policing, health, justice and elsewhere, we help organisations to involve the people who matter and shape decision-making for the better.

You can see our projects here:

[leaders-unlocked.org](https://leaders-unlocked.org)

Our main justice project - The Young Justice Advisors are always looking to speak to and work with young adults who want to have their say and work alongside decision makers. We have a team of 'experts by experience' that are able to voice their thoughts on a wide range of areas within justice. We will build up your skills, confidence and C.V. We want to hear from as many young adults who have experienced the Justice System as possible because you deserve a platform to be heard.

We'd also love to know your thoughts on this guide and if you would like to get involved with us.

Please contact - [nadine@leaders-unlocked.org](mailto:nadine@leaders-unlocked.org)

**“The YJA has made me feel listened to and like I matter.”**

**C – aged 22**



