

HOW YOU CAN PROTECT YOURSELF AND OTHERS FROM INFECTION

Cough and sneeze in your elbow or in a tissue, NOT your hand. Dispose of the used tissue immediately in a closed bin and wash your hands with soap and water.

Avoid touching your eyes, nose and mouth without washing your hands first.

Regularly wash your hands with soap and water for at least 20 seconds.

Don't share your property, especially towels or vaping devices.



NEW ONLINE BANKING FACILITY INTRODUCED.

The SPS can now accept money from family and friends via online banking. We will aim to have the funds available in your PPC within 2-3 days of the payment being received. A maximum of £50 can be sent at any one time.

This facility is only available for public sector prisons. HMP Addiewell and HMP Kilmarnock have set up their own online banking facilities.

This information and instructions on how to set it up has been made available to families via SPS' website and social media channels.

As you know, the SPS is following national advice provided by Health Protection Scotland and the Scottish Government to prevent the spread of COVID-19 (Coronavirus). This has meant we have had to make some difficult decisions in the past couple of weeks to implement social distancing as much as possible, which have had an impact on your lives. Where possible, we must not have close contact with people to reduce the risk of spreading the virus. These decisions have not been easy but the SPS has to do all it can to look after all those who live and work in our prisons.

You will have already started to notice a number of changes to the prison regime and your daily routine. Our last communication outlined these in detail but we have provided some more detail on key areas below.

REGIME

Only those who undertake essential services e.g laundry, catering and cleaning will continue to attend work. It is important that these services continue to allow the prison to operate. Your Governor will identify what these essential services are. If you work in these essential services will receive an additional £10 weekly bonus, on top of your current wages.

All others work parties have been suspended. You will not lose money as a result of not being able to attend work.

FAMILY CONTACT

We understand how important it is for you to have contact with your family and friends during this challenging time. All establishments have the Email a Prisoner Scheme, and we hope to have Prisoner Voicemail operational soon. We are quickly working on ways in which we can use technology to allow to you keep in touch with your loved ones and hope to provide more information on this in the coming days. In the meantime, everyone will have £2.50 per week added to their PIN phone balance. The weekly £1 TV rental fee has also been suspended.

Information about the other ways in which we are supporting you and your families at this time are detailed in this newsletter.

This is a difficult and anxious time for everyone. We appreciate your patience and understanding and we want to assure you that we are working quickly to introduce new ways in which we can further support you during this time. If you have any questions, please speak to an officer or a member of the healthcare team.

Message from Parole Scotland

The Parole Board will continue to consider prisoners for parole. Cases which are considered by the Parole Board without the prisoner present will continue as before.

Cases which are considered at a Tribunal or Oral Hearing where the prisoner attends have previously taken place in the prison or by videolink. These hearings will still go ahead but will now take place via telephone conference call. The Parole Board panel, the prisoner and their representative, and any witnesses will all be on the same teleconference call. Arrangements have been made for prisoners and their representatives to have a separate telephone call before the hearing. These new arrangements have been used this week and are working well.

Prisoners can still send their representations to the Parole Board when their case is being considered. It is helpful if these are sent by email by the prisoners representative or a member of SPS staff to avoid any delays.

The Parole Board will produce a more detailed list of Q&As for prisoners in the near future.

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Q J M P R C G H E I J W V A F
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P W J I X Q A Z T U P L R G M
M P D J B B E I N U T C V C E
V X Q S G X H C C X V X I O X

Find the following hidden words

- | | |
|-------------|----------|
| COUGHING | LOCKDOWN |
| DISTANCING | SNEEZING |
| FEVER | SOAP |
| HANDWASHING | VIRUS |
| HEALTH | WATER |



SUSPENSION OF THE LISTENERS SCHEME

As you know the advice from health experts is that we have to social distance as much as possible—that means that, where possible, we must not have close contact with people to reduce the risk of spreading the virus. As a Listener’s role involves close face to face contact, this would put both the Listener and the caller at increased risk .

We have taken the decision to suspend the Listener’s Scheme until we are advised we no longer require to socially distance from each other.

SPS recognises the essential work carried out by the Listeners and we are aware how important the Listener’s Scheme is to people in custody. However, we need to ensure your safety during this difficult time.

If you would like to speak to someone in confidence you will still be able to contact the Samaritans by telephone on 08457 909090

NEW FAMILY SUPPORT HELPLINE

A new family support helpline is available to provide support and advice to families and friends.

Families can call 0131 330 3888 Monday-Friday 9am-3pm and speak to someone about the steps that we are taking to support those in our care during this difficult time.

Staff are unable to discuss personal issues specific to individuals.

Scotland in Lockdown

As you will know, Scotland and indeed the whole of the UK is effectively closed. Government restrictions mean that people are only allowed to leave their houses to shop for food; for one form of exercise per day; and to travel to and from work, and only if that work is deemed essential.

The reality is that there is no-where to go. Schools are closed.. All restaurants, shopping centres, gyms, cinemas are closed. The only shops open are supermarkets and pharmacists. All sporting events have been cancelled—no football or horse racing and Wimbledon was recently cancelled. The Edinburgh Festival has also been cancelled.

COVID-19 is affecting everyone, and nothing is normal anymore. However, this is what we must do to protect ourselves and our loved ones.

Despite the anxiety that this virus brings, people are managing to find ways to stay positive. Children all over the country have taken to drawing pictures of rainbows and putting them in their windows as a way to cheer people up. These rainbows are also the way in which the country has been thanking those on the frontline, primarily our NHS colleagues, but also the other key workers including the prison officers who work alongside you. There is a nationwide ‘Clap for our Carers’ on Thursdays at 8pm where people are standing at their front doors, or opening their windows and clapping for 1 minute to thank those working on the frontline.

