

# CORONAVIRUS INFORMATION LEAFLET

## Before Your Release



The Coronavirus outbreak means that you will need to contact most services by phone to get the help you need. We have given you a list of useful contacts for the community you are returning to. Please understand that due to high demand services may take longer than normal to respond. Like the rest of the population you will also need to make some adjustments to normal life. This is explained in a separate Coronavirus do's and don'ts sheet.



It is really important that you try and sort some things out before you leave prison such as housing and finances



An SPS officer will help you understand what you need to do and help you to access the services you need such as housing before your release date. If you qualify they will help you to access mentoring support from Action for Children for young people (07799037828), New Routes for men (0800 731 5678) or Shine for females (0800 587 7263). These services can contact you through Email a Prisoner. You may also choose to work with a justice social worker if you are eligible for voluntary throughcare.



An SPS Officer can help you to complete a Scottish Welfare Fund form for clothing and household items before your liberation to help you live or start to live a settled life in the community.



If you received a six month sentence, have been in prison for 3 months and you were registered with a doctor when you came in, then you should still be on their list. If you have been in prison for more than 6 months you will have to re-register. An SPS officer will try to help you to identify a GP Practice before you leave and also provide you with /help you to complete a registration form.

## On the day of your release while in prison



SPS will provide you with:

- Your personal belongings.
- A liberation letter as proof of ID
- A travel warrant if suitable and advice on how you can use this
- A discharge grant, if you are eligible, to make sure you have the means to live in the first week after release
- Local contact details
- Information on how to claim benefits
- GP Registration Card and application form
- List of telephone appointments if these have been arranged
- Information about the Coronavirus and how to stay safe in the community



If you have signed up to a mentoring service, you will receive a liberation pack at reception with useful contact numbers before you leave.



You will be provided with a 7-day supply of any prescribed medication. If you are on Methadone or Suboxone, you will be given a supply of these medicines to take home and take each day in line with guidance from your doctor.

## After you are released from prison



If you need somewhere to stay when you leave prison or need housing advice you need to contact your local homelessness service which is detailed in the attached contacts list. You should not return to your family home where a family member is shielding.



Department  
for Work &  
Pensions

A leaflet from the DWP has been provided. You can either make a claim for benefits (e.g. Universal Credit, ESA, PIP) online as soon as possible at <https://www.gov.uk/apply-universal-credit> or if this is not possible call **0800 169 0345**.



If you have one, your mentor will contact you regularly as agreed to make sure you are ok and to give you the support you require. If you have signed up to a mentoring service, you will receive a liberation pack at reception.

JUSTICE  
SOCIAL  
WORK

If you choose to work with social work to access the services you need then they will contact you on a monthly basis to provide support for up to 12 months.

NHS

If you need to access a Doctor, then you should register with a GP when you leave prison using the form you completed with your SPS officer. If you did not manage to do this before you left prison the GP surgery will ask you to do this when you register. You should not need proof of ID for this. It is important to note that some surgeries may be operating different opening times or may be closed temporarily due to the Coronavirus. Contacts for Mental Health and Addiction services are provided in the community contact list.



There may be increased opportunities for you to find work on release as lots of organisations such as farms, supermarkets and depots may be looking for temporary workers with an immediate start date. You can search for a job on the following websites:

[www.findajob.dwp.gov.uk](http://www.findajob.dwp.gov.uk) and [My World of Work Job Hub](http://My World of Work Job Hub)

## What you need to do



Engage with services before and after release from prison  
Keep in contact with services by phone to keep them updated of any change in your circumstances  
Participate in any agreed activities that will help you overcome any challenges you face

This leaflet has been co-produced by the following organisations
