



The Post



Karen Brown, PACT Family Engagement Manager

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Prisoners · Families · Communities
A Fresh Start Together

Card Appeal

Do you have pile of greetings cards stored away someplace and don't know what to do with them?

Why not bring your old greetings cards into the Visitor Centre. Card fronts will be collected to hand over to Safer Custody. From there they will be delivered to the SSG group.

SSG create cards for prisoners on request and would like to build up their stock of birthday themed supplies.

Feedback

Is there anything you would like to see featured in the next newsletter?

How about an idea for one of the Visitor Centre display boards?

Please talk to one of the PACT team to share your ideas..



A word from...

Hello and welcome to the Spring Edition of the PACT Newsletter for all friends and family visiting HMP Stafford.

So February has arrived and you'll notice some themed décor appearing in the Visitor Centre. The PACT team will be celebrating Valentine's Day in friendship and love to you all that come through the centre doors throughout the year. You may get to enjoy a few treats and the opportunity to make greetings cards for the person you visit over the coming month.

After the success of the recent Christmas card making activity you'll be pleased to know the opportunity to make cards over the coming year will now be possible. The excellent feedback received encouraged the jail to agree in PACT continuing with the initiative. Keep a look out in the coming months for celebration events such as EID al Fitr, Easter, Mother's/Father's Day and Christmas.

Social Visit capacity will be changing as from 19th February from x25 spaces to x32. Please feedback to the PACT team should you have any aspect of your social visit you would like for HMP Stafford team to be made aware of. It's best to relay your concerns to the following email address: Stafford@prisonadvice.org.uk The PACT team will ensure your concerns are forwarded and taken note of.

Take care,

Karen Brown
Family Engagement Manager

Family Forum Dates 2025

19th March

17th September

21st May

19th November

16th July

(12:45 in the Visitor Centre)

Sudoku Corner

	4			5	2			
							6	
5	1		7		8			
	5							
7		1				5		
		8		4	3		9	
				3			1	7
	8			6			4	
						9		

Dates for your diary

February

3rd – 9th Children's Mental Health Week
 11th Safer Internet Day
 14th Valentines Day
 17th Random Acts of Kindness Day
 21st Mother Language Day
 28th Start of Ramadan

March

4th Shrove Tuesday
 6th World Book Day
 8th International Women's Day
 30th Mother's Day
 30th Eid Al Fitr

April

2nd – 8th Autism Awareness Week
 11th National Pet Day
 20th Easter
 22nd Earth Day

SSG Gifting Service

Catalogues and order forms are now available from the Visitor Centre.

Beautiful paper flowers and greetings cards are made in-house by members of the SSG group.

Orders can be customised to suit. All funds raised will go towards the purchase of additional craft materials for SSG.

Let one of the PACT team know that you would like to place an order.

Donations please...

Do you have a stockpile of pre-loved books that you don't know what to do with?

The PACT Team would love to help...please bring your books into the Visitor Centre for the Book Swap.

All visitors are welcome to help themselves to any books that are of interest. You can also share the books with the person that you are visiting by handing the book over at gate search. *Thank you.*



Email Distribution List



Would you like to receive regular visitor information news updates or invitations to join the bi-monthly Family Forum remotely?

Please leave your email address with Karen and your details will be added to the email distribution list.

Safer Custody Portal for families, friends and carers

All prisons in the West Midlands have an online safer custody portal that provides information about keeping prisoners safe and enables family or friends to share concerns via an online contact form sent directly to the prison safety team.



If you are worried and want to share a concern visit:
www.prisonersfamilies.org/pages/category/need-urgent-help?



Family Day Dates 2025

Tuesday 18th February

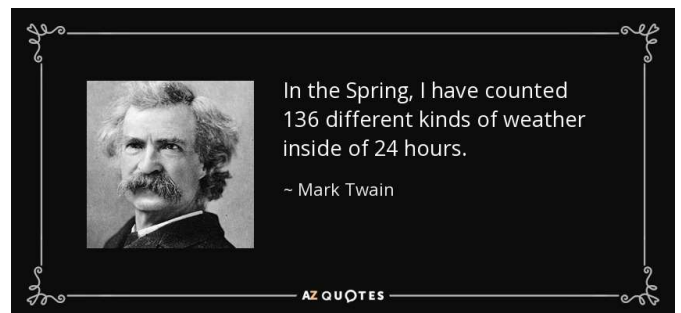
Tuesday 22nd April

Tuesday 27th May

Tuesday 29th July

Tuesday 28th October

Tuesday 23rd December



IT'S SPRING, OPEN THE WINDOWS AND PRETEND TO CLEAN.

Global Day of Unplugging

March 7th – 8th (sundown to sundown)

The idea behind the day is to challenge yourself to keep your electronic devices unplugged and unused for 24 hours in order to give yourself the chance to take a break and spend time relaxing with family, friends, or alone. www.globaldayofunplugging.org

“Almost everything will work again if you unplug it for a few minutes, including you.” After taking a break from technology as a community, you can gain an appreciation for the role that it plays in our lives and you can be better equipped to establish healthier tech habits going forward.

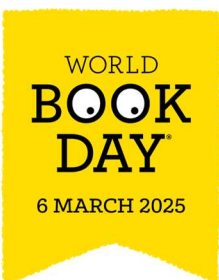
- **Creative activities:** Painting, drawing, playing an instrument, knitting, crafting, gardening
- **Physical activities:** Go for a walk, run, swim, hike, bike ride, dance
- **Learning new skills:** Take an online course, learn a new language, code, play a board game
- **Mindful activities:** Meditation, journaling, yoga
- **Social interaction:** Have a conversation with a friend or family member, volunteer, join a club
- **Self-care:** Take a bath, get a massage, read a magazine
- **Explore your environment:** Visit a museum, go to a local park, attend a live event
- **Engage with literature:** Read a book, listen to an audiobook, write in a journal

Happy Spring

How many words can you make from "Happy Spring". Why not challenge a friend or the rest of your family?

Mini Spring Colouring

Get creative with this cute colouring image.



Here's some top reads from 2024

The Glorious Race of Magical Beasts
by Alex Bell

Midnight Treasure by Piers Torday

Songlight by Moira Buffini

Fallout by Lesley Parr

Turtle Moon by Hannah Gold

Cobweb by Michael Morpurgo

The Houdini Inheritance by Emma Carroll

Yours From The Tower by Sally Nicholls

Reading can be your superpower!

