

The Post

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Prisoners · Families · Communities
A Fresh Start Together

Welcome!

...to the 4th edition of The Post – a quarterly newsletter for all friends and family visiting at HMP Stafford.

Your feedback and suggestions on this and future editions would be much appreciated.

Coming Soon...

Are you keen on gardening and planning your winter planting? The Visitor Centre will in the near future be selling plants grown on-site in the gardens. All funds raised will be supporting the gardens to buy new resources.

Beautiful paper flowers created by SSG will also be available for sale also...orders can be customised to suit. All funds raised will go towards the purchase of additional craft materials for SSG.



A word from...

Hello and welcome to the 4th Edition of the PACT Newsletter from HMP Stafford.

Now the summer holidays are well underway I wonder how you've been coping with the hot weather and finding fun things to do with your families? Why not check out Staffordshire County Council's 30 Days Out For Under £30. It's a great mix of free or budget-friendly activities for the whole family. [30 Family Days Out in Staffordshire for Under £30 - Enjoy Staffordshire](#)

Trip Advisor has an incredible list of 215 free places to visit across the county also – there are almost too many things to choose from. Whatever you end up doing over the coming months stay safe and make the most of whatever you end up doing.

Please do check-out the latest display board in the hallway; you'll get the opportunity to meet the PACT team at Stafford and maybe find out an interesting fact or two about them. The team are always happy to help and make your visit as welcoming as is possible. You are very important to us and value your willingness to offer support and feedback in return.

Take care,

Karen Brown
Family Engagement Manager

Upcoming Events

Family Days 2024

29th October
(**Spooky Theme**)

23rd December
(**Festive Theme**)

Family Forum

18th September
20th November

Quote of the quarter...

"Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time."

John Lubbock

Interesting Facts

The Perseid meteor showers occur every year in August. Depending on the year, it can be one of the most spectacular shows in the sky.

September is known as Harvest Month. It's a great month to harvest in preparation for the coming winter months. In fact, in Old England, it was called "Haervest-monath", meaning Harvest Month. Some of the best crops to harvest are onions, apples, raspberries, and tomatoes.

The very first McDonald's restaurant in the UK opened its doors on October 1, 1974. The restaurant is still operational today and is located in Woolwich, in the south of London.

Family Forum Mailing List

Would you like to receive updates or invitations to join a Family Forum remotely?

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

Dates for your diary

August

- 5th Bank Holiday (Scotland & Eire)
- 19th World Humanitarian Day
- 26th Bank Holiday (Excl. Scotland)

September

- 21st International Day of Peace
- 24th Yom Kippur
- 27th World's Biggest Coffee Morning

October

- 4th World Space Week
- 16th World Food Day
- Black History Month



Word Ladder



A **word ladder** is a sequence of words that each differ from the previous word by replacing some letter(s) in that word to make a new word.

STEP 1: Choose a word to start with. For example, start with CAT. Replacing one letter at a time, the ladder for cat can become: cat – cot – dot – dog. This is a word ladder that starts at "cat" and ends at "dog."

STEP 2: Each week, increase the number of letters to replace and/or add. For example, the word ladder for CAT can become: cat – scat – slat – slit – flit. This is a word ladder that starts with "cat" and ends with "flit."

There's no limit to the number of words you can create.; see how many you can create given the time you spend on the ladder.

Sudoku Corner

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

It's time for fun in the sun!
Follow these tips to keep your family safe and healthy in the sunshine this summer.



Stay hydrated.

Drink plenty of water throughout the day, especially when the temperature rises.



Block harmful rays.

When in the sun, wear sunscreen of SPF 30 or higher on all exposed skin. Choose a sunscreen that protects against both UVA and UVB rays. It's also smart to wear a hat and sunglasses and cool off in the shade.



Limit alcohol.

Drinking alcohol can cause dehydration and raise your risk for heat-related illnesses.



Exercise at your own pace.

Summer weather can be great for exercising outdoors. If it's been a bit since you worked out, remember to start slowly at first to avoid injury.




Looking for some creative ideas for Autumn?



Hobbycraft have a selection of 23 ideas for creative children and adults alike at www.hobbycraft.co.uk/ideas.

www.bbcgoodfood.com also has a fun selection of inexpensive activities for the whole family.

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?

Seasonal Fruits

Maybe you'd like to go foraging for some seasonal fruits over the coming months? Or you might have some of the following growing in your very own garden...

August

Blackberries, Blackcurrants, Cherries, Damsons, Greengages, Loganberries, Plums, Raspberries, Redcurrants, Rhubarb, Strawberries

September

Blackberries, Damsons, Pears, Plums, Raspberries, Rhubarb, Strawberries

October

Apples, Blackberries, Elderberries, Pears

Check out the BDA The Association of UK Dieticians website for more healthy food choice information.

Make Your Own Moon Sand



Moon sand is a calming sensory play experience for babies, toddlers and children. It sparks their imagination and develops hand-eye coordination and fine motor skills.

As there's no cooking required, you can get children of any age involved in making it.

Prep: 5 mins **Cook:** No cook

Ingredients

- 8 tbsp flour or cornflour
- 1 tbsp vegetable or sunflower oil
- A few drops food colouring (optional)

Method

1. Put the flour in a bowl, then slowly stir in the oil and food colouring, if using.
2. Rub the oil and colouring through the flour with your fingertips, as if you were making pastry, until the mixture feels sandy and no oil is visible. If the mixture seems too dry, add a few more drops of oil, or if the mixture is too soft, add some more flour. The consistency should be a dry, shapeable clay that crumbles fairly easily when squeezed.

How to clean up moon sand

It's recommended to sweep the moon sand up with a dry brush and dust off any equipment as best as you can before washing – the moment water touches moon sand, it goes gluey.

How long does moon sand last?

Moon sand keeps in a sealed container at room temperature for up to a month, but discard it if it starts looking grimy.

