

Mind, Body & Olass



OFFENDER LEARNING & SKILLS SERVICE

ISSUE 1: SPRING 2017

SPRING INTO WELLBEING

Welcome to the first edition of 'Mind, Body & OLASS'. I'd like to introduce you to our team of champions. We are looking at having two champions for each region who can collate ideas, articles and suggestions from each prison. We would like you to discuss ideas at your team meetings and email them to us at olasswell-being@mkcollege.ac.uk We aim to produce one newsletter a season based on what you submit. So, here is the challenge! In each issue we would like to share a healthy recipe you have tried, this can be either at home or with your learners, a spotlight of a change you or your team have made, examples of things to do that you have tried and anything else you can think of. With the advances in technology there are many apps out in 'cyber world', so if you have used one please send us a review. We will also share some of the lesser known benefits of working for Milton Keynes College in a prison. We look forward to hearing from you, Karen.

Evidence suggests that there are five steps to mental wellbeing, check them out on the NHS website
<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx>



Karen Simmonds
Deputy Director, South Central

I've worked in offender learning for 16 years. I have a big birthday coming up this year which has made me realise how important looking after myself is.



Ross Singleton
Lecturer, South Central

Hello Everyone! My name is Ross Singleton, I am fifty-one years' old, based at Albany site, HMP Isle of Wight, and joined Prison Education as a Lecturer nearly fifteen years ago. As an advocate of healthy living since my youth, it was very easy for me to fit into the regular routine of physical training with the Prison PTIs and other enthusiasts who, like me, are also fitness-minded. In fact, I am sure that Prison Fitness Suites can be used by all Education Staff, and a Gym Induction is absolutely free. So, please, if you get the chance, then give it a try! Good luck!



Helen Lacey
Lecturer, East Midlands

My name is Helen Lacey. I teach F/S English at HMP Stocken, which I love. I was awarded 'Teacher of the Year' 2016 for my region. The results I see with my learners are so satisfying, that I feel quite indulgent at times; I am sure that is something that you can all relate to, working under the OLASS umbrella. I am thrilled to be chosen to represent some of you as your 'Well-being Champion'.



Soraya Burdett
Lecturer, West Midlands

Hello Everyone! My name is Soraya Burdett, I'm 50 years old and am an ICT Tutor at HMP Hewell. I am the Well-Being Champion for the West Midlands Region. My preferred exercise is walking and I aim to do 10,000 steps per working day and more at the weekends, when I walk my dog with the rest of the family.



Rob Hawkins
Lecturer, West Midlands

My name is Rob Hawkins, I have been working for Milton Keynes College since September 2015. My aim is to raise awareness of well-being within the College's prison education department. I want to work with both new and existing staff, making them aware of the benefits and schemes the college provides to enhance our well-being while at work.

POSSIBLY THE BEST FIVER YOU'LL EVER SPEND...

Did you know that The Blue Light Card is available to you as 'prison staff'? If you have a gsi.gov.uk email address you can apply for one. It will cost you £5 for a five year membership. Originally intended as a High Street card, it is now available for you to claim online discounts from hundreds of businesses. Simply search www.bluelightcard.co.uk to get on board. Be sure to enter your HMPS email address as they will need that for confirmation of eligibility - you can apply from home.

There is an App available so that you will always be able to check for the latest discounts and special offers... If you can't find enough places to save money there; why not apply for a 'NUS Extra' discount card - huge discounts here... I've just spotted 'up to' 40% discount at Pizza Express, for example (They've got me with that one alone!) Prices start at £12 for a 1 year membership; £22 for 2 years and £32 for 3 years. As an employee of MKC, you can apply...



the downside of this is that you have to upload a photo; but hey, give them your best cheesy grin and spend, spend, spend! Please don't blame me when you're spent out - enjoy
Helen

'BANANAS, NOT BISCUITS' HMP ALBANY



I chanced upon this idea last year, as we, at Albany, have a Tea & Refreshments Fund to which full-time staff pay in £5 per month (pro rata for sessionals & fractionals). Subsequently, having heard staff lamenting about the difficulties in losing weight with biscuits being nearby (!), I suggested that, prior to the Christmas Festivities, we purchase an amount of fruit instead of just biscuits (i.e. grapes, oranges, mandarins & apples) in order for staff to have a choice. This was agreed, and, straight away, I noticed that even though the fruit was not being consumed by everyone, the intake of biscuits actually went down, as staff began to think more seriously about their own well-being. Since December, the knock-on effect of introducing fruit as a healthy option to biscuits has resulted in staff taking more notice of their eating habits, and we have had requests for Gym Inductions, Diet Guides, Diabetes checks and, incredibly, two of our team have even quit smoking! So, well done to Hayley Pummell and John Hernandez!

In sum, the introduction of fruit has acted as a catalyst towards many other aspects of improving our staff's healthy living and lifestyle.

Quick Links

www.calm.com

Recommended by Saul Pope, provide a good number of mindfulness exercises and meditations for free.

www.stopbreathethink.org

Free app for iPhone and android. GET MEDITATING IN 5 MINUTES. EASY. With this app, you can develop and apply kindness and compassion in your daily life through a process called STOP, BREATHE & THINK.

www.c25k.com

Recommended by Karen Simmonds, C25K, is a fantastic program that's been designed to get just about anyone from the couch to running 5 kilometres or 30 minutes in just 9 weeks. Find it in the app store.

If you try any of these apps/ideas let us know how you get on :) or if you use a different one write a review and don't forget to send us your ideas for summer.

The Employee Assistance Programme (EAP) is a totally private confidential service available to you. It is designed to support your health and wellbeing. It is accessible via their website <http://www.healthassuredeap.co.uk/> just put in the user name Milton Keynes and password College.

NATIONAL NO SMOKING DAY-8TH MARCH '17



Recent research has proven a direct link between smoking and harmful mutations which may lead to cancer. The above diagram shows the research from the Wellcome Trust Sanger Institute about the harmful effects of smoking.

With a number of prisoners due to become smoke free this year, is it time for you to give up?

The NHS lists the following benefits of giving up smoking:

- Stopping smoking lets you breathe more easily
- Gives you more energy
- Improves your sex life
- Improves fertility
- Ditch the cigarettes and feel less stressed
- Improves your taste and sense of smell
- Improves your skin and delays the appearance of wrinkles
- Ex-smokers have whiter teeth and better smelling breath
- Quit smoking and live longer
- A smoke free environment protects other

Useful links

<http://www.telegraph.co.uk/news/2016/09/29/official-nhs-calculator-tells-patients-how-to-live-longer-by-tak/>
<http://quitnow.smokefree.nhs.uk>

SAUSAGE CASSEROLE WITH CHEESE AND HERB DUMPLINGS

From HMYOI Brinsford - A comforting low calorie one pot casserole that is easy to make.

It can be made vegetarian by omitting the sausage.



Ingredients

Casserole:

- 1 tbsp. cooking Oil
- 4 sausages
- ½ can baked beans
- ½ can chopped tomatoes
- ½ chopped onion
- 15gm lentils washed
- 15gm frozen peas
- 1 tsp tomato puree
- ½ clove garlic
- 1 large chopped potato
- salt and pepper
- 1 level tsp mixed herbs
- 200ml vegetable stock

Cheese and Herb Dumplings:

- 60 gm self-raising flour
- 15gm grated cheddar cheese
- 2 tbsp. cooking oil
- salt and pepper
- 1 level tsp mixed herbs
- water



Prep: 10 mins
Cook: 40 mins
Serves: 2
Calories per portion: 445kcal

Method

1. Heat oil in a saucepan to a medium heat, add sausages and cook until brown.
2. Add onions and fry for several minutes, then add tomatoes, potatoes, lentils, garlic, mixed herbs and season with salt and pepper, bring to simmering point and stir.
3. Add frozen peas, baked beans stock and leave to simmer for 15 minutes, stirring gently.
4. Make dumplings by mixing self-raising flour, salt, pepper, mixed herbs and cheese, add oil and a little water to make a soft dough.
5. Shape dumplings into 4 small balls, place on top of the casserole and cover with a lid, simmer for 15-20 minutes then serve.