



AFFECT NEWS

Sharing news and support for families

Registered charity no. 1097087

April 2018

Action for
Families
Enduring
Criminal Trauma

www.affect.org.uk

0300 365 3651

affect01@hotmail.com

AFFECT

c/o 58 Haylands,

Portland,

Dorset DT5 2LA

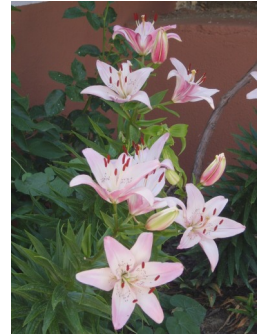
Welcome...

Spring seems to be here at last and the weather is getting warmer and sunnier. Not much consolation to some of you, I know, but try to look out for little things that you can change. This makes you feel that at least there is something you can do and may help to take your mind off your problems for a little while. The following is taken from a prayer that has helped me through dark times.

May I have the strength to endure what cannot be changed,

The courage to change what can be changed,

And the wisdom to know the difference.



Latest from our Chair-

Dear Ones,

Since the AGM, the Trust Board continues to meet regularly, with a lively and challenging agenda. The Board welcomes one new member, Helen. She is already making a useful contribution, in particular with her knowledge of ITC, and community networks. It was reported at the last Board meeting that the Charity Commission return had been submitted, (if you want to see, you can access this online.)

Stephen has retired from the role of supervisor to the counsellors, and alternative arrangements have been made. However, I would like to reassure members that all counsellors/support workers are receiving supervision.

The Group Gathering in June will be Tricia and Stephen's last one to facilitate, and alternative plans are being made. More information will be sent out to you soon. There is £5,708.84 in the bank, so no room for worry, or complacency. Fundraising is important to the continued future of AFFECT, and any contributions, however small, would be welcome.

There has been a regular demand from groups and individuals for advice and support via the 0300 365 3651 number. Some of the contacts have required ongoing support and counselling. We have only 6 counsellors, and would welcome more. If there is anyone with relevant experience and qualifications, please do not hesitate to make contact.

Looking forward to seeing as many of you as possible, at the June Group Gathering and at the AGM on Saturday 6th October 2018, 12 noon, at House of Bethany, Southsea. More details to follow.

Warmest regards
Carol

Join us at our
NEXT GROUP
GATHERINGS

Saturdays
12.30pm

2nd June 2018

1st Sept 2018

1st Dec 2018

If you would like to come please reply to your invitation and you will be given details.

These gatherings are well worth attending as you will meet other people who all have loved ones facing long periods in prison.





WI in Prison!

Recently I was lent a Woman's Institute magazine. It had a good cake recipe, but I never got as far as that because my eye was taken by an article about the WIs that have been set up in women's prisons. WI in prison? Surely not! But, yes: there are WIs in five out of the twelve women's prisons in England. These are HMP Bronzefield, HMP Downview and HMP Send, all in Surrey, HMP Eastwood in Gloucestershire, and HMP Drake Hall in Staffordshire.

These WIs resulted indirectly from the "Care Not Custody" campaign set up by the WI in 2008 which called for care for mentally ill offenders rather than putting them in prison, as is so often the case.

Setting up a WI groups in prison was not easy, especially as they tried to make them as near as possible to groups on the outside, which meant having speakers, fund-raising coffee mornings and so on. The negotiations with the prison authorities were long and arduous and needed dogged determination. They found that setting up a WI inside was about 10 times more complex and challenging than setting up other WIs. Great sensitivity was needed in working with prison staff who, of course, have different priorities.

When they finally set up the first prison WI in HMP Bronzefield, the usual WI speakers refused to go into the prison, so they had to use their own contacts. They found the first fund-raising coffee morning nerve-wracking as they had to invite members of a local WI to attend but things went well and they found the coffee mornings eventually helped the Bronzefield women develop social skills.

In general, attending WI meetings helps the aims of resettlement programmes because the members have increased in self-confidence and learnt new skills which could aid future employment. A WI advisor says "Ultimately, creating WIs inside prisons has changed and improved lives."

Help raise funds for AFFECT!

Please send your old inkjet cartridges to:

www.recycle4charity.co.uk

For each cartridge £1 goes to AFFECT. You will need to enter the code: AFFECT-C8627 to register.

Thanks to everyone who has sent articles and information for the Newsletter. We are always interested in your suggestions for content, so please send in comments, useful tips or information via the contacts on the front page. **We are particularly interested in hearing your story, or even a small part of it, as it helps members feel they are not alone with their problems.**

Please aim for a **maximum of 500 words**. Any contributions will appear with your first name only, or will be totally anonymous if you prefer.

Please note the views expressed in this newsletter are those of the writer and are not necessarily those of the editor or of AFFECT.