

What can I do?

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# WHAT CAN I DO?

Your guide to volunteering opportunities in the criminal justice system

WHAT CAN I DO?

What can I do?

INSIDE WHAT CAN I DO?

Huge range of volunteering opportunities

Key contacts and resources

Find out what volunteering can do for you!

What can I do?

WHAT

What can I do?

# FOREWORD

There is no doubt that these are trying times for the Justice system in Scotland. Although we need prison for serious and dangerous offenders to protect our communities, there is something wrong when we have the highest recorded numbers of prisoners at the same time as the lowest recorded crime statistics.

This is why I am determined to develop a modern and coherent penal policy. We asked the Scottish Prisons Commission to report on the use of prison in the 21st century. The key themes outlined in the Commission's report of swift justice, payback, reparation and more effective management for offenders for whom prison remains the right disposal provides a clear vision for the way forward.

Voluntary work with offenders is all too often overlooked and rarely attracts the same level of attention as similar work with other groups within our communities. However, not only is the work extremely vital in the contribution that it makes to the well being of our communities but it can be equally rewarding at an individual level. Work with offenders can be challenging but also inspiring and those who undertake it are providing a great service for us all.

I would urge you, if you can, to play your part in helping to bring about positive changes in the lives of victims and offenders and their families. In this guide to volunteering opportunities in the criminal justice system you will find a wide variety of practical things you can do to make a very real

difference to the lives of others, who with the right encouragement have the potential to make a valuable contribution to our communities. I hope you will join me in taking the opportunity to make that difference and I thank you for your hard work and efforts to date.

## KENNY MACASKILL

Cabinet Secretary for Justice



KENNY MACASKILL



Faith and Justice in  
Scotland

Welcome to the second edition of "What Can I Do?" – a guide to volunteering opportunities in the criminal justice system in Scotland. The booklet was produced by The Joint Faiths Advisory Board on Criminal Justice and General Meeting of Quakers in Scotland.

We are grateful for the permission granted by PACT (Prison Advice and Care Trust) and CCJF (Churches Criminal Justice Forum) to use sections of text from their English version of the booklet, "What Can I Do?" – a sequel.

We thank the Scottish Government for funding this booklet and all those who assisted in its preparation.

Designed by The Fourth Crow Ltd., Edinburgh. [www.fourthcrow.com](http://www.fourthcrow.com)

**November, 2008**

Further copies of the booklet can be ordered from: Joint Faiths Advisory Board on Criminal Justice, c/o Scottish Churches Parliamentary Office, 43-45 High Street, Edinburgh EH1 1SR or E-mail [essallen@msn.com](mailto:essallen@msn.com)

# WHAT CAN I DO?

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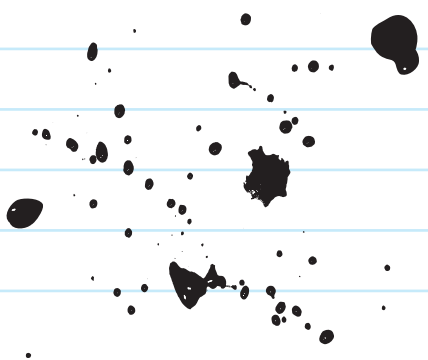
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# WHY GET INVOLVED IN THE CRIMINAL JUSTICE SYSTEM?



## Crime affects all of us

To a greater or lesser extent, we all find ourselves coming into contact with crime, or the effects of crime, either as individuals or as members of a community or group. Often the experience can be overwhelming. Faced with newspaper articles or television news stories, seeing the vandalism or even experiencing the crime as victims, it is all too easy to throw up our hands in despair and to think that we, as individuals, simply cannot make a difference.

Yet the truth is that there are many ways for individuals to be involved and many ways of making a real difference in the fields of crime, justice and community safety. As a potential volunteer you are a precious resource. You do not need to have experience of volunteering. There are opportunities to suit those from all backgrounds, or of all ages, and with all kinds of skills.

If you have criminal convictions yourself that need not rule you out – indeed your experience may be especially useful. Much will depend on the nature of the convictions, how long ago they were, and the nature of the work for which you are volunteering. For many of the opportunities suggested, you will need to obtain a Criminal Records Disclosure.

This pack will answer some of your questions, clear away some of the complexities and help you get involved. It is not an exhaustive list but it will give you the main ways in which you as an individual or member of a group, such as a Church, Meeting House, Mosque, Synagogue or Temple might have some input into our system of justice. However, you do not need to be a member of a faith group to make use of this booklet. For everyone an opportunity exists to find a role that is personally rewarding, challenging and positively beneficial, not just to offenders or victims but to the whole of your community.

## The faith and community dimension

The Joint Faiths Advisory Board on Criminal Justice believe criminal behaviour, its underlying causes and its consequences, should be of concern to all faith groups. Where possible we have tried to introduce a multi-faith dimension to the new 'What Can I Do?' We want to see people of faith taking a lead in fostering a culture of active engagement and shared community responsibility, and volunteering is the clearest demonstration of a willingness to do so.

## Volunteering - It's good for you!

Much research has been done into the general benefits of volunteering - from making new friends and experiencing new opportunities and challenges, to enhancing employability. It can benefit people of all ages and backgrounds - students, young professionals, and those who are unemployed or retired.

A survey among 200 of Britain's top businesses, carried out by TimeBank a national volunteering charity set up to make it easier for people to give time to their community, found:

- 73% of employers would employ candidates with volunteering experience, more readily than those without.
- 94% of employers believed that volunteering could enhance skills.

The charity CSV (Community Service Volunteers) conducted a survey of people over 65 who volunteered and asked them about the benefits, as they perceived them.

- More than 50% said volunteering improved their health and fitness.
- 62% said volunteering helped reduce stress.

In his book *The Healing Power of Doing Good*, (See Suggested Reading) Allan Luks cites medical evidence to support the belief that volunteering is beneficial to health, for instance in helping with insomnia, strengthening the immune system and enabling a speedier recovery from surgery.

# HOW TO USE THIS PACK

The pack is broken down into sections covering the main areas of the criminal justice system in which you might consider getting involved. It covers a wide range of activities, from active 'face to face' involvement through volunteering in the Police or as a member of a Prison Visiting Committee to 'background' activities such as campaigning or fundraising. Not all of these activities require vast amounts of time or expertise.

Each topic is broken down into three sections:

## WHAT?

What does the activity involve? What is the main focus?

## WHO?

Who can get involved? Do they need special qualities or abilities?

## HOW?

How does anyone who is interested take their interest further? How can they find out more?

There is a section at the back containing addresses, telephone numbers, e-mail addresses and websites of many of the organisations which offer volunteering opportunities. If you can't find the information you are looking for in the pack, you will certainly find the contact details of someone who will be able to answer your question.

You will probably find the work demanding. It will almost certainly challenge some of your preconceptions about victims of crime, young offenders, prisoners, prisoners' families, prisons and the people who work within them. It may enable you to see beyond some of the needlessly destructive tabloid headlines, which offer all-too-easy solutions.

## SETTING THE SCENE: CRIMINAL JUSTICE IN SCOTLAND IN THE 21ST CENTURY

### We live in a country where crime is falling

Over the past ten years there has been a significant downturn in the overall level of crime – something which may come as a surprise when you consider the many sensational and disturbing crime stories in our daily newspapers. However, although overall crime is falling there is a worrying increase in the level of certain offences. Street robbery, for example, has risen, with the rise in thefts of mobile phones, resulting in young people being both victim and offender.

We also live in a country which has the highest level of imprisonment in Western Europe! In 2006/07, the average daily population in Scottish prisons totalled 7,183, an increase of 5 % when compared with the 2005/06 figure of 6,857, and the highest annual level ever recorded.

The last few years have seen a plethora of new Bills and Acts in the criminal justice arena and some significant advances in our treatment of both victims and offenders.

We are seeing

- the creation and development of the new youth justice system
- the introduction of anti-social behaviour orders
- moves towards closer working between criminal justice social work and prison services
- the spread of restorative justice initiatives
- the inauguration of Criminal Justice Authorities
- a greater use of the voluntary sector

There has been improvement in prison conditions and the treatment of prisoners. However, we still live with a system which regularly imprisons the mentally ill, children, young mothers and people with substance misuse problems. We have undoubtedly come a long way but there is still a long way to go.

Things are moving fast and while we have tried to make the information in this booklet accurate it would be wise to check that no changes have occurred.

# SUPPORT FOR PRISONERS FAMILIES

"It's not just the prisoner who's being punished – it's the family as well." Families of prisoners have problems with housing tenure, financial pressures, child care (especially where a mother is imprisoned), anxiety and poor health. Children may be bullied at school and families rejected and stigmatised in their own communities. They also suffer loss and grief, "He's my only son and we're so close – I don't know how I'll manage."

## PRISON VISITORS CENTRES

Visiting a prison may involve time consuming journeys, sometimes with young children. It can be a very stressful experience. Visitors' Centres aim to provide a welcoming environment where visitors are treated with dignity and respect, and can obtain information, support and advice. Three Scottish prisons now have a Visitors' Centre: Edinburgh, Kilmarnock and Perth.

### WHAT?

It may be that after training you could give advice and information to visitors regarding their entitlement to financial help for visiting, or on what they can or cannot take into a visit. You might help run the coffee bar, make sandwiches, and drinks. You might feel able to help with some of the clerical and administrative work and answer telephone queries. Alternatively you might do the most important job of all: simply be available as a friendly welcoming presence and a reassuring smile to people feeling nervous and unsure on a first visit to a prison.

### WHO?

You will need to commit to regular involvement, as it is important that centres are adequately staffed at all times when visiting is taking place. Most prisons have social visits on weekday afternoons and all day at weekends.

### HOW?

#### At EDINBURGH PRISON VISITORS' CENTRE

At HMP Saughton, Edinburgh Prison Visitors' Centre is Scotland's only purpose built centre to meet the needs of anyone visiting a family member or friend in prison. It is owned by the Onward Trust and managed by the Salvation Army, whose mission is to meet people at their point of need. They recognise that visiting someone in prison can affect people in different ways and they therefore seek to provide a safe, supportive, friendly and non-judgmental environment where visitors can find out more about visiting someone in prison.

This is an opportunity to put your belief into action by becoming involved at the Visitors' Centre. You could help in lots of ways by:

- Providing a listening ear
- Helping in the café area
- Organising children's activities in the play area
- Assisting families to access information about prison visiting

If you think you have all the compassionate, listening and practical skills needed to reach out to prisoners' visitors, then please telephone **0131 444 3098** for a 'Volunteers' Pack or contact: Anne Munro, Centre Manager, Edinburgh Prison Visitors' Centre, 33 Stenhouse Road, Edinburgh EH11 3LN

#### At HMP KILMARNOCK

The following volunteering opportunities are available:

- In the visitors' centre, as a meet and greet/ information sharer
- The education department is also looking for volunteers with a wide range of skills from basic reading support through to art, IT/ Media, photography and DVD production.
- Other opportunities will arise in the near future particularly in relation to family and children's work.

Subject to security checks and interview, there are no restrictions on volunteers and training will be provided.

Initially, volunteers should write to The Equality and Diversity Manager, Merlyn Holmes, HMP Kilmarnock, Bowhouse, Mauchline Rd. Kilmarnock, Ayrshire, KA1 5AA.

#### At PERTH PRISON VISITORS CENTRE

Crossreach Visitor Centre provides a help and support service to families of prisoners at Perth Prison. It was opened on 16th January 2007. Since then more than 2,700 visitors have made use of the facilities and this number is increasing. There is a children's play area, toilet facilities and free refreshments. The centre is managed by friendly, qualified Crossreach staff who are able to help visitors to contact agencies that can help with services, such as the Furniture Project, housing, childcare, training and employment.

Volunteers from all backgrounds are required. They should be willing to engage with all service users who come into the centre, some with alcohol or drug dependencies and some who are highly emotional due to the stress in their lives. If you want to help, your task might be to make the service users a hot drink or to signpost them to agencies for help with benefits etc. Volunteers always work with a paid member of staff.

#### The hours of the centre are:

**Tuesday to Friday 11.00 am – 7.00 pm**

**Saturday 1.45 pm – 4.45 pm**

If you think you would like to help, please telephone **01738 625503**



## TAYSIDE FAMILY SUPPORT SERVICE

### WHAT?

This is a project run by the Church of Scotland which provides prisoners' families with information on the range of support available to them and gives advice on procedures and prison routines. Currently support services are provided by a project worker but as the service expands, volunteer opportunities are expected in the Tayside and Fife area. Volunteers would focus on outreach work and would be supported by the project worker.

### WHO?

No previous experience would be required but volunteers should have a patient and understanding attitude, the capacity for listening and the ability to relate to people in wide-ranging circumstances. A criminal conviction would not necessarily debar anyone from involvement as a volunteer but the nature and time of an offence would be critical.

### HOW?

For further information, please contact Philip Malcolm, Tayside Family Support Service Project Worker, Perth Prison Visitors Centre. Telephone **01738 625503**

## MOTHERS UNION

### WHAT?

Mothers Union volunteers go into HMP Perth and HMP Edinburgh each week to look after the children during family visiting time. Members also collect gifts and send cards each Christmas to the women in HMP Cornton Vale, Scotland's only women's prison. The Mothers Union also run a contact centre in Kirkcaldy where, under an order from the Sheriff Court, the non-resident parent in a broken family can see their children in a neutral, non-judgemental environment.

### WHO?

Volunteers are always needed for these activities.

### HOW?

Please contact Sheila Redwood, Mothers Union Provincial President for Scotland,  
8 Strathmore Avenue, Dunblane FK15 9HX  
Telephone **01786 825493**  
E-mail: [sheila.redwood@btinternet.com](mailto:sheila.redwood@btinternet.com)



## PLAY PROJECTS

### WHAT?

It is estimated that 13,500 children lose a parent to imprisonment in Scotland each year. Prison play projects, staffed by welcoming play workers, help to make the prison seem less intimidating for children and young people visiting a parent or relative in prison and allow the prisoner and the visiting adults to spend some time together, without worrying about the children.

Play workers offer age appropriate entertainment including crafts, books, games and playing with toys. Some of the children who use play areas will have experienced a great deal of emotional upset and instability in their lives and sometimes exhibit challenging behaviour patterns. However, most are surprisingly settled and enjoy being in the play area.

### WHO?

Dedicated play workers are needed to staff the play areas during visits. People with experience of children, possibly in an educational setting or in clubs or societies, who can offer a welcoming presence and a regular time commitment, may volunteer. Disclosure checks will be made. There may also be induction and ongoing training.

### HOW?

Not all prisons in Scotland yet provide play at all visits. Contact your local prison or young offenders' institution and ask to talk to a visit's play worker, or with the Family Contact Officer. Alternatively contact **kidsvip@btinternet.com** who will be able to put you in touch with your nearest prison play project.

For Edinburgh Prison (Toybox), contact Angela Miller, **Tel. 0131 476 4922.**

E-mail: **ano1102741@blueyonder.co.uk**

"The children are like children anywhere – they mostly play peacefully and have fun – one day it could be the garage and letting cars hurtle down the ramp, that's most popular, another making puppets or making cards for a special day. The older children tend to like the arts and crafts or the computer."

**Katherine, play worker with Toybox at HMP Barlinnie, Glasgow**





PLAY PROJECT

## PLAY WORK VOLUNTEERS SPEAK:

"I'm one of 36 volunteers of varied experience who offer a few hours per week, fortnight or month at 'TOYBOX'. Our ages range from 20's to 80's. We do really enjoy being with children – they're great! And believe it or not the parents think we're great too. Prison staff are very welcoming and helpful – one officer put it, "It's bedlam when you're not here". More volunteers would help to ensure that each visiting period is covered and 'bedlam' is a thing of the past."

**Sylvia, play worker with  
Toybox at HMP Edinburgh**

"Maintaining relationships is crucial to a prisoner's rehabilitation. Children forget so quickly and Toybox's presence encourages parents to bring them to visit and thus maintain contact with their relative."

**Christine, play worker with  
Toybox at HMP Barlinnie, Glasgow**

"It doesn't matter how long you've been here, it's hard not to be affected when you see a child crying because dad has to go and he doesn't really know why. And that starts mum off"

**Doreen, play worker with  
Toybox at HMP Barlinnie, Glasgow**

# VICTIM SUPPORT SCOTLAND

There are a number of possible volunteering opportunities for those wanting to work with victims and witnesses of crime. People can suffer greatly in the aftermath of crime and may benefit from being able to talk to someone about how they have been affected. They may also need help with practical matters such as insurance and compensation claims. Victim Support Scotland provides support for anyone affected by crime. They are an independent voluntary organization with a national office in Edinburgh and a network of staff and volunteers in local offices and courts throughout Scotland.

## WHAT?

The Victim Service provides practical and emotional support to victims of crime, meeting with victims or talking to them on the telephone. The Witness Service provides support and information for anyone who has to attend the Sheriff or High Courts. There is also a Youth Justice Service, which provides support for victims of youth crime through the Children's Hearing System.

Volunteers provide services to victims and witnesses of crime, including:

- providing support and information to victims in their homes, by telephone or in the Victim Support offices
- supporting those affected by crime, within the court setting
- helping with administration, either locally or in the national office in Edinburgh
- serving on local or national committees, using financial, management, fundraising or other skills
- helping to raise funds either locally or nationally
- working on specific short term projects

## WHO?

Volunteers have a wide range of skills and experience but should be flexible, adaptable and non-judgemental individuals who are able to get on well with people of all ages and backgrounds. On-going support, advice, guidance and training are provided. While undertaking training, there is continuous assessment and feedback with a final assessment to make sure that Victim Support is the right organisation for the volunteer.

The time commitment of volunteers is agreed individually. Typically, volunteers are asked to spend a minimum of two to three hours a week with the Victim Service or at least one day a week with the Witness Service. All legitimate expenses are reimbursed.

## HOW?

For further information about volunteering, please contact your local Victim or Witness Office (see telephone book under Victim Support Scotland) or on the website [www.vssdirectory.org.uk](http://www.vssdirectory.org.uk) Alternatively, contact can be made through the national office on **0131 668 4486** website: [www.victimsupportsco.org.uk](http://www.victimsupportsco.org.uk)

# RESTORATIVE JUSTICE

Restorative Justice is becoming widely used in schools, in youth justice, as part of police cautioning, and in prisons. It works to resolve conflict and repair harm. It encourages those who have caused harm to acknowledge the impact of what they have done and gives them an opportunity to make reparation. For example, they may want to apologise to those who have been harmed, return or replace stolen goods or undertake a reparative task; they may need to undertake a course on anger-management or drug and alcohol misuse, and so on. It offers those who have suffered the harm, the opportunity to have their harm or loss acknowledged, and amends made. They may feel they need emotional support and information about the justice system; they may want answers to questions, such as 'why me' or 'will this happen again'; they may need to tell the person responsible how they have been affected; they may feel they need to hear a sincere apology and receive some form of reparation in order to 'let go' and move forward.

Interest in Restorative Justice is a recent development in Scotland, but restorative approaches to offending can be found in many ancient civilisations. In the British adversarial or retributive system, crime is seen as a violation of the state and the focus is on blame. In a restorative approach, the crime is a violation of the victim and the community and the focus is on problem solving and obligation. Instead of inflicting punishment to hurt and deter, the emphasis is on the restoration of all parties. It is an important Restorative Justice principle that all parties enter into the process willingly.

## WHAT?

Current restorative justice applications in Scotland are:

- **Restorative Practices** have recently been introduced to several schools and prisons to deal with vandalism, misconduct, conflict, bullying and violence.
- **Restorative Police Warnings** are designed for minor offences and consist of a 30 minute meeting with the young person and his/ her support persons, facilitated by a police officer.
- **Restorative (Youth) Justice services** take referrals from the Children's Reporter and sometimes the Children's Panel. These services offer a range of restorative practices that aim to address offences that have caused a significant impact upon an identifiable victim.
- **Adult Diversion from Prosecution** services provide opportunities for adults accused of minor crimes to make reparation to the victims. Cases are referred by the Procurator Fiscal as an alternative to prosecution in the summary courts.

## WHO?

Some services use volunteers, but most employ full-time workers. Restorative justice is still not widely used in the adult system or in schools and prisons, so advocacy is the most critical need at present.

## HOW?

You might apply to your local restorative justice service to see if they take volunteers. You might also seek to educate your faith community about restorative justice and the need for promoting its wider use within Scotland's justice systems. Sacro is the main voluntary organization in Scotland involved in restorative justice. Further information about volunteering opportunities in Sacro's Restorative Justice Services can be obtained from:

Sacro, 1 Broughton Market, Edinburgh EH3 6NU

Tel. **0131 624 7270**

E-mail: [info@national.sacro.org.uk](mailto:info@national.sacro.org.uk)

# ALTERNATIVES TO VIOLENCE PROJECT

Conflict is a natural part of everyday life but the feelings which it stirs up, particularly the anger, can get out of hand, resulting in violence which can be physical, verbal or psychological. The Alternatives to Violence Project (AVP) helps people, by means of workshops, to explore new ways of handling conflict, rather than suppressing it.

AVP began in 1975 in a New York State prison and has now spread to more than 30 countries worldwide. In the UK it is a registered charity and workshops are held both in prisons and in the community. In Scotland, there are AVP workshops in Edinburgh, Glasgow, Thurso and HMP Kilmarnock.

## WHAT?

Each workshop is led by a team of three or four trained volunteer facilitators who organise exercises, fun activities, discussions and role plays. Workshops are at two levels. The material covered in a Level One workshop includes building self-esteem, affirmation, trust and co-operation; exploring methods of communication and learning about the creative resolution of conflicts. Level Two workshops focus on the underlying causes of violence, such as fear, anger, stereotyping, power and powerlessness. Participants are offered more tools for resolving conflicts.

## WHO?

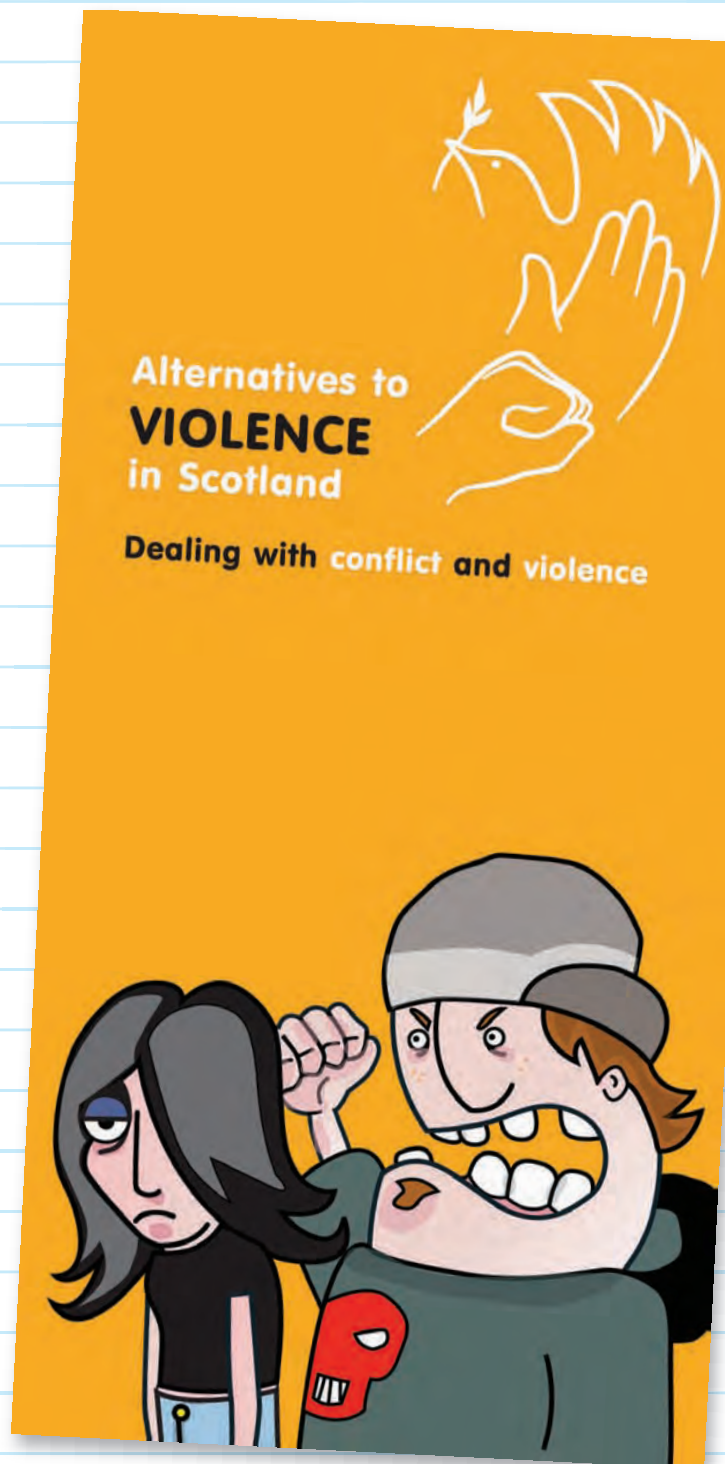
Workshops are open to anyone over the age of eighteen. After completing a Level 1 and at least two Level 2 workshops, participants who successfully complete an assessment process have the opportunity to go on and train as AVP facilitators. AVP has a national training programme for its facilitators, followed by a period of apprenticeship. Facilitators are not paid to facilitate workshops but they do receive their expenses.

There are also volunteering opportunities for people to help with administration and organisation.

Volunteers are central to the way AVP works, starting with the participants, who have to come to the workshops because they want to and not because someone has told them to.

## HOW?

For further information about AVP and a list of AVP workshops in Scotland and throughout the UK visit the AVP Britain website: [www.avpbritain.org.uk](http://www.avpbritain.org.uk) or telephone 07758 592 960



# CIRCLES OF SUPPORT AND ACCOUNTABILITY

Circles of Support and Accountability work with sex offenders in an attempt to help them avoid further offending. The idea, which originated in Canada and was run by the Mennonite Community, was first developed in 1994. In the UK it was championed by the Quaker Crime and Community Justice Group and is now being taken up by others in England, including Community Chaplaincy projects.

## WHAT?

Whilst in custody, offenders who are identified as at high risk of re-offending, with low levels of support and high levels of need are matched with a Circle. This individual then becomes the Circle's 'core member'. The initial meeting of the Circle draws up a contract of commitment to openness within the Circle and confidentiality beyond. All decision making is by consensus. The core member also promises that there will be 'no more victims' by his hand and that he will follow the laid down release plan.

Circles retain close and supportive contact with both probation and police and have to be aware of their responsibility to inform the appropriate authority when the need arises. Full Circles meet weekly with the core member. Most days however, the core member will have contact with individual members of the Circle. These contacts can range from a brief phone call through to a shopping trip or lunch. Levels of contact decrease over time, however, should a core member's behaviour cause concern, a period of intensified support and challenge may occur.

## WHO?

Circles usually consist of four to six volunteers, who are frequently drawn from faith communities. The Circle members agree to befriend a released sex offender and offer support, advice and a challenge to signs of inappropriate behaviour. Whilst no specialist or expert knowledge is required, volunteers do need to be both responsible and practical people. Following a screening process, suitable volunteers are trained and given support in their new role.

## HOW?

It is hoped the idea will spread across the UK in the near future. A Steering Group is preparing the ground for Circles in Scotland. For further information, including how you might get involved, contact:

Keith Simpson

Chairperson, Scottish Steering Group on Circles of Support and Accountability

Sacro

1 Broughton Market, Edinburgh EH3 6NU

Tel. **0131 624 7270**

E-mail: [ksimpson@sacro.org.uk](mailto:ksimpson@sacro.org.uk)

# PRISON VISITING

Many of the people held in our prisons are fortunate enough to have regular visits from friends or family. Others however are totally isolated from the world outside. These prisoners rely on people such as prison visitors – volunteers who give time each month to visit those in prison who have no other visits.

## WHAT?

A prison visitor listens in confidence to their prisoner, gives them a sense of self-respect and being cared for.

There are many reasons why people may find themselves without the comfort and support of visitors. Some may be held at such a distance from their home that their friends and family can neither spare the time nor afford the cost of a visit, others may have found themselves ostracized after getting into trouble, others still may simply lack any long term relationships which might otherwise provide them with visitors. As a visitor you might find yourself visiting a prisoner for just one visit or you may visit on a regular basis over a number of months.

If an individual prisoner wants to be visited by a volunteer visitor, he or she generally informs the prison chaplain, or a prison officer, who will then contact **HOPE** and arrange for a visit to take place.

## WHO?

Anyone can be a prison visitor, but they will need patience, understanding and, not unnaturally, the ability to relate to a wide variety of people.

Visitors are recruited and trained locally. Whilst the Prison Service encourages the idea of prison visiting, it does not itself provide training. **HOPE** coordinates and offers training and disseminates up to date information on best practice.

## HOW?

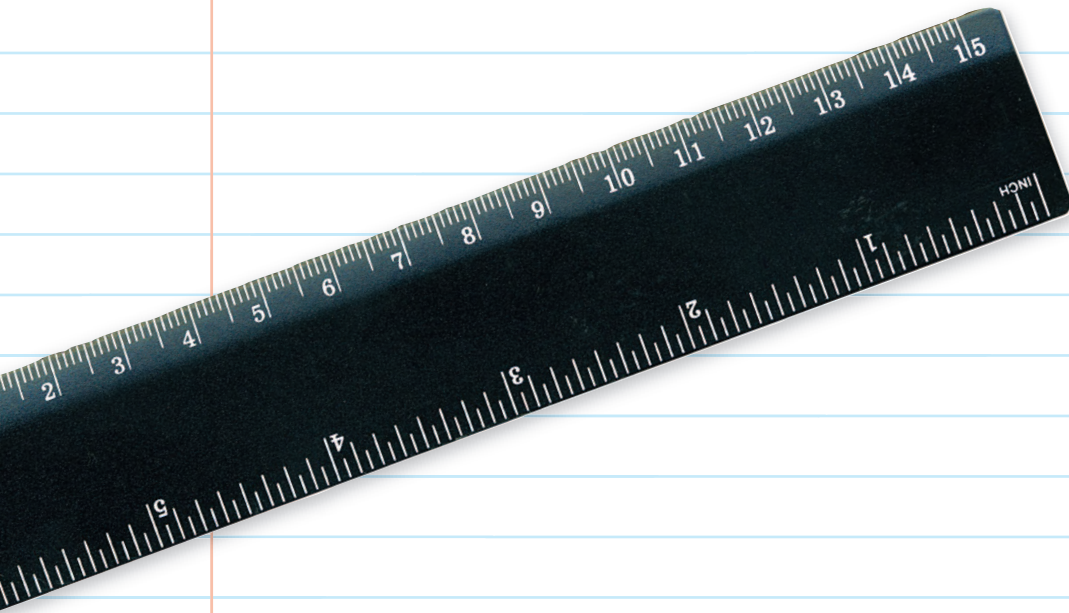
For further information on prison visiting see the **HOPE** website [www.hopescotland.com](http://www.hopescotland.com) or contact:

HOPE

18 Stevenson Street, Glasgow G40 2ST

Tel: **0141-552 0229**

E-mail: [hope@hopescotland.org.uk](mailto:hope@hopescotland.org.uk)



## THROUGH CARE

### **Sacro Volunteering Services: THROUGH CARE**

Sacro aims to promote community safety across Scotland through providing high quality services to reduce conflict and offending. One of these services is a Volunteer Support Service for prisoners and their families, based in the **Community Links Centre in Edinburgh**.

### **WHAT?**

We know people in prison can become lonely and feel isolated from the wider community. We are also aware that it can be difficult to cope with life after a prison sentence. The Volunteer Service puts recently released prisoners in touch with volunteers who can support them to resettle into the community.

The Volunteer Service also runs a Travel Service to enable prisoners to maintain contact with their families and a service within the Edinburgh Prison Visitors Centre that provides information and assistance with costs for visiting arrangements.

### **WHO?**

Volunteers come from a variety of different backgrounds and have an interest in issues affecting prisoners. Our volunteers receive ongoing training and support from Sacro including Learning & Development services, the Throughcare Team workers and the Volunteer Coordinator.

### **HOW?**

Contact Sacro's Edinburgh office for more information and details:

Penny Duncan, Volunteer Coordinator  
Sacro

Community Links Centre  
Nicholson Square  
Edinburgh EH8 9BX

Tel. **0131 622 7500**

E-mail: [info@lothiancjs.sacro.org.uk](mailto:info@lothiancjs.sacro.org.uk) and / or  
[pduncan@lothiancjs.sacro.org.uk](mailto:pduncan@lothiancjs.sacro.org.uk)

## BEFRIENDING / MENTORING

Mentoring is one person helping another to make a significant change in their lives by way of support, assistance and advocacy. This is generally provided on a one-to-one basis in the community or the service user's home. Support for the mentor is provided through the Volunteer Coordinator.

### WHAT?

For many of those released from custody the main worries are, where can they find somewhere to live, what social security benefits are available, what possible employment exists and how can they avoid an immediate return to custody. The role of a befriender or mentor is to help the individual to access the available services; to help them build their confidence and self-esteem so that they increase their chances in the job market and to be there to provide support when the difficulties seem insurmountable. An effective befriender or mentor can make the difference between a fresh start or another ride on the merry-go-round of offence, arrest, prosecution and custody.

### WHO?

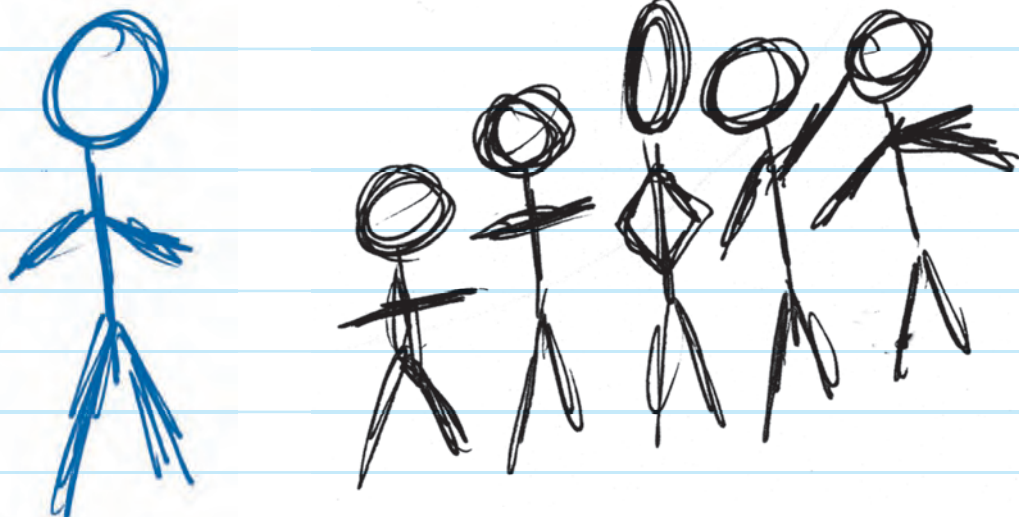
Mentors need to be reliable, non-judgemental in their approach and concerned about people. They need insight to identify an individual's specific needs as well as some skills in communication. Training and support are given, again through the Volunteer Coordinator.

Sacro also provides volunteering opportunities for drivers who wish to assist visitors to access their relatives in the more remote Scottish Prison Service institutions such as HMP Cornton Vale in Stirlingshire. Maintaining contact with family and relatives is recognised as being of particular importance in assisting ex-prisoners to successfully re-establish themselves back into communities, following a prison sentence.

### HOW?

Contact the Volunteer Coordinator at Sacro directly (See contact details in Throughcare section) or your local authority or Council for Voluntary Services.

## ME AND MY FRIENDS



WHAT CAN I DO?





## JACOB PROJECT - JACOB SCOTLAND

### WHAT?

A project which provides **young ex-offenders** with accommodation, full-time voluntary work, individual befriending, regular meetings with a throughcare worker, with a view to helping the young person to make the long term transition to paid employment and further training.

Once accepted on to the scheme, support structures required for each individual are tailor-made and set in place, pre-release. These include work placements, accommodation and personal support.

### WHO?

We need adult befrienders of all ages and from all parts of Scotland who have an interest in helping the re-integration of vulnerable young people. A befriender training day is arranged for those interested and at this stage those participating may make a commitment, or decide, having heard what is involved, that befriending of this kind is not for them, at this time.

Befrienders are expected to meet regularly (at least once a fortnight, and more frequently during the first month) on an informal basis with their Jacob Project candidate. They can meet for a coffee and a chat, or offer occasional practical help with day-to-day tasks.

### HOW?

Those interested should get in touch with the Project Throughcare Worker at:

The Iona Community, 4th Floor, Savoy House,  
140 Sauchiehall Street, Glasgow G5 3DH

Telephone **0141 332 6343**

E-mail: **[jacob@iona.org.uk](mailto:jacob@iona.org.uk)**

## THE YMCA

### WHAT?

The YMCA works with young people most at risk of failing to achieve their potential, operating through over 140 local community venues across Scotland. The YMCA works to divert young people away from crime and anti-social behaviour through a wide range of opportunities that provide challenge, training and build leadership. It also seeks to invest in at risk children and young people before they become caught up in the criminal justice system.

### WHO?

Through the YMCA you can provide a life-changing support to a young person or to struggling parents by volunteering in a mentoring role, either for a short or a long term commitment. The YMCA provides training and support for you as a volunteer, takes care of the paperwork and police checking and provides guidance and direction when challenges arise.

### HOW?

To volunteer with YMCA and be part of something significant contact:

YMCA Scotland on **0131 228 1464** or

E-mail: **[info@ymcascotland.org](mailto:info@ymcascotland.org)**

## CHAPLAINCY VOLUNTEER

By law, every prison has a Chaplaincy. For those wishing to become involved with the spiritual as well as the physical and mental well being of those in our prisons, a limited number of opportunities occur from time to time.

### WHAT?

The work of Chaplains is not restricted to providing religious services. It includes one to one sessions with individual prisoners, group discussions, organising events and visits, making arrangements with prison visitor schemes for inmates without family or friends to visit them, and relating to the wider work of the prison and community.

The contribution of volunteers in prison has a powerful impact. The fact that people are willing to give up their time has a profound effect on those men and women who attend chaplaincy activities.

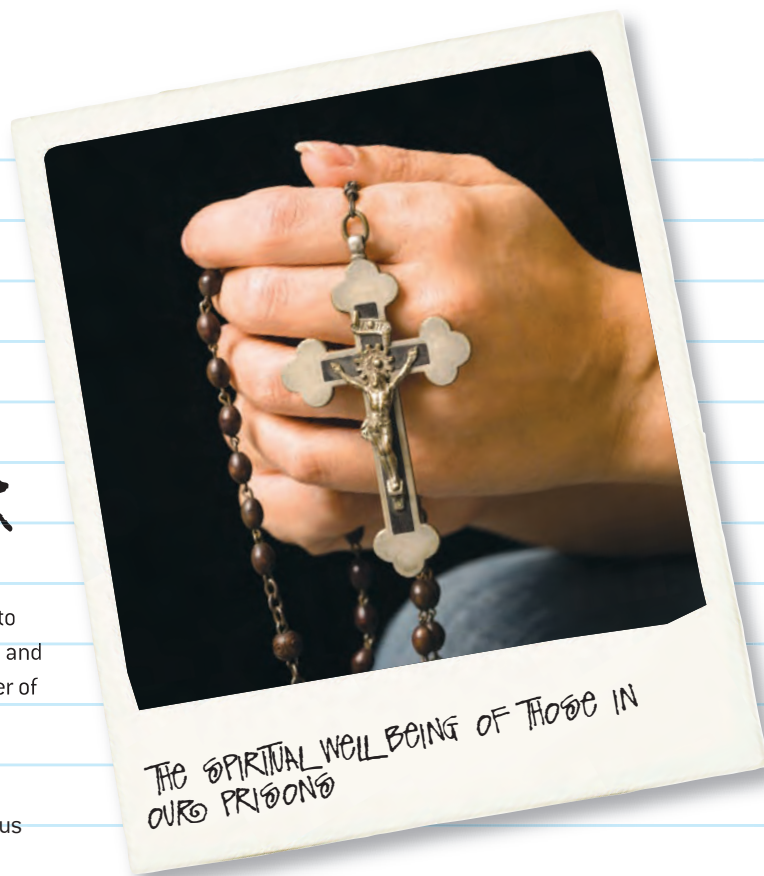
Exactly what opportunities exist for volunteers to become involved will depend on each establishment.

### WHO?

Chaplaincy volunteers are generally already part of an organisation such as a church or faith-based group. Given the security environment all volunteers are vetted and supervised.

### HOW?

If you would like more information about voluntary opportunities that may exist, ring your local prison and ask to be put through to the Chaplain there. Contact details for your nearest prison and its Chaplaincy can be obtained from: The Chaplaincy Advisers, The Scottish Prison Service, Calton House, 5 Redheughs Rigg, South Gyle, Edinburgh EH12 9HW, Telephone **0131 244 8745**.



## PRISONERS WEEK

The third Sunday in November each year marks the beginning of Prisoners' Week which offers an opportunity for communities to focus on prisoners and their families, prison staff and victims of crime. A Prisoners' Week leaflet is produced each year. Copies are available from the Prison Chaplaincy Advisers at the above address.

Local groups might want to consider inviting a Chaplain from their nearest prison to an event with a Prisoners' Week theme.

Worship materials are made available through the Prisoners' Week website: [www.PrisonersWeekScotland.co.uk](http://www.PrisonersWeekScotland.co.uk)

# PRISON FELLOWSHIP SCOTLAND

## WHAT?

The Prison Fellowship is a non-denominational Christian charity reaching out to prisoners, ex-prisoners and their families, offering Christian outreach and support together with specific Christian based programmes. They have a particular interest in Restorative Justice and deliver the Prison Fellowship International programme called 'Sycamore Tree'. This course, which has been successful in changing lives, enables prisoners to understand the impact of their crime on victims and accept responsibility for their actions, as in the Biblical Zaccheus story. They believe this is contributing to a reduction in re-offending.

## WHO?

The Prison Fellowship operates across most of the Scottish prisons with volunteer groups. They work through and with prison chaplaincies, having two full-time Field Coordinators and some 200 volunteers across the country.

## HOW?

Contact:

International Christian College  
110 St. James Road  
Glasgow G4 0PS

Tel. **0141 552 1288**

E-mail: **[prisonfellowship@lineone.net](mailto:prisonfellowship@lineone.net)**

This is a small administrative base with a part-time Director and Administrator.



# CHILDREN'S HEARINGS

The Scottish Children's Hearing system was set up in 1971 to deal with children under 16 years who are in need of care or protection or who commit offences – although once on supervision a child may remain in the system until 18. Children's Hearings took over from the courts and brought in a welfare approach looking at a young person's needs. The establishment of facts (where they are disputed) remains with the courts.

## WHAT?

Three members of mixed gender make up the panel members at the hearing. This includes a chairperson who must have completed the 3 Induction training courses which are mandatory for all panel members. Papers relating to the case are received several days in advance including reports from all the professionals who know the family. The involvement of the family at the hearing is a legal requirement and each may bring someone with them to assist in the discussion. Those in attendance usually include the report writers and occasionally, if loss of liberty is an issue, a legal representative. The reporter, an official who brings the case to a hearing is also present and keeps a record of the proceedings. Discussion of all relevant issues takes place with all those present, including the child, whose views must be sought and taken into consideration wherever possible. (A safeguarder may be appointed to try to discover the child's view and protect his/her best interests in the proceedings.) The information at a hearing is sometimes harrowing and emotional and panel members need to be able to cope with this. While the family is still in the hearing room, the panel will make a decision about whether they think the child or young person is in need of compulsory measures of supervision. This decision is always made on the basis of the best interests and needs of the child and bearing in mind the three overarching principles:

- The welfare of the child is paramount
- The child's views must be considered
- Minimum intervention (compulsory intervention only if better for the child than voluntary measures)

A hearing may be continued for various reasons – awaiting a safeguarder's report – because someone couldn't attend – for an assessment of the child etc. and the panel may have to issue a warrant to keep the child safe or secure in the meantime.

"Sitting on panels is not exactly enjoyable but it is very worthwhile. Just sometimes when a child has received good social work support their lives can turn around and then the panel is very rewarding. Making decisions about children's lives is difficult, but it is much better that it is done by lay people who really care. The training is often very interesting and so is working with the other panel members who come from all walks of life. It is great to be part of one of the only non-adversarial legal tribunals in Britain!"

**Kate, Children's Panel Member from Glasgow**

## WHO?

Applicants to be children's panel members must be at least 18 years old but there is no upper age limit and they are recruited from all sections of society. They should have a genuine interest in children and be able to communicate with children of all ages and their families. They will need to agree with employers about time off for around two hearings a month, lasting for a whole morning, afternoon or evening session. Panel members are volunteers but loss of earnings and expenses are paid. It is a most rewarding service for those who are non-judgmental and care deeply for children. Panel members also have to commit to both induction and ongoing training over several months at weekends, evenings and daytime for visits to establishments as well as seminars and teaching sessions. A high rate of attendance at these is expected.

## HOW?

Local authorities advertise for panel members annually in the local press, usually in the Autumn, but information can be obtained at any time. An information pack is sent to interested applicants along with an application form. Rigorous group and individual selection interviews are held, as usually there are more applicants than places. It should be understood that some suitable applicants are unsuccessful due to the balance of need for panel members in the area in terms of age, gender or occupations.

See [www.childrens-hearings.co.uk](http://www.childrens-hearings.co.uk) or contact your Children's Panel Advisory Committee at your local authority.



## VISITING COMMITTEE

Each prison in Scotland has a Visiting Committee (VC) which is appointed by the relevant local authority to act as an independent observer on behalf of the Scottish Ministers, to whom it is responsible. The VC of a Young Offenders' Institution (YOI) is directly appointed by the Scottish Ministers. The VC provides a necessary outside perspective on the life and work of a prison or young offenders' institution.

### WHAT?

Members monitor the treatment of prisoners and the conditions in which they are held. No fewer than two members must visit the prison over each fortnight and there is a rota system for this. General matters of concern are reported to the governor. Where the governor does not take appropriate remedial action, the committee will bring the matter to the attention of the appropriate Scottish Ministers.

Specific complaints or requests from prisoners are also heard in confidential interviews and are dealt with appropriately. Prison staff may also wish to discuss concerns with committee members.

To fulfil their responsibilities, members must understand both the requirements of prison management and the difficulties of the prisoners. They must earn the respect and confidence of all sections of the prison community and at the same time be prepared to exercise judgement without fear or partiality. They need to acquire a working knowledge of the prison system and of all aspects of life within the establishment to which they have been appointed. They must preserve their independence, as the VC needs to uphold the principles of fairness and humanity in the treatment of prisoners, while giving full weight to the need for the maintenance of discipline and control.

### WHO?

There are no specific qualifications required to become a member of a Visiting Committee, however you will need to have energy, commitment and a fair amount of free time. Often prisoners will wish to discuss matters of a personal and private nature, so it is important that you are sensitive, tactful and open-minded.

You will be given comprehensive training that will equip you to undertake the diverse tasks that you will be required to perform. People who have had previous experience of voluntary work within their local communities are particularly welcomed. There is a particular need for members of ethnic minority communities, as currently they are under represented on many committees.

### HOW?

Local authorities vary in how they appoint VC members. A minimum of 30% of each committee must be non-councillors but frequently the remaining 70% are serving councillors. All appointments cease at an election and members must be appointed or re-appointed by the new council administration. Potential applicants should approach their local council for advice a few months before a council election.

## THE POLICE

Generally when people think about volunteering within the context of the police they immediately think of the role of the Special Constable – members of the public trained to fulfil some of the tasks usually performed by the regular police. There are however a number of other opportunities.

### INDEPENDENT CUSTODY VISITORS

All police forces have Independent Custody Visitors. These are volunteers who make unannounced visits to police stations to carry out checks on the custody areas (cells).

#### WHAT?

Visitors give the local community a chance to ensure that those held in police custody are being treated humanely and are not subjected to unnecessarily degrading conditions or treatment.

#### WHO?

Anyone over 18 of 'good character' and living within the Police Authority's area may apply. Applicants must be truly independent, so people such as Justices of the Peace, serving or former police officers and Special Constables are not eligible.

#### HOW?

The Independent Custody Visitors are recruited through local advertising campaigns. Alternatively you can contact the Independent Custody Visitors Association (phone **0207 837 0078** or visit **www.icva.org.uk**).

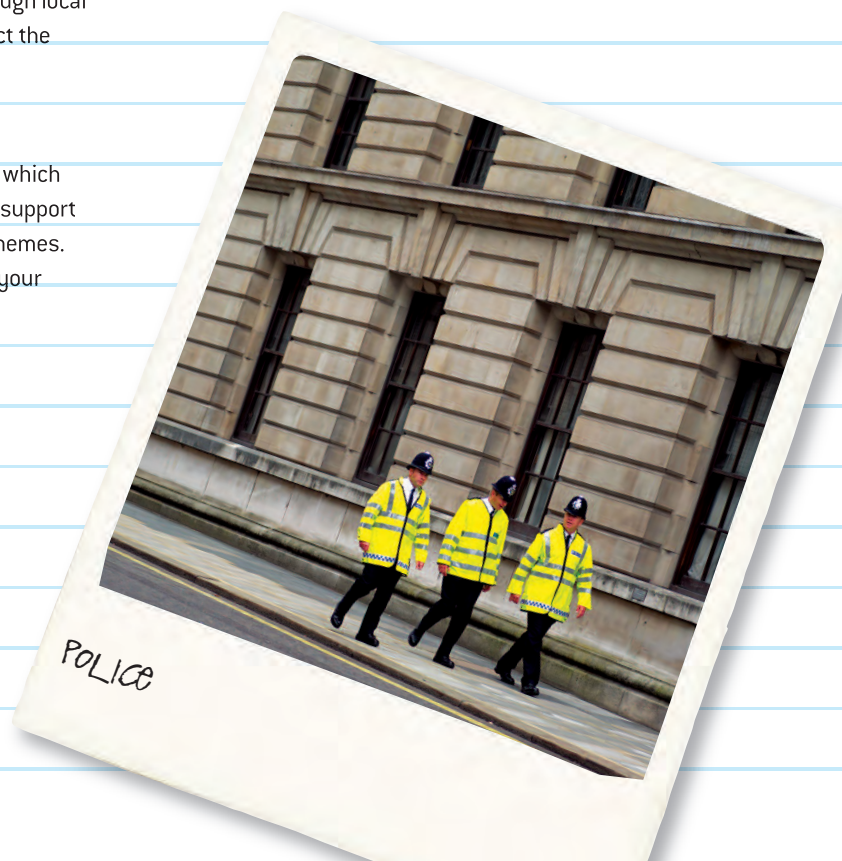
There are many other local or regional initiatives for which one might volunteer. These can range from witness support to administrative tasks or neighbourhood watch schemes. All these options can be investigated by contacting your local police station.

## COMMUNITY SAFETY

A report published by Her Majesty's Inspectorate of Constabulary (HMIC) in March 2004, 'Local Connections - Policing With the Community', urged individual police forces to exploit the opportunities presented by Volunteer Centre Network Scotland to engage volunteers and maximise the potential for active community participation, as one of the proposals designed to enhance the relationship between police and communities and improve community involvement.

There is widespread variation in the arrangement of community safety functions across Scotland. All local authorities are obliged to have a Community Safety Strategy. In some areas such as Dundee, which has several community safety panels, there are well developed schemes using volunteers.

People interested in becoming involved in community safety as volunteers should contact their local authority or police authority and enquire about what opportunities are available. There is also a volunteer centre located in each local authority area in Scotland and more information is contained in the website **www.volunteerscotland.org.uk** where you can search for volunteer opportunities by post code, town etc.



# COMMUNITY JUSTICE AUTHORITIES AND FAITH COMMUNITIES

## WHAT?

The establishment across Scotland of eight Community Justice Authorities (CJAs) under the Management of Offenders etc. (Scotland) Act 2005 has provided a wide range of actual and potential opportunities for voluntary bodies, faith communities and individuals to engage with local community justice processes. The CJA chief officers are particularly looking for support in the throughcare of offenders and ex-offenders.

For some faith based communities and faith based organisations engagement with CJA's forms a continuity with work in which they are already engaged. For others this represents a new or significantly expanded field of activity which has, as for example in the case of the Edinburgh Presbytery of the Church of Scotland, required a careful review of both ongoing involvement and future possibilities.

New projects emerging which have a direct relevance to the work of CJA,s include the foundation of the Aberdeen "Integrate" community chaplaincy initiative which defines its mission :To promote and support the re-habilitation and resettlement of ex-prisoners within Aberdeen and the surrounding area, by providing support, information and advocacy as a practical outworking of the Christian Faith"

## WHO?

While faith communities are not represented as statutory partners within the CJAs, the potential is there for partnership between the work of faith communities and the operation of the CJAs; several voluntary and faith-based organisations are already working closely with the CJAs in different areas of Scotland. The CJA chief officers have stressed the need for an integrated approach from the diverse faith communities within the individual CJA's.

Following a seminar on the subject of the relation of the faith communities to the CJA's, held in Glasgow in November 2006, the Joint Faiths Advisory Board on Criminal Justice revised its constitution to include a role "to assist and encourage faith communities in their engagement with Community Justice Authorities". We are still in the early stages of developing this work.

## HOW?

**One positive model comes from the Stirling Area**, where a Steering Group was formed in the autumn of 2007 to bring into being an Interfaith Community Justice Group:

"In the Fife and Forth Valley CJA there are three prisons and it is our ultimate aim to be able to offer practical and spiritual help and support to those folk returning to live in the communities which we represent. For so many the cycle of re-offending is a difficult one to break but we believe that with the help of the Faith Communities men and women can be encouraged and supported to turn their lives around. We would also wish to look at ways in which the Faith Communities can help with Alternatives to Custody and befriending. Our ultimate aim is to encourage the Faith Communities in every community in Scotland to provide practical and spiritual help and support so that as men and women leave the prisons in our area we can pass them on to caring faith groups in the communities to which they return. The Steering Group has been in conversation with the CJA for Fife and Forth Valley and have received a great deal of encouragement. We have also spoken to local groups and to Faith in Community Scotland and various bodies involved with Throughcare. We intend to hold an open evening in September in order to further this project which we believe can make a difference to those leaving prison and reduce re-offending, and will help to make all communities better places for those who live in them.

**The best way to begin is to gather together those from the faith communities and to talk about the needs in your communities. What do people need in your community and what can you do as a faith community to make a difference both to the lives of those who find themselves in the Criminal Justice System and to the greater community of our country?"**

# CONTRIBUTE TO THE DEBATE

Do you sometimes find yourself exasperated by one-sided articles in the papers? Has your local MSP made a statement in the Scottish Parliament that you profoundly disagree with? Did a Newsnight or Good Morning Scotland programme report make your blood boil? One of the most accessible, most immediate ways to get involved in the criminal justice system is to get involved in the debate.

## WHAT?

Local action starts with your town or community council, your local papers and radio stations. These organisations or businesses are part of your local community and it is therefore very important to them that they accurately represent the views of their 'constituents'.

Nationally your targets are MPs, MSPs, TV and radio stations, daily and weekly newspapers, magazines, national bodies such as the Scottish prison service, the immigration service, and a variety of government departments. Most criminal justice matters are the responsibility of the Scottish Parliament and Government, but the Borders and Immigration Agency deals with asylum and related issues. Those of you with international agendas might be looking at institutions such as the United Nations or The European Parliament.

## WHO?

You will need clarity, accuracy and the ability to express yourself well. Above all, you will need to know what you are talking about. Whether responding as an individual or as part of a faith or community group you will need to decide on what area of criminal justice you are going to focus, and get yourself as fully acquainted with that subject as you can.

## HOW?

### WRITE A LETTER

Try to ensure that your letter is concise. No more than one page! Be specific. If you refer to any Bills or Papers make sure you cite them correctly. Be clear about what you expect of the person you are writing to. If you are writing on behalf of a group make sure you provide full details of the group's contact person.

If you are writing to the press try to make sure that:

- Your correspondence ties in with running stories, as this will give greater chance of publication.
- You match your language and style of argument to the style of the publication to which you are writing. It is pointless writing to a tabloid with reams of statistics and complex arguments about philosophical issues. Likewise a letter to the broad sheets that simply consists of a tirade of invective is unlikely to get printed.
- You avoid jargon and rhetoric and try to keep it short.
- You establish a good reputation so that they will come to you for comment, this of course takes time!
- You produce copy that they will be eager to print. What starts off as a one off letter might turn into a dialogue that could easily become an article.

### MAKE A PHONE CALL

If you are phoning a politician or an organisation, you will need to:

- Get the name and position of the person you are speaking to; these people control access so be friendly.
- Make sure you clearly identify yourself and your group and be sure to leave specific unambiguous messages about the nature of your call. It does no harm to subsequently drop a line directly to the aide you spoke to thanking them for their assistance.

Calling a radio or television phone-in programme is a quick, easy and astoundingly cost effective way of getting an issue aired in front of a large audience. For maximum effectiveness:

- Be well prepared. Write an outline of what you want to say.
- Keep it brief, focusing on two or three points.
- Don't let yourself be drawn into an argument or discussion on points that you are unclear on.
- Stay cool calm and collected, it's your chance to make one minute of air time count, so make the most of it. You never know when you'll get another chance.



# FUNDRAISING

To provide services you need money. Active 'face-to-face' involvement – such as that described in many of the opportunities in this book – is to be encouraged, but it is just as important that others undertake the task of raising the funds. After all, fundraising makes direct contact possible.

## WHAT?

There are numerous fundraising opportunities – anything from jumble sales to sponsored silences, coffee mornings to bridge evenings, auctions of promises to musical performances. If its fun and people will pay to do it, then your fundraising will be effective. If you are able to undertake some form of fundraising on a regular basis, say monthly or quarterly, so much the better. This will provide a regular source of income as well as keeping the issue highlighted and raising awareness.

## WHO?

Anyone with drive, enthusiasm, energy and creativity. Since there are always plenty of fundraising events going on, you will need to come up with innovative ideas – both for the event itself and for ways of promoting it. Criminal justice is an area that provokes some very strong reactions and fundraising for this work can be difficult and challenging.

## HOW?

Although charities always need 'general purpose' funding, people will be more inclined to give donations to clearly defined areas or specific projects. You can also use the fundraising initiative to raise awareness of the issues – perhaps by combining the event with a visit from an expert in the field, or an education initiative. Please contact the organisation first and discuss their needs.



# BOOKLIST

The booklist that follows is neither comprehensive, nor, you will be relieved to hear compulsory! However it would be very useful to undertake some background reading before diving headlong into the depths of the criminal justice sector. A little preparation goes a very long way. Most of the titles are readily available, those that are not can be ordered through one of the organisations listed below.

## RESTORATIVE JUSTICE

- Burnside, J. and Baker, N.** (eds) (2003) *Relational Justice- repairing the breach (2nd edition)*  
Winchester: Waterside Press
- Graef, R.** (2001) *Why Restorative Justice?* London: Calouste Gulbenkian Foundation.
- Leibmann, M.** (2007) *Restorative Justice: how it works.*  
London: Jessica Kingsley
- Spalek, B.** (2006) *Crime Victims: theory, policy and practice.*  
London: Palgrave

## WORKING WITH PRISONERS FAMILIES

- Brown, K., et al** (2001) *No-one's ever asked me: Young people with a prisoner in the family.* London: Federation of Prisoners' Families Support Groups
- Ramsden, S.** (1998) *Working with children of prisoners: A resource for Teachers.* London: Save the Children
- Lloyd, E.** (1995) *Prisoners' Children: research, policy and practice.* London: Save the Children
- Federation of Prisoners' Families Support Groups,** (1997) *Living in the Shadows: Tackling the Difficulties Faced by Families of Prisoners in the Community.* London: FPFSG Conference Report (Available direct from FPFSG)

## WOMEN IN PRISON

- Catholic Agency for Social Concern.** (1999) *Women in Prison.* London: CASC
- Devlin, A.** (1998) *Invisible Women: What's wrong with Women's Prisons.* Winchester Waterside Press

## VICTIMS

- Howard League.** *Victims of Crime: Briefing Paper.* Available direct from Howard League.
- Wright, M.** (1996) *Justice for Victims and Offenders.*  
Winchester: Waterside Press

## COMMUNITY SAFETY

- Nacro.** (2000) *Putting the Community into Community Safety: a practitioner's guide*  
[www.nacro.org.uk](http://www.nacro.org.uk)

## MENTAL HEALTH AND CRIME

- Nacro** (1998) *Risks and Rights: Mentally disturbed offenders and public protection.* London: Nacro

## WORKING with OFFENDERS

- Batmanghelidjh, C.** (2006) *Shattered Lives: children who live with courage and dignity.* London: Jessica Kingsley
- Farrow, K., Kelly, G. and Wilkinson, B.** (2007) *Offenders in Focus: risk, responsibility and diversity.* Bristol: Policy Press
- Barry, M** (2006) *Youth Offending in Transition: the search for social recognition.* London: Routledge.

## GENERAL/BACKGROUND MATERIAL

- Catholic Agency for Social Concern.** (2001) *People, Punishment and Prisons.* London: CASC
- Crawford, A.** (2001) *Public Matters: Reviving Public Participation in Criminal Justice.* London: IPPR
- Crow, I.** (2001) *The Treatment and Rehabilitation of Offenders.* London: Sage
- Farrant, F., Levenson, J.** (2002) *Barred Citizens, Volunteering and Active Citizenship by prisoners.* London: PRT
- Jones, C and Sedgwick, P.** (eds) (2002) *The Future of Criminal Justice.* London: SPCK.
- Luks, A and Payne, P** (2001) *The Healing Power of Doing Good. The health and spiritual benefits of helping others.*  
[www.iuniverse.com](http://www.iuniverse.com)
- McNeil, F. and White, B.** (2007) *Reducing Reoffending: social work and community justice in Scotland.* Cullompton: Willan
- Scottish Consortium on Crime and Criminal Justice:** Website  
[www.scccj.org.uk](http://www.scccj.org.uk)
- Weaver, A.** (2008) *So You Think You Know Me?* Winchester: Waterside Press
- Wright, M.** (2008) *Making Good – prisons, punishment and beyond (2nd edition)* Winchester: Waterside Press

## USEFUL ORGANISATIONS WITH PRISON RELATED ACTIVITIES

### APEX

[Employment opportunities for ex-prisoners. Life skills training.]  
9 Great Stuart Street  
Edinburgh EH3 7TP  
Tel. 0131 220 0130  
E-mail: [admin@apexscotland.org.uk](mailto:admin@apexscotland.org.uk)  
Website: [www.apexscotland.org.uk](http://www.apexscotland.org.uk)

### FAMILIES OUTSIDE

[Services for families in Scotland affected by imprisonment]  
13 Great King Street  
Edinburgh EH3 6QW  
Tel. 0131 557 9800  
E-mail: [admin@familiesoutside.org.uk](mailto:admin@familiesoutside.org.uk)  
Website: [www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)

### Scottish Prisoners' Families Helpline,

Freephone: 0500 839383  
E-mail: [spf@familiesoutside.org.uk](mailto:spf@familiesoutside.org.uk)

### HOPE

[Visiting prisoners, who are isolated. Supporting prisoners' families and prisoners on their release from prison]  
18 Stevenson Street  
Glasgow G40 2ST  
Tel. 0141 552 0229  
E-mail: [hope@hopescotland.org.uk](mailto:hope@hopescotland.org.uk)  
Website: [www.hopescotland.com](http://www.hopescotland.com)

### HOWARD LEAGUE FOR PENAL REFORM in SCOTLAND

[Promotes humane and rational penal policies. Fosters constructive policies of crime prevention and rehabilitation]  
32A East Weberside  
Edinburgh EH4 1SU  
Tel: 0131 312 6837  
E-mail: [admin@howardleaguescotland.org.uk](mailto:admin@howardleaguescotland.org.uk)  
Website: [www.howardleaguescotland.org.uk](http://www.howardleaguescotland.org.uk)

### PRISON VISITING COMMITTEES

[Rights and wellbeing of prisoners.]  
See local authority for contact details. See [www.cosla.gov.uk](http://www.cosla.gov.uk)

### PRISON FELLOWSHIP SCOTLAND.

[Volunteer groups attached to each prison; outlying prayer groups; training and accreditation by P.F.S. for outreach to prisoners and their families.]  
International Christian College  
110 St. James Road  
Glasgow G4 0PS  
Tel. 0141 552 1288  
E-mail: [prisonfellowship@lineone.net](mailto:prisonfellowship@lineone.net)

### KIDS VIP

PO Box 603  
Redhill  
RH1 4XY  
Tel. 01737 760 249  
E-mail: [kidsvip@btinternet.com](mailto:kidsvip@btinternet.com)

### SCOTTISH PRISONS

**HMP Aberdeen**, Tel: 01224 238300  
**HMP Castle Huntly, Longforgan,**  
**Nr Dundee**, Tel: 01382 319333  
**HMP Dumfries**, Tel: 01387 261218  
**HMP Glenochil, Tullibody,**  
**Clackmannanshire**, Tel: 01259 760471  
**HMP Polmont, Falkirk**, Tel: 01324 711558  
**HMP Kilmarnock**, Tel: 01563 548800  
**HMP Noranside, By Forfar** Tel: 01382 319333  
**HMP Peterhead**, Tel: 01779 479101  
**HMP Barlinnie, Glasgow**, Tel: 0141 770 2000  
**HMP Cornton Vale, Stirling**, Tel: 01786 832591  
**HMP Edinburgh**, Tel: 0131 444 3000  
**HMP Greenock**, Tel: 01475 787801  
**HMP Inverness**, Tel: 01463 229000  
**HMP Perth**, Tel: 01738 622293  
**HMP Shotts**, Tel: 01501 824000

## USEFUL ORGANISATIONS WITH MORE GENERAL ACTIVITIES

### Sacro

[Volunteer support services for prisoners and their families. Community mediation, restorative justice service.]

National Office

1 Broughton Market

Edinburgh EH3 6NU

Tel. 0131 624 7270

E-mail: [info@national.sacro.org.uk](mailto:info@national.sacro.org.uk)

Website: [www.sacro.org.uk](http://www.sacro.org.uk)

### VICTIM SUPPORT SCOTLAND

[For local services see telephone directory or website]

15/ 23 Hardwell Close

Edinburgh EH8 9RX

Tel. 0131 668 4486

E-mail: [info@victimssupportsco.org.uk](mailto:info@victimssupportsco.org.uk)

Website: [www.victimssupportsco.org.uk](http://www.victimssupportsco.org.uk)

### JOINT FAITHS ADVISORY BOARD ON CRIMINAL JUSTICE

c/o Scottish Churches Parliamentary Office

43-45 High Street

Edinburgh EH1 1SR

Tel. 0131 558 8137

### MOTHERS UNION

Mothers Union Provincial President for Scotland

8 Strathmore Avenue

Dunblane FK15 9HX

Tel. 01786 825493

Email: [sheila.redwood@btinternet.com](mailto:sheila.redwood@btinternet.com)

Website: [www.themothersunion.org](http://www.themothersunion.org)

### ALTERNATIVES TO VIOLENCE PROJECT

[Creative conflict resolution workshops in the community and in prison. Training volunteer facilitators.]

Tel. 07758 592 960 (please leave a message)

Website: [www.avpbritain.org.uk](http://www.avpbritain.org.uk)

### SCOTTISH LOCAL AUTHORITIES

See [www.cosla.gov.uk](http://www.cosla.gov.uk)

### SCOTTISH CHURCHES RACIAL JUSTICE GROUP

[Monitors trends and developments in racial justice and, where appropriate co-ordinates a church response. Co-ordinates the work of churches, provides advice and support on race equality / discrimination and asylum issues. Seeks to develop resources and deliver training in racism and diversity, primarily aimed at churches and church groups.]

Action of Churches Together in Scotland,

7 Forrester Lodge,

Inglewood House,

Alloa FK10 2HU

Telephone: 01259 222365; 07814544258

Email: [racialjustice@acts-scotland.org](mailto:racialjustice@acts-scotland.org)

Website: ACTS [www.acts-scotland.org](http://www.acts-scotland.org) and

[www.racialjusticescotland.org.uk](http://www.racialjusticescotland.org.uk)

### SCOTTISH COUNCIL FOR VOLUNTARY ORGANISATIONS

[Information, publications, research, training courses and direct links with Councils for Voluntary Service and national networks.]

Mansfield Traquair Centre

15 Mansfield Place

Edinburgh EH3 6BB

Tel. 0131 556 3882

E-mail: [enquiries@scvo.org.uk](mailto:enquiries@scvo.org.uk)

Website: [www.scvo.org.uk](http://www.scvo.org.uk)

### VOLUNTEER DEVELOPMENT SCOTLAND

[Works to promote and develop volunteer development in Scotland]

Stirling Enterprise Park

Stirling FK7 7RP

Tel. 01786 479593

Website: [www.vds.org.uk](http://www.vds.org.uk)

### YMCA

[Helps young people, particularly at times of need, regardless of gender, race, ability or faith]

YMCA Scotland

11 Rutland Street

Edinburgh EH1 2AE

Tel. 0131 228 1464

E-mail: [info@ymcascotland.org](mailto:info@ymcascotland.org)

Website: [www.ymcascotland.org](http://www.ymcascotland.org)

## WHAT

**SUPPORT FOR THE FAMILIES OF PRISONERS**  
**PRISON VISITORS' CENTRES**  
**TAYSIDE FAMILIES SUPPORT SERVICE**  
**MOTHERS UNION**  
**PLAY PROJECTS**  
**VICTIM SUPPORT**  
**RESTORATIVE JUSTICE**



**Faith and Justice in  
Scotland**

## CAN

**ALTERNATIVES TO VIOLENCE PROJECT**  
**CIRCLES OF SUPPORT AND ACCOUNTABILITY**  
**PRISON VISITING**  
**THROUGH CARE / BEFRIENDING**  
**CHAPLAINCY VOLUNTEERS**  
**PRISONERS' WEEK**  
**PRISON FELLOWSHIP TRUST**

## I DO?

**CHILDREN'S HEARINGS**  
**VISITING COMMITTEES**  
**THE POLICE**  
**COMMUNITY JUSTICE AUTHORITIES**  
**CONTRIBUTING TO THE DEBATE**  
**FUNDRAISING**

Joint Faiths Advisory Board on Criminal Justice  
 c/o Scottish Churches Parliamentary Office  
 43-45 High Street  
 Edinburgh EH1 1SR

General Meeting for Scotland of the Religious Society of Friends  
 Quaker Meeting House  
 7 Victoria Terrace  
 Edinburgh EH1 2JL

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What can I do?

WHAT CAN I DO?

what can I do?

What can I do?

What Can I do?

What can I do?

**What Can I Do?** is a guide to volunteering in the criminal justice system in Scotland. It contains details of volunteering opportunities to suit all levels of ability, interest and commitment.

So if you're concerned about our criminal justice system and want to be actively involved, all you need to do is ask

WHAT CAN I DO?

What can

What can