



HM Prison &  
Probation Service

# Staying in touch with friends and family



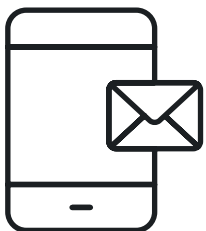
## Telephone calls

If you have a telephone in your cell, you will receive an extra £5 weekly credit. This is gradually being added to PIN Phone accounts, so may not be available immediately.



## Letters

You can still write to friends and family and receive letters from them. You are allowed to send one free letter each week.



## Emails

Friends and family can send you messages through [www.emailaprisoner.com](http://www.emailaprisoner.com). You can reply with a letter, or make a call if you have a phone in your room.

