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| Heads of Safety Resource Pack  December 2020 | |
| The aim of this resource pack is to take the time and effort away from sourcing information and resources to promote Prison Safety. This is always a busy and challenging time of year - never more so than in 2020. We know staff and managers are stretched and are working tirelessly to keep staff and residents safe both physically and mentally. This pack is designed to provide quick access to a wide range of resources. We know not all residents will want or need what is on offer here, but, for some, in-cell activity and wellbeing support will be welcomed in the days and weeks to come.  Thank you for all you have done and continue to do – it is making a difference to the lives of residents and staff.  Other packs made available at the same time include:   * Peer Supporter’s pack (e.g. Listeners, COVID-19 reps) * Resident pack for Men * Resident pack for Women | Contents:  **The Wellbeing Pack**  **‘Do Good Be Good’ Activities**  **In-cell Resources (including LDC & Foreign Languages)**  **PACT Packets**  **Quiz Questions and Answers**  **TV Highlights guide** |

# The Wellbeing Plan

This is a self-help pack for residents to use and it can help in times of distress or crisis. Consider using or discussing in ACCT reviews or as part of keywork sessions

<http://hmppsintranet.org.uk/resources/wp-content/uploads/2020/04/The-Wellbeing-Plan-Self-help-tool.pdf>

# ‘Do Good Be Good’ Activities

Evidence suggests that ‘Do Good Be Good’ Activities have the potential to make a difference to people’s wellbeing and help people behave more pro-socially. Activities that are most likely to make a difference will do the following:

* Help people see ‘doing good’ as part of who they are
* Help people see the positive impact their behaviour is having on others or their community
* Help someone feel that they are an important part of their community, that they are valued and that they matter

Consider how you can create opportunities for more residents to be involved in ‘Do Good Be Good’ activities e.g. see the COVID 19 prisoner’s rep information below.



You can also read more about ‘Do Good Be Good’ activities in the evidence based summary:

<https://intranet.noms.gsi.gov.uk/__data/assets/pdf_file/0006/897081/Evidence-Summary-Do-good-be-good-activities-01.02.18.pdf>

# In-Cell Activities

The link below will help you quickly find in-cell activities on the intranet - there are a wide variety of activities including:

* Yoga
* Workouts
* Wellbeing activities
* Education packs
* Creative writing
* Reading Materials

There are versions for those with **Learning Difficulties and Challenges** (LDC) and materials available in over **20 languages**.

Click on the link: <https://hmppsintranet.org.uk/resources/in-cell-materials/>

# PACT Packets

PACT are a national charity that provides support to prisoners, people with convictions, and their families. PACT have put together a collection of downloadable, printable resources to support children, families and prisoners throughout the Coronavirus crisis. There are many resources appropriate for prison residents and their children, including:

* Activity Booklet
* Brainteasers Booklet
* Daily writing challenges
* Origami Booklet
* A selection of Sports Quizzes
* Stretching Booklet

<https://www.prisonadvice.org.uk/pact-packets>

# Other resources

<https://hmppsintranet.org.uk/resources/in-cell-materials/activities/>

* **Conversational Playing Cards:** These can be used as a way of encouraging and starting meaningful conversations (or simply as a game of cards). These can be used by both staff and residents and may be particularly useful in helping people to open up and get to know each other at a time where anxieties may be high and positive relationships will be particularly important. Prison residents may find them helpful during video calls if they are struggling to find things to say to partners or children.
* **Chess**: Chess related resources including a printable chess board, instructions and chess club sheets.
* **ThinkLet**: Members of the Learning Together Network have created ThinkLets to help people keep connected. Each ThinkLet contains resources that will help think about new ideas and develop new skills.

# National Safety Intranet Pages

<https://intranet.noms.gsi.gov.uk/__data/assets/pdf_file/0017/1036043/HMPPS-Safety-Intranet-Directory-WEB.pdf>

These pages provide Information, Effective Advice and Guidance on all aspects of Prison Safety, including:

* Support for staff
* Suicide & Self Harm
* Violence
* Debt
* Physical Safety
* Support for prison residents

# Quiz (Questions & Answers)

**This will help you organise something fun and engaging for staff and residents**

1. Since its debut in 2015, Hamilton has become one of the biggest musicals of all time. But who wrote it?
2. Which hit video game series has released games called World At War and Black Ops?
3. Who wrote the books Gone Girl and Sharp Objects?
4. Where is I'm a Celebrity 2020 taking place?
5. Which famous TV chef started cooking at just eight years old in his parents' pub 'The Cricketers' in Essex?
6. What is Barbie, the doll's, full name?
7. Who provided the voice for Dory in the Finding Nemo films?
8. Which former Doctor Who actress plays Nebula in the Avengers and Guardians of the Galaxy franchises?
9. Which iconic singer was known as 'The King of Pop'?
10. Which American pop star had back to back hits in 2015 with 'Sorry' and 'Love Yourself'?
11. Which artist created 'Campbell's Soup Cans' in 1962?
12. Which artist is famous for their work which includes preserved dead animals, including a shark, a sheep and a cow?
13. Which Bond film was released in 2006, starring Daniel Craig?
14. What are the names of the six suspects in Cluedo?
15. Put the following Kardashian-Jenners in order of age, from oldest to youngest: Khloe, Kylie, Rob, Kourtnet, Kendall, Kim, Kris.
16. What type of nut is in the middle of a Ferrero Rocher?
17. In which franchise would you find the character Katniss Everdeen?
18. Who plays Emily in the hit Netflix series 'Emily in Paris'?
19. Who wrote Jungle Book?
20. Which French town is known for its mustard?
21. Who played Edward Cullen in the Twilight franchise?
22. Which smart-mouthed mercenary did Ryan Reynolds bring to the screen in 2016?
23. What is a baby kangaroo called?
24. Which cartoon character lives in a pineapple under the sea?
25. Helsinki is the capital of which country?
26. How many dwarves does Snow White live with?
27. Tom Cruise is an outspoken member of which religion?
28. How many Oscars has Leonardo DiCaprio won?
29. What is the collective name for a group of crows?
30. How many days does it take for the Earth to orbit the sun?
31. What's the national flower of Japan?
32. Which famous graffiti artist comes from Bristol?
33. Who invested the iconic Little Black Dress?
34. Where is Billie Eilish from?
35. What song is the all-time-most-streamed song on Spotify to date?
36. Which movie was Pixar's first feature-length film?
37. Which football team is known as The Red Devils?
38. What is the name for the Swiss dish that usually involves melted cheese or chocolate?
39. According to the book and movie titles, what designer line does the devil wear?
40. Which female pioneer in aviation disappeared over the mid-Pacific in 1937?
41. What kind of Greek bread is used in a gyro?
42. Which New York street is closely associated with the business world and stock market?
43. What is the name for a female fox?
44. How many ghosts visit Scrooge in A Christmas Carol?
45. What is the Scoville scale used to measure?
46. According to legend, who was King Arthur's wife?
47. Which majestic mountain range would you find in Switzerland?
48. What has to happen for a vampire to enter the home of the living?
49. Which spooky TV series has an alternate universe called 'The Upside Down'?
50. What is the name of the group Justin Timberlake used to be part of?

**QUIZ ANSWERS**

1. Lin-Manuel Miranda
2. Call of Duty
3. Gillian Flynn
4. Gwrych Castle in Wales
5. Jamie Oliver
6. Barbara Millicent Roberts
7. Ellen DeGeneres
8. Karen Gillan
9. Michael Jackson
10. Justin Bieber
11. Andy Warhol
12. Damien Hurst
13. Casino Royale
14. Miss Scarlett, Colonel Mustard, Mrs. White, Reverend Green, Mrs. Peackock and Professor Plum
15. Kris, 64, Kourtney, 41, Kim, 39, Khloe, 35, Rob, 33, Kendall, 24, Kylie, 22
16. Hazelnut
17. The Hunger Games
18. Lily Collins
19. Rudyard Kipling
20. Dijon
21. Robert Pattinson
22. Deadpool
23. Joey
24. SpongeBob SquarePants
25. Finland
26. Seven - Doc, Dopey, Happy, Sneezy, Sleepy, Bashful, Grumpy
27. Scientology
28. One
29. A murder
30. 365 days
31. Cherry blossom
32. Banksy
33. Coco Chanel in the 1920s
34. Los Angeles, USA
35. Ed Sheeran, Shape of You
36. Toy Story, 1995
37. Manchester United
38. Fondue
39. Prada
40. Amelia Earhart
41. Pita bread
42. Wall Street
43. Vixen
44. Four - Christmas Past, Present and Future as well as his former business partner Jacob Marley
45. The pungency (spiciness or heat) of chili peppers
46. Guinevere
47. The Alps
48. They have to be invited in
49. Stranger Things
50. N'SYNC

# TV Highlights Guide

**Drama/Soaps**

* Call the Midwife Christmas Special. Christmas Day, 7.40pm. BBC1
* Doctor Who: Revolution of the Daleks. New Year’s Day, 6:45pm. BBC1
* Black Narcissus. Sunday 27th December, 9pm. BBC1. An adaptation of Rumer Godden’s 1939 novel about growing tensions within a small convent of Anglican nuns.
* Eastenders Christmas Special. Christmas Day, 9.10pm, & New Year’s Special. New Year’s Day, 8pm. BBC1
* Emmerdale Christmas Special. Christmas Day, 6pm. ITV
* Coronation Street Christmas Special. Christmas Day, 7pm. ITV

**Entertainment**

* Strictly: The Christmas Countdown. Christmas Day, 4.45pm. BBC1
* Britain’s Got Talent Christmas Spectacular, Christmas Day, 8pm. ITV
* Big Fat Quiz of the Year 2020, Boxing Day, 9.05pm. Channel 4. Annual quiz hosted by Jimmy Carr
* The Great Christmas Bake Off, Christmas Eve, 7.40pm. Channel 4
* Blankety Blank, Christmas Day, 7pm. BBC1. Bradley Walsh hosts a special episode of the classic game show.
* Taskmaster Festive Special. New Years Day, 9pm. Channel 4.
* Michael McIntyre’s Christmas Wheel. Christmas Day, 6pm. BBC1.
* The Repair Shop at Christmas. Boxing Day, 6.45pm. BBC1.
* Top of the Pops New Year Special, New Years Eve, 4.20pm. BBC1
* The Wall Versus Celebrities, New Years Eve, 6.40pm. BBC1
* The Graham Norton New Year’s Eve Show, New Years Eve, 10.25pm. BBC1
* The Serpent, New Year’s Day, 9pm, BBC1

**Comedy**

* Mrs Brown’s Boys Christmas Special. Christmas Day, 10pm & New Years Day, 10pm. BBC1
* The Vicar of Dibley in Lockdown, Monday 21st December, 8.50pm. BBC1
* Ghosts Christmas Special. Wednesday 23rd December, 8.30pm. BBC1. A sitcom from the Horrible Histories team with a neat twist on The Christmas Carol story.
* Gavin & Stacey Christmas Special. Christmas Eve, 8.40pm. BBC1

**Documentary**

* Dancing on Thin Ice with Torvill and Dean. New Years Day, 9pm. ITV. Mixing ice-skating with the dramatic effects of climate change.
* Billy Connolly: It’s Been a Pleasure. Monday 28th December, 9.30pm. ITV. Highlights of his astonishing career.
* Victoria Wood: The Secret List. Christmas Day, 9.10pm. BBC2. Tribute to the late comedy legend, including sketches and unseen insights into her life.
* Mortimer and Whitehouse: Gone Christmas Fishing. Wednesday 23rd December, 6.30pm. BBC2. A festive special.

**Movies**

* Robin Hood: Prince of Thieves, Sunday 20th, ITV 4:40pm
* Ben-Hur, Christmas Eve, Channel 4, 3:05pm
* Some Like it Hot, Christmas Day, BBC2, 1:15pm
* Coco. Christmas Day, 3:10pm. BBC1. Animated movie
* I Give it a Year, Christmas Day, BBC1, 00:45am
* Grease, Boxing Day, BBC1, 5pm
* Home Alone 2: Lost in New York, Christmas Day, Channel 4, 5:30 pm
* Chitty Chitty Bang Bang, Christmas Day, Channel 5, 3:10pm
* Dunkirk. Boxing Day, 9.05pm. BBC1
* Penguins of Madagascar, Boxing Day, 10.15am. BBC1.
* The Holiday, Boxing Day, ITV, 10:45pm
* The Sound of Music, Sunday 27th, BBC1, 3:45pm
* Jurassic World, Sunday 27th, ITV 4:40pm
* The Karate Kid, Sunday 28th, Channel 5, 11:30 am
* Wonder Woman, Tuesday 29th December, ITV, 7:30pm
* Mr & Mrs Smith, Wednesday 30th December, Channel 4 at Midnight
* Skyfall, New Year’s Eve, ITV, 9pm
* Diamonds are Forever, New Year’s Day, BBC1, 4:30pm
* Robin Hood: Prince of Thieves. New Year’s Day, 4.30pm. BBC1.
* The Greatest Showman, New Year’s Day, Channel 4, 5:30pm

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