

Tuesday 19 March 2019

## Wellbeing Fair to be set up to help prisoners

The States of Jersey Prison Service will hold its first Wellbeing Fair, in the prison sports hall on Wednesday 27 March. Prisoners will have the opportunity to walk around the displays and talk to more than 20 local industry providers about the kinds of wellbeing services they can access once they are back in the community.

Jersey Sport, Highlands College and Mind Jersey are just a few of the local providers who will promote health, wellness and fitness at a Health and Wellbeing Fair to be held at the Prison.

Local groups such as Jersey Meditation and Triumph Over Phobia, as well as dietitians and healthcare professionals, will offer their expertise and advice to help encourage prisoners to follow a healthy lifestyle and make good choices when it comes to their own health and wellbeing.

James Le Feuvre, Executive Director of Mind Jersey said "We are pleased to be participating in the fair. We know that it is important to support individuals in recognising their own mental health and in signposting them to services that can assist in their rehabilitation in the community"

Prison Governor, Nick Cameron, added: "We aim to prepare prisoners for release, by improving their skills to gain employment, by assisting them with addictions, providing support for mental health issues, and teaching them how to look after their own wellbeing. In short – community ready, job ready and personally ready to re-integrate into the community. Improving the health and wellbeing of prisoners on release contributes to reducing reoffending, and the overall safety and wellbeing of the island."

Dr Linda Diggle, Head of Preventative Programmes, said: "A holistic approach to wellbeing can benefit all individuals which will ultimately impact positively on health across the population,"

The States of Jersey Prison became smoke free in January 2019. The Help 2 Quit and Prison Healthcare teams provide a clinic to help prisoners quit smoking.

**Notes to Editors**

1. For further information, please contact the press office on 01534 440430 or [pressoffice@gov.je](mailto:pressoffice@gov.je)