



Newsletter

In the Last Few Months...

Feel Good Factor

Over the past year, we have been **dedicated to raising awareness on health and well-being** and highlighting the importance of **keeping a healthy mind and body** as well as self-care. Currently, we **provide mums and carers with free holistic treatments** such as **massages and reiki** during **child bonding visits** at the prison. This not only offers mums and carers with some **time away for relaxation** at the visit but also gives **dads some much needed one-on-one time** with their child. Across February and March we have been delivering **Well-being Sessions** at The Croft which have included **Kansa Wand, Seated Reiki** and **Auricular Acupuncture and Meditation**. We will continue to run **Well-being Sessions** in the coming months and throughout the **rest of this year**. Information will be posted on our **social media about any upcoming sessions**. If this is something you might be **interested in**, then please **speak to someone at The Croft, send us an email or send us a message on social media** to express interest.

Continued...

The Liliac Centre

Angela, our Addictions Outreach Worker, visited the **Liliac Centre** during February to **highlight the work we do at The Croft.**



International Women's Day

During March we celebrated **International Women's Day**. We celebrated all the amazing women around the world that **inspire, support and empower us every day**. Whether it's in our families, communities or workplaces, women make a huge difference, Here's to **equality, progress and a brighter future for all!**



Scottish Autism

In February we welcomed **Scottish Autism** to The Croft. Scottish Autism are a **charity who are dedicated to enabling Autistic people to lead happy, healthy and fulfilling lives.**

April is **Autism**

Awareness Month,

and throughout the month we will be raising awareness, promoting understanding and fostering acceptance of individuals with Autism Spectrum Disorder.



ChangeWorks

In February we also welcomed **ChangeWorks** to join us at The Croft. **ChangeWorks are Scotland's leading environmental charity** delivering solutions for **low-carbon living**.

We are always thrilled to have charities joining us to spread awareness so a **huge thank you to ChangeWorks and Autism Scotland!**



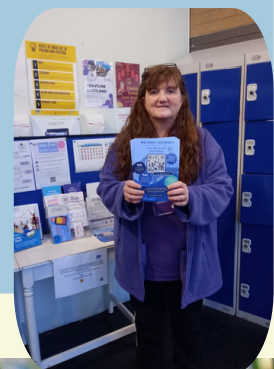
Community Justice Glasgow Annual Reporter

We were thrilled to have a **feature** in **Community Justice Glasgow's Annual Reporter**. The article entitled "**The Croft - A Strategy with a Feel Good Factor**" and written by our Service Manager Margaret Muir, highlighted our **Feel Good Factor programme** which is designed to help promote **positive health and well-being** through a range of **well-being therapies**.



No Easy Journey

At the start of the year we supported **Families Outside** in raising awareness of their **No Easy Journey campaign**. The purpose of the campaign was to **highlight that there is no easy journey for those visiting a loved one in prison across Scotland** and to also **highlight the challenges people continue to face**. A really important cause that we **wholeheartedly stand behind**.



Coming Up...

On the **18th and 25th March** we have **Next Chapter Scotland** visiting us here at The Croft, who will be raising awareness of the work they do. Next Chapter Scotland **help anyone affected by the justice system**. If any part of your life feels **harder to manage** because you or a loved one has been **involved with the criminal justice system**, then Next Chapter Scotland is **here to help**.

April is **Autism awareness month** and we will be joining in **raising awareness** of the **misconceptions and stereotypes** often associated with Autism. During April and every month, we will **strive to fearlessly stand** for a world **where Autistic people are recognised and have the opportunities they deserve**.



Let's Get Connected

The **Let's Get Connected** App, commissioned by **Community Justice Glasgow** and developed in partnership with **Glasgow Girls Club**, is an **online tool** that **identifies a broad range of local and city-wide services** that can support a reduction in the risk of re-offending.



Support

Peer Support Group

Every **Wednesday between 1pm and 3pm** Angela and Josie run a **Peer Support Group at Molendinar Community Centre**. This group is for anyone looking for a community group focused on **peer support**. There's no criteria for joining, and Angela and Josie want to **welcome anyone interested**.

In recent weeks Angela and Josie have run **Health and Well-being sessions and art therapy sessions** and will be looking to run similar sessions in the future. Get in touch with Angela or Josie if you're **interested in joining the group**.



Molendinar Community Centre



Wednesday 1pm-3pm



angela@thecroft.org.uk
josie@thecroft.org.uk

Resource Hub Sessions

Every **Wednesday within the prison**, Angela runs peer support sessions in the **Resource Hub**. These sessions are focused on **helping individuals prepare for release** back to their **communities**, and are a **safe space to get support**. The group was created in **response to feedback** from **people in custody** and provides **space, time and support** to access **important services and information** ahead of their **liberation date**. If you have a **loved one in prison** who may be **interested in joining**, then please **get in touch with Angela** at The Croft.



HMP Barlinnie



Monday, Wednesday and Friday mornings



angela@thecroft.org.uk

Spotlight On...

Gillian

Family Support Worker

Gillian is our brand new Family Support Worker and in her role she is going to have a **strong focus on Well-being Events and Activities**. Gillian has a **background in Teaching**. Gillian is **multi-talented** and also runs her own Dog-Grooming business too.

Gillian works with us part-time and will be the **main point of contact for our current and upcoming Wellbeing Activities**. If you are interested in any Wellbeing Activities, then please **send Gillian an email**.



The Croft Family Room



Monday, Friday and Sunday



gillian@thecroft.org.uk

Michele

Volunteer Co-ordinator

Michele is our **Volunteer Co-ordinator**, as well as being a **Family Support Worker** and **Safeguarding Lead**. Michele initially started with The Croft as a **volunteer in 2012** when we were based in St. Enoch's Hogganfield Church and is our **longest standing member of the team**.

As part of her role Michele **recruits and inducts all of our volunteers**, and often runs **volunteer information days**. If this is something you might be interested in, then please **drop Michele an email**.



The Croft Family Room



Wednesday, Thursday and Friday



michele@thecroft.org.uk

Weekly Schedule

Monday

Monday Motivation

On Mondays we post about what we're up to and have planned for the week

Tuesday

Team Tuesdays

On Tuesdays we share about what are team are up to & introduce any new faces

Wednesday

Angela in the Hub
The Croft Peer Support Group

Mornings- Resource Hub
Molendinar 1-3pm

Thursday

BCDC Meet & Eat Social

12-2pm 15 Quarrywood Avenue

Friday

Angela in the Hub
Feedback Friday

Mornings- Resource Hub

Saturday

Snack Saturday

All day at The Croft- get your snacks for Saturday night in

Sunday

Reset Sundays

Sunday's are for reflecting on the week and preparing for the week ahead

“

Thank you, you really helped me so much and are so understanding of what I'm going through.

”

Visitor's Forum

Here at The Croft we host a **quarterly Visitor's Forum**. We want to give our visitors the **opportunity to have a voice about any queries or concerns they may have** or share any **good news stories**. **Get in touch** to find out about attending!

Key Prison Info



HMP Barlinnie
81 Lee Avenue
G33 2QX

Concern Line
0141 770 200
Press 9



Sending Money Online
Scottish Prison Service Prisoner Funds Central
Sort Code: 83-06-08
Account Number: 21170685
Reference: PrisonNumber-DOB
eg. 12345-01/02/03

The Croft Contact Info



07484 664 950



CroftVisitorsService



help@thecroft.org.uk



HMPBarLVisitors



www.thecroftfamilysupport.org

New!



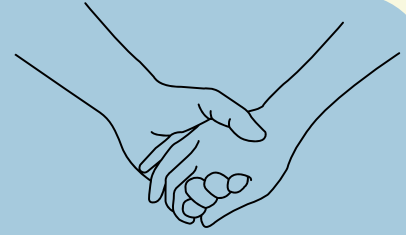
Community Contacts



Families Outside

0800 254 0088

support@familiesoutside.org.uk



LOOP

(Loved Ones of Prisoners Scotland)
www.loopscotland.org



Glasgow Life Family Finances Support

07443 814 190

financialcapability@glasgowlife.org.uk

Parkhead Citizens Advice Bureau

0141 554 0004

info@parkheadcab.org.uk



The Wise Group

0141 303 3131

enquiries@thewisegroup.co.uk



Partners In Advocacy

0141 847 0660

glasgow@partnersinadvocacy.org.uk

Jobs and Business Glasgow

0300 123 2898

contact@jbg.org.uk



Parent Network Scotland

0141 319 5181

info@pns.org.uk

