



# food for thought



In its report "Life in Prisons: Living Conditions (2017)", HMIP reported that:

*"Prisoners will sometimes spend a lot of time in their cells due to limited access to association or work; this may hinder their ability to cope with day-to-day prison life, leaving them vulnerable. It is therefore important that they have sufficient mental stimulation available to them during periods of lock-up – a lack of which can lead to prisoners experiencing extreme stress, anger and frustration".*



RECOOP has been working with older prisoners and ex-offenders for over ten years and recognises the importance of keeping active, both physically and mentally.

*begin a debate - for example there was a fabulous article on bees that sparked a mini-project.*

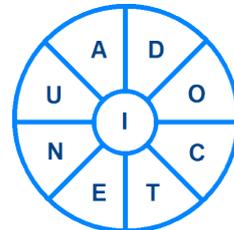


*Often learners will ask for the Sudoku or word searches. I regularly pass on the documents to two other tutors who work in Healthcare and on the Dependence Wing who say that their learners really enjoy the packs.*



With that in mind, "food for thought", a distraction pack, was developed. The packs include quizzes, word searches, Sudoku, brain teasers, health information, poetry, fascinating facts about the world and much more.

*I find them to be to the point and difficult enough to provide interest and to stretch. I use some of the Sudoku, word searches and the number puzzles from the packs to give out during MEAs - initial tests, when men first come into the prison and it takes the edge off the exams and keeps people gainfully occupied."*



Produced on a monthly basis, the packs are sent direct to those who subscribe via email, so that printing and distribution can be arranged well in advance of the beginning of each month.

*For further information please contact: info@recoop.org.uk*



Feedback from Education at HMP Lewes highlights its value:

*"My learners on HMP 3A (third age) are over 55. We use parts of the packs in class sometimes to*

	7				6		
4					2	1	
2			7	8			
9	3		5	4	2		
7	1		8		3		
			6				
		6			1	9	
1				5	4		
	9					5	7



Hydrogen	Born
Helium	JULY
Lithium	
Beryllium	
Boron	
03	04
eeee e	AFNIBUSS
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07	08

