‘food for thought’ Distraction Packs

Supporting mental stimulation during periods of lock-up



Periods spent in-cell or with limited activity can impact wellbeing, behaviour and day-to day coping. Providing structured, accessible activity can help support calmer routines and improve engagement.

‘food for thought’ is our monthly distraction pack, designed to provide simple, engaging mental stimulation for those in custody.

What’s included?



Each monthly pack includes a range of activities:

- Quizzes and general knowledge
- Word searches and puzzles
- Sodoku and brain teasers
- Health & wellbeing information
- Interesting facts
- Art appreciation and creative activities



The content is designed to be inclusive, requiring no specialist skills or equipment and can be completed independently or in groups.

How it works



‘food for thought’ is produced monthly and supplied as a print-ready pack, delivered by email to subscribers ready for local printing and distribution. It ensures:

- A consistent monthly supply of new content
- Easy integration into Wing or regime routines
- Minimal staff input
- Simple print-and-use delivery

A practical in-cell resource



‘food for thought’ provides a straightforward way to support constructive use of time when access to work/education/association is limited. It helps to:

- Encourage mental stimulation and engagement
- Reduce boredom during lock-up periods
- Support wellbeing through structured activity
- Provide calm, focused in-cell content

Thanks so much for the continued dissemination of these packs – I know they are gratefully received by our detainees in Custody.
Police Custody Suite

Overall the distraction packs were seen positively by staff and prisoners alike. His Majesty’s Inspectors of prison / courts when they saw this provision were very impressed by its content. The distraction pack alleviated boredom and made a positive impact to prisoners whilst in custody awaiting their court case.
HMPPS

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