



Annual Report of the Independent Monitoring Board at

HMP Nottingham

for reporting Year
March 2019 to February 2020

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Monitoring fairness and respect for people in custody

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STATUTORY ROLE

The Prison Act 1952 requires every prison to be monitored by an independent Board, appointed by the Secretary of State from members of the community in which the prison or centre is situated.

The Board is specifically charged to:

- (1) satisfy itself as to the humane and just treatment of those held in custody within its prison, and the range and adequacy of the programmes preparing them for release
- (2) inform promptly the Secretary of State, or any official to whom he has delegated authority as it judges appropriate, any concern it has
- (3) **report annually to the Secretary of State on how well the prison has met the standards and requirements placed on it and what impact these have on those in its custody.**

To enable the Board to carry out these duties effectively, its members have right of access to every prisoner and every part of the prison, and also to the prison's records.

In addition, the Independent Monitoring Board (IMB) is one of the 21 statutory bodies that make up the UK National Preventive Mechanism that independently monitor places of detention to prevent torture and other ill-treatment, as required by OPCAT (Optional Protocol to the Convention Against Torture).

The COVID-19 outbreak has had a significant impact on the Board's ability to gather information and discuss the contents of this annual report. The Board has therefore tried to cover as much ground as it can in these difficult circumstances, but inevitably there is less detail and supporting evidence than usual in some areas. Ministers are aware of these constraints. Regular information is being collected specifically on the prison's response to the pandemic, and that is being collated nationally.

Main judgements

Are prisoners treated fairly?

- Over the reporting year, improvements in the running of the prison meant that, overall, we judged that fairness had improved.

Are prisoners treated humanely?

- As we have repeatedly reported, a busy local prison is not a humane location for those with severe mental health issues.
- We are concerned about the wellbeing of vulnerable prisoners in the present accommodation arrangement which means that they now share an accommodation wing with other categories of prisoner.

Are prisoners prepared well for their release?

- As we reported last year, despite the efforts of the community rehabilitation company (CRC), prisoners continue to be released into the community without a place to live secured in advance.

Main areas for development

TO THE MINISTER

Yet again, we remain concerned about the difficulties encountered in transferring prisoners with severe mental health issues to an environment where they can be effectively treated. Once again, the Board would like to see greater availability of more suitable locations for these prisoners.

We also report the significant Board concern in relation to the number of prisoners released without accommodation, and the inadequacy of bail hostel accommodation availability, preventing prisoners from securing home detention curfew (HDC) for which they might otherwise have been eligible. This situation results from failings in the wider community and is beyond the control of the prison and the CRC, and we therefore refer the matter specifically to the minister to raise within government.

TO THE PRISON SERVICE

We note with concern the difficulties within the service of moving prisoners for whom a category B local prison is not an appropriate location on to parts of the estate more appropriate to their categorisation, sentence plans or personal circumstances. The Board would like to see service-wide efforts to address these difficulties.

We have concerns regarding the wider circumstance of a falling population of those convicted of a sexual offence, resulting in wings for these prisoners also being used to house prisoners who are vulnerable because of other issues. Given that this is a service-wide circumstance, it may be an area that merits strategic reconsideration by the Director-General of Prisons.

TO THE GOVERNOR

While we have noted improvements in the availability of purposeful activity (education, training and work) and understand the constraints of a local prison without training status, we do note that there remain many prisoners who do not participate. We acknowledge that often the opportunities available are not suitable for those on remand or with short sentences, or they are not considered worthwhile by

prisoners. The Board wonders if the opportunities that are more appropriate and popular could be expanded to benefit more prisoners.

3. DESCRIPTION OF THE PRISON

The normal operational capacity of HMP Nottingham is 1,060 prisoners. The certified normal accommodation is 718. However, following the Her Majesty's Inspectorate of Prisons (HMIP) Urgent Notification, efforts were made to reduce the roll. From November 2018, this was capped at 800, while the prison underwent the process of review and change needed to address the shortcomings identified in the HMIP report. The number of prisoners fluctuates on a daily basis owing to cells being out of action due to damage, the number of high-risk prisoners who cannot share a double cell, and the number of prisoners in segregation or in hospital, but stayed below 800 until January 2020, when the Prison Service decided to increase it to 850 and then to 880. There are further plans to increase it to 900 over the next few months.

Nottingham is designated as a category B adult male establishment and young offender institution, serving primarily the counties and cities of Nottingham and Derby. Around 52% of prisoners are on remand, and around 34% are category C and 2% category D. A small amount of capacity is reserved for post-sentence detainees awaiting resolution of their status and who are unsuitable for an immigration removal centre.

Accommodation has been mostly in shared cells and is arranged on seven wings, all of modern design. One is for vulnerable prisoners and another for first night prisoners. Prisoners with drug dependency issues are concentrated on another wing. A further wing is designated as drug free, and one landing on another wing was previously designated as an intensive regime basic unit, called Byron unit, designed to manage prisoners at risk of behaviour that would lead to segregation; this arrangement ended early in 2020. Remand prisoners continue to be co-located with sentenced prisoners. The entire site is designated as a no smoking area.

The segregation unit has capacity for 12 prisoners, including one special cell.

There is a separate block for education, which, along with classrooms, provides capacity for two workshops and the library; there are seven additional workshops, a large sports hall and gym, and a separate fitness suite. Separately located workshop and education facilities are provided for vulnerable prisoners.

The following services to the establishment are provided by third parties under contract arrangements:

- resettlement (Derbyshire, Leicestershire, Nottinghamshire and Rutland Community Rehabilitation Company, owned by the Reducing Reoffending Partnership)
- healthcare (Nottinghamshire Healthcare NHS Foundation Trust)
- substance misuse (Nottinghamshire Healthcare NHS Foundation Trust)
- Learning and skills (People Plus Group)
- escorting (GEOAmey)
- visitors centre (Prison Advice and Care Trust (PACT))
- maintenance (Amey).

The offender management unit also works with a large number of partner agencies in its efforts to provide resettlement opportunities for prisoners.

4. Overarching issues

4.1 General observations

As a complex category B local and resettlement prison, HMP Nottingham takes all male prisoners sent by the courts and the wider service. This includes people with traumatic experiences from the past, personality and mental health disorders, learning difficulties, autistic spectrum conditions and attention-deficit hyperactivity disorder, and health matters arising from drug addiction and a chaotic lifestyle. They will be facing challenging personal situations to do with their case, its progression (and delays), sentencing and parole decisions, all away from the support of family and friends. In addition, prison creates its own problems – obvious restrictions on liberty, lack of personal space and privacy, violence, drugs and an inconsistent supply of kit and sometimes canteen. All of these factors can have an impact on mood and behaviour, and negative reactions to stressful situations can, in turn, result in more restrictions and sanctions.

In short, prison is a stressful place but at Nottingham, over this 12-month reporting period, we have observed considerable progress towards reducing those stresses. Ultimately, it is to be hoped that the outcome of this will be a sustained reduction in levels of self-harm and violence, so that everyone – staff and prisoners – is safer.

In February 2020, the prison launched Project 3, which is a 2–3-year plan for a whole-prison approach to developing a cultural change on safety management, with a focus on the detail and the causes of violence and self-harm. This is, in part, a re-emphasis of a process which had already begun last autumn; even during lockdown, we could see that this was increasingly embedded into processes, with daily report sheets detailing causes of prisoner-instigated incidents.

4.2 The 10 Prisons Project

During the early months of the reporting year, the prison was developing safety and drugs strategies under the 10 Prisons Project. Among other things, this funded the introduction of a scanner in reception, to improve the detection of prisoners bringing substances into the establishment, and a number of staff training and coaching initiatives. While the prison was focused on delivering the objectives of the initiative, we directed our attention to evaluating whether prisoners' lived experiences were improving. This is, of course, extremely difficult to measure and assess in a forensic way. We relied on our observations, conversations with prisoners and staff, alongside data obtainable from the prison. In the early months of the reporting period, prisoners continued to complain about feeling unsafe and about various aspects of prison life, especially the problems with kit (see section 8.4). In April 2019, a serious assault on a prison officer resulted in understandable concern among staff. As a result, the prison spent several days doing a full lockdown search of the whole establishment, and a number of prisoners were relocated to other establishments. We observed much of the process directly and were satisfied that prisoners were treated with consideration and decency, and we received no complaints from them. Most significantly, after the search was completed, prisoners told us that they felt safer as a result of the process.

The installation of new windows to reduce access to throw-overs, and of additional barriers and gates on the wings contributed to increased staff control of the prison. The use of the Rapiscan equipment to detect drug-impregnated mail also contributed to the improvement in the general atmosphere of the prison. In particular, where once the smell of drugs around the site was common, now it is very rare, to the point where Board members seldom notice it (although staff tell us that it is more noticeable at night). Prisoners complain about the

Rapiscan equipment and do not accept many of its indications. This is, of course, very difficult to verify for them, as all indications are for mail coming from third parties. However, we have discussed the calibration of the equipment with the security governor and are satisfied with the integrity of the system.

The promised key worker scheme had a number of teething problems, and regrettably was still not in full implementation at the end of the reporting period (see section 8.1).

An important observation was a growing sense of confidence among staff, perhaps because newer recruits had had sufficient experience to feel more secure. In particular, we observed more instances of officers being quick to respond to our requests on behalf of individual prisoners. However, nothing better describes the change than the words of a prisoner at the Black History Month carnival in October 2019:

‘Things are sweet. Thirteen months ago, there was a bad atmosphere and not enough staff. From September (2018) to February this slowly changed, and since March it’s been much better. Less drugs and violence – it’s the best I’ve ever seen it’.

4.2 HMIP

HMIP visited the prison during the reporting year for an unannounced inspection. We are grateful to the Inspectorate for the opportunity to share our observations with the team. Their report was published in April 2020, although, of course, there was an understanding of the evaluations before then. Although we concur with the assessment that there is still work to be done, we were pleased to note the improved grades achieved by the prison in almost all areas. The effect of this on staff morale was instantaneous, which was all the more important when, within a few weeks of the inspection, the prison had to prepare for and implement lockdown in response to the COVID 19 pandemic. This was technically outside our reporting period and will form part of next year’s reporting. However, it is appropriate to note that the planning was thorough, fair and took an intelligent approach to relaxing normal systems of control and incentives, in order to make life as tolerable as possible for prisoners; it incorporated all aspects of prison life and all agencies working within the establishment. Prisoners, in turn, responded positively to being treated with respect and consideration. At the time of finalising this report, with many restrictions still in place in the wider community, the ‘shoulder to shoulder’ message which underpinned staff working with prisoners to keep the prison safe had sustained an environment where the overwhelming majority of prisoners were tolerating the additional restrictions, and staff at all levels were constantly reviewing arrangements to secure the best possible safe regime for prisoners.

4.3 Prison roll

We have previously expressed concern that an increase in the prison roll might jeopardise the achievements of the prison. Only a short period elapsed following an increase in the roll until the end of the reporting period, and very soon after that the whole estate was placed into command mode because of the pandemic; we therefore had little opportunity to evaluate the impact of having more prisoners in the establishment. However, the gradual increase seemed to be working effectively to mitigate the impact on space, staff and resources.

As we have reported many times, in common with the entire prison estate, remand prisoners, who make up nearly half of the total, continue to be accommodated throughout the prison with sentenced prisoners, with no separation by cell, landing or wing, which is in contravention of the United Nations Mandela Rules.

5. SAFETY

The Board welcomes the developments during the year which have served to improve the profile of safety in the prison. The relocation of the safer custody function to a much more central and accessible office, and the renaming of the function as the 'safety team' have had both symbolic and practical benefits. It is now much easier for staff to access the team in person with queries or referrals. This, and initiatives such as a Safety Day in September 2019, have improved the profile of safety in the prison and started to bring a greater emphasis on tackling safety issues. Multidisciplinary strategic safety meetings have been held much more consistently, reflecting an increased focus in this area. However, it is taking time for these initiatives to translate into significantly better outcomes for prisoners.

5.1 Reception

The Board noted in the last reporting year that improvements had been made to the processes for screening prisoners on arrival in the prison, and prisoners continue to be screened to identify actively prisoners in need. During the reporting year, the reception area underwent a significant refit, which has improved the prisoner experience. In addition, a body scanner was introduced to the reception area, to identify the presence of illicit drugs.

We note the significant drop in the number of Board applications regarding missing property and the collection of property from storage, and we assume that the introduction of the property tracking system and improved staff responsiveness have played a part in this.

5.2 Self-harm and the assessment, care in custody and teamwork (ACCT) process

The prevalence of acts of self-harm continued to be a considerable concern to the Board, and levels of self-harm rose in the second half of the reporting year. Overall, the number of recorded acts of self-harm increased to 1,024, from 502 in the previous year. The prison believes that this increase is at least partially attributable to more rigorous recording following an independent incident reporting system audit, which showed significant under-recording of acts of self-harm previously. The prison reports that a significant number of self-harm incidents relate to a small number of prisoners, although as prisoners are transferred to other establishments and new prisoners come into Nottingham, this is not necessarily the same individuals. At any given time, there seem to be several prisoners who self-harm frequently. Despite more general improvements to the regime, a number of prisoners cite regime issues as a source of frustration and a reason for self-harm. The reasons for self-harm have not always been recorded, inhibiting the ability of the prison to put in place a strategy to reduce it.

During the year, there was more training for staff on the ACCT process – notably for healthcare staff. A new process was put in place for multidisciplinary ACCT reviews, whereby reviews would be held during the morning period by a multidisciplinary team. As part of the new mental health model, which was introduced in September 2019, ACCT reviews are now held in a dedicated room in the central core of the establishment, which provides a more sympathetic environment for prisoners. The prison is putting in place a process to capture prisoner feedback on ACCT reviews, to improve quality. Evidence we have gathered suggests that the new process has been robust and not subject to erosion over time, that key staff make themselves available, and that prisoners respond positively to the changes.

The number of ACCTs opened during the year was 1,314, a reduction from 1,499 in the previous year. On average, approximately 25–30 ACCTs have been open at any one time and it is unusual for the number to be much above the mid-30s.

The number of Listeners has fluctuated during the year, and it seems to be a constant challenge, given the churn, for an appropriate number of Listeners to be maintained. During the reporting period, inadequacies in the provision of appropriate Listener suites were

highlighted and this led to the refurbishment of facilities on three wings. There have been frequent problems in getting Listeners to weekly meetings, and in the early part of the year the Samaritans expressed concerns about a lack of Listener support. However, this seems to have been improved towards the end of the year by holding regular meetings between Listeners and a member of the safety team. A large increase in the number of Listener calls was reported after the Safety Day, which may have been brought about by an improved awareness of Listeners among staff.

5.3 Violence

Violence continues to be a significant source of concern, although the Board receives fewer complaints of violence and bullying from prisoners, both in writing and in person. The prison has made efforts to identify trends and flashpoints, but incidents of violence against prisoners have remained stubbornly high, with overall levels of reported violence against prisoners increasing during the year to 375 recorded incidents compared with 341 in the previous year. Levels of violence against staff have decreased, with 171 incidents compared with 244 in the previous year. There were 11 fires during the reporting year, a decrease from 39 in the previous year, continuing a downward trend.

5.4 Death in custody

The Board is sad to record the death of one prisoner during the reporting year (understood to be from natural causes), a significant and welcome decrease from the previous year.

5.5 Drugs

Drugs come into the prison via a number of different illegal routes – some are thrown over the wall, some brought by visitors, some sent in via mail, some hidden on prisoners and, regrettably, some through staff action. The prison has taken a robust approach to staff corruption in this respect when it is identified. Drugs are not only damaging to the health and wellbeing of those taking them, with some prisoners identifying the development of a drug habit in prison, but they are also a source of debt and bullying, which can lead to self-harm and violence.

We are therefore pleased to report the apparent reduction in the quantity of drugs circulating in the prison. In particular, reception staff reported to us in the summer of 2019 that they were successful in disrupting the supply route via prisoners. Intelligence-led searches and back-up use of technology have also been used effectively to remove drugs from the establishment. While we know that this process has some way to go, we take as evidence the fact that it is now unusual to smell drugs around the prison, where once it was common. The whole process is supported by the much more effective mandatory drug testing procedures; when staff pressures have interrupted the systematic testing, it is not unusual to learn that resources were deployed for the purpose at the weekend.

Against this generally improving trend, it is regrettable to learn from prisoners and staff that the new mix of prisoners on the vulnerable prisoner wing has meant that there are now drugs circulating there, which in the past has not, to our knowledge, been the case (see also section 8.2).

5.6 Use of force

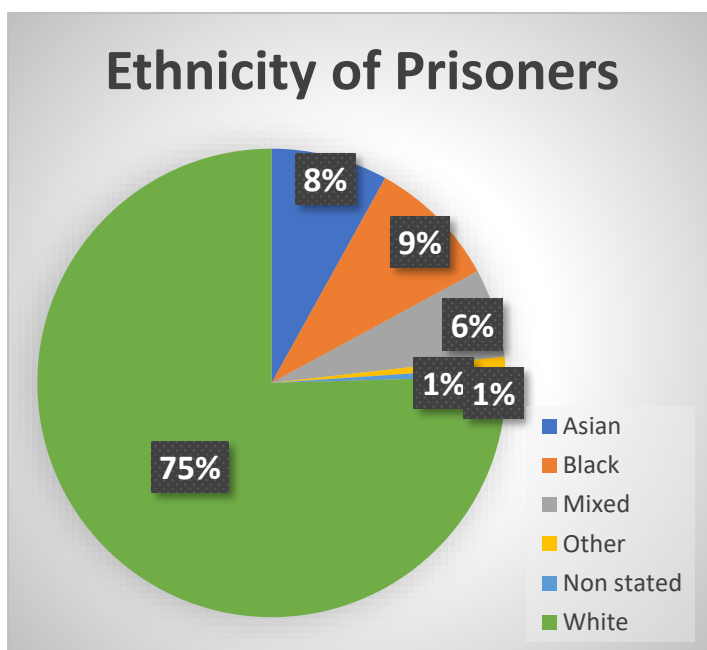
A use of force reduction strategy was issued in December 2019, and governance of the use of force has improved, with consistently held monthly meetings reviewing video footage of incidents. This continues a process begun two years ago, following the previous HMIP report, and we are now satisfied that the prison monitors the use of force much more effectively.

The most common use of force is guiding holds to lead prisoners to their intended destination, usually back to their cell. During the reporting year, the prison was approved for the use of rigid-bar handcuffs but not PAVA spray. The drawing of a baton remains a rare event.

We have observed use of force both by prison staff and the national response team during serious incidents, and are satisfied that this was justifiable, proportionate and fair. We are satisfied that there is due debriefing and investigation when the higher levels of force are employed.

It is worth noting also that the number of serious incidents where the command suite has been opened has reduced significantly.

General



The ethnic composition of the prison reflects the urban areas it serves. The composition is fairly stable, generally with around 25% black, Asian and minority ethnic prisoners. A wide range of ethnicities continues to be represented across the staff at most levels, both uniformed and office based.

The small but fairly consistent group of Traveller prisoners, who had previously complained to us that no special provision is made for them, now have a focus group, where they can bring their specific needs to the prison's attention. The prison celebrated Gypsy, Romany Traveller History Month in June, with an afternoon of talks about Traveller

culture, experiences in prison and live music.

There is a small number of forces veterans (16 at the close of the reporting year), who continued to be supported by the CRC, with referrals to veteran organisations like Soldiers, Sailors, Airmen and Families Association (SSAFA) and Care after Combat. The prison holds a veterans meeting every month, supported by SSAFA and Care After Combat, and every two months the prison holds a 'NAAFI break', bringing veterans and charity personnel together for lunch and support. Forces veterans we spoke to at the prison arts exhibition and sale, held partly in aid of one of these charities, reported improvements in the support they received.

During the reporting year, the management of equality and diversity was strengthened, with a new strategy, action plan and dedicated team, leading to significant improvements being evident in the latter half of the year. The discrimination incident report form (DIRF) system has been functional, and we are pleased to note that there are now no delays in dealing with DIRFs due to staff absences, as previously reported. The longest DIRF response time has dropped from 10 weeks to five days.

Case history: Discrimination issues raised by a transgender prisoner had already been investigated and dealt with by the time the Board became aware of the situation and raised it with the prison.

With the timely completion of discrimination investigations and analysis of data, some areas of discrimination have been identified and actions are now being planned/taken to address them.


Case history: Following concerns raised regarding potential racial discrimination in the allocation of work in trusted positions (red-band workers), the ethnicity demographic of these workers was investigated by the prison. Looking at actual numbers, three wings were found to be of concern but on two of these wings the demographic reflected the make-up of the population – an integrated drug treatment system wing and a vulnerable prisoner wing, both with a lower population of black, Asian and minority ethnic prisoners, with just one wing warranting further investigation, where work is now being done to resolve this issue.

Issues relating to protected characteristics continued to be drawn to our attention, but in small numbers, and the prison community is now being challenged to move from tolerance to celebration in respect of diversity, with a programme of monthly forums onto which prisoners can self-book.

During the year, 'Forums', involving prisoners, staff, external organisations and guest speakers/experts, were held for each of the protected characteristics. These were well received by prisoners and staff, and have challenged perceptions and helped in making sure that prisoners' needs are catered for.

Focus groups have also been held, to ensure that prisoners' needs are being captured and understood.

Celebrations for Black History Month were a particular highlight in the prison year, with staff, prisoners and visitors celebrating black history and culture through a month-long programme of events, from activities, entertainments, competitions, through to film screening and educational talks (see chart below), and we see staff challenging inappropriate behaviour or language regarding black, Asian and minority ethnic matters.

Thursday 3rd October	WE ARE MADE OF WORDS' David 'Stickman' Higgins, a world class multi disciplined, drummer and percussionist, also a poet actor, educator, conceptual artist and father. Library 2pm. To apply for this event please send a Kiosk message to the library. Tea & Cakes.	 Carnival Please join our prison in celebrating Black history! Wednesday 30th October Steel Band, Gospel rap choir, body poppers, Limbo and authentic food. Apply to Equalities via the Kiosk.	Monday 2pm 7th October 14th October 21st October Pastor Shaun Black history and Religion In the Multifaith centre. Refreshments provided. Apply via the Multifaith/Chaplaincy Kiosk.
Friday Afternoon's 4 th October A&C Wing 11 th October B Wing 18 th October D Wing 25 th October E&F Wing 1st November (G Wing only)	Educational film viewing 2PM In the Multifaith centre. 'The Colour Purple' Popcorn and refreshments. Apply to Equalities via the Kiosk.		Tuesday 15th October  FYA fearless youth association has become a highly effective group in attracting, engaging and supporting young people turn their lives around. 2PM in the Multifaith centre. Apply to Equalities via the Kiosk.
Wednesday 17th October	Kevin Roach from KemitFM Nottingham Urban radio station presenter. Talk and discussion about his experiences with Q&A 2PM in the Multifaith Centre Refreshments. Apply to Equalities via the Kiosk.		Monday 28th October Dominoes competition Could you battle it out in the nail biting, table slapping dominoes competition? All day event in the Old Gym. Apply to Equalities via the Kiosk.
Tuesday 29th October	Open Mic & Performing arts Can you sing, rap or express through spoken word? Or would you like to spectate? 2pm in the Old Gym.  Apply via the Equalities kiosk. Performing arts performance by the education department.		Thursday 31st October Gospel Choir to perform for Family Visits 

We have observed support for, and good staff interactions with, prisoners who speak little English, and are aware of interpreting services ('Big Word') being available and used when necessary. There is good 'English for speakers of other languages' provision, aimed at non-native English speakers, or those looking to take up a new language or validate their skills. A foreign national PIN telephone credit is available, providing a free monthly 10-minute call to overseas prisoners who receive no visits.

We receive very few complaints regarding LGBTQ issues, and following our concerns last year we are pleased to note the provision of accommodation, at a national level, for transgender prisoners. Prison Service guidance on meeting transgender prisoner needs within the general prison population was also welcome. The prison has a small number of such prisoners (three at the end of the reporting year) and meets their needs in line with, and at times beyond, this guidance.

Case history: Requests for feminine care items, not normally provided for through the female prison canteen, were permitted as long as senior prison staff deemed them

reasonable. Where necessary, special arrangements have been made for items to be purchased and brought into the prison.

We were encouraged when the prison was the first in the country, soon followed by others, to celebrate LGBTQ month by flying the LGBTQ rainbow flag in place of the standard Prison Service flag, with the aim of sending a clear message to all regarding the prison's values in this respect.

The number of prisoners with a disability is significant (about 27%), and the prison has been working on better understanding the distribution of incentives and earned privileges (IEP) status and take-up of in-cell education among these prisoners and looking to then remove barriers to progression. The Board is aware, from contact with prisoners, that the provision of services and activities for this group, particularly for wheelchair users, previously not always adequate, has improved. The reopening of the fitness suite, which is wheelchair accessible, is a welcome improvement in this respect. Wheelchair access is available in education classes and to some, but not all, workshops. There are partially adapted cells for disabled and wheelchair-using prisoners, and appropriate cell adaptations and provision of aids via health and social care staff has been observed. However, wheelchair use is always fraught with difficulties in such an environment, and on one occasion during a disturbance in a visits hall, an occupied wheelchair had to be lifted and carried away from the scene.

The prison includes learning difficulties, physical health and mental health in its disability work and has developed initiatives around this approach. Monthly events to support and develop people's understanding of disability, including autism, deafness, dementia, dyslexia, learning disability, old age, mental health and physical disability, have been held. Other activities have included:

- annual health checks for patients with a learning disability
- forums on disabilities
- intellectual and developmental disabilities nurse in post and a clinical pathway in place
- additional learning support for all learners needing this to develop their skills further
- support for wheelchair users to get to education classes on a daily basis
- a dementia pathway in place
- safer custody and mental health sessions in the gym
- healthy living and remedial sessions in the gym

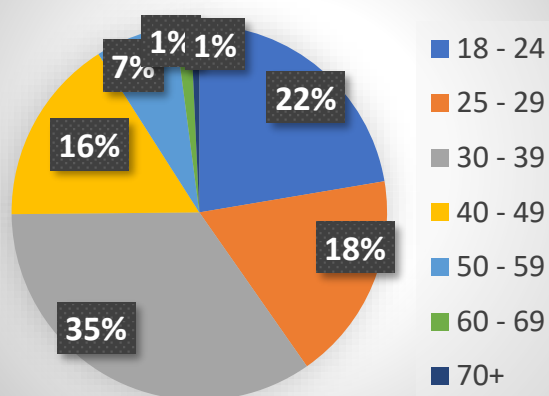
While senior prison staff facilitate special and specific provisions for disabled prisoners, these can be delayed when less senior staff try to deal with these requests.

Case history: A wheelchair-using prisoner with paraplegia reported leg pain due to the temperature in his cell, particularly while in bed at night. Healthcare staff supported the provision of an in-cell heater, but this was not provided because of the risk of electrical supply issues if turned on fully, and health and safety concerns. However, once the Board brought this to the Governor's attention, the matter was resolved and a suitable heater provided.

The prison's equality lead takes an active role in identifying the specific needs of prisoners with protected characteristics and ensuring timely provision for their needs.

Case history: A specifically designed alarm clock was provided for a profoundly deaf prisoner, so that he could wake himself with adequate time to prepare for the coming day, rather than having to wait for wing staff to wake him, with resulting loss of control over how long he had for such preparation.

Age of Prisoners



Around 40% of prisoners are under 30.

There is a small but increasing number of older prisoners, including those with age-related illnesses and dementia.

At the end of the reporting year, there were two prisoners living with dementia; we were satisfied that the prison was doing all it could to cater for these prisoners' needs, making adjustments both to their physical environment and daily activities. There is provision for prisoners who are at the end of their life, in a specific cell appropriate to these circumstances, although both the Board and the prison would prefer such prisoners to be removed from the prison environment, wherever possible.

The prison caters for a wide range of faiths and religious beliefs, even when prisoner numbers are very small, with its in-house team of chaplains, visiting chaplains and volunteers from the community. We rarely receive complaints about prisoners' ability to observe their faith/religious practices or about discrimination on these grounds.

The prison is developing a culture where diversity is celebrated through a programme of events during the year, which prisoners and staff tell us they value. In addition to those already mentioned, these have included Holocaust Memorial Day, Asian Heritage Month, Hate Crime Awareness Week, International Human Rights Day and the International Day for the Elimination of Racial Discrimination.

We have previously reported on ways in which unfairness manifests itself in many small ways, but which nevertheless have a significant impact on the lived experience of individuals; although we still see some occurrences, these are now usually rectified once brought to the prison's attention. We are pleased to report that, for example, we hear of fewer prisoners being unable to attend hospital diagnostic services, and of prisoners who cannot get clothes that fit them.

7 SEGREGATION

The Board continues to deploy a significant proportion of its effort in monitoring segregation, but a reappraisal of effectiveness led to a restructuring of the way it is monitored. Instead of attempting to attend all Rule 45 (good order and/or discipline) reviews, Board members attend some reviews, generally weekly, check paperwork for compliance and continue to see all those segregated each week. It is not always possible to see everyone unlocked because of staffing, other demands on resources and security considerations, but members do the best they can.

In addition to those segregated in the unit, attention to hidden forms of segregation has increased, with particular monitoring of the number of self-isolators and scrutiny of the way they are managed. We have been impressed that the safety team monitors all self-isolators and food refusers on a daily basis, and that wing staff work within structured plans for each individual. There are developing strategies in the prison to engage families with very vulnerable individuals.

Case history: At New Year, the Board became aware that a member of staff had gone to work on their day off (a bank holiday) to monitor the wellbeing of a man who was refusing food; engagement of a close family member led to positive developments in the situation.

For the early part of the reporting period, we continued to monitor closely the intensive supervision unit (Byron unit). Towards the end of the year, it became apparent that the unit was not fulfilling a clearly specified purpose, and at the end of the reporting period the prison was in the process of restructuring the function so that it could be relaunched.

We can report that, throughout the year, segregation reviews have been properly constituted, with healthcare staff attending in person on all occasions. The governor responsible for the unit has continued to conduct reviews personally whenever practicable, ensuring consistency of approach and a focus on exit plans. The 12-cell unit is typically used for those on cellular confinement or on Rule 45; occasionally, prisoners are held pending adjudication, although this is usually converted into Rule 45. 'Own interest' prisoners are rarely located in segregation. We observe staff on the unit working, sometimes in challenging conditions, to secure safe outcomes for prisoners and to support them in progressing with their own exit plan. In addition, we have observed the engagement of psychology and mental health staff on the segregation unit, helping troubled individuals to cope.

There has been no change to the fact that many people with mental health problems and/or personality disorders are placed in the segregation unit because there is no alternative place to keep them and others safe while they are in the prison. Self-harm, dirty protests or dirty conditions, damage, noise and violence to staff are all manifestations of the challenges that such prisoners present. In addition to the distress to the individuals concerned, their disruptive behaviour makes for a stressful living environment for other prisoners.

Yet again, the Board repeats previous observations that the prison is not a suitable environment for those individuals whose mental health and psychological difficulties make them especially vulnerable. Scheduled transfers to specialist institutions following medical/mental health assessment are subject to the same, or even greater, pressures on resources as for the rest of the community, and it is concerning that prisoners often wait long periods for transfer to a more appropriate environment. Many prisoners in segregation are at risk of self-harm and therefore are subject to ACCT monitoring. As we have previously reported and questioned, ACCT reviews continue to be held alongside Rule 45 reviews.

We continue to observe a number of individuals spending many weeks in segregation and, while we are satisfied that the 42-day rule is observed, it is common for prisoners to leave the segregation unit, only to return again following a further period of non-compliant behaviour.

The introduction of the body scanner for monitoring prisoners on arrival has resulted in significant numbers of prisoners being reasonably suspected of having contraband substances/items on their person. It is the prison's consistent approach to locate any such individuals straight to segregation and then to rescan until the substance/item is no longer there. During this period in segregation, their time out of cell is very restricted, to prevent the distribution of such substances. Prisoners complain to us about these restrictions, and we have investigated individual cases and raised the matter with the Governor. However, bearing in mind the very negative impact of drugs within the prison and the illicit use of mobile phones, while we are concerned about the amount of time that individuals spend in isolation, we are satisfied that these prisoners have it within their own power to bring the process to an end, simply by surrendering the substance. Generally, such severe restrictions do not last more than a few days.

We are not aware of the special cell being used during the reporting period.

During the reporting year, it was brought to our attention that prisoners were not always getting the adjudication paperwork to which they were entitled, either at all or in a timely way, for their adjudication hearing. As soon as this was brought to the attention of the prison, it was rectified, and Board members observed prisoners being asked in their hearing whether they had received the paperwork and had time to study it, and being advised of what paperwork they could expect.

8. ACCOMMODATION AND COMMUNICATIONS

8.1 Staffing

Throughout the year, we have been pleased to observe a steady and predictable wing regime, resulting from adequate staffing. This has meant that, except in times of unpredictable incidents, prisoners could be confident that they would be unlocked at expected times. We hear fewer complaints about inconsistent approaches from staff, and observe for ourselves individual staff who respond to requests promptly and with a caring manner. There are still occasional incidents where individual prisoners have poor experiences – a toilet blocked for several days which no one had apparently reported was one such – but the attention of senior staff is now swift and purposeful in getting such issues resolved when we draw attention to them.

The rollout of the key worker scheme has been patchy in terms of impact – well received when it happens but initially vulnerable to staff being diverted to other operational roles. In addition, the initial process of a prisoner's key worker changing when they moved wing eroded both confidence in and the effectiveness of the scheme. Action taken in the final months of the reporting period secured improvements; a prisoner's allocated key worker now follows them if they are relocated and there was a strengthened commitment from governors to ensuring that allocated time was not eroded. At the end of the reporting period, improvements in performance, measured by time allocated, began to be evident. However, very often, when we asked prisoners if they had raised a matter with their key worker, they told us that they either had not got one or that they 'never see them'. We conclude, therefore, that there is still considerable scope for the implementation of the scheme if it is to have full rehabilitative impact. Shortly after the end of the reporting period, the scheme was suspended because of the pandemic response. However, a prison-wide welfare office scheme was introduced as part of the emergency response, and this is credited with helping to support prisoners during this difficult time. We hope that learning from that will inform progress when normal working resumes.

8.2 Vulnerable prisoners

Over the past couple of years, everyday experience for vulnerable prisoners at the establishment has shown a number of welcome improvements; access to the gym, the elimination of overspill location on general wings, and separation for access to the healthcare department and work all made for a fairer and better safeguarded experience. During the reporting period, the roll of vulnerable prisoners reduced, such that there was substantial empty space on the wing, and the prison made a number of decisions about locating both those with mental health problems and those at risk from others, typically in relation to debt, onto the wing. In February 2020, prisoners told us this that increased their fear of bullying, and staff confirmed that such instances, while dealt with robustly when known about, did seem to be happening on the wing. Of particular concern were reports that transgender prisoners were targeted with verbal abuse. Shortly after the end of the reporting period, the prison was locked down into command mode, and any restructuring of accommodation utilisation can clearly not happen during this period. However, we hope that at an early opportunity, once normal operations resume, consideration will be given again to separating these vulnerable prisoners. We are aware that the whole situation reflects the wider circumstance of a falling population of those convicted of a sexual offence, so this may be an area that merits a more strategic reconsideration by the Director-General of Prisons.

8.3 Food

We have been disappointed that the prison was not able to find the funds to sustain the scheme which provided each prisoner with a personal box of breakfast cereal each week. There have also been isolated instances where efforts to cut costs have resulted in reduced food quantities, and led to prisoner complaints. On the most recent of these occasions, the Governor responded immediately to our alert, and action was taken to prevent recurrence.

As always, the kitchen works hard to satisfy the food requirements attached to various faiths, and in particular provides halal food throughout the year, and specially timed food delivery for Ramadan. There are occasional glitches – for example, a prisoner arrived late in the day from another establishment with no prior warning that they were observing Ramadan – but staff work to overcome these in a timely fashion.

Case history: We identified an issue with the provision of kosher food for a prisoner, which, although provided within relevant national guidance, we and the prison believed was not being provided on an equal basis with other faith-led dietary requirements. Adjustments were made locally and we understand that this was ultimately referred to a national level for review of the relevant Prison Service guidance/instruction.

Occasionally, there have been issues when prisoners believe they need either special food or more food for medical reasons. Some issues about the way such food is authorised were resolved between the kitchen and healthcare staff when we raised them in May 2019.

We continue to occasionally observe unfair standards of food distribution, when lone members of staff supervising the serving of food are distracted by other events, and we repeat our previous comments that the management of serveries requires sustained attention to prevent unfairness.

8.4 Provisioning of kit and equipment, and canteen

As we previously reported, the provisioning of kit and equipment has been a persistent source of complaint; we have monitored the problems in depth many times and are clear that the causes are complex and varied, and sometimes unpredictable. However, as the year progressed, the problems became less of an issue, and some weeks no shortages were reported. Changes that occurred after the end of the reporting period regarding the wearing of prisoners' own clothes related specifically to the pandemic response but we hope that the learning from this period will facilitate a more relaxed approach to the issue, and ongoing mitigation of the kit shortage problem.

We have received fewer applications regarding canteen provision since the use of wing kiosks for canteen ordering, and staff are much more active in rectifying issues with canteen.

Case study: Following the lockdown search in May 2019, prisoners made us aware that there was some disruption to canteen delivery. This caused considerable annoyance, particularly as they had been charged for missing deliveries, exacerbated by the fact that the supplier had a problem with vapes during the same weeks. Staff action stopped the matter escalating out of control, and eventually all the issues were resolved.

8.5 First night centre (FNC)

After its successful establishment on F wing in 2018/19, the FNC had settled into an effective introduction to the prison. However, there were periods during the year when the integration of the FNC with the rest of the prison failed to function as intended because of a shortage of

specific accommodation. This was typically explained to us as insufficient single cell accommodation, meaning that either prisoners were occupying double cells on a single basis, effectively blocking the other place, or prisoners in the FNC were awaiting single cells. The result was that some prisoners spent many days, and sometimes weeks, in the FNC, which meant that they could not access normal regime activities.

8.5 Locked door policy

In January 2019, a policy of cell doors being locked during domestic and association time had been introduced as part of the effort to improve safety and reduce violence. Better recreation equipment and new seating was also introduced as part of the 10 Prisons Project, and the change in policy has been accepted by prisoners, contributing to the minimisation of undetected violence.

8.6 Communications

In-cell telephones and wing kiosk consoles continue to give prisoners a small but welcome amount of self-direction and dignity in their lives.

As previously, the most frequent complaint in this area relates to delays to the registration of PIN telephone numbers, which has a number of causes, often external to the prison.

We have received formal applications, as well as many comments while attending the wings, about mail not being delivered because of indications of contamination on the Rapiscan drug detection equipment. We understand the frustration of prisoners when they are denied mail but are satisfied with the calibration of the equipment and its use as explained to us.

Staff shortages resulting in mail delays have been a longstanding issue at the establishment, so we were pleased when uniformed staff in the mail room were replaced with support staff, so that they no longer get redeployed. We still sometimes receive complaints about delays to mail, especially that which is screened for public protection, but these are now generally specific issues rather than related to the whole system for managing mail.

9. HEALTHCARE (INCLUDING MENTAL HEALTH AND SOCIAL CARE)

9.1 General provision

Prisoners are entitled to the same healthcare provision as the general population – that is, provision according to need. It is widely acknowledged that, for a variety of reasons to do with lifestyle, addiction and deprivation, prisoners tend to have greater health needs than the general population. It is also significant that some 27% of prisoners at HMP Nottingham have a disability (including mental health).

There are unavoidable challenges in delivering the necessary care. Hospital and specialist appointments in place at the time of imprisonment can no longer be met, and appointments set up while prisoners are incarcerated will similarly fail if they transfer or are released. In addition, operational challenges can sometimes mean that prisoners cannot be escorted to appointments.

There has also traditionally been a high level of missed appointments within the establishment. It was therefore very pleasing that, towards the end of the reporting period, healthcare staff were able to report marked improvements in missed appointments, so that fewer than eight appointments, on average, were missed each day; in February 2020, this equated to 8.4%.

Following the removal of seating in the waiting area of the healthcare department, all prisoners now wait for appointments in holding rooms. Prison and healthcare staff alike report that this is a system which affords better control. It does, however, mean that a large area in the centre of the healthcare facility is empty and uninviting, and we would be pleased to learn that the prison and healthcare staff had a plan for the space; so far, this has not been forthcoming. Appointments for vulnerable prisoners, about which we have raised issues in the past, are now much better managed, with either dedicated sessions or clinics on the wing, and we no longer receive complaints about this matter.

9.2 Issues raised by prisoners

We continue to hear complaints from prisoners about access to pain relief because they are expected to buy their own paracetamol. Although nurses and pharmacy technicians administer and supply over-the-counter medicines, they can only provide single doses. It is important to understand that prisoners do not have access to self-medication of over-the-counter medicines.

During the year, we received 48 applications from prisoners (down from 68 in the previous year) about healthcare matters. We advise prisoners that we will not be able to investigate prescribing issues, and we refer these to healthcare staff. Many such complaints relate to different prescribing practices in the prison from those of individual community general practitioners, or in other cases to situations where prescribing restrictions mean that a prisoner no longer qualifies for access to a drug that he has been able to take previously. Generally, there is no solution to this and prisoners may continue to feel aggrieved. On administrative matters such as waiting times for appointments, we usually can obtain information on behalf of prisoners, and over time we have built up a good rapport with healthcare staff.

During the year, issues were raised with us about some difficulties in relation to the functioning of the kiosk system for healthcare applications/complaints. Healthcare staff were aware of the issue, and in August 2019 paper-based forms were reintroduced; this appears to have rectified the situation.

9.3 Mental health care

Mental health issues are more prevalent in the prison population than in the general population, affecting perhaps as much as 50% of the population, with over 200 referrals to the healthcare department each month. Most need is identified in reception but other referrals come from staff or from prisoners. When we raise a concern about a prisoner in relation to their mental health, we typically find that healthcare staff are already aware of the need. Even so, healthcare staff treat us with respect and respond to our concerns and the needs of the prisoner.

The mental health service operates seven days a week. The team responds to a high population turnover, and over the past 12 months the referral time has reduced from about a month to less than a week. Mental health nurses attend all segregation Rule 45 reviews and all ACCT reviews.

The wellbeing unit, based on the principles of the recovery model, which promotes control and opportunity, continued to function, with peer support workers playing a significant role in each other's recovery journey. Staff and prisoners are enthusiastic about the unit and there is clearly scope for it to expand its reach. We had hoped that this would happen during the reporting period but pressure on resources seems to be the constraint. We hope the prison will be able to support the unit to expand over the coming year.

There are still long delays in some prisoners waiting for transfers to hospital under the Mental Health Act 1983, with one case waiting for nearly six months. Patients requiring a transfer under the Mental Health Act should be transferred expeditiously and within the current transfer guidelines.

10. EDUCATION AND OTHER ACTIVITIES

The education provider changed at the beginning of the reporting year, from Milton Keynes College to People Plus Group, signalling a new way of working and delivering education for the Prison Service nationally.

The Board continues to receive few applications regarding education.

Each individual prison education provider no longer receives a separate Ofsted inspection grade, as a single grade for education, skills and work activities combined is given. Education, skills and work activities were inspected by Ofsted in January 2020, and as a whole received a 'requires improvement' rating, although at that stage there had been no change in the education contribution since the previous inspection. A strategic quality improvement plan has been put in place to address the recommendations from this recent inspection, and to accommodate the new Ofsted requirements for prisons in place from 1 February 2020.

During the reporting year, there was an average daily capacity of around 200, down from 240 in the previous year, after the number of full-time places was decreased by the prison in October 2019. However, in January 2020 it was agreed that there should be an increase in full-time places focusing on English and mathematics.

Attendance against capacity was around 69%, compared with 67% in 2018/19. A wide range of qualifications and courses was offered but about 28% of learners did not complete accredited courses (approximately 43% across all local prisons), mainly because of being transferred or for reasons beyond the education provider's control. Success rates overall remained high, at over 93% (96% last year), and course retention was about 99%.

There is still much work to be done to ensure that the curriculum meets the needs of short-stay prisoners, and vulnerable prisoners continued to access education in a classroom with a limited provision in comparison with other prisoners, as a result of the practicalities of necessary separation from the general prison population. There continued to be some education provision for prisoners in segregation, and also for prisoners who are unable to work.

Board members observed a variety of lessons, including mixed-ability groups of prisoners, and spoke with prisoners and staff. We also observed peer mentoring, where mentors supported prisoners and assisted teachers in classrooms.

Case study: One prisoner working as a mentor in the bicycle workshop had achieved the same qualifications as the staff instructors and was proud to tell us that he had a job interview lined up for his imminent release.

Additional learning support was available, and tailored to meet prisoners' needs.

Numbers/success rates of prisoners with particular learning needs are shown in Appendix 1.

Prisoners remain complimentary about the teaching, and staff continue to comment on the commitment and good behaviour of the learners. Board members were particularly impressed by the behaviour and attitude of prisoners in art and cookery classes. Prisoners studying for national vocational qualifications/hospitality qualifications via work in the staff bistro were particularly enthusiastic and complimentary about their training/teaching. This is generally supported by education provider's prisoner survey results. Eighty-eight per cent of prisoners feel supported in every session, and 91% said that behaviour in education is good most or all of the time. Ninety-two per cent of prisoners feel listened to in education classes, and 85% feel safe there. Eighty-six per cent of prisoners agree that education encourages positive mental/emotional health, and 93% that they are encouraged to be independent and take on responsibilities. Ninety-five per cent of prisoners agree that they are encouraged to show respect and equality. However, only 49% of prisoners feel challenged in every session

(following interventions and improvement, this subsequently rose to 74%), 28% do not enjoy learning/work some of the time and 4% never (this subsequently fell to 11% and 1%, respectively), and 25% of prisoners think that behaviour is good only some of the time (subsequently fell to 9%).

The Board has, once again, met prisoners who report good access to education, and we can detect no discrimination or outcome disparities for specific groups (Appendix 2).

The expanded use of the virtual campus, for prisoners to access community education, training and employment opportunities, was welcome.

At the end of the reporting year, it was noted that the education manager was liaising with the skills division about apprenticeship opportunities, with purposeful activity regarding external art exhibitions (for example, at Derby Hospitals) and supporting projects in workshops (for example, knitting projects in the textiles workshop).

Library

The library staff have continued to provide a much-valued service to prisoners on the wings as well as in the library, with the outreach service continuing to provide a highly responsive request service for books and information. The on-wing service continues to be well liked by prisoners, and the library is always well attended. Books in languages other than English are available or can be requested, as are 'easy reading' materials for prisoners with lower reading ability, and a computer is available within the library.

There are now two library orderly posts established.

The library staff continue to supply distraction activity packs and publish a regular newsletter (co-produced with prisoners) to keep prisoners informed about how library services can be accessed. The service continues to organise and host activities to encourage reading and maintain family contact; Storytime Dads is of particular note, with hundreds of book readings by prisoners being recorded for their children to hear. The Six-Book Challenge is also popular, as is the vulnerable prisoner book club/reading group. Workshops and talks by ex-prisoners continue, and prisoners told us that they hold the library service in high regard.

Chaplaincy

The chaplaincy continues to provide a range of services to prisoners in line with its remit, as well as running weekly support groups such as Narcotics Anonymous and Alcoholics Anonymous.

The Board has observed acts of worship and chaplaincy interactions, with individuals and groups of prisoners, and notes the continued regular contact with prisoners in segregation.

There is a full programme of faith and religious observances/celebrations/festivals throughout the year, and the chaplaincy team is increasingly involved in the equality and diversity work of the prison, as can be seen from the number of such activities for which they are the lead or are involved in.

11 WORK, VOCATIONAL TRAINING AND EMPLOYMENT

While there are sufficient places in purposeful activity of some kind for all prisoners, attendance has generally remained low. Despite efforts to improve this during the year, at times about a third of the population was and remains involved in purposeful activity or education. An average of 60% of prisoners attended vocational work, services roles or education, from an average allocation of 108% (range 98% to 118%) during the year. The low attendance is accounted for by a few less-willing prisoners and the large number of remand prisoners, who can choose not to undertake any purposeful activity. However, the Board is pleased to note that the year ended with an approximately 20% increase in attendance.

During the reporting year, there has been a focus on improving the opportunities available, and highlights include:

- arts activities (for example, working with veterans and isolated prisoners)
- new gym programmes (for example, PE coaches)
- activities organised in association with the families strategy group (for example, sports days for families)
- activities provided in association with the chaplaincy team, the college and charitable bodies (for example, an art auction)
- activities overseen by the equalities and diversity team (for example, Black History Month).

Workshops to support the development of employment and personal skills continued to be well received by prisoners, especially in waste management, greening, charity support and bicycle repair/'bike back' schemes.

Efforts to improve the engagement of prisoners in work and to keep them occupied started to show an effect during the year. However, we are aware of prisoners who find work in some workshops boring (making up breakfast packs) and of little benefit to their employability skills, although undoubtedly of use to the prison and wider prison industries.

Case study: While visiting a packing workshop early in the reporting year, to see a prisoner regarding a matter they had raised with the Board, the entire workshop population was simply sitting at tables chatting, with little evidence of any work being done. The prisoner to be seen was sitting at the back of the workshop reading a novel. When asked about this, prisoners reported that they could complete the allocated tasks early in the session and treated the remaining time as 'bonus association/downtime'.

What is noticeable is that, where prisoners feel engaged in doing work of value, they report how they appreciate the opportunities afforded them.

Case study: Orderlies in reception work long days, often late into the evening, to support late arrivals from courts, and report how they feel they are making a positive contribution to prison life and to the lives of those coming into the prison. Examples of their comments include: 'I don't mind working late to help people'; and 'the staff here are good and I enjoy the work, especially helping men new to prison and being able to provide them food and drink while they are waiting'.

Facilities and provisions for prisoners in workshops include tea-making facilities, induction into work, qualifications, skills tracking, bonus schemes, downtime (including being able to

use virtual reality headsets), one-to-one education and access to the virtual classroom/campus.

The Board has noted that shortages of essential materials in some workshops, especially in textiles (towelling and sheeting to make up into finished items), continued and have, at times, had an impact on the levels of activity.

Textile workshops remain relatively unpopular with prisoners, as they do not see any vocational benefit, given the current local employment market. Although the number of textile workshops has been reduced, they remain as a feature because the prison has an 'industry in the service' contract with the Prison Service to fulfil. Efforts have been made to include more interesting work in textiles, such as the production of themed soft furnishings for the 'crisis suites' that have been set up on each wing and production of items for local charity appeals.

A detailed needs analysis using prisoner surveys and local labour market data has been used to plan new programmes. For example, there is a strong labour market for logistics locally, and barbering is often raised as something that many prisoners aspire to, so both of these are now included in the prison's offering, alongside construction and greening. There is now a wide range of vocational and employability opportunities on offer, covering construction; skills for employment; waste management and recycling; textiles; and Open University studies. A number of local employers continue to support vocational achievement for a limited number of prisoners deemed appropriate.

Some opportunities have provided purposeful work, relevant to work in the prison and supporting beyond-the-gate outcomes. These included opportunities as mentors, cleaning orderlies, recycling operatives, server/catering orderlies, barbers, greening champions, deep cleaners, strategy supporters, PE coaches, construction workers, and quality controllers in the industrial workshops. Prisoners can train to be Listeners, although this presents challenges (see section 5). Opportunities in the staff bistro continued to be much appreciated, with prisoners commenting on how the staff support them to learn skills beyond what is required for the qualifications they are seeking. The construction courses are appreciated by prisoners, who feel that they are learning skills that they can use on release.

The Board is pleased to note the continued provision of virtual classroom activity, which can continue to be accessed on release to support employment and a return to normal life. Prisoners have been observed using it to improve information and communications technology skills; for employment searches, CV development and job applications; for internet searches to support their studies; and for educational assessments, both in the college and in workshops/industrial work areas.

Art activities are increasingly evident across the prison, with a thriving arts training programme. As well as artwork within the education department, prisoners have been involved in mural works across the prison estate and in art sales raising money for charities such as PACT, the families charity, and Care after Combat. Prisoners continued to be involved in community arts projects and musical activities, such as guitar lessons, choral singing and drama, through Unlocked Drama and the library's educational programme. The bonus scheme for good working includes access to arts and cooking classes.

Gym

There were very few applications to the Board about gym access or cancelled sessions. Gym sessions remain popular with prisoners and we have seen good interactions with staff.

More prisoners are using the gym facilities, with scheduled general sessions for each wing, as well as specialist provision, being available, and there have been far fewer gym closures than in previous years. Gym orderly positions are sought after, and the gym orderlies and other gym users speak highly of gym staff.

The smaller gym ('fitness suite') continues to provide specialised, prescribed or rehabilitation sessions; older prisoner sessions; and weight loss sessions. A Road to Recovery class for prisoners on this programme is supported by the substance misuse service. Some sports physiotherapy (massage and certain treatments) is available as required.

The sports hall and all-weather pitch have been used on several occasions for family sports days, encouraging both physical activity and family interactions for prisoners. There are active 'partnership/twinning' programmes with local sports teams, such as Notts County Football Club, in place.

The gym also supports events promoting healthy living, which do not necessarily include physical activity. These are run in association with groups such as the NAAFI break (for veterans) and the Nifty 50s (for older prisoners).

12 RESETTLEMENT PREPARATION

As a category B local and resettlement prison, HMP Nottingham has always lacked the provision to focus on the rehabilitation of those due for release. To some extent, this reflects the fact that time spent in the prison is, on average, no more than three months.

The resettlement team has continued to organise activities such as job fairs, job application support sessions and sessions with employers. It has produced a range of support materials, newsletters, guidance and advice for prisoners about to be released.

Yet again, we report that the most significant concern in relation to resettlement is the number of prisoners released without accommodation. Whenever we go to a wing, we are very likely to be stopped and asked if we are from housing, such is the level of concern among prisoners. We are aware of the efforts of the community rehabilitation company on behalf of prisoners, but there is simply not enough housing for this very vulnerable group. Of around 1,850 prisoners released into the community over the course of a year, around 700 (nearly 40%) will have no fixed address. For some prisoners, the inadequacy of bail hostel accommodation availability prevents them from securing HDC for which they might otherwise have been eligible. This situation results from failings in the wider community and is beyond the control of the prison and the CRC, and we therefore refer the matter specifically to the minister to raise within government.

During the reporting period, the CRC, with support from the prison, set up a 'next steps' lounge adjacent to the visitors centre, just outside the prison. This gives prisoners the chance to get a meal and clothing, charge mobile phones and just rest a while upon release. The CRC has worked with local retailers and voluntary sector organisations to provision a food, toiletries and clothes bank. This is popular with those newly released, and we commend the initiative. Improvements in attendance at pre-release courses within the prison would undoubtedly further strengthen preparation for release. The course is available but take-up is limited.

Much work is also done to ensure that prisoners have everything they need to apply for benefits on release and to set up bank accounts and obtain necessary documentation for identity verification purposes.

Access to data on outcomes for those released, to evaluate the success of resettlement efforts, is not available to us. We are aware of links between the CRC in the prison and in the wider community, and of some outreach work to the homeless community to build local knowledge.

Section A – The work of the IMB

BOARD STATISTICS	
Recommended complement of Board members	20
Number of Board members at the start of the reporting period	12
Number of Board members at the end of the reporting period	9
Total number of visits to the establishment <i>Combination of segregation Rule 45 reviews; sessions to deal with applications; rota visits; monitoring adjudications; attending and observing prison meetings and events; and occasionally attending serious incidents. Twelve Board meetings were held during the year.</i>	285

Section B – Applications to the IMB

Code	Subject	Previous reporting year	Current reporting year
A	Accommodation, including laundry, clothing, ablutions	34	31
B	Discipline, including adjudications, IEP, sanctions	18	42
C	Equality	12	16
D	Purposeful activity, including education, work, training, library, regime, time out of cell	24	22
E 1	Letters, visits, telephones, public protection restrictions	49	27
E 2	Finance, including pay, private monies, spends	36	24
F	Food and kitchens	11	18
G	Health, including physical, mental, social care	68	48
H 1	Property within this establishment	49	34
H 2	Property during transfer or in another establishment or location	47	12
H 3	Canteen, facility list, catalogue(s)	16	16
I	Sentence management, including HDC, release on temporary licence, parole, release dates, recategorisation	37	45
J	Staff/prisoner concerns, including bullying	78	61
K	Transfers	22	23
	Total number of IMB applications	501	419

Note: within the overall reduction, there are a few categories showing an increase. In some instances, the figures are distorted by individual prisoners who submit multiple applications on subjects which concern them greatly, even when we have explained that there is no further action we can take.

Appendix 1

Primary learning need	No. of prisoners starting learning	Success rate (%)	National non-LDD success rate (%)
No LDD disclosed	2,679	92.58	81.11%
Asperger's syndrome	21	90.00	
Autism spectrum disorder	105	84.21	
Disability affecting mobility	44	97.22	
Dyscalculia	18	100.00	
Dyslexia	327	92.78	
Hearing impairment	42	93.55	
Mental health	597	95.25	
Moderate learning difficulty	25	90.91	
No information provided	51	96.97	
Other disability	29	95.24	
Other learning difficulty	27	95.45	
Other medical condition	145	94.50	
Other physical disability	29	96.00	
Other specific learning difficulty	31	96.15	
Prefer not to say	57	95.00	
Profound complex disabilities	35	96.55	
Severe learning difficulty	8	100.00	
Social and emotional difficulties	89	93.85	
Speech, language and communication	24	93.33	
Temporary disability after illness	8	100.00	
Visual impairment	110	97.85	

LDD = learning difficulty and/or disability

Appendix 2

Ethnicity	No. prisoners starting learning	Success rate (%)	National all-learners success rate (%)
African	132	86.67	81.27%
Any other Asian background	43	94.12	
Any other black/African/Caribbean	74	95.83	
Any other ethnic groups	104	92.06	
Any other mixed/multiple ethnicity	47	89.66	
Any other white background	326	88.89	
Arab	28	100.00	
Bangladeshi	56	82.05	
Caribbean	191	94.12	
Chinese	4	100.00	
English/Welsh/Scottish/Northern Irish	2,788	93.24	
Gypsy or Irish Traveller	78	98.28	
Indian	59	89.74	
Irish	32	100.00	

Not provided	80	94.83	
Pakistani	161	99.17	
White and Asian	26	100.00	
White and black African	23	100.00	
White and black Caribbean	248	96.39	