

Background information

What prison are you currently living at?

Bronzefield.....	147 (25%)
Eastwood Park	156 (27%)
Foston Hall	131 (22%)
New Hall	154 (26%)

1.1 How old are you?

25 or under	70 (12%)
26 - 49	449 (77%)
50 or over	65 (11%)

1.2 What is your ethnic group?

White	452 (77%)
Black.....	45 (8%)
Asian.....	14 (2%)
Mixed	51 (9%)
Any other ethnic group.....	22 (4%)

1.3 How long have you been in this prison?

Less than 1 month	112 (19%)
1 to 3 months.....	135 (23%)
More than 3 to less than 6 months	84 (15%)
6 months or more	247 (43%)

1.4 If you are currently serving a sentence, including on recall, how long is your total sentence length?

Not sentenced - on remand or awaiting sentence	200 (35%)
Not sentenced - immigration detainee	4 (1%)
Less than 6 months	75 (13%)
6 months to less than 12 months.....	49 (9%)
12 months to less than 4 years.....	97 (17%)
4 years or longer.....	111 (19%)
IPP (indeterminate sentence for public protection) or Life	40 (7%)

1.5 What is your gender?

Female.....	561 (96%)
Male.....	9 (2%)
Non-binary	8 (1%)
Other.....	6 (1%)

1.6 Do you identify as transgender or trans?

Yes	17 (3%)
No.....	558 (97%)

1.7 Have you ever been in local authority care (e.g. lived with foster parents or in a children's home, or had a social worker, while you were under 18 years old)?

Yes	185 (32%)
No.....	397 (68%)

Support needs

2.1 If you have received support for any of the following, how useful was it in helping you cope in this prison?

	Does not apply to me	Very useful	Quite useful	Not so useful	Not received support
a) Support for having caring responsibilities (e.g. for children under the age of 18 or other dependants)	317 (59%)	37 (7%)	34 (6%)	47 (9%)	100 (19%)
b) Support for having been pregnant or given birth in the last six months	450 (84%)	14 (3%)	7 (1%)	10 (2%)	54 (10%)
c) Support for a mental health problem	70 (13%)	76 (14%)	134 (24%)	156 (28%)	113 (21%)
d) Support for a disability (long-term physical, mental or learning needs that affect your day-to-day life)	204 (38%)	34 (6%)	69 (13%)	133 (24%)	103 (19%)
e) Support for neurodiversity (e.g. autism, ADHD)	296 (55%)	18 (3%)	34 (6%)	63 (12%)	123 (23%)
f) Support for a drug or alcohol problem	199 (36%)	94 (17%)	113 (20%)	83 (15%)	64 (12%)

Coping tools

3.1 How important are the following in helping you to cope in this prison?

	Very important	Quite important	Not so important
1. Attending education, training or work	404 (72%)	106 (19%)	52 (9%)
2. Social activities	345 (62%)	135 (24%)	73 (13%)
3. Physical activities	319 (58%)	131 (24%)	97 (18%)
4. Seeing and speaking to family and friends at home	477 (85%)	54 (10%)	31 (6%)
5. Library	231 (42%)	192 (35%)	131 (24%)
6. Peer work (e.g. Shannon Trust, peer mentors)	205 (38%)	148 (27%)	186 (35%)
7. Personal care	433 (79%)	72 (13%)	43 (8%)
8. Practicing your faith	240 (44%)	123 (23%)	181 (33%)
9. A balanced diet	359 (65%)	135 (24%)	62 (11%)
10. Time outdoors	393 (70%)	103 (18%)	67 (12%)

3.2 Elements of prison life that prisoners said were most important in helping them cope in prison:

1. Attending education, training or work	303 (58%)
2. Social activities	136 (26%)
3. Physical activities	108 (21%)
4. Seeing and speaking to family and friends at home	362 (69%)
5. Library	44 (8%)
6. Peer work (e.g. Shannon Trust, peer mentors)	34 (6%)
7. Personal care	164 (31%)
8. Practicing your faith	61 (12%)
9. A balanced diet	140 (27%)
10. Time outdoors	181 (34%)

3.3 How important is support from the following people in helping you cope in this prison?

	Very important	Quite important	Not so important
1. Health care staff	392 (71%)	123 (22%)	41 (7%)
2. Substance misuse staff	263 (50%)	89 (17%)	179 (34%)
3. Mental health staff	378 (69%)	112 (20%)	61 (11%)
4. Chaplaincy staff	240 (44%)	145 (26%)	166 (30%)
5. OMU and probation staff	354 (64%)	129 (23%)	69 (13%)
6. Wing-based officers	357 (64%)	150 (27%)	50 (9%)
7. Education and work staff	318 (57%)	172 (31%)	64 (12%)
8. Outside organisations (e.g. charities, specialist support organisations)	267 (49%)	160 (30%)	113 (21%)

3.4 Sources of support that prisoners said were most important in helping them cope in prison:

1. Health care staff	267 (52%)
2. Substance misuse staff	172 (33%)
3. Mental health staff	309 (60%)
4. Chaplaincy staff	91 (18%)
5. OMU and probation staff	212 (41%)
6. Wing-based officers	216 (42%)
7. Education and work staff	140 (27%)
8. Outside organisations (e.g. charities, specialist support organisations)	99 (19%)

Support from officers

4.1 In this prison, do you feel that...

	Yes	No
a) Most officers are interested in your personal welfare?	218 (39%)	341 (61%)
b) Most officers understand your personal circumstances?	156 (28%)	397 (72%)
c) The support given by most officers helps you to cope in prison?	219 (40%)	326 (60%)

4.2 In the last week, has an officer in this prison talked to you about how you are getting on?

Yes	248 (44%)
No	322 (56%)

4.3 If you have told an officer in this prison about feeling unable to cope, did you feel supported by them?

Yes	159 (30%)
No	192 (36%)
Have not told an officer	101 (19%)
Have not felt unable to cope while in prison	84 (16%)

Support from other prisoners

5.1 Have you received support from other prisoners whilst in this prison? (e.g. peer workers, friends, cellmate)

Yes	477 (83%)
No	55 (10%)
Have not wanted support from other prisoners	45 (8%)

5.2 How important is the support provided to you by other prisoners in helping you to cope in this prison?

Very important	325 (58%)
Quite important	129 (23%)
Not so important	29 (5%)
I have not received support from other prisoners	75 (13%)

Final questions

6.1 Do you think you have developed any coping skills since being in this prison? (e.g. self-esteem, physical, mental, emotional and social well-being)

Yes	314 (55%)
No	253 (45%)