

positive
about integrated healthcare

Nottinghamshire Healthcare
NHS Foundation Trust



People

Openness

Safe

Integrity

Trust

Innovation

Value

Excellence

HEALTHCARE NEWS LETTER



**HMP NOTTINGHAM
SEPTEMBER 2017**

HEALTHCARE INFORMATION

Welcome to the HMP Nottingham Healthcare patient newsletter

This newsletter will be printed monthly and will be available at reception or from the signpost orderlies on your wing

The aim of this newsletter is to provide you with information on how to access the various health care services offered as well as advice on general health care issues

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| 1. Respect and dignity |
| 2. Commitment to quality of care |
| 3. Compassion |
| 4. Improving lives |
| 5. Working together for patients |
| 6. Everyone counts |

Healthcare services within HMP Nottingham are provided by Nottinghamshire healthcare NHS Trust. The healthcare team provide primary healthcare, mental healthcare and substance misuse services to people in prison and immigration removal centres

The trust strives to make a positive impact on the lives of prisoners, thereby improving their health, securing their wellbeing and reducing re-offending behaviour

CALLING ALL BRITISH EX-MILITARY PERSONNEL



Did you know there is additional support available fast for all British ex-military personnel within prisons?

If you have served as little as **one full day** in ANY of the British military services then you qualify for access to this support network while here in HMP Nottingham and this can be developed further while here and can continue for up to 12 months after release.

There are regular monthly forums and one-to-one support with The Veterans Support Service, 'Care After Combat'. Their mission is to support veterans with alcohol and substance misuse problems and the reduction in numbers of re-offending veterans in the criminal justice system. There are a number of related community services which also includes 'Stand To' in Derbyshire. If you have any interest in these please ask your Substance Misuse Worker for more details.

SEXUAL HEALTH WEEK



National sexual health week runs from the 11th-17th September 2017

This national campaign aims to raise awareness of sexually transmitted infections, how they are contracted and how they can be treated:

What are sexually transmitted infections (STIs)?

- An STI is an infection that is passed from person to person through sexual contact including unprotected sex or genital contact
- An infection is when a bacteria, virus or parasite enters and grows in or on your body
- STI's are sometimes called sexually transmitted diseases or STD's
- Some examples of STIs that you may have heard of include Chlamydia, Gonorrhoea, Herpes, genital warts and pubic lice. HIV and AIDS can also be sexually transmitted
- Chlamydia is the most common STI in the UK. Most people do not experience any symptoms

How do you contract STI's?

- Unprotected sex with a male or female partner –this is sex without a condom
- Anal sex is particularly risky as it can involve bleeding
- Most STIs are spread through direct sexual contact with an infected person however pubic lice and scabies can be spread through close personal contact with an infected person or with infested clothes, sheets or towels

What are the symptoms of an STI?

- Some people do not show any symptoms at all
- Itching at the top of the penis
- Rash on the penis, testicles or groin
- Discharge– a milky white/yellow, thick or thin substance coming from the end of the penis
- Pain on urination
- Pain when ejaculating
- Painful blisters on the genitals (spots or bumps)

How do I protect myself from STI's?

- Use condoms! These are the most reliable protection against contracting an STI. Condoms are available through healthcare at HMP Nottingham
- Water based lubricant is also available– this is especially helpful as it helps protect against the condom breaking
- Limit the amount of people you have sex with-The more partners you have, the more likely you are to be exposed to an STI
- Ask your partner if they have ever been tested for an STI or if they think they are experiencing symptoms
- Don't have sex with anyone who you suspect may have an STI-They probably won't know if they have one but there are some obvious signs to look for such as sores, rashes or unusual discharge

IF YOU SUSPECT YOU MAY HAVE AN STI OR WOULD JUST LIKE A GENERAL CHECK UP, PLEASE SUBMIT A HEALTHCARE APPLICATION

HEALTHCARE UPDATES

Healthcare Appointments

When you receive your slip for your healthcare appointment it will state whether you need to attend on the route or if you will be collected. If you are down for collection, please **DO NOT** attend on the route-you will be asked to return to the wing and wait for collection

Smoke free

It has now been 6 weeks since HMP Nottingham went smoke free-The 8 week New Leaf stop smoking service has been very successful. Well done to those who have managed to give up. We have heard many success stories!

Once you have completed the 8 week programme you will not be entitled to any more patches or lozenges as you will be expected to have given up

Nicotine replacement therapy will only be available to new receptions who smoke



We would like to give a warm welcome to some new members of the healthcare team:

Liv Whiston-Pharmacy assistant

Nathalie Berry-Pharmacy technician

Tracey Saxton-Senior substance misuse nurse

HEALTHY LIVING WITH IAN MCCLUSKEY



How long do you cook something for? Most meats from supermarkets will tell you safe cooking times on the packets but as a general rule 'red' meats can be safe to eat even when undercooked while 'white' meats MUST be completely cooked through to the middle. Fish and seafood usually needs cooking thoroughly. If you're not sure simply cook moderately until the middle is cooked and changed colour – cut open and you'll see variations in colour which tell you if it's reached the right temperature in the middle. Overcooking tends to make meats go tough and lose their flavour so cooking times and temperatures are very important.

Temperature & Time

There are many ways to cook ranging from slowly simmering to rapid boiling, gently frying to searing, steaming, roasting, stewing, grilling and many more. However, for basic cooking we'll simply use low (simmering just below boiling), medium (boiling or frying, but not fast) and high (boiling or frying rapidly). Also, size matters – again! For most purposes it would be safe to say that meats and veg of about the same size cook in about the same time and the smaller the portion the quicker it cooks. Some recipes tell you what size to cut portions to and how long to cook these for but if you're making your own foods aim at 'bite size' pieces which would cook in around 15 minutes on a medium heat. Many meats are best cooked slowly for long times at moderate to low heats so they don't toughen and remain very tender. Stews are best cooked like this and you can add vegetables from the start but seasoning and herbs and spices (if wanted) are usually added near the end or as you go along and improve the taste as these cook.

SUICIDE PREVENTION



The 10th September is World Suicide prevention day:

There are numerous factors that can contribute to someone feeling suicidal. It is impossible to predict how people will cope in certain situations

It is common to feel low, depressed or hopeless when coming into prison-it may be your first time in prison, you may be missing your family, friends and support network or you may feel you have been unfairly incarcerated. However, if your feelings of hopelessness become so strong that you cannot see any way out then you need to ask for support-no matter how bad things become there are ALWAYS people you can talk to and things you can do

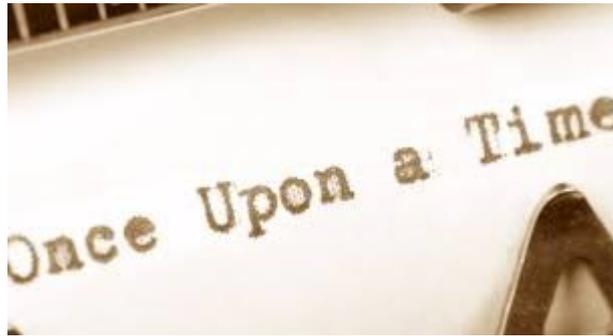
- A Samaritans phone is available on the wing-this will put you through to specially trained Samaritans counsellors that can support you through a crisis
- The prison also have specially trained prisoners known as Listeners who are accessible by asking the wing staff- These prisoners are trained by the Samaritans and as their name suggests, they will listen to your concerns and help you manage these
- If you don't feel comfortable talking to a stranger, ask to access a member of staff that you trust. This could be a member of discipline staff or healthcare
- Look after your mental health in prison-get some exercise every day, try to look after your diet and use techniques such as meditation or relaxation techniques to calm your mind
- Don't use illicit substances in prison-using Mamba, spice or hooch will severely impact your mental health and will make you feel very depressed
- Don't suffer in silence-the mental health team in HMP Nottingham can help support you through a mental health crisis

RELAXATION AND BREATHING TECHNIQUES



- Sit comfortably with your back straight
- Breathe in through your nose and out through your mouth, pushing out as much air as you can
- Breathe gently and regularly-count to 5 as you inhale and exhale
- Tense all the muscles in your body for 5 seconds then let them relax-repeat this 10 times
- Think of somewhere relaxing and calm. Choose a memory of a place you have been or a place you have imagined
- Write letters to your loved ones-this doesn't always mean that you have to send them
- What do you enjoy? Do something every day that you get enjoyment from, whether this is reading, listening to music, painting or drawing
- Try to get a regular sleeping pattern-this is hard in prison but practicing good sleep hygiene will be beneficial to your mental and physical wellbeing

SHORT STORY COMPETITION



We know that many of you have a story to tell...

Have you got a creative writing streak that is just bursting to get out?

If so, this competition will be right up your street!

**Enter the HMP Nottingham Healthcare short story competition-
the theme this month is:**

"A CAR JOURNEY"

**You can write in any style you like as long as it is no longer than
300 words**

**Your story will be judged by our panel and if you are the winner
you will get your story printed in the October newsletter as well
as a personal copy for yourself**

**Please post your applications in the healthcare application boxes
clearly titled "Short story competition" with your name and cell
location-you can write your story on the opposite page if you wish
-it has been left blank for this purpose**

**If you win, you can choose whether you would like your name
printed or if you would prefer to remain anonymous**

GOOD LUCK!!!!



Dear Dean

Every month, RMN Dean Spurr is here to answer your questions. Please send any questions to Dean via the healthcare application system

Dear Dean

I have an unusual discharge coming from the end of my penis-its been like this for a while but I've been too worried about it to seek any help. What do you think this could be?

Thank you

B-D wing

Hi B

First of all please don't worry-most Sexually transmitted infections can be easily diagnosed and treated. Please submit an application to see sexual health for a check up. And don't be embarrassed-they see these all the time!

Good Luck

Dean

Movies with One Word Titles 1

T	E	A	H	L	R	Y	K	C	O	R	H	S	N
L	N	O	D	D	E	G	A	M	R	A	A	E	E
B	G	T	H	J	I	O	J	O	M	C	N	R	M
R	A	R	O	E	H	A	G	A	A	E	C	A	H
A	W	H	E	O	D	A	C	J	W	E	O	G	C
V	T	J	O	A	T	A	I	I	U	S	C	O	T
E	S	W	U	N	S	S	L	K	N	N	K	N	A
H	E	E	I	M	R	E	I	I	O	A	O	W	W
E	W	V	V	L	A	O	A	E	E	I	T	I	C
A	A	N	I	E	I	N	N	C	I	N	O	I	N
R	S	J	N	T	N	G	J	L	L	J	S	E	T
T	A	Y	N	J	A	Y	H	I	M	G	O	H	E
A	A	D	C	W	A	M	V	T	S	W	I	E	O
O	V	M	E	N	E	E	W	O	L	L	A	H	A

JAWS
 BRAVEHEART
 TITANIC
 ROCKY
 ALIEN
 WATCHMEN
 JUMANJI
 TWILIGHT
 ARMAGEDDON
 JUNG
 SAW
 HALLOWEEN
 ERAGON
 EVITA
 SEVEN
 TOOTSIE
 GREASE
 HANCOCK

The People

Impact on the people I'm closest to*

My family-My partner-My daughter-My good friends

Because all of these people have lost me due to being in prison

The shame-due to my crimes and the victims

Neighbours talking

Impact on the people I associate with*

Old friends/associates

Because-I'm not there for them to leach on to so now they got to fend for themselves, even though I don't let anyone leach on to me. I do the crimes on my own but you know what I mean

Impact on the people I am connected to*

Well I think that would be my brother Neil as he always gives me work to keep me out of trouble then I either don't turn up to work cuz I am rattling or I turn up under the influence. So if I don't turn up he has to find someone to replace me under such short notice

Impact on the wider community*

Family-Neighbours-Victims-Victims family and friends

It has a ripple effect across the wider community, such as its not just your victim that suffers, its their family too because they have to pick up the pieces. I obviously didn't realise this before to the extent that it is. But now I'm working on all this to stop my drug use and offending behaviour

Thank you to the anonymous prisoner that sent in the above poem

If you have any artwork or written work that you would like to contribute, please contact Andrea in the Substance Misuse Team via app