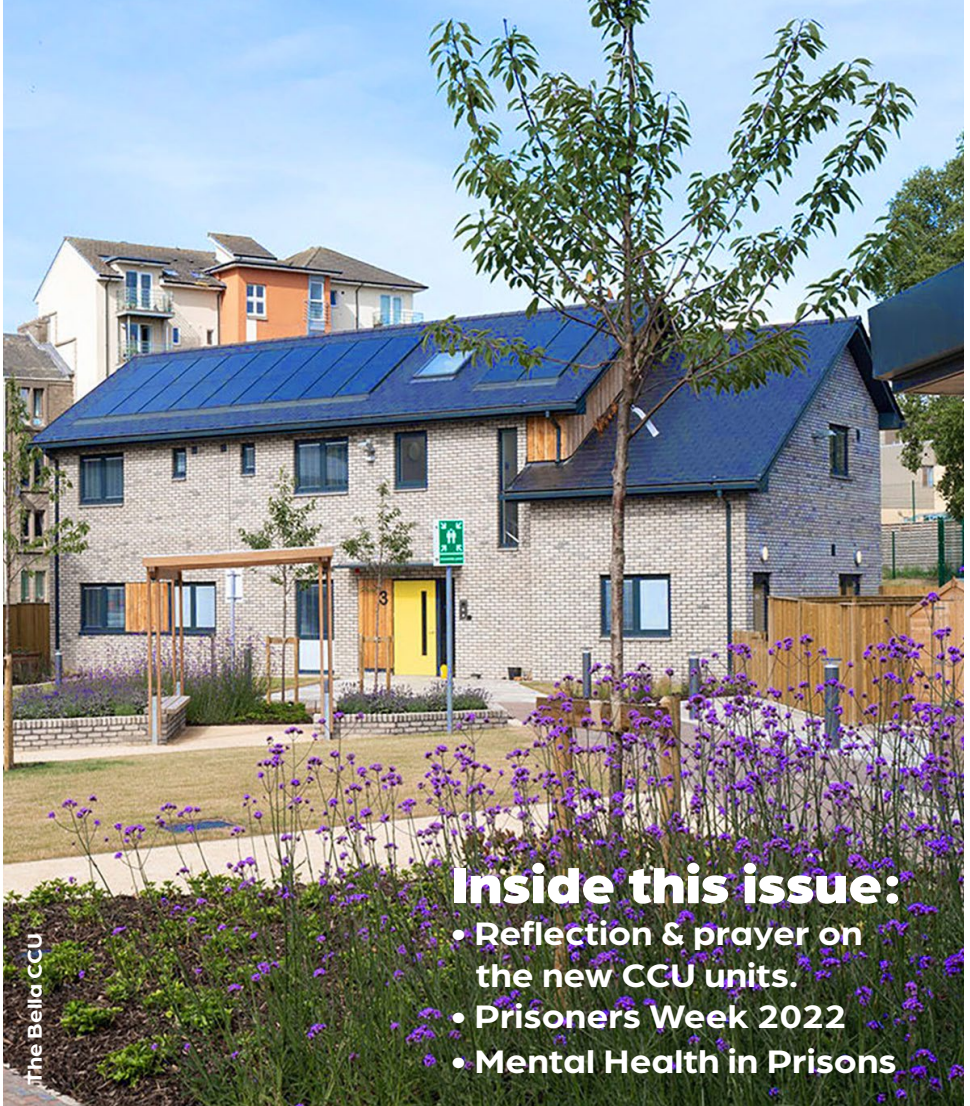




# Prison Fellowship

SCOTLAND

*Offering Hope to People in Prison, their Families and our Communities.*



The Bella CCU

## **Inside this issue:**

- Reflection & prayer on the new CCU units.
- Prisoners Week 2022
- Mental Health in Prisons

# NEWSLETTER

Autumn 2022

# Living Out Our Faith

In Luke's gospel we find the familiar words from Jesus, *"The Spirit of the Lord is upon me, because he anointed me to bring good news to the poor. He has sent me to proclaim release to captives, and recovery of sight to the blind, to set free those who are oppressed."* (Luke 4:18)

**As churches we desire to follow the steps of Jesus and proclaim good news to captives.**

However, often our orthopraxy and orthodoxy hold gaps, what we say and believe doesn't always translate into practiced discipleship.

Prison Fellowship Scotland (PFS) are in a unique position in Scotland; valued and respected by SPS; they enable churches to engage safely and appropriately with people in prison and live out an orthopraxy of those verses in Luke.

PFS give the church an opportunity to be good

news to those of our neighbours behind bars held in prisons across Scotland.

I am a church leader as well as a Chaplain in business and for me that's how I got involved with PFS. My desire was not just to preach Luke 4:18, but also live it out. And there are many ways PFS can help



churches live this out: pray together with other churches, give together, volunteer within groups like Sycamore Tree within prisons or the letter writing project outwith the prison gates.

Consider your orthopraxy as Jesus said in Matthew 7:24 *"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."*

Get in touch today and be Church, be good news, be changed and be encouraged. ■

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**Shirley Berry,**  
PFS Board Member  
Prison Fellowship Scotland

# Opening Doors

When prayer and strategy come together, good things can happen. With Scottish Government plans for Restorative Justice services to be widely available across Scotland by 2023, at PFS we are keen for more opportunities to run our **Sycamore Tree course** in prisons in Scotland – and are especially looking at places where we have historically had less opportunity.

At the same time as we were exploring these opportunities, PFS volunteers, Greg and Sonja who live in Dumfries had been praying for their local prison.

*"God placed the burden for HMP Dumfries on our hearts over 3 years ago. We knew from the very beginning that it would take time, but God gave us the persistence and the patience to wait.*

*Sometimes the waiting was quietly in prayer, sometimes it was pushing doors and making contacts and connections; sometimes*



*this was frustrating and time-consuming, but even in those frustrations we had the privilege of walking with the Lord, getting to know him in a more deeply, personal way and understanding more of his heart of love for the men in HMP Dumfries, and getting to witness first hand, tiny miracles along the way.*

**Eventually, our patience was rewarded, and we had the opportunity**

**to meet the Governor who we were excited to find was keen for the Sycamore Tree course to be run in the prison.**

*It was exciting to see God's hand in this work and how doors opened for us.*

**2** *As we write this, we have just completed week three of the Sycamore Tree course; it's humbling to talk with the men doing the course and see them respond*

*to a message of hope and restoration that is brought through this course."* ■

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**Greg & Sonja Macmillan**  
PFS Volunteers  
**John Nonhebel**  
PFS Director



# Scotland's new CCUs

Please pray for those who will live and work in the two new **Community Custody Units** for women.

**The Bella Centre** (pictured below) in Hilltown, Dundee, is up and running and the women are enjoying the attractive facilities and the privilege of ordering their own food and cooking for themselves, but of course they have the same anxieties as any other prisoners coming close to the end of their sentences. Good links have already been made with the local church and

a warm relationship is developing. Chaplaincy has been welcomed as part of things too. There is much to be thankful for, but pray that the women will be able to have good opportunities to reintegrate into the community. This is a complicated business in terms of legislation and management. Please also pray for the dedicated staff as they develop their new roles.

**The Liliias Centre** in Maryhill, Glasgow, is opening soon. The

women who will be moving there will be wondering what to expect, as will the staff currently preparing for their arrival.

**Pray that God would bless them all, and that God will provide chaplaincy and fruitful links with the church community. ■**

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**Anne Stewart**  
Chaplain  
Scottish Prison Service



# A prayer for women in prison

**Women mothers  
Women daughters  
Women abused  
Women abusers  
Women who have drifted  
Women who have made wrong choices  
Women prisoners.**

**Women in old prisons  
Women in newer prisons  
Women arriving in the brand new Bella and Liliias community care units**

**Jesus, you love  
Every  
Single  
One of them.  
Whatever their crime  
Whatever their problems  
Whatever life has thrown at them**

**You want to hold them  
Comfort them  
Challenge them**

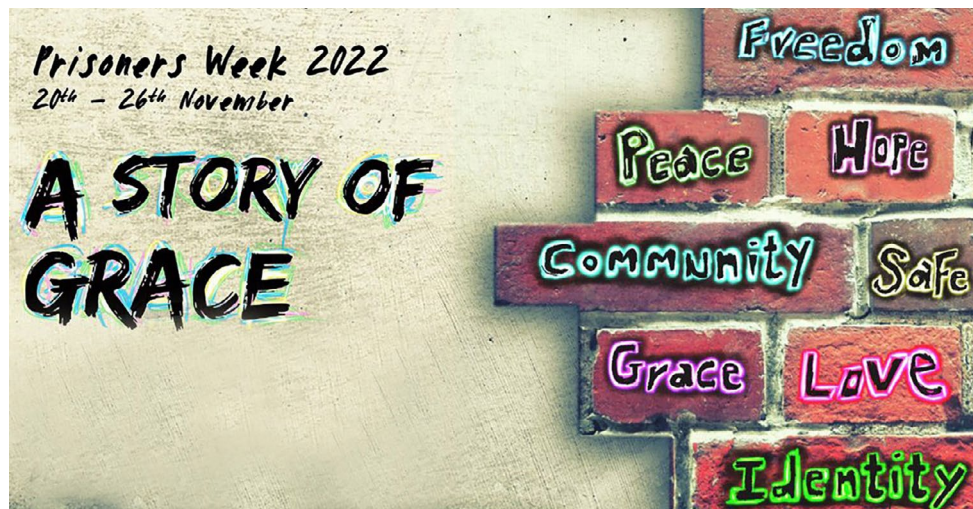
**Help us to make every woman in prison  
aware of your love  
Help us to introduce them to you and  
your love  
Help us  
to help them  
to know you.**

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**by Liz Lovick**  
PFS Prayer Partner & Letter Writer  
Prison Fellowship Scotland



# Prisoners Week 2022



Prisoners Week Scotland is a wonderful opportunity each year for those involved with prison ministry to connect with local churches, and with those who may not have much experience of prison ministry.

This year the theme of Prisoners week is **Stories of Grace**. As we are reminded of God's transforming power in the lives of those who have experienced prison it is also a reminder that we are all recipients of God's grace. This is not just for those who are or have been in prison but is a recognition that we all need to be journeying to know God better experiencing his grace in our lives and showing his grace to those we meet. ■

“ Lord, you offer freedom to all people.  
We pray for those who are held in prison.  
Break the bonds of fear and isolation that exist.  
Support with your love:  
prisoners, their families and friends,  
prison staff,  
Chaplains and all who care.  
Heal those who have been wounded by the activities of others,  
especially the victims of crime.  
Help us to forgive one another.  
To act justly.  
To love mercy.  
And walk humbly together with Christ.  
In His strength and in His Spirit.  
Now and every day.”

Amen.

# Mental Health in Prison

Over the summer of 2022 I had the privilege of working with Deirdre Yellowlees, Chaplain at HMP Perth.

Together we facilitated an 8-week mental health education and awareness course known as the **Sanctuary Course**, which enabled a small number of prisoners to engage in important conversations about mental health and mental illness.

My own interest in mental health came about because of the sudden loss of my son in 2016. From almost no knowledge about mental health whatsoever, within 18 months I was admitted to the Royal Edinburgh Hospital, the city's main psychiatric facility. Medical staff responsible for my care progressed a "compulsory treatment order" (I was sectioned) and I was kept in hospital for 9 weeks.

The experience of confronting my own mental health

breakdown, and the importance of God's love and grace in my recovery, led me to two faith-based organisations, 'The Mind and Soul Foundation' and 'Sanctuary UK'.

Three years after leaving hospital I was driving past HMP Perth and had a strong sense that within those walls were men that I could now relate to in a way that previously would simply not have been possible. I applied to become a Prison Fellowship volunteer and was thrilled when I was invited to become part of the volunteer team in Perth.

The course, which has a similar video/discussion format to the Alpha course, is designed for church use in the first instance, however we found that with good preparation this was not an issue at all.

As a facilitator I found that the key challenges included:

- accepting the need to be flexible.

- choosing the right questions from the course content.
- listening rather than over-contributing myself.
- bringing the conversation back to the course content when it started to drift into unhelpful aspects of prison life.

We are immensely grateful to **Sanctuary Mental Health Ministries** for the quality and focus of the course. With faith and hope right at the centre of the course material, the Sanctuary Course is a highly relevant Prison Fellowship resource. ■

**Ewan MacLean**  
PFS Volunteer  
Prison Fellowship Scotland



# SUMMER HOLIDAYS!

## FEEDBACK

Thank you to everyone who supported our partnership with **Circle Scotland** and **SU Scotland** to send children affected by imprisonment on holiday this year!

Here is some of the feedback received:

*"I feel the camp helped my son to come out of his shyness and be part of a team. He was more positive, he's more at ease, and knows he will be fine interacting with other children." (Parent)*

*"It was life changing for my son. He was so supported and came back a different person. He has been interacting and communicating so well with me." (Parent)*

*"Thank you so much for giving my son this experience. He came home buzzing with excitement and like a different child. He met some really nice kids, had a different experience in life and is already researching going next year." (Parent)*

*"I loved it and was gutted to leave. My favourite thing was the beach as I've never been before." (Child)*

*"I really enjoyed Lendrickmuir, the people were really nice, the food was amazing and there was so much to do." (Child)*

*"Lendrickmuir was the most amazing week, best week of holidays by far. I met new friends and went back to the festival day at Lendrickmuir with them." (Child)*

## Angel Tree Appeal



We are so excited to once again be partnering with local churches, Family centres, and other organisations connected to prisons across Scotland to bring some of the joy of Christmas to children affected by imprisonment.

As many of you will know, our **Angel Tree** project exists to help provide financial support so that people in prison can give gifts to their families. We also help to arrange

events like Christmas parties.

Christmas can cause a great deal of stress with the financial strain it puts families under, this is particularly true for single parent families on the outside, and for other family members looking after children while their parents are in prison.

Angel Tree serves to help alleviate some of this stress. If you would like to give to this cause, please scan the QR code, send

a cheque to our office, or visit our **JustGiving** page via the Prison Fellowship Scotland website to donate.

**Thank you for helping us to bring some of the excitement of Christmas to children in adverse circumstances this year!**

**Zoe Walker**  
Letter Writing Project Manager  
Prison Fellowship Scotland

Please scan the QR Code to donate to our ANGEL TREE project. Thank you.



# Scottish Prisons Update

**HMP Inverness** – We are running a weekly Fellowship Group and have recently started a Sycamore Tree course. Volunteers also help with the weekly service.

**HMP Grampian** – We are running a Sycamore Tree course and working towards getting Fellowship Groups up and running.

**Bella CCU, Dundee** – the new **Community Custody Unit (CCU)**. We have volunteers helping run 'well-being' activities in this centre and hope to have a Fellowship Group up and running soon. We have also been invited to run a Sycamore Tree course in the New Year.

**HMP Castle Huntly** – We are running weekly Fellowship Groups and run a Sycamore Tree course here several times a year.

**HMP Perth** – We have just completed running the Sanctuary Mental Health Course and are in conversation

about hopefully getting Fellowship Groups restarted soon.

**HMP Cornton Vale** – We are running a weekly Fellowship Group.



**HMYOI Polmont** – We are currently in conversations with Chaplains, but no groups are running at the moment.

**HMP Glenochil** – We are leading weekly services and hope to be running Fellowship Groups soon.

**HMP Edinburgh** – We are running a Sycamore Tree course and exploring the possibility of a Fellowship Group.

**HMP Addiewell** – We are running a Fellowship Group, although with staffing issues this is often irregular.

**HMP Shotts** – We are running a weekly Fellowship Group, supporting an Alpha course, and will be launching a Sycamore Tree course in early November.

**HMP Low Moss** – We have a large Fellowship Group meeting weekly and run the Sycamore Tree course throughout the year.

**HMP Barlinnie** – We have weekly Fellowship Groups, have recently completed a Sycamore Tree course and helped facilitate an Alpha group.

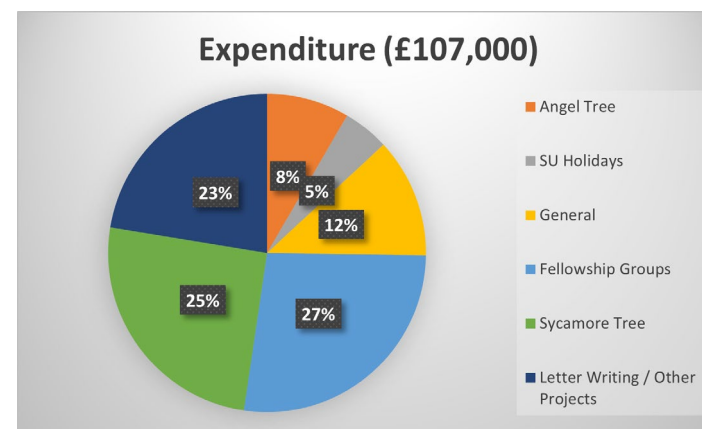
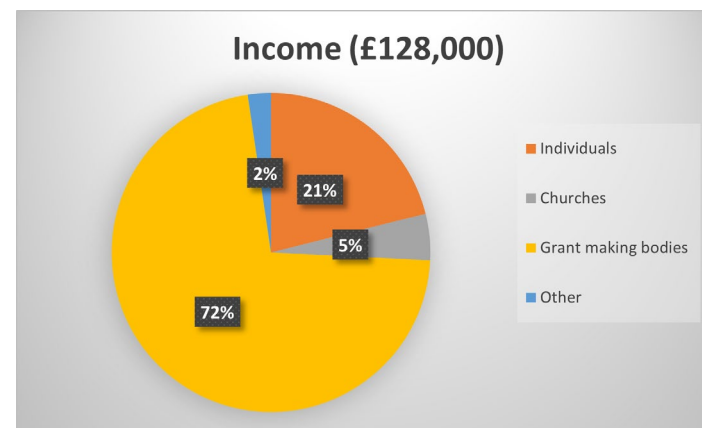
**HMP Greenock** – We have weekly Fellowship Groups for both the men and the women.

**HMP Kilmarnock** – Volunteers and staff help with the weekly Services.

**HMP Dumfries** – We are running a Sycamore Tree course. ■

# PFS Finances Summary

A big thank you to all of you who have supported the work of **Prison Fellowship Scotland** in this last financial year!



This year has seen a significant growth in the work of **Prison Fellowship Scotland**. We have more opportunities than ever in the prisons across Scotland and our staff and volunteer team has grown to make this possible. Our income and expenditure is up by more than 30% to support this and we want to say a big **thank you** to everybody who supports our work. ■





*"The Spirit of the Sovereign Lord is on me,  
because the Lord has anointed me  
to proclaim good news to the poor.  
He has sent me to bind up the brokenhearted,  
to proclaim freedom for the captives  
and release from darkness for the prisoners".*

*Isaiah 61: 1 (NIV)*



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**PRISONERS WEEK**  
**SCOTLAND**

20th – 26th November 2022



**Look out for more information and  
resources for your Church to engage  
with work in prisons.**