



# The Post



Karen Brown, PACT Family Engagement Manager

☎ Visitor Centre 01785 773131 : ✉ [Stafford@prisonadvice.org.uk](mailto:Stafford@prisonadvice.org.uk)



Prisoners • Families • Communities  
A Fresh Start Together

## Feedback

Please keep offering your feedback on any aspect of your social visit that you would like for the HMP Stafford team to be made aware of.

Send your concerns to the following email address:  
[Stafford@prisonadvice.org.uk](mailto:Stafford@prisonadvice.org.uk)

The PACT team will ensure your concerns are forwarded, taken note of and where possible addressed.

## Card Appeal

A big thank you to everyone who has been kind enough to bring in their old card fronts for SSG to make use of.

If you unearth a stash of old greetings cards please do keep bringing them in for either PACT or SSG to make use of.

Female-themed birthday card fronts would be especially well-received.



## A word from...

Hello and welcome to the Summer Edition of the PACT Newsletter for all friends and family visiting HMP Stafford.

Thursday 8 May 2025 marks 80 years since Victory in Europe Day, more commonly known as VE Day, which celebrates the formal acceptance by the Allies of World War II of Nazi Germany's unconditional surrender of its armed forces. Across the country communities will be marking the occasion with special "VE Day 80" events taking place from 5 May 2025 to 8 May 2025.

Maybe you will get the opportunity to take part and even get to watch the procession and flypast in London which will be broadcast on national television on the 5th May 2025. Your Visitor Centre will be marking the occasion with a special display in the main hallway.

Thank you to everyone who has been taking part in our Poppy Appeal over the past couple of months. All the crocheted and knitted poppies will go towards a special display in HMP Stafford in support of our Veterans in custody. The PACT team are very grateful for your support and contributions.

Kindest regards,

Karen Brown  
Family Engagement Manager

## Family Forum Dates 2025

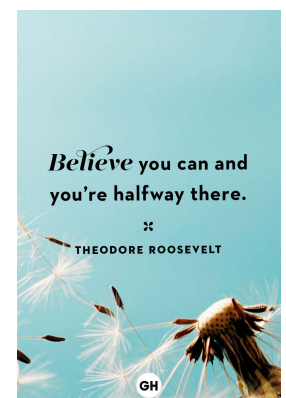
21<sup>st</sup> May

17<sup>th</sup> September

16<sup>th</sup> July

19<sup>th</sup> November

(12:45 in the Visitor Centre)



## Dates for your diary

### May

4<sup>th</sup> Star Wars Day  
 6<sup>th</sup> World Asthma Day  
 5<sup>th</sup>-11<sup>th</sup> Sun Awareness Week  
 8<sup>th</sup> V.E. Day  
 18<sup>th</sup> National Children's Day  
 25<sup>th</sup> Africa Day

### June

1<sup>st</sup>-7<sup>th</sup> Volunteer's Week  
 15<sup>th</sup> Father's Day  
 20<sup>th</sup> World Refugee Day  
 25<sup>th</sup> National Bakewell Tart Day  
 Gypsy Roma Traveller History Month  
 Pride Month

### July

1<sup>st</sup> International Joke Day  
 6<sup>th</sup> National Thank You Day  
 7<sup>th</sup> World Chocolate Day  
 20<sup>th</sup> World Moon Day  
 Women's Euros 2025  
 30<sup>th</sup> UN International Day of Friendship

## Safer Custody Portal for families, friends and carers

All prisons in the West Midlands have an online safer custody portal that provides information about keeping prisoners safe and enables family or friends to share concerns via an online contact form sent directly to the prison safety team.

If you are worried and want to share a concern visit:  
[www.prisonersfamilies.org/pages/category/need-urgent-help?](http://www.prisonersfamilies.org/pages/category/need-urgent-help?)



## Email Distribution List



Would you like to receive regular visitor information news updates or invitations to join the bi-monthly Family Forum remotely?

Please leave your email address with Karen and your details will be added to the email distribution list.

## Book Swap

Thank you to everyone who has been supporting the Book Swap. Your donations to the ongoing project are appreciated.

Visitors are welcome to help themselves to any books that are of interest.

Don't forget that you can also share any books from the Book Swap with the person that you are visiting. Pick up to six books, pop their name and prisoner number on the inside cover then hand over at gate search.

## Family Day Dates 2025

Tuesday 27<sup>th</sup> May  
 Tuesday 29<sup>th</sup> July  
 Tuesday 28<sup>th</sup> October  
 Tuesday 23<sup>rd</sup> December

## Long Term/Lifer Day Dates 2025

Tuesday 29<sup>th</sup> April  
 Monday 14<sup>th</sup> July  
 Monday 20<sup>th</sup> October  
 Tuesday 30<sup>th</sup> December

## SSG Gifting Service

Catalogues and order forms are available from the Visitor Centre.

Beautiful paper flowers and greetings cards are made in-house by members of the SSG group.

Orders can be customised to suit. All funds raised will go towards the purchase of additional craft materials for SSG.

Let one of the PACT team know that you would like to place an order.



12<sup>th</sup> – 18<sup>th</sup> May 2025 is Sun Awareness week in the UK. It's a time to be reminded of the need for sun protection.

What's the UV Index? Sun protection habits in the UK? How can you check for non-melanoma skin cancers? To find out more check out the British Association of Dermatologists website:

<https://www.skinhealthinfo.org.uk/sun-awareness/>

## How to enjoy the sun safely



### Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



### Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



### Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.



## Our bees are incredible

As a pollinator, bees drink the sweet nectar of flowers, move between plants and transfer pollen. This fertilises different species so they can produce fruit and seeds.

Pollinators are vital for life on earth. Without them, we wouldn't have potatoes, strawberries, tomatoes, coffee, chocolate or cotton!

Here are some top facts from the Soil Association on these awesome little creatures:



Did you know that there are over 270 species of bee in the UK?

Female solitary bees provide food for their own offspring, rather than have workers to do this for them.



Bees have four wings, not two. They actually hook them together to form one big pair when flying and then unhook them when not flying.

The average hive produces about 11kg of honey during a season. That's the equivalent of about 24 jars.



Bees must fly about 55,000 miles just to make one pound of honey (which is less than half a kilo!).

## Britain's bees are in trouble

There are 35 species under threat of extinction in the UK alone. All species face serious threats from overuse of pesticide, habitat loss and disease.

The good news is that there are changes we can all make to help support our incredible bees. **You can make a difference!**

Plant some bee-friendly plants and herbs in your garden.

Check out the following website [rhs.org.uk/perfectforpollinators](https://rhs.org.uk/perfectforpollinators) for inspiration on what to grow.

Avoid using pesticides.

## Find out more...

<https://wildaboutgardens.org.uk>



**Bumblebee**  
Conservation  
Trust

<https://www.bumblebeeconservation.org>



<https://www.buglife.org.uk>



## Sudoku Corner

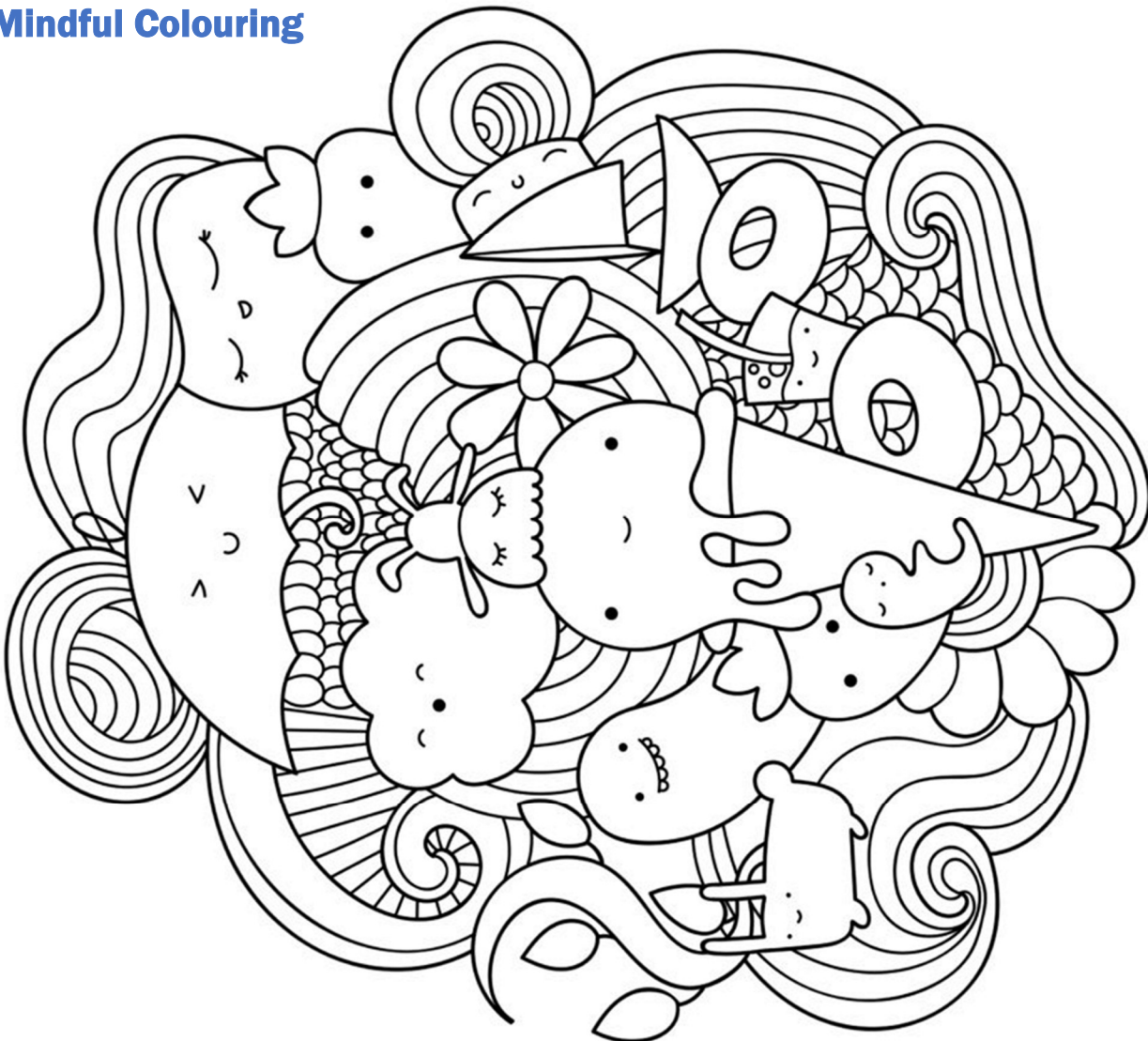
|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 |   |   |   |   |   | 3 |   |   |
|   |   |   | 3 | 6 | 7 |   | 4 |   |
| 7 |   |   |   |   |   |   |   | 1 |
|   |   | 3 |   |   | 2 |   |   |   |
|   | 1 |   | 6 |   |   |   |   |   |
|   | 9 |   | 7 | 5 | 1 |   |   |   |
|   | 2 |   | 9 |   |   |   | 6 |   |
| 6 |   |   |   |   |   | 5 | 2 |   |
|   |   | 1 |   | 7 |   |   |   | 4 |

## Summer Anagrams

1. rangendig .....
2. swolfer .....
3. ylju .....
4. mimwings .....
5. pincic .....
6. unhissen .....
7. ciremace .....
8. loydiha .....

Why not have a go at solving some summer anagrams?

## Mindful Colouring



Where do sheep go on holiday?

To the Baa-hamas.

Where do sharks go on holiday?

Finland.