



## H M PRISON SERVICE'S Commitment to the Natural Justice Study

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### HMYOI Hindley welcomes the study



- **The Governor is keen for Hindley to be part of this study, recognising that this is a great opportunity for the establishment and HMPS more widely and for the young people in Hindley's / HMPS's care.**
- Hindley are particularly committed to providing their young people with food which is nutritious, well prepared and served, reasonably varied and sufficient in quantity.
- In 2006 Hindley – together with Aston, Wigan and Leigh PCT – commissioned a broad-based food assessment by Lancaster University. This was to help develop the establishment's prison health delivery plan and so inform the extent to which current provision meets the food and nutrition needs of the young people placed there.
- Hindley will offer practical support to the study, being willing to adapt as far as possible and adopt a flexible approach to regimes while the study is ongoing.
- In particular, staff from Hindley will attend the monthly project steering group meetings chaired by Natural Justice.
- Women & Young People's Group in HMPS headquarters will keep abreast of the study through representation on the steering group and, if any support is needed from the centre, will seek to provide it.

## Expectations of HM Prison Service



- **HMPS hopes that the study will shed further useful light on the possible links between nutrition and behaviour among young people with the potential, depending on the findings, to inform the current development of policy on behaviour management.**
- Young people present a particular challenge to custodial staff, particularly in terms of behaviour management
- The behaviour of young people is often marked by impulsiveness, an inclination not to think ahead but to act to gratify immediate needs, and by emotional immaturity, even when cloaked in physical maturity.
- The potential gains from better informed behaviour management practice are:
  - a safer and more disciplined custodial environment
  - a reduction in violence and self-harm
  - lessons learned that the young people can take back with them into the community and that will help prevent them from re-offending.
- HMPS's young people's establishments are committed to building the physical, mental and social health of those in their care as part of a whole prison approach to promoting health; and to helping each young person to adopt healthy behaviour that will benefit them both in custody and on their eventual release. The promotion of healthy eating is seen as an essential part of this.

## Expectations of HM Prison Service - continued



- HMPS's strategies for healthy eating include:
  - catering management systems that ensure a high standard of menus is delivered economically
  - a multi-choice, pre-select menu that includes healthy options and reflects prisoners' preferences
  - the maintenance of high standards in the presentation and serving of food to prisoners
  - regular independent inspections of food production and serving arrangements.
- HMPS has not provided a commitment to introduce nutritional supplements in the future, whatever the findings of the study. The operational and resource implications would need to be carefully considered before any decision could be made to go along that path. Food in prisons is in part a control and order issue - and radical changes can cause significant unrest. We also manage to a tight budget of less than £2 per prisoner per day for food. It should be noted, too, that whilst the Prison Service does already provide a healthy diet, it cannot compel prisoners to eat specific foods.