



# An Action Plan for Greener Prisons

Accessing nature in prisons:  
Benefits to wellbeing & rehabilitation



The Harmony Project is part of  
the Sustainable Food Trust

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# Introduction

This report demonstrates the potential for greener prisons to improve prisoner and staff wellbeing and reduce reoffending. It draws on research linking environmental factors (including access to the natural world, having the opportunity to grow food and work with animals) with improved mental wellbeing, including psychological restoration, reduced stress, anxiety and depression, improved self-esteem, confidence and mood, increased attentional capacity and cognition and improved happiness.<sup>1,2</sup>

Studies also suggest that active hands-on engagement with nature is effective in supporting marginalised people to reintegrate into society.<sup>3</sup> This is a result of facilitating skills development, which builds self-confidence, provides meaningful activity and develops a deeper sense of responsibility.<sup>4</sup> The UK National Ecosystem Assessment in 2011 concluded that observing nature and participating in physical activity in green spaces can “positively influence health and provide a catalyst for behaviour change in terms of encouraging the adoption of healthier lifestyles”.<sup>5</sup> Within a prison context, horticultural programmes in particular have been proven to offer multiple benefits to prisoners, including fostering rehabilitation.<sup>6,7</sup>

The report is launched against the backdrop of a drastic decline in the number of prison farms in the UK in recent years.<sup>8</sup> Nevertheless, we see a huge

potential for prisons to provide more green spaces and/or opportunities for prisoners to engage in outdoor activities such as gardening and horticulture, with the aim of improving mental and physical health, reconnecting prisoners with the natural world, reducing reoffending and providing routes to employment for ex-offenders.

The report also draws on our work with HMP Bristol, a Category B men’s prison with an operational capacity of 520,<sup>9</sup> to examine how ‘greening’ prisons in the UK could create a more harmonious environment for prison residents and staff. Our goal was to identify potential areas of improvement at the prison with the hope that these would be implemented and could act as a case-study to offer practical steps for other UK prisons.

Shortly after the project began in 2019, HMP Bristol received an Urgent Notification from HM Chief Inspector of Prisons stating that the Inspectorate had “numerous significant concerns about the treatment and conditions of prisoners”.<sup>10</sup> This resulted in a change of leadership at the prison, with the new team in agreement that greener prisons could achieve positive outcomes for prisoner well-being.

Our discussions and dialogue with staff and residents allowed us greater insight into the opportunities within HMP Bristol for delivering this work. Although originally designed for HMP Bristol, the

recommendations outlined in this report could easily be adapted to suit other prison environments in the UK.

As set out in this report, we recommend that prisons across the UK look to adopt policies that provide increased access to nature, including the planting of pollinator friendly plants and improved educational training such as gardening and horticulture, animal husbandry and other land-based activities. A full outline of our recommendations can be found on page 8.

Whilst we understand that the recommendations set out in this report cannot address all of the challenges facing HMP Bristol, our hope is that they help the prison tackle some of the problems associated with mental and physical health and adopt a perspective that is forward-looking, innovative and harmonious.

**In support of this report, Rory Stewart, Former Minister of State for Prisons and Probation says:**

“Providing decent, safe, and positive environments for prisoners through engagement with the natural world is not only a moral obligation, it also ultimately keeps the public safe through addressing many of the issues that lead to reoffending.

It has long been clear that connections to nature, to the outdoors, to gardening and food production are deeply important for my mental and physical health. Recent scientific research amply confirms this.

If we do not work to rehabilitate prisoners through such programmes and many other programmes in education and psychology - it will harm not just the prisoners themselves but the public too - because prisoners, who have been poorly treated, will be much more likely to reoffend on release.

We should be hugely grateful to the Sustainable Food Trust for bringing together such an important and valuable contribution to prisons and broader society.”



# Context

## The prison system today

Since 1900, the prison population of England and Wales has quadrupled in size. While this is broadly in line with population growth, approximately half of the increase has occurred since 1997, resulting in prison overcrowding and substandard living conditions.<sup>11</sup> This increasing pressure has put a huge financial burden on Her Majesty's Prison Service (HMPS), on the Government and on taxpayers, contributing to many physical and mental health problems for prisoners, including diet-related ill-health and a growing sense of isolation.<sup>12</sup> Despite 97% of prisoners expressing a desire to stop offending, rates of reoffending in the UK have not fallen in recent years.<sup>13</sup> Up to 48% of those who spend time in prison will go on to reoffend within a year.<sup>14</sup>

It has been shown that ex-offenders in employment are between 6% and 9% less likely to commit further crime, however at present only 17% are in P45 employment one year after release.<sup>15,16</sup> Critically, unemployment can heighten isolation at a time when societal reintegration is crucial, increasing the likelihood of recidivism. This comes at a direct cost to the welfare system. Government estimates show that the high rate of reoffending costs taxpayers £18 billion per year.<sup>17</sup>

## Prison farms

In recent years, the number of prison farms (defined as larger than 60 acres of arable or livestock production) has declined significantly in the UK.<sup>18</sup> Between 2002 and 2005, the prison service reduced its farming commitment from twenty-three farms to the current five (North Sea Camp, Prescoed, Hewell, East Sutton Park and Kirkham).<sup>19</sup> According to the Ministry of Justice, the primary objective of the remaining prison farms is to provide vocational skills and qualifications to help improve the employment opportunities of prisoners upon release, with no profit to be made from prison farms.<sup>20</sup> This is partly due to the relatively high ratios of prisoner supervision required to maintain safety. This shift in focus away from agriculture meant that the remaining prison farms would offer training in “modern skills” other than farming, such as dry-stone walling, fence building and horticulture.<sup>21</sup> Media at the time suggested that this decision was made because more prisoners were from urban backgrounds and that there was a decreasing need for people in agriculture.<sup>22</sup> Despite this, there is horticulture work going on in a number of prisons around the country with some prisons offering qualifications in horticulture.<sup>23</sup> Examples of these can be found later on in this report.

For low-risk Category C prisons or Category D ‘open prisons’ in the UK,<sup>24</sup> farming and horticultural facilities present an opportunity to connect residents with the land, providing skills development, as well as the mental and physical health benefits that engaging with green environments has been shown to deliver.<sup>25</sup> Whilst the amount of available land, particularly attached to inner-city prisons like HMP Bristol, limits options for delivering land-based activities, the SFT sees an opportunity for HMPS to re-evaluate the significant longer-term benefits that greener prisons can provide all prison residents, both in terms of skills development, and improving wellbeing.

At HMP Bristol, small scale horticultural projects, gardening and nutritional education are all within reach. We recommend that HMPS look to offer further support for the development of such facilities in prisons across the UK.



# Our recommendations

Prisons across the UK face significant and diverse challenges. The Government has now recognised the urgent need for innovative solutions by allowing prison governors greater flexibility and control. This presents an opportunity to adopt policies that create greener prisons and could see increased support for growing spaces, nature-inspired design, and improved educational training to help tackle the growing problems associated with mental health, nutritional health and substance dependency, while delivering improvements to prisoner post-sentence employment opportunities. The adoption of such recommendations will vary according to the design, space and practical constraints at individual prisons, as well as the opportunities for senior managers to consider the potential options for greening their own prisons.

Our original project identified a series of long-term proposals that would have taken a bold and more innovative approach to greening HMP Bristol with the goal of grounding it within the natural environment and adopting a more harmonious, cross-departmental approach to improving prisoner well-being. Following the release of the Inspectorate's report and the urgent need to deliver essential services at the prison, we re-assessed the scope of the project and prioritised a series of key recommendations that could be implemented quickly and at relatively low cost.

Our recommendations fall into three distinct but connected categories: interior design, exterior design and education.

We recommend that prisons across the UK look to:

- Create a more harmonious interior through colour therapy
- Optimise natural light and the presence of indoor plants
- Make use of video and photographic content depicting the natural world
- Increase the planting of pollinator friendly native plants across the prison
- Introduce quieter, greener outdoor spaces
- Increase opportunities for horticultural education and cookery classes
- Make use of herbs and foods in the cafe
- Introduce animal husbandry and beekeeping courses



# Interior design

## Creating a more harmonious interior through colour therapy

Colour choices within prison design have been shown to play a significant role in affecting the mental health of both prison residents and staff, who too often suffer from stress and anxiety.<sup>26</sup> The thoughtful use of colour can help provide a variety of visual stimuli and overcome the sensory deprivation associated with monotonous environments typical of prisons. There is also strong evidence that minimalist and sterile spaces lacking in colour have negative impacts on mental health in the long term.<sup>27</sup> Additional research suggests that rather than responding to individual colours, people respond to colours in combination.<sup>28</sup>

HMP Bristol has already made significant strides in terms of colour strategies. Historically, magnolia has been used throughout the prison, however in recent months, when walls have been scheduled for maintenance, a variety of colours have been used to create differentiation between spaces. We would emphasise the need for colours that stimulate feelings of calm and reduce stress. To that end, we suggest a colour palate that is drawn from the natural environment.

There is also now a large mural reading 'Welcome to Bristol' on the interior wall as you enter the prison, which has been created by several of the residents. We recommend increased opportunity for

mural painting in the prison to create colourful patterns, inspired by nature. This would also increase opportunities for residents to use their creative skills.

By selecting a more harmonious colour combination in prisoners' cells and the communal areas, there could be a perceptible improvement in mental outlook. The same principles should apply to staff areas, as prison staff have to work in an environment that can be very stressful for them too. We therefore suggest these areas are repainted in a similar colour palate as recommended for improving prisoner well-being. This action would not have to be immediate. However, the next time that the staff areas are painted, we would suggest a closer examination of colour choices.

## Interior use of materials

Extensive research into 'biophilia' (the hypothesised tendency of humans to seek connections with nature) demonstrates that humans have an innate attraction to the natural world and that both mental and physical well-being can be determined by the 'availability' of nature, bolstered by conditions which stimulate this.<sup>29</sup> This could include the optimisation of natural light, large windows and open communal spaces. A lack of these conditions can also contribute to Vitamin D deficiency, a common issue for prisoners, which can contribute to mental and physical health problems such as rickets and

depression.<sup>30,31</sup> In light of this, we recommend that windows across the prison are optimised to allow for as much natural light as possible. We would also support increased frequency of exterior window cleaning to ensure that the maximum amount of light reaches the cells.

Future interior design choices should also consider the presence of indoor plants, which provide significant benefits to individuals including improved mental health and air quality. It would be a positive step forward to identify suitable locations for indoor plants in communal areas. There is also potential for indoor plants to be offered to individuals in their own cells, as an earned privilege. We would advise plants that require little direct sunlight, that are good for air purification and require little maintenance.

We also recommend the incorporation of furniture that has a more ‘natural’ feel, utilising organic design – such as the use of wood and curved edges. The prison has already demonstrated a commitment to replacing metal and plastic furniture with alternatives such as wood. The next challenge will be to reduce echo and vibration, particularly within the cells, as the noise from activity within each of the wings can cause stress and sleep deprivation, which in turn affects mental health.<sup>32</sup> We would recommend looking into sound-absorbing acoustic panels that are aesthetically pleasing. These could

be used within cells or to buffer noise in communal areas.

### **Case Study: Halden Fengsel Prison, Norway**

Norway’s second largest prison, Halden Fengsel, is a maximum-security prison established in 2010. The prison’s focus is on rehabilitation and has therefore been designed to simulate life outside of prison, reducing psychological stress and encouraging a sense of harmony with the surrounding nature. In designing the prison’s interior, the architects tried to separate the internal buildings as much as possible so that prisoners are able to walk between zones, whilst using different colour palettes and natural lighting to provide a stimulating and varied environment. The presence of in-cell TVs displaying educational material are also used as a tool through which knowledge is gained and conversation inspired. Externally, materials such as brick, galvanized steel and wood are used instead of concrete. Materials were inspired by the trees, mosses and bedrock found in the surrounding nature and were combined with a variety of plants and trees, thought to stand for rehabilitation and growth. Halden is not unique within Norway. Twenty years ago, the country moved from a punitive ‘lock-up’ approach and sharply cut reoffending rates to only 20% after two years.<sup>33</sup>

## Bringing the outside in

It has been proven that observing the natural world and feeling connected to it helps to reduce anxiety, irritability and violent behaviour in inmates.<sup>34</sup> Two major theories describe the restorative power of nature: Stress Reduction Theory (SRT) points to an evolved, unconscious reaction to viewing natural scenes that leads to stress reduction, whilst Attention Restoration Theory (ART) focuses on the power of nature to enhance concentration, allowing the neural mechanisms to restore. ART is said to lead to greater social capability and feelings of life satisfaction.<sup>35</sup>

We recommend that, where appropriate, nature-based artwork and photography depicting green spaces or wildlife found around the UK are displayed on the interior walls. These images should be complimented with informative text relating to the subject matter so that each image also has an educational purpose. If possible, a range of images that demonstrate nature's principles of Harmony would be selected – such as the 'diversity' of species found in a wildflower meadow, the 'interdependence' of bees in a colony, or the 'geometry' of flowers.<sup>36</sup> These images should be updated frequently to spark renewed interest. We would also encourage the use of photographs taken by the residents themselves.



Each resident at HMP Bristol has a television screen in his cell that shows pre-selected content for specific hours during the day. We suggest that there be a dedicated channel to nature documentaries, such as BBC Living Planet. While viewing the channel would not be mandatory, we would hope that some residents might be curious to watch an episode and develop a greater knowledge and understanding of the natural world. In the future, with budget and resources, it might be possible to create custom-made programmes for HMP Bristol and perhaps other prisons in partnership with the BBC Natural History Unit, which is based in Bristol. The Harmony Project team are also exploring the possibility of developing short films to be screened on the prison's in-cell tv channel for communication and education (Wayout TV).

The BBC have already demonstrated an interest in measuring how nature documentaries impact on wellbeing. In 2017, BBC Earth published findings of an international study entitled The Real Happiness Project, which proved that even a short engagement with nature documentaries can result in significant increases in positive emotions such as awe, joy and amusement, and substantial decreases in negative ones – anxiety, fear and stress.<sup>37</sup> Combined, this process generates greater concentration, curiosity, empathy and creativity.<sup>38</sup>

Part of this television offering could include a livestream from the inside of birdboxes, chicken coops or beehives located around the prison. We would also recommend interspersing the current programming with short films on nature's principles of Harmony, including diversity, interdependence, adaptation and health. The Harmony Project has already produced a selection of these.<sup>39</sup>

We also suggest that television screens show a collection of rotating images of the natural world (forests, waves, butterflies, etc.) when there are no documentaries showing. This would allow for momentary reflections on the natural world and provide a connection with a world beyond the prison walls. We would suggest that these optional 'screen savers' be made available from 10 pm until 6 am to aid sleep and combat sleep deprivation. This could include optional harmonious and soothing music.

While prisoners are unable to directly experience many of those wider natural ecosystems, we would hope that the micro-restorative power of vicarious experience, such as viewing natural images and videos, would stimulate a similar mental reaction of calm and peace.





# Exterior design

## Increased planting of pollinator-friendly, native plants across the prison

We encourage HMP Bristol to commit to redeveloping the exterior landscape to include plants of all varieties across the prison. There is considerable space that could be planted, and the prison has already invested in raised beds and planters. We suggest that the prison be landscaped with plants that are easy to manage and resilient since we recognise that there is little resource or budget for garden maintenance. To this end, we propose plant varieties that are native to the UK since they are best adapted to the climate and would also suggest that pollinator-friendly plants were chosen in order to encourage wildlife (such as butterflies and bees) into the prison grounds. Not only is this of benefit to the wider ecosystem, since pollinators are in rapid decline, but it would allow prisoners to come into contact with the natural world. Pollinator-friendly plants include buddleia, lavender, thyme, sage and fennel.<sup>40</sup> One opportunistic coincidence is that HMP Bristol has not been sprayed with pesticides in the last decade due to budgetary restraints. This means that the landscape itself is already particularly friendly to pollinators and wildlife, which is worth capitalising on.

## Case Study: Sustainability in Prisons (US)

In response to the dual crises of ecological degradation and mass incarceration, the Sustainability in Prisons Project (SPP), founded by The Evergreen State College and Washington State Department of Corrections in the United States, aims to reduce recidivism while improving human well-being and ecosystem health. SPP brings together incarcerated individuals, scientists, corrections staff, students and programme partners to promote education, conserve biodiversity, practice sustainability and help build healthy communities. SPP claim that their approach reduces the environmental, economic and human costs of prisons.<sup>41</sup>

We hope that in future, a programme could be set up to allow residents access to the gardens and for some of them to tend to the plants themselves. HMP Bristol have recently invested in a polytunnel, which could allow for skills development in seed propagation and gardening. There is mounting evidence documenting how engaging with green environments can improve alertness, cognitive abilities and social skills; reduce reliance on medication; provide beneficial social interaction; and help people manage the distress associated with mentally challenging circumstances.<sup>42</sup> Further studies have shown that horticultural therapy can reduce prisoners' vulnerability to addiction, including psychological symptoms, tension and



distress.<sup>43</sup> There are already several projects across the UK working to bring environmental education and gardening experience to prisons, including ‘Greener on the Outside for Prisons’, working with prisons in the North of England, and The Clink Charity, which provides training in food services including restaurants, gardens and kitchens across the country.

Many prisoners who are on longer sentences might find significant value in the work of nurturing and cultivating plants. There could be an opportunity in the future to develop a Bristol-wide community project where the families of men would be able to come into the prison to help with the garden. This could help strengthen familial ties and reduce isolation. In addition to this, residents involved in garden maintenance could save seeds or even share produce from the prison garden with family members. The Ministry of Justice’s own research points to the demonstrable impact of family visits on reducing rates of reoffending – as much as 39% lower than those who had not received such visits.<sup>44</sup>

### ‘Time to talk’ space

Studies show that outdoor time, including meditation outdoors, improves mental health whilst reducing anxiety and stress.<sup>45</sup> Moreover, fresh air and Vitamin D from sunlight can boost the immune system and improve both mood and concentration.<sup>46</sup> At HMP Bristol, there is currently a dedicated space next to the pond for one-to-one conversations between staff and residents. This area could be developed and improved to offer a quieter space for contemplation.

### Case Study: Sollentuna Prison, Sweden

Sollentuna high security remand prison in Stockholm, has won awards for being environmentally friendly and has been dubbed an ‘eco-prison’. Design features include a green roof and mixed vegetation surrounding the building to create a more harmonious impression. In addition to a green exterior, the prison kitchen converts all food waste into biogas, and 12% of the food offered is organic with at least two meat-free meals offered per week.

As well as benefiting insects and wildlife, the intention behind the incorporation of green spaces is to improve wellbeing. The prisons designers cite research which demonstrates that people are more contented in verdant settings, and display better levels of concentration and empathy, which in turn leads to improved concentration.<sup>47,48</sup>



## Herbs and food in the café

A key component of mental and physical well-being is a healthy diet. Good nutrition has been shown to reduce disciplinary incidents, aggression and violent behaviour.<sup>49</sup> With nearly half of adults (48%) reconvicted within one year of release, and prison deaths and self-harm at record levels, nutritional health is not just a matter of well-being but is of practical and financial concern to the prison service.<sup>50</sup>

Across the prison service, the budget for kitchens tends to be very low (around £2 a day per person) due to the prioritisation of cost within the public procurement regulations in prisons. Due to logistical and financial restrictions facing prison catering managers and the nature of long-term procurement contracts, wholesale changes to catering falls outside of the scope of this report. It is however important to consider the nutritional value and vitamin/mineral balance of the foods on offer, as well as the calorie count. We recommend including a variety of fresh fruit and vegetables as well as oily fish – to help overcome the issue of Vitamin D deficiency. Offering fruit and veg bowls in communal areas would also encourage healthy eating. These foods would ideally be sourced from local, sustainable farms and food suppliers to create a stronger link between the prison and the local community.

By increasing awareness of nutrition through education and improving access to on-site food growing, residents would gain a better understanding of the impact of their dietary choices, whilst increasing their sense of autonomy and gaining additional psychological benefits from

being an essential part of the plant growing process. While it is difficult to incorporate food grown on-site into the resident's diet due to health and safety regulations, HMP Bristol has a staff café where the men cook and sell meals. Ideally, we would like to see a significant percentage of the food sold in the prison café having been sourced from the prison garden. To facilitate this, we would encourage the growing of fruits and vegetables that are suited to the UK climate and low maintenance, such as courgettes, onions and tomatoes – versatile, core ingredients that form part of a healthy, balanced diet.

If, in the future, there was increased support for garden maintenance and horticultural education, the plant choices could be increased to include a wider variety of edible fruits and vegetables, such as peas, kale and strawberries.

### Case Study: Food growing at HMP and YOI Parc

HMP and YOI Parc in Bridgend, Wales is a private training prison and young offender institution with a capacity of almost 1,700, including 60 young people. The prison grounds include allotments for fruit and vegetable production that are used in the staff canteen, a former area of wasteland that is now a calming Japanese-style garden, and space for wildlife – including a beehive and a pond. Those who work in the prison's garden are paid £28 a week for 40 hours work alongside studying for a qualification in horticulture. In 2019, the prison was awarded the RHS Windlesham Trophy for the 'Best Kept Prison Garden in England and Wales'.<sup>51</sup>

# Education

Education within prisons is considered a key form of rehabilitation. Vocational training is a way for residents to learn new skills which they can later take advantage of in the outside world, increasing their employability. In particular, research shows that engaging in activities such as horticulture and food growing is very beneficial to both physical and mental health, not to mention the development of social and interpersonal skills.<sup>52</sup>

In 2018, former Secretary of State for Justice, David Gauke, launched a strategy to boost prisoners' prospects, targeting training in key sectors such as agriculture. In that strategy, the former Justice Secretary said "this education and employment strategy aims to ensure prison can prove to be a pivotal, positive and permanent turning-point in [prisoners'] lives," adding, "I want prisons to be places of hope and aspiration".<sup>53</sup> The Government's 2018 Education and Employment Strategy allows prison governors to look beyond conventional academic subjects, traditionally taught in silos, and instead consider a more holistic approach.<sup>54</sup> We support this, as it opens up an opportunity for the voluntary sector to get involved in delivering education services in prison.

Greener prisons together with apprenticeship programmes (specifically geared towards employment upon release) offer vital opportunities to improve well-being, provide a greater sense of

purpose and reduce recidivism. Providing innovative educational programmes within prisons which teach skills, could improve the rate of employment upon release. Ministry of Justice research confirms that people who attend vocational training in prisons are more likely to secure employment.<sup>55</sup>

## Suggested educational programmes:

- Horticultural education – The benefits of horticultural training could provide a route to employment. Given the growing demand for horticultural labourers, prison residents could develop a close relationship with local horticultural enterprises that would consider hiring them when they leave prison. The new polytunnel in the prison grounds could be used for propagation of new seedlings as part of a horticulture course.
- Cookery classes – We encourage cookery classes to be offered, in the new education centre, that utilise produce from the prison garden. We also suggest inviting more inspirational educators to give guest lectures, including professional chefs (from Bristol or the wider region). The foods prepared should be wide-ranging and reflect the diversity of the prison population.
- Harmony in nature course – The Harmony Project is involved in ongoing work with the team at HMP Bristol

to establish a programme of learning, linking nature's principles of Harmony to the prison environment.<sup>56</sup> The programme would be offered initially to individuals identified as being particularly vulnerable, and would lead to one on one eco-therapy sessions using Harmony principles as a guiding framework.

- Animal husbandry and beekeeping courses – Following our initial discussions, the prison introduced chickens, and there is the potential to bring in pigmy goats, ducks and birds of prey as part of an educational programme. There are also plans to permanently house beehives. Courses linked to the hives could include the production of beeswax products and the bottling of honey. Some products produced could be given as gifts to approved family members, such as beeswax candles and other non-edible products.

Alongside courses offered within the prison, we recommend looking at whether or not it is possible for residents who are eligible for Release on Temporary Licence (ROTL) to spend time working at the allotment behind the prison facility.

### **Case Study: Kirkham Prison Farm, Lancashire**

Despite a lack of investment into prison farms, for those that remain, the benefits are apparent. Kirkham prison in Lancashire (a Category D training prison), provides residents with opportunities to work in horticulture, gardening, waste management, catering and timber. A team of 106 prisoners manage the 120 acres of productive farmed land, including three glasshouses and a herd of English Longhorn cattle. According to the prison's Land Based Activities Manager, the farm provides purposeful activity for residents, "instilling a work ethic into some of the men who get allocated jobs when they arrive at the gates to serve out their sentences". The prison works closely with the land-based college Myerscough, which sends experts into the prison to enhance skills and administer land-based qualifications. According to one member of staff, "a lot of the lads we get here don't have a clue where their food comes from, so the farm is enlightening for them. Once the prisoners are trained in growing activities or livestock management, we can leave them unsupervised for half an hour."<sup>57</sup>

# Next Steps

We believe that the proposals outlined above can help improve mental and nutritional health, reduce substance dependency and deliver improvements to post-sentence employment. We believe that an integrated approach, as outlined above, that fosters 'joined-up thinking' to catalyse diverse ideas and develop innovative solutions is needed.

We encourage the prison leadership to implement our recommendations as soon as possible and to monitor improvements across key indicators to evaluate the success in real-time. The visionary leadership at HMP Bristol encourages us that these proposals will be actively supported. We look forward to further collaboration with staff to support implementation.

While originally designed for HMP Bristol, the recommendations outlined above could easily be adapted to suit other prison environments around the UK.



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The Harmony Project is part of the Sustainable Food Trust, an organisation working to accelerate the transition to more sustainable food and farming systems.

The Harmony Project forms an integral part of the SFT's wider educational work and its commitment to promote an understanding of the impact our choices and actions have on the world, in which everything is connected.



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