

# HMP USK

Day Service Environmental Recommendations

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## **Disclaimer**

- i) The following recommendations are based on meeting the needs of the majority of the older prison population at HMP USK**
- ii) The recommendations aim to meet the needs of older prisoners with:**
  - a. Mild to Moderate physical disability**
  - b. Mild to Moderate cognitive impairment (including dementia)**
  - c. Mild to moderate sensory impairment**
- iii) Measurements are approximate and drawings are not to scale. They aim to provide a visual representation of floor space only.**
- iv) Further advice will be available *prior, during* and *after* construction by contacting the Occupational Therapist or Social Services Team.**
- v) Recommendations will be carried out by HMP USK.**

## **Day Service Space**

As the older population continues to increase across prisons in Wales, there will be added complexities for the older prisoner who may have significant health and social care needs and become frailer - meeting these needs can become more challenging.

In line with the Social Services and Well-being (Wales) Act 2014, it is essential that we aim to achieve better outcomes for the prisoners by meeting their needs and ensuring that well-being is maintained/increased.

Occupying the time of the older men will be a primary focus. Many of the men will be no longer of age or deemed fit to work and therefore providing activities within a suitable environment will promote social inclusion and wellbeing.

As HMP USK becomes a centre for the older prison population including resettlement, the Day Service space will support prisoners on their transition to the community. It will allow the men to become equipped with skills and knowledge to enable them to respond positively to their release and support them to live more safely and independently post-release.

The Day Service space will aim to create a non-institutionalised environment and to provide a range of activities, support for the men and allow assessments of need to be completed.

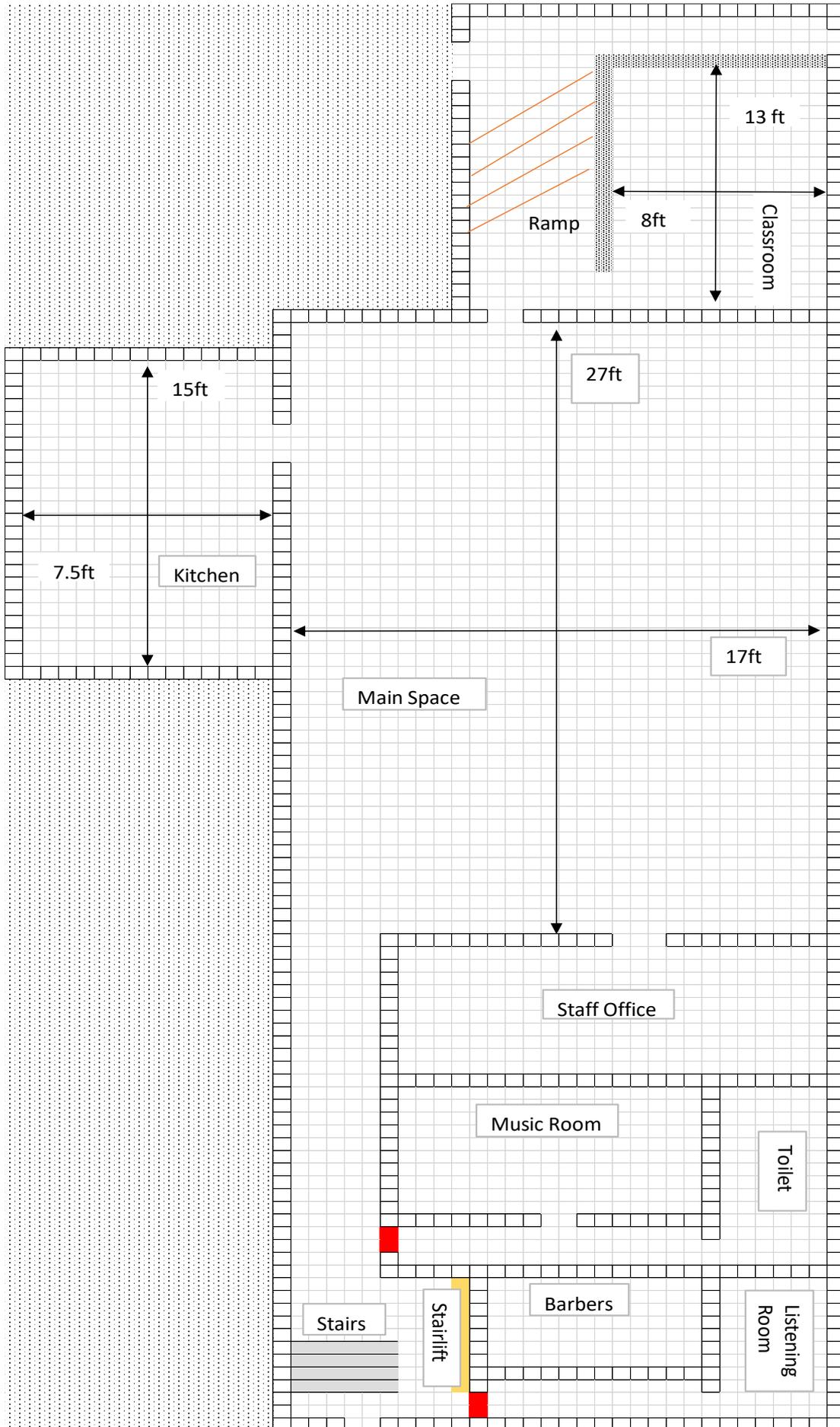
The Day Service space at HMP USK should be utilised for a range of activities with examples including various group activities, mindfulness, exercise groups, life skills, creative projects, kitchen activity, therapeutic/assessment work, music group and classroom work. It should remain a non-institutionalised and flexible space to support adaption for activity and increase wellbeing.

The following recommendations (as per the disclaimer) aim to support the development of the Day Service at HMP USK.

Main Floor Plan

Not to scale

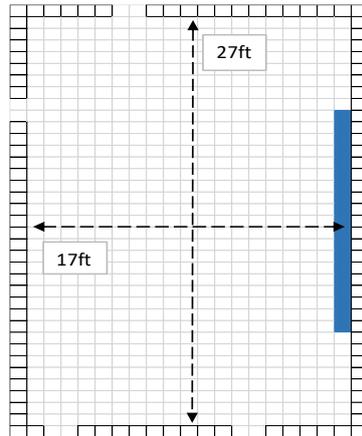
Measurements are approximate



Garden Space

# RECOMMENDATIONS

## 1. Main Space



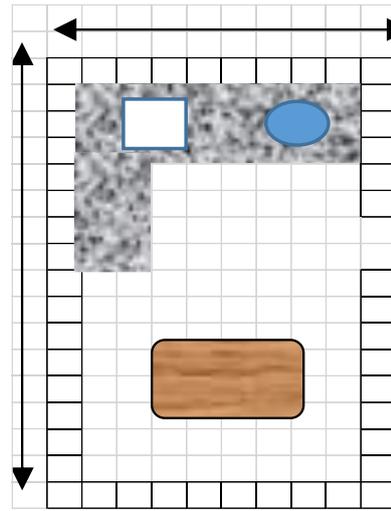
*Not to scale*

*Measurements are approximate*

- 1A. A non-institutionalised environment should be created by using a welcoming/warm colour on the walls which also provides a contrast to the floor
  - i). This should be different from the rest of the prison wings to provide a 'new environment'
- 1B. Door frames should be painted in colour contrast from the walls to ensure that they are easily recognisable
- 1C. Lighting would benefit from being on a 2/3 static circuit to enable various levels of light that can be applied depending on activity
- 1D. Individual light stations that are moveable/portable (to include magnifying glass)
- 1E. Various plug sockets should be available across the room
- 1F. Approximately 3m (length) x 1m (height) wall mounted rail (blue) to allow prisoners to carry out exercise programmes.
  - i). Laminated pictures of Otago exercises to be placed above the rail to support exercise group
- 1G. Tables and chairs must be able to be stored away: Foldable tables and Chairs with arms recommended.
- 1H. Padded, movable wall dividers to minimise noise and provide quiet/separate areas for activity.
- 1I. White Boards should be made distinctive by having a dark colour around the perimeter
- 1J. X2 notice boards: One to display staff photos and names and the other to display activity timetable
- 1K. Attempt to keep sky light clear to enable natural lighting into the area.

## 2. Kitchen

7.5ft



15ft

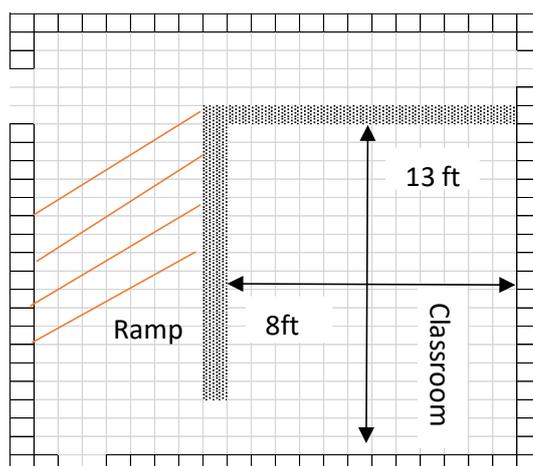
*Not to scale*

*Measurements are approximate*

The kitchen area will allow for both individual and group activity including rehab and assessment. Cooking groups for example will develop skills in meal prep, budgeting, hand-hygiene, healthy eating and social interaction. This space should create a domestic feel to re-create a similar home environment.

- 2A. The kitchen should be set up as above. Units with electrical goods and sink should be on the right side (and will cover up pipe work)
  - i) This will enable more accessible supervision during kitchen work
  - ii) The dining table should be placed at the far side to create a more private environment for individual/group work
- 2B. Recommended electric goods: mid-range electric cooker, microwave, kettle (dishwasher not recommended – prisoners will be encouraged to wash-up)
- 2C. Electrical equipment (cooker, microwave) may benefit from larger digital display
- 2D. Electrical equipment may benefit from isolation switches and consider lock on fridge
- 2E. Non-slip flooring
- 2F. Large dining table with chairs with arms that allows enough circulation space around the perimeter of table
- 2G. Individual light stations that are moveable/portable (to include magnifying glass)
- 2H. Various plug sockets should be available across the room
- 2I. Lighting would benefit from being on a circuit to enable various levels of light that can be applied depending on activity
- 2J. Lighting to be installed underneath cupboards to highlight workspace area
- 2K. Easy to use taps should be installed (individuals with dexterity issues) alongside mixer tap.
- 2L. Query if fire door is required – if required then sliding door would be more beneficial to maximise space
- 2M. Attempt to maintain a domestic environment to replicate the kitchen within the home environment
- 2N. Secure tools/small aids as per HMP USK policies

### 3. CLASSROOM



*Not to scale*

*Measurements are approximate*

- 3A. Domestic balustrade to be installed around raised platform to maintain open-plan environment
- 3B. Desks to be installed around perimeter that will support computer work. Chairs with arms recommended.
- 3C. Individual light stations that are moveable (including with magnifying glass)
- 3D. Lighting would benefit from being on a circuit to enable various levels of light that can be applied depending on activity
- 3E. Various plug sockets should be available across the room
- 3F. Non-slip flooring
- 3G. Start and end of ramp to be marked clearly. Textured flooring would be beneficial over ramp area.
- 3H. Handrail installation on left side of ramp (gradient approx. 1/12). Use colour contrast so this easy identifiable (blue)

### 4. Toilet

- 4A. Door should be rehung to fall outwards to maximise space within the toilet environment
- 4B. Grab rail beside toilet on wall (coloured)
- 4C. Accessible toilet flush and taps
- 4D. X2 two grab rails to be installed on either side of the step that leads up into the corridor to toilet (coloured, blue)

## **5. Entrance from wing**

- 5A. Rail already in place to be made more identifiable by painting blue.
- 5B. Edging of steps to be painted and made clear

## **6. Garden Space**

The garden space can allow men to participate in gardening groups, develop new skills and use any grown resources as cooking materials.

- 6A. Rails to be repainted – Primary colour
- 6B. Paved edgings to be re-painted white and made clear.
- 6C. Secure tools as per HMP USK policies

If any further advice or recommendations are required then please contact the Occupational Therapist or Social Services team.