

① Change in Penninghame

The Establishment

5.73 Penninghame is an open adult prison situated some 20 miles east of Stranraer. Originally a country house, it opened as a prison in 1954. It has a design capacity for just over 70 adult prisoners who may be serving short-term, long-term or indeterminate sentences. All prisoners are housed in dormitory type accommodation.

5.74 At the time of the survey Penninghame had 36 staff and held 60 prisoners.

i. The Penninghame Prisoners' Perspective

5.75 Table 5.31 overleaf shows the ratings for Penninghame prisoners for both surveys. Major improvements were recorded in the following areas: cleanliness (from 71 to 86, particularly in the toilets, showers and clothes); access to official channels of complaint (from 59 to 76, notably in access to legal advice and the police); and the frequency of underwear changes (from 54 to 81). A number of items remained the same or broadly similar across both surveys: the prison fabric (from 74 to 76); relationships amongst prisoners (from 98 to 100); atmosphere (from 83 to 89); access to family and friends (from 63 to 64); general standards of care (68 down to 66); and access to shower facilities which remained the same (100). However, a number of items were perceived to have deteriorated: food (70 down to 63, particularly the quality of the food); general prison facilities (71 down to 56, notably recreation and indoor exercise facilities); and relationships with specialists (82 down to 76, especially psychological services).

ii. The Penninghame Staff Perspective

5.76 Table 5.32 shows the staff ratings for both surveys. It is apparent from the table that the vast majority of areas showed an improvement and, in all but two cases (relationships amongst staff and prison fabric), the level of improvement was considerable; staff views on cooperation (from 38 to 62); staff views on the performance of the Scottish Prison Service (from 52 to 71); views on management (from 48 to 58); staff training (from 57 to 93); cleanliness (from 50 to 83, especially in the standard of cleanliness in the toilets, showers and dormitories); food (from 93 to 100, notably in the quality of the food); muster room facilities (from 39 to 56, particularly in relation to staff privacy); atmosphere (from 90 to 98, with the atmosphere in the dormitories seen to have changed most); and relationships with prisoners (from 86 to 100). There were three ratings where there was a deterioration in staff views but in two of these (views on senior staff capability and relationships with specialists) the changes were minimal. However, as occurred in most other establishments, reported levels of staff morale decreased across the two surveys (from 71 to 54).

TABLE 5.32 PENNINGHAME STAFF PERCEPTION RATINGS

	'94	'91		'94	'91
CAPABILITY OF SENIOR STAFF			STAFF TRAINING		
Senior staff in the prison know what goes on	63	71	Training	93	57
Senior staff would listen to any suggestion about the running of the prison	62	57	STAFF TRAINING RATING	93	57
CAPABILITY OF SENIOR STAFF RATING	62	64	CLEANLINESS		
			The halls	89	57
			The toilets	75	29
			The showers	82	43
COOPERATION			The dining ares	86	71
Relationships are good in the SPS	48	29	CLEANLINESS RATING	83	50
Co-operation is high among the various divisions in the prison	59	43	FOOD		
Rivalry is not a common feature of staff relations in this prison	78	43	The choice of menu	100	100
COOPERATION RATING	62	38	The quality of food	100	86
			FOOD RATING	100	93
PERFORMANCE			MUSTER ROOM		
Staff in the SPS take a strong pride in the quality of their work	82	86	Relaxation	57	43
The SPS places a great deal of emphasis on staff development and training	70	43	Privacy	43	14
As an organisation, the SPS is often taken by surprise by events	96	86	Eating (the canteen)	64	71
The SPS is committed to improving its performance	82	57	Showering	54	29
The work done by the SPS is valued by the public	48	29	Washing	64	29
As an organisation, the SPS is good at communicating its new ideas to staff	48	14	Physical recreation	27	29
			Cooking food	85	57
PERFORMANCE RATING	71	52	MUSTER ROOM RATING	56	39
			ATMOSPHERE		
MANAGEMENT			In the prison generally	96	100
Management in the SPS have a high confidence in the capabilities of the staff	59	43	In the halls	100	86
The style of management in the SPS is to reward/punish good/bad performance	41	43	In the workparties/workshops	96	86
SPS management are always ready to make changes to the system when the situation demands	52	29	ATMOSPHERE RATING	98	90
The SPS places a high value on staff participation in the running of the system	70	57	RELATIONSHIP WITH STAFF		
There is no criticism by staff of the way the SPS is run	11	0	Governor grades in the prison	96	86
Conflict between staff and management is low in the SPS	56	43	Officers of the same sex	96	100
Staff can be trusted to do a good job without excessive supervision	89	86	STAFF RATING	96	93
Management in this prison places a high value on staff participation	89	86	RELATIONSHIP WITH PRISONERS		
MANAGEMENT RATING	58	48	Prisoners in the prison generally	100	86
PRISON FABRIC			PRISONER RATING	100	86
The overall state of repair of the prison	86	86	RELATIONSHIP WITH SPECIALISTS		
The level of heating in the prison generally	70	86	Social work staff	96	86
The level of noise in the prison generally	100	86	Psychologists	87	100
The level of ventilation in the prison	86	71	Nursing officers	100	100
The level of attention paid to Health and Safety	86	86	Doctors	100	100
			Chaplains	96	100
PRISON FABRIC RATING	86	83	SPECIALIST RATING	96	97
			MORALE RATING	54	71

TABLE 5.31 PENNINGHAME PRISONER PERCEPTION RATINGS

	'94	'91		'94	'91
CLEANLINESS			RELATIONSHIP WITH STAFF		
Your hall	97	93	Governor grades in the prison	97	85
Your cell	97	85	Male staff in your hall	85	81
The toilets	71	36	Officers in the prison generally	82	76
The showers	68	36			
The dining area	88	94	RELATIONSHIP WITH STAFF		
Your clothes	97	65	RATING	88	81
The visits area	82	85			
			RELATIONSHIP WITH PRISONERS		
CLEANLINESS RATING	86	71	Prisoners in your hall	100	100
			Prisoners in the prison generally	100	96
FOOD					
The choice of menu	77	88	RELATIONSHIP WITH		
The quality of the food	68	92	PRISONERS RATING	100	98
The way in which food is served	82	89			
The range of items available from the canteen	27	13			
			RELATIONSHIP WITH SPECIALISTS		
FOOD RATING	63	70	Education staff	96	88
			Social work staff	71	81
PRISON FABRIC			Psychologist	53	82
The overall state of repair of the prison	64	65	Doctors	82	76
The level of heating in the prison generally	77	85			
The level of noise in the hall	82	81	RELATIONSHIP WITH		
The level of noise in the prison generally	88	82	SPECIALISTS RATING	76	82
The level of ventilation in the prison	71	61			
The level of attention paid to			ATMOSPHERE		
Health and Safety matters	77	71	The prison generally	91	82
			Your hall or dormitory	88	88
PRISON FABRIC RATING	76	74	Your workshop/work party	88	77
FACILITIES			ATMOSPHERE RATING	89	83
Recreation	55	67			
Indoor exercise	50	67	ACCESS TO FAMILY		
Outdoor exercise	63	81	Access to family and friends	50	63
			The length of visits	82	83
FACILITIES RATING	56	71	The ability to switch visits around	75	44
			Facilities for children at visits	44	44
STANDARD OF CARE			The level of privacy at visits	59	81
Education	84	69	Access to pay phones in prison	74	63
Medical care	61	57			
Dental care	97	84	ACCESS TO FAMILY RATING	64	63
Psychological care/advice	54	51			
Social work care/advice	41	74	PERCENTAGE OF PRISONERS		
Religious care /advice	58	73	WITH ACCESS TO		
			SHOWERS MORE THAN ONCE A WEEK	100	100
STANDARD OF CARE RATING	66	68			
			PERCENTAGE OF PRISONERS		
ACCESS			WHOSE UNDERWEAR IS		
The visiting committee	50	45	CHANGED MORE THAN ONCE A WEEK	81	54
Legal advice/lawyers	74	62			
Governors	83	84			
The police	56	47			
ACCESS RATING	66	59			

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Penninghame Open Prison

1.29 pm

Mr. Alasdair Morgan (Galloway and Upper Nithsdale): I am grateful for this opportunity to raise matters that are of great importance, not only to my constituents, but to the wider public. I am also grateful to the Minister for Home Affairs and Devolution, Scottish Office, for attending to respond to my points.

I shall highlight two general issues relating specifically to open prisons in Scotland and arising from incidents that occurred at Her Majesty's prison at Penninghame, which is located in my constituency. Penninghame is set in attractive countryside about four miles north of the market town of Newton Stewart. Its main building is the mansion house of the formerly private estate that now provides the prison with its grounds.

Penninghame was first established as an open prison in 1954, amid some controversy that necessitated the attendance of the Minister's distant predecessor at a public meeting in Newton Stewart to explain the arrangements. Since then, Penninghame has housed prisoners--many of them long term--in open conditions. Its capacity is for about 85 prisoners, but it is currently operating well below full capacity.

The prisoners fall within the Scottish Prison Service's category D, defined as prisoners who are considered not to be a danger to the public, who can be given the opportunity to serve their sentence in open conditions. Penninghame offers a rehabilitative regime to prisoners who are working towards their release. From the original controversy surrounding its opening, the prison has been well integrated into the local community.

A proportion of prisoners take advantage of outplacements in the community--some travel as far as Stranraer, which is about 25 miles from Newton Stewart. It is fair to say that new opportunities for work are constantly sought in activities such as forestry work or work in social projects, helping the elderly or infirm. The prison contains a large amount of woodland and farm, and includes a large garden with an associated garden centre, which is open to public and staff for the sale of local produce. That garden and garden centre constitute the main source of employment for prisoners and are an important point of contact between the prisoners and prison and the local community. Such contacts are highly valued within Newton Stewart and the surrounding area.

Much of the prisoners' work goes to help voluntary organisations that might not otherwise be able to carry out their role within their own slender funds, so the arrangements with the prison enable them to achieve more than they could otherwise do. Recently, a constituent of mine who is involved in running a day centre told me that the centre would certainly have shut down some time ago had he not had the daily assistance of four or five prisoners from Penninghame open prison.

A recent incident occurred at a local gala day near Penninghame, when some prisoners involved in the preparation for the gala day gained access to alcohol and subsequently--not surprisingly--had to be taken back to the prison. The consequences for the prisoners were extremely serious: they lost their open status, and were transferred back to a closed prison establishment.

The incident gained more media publicity than it deserved, because of some other events that had occurred at the prison, but one of the most remarkable aspects of

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the case was how the gala day committee insisted that it was an isolated and exaggerated incident, and stated how much it valued and would continue to value the involvement of Penninghame prisoners in the gala day preparations.

I have made a point of visiting the prison since the general election. I was impressed by the work being done there and by the staff's commitment to the success of the various programmes. Over the years, the prison has clearly established a positive relationship with the local community, benefiting the community as well as substantially assisting the rehabilitation of inmates, which is the primary purpose of an open prison. I do not want anything to happen that might sour that excellent relationship, which is why I wish to address the aftermath of certain recent escape episodes, which have caused some local concern.

Despite the fact that security measures are in place, by definition it is easier for an inmate to abscond from an open prison than from a closed one. The prison authorities take great pains to ensure that category D prisoners chosen for open conditions are those who are likely to benefit from that classification; that they are unlikely to take advantage of open conditions to effect an escape; and that they are not likely to pose a danger to the public should they actually escape.

However, we have to recognise that assessment of the human personality and prediction of human behaviour is an inexact science, and occasionally the assessment of a prisoner's suitability for an open prison will prove incorrect. That does not invalidate the idea behind open prisons or necessarily imply that the SPS has been legally negligent when things go wrong; equally, however, it is not right that the public should suffer when the SPS assessment proves inaccurate, as is inevitable from time to time.

The first incident I wish to highlight took place earlier this year on 16 March, when Joseph McGarry--who was serving a 10-year sentence for various offences, including assault and robbery--absconded from the prison. Around the same time, a motor vehicle belonging to one of my constituents was stolen from Newton Stewart and was subsequently recovered from a location in Glasgow, near to where McGarry had previously resided. Its condition was such that it was a total write-off in insurance terms.

Although McGarry was subsequently charged under road traffic legislation with the offence of allowing himself to be carried in a motor vehicle without having lawful authority--a strange offence--the procurator fiscal decided not to proceed with the charge, and McGarry had two years added to his sentence for the escape attempt.

The amount my constituent received from the insurance company, while no doubt reflecting the car's market value, in no way allowed her to buy a replacement or reflected the value of the car to her. Possession of a motor car in rural Scotland--especially the south-west, which does not enjoy the best public transport services--is a necessity, and my constituent required a car to transport her mother to hospital in Edinburgh for treatment.

My constituent attempted to reclaim her uninsured losses from the SPS, but the service responded that there was no evidence that the escaped prisoner had stolen the car; and, even if there had been such evidence, there was none that the SPS had been negligent. My attempts to achieve some progress did not prove any more successful.

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Subsequently, there has been what the intermediate report of the prisons inspectorate described as a

"car theft and hostage taking incident"

at the nearby hamlet of Challoch. On each occasion, a car belonging to one of my constituents has been damaged and written off by insurers. It is clear that Penninghame's relative remoteness results in motor vehicles being a prime target for potential escapees wishing to make good their escape.

After the second incident, my constituents again sought redress from the SPS, in particular compensation for uninsured financial losses, alleging that the SPS was negligent in allowing a prisoner to escape. The SPS responded:

"As in many areas of human endeavour, a judgment has to be made on the evidence available, and from time to time the judgment that an individual can now be trusted to prepare for release in open conditions will not be borne out."

It concluded:

"we consider this was an unfortunate incident which the prison authorities could not reasonably have foreseen and consequently your constituents' claim for compensation is repudiated".

I subsequently wrote to Mr. Frizzell, chief executive of SPS, saying:

"It would appear that the general public has no redress once a faulty classification decision has been made and the prisoner transferred to a low security regime".

Mr. Frizzell replied to the effect that that was not true, and said:

"any person who considers he has a legitimate claim may seek reparation from the Secretary of State--but for this claim to succeed he would first need to show negligence".

Given the cost of a legal case in the civil court and the difficulty of obtaining legal aid in civil cases, the suggestion that my constituents should sue the Secretary of State is a bit of a joke, and it does not appear to my constituents to be an especially inviting or realistic option, despite their confidence in the justice of their case.

Quite apart from the problems of financing legal proceedings, it is likely to be very difficult to prove negligence on the part of the SPS, which makes it almost impossible for those suffering the deprivations of escaped prisoners to seek redress with confidence. Given that Penninghame is an open prison, and that prisoners are intended to leave the prison regularly in any event to go to work and other activities, an escape is hardly likely to have resulted from negligence.

The other main area where the prison authorities would be regarded by a layman as potentially at fault is that surely the authorities, almost by definition, have wrongly classified a prisoner as suitable for open conditions if that prisoner subsequently chooses to escape. It is clear that the system has, regrettably, failed in that instance, and that those making the prison classification obviously got it wrong if the prisoner escaped, albeit that is an after-the-fact judgment.

Trying to prove that such a failure constituted legal negligence is a different matter, so my constituents find that it is game, set and match to the SPS. The authorities' position, which allows them to say that prisoners can escape, threaten my constituents, damage property and steal and destroy cars but the injured parties are very unlikely to get any redress unless they can prove negligence, is a non-starter. It is not good enough.

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The community of Newton Stewart has been very supportive to Penninghame prison throughout its existence, and I think it behoves the SPS to be supportive to individual members of the community on the rare occasions when things go wrong.

I ask the Minister to consider establishing a mechanism whereby constituents whose specific cases I have mentioned, and members of the wider public with similar cases, could get compensation for losses without the necessity for the SPS to be proved at fault--although, in cases where there really was negligence, the public interest would, I believe, demand that that be identified.

~~I started by emphasising the good work of the prison at Penninghame and the healthy relationship that it has enjoyed with the local community, to the advantage of both. No one wishes that relationship, built up over many years, to be placed at risk. However, the prisons inspectorate report I mentioned said:~~

~~"the incident has generated much adverse media coverage and renewed agitation from a local pressure group . . . this is now casting a very large and disproportionate shadow over the establishment and its prisoners".~~

That is no exaggeration. The sheriff at the sheriff court in Stranraer, sentencing the escapee McGarry, said:

"Locals are beginning to question why people like you should be in an open prison in the first place".

~~I would like the shadow I mentioned to be dispelled. I have had assurances from the governor of Penninghame, and from the Minister by letter, that public safety will be foremost in decisions taken by the SPS in relation to prisoner placement. However, beyond that, given the impossibility of giving absolute guarantees of prison behaviour, the position where innocent people can suffer losses--and cannot obtain recompense--simply because they happen to live close to an open prison threatens to deepen the shadow that the prisons inspectorate mentioned in its report. I hope that the Minister can suggest a way to resolve that dilemma.~~

My second concern is about the proportions of the various types of prisoner who are resident at Penninghame. As I understand it, until recently the policy of the SPS, although not rigid, was that prisoners who were sentenced to more than eight years were sent to Penninghame, that those who were qualified for open conditions, with sentences of from two to eight years, went to Noranside in Tayside, and that those with less than two years went to Castle Huntly, also in Tayside. That policy is under review, and a decision is expected imminently.

I appreciate that the issues concerning whether prisoners with dissimilar sentences should be mixed in the same establishment are complex, but I suggest that, from the point of view of the local community, it would be much more acceptable if prisoners at Penninghame constituted a cross-section of those in open conditions, not those with largely longer-term sentences. I hope that the Minister will say that the SPS is planning to move in that direction.

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A MILLIONAIRE couple who run a health clinic in London have bought a Scots prison.

Raymond and Maria Butler have moved into the former Penninghame Open Prison, near Newton Stewart, Galloway, with five-month-old son, Robin.

They bought the historic Penninghame House and its 73-acre estate on the banks of the River Cree from the Scottish Prison Service for around pounds 250,000.

The residence once housed convicts such as Glasgow gangster William 'Toe' Elliot, who was transferred there from Barlinnie to end his life sentence for murder and armed robbery, and psychopathic double killer Donald Forbes.

Mr Butler, 48, who runs the Lotus alternative health clinic in London, has not ruled out opening a similar venture at Penninghame.

He said: "We simply liked the building and the location. I will probably work one week in Scotland and one in London, but my wife and son will be staying in Scotland more or less permanently."

The open prison housed 93 inmates preparing for release.

They were so fond of the jail, dubbed the Butlins of Scottish prisons, that they petitioned the Scottish Prison Service asking them not to close it as part of their cost-saving plans.

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Publication: Sunday Mail (Glasgow, Scotland)

Date: Dec 17, 2000

Words: 195

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Prison sold off as private home

Newspaper

The Scotsman

December 18, 2000 | Alan Crawford

PENNINGHAME prison has been bought by a private buyer for half its estimated value, becoming the first Scottish jail to be sold off under a controversial policy of jail closures.

Prison officers had feared the institution would be bought by a private prison service which would mothball the facility until the rising prison population forced the authorities to utilise the jail at a premium.

However, Penninghame has been sold to a wealthy London businessman who owns a property management company in Kent.

The sale comes just days after experts south of the Border predicted Victorian inner-city jails, earmarked for closure, would be snapped up by developers who would ...

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THE PENNINGHAME FOUNDATION

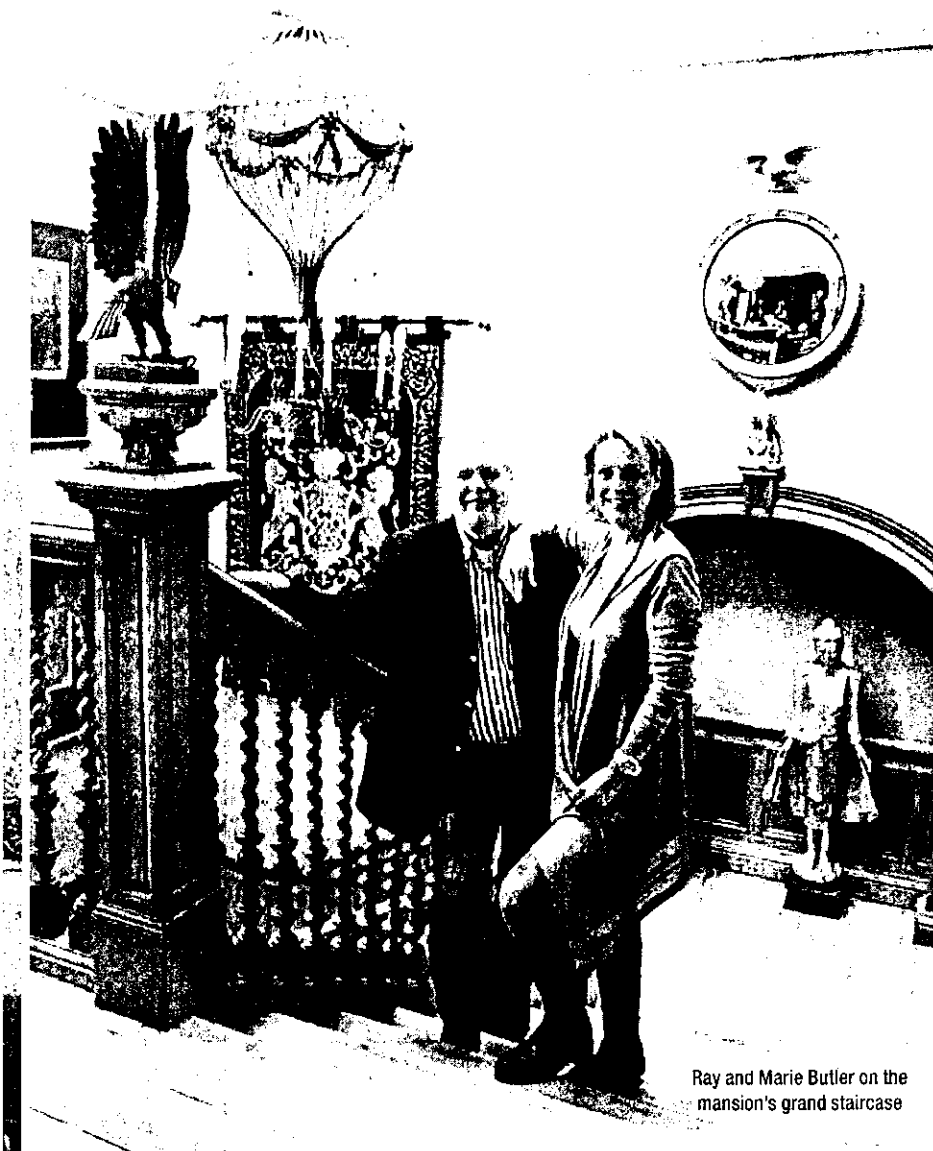


Penninghame House was built in 1869 and was once an open prison

HOUSE OF WELLBEING

Ray and Marie Butler have restored Penninghame House, near Newton Stewart, and transformed it into a residential centre offering physical and emotional wellness programmes. Mary Smith takes a visit

Photography by Phil Rigby and Frank Taylor



Ray and Marie Butler on the mansion's grand staircase

When Marie and Ray Butler were living and working in London, they dreamed of creating a centre where they could run residential courses to help people transform their lives. Their search for a suitable property turned up Penninghame House, just north of Newton Stewart.

The Jacobean-style country house was built in 1869 for the Stopford-Blair family. Edward James Stopford-Blair also built All Saints Scottish Episcopal Church at Challoch as the private chapel of Penninghame House, bequeathing it in 1965 to the Diocese of Glasgow and Galloway. From 1954 until it was closed in 2000, the house was an open prison.

"We were looking at a property on the banks of Loch Ness when Ray, who is a property developer, saw that Penninghame was for sale. It was just what we wanted,

although it needed a huge amount of work," says Swedish-born Marie.

At first, the couple lived in one of the cottages in the grounds and it took more than four years to complete the renovations and restore the main part of the house. Ray carried out the restoration of the original features such as skirting boards and cornices while Marie, discovering a real flair for interior design, chose the colours and décor for the bedrooms, more than 20 bathrooms, and public rooms.

The whole place is stunning. Marie has brought her Swedish influence to the upstairs private apartment which is known as 'little Sweden' with its clean lines, painted kitchen cupboards and open-plan design. Downstairs, Ray, with his passion for all things Victorian, has restored the enormous drawing room to its former glory.

The dining room used by course

participants is also decorated in a Victorian-era style but this time it is Swedish – Gustavian furnishings and lighting all provide a lighter, pared-down but glamorous feel. The views from all the windows are wonderful in every direction with stretches of grounds, the River Cree, the woods, the Galloway hills – all inviting walks and exploration. A new heating system using ground source heat pumps has been installed – 17 different 100m-deep bore holes were dug – to reduce the need for fossil fuels.

A number of transformational courses are offered at Penninghame including the Penninghame Process, where participants focus on early life relationships to understand how their decision-making has been affected from a very young age. It allows people to move on in life, leaving behind low self-esteem. Truth and Consequences aims to enable participants to take responsibility for their lives while the Oneness Experience course is a five-day course to awaken self-awareness and deepen inner connectedness.

"Participants come from all over the world," says Marie. "We've had people from China, Hong Kong, all across the United States and Croatia as well as from the UK. We have excellent teachers and lecturers in physical and emotional wellbeing, who have at least 30 years' experience."

A Health Week is also now offered, where people can learn about how foods affect the body and find out how to eat well without gaining weight. Marie has always been interested in food. She opened her first restaurant, in Italy, when she was 17, going on to open restaurants in London, where she also worked as a luxury holiday destination consultant. She became interested not only in food, but also its effects, when she found the cure for her eczema was to cut out cheese.

"I tried all the conventional treatments including steroids and sunbeds," she says. "When I came to London to open a restaurant, I had crusts all over my face and wore huge sunglasses everywhere. Finally, I met someone who recommended cutting our dairy products. I kept to it strictly for a few months, giving time to let the mucous membranes heal and it cleared up completely. That was when I realised the importance of food and its effects – both to heal or make us ill."

Ray and Marie met through the restaurant business. He had invested in a couple of restaurants and on one of her rare days off Marie was in her favourite canteen. "I was wearing a sailing jacket – a collector's item from the Whitbread race – and Ray came over to talk to me about it," Marie remembers.

Ray came to share her interest in the effects of food, not least when he was due to undergo an operation for snoring, something he was not looking forward to. Marie told him to give her two or three months and changed some things in his diet: "It didn't

take long to see the results. A couple of years later he was prescribed tablets for gout but when he saw the list of 16 potential side-effects he was reluctant to take them.

"I put him on a very strict dietary regime for two weeks and it was gone. That was more than 10 years ago and he's had no recurrence. His only rule about the change in diet was that it had to taste good. It did and he was completely sold on the idea."

Pursuing their joint passion for food, nutrition and the body, the couple established an integrated medical clinic in London which, based on a combination of alternative and complementary healing, provided a holistic approach to health.

Food plays a major role at Penninghame, with course participants and residents enjoying freshly prepared meals based around wholefood-based modern macrobiotic cuisine. If anyone thinks that sounds like it might have too much emphasis on health and not enough on what tastes good, they'd be wrong. This is gourmet food which would not be out of place in top restaurants. It's no wonder top chefs are coming along to the Health Week courses. "They know about the importance of good, fresh, locally sourced produce," says Marie, "but now they are becoming more interested in what effects food has on the body."

Course leader for the Health Week is health consultant Ken Prange who, like Marie and Ray, is passionate about food. He has over 10 years' training in naturopathy, acupuncture, silva mind control – a specific course which concentrates on visualisation and suggestion, working with the subconscious.

Ken was born in Dumfries and when he was 16 he had a blood disease which resulted in his spleen being removed. By the time he was 18 his quality of life had gone downhill. "It was so bad I sometimes had to lie down on the ground to recuperate," he says. "I was diagnosed firstly with haemolytic anaemia and then acute lymphatic leukaemia. A friend said I wasn't looking well and told me about a book by George Ohsawa called Zen Macrobiotics. I read it overnight and was inspired."

Although Ken firmly believes the change in his diet contributed to his recovery, the medical profession is not so easily convinced – and diagnosed his new-found health as spontaneous remission.

"I have no way of proving it otherwise," he says. For a year he travelled once a month to London to study with Michio Kushi, his guru, the man often described as the father of macrobiotics. When he was 20, Ken travelled to Germany where he studied electrical engineering plus naturopathy and acupuncture. In 1992, he met his wife, Angela, who is now head cook at Penninghame and also lectures on the Health Week course. They opened a restaurant, in Berlin, which they ran until 2003.



Health consultant Ken Prange and his wife Angela Agrati-Prange, Penninghame's head chef, are both course leaders on Health Week



Penninghame's freshly prepared meals taste great and are good for you. This dish comprises black rice noodles with sesame tempeh and miso sauce



Marie in her private family kitchen, which is decorated in the Swedish style



A room in the newly built North Lodge on the banks of the River Cree, where activities and seminars are held

“We moved back to Italy to open another restaurant producing gourmet wholefoods,” he says. “I wanted a clientele who appreciated nouvelle cuisine – food that looked good and tasted good and was good for people.”

The Health Week course Ken runs is summed up as ‘good food = good health = good life’. “Usually people on the course haven’t been educated in the philosophy or lifestyle or the way of eating we’re promoting and the first hurdle is for them to get used to a different mindset. It’s not hard,” says Ken.

“There are always results. People start to experience a feeling of wellbeing. The food is a big plus. We’ve moved on from macrobiotics and aren’t so strict. There’s a very wide choice, using as much as possible what’s local – ‘think global, eat local’ is one of our slogans. It’s the things left out that are more important: saturated fats, animal produce, eggs, sugar, milk and dairy products.”

When tucking into the three-course lunch including delicious tofu tempura in a spicy shoyu sauce with ginger and lime juice, salad and vegetables with mouth-watering sauces, tasty rice dishes, avocado dip and dairy-free chocolate mousse served with cheesecake and berries, no one could possibly notice the absence of sugar and animal fats.

The course includes lectures on eating in harmony with nature, understanding the energies of food and creating the desired effects in body, mood and life. Practical



Part of the restored drawing room

demonstrations, documentaries and sessions on valid and effective home remedies which have been passed down through generations provide participants with a tool kit of knowledge and ideas to take home for themselves and their families.

After spending 32 years working outside Britain, running restaurants, studying, and

teaching, Ken is happy to be able to see more of his parents, who still live in Dumfries. “They are 85 and through my influence changed their eating habits. They use miso and brown rice and are convinced it helps them,” he says.

Health Weeks are held every month and the next one starts on April 10. Ken is available for health consultations and there are plans to hold weekend or day cookery classes, while Marie is planning a cookbook of the amazing Penninghame recipes.

The Penninghame Foundation offers volunteer placements working in the house, kitchen or garden which attract volunteers from all over the world – from Newton Stewart to Russia, Sweden, Italy, and the Czech Republic. Accommodation and food is provided, there’s the opportunity to learn new skills and attend evening lectures, the use of gym and a pool car, plus lots more benefits in exchange for 30 hours’ work a week.

Even if not participating in one of the courses or working as a volunteer, it is possible to enjoy the Penninghame experience by booking to stay for a week and relax in the beautiful surroundings with woodland walks, wildlife, and truly scrumptious food.

“If people are interested even in coming for lunch and see what we do here, we’re very happy to accommodate them,” says Marie, “as long as they ring up in advance.”

For more information, see www.penninghame.org or tel: 01671 401414.

MailOnline

The world's most extreme therapy

Re-enacting your birth, dancing blindfolded and screaming at a teddy bear

By [Anna Pasternak](#)

UPDATED: 06:48 EST, 7 November 2011

My limbs flail wildly to the manic, blaring music and every few minutes I swear and scream in order to 'release energy and emotion'...

It's 7.30am and I'm dancing, blindfolded, like a whirling dervish in the wilds of Scotland.

Later I will re-enact my own birth by crawling out of a bedsheet and sob in the arms of a fluffy toy, who represents my 'inner child'. Then there will be hours of silence, punching pillows and yet more crying.



Tortuous: The Penninghame Process sees screaming at teddy bears, the re-enacting of your own birth and dancing blindfolded (picture posed by model)

No, I have not had a breakdown or been committed; I have signed up to the world's most extreme form of therapy: the Penninghame Process.

As a seasoned therapy junkie, I've done some pretty bizarre things in my quest for personal fulfilment. There have been Shamanic rituals in Mexico - in which rattles and drums are used to clear the chakras, or energy channels, in the body.

And I've experienced Soul Retrieval in Mull, where we 'reclaimed' parts of our souls that might have left the body to protect themselves from emotional and physical damage. Wacky, right? So I thought I could handle any therapy challenge. But nothing could have prepared me for this.

Penninghame is similar to the Hoffman Process — a week-long residential course of intensive therapy loved by Elle Macpherson, Annie Lennox and Jemima Khan.

Through 'experimental therapy' — which means you don't just talk, you act things out through role play — the process encourages a release of all the negative emotions that are keeping you from being happy.

The Penninghame Process is an amalgam of the Hoffman Process and the work of a Swedish doctor called Bengt Stern. Its premise is that most of the hurt and pain we carry around is from our childhood, and that once we address this we are free to make a fresh start in life.



Seasoned: Anna Pasternak is a therapy junkie

Started by married couple Marie and Ray Butler — owners of a sprawling Scottish lodge called Penninghame House — the course has never been written about before. As the first journalist undergoing it, I can see why. I hated almost every minute. Yet it was probably one of the most beneficial experiences I have ever had.

As well as emotional damage, Penninghame works on the basis that physical problems have a mental origin. For example, a chronic knee problem may signify not wanting to move forward in life. What was amazing was a lower back pain I've suffered for years flared up and then eased completely during the process.

I applied for this course — which runs twice yearly — nearly two years ago when I was sick of being unhappily single. There is a waiting list, and by the time I got to the top, my circumstances had changed. I had become engaged ten days before and was happier in my personal life than I'd ever been.

Did I really need to go through a week of serious therapy when I was content with life? As I'd paid £1,500, I decided to see it through.

I was so nervous heading off to Glasgow and longed to drop out. This was made worse by my knowing next to nothing about the course before signing up. Aside from a strict confidentiality agreement banning discussion of my fellow course members, there is an almost cult-like reverence about undergoing the process.

I've spoken to a handful of people who've done it and rave about how it changed their lives, but are unwilling to tell you how or why. Having experienced the process, I can see that some of the exercises seem so eccentric (the birth re-enactment, in particular, on which I've been sworn to secrecy) that if you knew what to expect, you'd never go.

On arrival at Penninghame House, I was told I must hand over my mobile phone, ensuring no contact with the outside world for the week. Handing over my BlackBerry was almost as traumatic as pulling out a fingernail.



Worth the trip: Penninghame House, a health retreat in Scotland where Anna had time to emotionally detox

I was told caffeine, alcohol, watching TV, listening to music, reading newspapers and talking in between sessions were prohibited. Any distraction from 'the self' is banned.

The week I went, there were 16 other attendees from around the world, including a young man from Afghanistan, a twentysomething woman from Finland and a Scottish cancer survivor in her 50s. Together, we would revisit our childhoods through a mixture of body movement, art work, role play, meditation and visualisation, yet surprisingly little talking (there was only one 'sharing' session a day).

The great pockets of emotions that would be purged — we were told to expect sadness, rage, regret and grief — would be released mainly through screaming and bashing cushions daily.

Help!

Over the past ten years, the number of therapists in the UK has tripled to keep up with demand for counselling

There were also seven helpers on hand to help us deal with the release of emotion 24 hours a day. One woman woke up at 3.40am and — plagued by memories of childhood abuse — sought out one of the therapists and worked through her fears until dawn. Our course leader, Swede Kari Paues, claims she can unearth a person's emotional history by staring at them. She says she reads energy, and promises to help us release traumas from our past and understand how they influence our lives today.

Day one began at 7.30am with an hour's 'dynamic meditation' during which we danced blindfolded. We were encouraged to shout and scream and 'let our bodies move unself-consciously'.

At first, we all felt hideously self-conscious, but when the course helpers started wailing, it encouraged us. Once you overcome lingering embarrassment of swearing and screaming out frustrations — which took me ten minutes — this mixture of rage release followed by meditative silence becomes wholly liberating.

Then to breakfast which, like every meal, we ate in (for me) uncomfortable silence. The idea was that we had to stay with ourselves and our 'process', and not be distracted from difficult feelings.

On our first exercise, we had to regress to our childhood and draw a picture symbolising it. I drew the lovely Cotswolds house I grew up in. Though we were affluent, my father, an academic, and my interior designer mother had a politely formal relationship. Deep down, all of us nursed loneliness.

After each exercise, we talked in groups and Kari pinpointed with unnerving accuracy the grievances that we were holding on to. She said my childhood wasn't classically unhappy — there was no abuse or cruelty, unlike that of some of the other participants — but it was still painful for me to acknowledge the extent of loneliness between my parents. By the first evening, I was desperate to leave: I missed home and my fiancé. Being in Penninghame felt like being in prison, except without the phone call.

For the next 48 hours I pretty much cried solidly as we worked on releasing feelings towards our parents.

'We use our relationships with our parents as a trampoline to get into contact with our anger,' said Kari, and it was staggering to realise how upset I still was at some deep level about certain aspects of my childhood.



Out of touch: Anna had to hand over her BlackBerry before starting the therapy

We had to spend hours acting as our parents, which was fascinating. Far from blame, I began to feel compassion towards them.

When I was 'being' my mother, I understood better where my rebellious spirit and fun side comes from. 'Being' my father, I had to be beautifully mannered while hiding my feelings behind a polite facade.

Sounds bizarre, doesn't it? Yet it felt strangely cathartic. 'Being' them, I could see why there was this feeling of separation between them, which saddened me.

On the afternoon of the second day, there was a 'guided meditation', which I slept through. Eyebrows were raised, but none more than mine when I awoke to find a toy dog by my side. Each of us had been given one as a companion for the week. This represented our 'inner child', the infant in us that feels unloved or abandoned.

I mutinied, refusing to tote a small grey dog with me, but most of the others acquiesced. There were grown men carrying around fluffy tigers.

But on day three I had a breakthrough. Refusing to do the morning meditation, I threatened to leave because the whole thing felt too emotionally punishing. And then, suddenly, it dawned on me that I was upset because all my life I've been so self-punishing. Even attending this course felt like some form of punishment I was forcing myself through.

I've had years of therapy, but have never really seen how self-flagellating I am. I've been hardest on myself, but critical and judgmental of others, too.

Kari believes that most of our problems arise due to us not taking responsibility for our feelings — the opposite of the culture of blame so often used in therapy.

She believes that by overly sharing our problems with our loved ones and co-workers, we exacerbate any problems we have. The traditional wisdom of talking about issues — that whole 'When you do this to me, I feel like this' scenario — means only that we feel better, yet they feel worse.

It was a eureka moment. I realised I am guilty of dumping my uncomfortable feelings on others in a blaming way, instead of owning up to my part in failed relationships.

When we feel angry, rejected, hurt or scared, instead of blaming others, we need to look to our own feelings. Now, I often think of Kari's mantra: 'There's a humility to being human'

Every day, Kari showed us how not to create resentment towards others, but to be more honest with ourselves.

And then came the exercise where we were 're-born' by crawling out of a sheet. It might sound crazy, but it was inexplicably cathartic and moving. It's hard to put into words, impossible really, which is why we were asked not to share the details of this exercise with anyone after we left.

At the end, Kari cautioned us to be gentle with ourselves. Once home, I understood why. For the first two days I felt unable to function — as if I'd lost my self-discipline.

My fiance said the biggest change was my new-found softness, and he loved the new, less aggressive me. But the most lasting change is that I am now aware that other people trigger negative feelings in us, but are rarely the cause of them.

When we feel angry, rejected, hurt or scared, instead of blaming others, we need to look to our own feelings. Now, I often think of Kari's mantra: 'There's a humility to being human.'

'We have to learn to look after ourselves and not dump our feelings on other people. If we could all do that, it would stop wars and change the world.'

Did the Penninghame Process change my life? In truth, I found it impossible to wholly embrace as my logical mind questioned everything — and mocked the rest. But I do feel more emotionally empowered and self-contained.

I've had a lot of therapy. If you don't want years sitting on a therapist's couch, but instead want to make a dramatic shift in a week, I truly recommend this process — even if you do have to crawl into your new life from under a sheet.

The Penninghame Process, £1,595. Visit penninghame.org for details

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Cruelty to teddy bears is what it is!

- [Brad L](#) , Brighton, Sussex, 07/11/2011 17:33

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Sounds like you need Jesus! Save yourself a lot of money.

- [Amanda](#) , NYC , 07/11/2011 15:57

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Too many people with too much free time and money who think too much about themselves. If they started to look outward at the world and the real troubles some have they would soon be ashamed of themselves. Try volunteering at a children's cancer ward for a while. Your problems will seem tiny next to theirs'.

- [Marie](#) , USA, 07/11/2011 13:41

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I was the teddy bear that my wife screamed at.

- [Ian Chrichton](#) , Derby, England, 07/11/2011 13:04

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This is hardly new - it started with Arthur Janov's primal scream therapy in the 1960s. - Simon, Leeds, 07/11/2011 11:15 As Simon in Leeds says, this is nothin new to anyone that has read Arthur Janov's Primal Scream.

- [ak](#) , oxford, 07/11/2011 12:18

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this is so daft and just another cleverly devised way of making a quick buck out of the gullible and emotionally troubled

- [amarita](#) , london, uk, 07/11/2011 12:01

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You're raving bonkers.

- [Silly Billy](#) , ENGLAND, 07/11/2011 11:40

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This is hardly new - it started with Arthur Janov's primal scream therapy in the 1960s.

- [Simon](#) , Leeds, 07/11/2011 11:15

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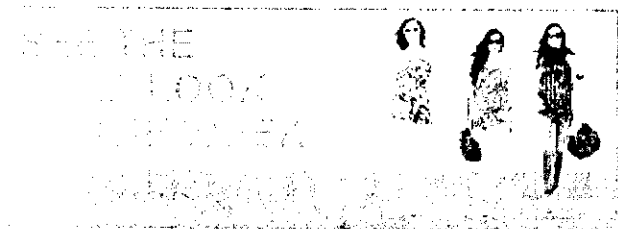
I find it hard to believe that poeple are gullible enough to fall for this rubbish.

- [Minnie Mouse](#) , Disneyland, 07/11/2011 11:13

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Prisons to miss 'slopping out' target



Prison officers listened to Mr Cameron's evidence

► **BBC Scotland's Reevel Alderson**
"Over-crowding could return if prisoner numbers rise"

► **28k**

► **Reevel Alderson**
Reevel Alderson: "MSPs were furious at slopping out targets failure"

► **28k**

A budget cut of £13m will mean the Scottish Prison Service failing to meet a target to end the practice of slopping out.

And over-crowding could return if prisoner numbers rise, the service's chief executive Tony Cameron admitted while giving evidence to the Scottish Parliament's justice committee.

He was questioned by MSPs after his announcement that two prisons are to shut with the loss of nearly 400 jobs.

The closures, and other cost-saving measures, follow the decision by the Scottish Executive Finance Minister Jack McConnell's to reclaim £13m from the service's budget.

Mr Cameron said the spending cuts would mean the target of ending slopping out

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within five years could not now be met.

MSPs tried to persuade him to pin the blame for the closures on the budget reduction but he insisted: "We might well have taken a similar route anyway but over a rather longer timescale."



Tony Cameron appeared before MSPs

The closure of Dungavel Prison, in Lanarkshire and Penninghame Prison, in Wigtownshire - resulting in 374 job losses - was announced last week.

Management insisted the cuts would not lead to overcrowding and stressed they would seek to avoid compulsory redundancies.

But about 150 prison officers made their anger known by marching to the Scottish Parliament and lobbying members of the justice committee.

The Scottish Prison Officers' Association accused the Scottish Executive of "cheating and robbing" them by stripping £13m from the budget.

A spokesman said officers had been working successfully on problems of overcrowding, slopping out and drugs but the cuts would stop that work.

The prison service has also announced the merging of three

separate establishments at Shotts Prison, Lanarkshire, including the national induction centre, into the main prison and the merging of Friarton with Perth Prison.




Penninghame is to close

The package of cuts follows a decision taken earlier this year to close Longriggend Remand Institution, near Airdrie.

Meanwhile, the Scottish National Party's Galloway and Upper Nithsdale MSP, Alasdair Morgan, joined the campaign to prevent Penninghame Prison from closing with a letter to Scotland's First Minister Donald Dewar.

Mr Morgan, who is planning a visit on Friday, said: "The first minister seems to have little knowledge of the situation at Penninghame.

"I would have thought that its facilities are far better than in many other prisons where the Victorian practice of slopping out still goes on and overcrowding is much in evidence."

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FOOTBALL TEAM

A question was put forward as to whether we could have a football competition. Bill Stewart answered that if there was one this year then we'd be in it, but last year there was none due to outside agencies.

COMMON GOOD FUND

A prisoner asked where the profits from the common good fund went. The Governor explained that it was used to purchase TV's and pay for sports features etc. It was decided that a monthly bulletin will be put up for prisoners to see where the money has been spent.

 The meeting was then split into 4 groups. Two were to discuss the No Smoking Policy and the other 2 were to look at the Criteria for the New Units. The groups thoughts were as follows:-

GROUP 1 - NO SMOKING POLICY

Group one were asked to discuss the No Smoking Policy and came up with the following thoughts:-

The number of no smoking dorms should be extended to perhaps 4 as this would give more choice as to who you shared a dorm with.

They thought there should be one of the new independent units non smoking and 3 for smoking but group one felt that they couldn't really comment on this as the criteria had not yet been decided.

Visits should be non smoking and anyone wishing to smoke should go outside. They stated that anyone wishing to smoke should do so in the dining room or corridor but this could create problems as non smokers were having to walk through smoky corridors. The group then thought that the corridors should be a smoking area due to the time waits for phone calls etc.

Next to be discussed was the vehicles. The group thought that on long run, for example Glasgow, smoking should be allowed and on short runs into Newton Stewart etc there should be no smoking. Bill Stewart pointed out that at present there were smoke stops on long journeys, therefore no need to smoke in the vans at all.

Also discussed was the gate area which group one agreed should be a non smoking area as this is the first point of contact with external visitors.

The general office is at present non smoking as should be the education unit.

GROUP 2 - NO SMOKING POLICY

Group 2 were also asked to discuss the No Smoking Policy. They came up with the following views:-

The gate, dining room, dorms, offices, muster room and conference room should all be no smoking areas. They agreed that smokers have to go somewhere but we needed to reach a tolerance level as it is up to each individual whether they wish to smoke or not. They thought that smokers should have consideration for non smokers and non smokers should have consideration for smokers.

For anyone visiting they thought half an area should be for smoking and half for non smoking.

Group 2 thought that the recreation room should be smoking but asked if the ventilation could be looked at and perhaps ask for an extractor fan.

This group also looked at smoking on journeys and as there is at least one stop there was no need to smoke in the vehicles.

Group 2 also looked at the criteria for the new independent units and from a smoking group they thought that one unit should be non smoking. They also thought that the units should be mixed and lifer only units would be no good. They agreed that suitability should not apply to their time served at Penninghame but a prisoner who has spent a longer period of time in prison (not necessarily at Penninghame) should get priority. There was debate over this comment as many prisoners thought it should be first come first served.

GROUP 3 - CRITERIA FOR NEW UNITS

Group 3 were discussing the criteria for the new units and initially discussed what they should be called. They came up with various names - Horseshoe, Stables, Annex, Saddles and Southfork.

They agreed that the criteria should be equal opportunities for all arriving at Penninghame and all names should be put on a list. They didn't think TFF and people with parole dates should get priority that they should work their way down the list like everyone else.

Objections were raised to this as people with long sentences going into the units could be tying up a place for years and it would take a long time to work down the list. Some may never get into a unit.

With regards to the double and single rooms, the group thought that this should be decided amongst whoever is in the units but if a single room became vacant then seniority should rule. So, if someone from the house was to move into the unit they should automatically go into a double room.

The group thought that prisoners should only be allowed one move in 6 months, but if someone was moved back into the house for health reasons then their place in the unit would be left open for them until they were fit for return. If anyone lost their place due to a report then the group thought that their name should go to the bottom of the list.

GROUP 4 - CRITERIA FOR NEW UNITS

Group 4 were also asked to discuss the criteria for the new units and came up with the following ideas:-

They thought it should be a progressing system and that a move to the present lodges to prove yourself should come before a move to the new units. A name they discussed the Stables or the Dog & Duck.

At present to qualify for the lodges a prisoner has to take part in sentence planning. However, lifers can get in if they have a date. This group agreed that prisoners shouldn't get in if they have 18 months or over to serve as others won't get a chance.

For the new units, the group decided that these should be for prisoners serving 10 years and over. Lifers shouldn't get in unless they have a date or have parole board or medical recommendations. Apart from this, sentence planning should determine entry.

Many prisoners disputed this as they thought people serving more time should be able to prepare themselves for society and everyone was beginning to do this with home leaves and local leaves etc and they thought it was a good idea for long term prisoners to mix with short term prisoners.

However, this group's conclusion was that you had to earn a place in the units by looking at offending behaviour and taking part in sentence planning.

Finally, the Governor stated that we needed names for the committees to discuss any problems and reach decisions.

Handwritten signature:
Gunn
29/4/96

Responsibility on offer

A major prison initiative could be introduced at Penninghame, near Newton

by JENNY CLARKE

OFFENDERS are not sent to prison to be punished, their punishment is being sent there in the first place." So said the Scottish Prison Service area director John Pearce during a two day meeting at Penninghame Prison where inmates views were sought on an initiative which aims to give them greater responsibility in their day to day life.

Sentence planning was introduced a little over two years ago and is specifically designed to meet the needs of long term prisoners who are in the run up to release.

It is hoped the initiative will create what the SPS has termed a "responsible prisoner", that is, an inmate who has learned various social, practical and everyday skills which equip him for life in society after several years in a prison environment.

The initiative is to be practised in every Scottish jail but Penninghame's role as an open establishment and commonly "the last stop before release" means it can play a particularly important role in preparing inmates for home life.

The initiative, if supported by prisoners, could mean they take on responsibility for some tasks which traditionally have been the job of officers, although certain areas like security and safety are obviously out of bounds.

Governor Hamish Ross, area Scottish Prison Service (SPS) director John Pearce and US professor of criminal justice Hans Toch, who visited Penninghame this week, all support the scheme at local level.

They agreed with a statement made in 1990 by Malcolm Rifkind, then the Scottish Secretary of State, which effectively said prisoners are more likely to re-offend if kept under strict regimes and punishment orientated systems.

Mr Rifkind said, "If we do not treat prisoners as responsible people, and if they are not given opportunities whilst in prison to exercise more responsible choice over their daily life, then we can hardly claim to be preparing them to live responsibly on return to society."

Penninghame Prison's 53 inmates were involved in group discussions and question and answer sessions on Tuesday and Wednesday this week to see if they too support the initiative.

Mr Pearce, one of the key workers on sentence planning, told the *Gazette*, "Very few skills are learnt in a prison environment that can help the prisoner when he is released. Long term prisoners of 10 years or more end up knowing more about being locked up than being



Penninghame Prison governor Hamish Ross with Professor Hans Toch, from the US, this week (GG4181)

free and unless they are prepared for society the chances are they will re-offend and be straight back in jail.

"The object of the sentence planning initiative is to prepare the prisoner for life in the community again and hopefully arm him with skills so he is better equipped to deal with it.

"The one thing prison shouldn't do is make them worse. You might argue that the prisoner shouldn't be belated while he is inside but I am sorry, this guy is going to be out in the community in a year's time probably less able to look after himself than when he was sentenced.

"We need to address his needs - and I do mean needs, not wants, whims or desires. He needs to be made more able to control anger impulses or whatever it was that led him to

offend even if it means we are only preparing him for a life on the dole."

The scheme's introduction in Penninghame depends on the prisoners' eagerness to become accountable in the jobs which traditionally lie with officers.

Mr Pearce and the prison governor, Hamish Ross are keen for the prisoners to take more responsibility but only if there is enough commitment on their part for it to work.

If the responsible prisoner scheme takes off then the officer would be more of a facilitator who makes things possible, rather than a controller.

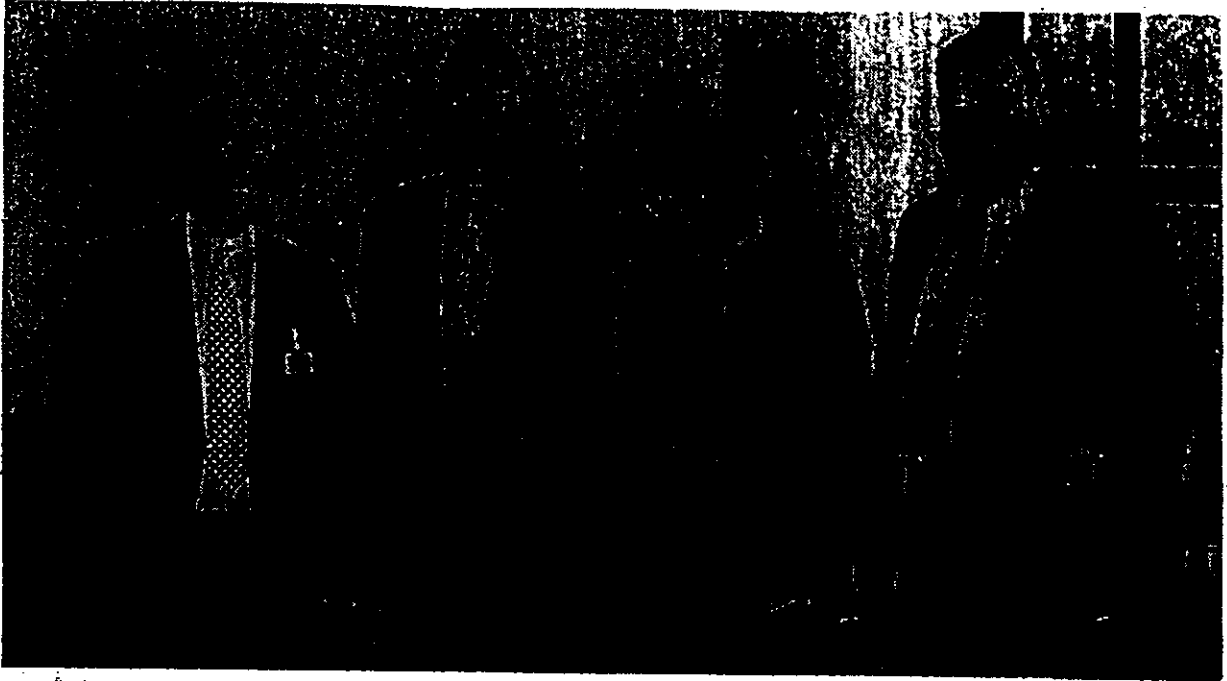
Mr Ross said, "Why should staff ensure that the place is kept clean? Why should staff have to instruct someone to clean the halls or showers? And if prisoners want a different menu than currently on offer then they have to realise that whatever they want will have to be paid for from the same budget and that consideration has to be given to other prisoners who have different tastes.

"It basically means that prisoners will learn to work with people again and not on their own", he added.

Professor Hans Toch is regarded as one of the world's most prolific writers on long term imprisonment and he is very excited at the initiative's potential

*Hans
van Starck*

Community room opens at prison



The opening of the new Hans Toch Room at Penninghame Prison, last Friday. Left to right, Colin McShannon, acting governor in charge, Ed Wazniak, head of research for Scottish Prisons, Professor Hans Toch, and John Pearce, director of the south west Scottish prisons

A NEWLY refurbished community room has opened at Penninghame Prison – and it is named after the top American professor who has taken a close interest in the open prison near Newton Stewart.

The Hans Toch Room was opened on Friday by Professor Toch himself, when he pulled back a piece of paper to find his own name printed on the door.

The bright and spacious new meeting area will be used for Penninghame Prison's council, com-

mittees and other groups. It will also be available to visitors.

At the opening ceremony, director of south west Scottish prisons John Pearce said it had been transformed since its days as a snooker room. Turning to Hans Toch, he said, "This is where we have ended up after you intervened 18 months ago. We warmly thank you for the deep interest you have taken in Penninghame."

Mr Pearce explained that Professor Toch is one of the world's top authorities on prisons and he has

taken a special interest in Penninghame, visiting Galloway several times from New York and has helped to put it on the map.

"As a colleague of mine says, Hans Toch is our scholar in residence!"

Mr Pearce said there were "huge technical problems" in preparing long-term prisoners for the outside world.

The new room would help them work on developing relationships and assuming responsibilities.

Responsibility on offer

A major prison initiative could be introduced at Penninghame, near Newton

by JENNY CLARKE

"OFFENDERS are not sent to prison to be punished, their punishment is being sent there in the first place." So said the Scottish Prison Service area director John Pearce during a two day meeting at Penninghame Prison where inmates views were sought on an initiative which aims to give them greater responsibility in their day to day life.

Sentence planning was introduced a little over two years ago and is specifically designed to meet the needs of long term prisoners who are in the run up to release.

It is hoped the initiative will create what the SPS has termed a "Responsible Prisoner", that is, an inmate who has learned various social, practical and everyday skills which equip him for life in society after several years in a prison environment.

The initiative is to be practised in every Scottish jail but Penninghame's role as an open establishment and commonly "the last stop before release" means it can play a particularly important role in preparing inmates for home life.

The initiative, if supported by prisoners, could mean they take on responsibility for some tasks which traditionally have been the job of officers, although certain areas like security and safety are obviously out of bounds.

Governor Hamish Ross, area Scottish Prison Service (SPS) director John Pearce and US professor of criminal justice Hans Toch, who visited Penninghame this week, all support the scheme at local level.

They agreed with a statement made in 1990 by Malcolm Rirkind, then the Scottish Secretary of State, which effectively said prisoners are more likely to re-offend if kept under strict regimes and punishment orientated systems.

Mr Rirkind said, "If we do not treat prisoners as responsible people, and if they are not given opportunities whilst in prison to exercise more responsible choice over their daily life, then we can hardly claim to be preparing them to live responsibly on return to society."

Penninghame Prison's 33 inmates were involved in group discussions and question and answer sessions on Tuesday and Wednesday this week to see if they too support the initiative.

Mr Pearce, one of the key workers on sentence planning, told the Gazette, "Very few skills are learnt in a prison environment that can help the prisoner when he is released. Long term prisoners of 10 years or more end up knowing more about being locked up than being



● Penninghame Prison governor Hamish Ross with Professor Hans Toch, from the US, this week (GG4181)

free and unless they are prepared for society the chances are they will re-offend and be straight back in jail.

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The Governor asked for four volunteers to represent the following committees:-

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These committees meet with the Supervisor to try to resolve matters before then going to the management. The Penninghame Post has in the past reported back reports from the committees but this is no longer done.

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Bill Stewart mentioned that the social club had a lack of crockery and many of the cups and saucers were damaged. He was advised that we would try to replace this.

The meeting heard that both the heating and the kitchen have been replaced but work still has to be carried out on the club.

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GROUP 1 - NO SMOKING POLICY

Group one were asked to discuss the No Smoking Policy and came up with the following thoughts:-

The number of no smoking dorms should be extended to perhaps 4 as this would give more choice as to who you shared a dorm with.

They thought there should be one of the new independent units non smoking and 3 for smoking but group one felt that they couldn't really comment on this as the criteria had not yet been decided.

Visits should be non smoking and anyone wishing to smoke should go outside. They stated that anyone wishing to smoke should do so in the dining room or corridor but this could create problems as non smokers were having to walk through smoky corridors. The group then thought that the corridors should be a smoking area due to the time waits for phone calls etc.

Next to be discussed was the vehicles. The group thought that on long run, for example Glasgow, smoking should be allowed and on short runs into Newton Stewart etc there should be no smoking. Bill Stewart pointed out that at present there were smoke stops on long journeys, therefore no need to smoke in the vans at all.

Also discussed was the gate area which group one agreed should be a non smoking area as this is the first point of contact with external visitors.

The general office is at present non smoking as should be the education unit.

GROUP 2 - NO SMOKING POLICY

Group 2 were also asked to discuss the No Smoking Policy. They came up with the following views:-

The gate, dining room, dorms, offices, muster room and conference room should all be no smoking areas. They agreed that smokers have to go somewhere but we needed to reach a tolerance level as it is up to each individual whether they wish to smoke or not. They thought that smokers should have consideration for non smokers and non smokers should have consideration for smokers.

For anyone visiting they thought half an area should be for smoking and half for non smoking.

Group 2 thought that the recreation room should be smoking but asked if the ventilation could be looked at and perhaps ask for an extractor fan.

This group also looked at smoking on journeys and as there is at least one stop there was no need to smoke in the vehicles.

Group 2 also looked at the criteria for the new independent units and from a smoking group they thought that one unit should be non smoking. They also thought that the units should be mixed and lifer only units would be no good. They agreed that suitability should not apply to their time served at Penninghame but a prisoner who has spent a longer period of time in prison (not necessarily at Penninghame) should get priority. There was debate over this comment as many prisoners thought it should be first come first served.

GROUP 3 - CRITERIA FOR NEW UNITS

Group 3 were discussing the criteria for the new units and initially discussed what they should be called. They came up with various names - Horseshoe, Stables, Annex, Saddles and Southfork.

They agreed that the criteria should be equal opportunities for all arriving at Penninghame and all names should be put on a list. They didn't think TFF and people with parole dates should get priority that they should work their way down the list like everyone else.

Objections were raised to this as people with long sentences going into the units could be tying up a place for years and it would take a long time to work down the list. Some may never get into a unit.

With regards to the double and single rooms, the group thought that this should be decided amongst whoever is in the units but if a single room became vacant then seniority should rule. So, if someone from the house was to move into the unit they should automatically go into a double room.

The group thought that prisoners should only be allowed one move in 6 months, but if someone was moved back into the house for health reasons then their place in the unit would be left open for them until they were fit for return. If anyone lost their place due to a report then the group thought that their name should go to the bottom of the list.

GROUP 4 - CRITERIA FOR NEW UNITS

Group 4 were also asked to discuss the criteria for the new units and came up with the following ideas:-

They thought it should be a progressing system and that a move to the present lodges to prove yourself should come before a move to the new units. A name they discussed the Stables or the Dog & Duck.

At present to qualify for the lodges a prisoner has to take part in sentence planning. However, lifers can get in if they have a date. This group agreed that prisoners shouldn't get in if they have 18 months or over to serve as others won't get a chance.

For the new units, the group decided that these should be for prisoners serving 10 years and over. Lifers shouldn't get in unless they have a date or have parole board or medical recommendations. Apart from this, sentence planning should determine entry.

Many prisoners disputed this as they thought people serving more time should be able to prepare themselves for society and everyone was beginning to do this with home leaves and local leaves etc and they thought it was a good idea for long term prisoners to mix with short term prisoners.

However, this group's conclusion was that you had to earn a place in the units by looking at offending behaviour and taking part in sentence planning.

Finally, the Governor stated that we needed names for the committees to discuss any problems and reach decisions.

*Hamilton
Gamm
29/4/96*

INDEPENDENT UNITS

CRITERIA FOR EAST AND WEST BRUCE AND WALLACE LODGES

The first priority will be to meet the needs of the Parole Board for testing in an environment of de-institutionalisation, normalisation, self sufficiency due to a very long term of imprisonment.

Others may qualify after having served 3 months at Penninghame and have less than 24 months left to serve here. Indeterminate sentence prisoners must have a release date.

Consideration will also be given for this type of accommodation on the instructions of the Medical Officer should there be a specific case requiring LGF.

The independent units have been introduced as part of the Sentence Planning process and only those residents participating in Sentence Planning will be eligible.

Applicants must have earned positive staff reports and be willing to become involved in group work/counselling plus specialist meetings.

Any independent unit residents who opt to move back to the main house or are removed from the lodges for reasons of incompatibility or misconduct will not be considered for single room accommodation for a further 6 months. Any resident volunteering for a drug programme will be returned to the lodge on the instructions of the Medical Officer.

All applicants wishing to apply for any of the lodges should contact their Personal Officer who will make a submission to the Sentence Planning Board and Independent Unit Manager for consideration when the vacancy occurs. Sentence Planning Board recommendations will be submitted to the Governor for approval.

There is no waiting list. Applications will be considered only at the time of the vacancy.

Anyone transferred to the independent units will automatically be taken off the list for single rooms within the main house. Should they choose to return to the main house they will be reinstated six months after their return date.

INTER-UNIT TRANSFERS

Those already residing in the independent units may apply for transfer to any other independent unit after a six month period.

MINUTES OF EAST LODGE MEETING ON 15.4.96

PRESENT

A JORDAN
W SCOTT
R BRODIE
OFFICER A WRIGHT
SUPERVISOR G WEBSTER

INTER PERSONAL RELATIONSHIPS

No problems.

STEREO/SKY TV

Residents asked about getting the above. G Webster looking into.

SHOPPING

Asked about getting a further £10 per week for housekeeping. A Wright looking into. (Have asked residents to make a list of costs/expenses etc to justify their request).

FUEL

They were unhappy with their last coal delivery as a pile had been left un-bagged and they did not know if it was 1 or 2 weeks supply. They felt they should have been informed. A Wright looking into.

MISC STORES

- 1) Asked if they could be given a sieve to help to clean their cooking oil.
- 2) Asked if they could be given draft excluders for back door and several windows. A Wright looking into.

OFFICER WRIGHT

Explained that the Lodge was now part of his duties as the Unit officer and all enquiries have to be made to him.

They were told that a cleaning rota was being made up for each resident. This is to help prepare them for future release and also to comply with Health and Safety Regulations. It was also explained that any resident on light duties would have to carry them out in the main house unless a specific task was given to them by the Unit Officer.

The residents were unhappy with these proposals and felt they did not need a rota and that they were being picked on. It was pointed out to them that they would also have to check in at the main house at their appointed times for work as this has fallen by the wayside in recent times. It was made clear to them that this was not a dig out and was not demeaning them of their responsibilities. It is purely to remind them of duties to be done on a regular basis.

The discussion was becoming heated so the meeting was closed at that point and they were told their comments would be taken on board and considered and we would get back to them later this week.

G. Webster
SUPERVISOR

**MINUTES OF HOUSE COMMITTEE MEETING HELD AT HMP PENNINGHAME ON
7.5.96 AT 1.30 PM**

PRESENT:- Hamish Ross ✓ Governor
R White Deputy Governor
C McShannon Unit Manager
Roy Rodger
Gordon Webster
Bob Mason
Mary McKie
Kevin Duncan House Committee
Peter Weldon Sports Rec Committee

AGENDA:- New units criteria.

NEW UNITS CRITERIA

Units are on a needs basis not longest at Penninghame. Parole Board can also give unit living as part of parole preparation.

A qualifying period or time left to serve should count in the criteria. The 10 years sentence and over means the criteria needs widening to 2 years perhaps.

Those with dates of 2 years or so could be considered to prepare for TFF etc. Two years may clog the system. Shorter periods left to serve should be considered.

A meeting with all prisoners should be held on perhaps Friday. Governor stated that the community meeting was for this purpose.

A minimum of 6 months in the unit but staff must be aware of old pals act therefore all decisions for the units will go through the Sentence Planning Board.

It was agreed to go through the existing criteria and agree any changes. TFF will in itself fade out, so the units will be used by prisoners for preparing for release.

The criteria will be a qualifying period of minimum 3 months at Penninghame with 2 years or less left to serve.

It was suggested that perhaps 1 unit could be used as a progression or special condition/medical places be kept but as this could leave spaces unfilled it was agreed that all units will have same criteria with the Governor having a final say.

Lifers will only get a place if they have a programme or if the Parole Board or Governor decide otherwise. Sentence planning board will advise the Governor. Must be part of sentence planning and subject to good staff reports.

Part of the lodges is monthly group meetings. This allows for problems to be discussed and might if circumstances arise allow people to move units. Other unit residents will have a say before a transfer takes place. If someone cannot live with other people then they will be removed from the unit.
(stealing, medical etc)

No-one in the units will get a single room in the house. If on the single room list and successful in gaining a unit place name comes off the list. If, however, they choose to come back to the main house their name can be put back on single room list.

There is a cleaning rota in the units and all should do a health & hygiene course prior to transfer.
The cook officer will give survival cooking instruction to residents.

It was suggested that these course be included in the induction week and made compulsory.

Anyone getting a place in the units/lodges will remain there for 6 months.

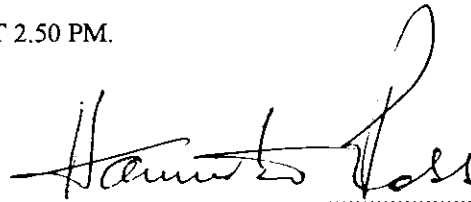
All who have been here 3 months and have 2 years or less to serve can apply for the new lodges/units. Those already in East/West Lodge must have been there 6 months or more before they can apply for the new units.

It is hoped that the new units will be ready for occupation by early June 96.

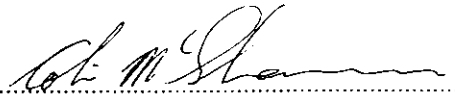
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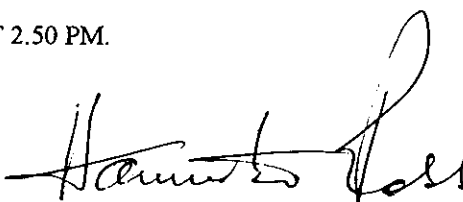
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The minutes of these deliberations reflect the group members' constructive concern with relevant practical details, and their determined effort to try to accommodate varying predilections and interests, in arriving at suggested solutions. There is also gratifyingly consistent evidence of solid thinking, and of the advantage afforded by intimate familiarity with the prison environment. On other occasions, however, minutes of group deliberations reveal an insidious persistence of the warden aptly characterized as a "we want we want attitude." Thus, at a prisoners' meeting on May 30, 1996, the agenda items identified for discussion with prison management, included the following:

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A question was put forward as to whether we could have a football competition. Bill Stewart answered that if there was one this year then we'd be in it, but last year there was none due to outside agencies.

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They agreed that the criteria should be equal opportunities for all arriving at Penninghame and all names should be put on a list. They didn't think TFF and people with parole dates should get priority that they should work their way down the list like everyone else.

Objections were raised to this as people with long sentences going into the units could be tying up a place for years and it would take a long time to work down the list. Some may never get into a unit.

With regards to the double and single rooms, the group thought that this should be decided amongst whoever is in the units but if a single room became vacant then seniority should rule. So, if someone from the house was to move into the unit they should automatically go into a double room.

The group thought that prisoners should only be allowed one move in 6 months, but if someone was moved back into the house for health reasons then their place in the unit would be left open for them until they were fit for return. If anyone lost their place due to a report then the group thought that their name should go to the bottom of the list.

GROUP 4 - CRITERIA FOR NEW UNITS

Group 4 were also asked to discuss the criteria for the new units and came up with the following ideas:-

They thought it should be a progressing system and that a move to the present lodges to prove yourself should come before a move to the new units. A name they discussed the Stables or the Dog & Duck.

At present to qualify for the lodges a prisoner has to take part in sentence planning. However, lifers can get in if they have a date. This group agreed that prisoners shouldn't get in if they have 18 months or over to serve as others won't get a chance.

For the new units, the group decided that these should be for prisoners serving 10 years and over. Lifers shouldn't get in unless they have a date or have parole board or medical recommendations. Apart from this, sentence planning should determine entry.

Many prisoners disputed this as they thought people serving more time should be able to prepare themselves for society and everyone was beginning to do this with home leaves and local leaves etc and they thought it was a good idea for long term prisoners to mix with short term prisoners.

However, this group's conclusion was that you had to earn a place in the units by looking at offending behaviour and taking part in sentence planning.

Finally, the Governor stated that we needed names for the committees to discuss any problems and reach decisions.

Handwritten signature: Harry Ross
Governor
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MINUTES OF WEST LODGE MEETING ON 14.5.96

PRESENT:- B BLAIR
S BOYLE
P GARLAND
A MALONE
S McHENDRIE
D WATSON
B McGIBBON
OFF A WRIGHT

INTER PERSONAL RELATIONSHIPS

Stated no problems.

Mr Wright explained to the new members to the lodge the basic do and don'ts etc and welcomed them in.

Bill McGibbon talked to them about working together and sharing the cooking duties etc. They said they didn't foresee any problems.

FOOD ALLOWANCE

Prisoners asked if they could have more money for their shopping allowance. A Wright asked them to detail their daily costs to justify their request, and it would then be dealt with further.

CLEANING ROTA

A Wright explained the need for a rota to them, and Bill McGibbon pointed out to them the need for cleanliness and personal hygiene, and generally keeping the house tidy.

MINUTES OF EAST LODGE MEETING ON 15.4.96

PRESENT

A JORDAN
W SCOTT
R BRODIE
OFFICER A WRIGHT
SUPERVISOR G WEBSTER

INTER PERSONAL RELATIONSHIPS

No problems.

STEREO/SKY TV

Residents asked about getting the above. G Webster looking into.

SHOPPING

Asked about getting a further £10 per week for housekeeping. A Wright looking into. (Have asked residents to make a list of costs/expenses etc to justify their request).

FUEL

They were unhappy with their last coal delivery as a pile had been left un-bagged and they did not know if it was 1 or 2 weeks supply. They felt they should have been informed. A Wright looking into.

MISC STORES

- 1) Asked if they could be given a sieve to help to clean their cooking oil.
- 2) Asked if they could be given draft excluders for back door and several windows. A Wright looking into.

OFFICER WRIGHT

Explained that the Lodge was now part of his duties as the Unit officer and all enquiries have to be made to him

They were told that a cleaning rota was being made up for each resident. This is to help prepare them for future release and also to comply with Health and Safety Regulations. It was also explained that any resident on light duties would have to carry them out in the main house unless a specific task was given to them by the Unit Officer.

The residents were unhappy with these proposals and felt they did not need a rota and that they were being picked on. It was pointed out to them that they would also have to check in at the main house at their appointed times for work as this has fallen by the wayside in recent times. It was made clear to them that this was not a dig out and was not demeaning them of their responsibilities. It is purely to remind them of duties to be done on a regular basis.

The discussion was becoming heated so the meeting was closed at that point and they were told their comments would be taken on board and considered and we would get back to them later this week.

G. Webster
SUPERVISOR

MINUTES OF EAST LODGE MEETING ON 16.05.96

PRESENT:- R BRODIE
D CAMERON
I WILSON
OFF A WRIGHT
SUP G WEBSTER

INTER PERSONAL RELATIONSHIPS

Stated no problems. A Wright welcomed D Cameron into the Lodge and explained the set up and routine etc. P Weldon will also be moving into the Lodge at a later date to be decided.

FOOD ALLOWANCE

Prisoners asked if they could have more money for their shopping allowance. A Wright asked them, as he had last month, to detail a list of their daily costs to justify their request, and it would be dealt with further.

REFURBISHMENT PROGRAMME

I Wilson asked when they would be moving over to the House during decoration. A Wright said he would find out a definite date and let them all know. I Wilson also asked if they could get a food blender to help them make soup, and by the way West Lodge have got one.
A Wright said he would make enquiries and if that was the case did not see a problem in them being allowed to get one.

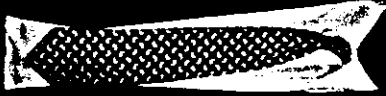
STOCK CHECK

G Webster said that the monthly stock check will be done before and after refurbishment takes place.

CRITERIA FOR THE NEW LODGES

Mr Webster explained about the criteria for the new Lodges and when they are eligible to apply etc and said closing date for applications 23.05.96 and hoping to open some time in June.

 G WEBSTER



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