

*Newsletter*

*Summer 2020*

**CROSSREACH**

Care you can put your faith in

## Polmont Visitor Centre

Polmont Visitors Centre is open for information and support.

Monday - Friday 10am - 4pm

Contact us on: 07780249699

Email: PolmontVisitorsCentre@crossreach.org.uk

Facebook: Crossreach Polmont Prison Visitor Centre



### SPS NEWS

**VIRTUAL VISITS** are now up and running at Polmont, with many visitors being able to see their loved one for the first time in months.

**MOBILE PHONES** have been given out with everyone having 300 free minutes each month and **PRISONER VOICEMAIL** is also live!

The **SPS** have produced a plan to look at the **REOPENING OF FACE TO FACE VISITS** in Phase 3 of the Lockdown restrictions.

For more information on any of the above, phone or email the Visitors Centre, details are at the top of the Newsletter. We are always happy to hear from you. Alternatively you can visit the SPS website at <https://www.sps.gov.uk/Corporate/Information/covid19/Information-for-families-and-friends.aspx> or phone the SPS Helpline on 0131 330 3888 .



*Hope is the place  
where you want to be*

*Hope is the person  
who you want to know*

*Hope is the feeling  
that carries you  
through*

*And Hope is the future  
for me and for you.*

By Ms Moem





### FUITY CRUMBLE TUMBLERS

#### FOODS YOU NEED

- Fruit tinned in natural juice e.g. pears, peaches, pineapples
- Greek style natural yoghurt
- Cereals e.g. Cornflakes, Krispies

#### EQUIPMENT YOU NEED

- Tin opener
- plastic cup
- Knife suitable for cutting
- Spoon
- Chopping board or plate

#### TO MAKE

- CHOP tinned fruit into small chunks then spoon into the bottom of a plastic cup
- Spoon yoghurt on top of the fruit LAYER
- Sprinkle cereal over the yoghurt
- Repeat the LAYERS if desired
- These are best eaten straight away

### WELLNESS TIPS

Get outside more-

Research shows physical activity can boost self esteem, energy and mood.

Even sorting out the rubbish bins can help.

Moving a bit every day-

Walking up and down stairs or dancing /gardening it doesn't matter.

Try and move a little each day.

Have a stretch indoors or out.

Clear away the cobwebs:

A short walk or stroll outside can clear your head and get things into perspective.

Remember it's ok to not be ok.....

We have all had to make a huge effort to stay at home.

People have been living with uncertainty about health, work, loved ones.

It is important if we feel overwhelmed to acknowledge feelings and speak to someone.

Friend/Family/GP/Helpline

- NHS24 (shortcode 111)
- Breathing space 0800 83 85 87
- Samaritans 116 123
- or Text Shout's 85258  
(24/7 Crisis Text Service)



# Fun Times

Select some toys and make footprints in some homemade playdoh. Let your child guess whose footprints they are.



How many animals are hidden here?



The cervical screening programme is resuming.

If you received an invitation before the pause or had your appointment cancelled due to COVID-19, call your GP practice to book an appointment.

For more information visit:  
[www.nhsinform.scot/cervicalscreeningresumes](http://www.nhsinform.scot/cervicalscreeningresumes)

