NOTES TO ACCOMPANY THE ARTICLE BY THE PHOENIX TRUST

Notes

1. The Prison Phoenix Trust is a charity with over thirty years' experience of supporting the rehabilitation of prisoners through meditation and yoga. Around 4.65% of the prison population currently (July 2022) turn to these practices, through The Prison Phoenix Trust to help their rehabilitation.

2. When a randomised control trial of a 10-week course of yoga for prisoners was carried out by researchers at Oxford University, the group that did the yoga course showed an improvement in positive mood, a decrease in stress and greater accuracy in a computer test of impulsivity and attention. Links to this and other research can be found here: https://www.theppt.org.uk/for-prisons/evidence/

3. The House of Commons Education Select Committee report on prison education (May 2022) noted research by the Ministry of Justice found that people who had participated in education whilst in prison were significantly less likely to reoffend within 12 months of release than those who had not by 7.5% points. The committee recommendations included prisoners undertaking education should have access to educational digital resources", noting: "the pandemic has brought into stark focus the need for prisoners to be able to work individually and in their cells." https://committees.parliament.uk/work/817/prison-education/

4. Most prisoners have low levels of education and 42% were excluded from school. Of the prisoners who undertook an initial assessment between April 2019 and March 2020, most were at entry level 1-3 (equivalent to primary school): 57% in English and 61% in maths; and 29% had a learning difficulty/disability. Although a recent study by the Criminal Justice Joint Inspectorate estimates that this could be as high as 50%. Prisons Strategy White Paper December 2021: https://www.gov.uk/government/publications/prisons-strategy-white-paper

5. Strong messages from consultation responses to the Prisons Strategy White Paper (June 2022): " the expansion of digital, data and technology in our prison system to realise their potential for rehabilitation" and "the need to recognise, understand and address the full diversity of needs of the prison population."

6. *Novus is a provider of education, skills and employability programmes which specialises in working with offenders distant from the labour market. As part of the LTE Group, a leading further education college group, Novus has over 30 years' experience of pioneering digital innovation, collaboration and new ways of working. It is a publicly-funded, value-based education provider which is committed to delivering the learning, skills and opportunity that offenders and other-hard-to-reach learners need to build positive futures for themselves, their families and our communities.*