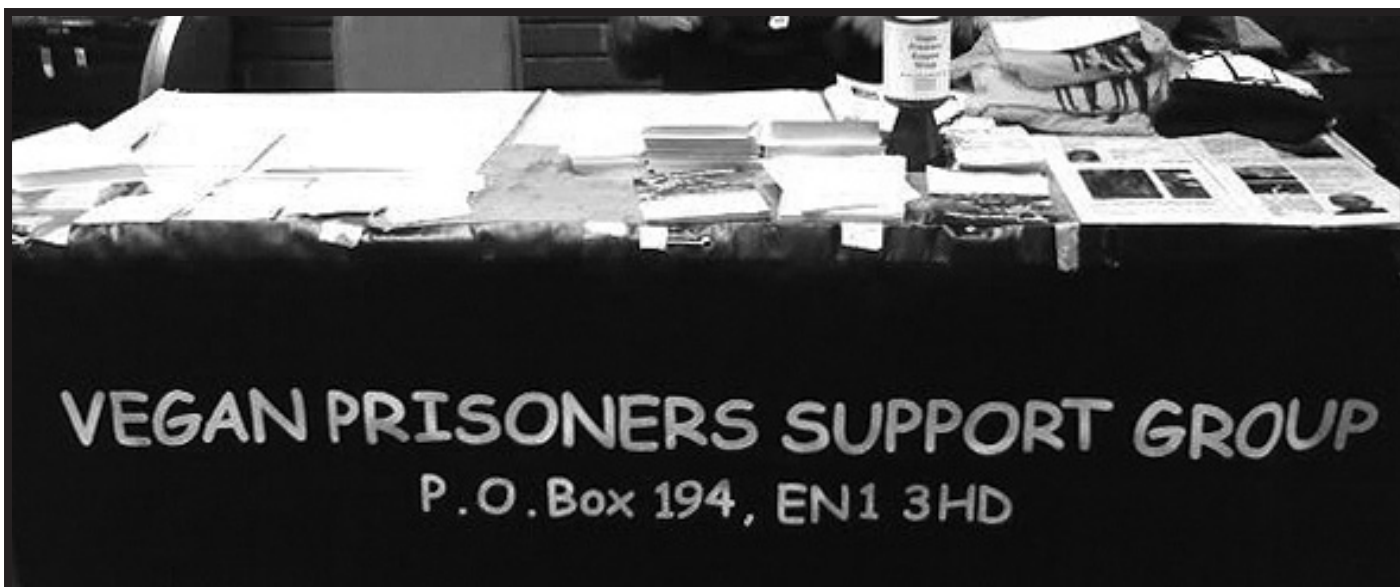


## VPSG AT THE LONDON VEGAN FESTIVAL



The VPSG stall at the Vegan Festival on Sunday 6th September in Kensington Town Hall received considerable interest. Some of the visitors to our stall mentioned this was the first time they heard about our work.

Volunteers helping on the stall were kept busy answering queries or concerns and to our surprise even two ex-prisoners came to thank us for our help during their sentences. They outlined their experiences in prison and areas where they remained

disadvantaged because of their vegan lifestyle. We have taken on board their suggestions for improving the care of vegans in prisons.

Approximately 2,000 newsletters were taken from our stall and Audrey, Jan, Hella, Karen and Lidia were tired at the end of our busy day.

Jo-Ann



### VPSG'S AIMS FOR THE COMING MONTHS

It appears that some supporters are still a little puzzled why we have decided to stop listing prisoners on our website and that our newsletters no longer contain articles from the prisoners we help.

Firstly we need to stress all the work VPSG has done in the past 15 years will continue as usual apart from these changes. This decision

was taken to allow more time for helping prisoners with their day to day problems and our reform. As it happens, other groups already provide information on sentenced/remanded prisoners whereas the VPSG are the only group which actually helps prisoners with the difficulties they encounter on a daily basis and campaigns for equal opportunities for vegan prisoners. We would add, these

decisions were not taken before we had discussed them with prisoners. At the moment we are concentrating on two new publications, "Catering Information Booklet" and "Vegan Cooking Behind Bars" which had to be delayed due to work on other more pressing issues. We are also compiling our research ready for our next meeting with NOMS on the prison shop issue.

### SUPPORTERS WITHOUT COMPUTER ACCESS

We are fully aware that some of our old supporters may not have access to the website so we are planning to keep them up to date on prisoner moves by placing them on our Emergency Mailout List.

If you are a supporter that doesn't have a computer just drop us a line and your name can be added to the above list.

### NEW VOLUNTEER JOINING THE VPSG TEAM

Karen Blackshaw has recently joined our team and at the moment is trying to get to grips learning all the rules/regulations she needs to familiarise herself with before she can assist prisoners as a Caseworker. In the meantime Karen is helping Lidia with "Vegan Cooking Behind Bars" by checking all the weights and measures in the 100 page cookbook. "Vegan Cooking Behind Bars" contains almost

200 economical, nutritious, tasty recipes for use in prison kitchens and we are hoping to have it printed by the end of the month for distribution to every prison.

One of the prisoners suggested that we ask every supporter to pass the enclosed booklet on to a friend who isn't yet vegan in the hope it might make them think of the cruelty involved in the meat/dairy industry.

**HOW YOU CAN HELP US - STANDING ORDERS**



**STANDING ORDER FORM**

Your Name.....  
Your Address.....  
.....Post Code.....Telephone Number.....  
Name of Your Bank.....  
Address of Your Bank.....  
.....Post Code.....  
Your Sort Code.....Your Account Number.....  
Please pay the sum of £.....on the.....day of each month as from...../...../.....to  
the credit of Vegan Prisoners Support Group.

***Please do not write below this line***

VPSG Account Details  
Sort Code.....Account Number.....  
Bank Address.....

**Please Return Completed Form to VPSG, BM 2107, London WC1N 3XX**

**DO YOU WANT TO REMAIN ON OUR MAILING LIST?**

If you wish to remain on our mailing list please return the following slip to make sure you do.

I WISH TO CONTINUE TO RECEIVE NEWSLETTERS AND UPDATES ON THE VPSG WORK.

Name.....  
Address.....  
.....

I WISH TO BE REMOVED FROM YOUR MAILING LIST

Name.....  
Address.....  
.....