

# Vegan Prisoners Support Group

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Prison Retail/Visits Centre News-sheet No. 1 November 2009

To: Governors/Diversity Managers/Prison Shop Managers

## 1994-2009: 15 years of campaigning for equal opportunities for vegan prisoners

**WELCOME** to the first edition of our Prison Retail/Visits Centre news-sheet. The aim of this news-sheet is to not only include news on the addition of two new mail order catalogues and to list the range of vegan products now available on the full National Product List, but also to include other useful information on the care of this minority group.

In this issue we have also listed items already available from Greenham Trading i.e. Safety Boots and Prison Issue Toiletries which are suitable for all prisoners, including vegans - see page four.

### **VPSG/Vegan Society Catering Awards:**

For the past six years a number of prisons have been nominated for our Catering Awards for their efforts to ensure that vegan prisoners are offered a nutritionally sound and varied diet. Two prisons in the public sector have also been awarded our Gold Star awards as they have held their high standard for three consecutive years.

Our **Gold Star-Plus Award** is for the prison which offers equal opportunities in all areas of the care of vegan prisoners. The successful prison needs not only to provide a nutritionally sound and varied vegan diet, but is required to offer equal opportunities in their retail provision and other areas. This particular award has been won for two consecutive years by HMP Lowdham Grange, a Serco Prison.

As our award scheme has created so much interest we decided to add two further categories. (For more details see page three.)

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### **August 2009: two mail order catalogues approved by the prison service**

VPSG has been highlighting its concerns that vegans are disadvantaged in Prison Shops since 1994. In August 2008 NOMS awarded a new national contract for the provision of retail services in public prisons in England and Wales. The service included a new National Product List that extended the range of products available for order by minority groups, including vegan prisoners, to provide daily essentials such as shampoo, chocolate and a variety of snack items.

In August 2009 this was further enhanced by the expansion of the mail order service offering access to two additional companies supplying a range of health supplements including nuts and seeds and toiletries that are suitable for all prisoners, including vegans, through the Catalogue Process.

However, this doesn't mean it's all plain sailing for vegan prisoners from now on as it is still a local prison decision whether to include standard products on local order forms, or to add these companies to their Catalogue Solution.

VPSG is continuing to work with NOMS and the retail providers to secure further improvements to the selection of products and cost of delivery. Efforts also need to be concentrated on vegan prisoners' footwear.

### **After 15 years of VPSG highlighting vegan prisoners were disadvantaged prisons can now offer equal opportunities**

We are pleased to announce that facilities are now available for Governors to ensure their vegan prisoners are no longer disadvantaged.

In the past this minority group has been unable to purchase suitable vegan hygiene or bodycare products or any *nice-to have's* similar to items other prisoners can purchase. Each time a specialist order was required special permission had to be obtained from the Governor.

Prisons can now choose to:

- include the vegan products available on the National Product List on the establishment's local canteen order form.
- approve the use of the new mail order companies Honesty Ltd. and Holland & Barrett as catalogue suppliers.

Prisoners can then order vegan items such as brazils, walnuts, hazelnuts, peanuts, sunflower seeds, dried fruit, herbal tea bags and vegan hygiene/bodycare products.



#### **Honesty Cosmetics Limited:**

This company can provide vegan hygiene/bodycare products for both sexes. None of their products are tested on animals so meet the strict vegan criteria.  
[www.honestycosmetics.co.uk](http://www.honestycosmetics.co.uk)

**HOLLAND & BARRETT**

#### **Holland & Barrett:**

This company can provide nuts, seeds, herbal teas and some vegan supplements.  
[www.hollandandbarrett.com](http://www.hollandandbarrett.com)



From left to right: Verity Hunt-Sheppard (Vegan Society), Audrey Matania (VPSG), Charlotte Dodden (NOMS), Jo-Ann Brown (VPSG), Sarah Haverson (NOMS), Zoe Brewin (NOMS) discussing which vegan products to include on the product list.

## Vegan Items on the National Product List

LPL Ordering Code	Short Descriptions	Packaging Detail	Temperature Regime/Type
M099904	K/fisher T/Paste 100ml	Tube, Non Floride	Non-Food
M093375	Faith/Nat A/Vera Soap	Cellophane/ Paper	Non-Food
M095776	Weleda Deodorant 30ml	Glass	Non-Food
M095777	F/Nature A/Vera Cond	Plastic	Non-Food
M093406	G/Fruit A/Vera Shamp	Plastic	Non-Food
M095775	Bio-D Non Bio Wash Powder	0	Non-Food
M095774	Bio-D Nat Wash Up Liquid	0	Non-Food

M096015	Suma Soya Spread 500g	0	Chilled
M092844	Cheezly White Ched	Plastic	Chilled
M092831	Alpro Soya Milk Sweetd 250ml	Carton	Ambient
M092989	Soleil Soya Milk Unsweet 1L	Carton	Ambient
M096025	Plamil Alt Choc 100g	0	Ambient
M092982	Granovita S/berry Soyage	Carton	Ambient

AAB	Granovita Nut Luncheon 420g	Tin	Ambient
M095896	Suma Super Muesli 500g	0	Ambient
M098778	Malt Raisin Loaf 290g	0	Ambient
M093652	Apricot Flapjack	0	Ambient

ACE	Fruit & Nut Mix 350g	Plastic	Ambient
ACF	Peanuts & Raisins 400g	Plastic	Ambient
ACG	Pitted Dates 250g	Plastic	Ambient
ACH	Tropical Fruit & Nut 350g	Plastic	Ambient
ACI	Brazil Kernels 125g	Plastic	Ambient
ACK	Almonds 150g	0	Ambient

### THE IMPORTANCE OF IODINE IN THE VEGAN DIET

M094726	Kelp Super Tablets 100s	0	Ambient
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Iodine is essential in all diets for the proper functioning of the thyroid gland. The main source for vegans is by consuming seaweed daily, which is impractical in the prison kitchen and unpalatable to most. Therefore it is important that vegans can purchase an iodine supplement [i.e. kelp]. We therefore continue to recommend that this supplement is available on all local listings.

LPL Ordering Code	Short Descriptions	Packaging Detail	Temperature Regime/Type
M100729	Bananas	0	Produce
M097473	Apples Red 4's	0	Produce
M097338	Apples Green 4's	0	Produce
M097099	Granny Smith Apples	0	Produce
M097107	Oranges Medium	0	Produce
M097474	Green Seedless Grapes	0	Produce
M098837	Pears	0	Produce
M097203	Kiwi Fruits	0	Produce
M097149	Lemons	0	Produce
M097153	Limes	0	Produce
M101232	Grapefruits Pink	0	Produce
M097157	Carrots 500g	0	Produce
M094299	Cooking Onions 1kg	0	Produce
M097163	Iceberg Lettuces	0	Produce
M097136	Tomatoes 6's	0	Produce
M097092	Cucumbers	0	Produce
M097482	Garlic	0	Produce
M096614	Mushrooms 250g	0	Produce
M097951	Red Peppers	0	Produce
M097952	Green Peppers	0	Produce
M098054	Fresh Ginger	0	Produce



## Jackie Gourley wins a Special Award



Jackie Gourley  
Diversity Manager  
HMP Send/HMP Downview

"I have been at HMP Send for 6 months now and nominated the Head of Diversity, Jackie Gourley for one of VPSG Awards because of her excellent help and support on vegan issues.

I was able to see her in the first few days after I arrived and immediately was greeted in a friendly and approachable manner. Shortly after our meeting she made arrangements for me to be able to order from the recently approved mail order company Honesty who supply vegan bodycare/hygiene products as well as make-up items. The cleaning products this company stock are so vital in order for me to

be able to keep my cell clean. She also made arrangements for non leather work boots to be provided for me in the gardens and my Holland and Barrett order.

I am confident that Jackie Gourley will address any equal opportunity issue I bring to her attention with her usual efficiency and understanding. She is also highly regarded by other vegan prisoners she has helped and definitely deserves this award for her outstanding work."



Natasha Avery (A5180AA) HMP Send  
(October 09)

## 2007-2009: VPSG working with the Prison Retail Team

Although there were numerous meetings since 1994 to discuss our concerns with several different departments at the Prison Service, there was little movement on the prison shop issue until our meeting with Vincent Godfrey's team in 2007.

During this meeting verbal assurances were given that their aim was to ensure equal opportunities in Prison Shops for all minority group prisoners.

Over the last two years there have been regular meetings with Charlotte Dodden (Regional Procurement Manager), Sarah Haverson (Head of Prisoner Retail) and Zoe Brewin (Senior Procurement Category Manager) as well as DHL on this issue.

In order to facilitate equal opportunities, a selection of specialist vegan items has been added to the full National Product List (see page two). In addition, two new mail order catalogues have been approved through the Catalogue process.

Meetings will continue between VPSG/Vegan Society and the teams at Retail, Procurement and the Contractors to discuss the specialist requirements of vegan prisoners.

## About our Special Awards

Diversity Manager, Jackie Gourley won her Special Award this year for her efforts to ensure facilities were in place for vegan prisoners at both HMP Send and HMP Downview.

Jackie Gourley was nominated by Natasha Avery (see above), a prisoner at HMP Send, who requested her help on various minority group issues. Natasha wrote to VPSG to query why awards were only presented to Catering Departments.

We gave this some thought and decided to offer two new Awards each year: one to either the Diversity Manager or the Prison Shop Manager who ensures vegan prisoners are not disadvantaged, the second award will be for the Visits Room that caters the best for vegans.

This year, The Downs Visitors Centre was nominated by Gerrah Selby, a prisoner at HMP Downview who felt visits should be something special. Many of her visitors had travelled a long way to see her, to find there wasn't anything for them to purchase to enjoy during the visit, so she decided to contact the VPSG to bring this to the attention of the volunteers at the shop.

Soon after vegan items started appearing on the shelves and Gerrah felt they should be nominated for a Special Award.

Well done Downs Visitors Centre - you deserve your Special Award!

THE DOWNS VISITORS CENTRE at HMP Downview won our 1st VISITORS CENTRE AWARD after being nominated by Gerrah Selby, A2014AD. Her nomination reads as follows:

"The visits shop here in HMP Downview now has an amazing stock of vegan food available. They sell everything from soya milkshakes to Alpro Soya desserts as well as an assortment of vegan chocolate from Organica and the Free From range. They really do deserve an award for providing such a great variety of vegan snacks. A massive thanks to the VPSG for all their help and to all staff and volunteers at Downview visitors centre who made this possible."  
(September 09)



Gerrah Selby (A2014AD)  
HMP Downview (September 09)

## Prison Issue Toiletries Suitable For All Prisoners Including Vegans

- |  |  |
|--|--|
| 513023 Toothpaste Fluoride (Sejem/Freshmint) 50 ml   | 513033 Shaving Gel Alcohol Free (Forest) 175 ml    |
| 508623 Toothpaste (Lane/Paris) 2 gm                  | 508620 Shaving Cream Sachet (Lane/Paris) 5 ml      |
| 513015 Shampoo Sachets (Lane/Paris) 12 ml            | 513021 Deodorant Roll-on (Pampered/Ice Blue) 50 ml |
| 513032 Hair & Body Wash Alcohol Free (Forest) 100 ml | 508622 Toothbrush Disposable                       |
| 508639 Bath & Shower Gel Sachet (Lane/Paris) 7 ml    |  |



Code: 102027  
Boot Safety Toe & Mid D-Ring  
Chukka Wat Out Black



Code: 102026  
Shoe Safety Microfibre Wat  
Out Slip On Black S2



Code: 102022  
Boot Safety Comp Aimont  
Grippa White Wat Out  
Scholl I



Code: 102023  
Shoe Safety Comp Aimont  
Grippa White Wat Out  
Scholl I



Code: 143672  
Shoe Safety Four Eyelet  
Tie White Wat Out



Code: 142029  
Boot Safety Slip-On White  
Wat Out Non-Leather



Code: 102086  
Shoe Safety Slip-On  
White Wat Out Non-  
Leather

Greenham Trading can provide Safety Boots [shown above]. However, currently there are no trainers for gym use or casual wear listed. Permission for such mail order purchases from the following companies needs to be made through a Complaints/Request Form:



Vegetarian Shoes  
12 Gardner Street  
Brighton BR1 1UP  
Tel: 0127 369 1913  
www.vegetarian-shoes.co.uk

**ethicalWARES**

Ethical Wares  
Caegwyn, Temple Bar, Felinfach  
Ceredigion SA48 7SA  
Tel 0157 047 1155  
www.ethicalwares.com

Currently each time a vegan prisoner requires new trainers for gym use or casual wear, special permission needs to be applied for and then if approved is arranged through Finance Departments from Prisoners Monies via a cash disbursement. However, our research shows that vegan prisoners usually need to contact our office for assistance in gaining the necessary permission.

