

Providing Partnership Services in Bedfordshire, Essex and Luton



10th February 2015

Community Mental Health In-reach Team
HMP Bedford
St Loyes street
Bedford
Bedfordshire
MK40 1HG

Chair: Lorraine Cabel
Chief Executive: Dr Patrick Geoghegan OBE

Dear Akeem, Becky and Anjana

Re: Success of the Hip Hop Psych workshop on the 20th January 15

Firstly I would like to thank yourselves and your team for delivering a workshop here at HMP Bedford. All prisoners that attended found this workshop beneficial and felt that they could relate to the music material and found the presentation provided complimentary to gain a better understanding of there own mental health needs. The material also supported the prisoners to be empowered through the psychoeducation that was provided.

Initially, they were apprehensive about this type of workshop as this is a very different approach from what they are use to; after the presentation was delivered they were all positive and upbeat to wanting to learn more so that they can start transforming their own lives and look at self-healing themselves, especially when they have limited resources in a Remand Prison like HMP Bedford. They feel that the knowledge and understanding of this Workshop has helped to develop their own coping skills in this environment that they are within. Also, this event has nurtured them to help them put into practice what they learned.

The delivery of medical and academic information was translated in an accessible manner, which incorporated medical and neuroscientific research to promote the positive messages that hip-hop music has to offer, and this was demonstrated for example through verbal dexterity and freestyle brain cognitive patterns.

Overall, HIP HOP PSYCH delivered a well organised presentation; this has given the prisoners the opportunity to look at their own mental health problems in a positive and dynamic way. Additionally, this has helped them with the greater understanding, to relate to mental health in the way that communications was delivered at their level that they can relate and understand.

We look forward to having your HIP HOP PSYCH team here again to deliver this presentation as both the Chaplaincy and myself have seen the benefits that it has on Prisoners and their mental health in a positive way.

Kind regards,

Shindy Powell
Community Psychiatric Nurse
HMP Bedford In-Reach Team

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