

Inside Prep 5 — Staying Connected to the Outside

INSIDE KNOWLEDGE | FREE SUPPORT RESOURCE | LOU MYX

One of the hardest things about being inside is feeling cut off from the people you love. This module is about staying connected—emotionally, practically, and securely—with the outside world.

Staying Connected: Key Tips

Make a list of people you want to stay in touch with—write down full names, addresses, and phone numbers before you go in.

You'll need to get phone numbers approved—this can take a few days, so prioritise wisely.

Tell your people not to panic if you can't call straight away. The system takes time to catch up.

Use Email a Prisoner or Purple Visits if the prison allows—it's faster than letters and more reliable than waiting for visits.

Try to write one letter a week. It doesn't need to be long—it just says: I'm here, and I care.

Ask your family to send photos through the proper process (not in the first few weeks if you're in closed conditions).

Let them know how to send money correctly—each prison is different, so double-check.

Tell people how best to support you: a weekly message? A postcard? A top-up? Be specific—it helps them help you.

Ideas to Write or Talk About

- Something that made me laugh today...
- Something I miss about you...
- A memory that's keeping me going...
- One thing I hope for when I get out...
- What I've learned this week...

Personal experience and general support only. Prison rules, entitlements, procedures and available services vary and may change. Check current arrangements with the relevant prison or official guidance before relying on practical details.