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Lockdown Survival Guide

Rebecca Fecitt – ABL
Health

- Pre Lockdown – working across 35 prisons to gather service user feedback and feeding this back to Healthcare services, Prison service staff and the Health & Justice Commissioners
- Aim is to support prisoners be involved in the design, delivery and procurement of their healthcare.



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- Post lockdown – Supporting other staff and working across ABL to ensure delivery continues
- Team thought of ideas to support staff/prisoners we usually would be working with within Prisons
- Following a mind map session – the idea to create a lockdown survival guide... based around the 5 ways to wellbeing
- Browsed the web, spoke to friends, family, colleagues
- The lockdown survival guide was born



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Feedback



Brilliant feedback



Shared with stakeholders, staff, family, friends and many more



Updated every fortnight, aim is to keep people engaged, interacting and using the five ways to wellbeing, try to support everyone to protect their well-being.