

#### Site

HMP Whitemoor

#### Name of project / initiative

SMT group supervision sessions

#### Overview

Our SMT group has created a 1.5hr protected time 3 times a month whereby we have a supervision session exclusively for the group only. We have been developing this over the last 4 months and it is providing a safe space for honest, often emotional and frank discussions about our own thoughts, feelings and wellbeing. The purpose is to support each other and provide ourselves space away from our desks and work teams. We have an agreement that the meetings are confidential and protected. One of our SMT colleagues is a trained psychologist facilitator who facilitates the process.

#### Longevity

Since December 2020

#### Benefits

A more effective SMT, including: better understanding of one another; improved mutual support; exchange of ideas; more effective problem solving.

#### Uniqueness

We don't think this is done anywhere else at present

#### Applicability

This could be done anywhere – there is interest from a number of other prisons

#### Requirements

Senior management buy in and commitment to make the time available

#### Contact (for more information)

Natasha Sargeant, Head of Psychology - [Natasha.sargeant@justice.gov.uk](mailto:Natasha.sargeant@justice.gov.uk)

---

#### Submitted by

Roslyn Wood, Head of Safer Prisons, Equalities/Foreign Nationals & Use of Force - [Roslyn.wood@justice.gov.uk](mailto:Roslyn.wood@justice.gov.uk)