



ICPO NEWS

Issue No. 75

Autumn 2017



ICPO

It is estimated that at any one time there are in excess of 1,200 Irish people in prison overseas. Irish Council for Prisoners Overseas (ICPO) has contact with Irish people in prisons in more than twenty five countries, the majority of whom are in the UK, with many more detained throughout the US, Australia, Europe, South and Central America and the Far East.

The Irish Council for Prisoners Overseas (ICPO) was established by the Irish Catholic Bishops' Conference in 1985 in response to serious concerns regarding the number of Irish men and women in UK prisons. These deeply held concerns related to their trials and subsequent imprisonment.

In recent years ICPO has been able to offer a more comprehensive service to prisoners and to expand our existing services to prisoners' families. ICPO works for all Irish prisoners wherever they are. It makes no distinction in terms of religious faith, the nature of the prison conviction, or of a prisoner's status.

The objectives of the ICPO are to:

- Identify and respond to the needs of Irish prisoners abroad and their families;
- Research and provide relevant information to prisoners on issues such as deportation, repatriation and transfer;
- Focus public attention on issues affecting Irish prisoners (ill-treatment, racist abuse, etc);
- Engage in practical work in aid of justice and human rights for Irish migrants, refugees and prisoners at an international level;
- Visit Irish prisoners abroad where possible both in the UK and elsewhere.

STAFF

Maynooth

Brian Hanley, Catherine Jackson, Claire O'Connell, Ciara Kirrane, Ian Hanna, Catherine Kenny and Bernie Martin

London

Fr. Gerry McFlynn, Liz Power, Breda Power, Russel Harland and Declan Ganly

Volunteers

Maynooth: Sr. Agnes Hunt, Eileen Boyle, Joan O'Cléirigh and Sr. Anne Sheehy

London: Noel Wynn, Sr Moira Keane, Sr Agnes Miller, Sara Thompson, Kathleen Walsh and Sally Murphy

ICPO is a registered charity with covenanted tax status under its parent body the IECE. UK: 280742 Ireland: CHY 5956

Views expressed in 'ICPO News' are the author's own and not necessarily those of the ICPO

How we may be contacted:

ICPO, Columba Centre

Maynooth, Co. Kildare, Ireland

Tel: 01-505-3156 Fax: 01-629-2363

Email: icpo@iecon.ie Web: www.icpo.ie

ICPO, 50-52 Camden Square

London NW1 9XB, England

Tel: 0207-482-4148 Fax: 0207-482-4815

Email: prisoners@irishchaplaincy.org.uk

Material on these pages are copyright © the Irish Council for Prisoners Overseas or reproduced with permission from the copyright owner. It is not permitted to reproduce, republish, redistribute or resell, in all or in part, any material from this newsletter without the written permission of the editor.

ICPO is greatly indebted to its funders for their generous support.



An Roinn Gnóthaí Eachtracha agus Trádála
Department of Foreign Affairs and Trade

Contents

Kate Jackson—A tribute	3
Transfer of Licence	4
Addiction	6
Transfer of Prisoners	7
Family Page	8
No Regrets	10
London Update	11
Listowel Short Story Winner	12
Listowel Poetry Winner	16
Writing Competition	16
Poetry Corner	17
Sports Shorts	18
Prison in Australia	20
Smidín Gaeilge	21
Challenge Yourself	22

Greetings from all in the ICPO,

Much has happened since our last newsletter in June, both good and bad. On the positive side, ICPO secured funding for an additional two years for Ian Hanna's post as caseworker for 10 prisons in the north east of England. I know he has visited quite a number of prisons in the region this year and the extra resources being devoted to clients there has been a welcome development. Our colleague and long-time caseworker, Catherine (Kate) Jackson sadly passed away after a lengthy and courageous battle with cancer. We were all touched by the attendance at her funeral of one of her former clients and see it as reflective of the difference she made in the lives of those she worked with. She will be greatly missed.

In this edition we provide an update on the vexed issue of repatriation, as well as a detailed article about how to apply to return to Ireland when released on licence in the UK. Darren Butler provides us with an insightful piece on addiction and the importance of hope.

Our cover photo this time is of Skellig Michael, just off county Kerry. It is one of the most beautiful places in the world and right on our doorstep. I gather it has become an even more popular destination since it appeared in a recent Star Wars movie. We thought some of you might wish to hang this picture of a picturesque place in Ireland on your wall.

The newsletter also includes another thoughtful piece from Bernie Martin, as well as a large selection of poetry and prose from ICPO clients. Warmest congratulations to our Listowel winners again this year. Hopefully more of you will be inspired to pick up a pen and give it a try.

My thanks as always to our regular contributors - Cairtriona Ní Bhaill, author of Smidín Gaeilge and Ian Hanna for his popular sports supplement. Lastly, I wish to thank the ICPO staff and volunteers (in particular Eileen Boyle) for their hard work in putting this newsletter together.

Brian Hanley
ICPO Coordinator

Kate Jackson - A Tribute

On the 10th of September, 2017, we lost our beloved friend and colleague Kate Jackson. Kate met her illness with the same courage, dignity and grace she brought to all aspects of her life.

Joining ICPO in the autumn of 2006, for more than a decade she provided exemplary support to hundreds of Irish people imprisoned in the United States, Canada and Europe. Ever self-effacing, Kate was remarkably gifted. She carried her formidable intellect lightly, preferring instead to wear a coat of kindness, warmth and good humour.

Whilst we grieve for our dear Kate, we draw comfort from the abundance of kindness we received from so many of Kate's clients in recent months - many of whom wrote to Kate directly. Here is just a small sample of the messages we received:

"Thank you for all you have done for me Kate. You have made putting the pieces back together far easier and for that I am eternally grateful."

"It's such a pleasure to hear from you. My first thoughts on receiving your letter were of amazement, when I think of the situation you are in and the fact that you would take the time to write... I was and am blown away - thank you so much. I was immediately drawn to say a prayer again for you. I asked God to please consider the many years you have selflessly given of your time to me and many others in bad situations in prison."

"She has remarkable fight in her spirit, a very lovely person. A great lady."

"Kate, take care of yourself. My thoughts are with you and I miss the kind words in your letters. I'll continue to pray for you and ask God to protect one of his angels."

To those of you she worked with, you should know that Kate was deeply committed to all her clients; visiting many of you; striving to ensure people's fundamental dignity was always protected and seeking remedy where it was absent. She had an unwavering belief in the value of every person she met, the power of redemption and the importance of second chances.

Kate kept a number of John O'Donohue's books on her desk - often including a well-judged quote or message from the author when she felt one of her clients needed it. There are a few sentiments in his poem "For the Dying" that best sums up what Kate meant to all of us and what we, her friends and colleagues most wish for her:



May you see the reflection
Of your life's kindness and beauty
In all the tears that fall for you.
May your spirit feel
The surge of true delight
When the veil of the visible
Is raised, and you glimpse again
The living faces
Of departed family and friends.
May your heart be speechless
At the sight of the truth
Of all your belief had hoped,
Your heart breathless
In the light and lightness
Where each and every thing
Is at last its true self
Within that serene belonging
That dwells beside us
On the other side
Of what we see.

May she Rest in Peace.

Brian Hanley
ICPO Coordinator

Transfer of Licence

Transfer of Licence

In the United Kingdom, people serving a determinate or fixed sentence of over 12 months will be released from prison on licence half way through their sentence. They are still serving their sentence but can live in the community rather than being in prison. People serving indeterminate sentences (those serving life sentences or sentenced of Imprisonment for Public Protection (IPP)) may also be released on licence. People serving a life sentence will be subject to licence conditions for the rest of their life following release from prison. People serving a sentence of Imprisonment for Public Protection (IPP) will be subject to licence conditions for at least 10 years. All prisoners released on licence are subject to recall to prison if they breach the conditions of their licence.

Being on licence allows prisoners to reintegrate into society and rebuild their family relationships. While they are on licence, they must comply with certain rules and are supervised by the UK Probation Service. If they break any of these rules they may be recalled to prison. Before release, the prisoner will be given a copy of the licence and have the conditions explained.

Many Irish prisoners wish to return to live in Ireland during their licence period. The UK Prison Service recognise that allowing offenders on licence to permanently resettle abroad including Ireland ensures that they can access the support of their close family and alleviates the hardships faced by family members seeking to maintain contact. It is therefore possible to apply for permanent resettlement in Ireland while on licence. Prison Service Instruction 08/2015 on Permanent Resettlement outside England and Wales of Offenders subject to Post-Release Supervision sets out guidelines for application. Licences imposed in England and Wales are not enforceable outside the UK including Ireland. In some cases the Irish Probation Service will agree to supervise a person who has been permitted to resettle in Ireland during his/her licence period. This includes people who are subject to a life licence.

Requesting Resettlement in Ireland

If you wish to return to Ireland during your licence period, you should notify your offender manager/probation officer well in advance of your release date to allow sufficient time for your request to be considered. A risk assessment will be carried out and your UK probation officer will consider the following:

1. Do you have close family or residential ties in Ireland, including, but not limited to, any compassionate reasons? If you do not have any such ties to Ireland, your application will be refused.
2. Is your offence connected or potentially connected with Ireland, or is generally connected with overseas activities? If yes, your application will be refused.

If you fulfil both of these conditions, your probation officer will consider whether your resettlement in Ireland would increase the risk of you reoffending and/or undermining your rehabilitation. If yes, your application will not be successful and you will not be permitted to resettle in Ireland during the period of your licence.

If approval is given for you to resettle in Ireland, your probation officer in the UK will explain that your licence remains in force while you are in Ireland and they should inform you of the expiry date. If you return to the UK while your licence is still in force, you should contact the service that managed your licence in the UK. If you do not do so, you may risk recall to prison. Once approval is given, your offender manager or probation officer is expected to contact the Irish Probation Service to see if they can provide supervision on a voluntary basis following the move.

Supervision by the Irish Probation Service

There is no formal agreement between the Probation Services in the UK and Ireland in relation to transfer of licence. Requests are dealt with on a case by case basis. Once the Irish Probation Service

receives the request they may carry out a home circumstances assessment. As well as your family and living arrangements, they will also consider issues such as the offence (the type of offence may affect where you can live for example), any possibility that you may reoffend, your behaviour in prison and whether you are likely to abide by the conditions of your licence. They will expect you to spend some time in the UK on licence before agreeing to supervise you in order to be satisfied that you will not offend again or breach any of the terms of your licence.

While your licence is not enforceable in Ireland and the supervision you will receive from the Irish Probation Service is voluntary, if you fail to comply with your supervision and licence requirements, the UK Probation Service will be immediately informed and they may initiate breach/revocation proceedings in respect of your licence and a warrant may be issued.

Prisoners on Home Detention Curfew (HDC)

Prisoners who are serving sentences of between three months and under four years may be eligible for Home Detention Curfew (HDC). It allows prisoners to live outside of prison providing they do not breach the rules of their curfew and is designed to help prisoners prepare for life after their release. They must sign a licence stating the hours during which they must remain at their home address and must have an electronic tag fitted. Prisoners on Home Detention Curfew (sometimes called 'on tag') cannot apply to have this transferred to Ireland.

Transfer of Licence from England and Wales to Northern Ireland

There will be different considerations when a person on licence applies to transfer to another UK jurisdiction, compared with applying to resettle outside the UK. If you wish to return to Northern Ireland during your licence period you will be subject to equivalent monitoring following transfer. There is, therefore, no requirement that you must spend a minimum period of time on licence in England and Wales prior to transfer but the probation service in Northern Ireland may require you to spend some time in England on licence before you return.

The UK Probation Service will assess the level of family or residential ties that you have with Northern Ireland and whether the transfer would increase the risk of your reoffending and/or undermining the protection of the public.

If you meet both of these criteria, the supervising officer must consider whether the transfer should be on a restricted or unrestricted basis. You may only be transferred under restricted transfer arrangements if you have the type of sentence which does not exist in Northern Ireland or there would be a significant reduction or increase in the period or level of supervision in Northern Ireland compared to what you would expect in England and Wales.

Transfer of Licence from Northern Ireland to the Republic

Prisoners in Northern Ireland may also be released on licence in accordance with the Criminal Justice (Northern Ireland) Order 2008. Until recently prisoners wishing to transfer their licence to the Republic were often unable to do so as they were told by the Probation Board of Northern Ireland that they were required to reside in the UK for the duration of their licence and the Board had no discretion to permit prisoners on licence to reside in the Republic. However, the Northern Ireland High Court rejected this interpretation and held that the relevant Rules should be interpreted to allow people on licence to live outside the UK under standard licence conditions. This should be good news for prisoners in Northern Ireland wishing to transfer their licence to the South but we are aware that some applications at least are still not being processed.

How the ICPO can help

If you have any questions regarding resettlement in Ireland or Northern Ireland on licence or would like further information or advice, please contact our Maynooth or London offices. If your UK Probation Officer is unaware of the possibility of resettlement on licence abroad or of the rules that apply, we can write to them or speak to them by phone.

Catherine Kenny
Casework Information and Policy Officer
Maynooth

Addiction

A person's heaven and hell, their best friend and their worst enemy

Addiction is a challenge many people find themselves facing. No one ever signs up for the hardship addiction will put on an individual and family. While we all expect to face challenges through life, for some addiction can and will be the biggest challenge they encounter. Throw into the mix a prison sentence and you now have them facing two of the most difficult obstacles a person may experience. Those in addiction often ask themselves, why am I doing this to myself? They didn't choose to damage their life or their many relationships. While in the midst of addiction those involved don't understand the hurt to someone else. Addiction is a prison, the user is locked up in a mix of emotions and helplessness. At times hope is not something a prisoner or those in addiction feel or see.

Drugs/Alcohol is a person's God, Heaven, best friend, and worst enemy. Addiction and prison can have many of the same feelings and emotions.

Addiction can feel like being in a pitch black dark room with a key but you can't find the door, much like what prison can feel like. The most

important thing to know and remember is there is a door, an exit, a way out. We often hear the many clichés like addiction knows no race, age, economic status, well the good news is neither does recovery.

'Recovery is here for all of us we just need to decide when it's our time'

Addiction and prison robs you and your family of happiness, and can sap most of your strength as well as your health in many cases. A large percentage of the people serving time in prisons are addicted to drugs and/or alcohol. Many might think that if they were just able to "get sober" and able to stop using drugs or alcohol that all problems would be solved, and they'd live a life of recovery.

Addiction recovery is about more than just the abstaining from drugs. Recovery from drug/alcohol addiction is a difficult journey - and while many get on the right road and head in the right direction, it will always throw up many twists and turns along the way. The hurdles will consist of highs & lows and people who will judge you. However, it's a journey that everyone recovering from addiction must travel in order to move forward towards health and freedom. This is why recovery from substance addiction doesn't just start with abstinence; it starts with hope.

'Hope is the only thing stronger than fear'

Recovery can start with having goals but that isn't always enough and you may need something to keep

your focus on those goals. That something to help you focus can be hope. Hope comes in many different forms and it's important to accept the support that is made available. For prisoners it may be a drug programme available in prison or through the Probation Service on your release. Recovery starts with the individual but needs to move on to the supports that are available, especially when on release. Preparing for the many challenges when a prisoner is

released is essential. A person's successful re-entry into society can be viewed through how adequately they are able to meet six basic life needs: livelihood, residence, family, health, criminal justice compliance and social connections. These challenges can only be met with the help of the supports that are available. They can be eased by using the time while in prison to prepare yourself; whether it's to seek out possible links with support agencies or to nurture an ongoing relationship with family or in some instances to help re-connect those who may have lost touch with family and friends. Hope isn't just wishful thinking - it's the foundation of your recovery, each journey is different and you have the power to write a happy ending to your story.

GOD GRANT ME THE
SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE
COURAGE
TO CHANGE THE
THE THINGS I CAN AND
WISDOM
TO KNOW THE DIFFERENCE

Darren Butler
Irish Bishops Drugs Initiative

Transfer of Prisoners (Repatriation)

It is now over 14 months since the Supreme Court dismissed the State's appeal in *O'Farrell, McDonald, Rafferty v The Governor of Portlaoise Prison*. All applications received from prisoners abroad are currently 'on hold' while the Department of Justice and Equality consider the implication of this judgment and obtain legal advice. As recently as the end of July 2017, the new Minister for Justice and Equality, Charles Flanagan TD indicated in a reply to a Dáil question that this process was still ongoing and due to its complexity, it was not possible to give a time frame for its conclusion¹.

This is completely unsatisfactory for Irish prisoners overseas wishing to transfer their sentences and for their families. No repatriations have been completed since January 2016. There are currently 33 applications from Irish prisoners abroad wishing to transfer their sentence to this country² with some of these applicants waiting for several years for their application to be processed. The current impasse is causing considerable hardship for prisoners and in particular for their families, many of whom are not in a position to visit their loved ones in prison. The issue or issues for which legal advice is being sought have not been identified and prisoners face delay because of an unknown problem and an unknown timeframe as to when it will be addressed. As one parent told ICPO recently:

"My son is asking me weekly what the situation is and it is getting frustrating telling him each week that I do not know what is happening".

Even when applications were being processed the low rates of inward transfers and the long delays in processing applications was of concern to ICPO. Figures from the Department of Justice show that since the Transfer of Sentenced Persons Act came into operation on 1 November 1995, only 154 prisoners have been transferred into Ireland from abroad out of 527 applications³. Worryingly, there has been a significant but unexplained decline in the number of applications being completed in recent years. In the period from 2011 to 2016 inclusive, only 13 applications were processed to completion which compares unfavourably with 80 in the 5 years after the Act came into force. This is also in contrast to the 49 foreign national prisoners who have been repatriated to their own countries from 2011 to 2016.

Moreover, Ireland has yet to transpose the Framework Decision 2008/909/JHA, which governs the transfer of prisoners among EU Member States, into Irish law. In March the then Minister for Justice and Equality stated that draft legislation would be published later this year. The Minister must also clarify the position of prisoners in countries outside the EU and in the UK post Brexit.

ICPO will meet with senior officials from the Department of Justice and Equality later this month. We urge the Department to prioritise the repatriation of Irish prisoners and ensure that any necessary legislative changes are put in place as a matter of urgency to allow for the processing of inward applications to commence without delay.

It is reasonable for them to ask the Attorney General's office when it will consider the Supreme Court judgment and provide their advice as a matter of urgency if they have not already done so and this information should be shared with anxious prisoners and their families. In addition, the backlog of applications must be processed in an expeditious manner permitting the repatriation of those prisoners whose applications are currently on hold.

Catherine Kenny
Casework Information and Policy Officer
Maynooth

¹ Response to PQ No 542, 26 July 2017

<http://oireachtasdebates.oireachtas.ie/debates%20authoring/debateswebpack.nsf/takes/dail2017072600030?opendocument#WRCC03800>

² Response to PQ No 542, 26 July 2017

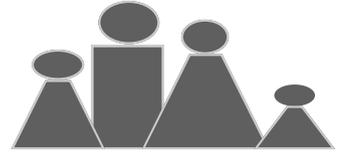
<http://oireachtasdebates.oireachtas.ie/debates%20authoring/debateswebpack.nsf/takes/dail2017072600030?opendocument#WRCC03800>

³ Report by The Tánaiste and Minister for Justice and Equality, Frances Fitzgerald to the Houses of the Oireachtas on the Operation of The Transfer of Sentenced Persons Acts, 1995 and 1997 for the period 1 January, 2016 - 31 December, 2016 (In accordance with Section 11 of the Act):

http://opac.oireachtas.ie/AWData/Library3/JUQdoclaid280417B_140014.pdf

⁴ Framework Decision 2008/909/JHA on the application of the principle of mutual recognition to judgements in criminal matters imposing custodial sentences or measures involving deprivation of liberty for the purpose of their enforcement in the European Union [FD 2008/909/JHA]

FAMILY ISSUES



This section is for families who have a loved one in prison.

Do you have useful information that may be helpful to other families?

Have you a question you would like to see answered on this page in the future?

If so, please contact Claire O'Connell, Caseworker and Family Support Officer, ICPO, Maynooth.

In the September 2016 Issue our Family Issues page focused on the experiences and emotions that family members might have when a loved one is first detained in prison. In this issue I will delve into what it can be like for families around the time of sentencing or trial.

Approaching the time of a trial or sentencing hearing can be a period of heightened anxiety for both prisoners and families. A prisoner may have been given an indication of the likely sentence they would receive if convicted but this is only a guideline. As the hearing date gets nearer you may feel more and more on edge and wish it was all over. Try scheduling in activities and physical exercise which you know from experience help you relax. You might like walking, meditation or talking to a friend. These activities will not magically fix the anxiety you feel but may help to keep emotions more manageable. There may be times where you just feel completely overwhelmed by things and that is normal. Remember that ICPO is always here to talk.

Should you attend trials and sentencing hearings?

Many relatives ask us whether they should attend their loved one's trial (if they are pleading not guilty) or sentencing hearing. It is likely that your loved one will take comfort and support from your presence but you should also consider how you might handle the following:

- If you attend a trial, then depending on the nature of the crime you might hear and see difficult evidence such as autopsy pictures and graphic descriptions of the crime.
- Trials can last a number of weeks depending on the case and there is a cost implication for families travelling from Ireland.
- You may hear prosecution witnesses speak about your loved one in ways that make you feel hurt and angry.

- During a trial you may see your loved one from a distance but not have the chance to talk. During sentencing you might only see your loved one on video link and not in the court room, depending on the situation.
- You may encounter victims' families in the court house who may or may not be hostile.
- Sentencing hearings and trial dates are sometimes moved at short notice. If you are travelling from overseas this is important to bear in mind.
- Due to confidentiality and time constraints you may find that your loved one's solicitor is not very forthcoming with information on how things are going or what the likely sentence could be.
- Depending on the case there may be media outside the court who may approach you or photograph you. We generally advise families not to engage with the media.

Considering these points in advance can help you plan for how you will handle challenging situations. If you do decide to go to a trial or hearing you should consider bringing another person as moral support and not attending on your own. Sentencing hearings can be highly emotional for both prisoners and their families and it's better not to head home alone afterwards. For many families it may simply not be possible to attend the trial or sentencing hearing due to financial constraints or distance. It's important to know that there are other ways that you can support your loved one, for example by phone calls, letters and emails once they settle into prison. You can also help by getting references of good character if asked by the solicitor. If you cannot or prefer not to attend during trial or sentencing, visiting a loved one a week or two after sentencing can be beneficial as they will be settling into a new prison and be glad to see a friendly face. This way there is less chance that they will be

moved between you booking your visit and attending, but you should always ask if they are expecting to be moved before booking anything.

ICPO can help families with the costs of prison visits so please do get in touch if you are planning to travel to visit a loved one in prison.

What happens after conviction?

Typically after a person is found guilty at trial or has pleaded guilty, the judge will request a pre-sentence report to be prepared by a probation officer (unless they deem it unnecessary), plus the compilation of other documents which might include a list of previous convictions and victim impact statements. A sentencing hearing will then be scheduled. Procedures can of course vary depending on the country in question.

When a prisoner is pleading not guilty, a subsequent guilty verdict can be a dreadful shock for him/her and their family. The handing down of a surprisingly long sentence can generate the same feelings. You may be left reeling. Try not to head home alone and instead have the company of someone who can support you. You might consider clearing your schedule for a few days so you can process what has happened.

For other prisoners and families, sentencing can actually come as a slight relief; sometimes it is the not knowing and the waiting that can be most stressful. When the sentence is handed down a prisoner and their family knows what they are facing into and can start to plan for how they will get through the time.

In some countries, remand prisoners are held in the same prisons as those who are convicted. However in many places they are held with other remand prisoners only in a jail or remand centre. The regime in these places can be strict and there may be more restrictions on visiting, meaning that prisoners are often relieved to move into the general prison population where there can be more structure, better conditions and a more advantageous visiting regime. In some prisons you can arrange a special "family visit" which allows much more time, sometimes four hours, to spend with your loved one. This is particularly beneficial when a prisoner has children.

Where will they be taken?

You will likely want to speak to your loved one as soon as possible after sentencing. However, you should be aware that there are a few factors which may make this difficult. After sentencing a prisoner may or may not be returned to the jail or prison where they are detained. They will likely be "categorised" and sent to a prison of an appropriate category. (In the UK there are categories A to D, A being for the most serious offences and D being an open prison). This process could take a few days or longer depending on the prison system.

If you cannot locate your loved one, please get in contact with ICPO as we may be able to assist with that. Keep a note of their prison number to hand in order to help us. ICPO can sometimes arrange for a chaplain to check in on a prisoner, indeed there are some countries in the world where prisoners are not allowed phone calls and a chaplaincy visit can be the only way to get swift information on how a prisoner is doing.

Why haven't they rung home?

When moved, a prisoner will likely need to have their family's phone numbers "cleared" before they can ring them. With mobile phones it can be surprising how few numbers we know "by heart" these days. Therefore you could encourage a loved one coming up to sentencing to commit your phone number to memory so if their possessions are held up while being transferred to a different prison after sentencing then they can still apply to have the number cleared. They might also need to know your address and that of their solicitor. In some countries prisoners are entitled to a free emergency phone call whereas for all other calls they will need to have money in their prison account. Lack of funds may therefore be another reason why a prisoner may not have rung. The prison can usually advise on how to send money to a prisoner's account but if you are unsure please contact ICPO for assistance.

Remember - Coming up to trial and sentencing is a time of great uncertainty for both prisoners and their families and it is normal to feel anxious. ICPO is here to help and advise during this difficult period. Please contact us on 01 5053156 to talk to one of our caseworkers.

No Regrets



Each of us spend a good part of our lives in regret, I wish I had done this or I wish I had done that, or said this or said that, or went here or went there. How often have we thought; if I hadn't done that then my life would be better now, if I had stopped then everything would be better.

Life does not have a rewind button. You cannot change the past through regret, you cannot rewrite the pages of your life. Spending time looking back will only prevent you from making progress. You must accept that what is done is in the past and move forward.

As human beings we all make mistakes. Some mistakes have bigger consequences and impact on our lives in a massive way. We carry heavy bundles filled with regret and guilt and they weigh us down making it difficult to move forward. We trudge through mountains of negativity and wear ourselves out with it. All is not lost though-we are lucky that each day is a new beginning and a new chance to start afresh. If you can forgive

yourself for things you did or didn't do then you are well on the way to finding peace. The most important thing is that you recognise your mistakes, forgive yourself for making them and try not to make them again.

The famous French singer Edith Piaf released a song in 1960. Non, Je Ne Regrette Rien is a beautiful song in which the singer lets go of a lifetime of emotional baggage - the good, the bad and the ugly. She sings "I regret nothing" moving on with her life and into new experiences.

"No, absolutely nothing
No, I regret nothing
Not the good things that have happened
Nor the bad, it's all the same to me
It's paid, swept away, forgotten
I don't care about the past!"

Forgiving yourself is tough and it will take some work but it will be worth it

- Let the past be past and live in the present
- Stop beating yourself up about something that happened two or five or ten years ago
- Don't let guilt and shame control your thoughts and behaviour
- Accept yourself as you are, warts and all.

Imagine the freedom of not being laden down with bundles of regret and guilt. Imagine how light your step would be and how happy and peaceful you would feel. You owe it to yourself to try.

Bernie Martin
Maynooth

Update from London ICPO Office

Fr. Gerry McFlynn, ICPO London



It seems no time since our last letter and here we are again in autumn after a somewhat mixed summer in terms of weather. Let's hope autumn will be better.

Staff members in the London office have been busy keeping pace with the volume of letters, phonecalls, and casework resulting from prison visits. **Breda Power** visits all the male London prisons and does the follow-up casework while **Liz Power** our main caseworker, deals with the casework resulting from visits nationwide. **Russel Harland** who works one day a week, also helps with casework. **Declan Ganly** deals with IT and generally helps to keep the office ticking over. **Ellena Costello** leads the outreach service to Travellers and often accompanies Breda and Fr Gerry on prison visits. **Fr Gerry McFlynn** visits prisons throughout the country and helps with the ICPO's public profile by attending meetings and conferences, as well as writing articles, etc. **Ian Hanna** from the ICPO, Maynooth office supports clients in 12 prisons in the north of England.

Our regional prison visitors are **Sr Agnes Miller** (Bronzefield and hopefully Downview, before long) and **Sally Murphy** (five prisons on Merseyside). We have had to say farewell to **Jayne O'Connor**, our prison visitor in the south-west, who has moved to the north of England to be closer to family members.

Sadly, **Sr Maureen McNally**, our prison visitor for Coldingley, Erlestoke and Guys Marsh, and one of ICPO's longest-serving members, suffered a stroke earlier this year and is unable to continue her important work. We would ask you to keep her in your prayers.

Noeleen Curran from the Irish Embassy, also visits prisoners throughout the country and liaises with us in respect of follow-up casework. Because we have such a small team of workers and volunteers, answering letters and taking phonecalls, to say nothing about the casework, can be very time-consuming. Again, we would ask you to be patient with us and not to expect a quick response to letters, etc.

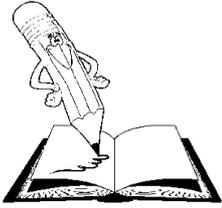
The Changing nature of Prison Chaplaincy

Some prisoners have expressed concern at the way in which Prison Chaplaincy seems to have changed. The Chaplaincy, they say, isn't what it used to be and you can't get a priest the way you once did. The truth is that there has been a gradual change in the nature of Chaplaincy service over the past decade or so from a denominational faith-specific service to a more generic service involving teamwork. A significant feature of this change is the increase in the number of lay chaplains. The majority of priests are now so committed to parish work that they don't have the time to engage in prison pastoral work beyond the taking of the weekly Mass. Every Chaplaincy now has a Managing Chaplain who heads up a team of full-time/part-time and volunteer chaplains who are all responsible for the pastoral care of prisoners and staff. While there are arguments for and against this model, the reality is that practically every prison now operates

this generic service which means that while religious services appropriate to the particular denominations are provided, pastoral care can be administered by any member of the Chaplaincy team.

I know from my experience as a full-time Chaplain in Wormwood Scrubs and from prison visiting throughout the country, that some prisoners (especially Travellers) don't feel comfortable with this model. However, the model has now "bedded down" throughout the state and is clearly here to stay.

No model will ever be perfect but Prison Chaplaincy (whatever its shortcomings) is a wonderful resource and can make such a difference to prisoners' lives. Please use it!



Winner of Listowel Writers' Week Competition 2017

WINNER: Short Story
Writing in Prisons

Seven

As Siobhán walks along the dust track adjacent to the trees of the Forest of Light, the small lanterns which light the path illuminate. The starry night's silence is broken by the songs of the nightingales from deep within the forest. She stands motionless for a few moments and listens to the sweet music generated by these beautiful birds. The night air is



chilly and scented with the smell of burning wood from the camp fire which was lit earlier in the evening by Savanha, the Witch of the South. Kneeling to examine one of the lanterns which brighten the path, Siobhán holds the light in front of her face and looks through the

glass window. She watches as the flame dances suspended in mid-air. Upon closer examination of it, she can find no wires or cables leading into it, shaking it, she can hear no fuel splashing around inside. The flame is not a candle. It is not a burning wick. It appears to be just a naked flame flickering in a glass chamber. Placing it back onto the ground, Siobhán thinks of how bizarre the Land of the South is and how anything is possible here.

The sun begins to slowly slip behind the mountains casting a shadow over the Forest of Light, as Siobhán gazes into the pool of milky sapphire-tinted water. As the shadow falls over the pools, they light up like the lights on a Christmas tree. Siobhán watches in astonishment as the fish glow brightly in different colours as they search for food. Separating the two bodies of water is a solid rock bridge which arches from the green banks of the Forest of Light to a stony path which leads to an opening in the mountain face. The darkness has cast shadows on the face of the mountain and for the first time since arriving in the Forest of Light in the

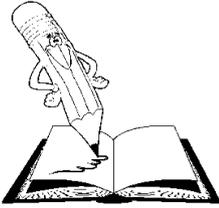
Land of the South, Siobhán feels afraid.

A scraping sound makes Siobhán jump and she stands like a gargoyle with her mouth wide open as it grows louder. The sound is emanating from the cave in the mountain face. Siobhán is able to make out a faint light which becomes brighter as the sound grows louder. Apprehensively, she takes a few steps in the direction of the rock bridge and as she stands facing the opening in the mountain, she can make out some sort of small figure which sways from side to side, as does the light. After some seconds, the scraping sound ceases, only to begin again. She then notices some sort of strange creature emerge from the darkness of the cave and immediately her eyes widen and she holds her breath with fear.

Fully clear of the cave, Siobhán can now see that the creature is a little man who is dragging his right leg behind him as he walks. Standing in the moonlight, he looks back at her whilst holding an oil lamp. There seems to be no part of his body which is of normal appearance. Siobhán stands frozen as if she is chiselled out of living rock.

As he came closer, Siobhán can see that the little man's head is almost bald, other than a few patches of hair, one on the right side above half an ear and the other at the front left side of a deformed skull, there is nothing. The skin on his head is red and angry. It is as dry and wrinkled as a shed serpent's skin which has lain all day under a sweltering sun. It is cracked in parts and oozes puss above the left ear. His crossed eyes sit above two open holes in the front of his face where his nose should have been and yellow teeth separated by wide gaps fall over his bottom lip and protrude out at an angle.

The little man moves forward, dragging his right foot behind him with the aid of a crutch under his right armpit. Covering his torso he is wearing a sack like cloth, which exposes his skinny, hairy arms. He is also wearing denim like trousers cut above the knee and he is wearing no shoes. 'And who may you be?'



Winner of Listowel Writers' Week Competition 2017

The little man asks with slurred speech which is difficult to understand. Some uncomfortable seconds passed before Siobhán manages to blurt out her name. The little man moves forward a few more steps before stopping, breathing heavily as he does so. Bending slightly, he places his oil lamp onto the rock bridge. In doing so, the area all around the bridge illuminates as the fish on both sides converge on it.

'They know it is feeding time' the little man says as he removes a canvas bag from his back and drops it onto the bridge. As Siobhán watches the little man, she notices that he has seven toes on his painfully thin right foot. Looking to his left foot, she can see that it is missing the big toe and like his arms is smothered in hair. The little man opens the canvas sack that he placed onto the rock bridge and with a three fingered hand removed a metal container from it.

'My name is Seven' the little man tells her, 'I was given the name Seven by the nasty people of the village in which I used to bide. I had many names given to me by many nasty people, most of which were hurtful.' Seven tells her while trying to open the metal container under the light of the oil lamp. Siobhán watches him as he wrestles with the metal container contemplating if she should offer her assistance or not. She eventually decides against it for fear of hurting his feelings. She then asks politely, 'May I ask what your real name is?'

Seven looks at Siobhán for a few seconds without saying anything, then his eyes narrow. The only sound in the Forest of Light is the noise created by the fish waiting for their meal and the noise of some bats which swiftly dart over the pools turning and swooping on the insects that rise from the surface of the water. Seven turns his attention back to the fish and says, 'My name is Bartholomew Cuthbert Sebastian Fewtang Fewtang Biscuit Barrel Smith.'

A smile creeps over the face of Siobhán and for a few seconds she waits on Seven to laugh and tell

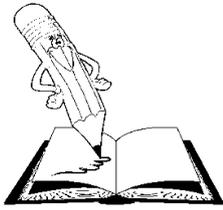
her that he is joking. However, Seven does not look at her and he continues trying to open the metal container. She then realizes that his is in fact his name and very quickly she removed the smile from her face before speaking, 'What would you like me to call you?'

'You can call me Seven' he tells her as the metal container eventually opens spilling some of the contents onto the rock bridge. 'Everyone in the Land of the South calls me Seven.' Siobhán bends down and helps Seven try to retrieve what they can of the spilled contents of the metal container.



'You are the young lady from the Land of the North. You are here as a guest of the good witch, Savanha. I have heard many good things about you', Seven tells her as he begins to laugh. As he does so saliva dribbles from the side of his slanted mouth and drops onto the rock bridge. Siobhán too begins to laugh. However, her laugh is more of an uncomfortable laugh than a hearty laugh. Rising to her feet she asks, 'May I ask how you happen to be in the Land of the South, Seven?'

Seven begins to explain to Siobhán of his life in the village in which he used to live. He explained the work that was forced upon him and the long hours he endured, sometimes twenty hours a day. Failure to work these long and hard hours would result in beatings, no food and sleeping in the pig pen with the pigs that evening. Seven hated sleeping with the pigs. He then goes on to explain how he was mocked and ridiculed by all of the people in the village on a daily basis. He even manages to tell her some of the vile names by which the villagers would refer to him, turning away from her as he does so to conceal his embarrassment. Siobhán has a tear in her eye as Seven goes on to describe how severely he was beaten by his master one evening for not having the log fire burning. 'When my master came home and the fire was not alive, he was most displeased with me' Seven tells her. 'In order to save myself from another beating, it was imperative that I answer one of my master's many riddles. 'An open-ended barrel, I am shaped like a hive. I am



Winner of Listowel Writers' Week Competition 2017

filled with the flesh and the flesh is alive, what am I? I stood for many minutes trying desperately to think of a response but I was unable to do so', Seven tells her before going on to describe the beating that followed his failure to solve his master's riddle. How he was whipped with a large bamboo cane and kicked from his master's abode, rolling along the dust path of the village like an old beer barrel. He was unable to see properly due to blood and dust in his eyes but his other senses were alert. He could hear the people of the village laugh at him as the cane came crashing down on his small frame. He felt the kicks of the village people who not only supported his master in the unprovoked assault but aided him in it. He was powerless to stop the onslaught. He could feel the warm blood as it oozed down his face and he could taste it in his mouth. He has closed his eyes and hoped that he would die just as the blows ceased. No one helped him. He was left on the dust path, unaided. Eventually, the laughter subsided and Seven lay listening to the people of the village as they dispersed.

Through bloody and swollen eyes he could see that he was alone and he began to drag his small bloodied frame along a stony path between two old wooden huts. He lay for some time in pain. Finally and with great effort, he managed to pull himself to the edge of the hill on which the village was situated. He knew that it was a steep slope with bushes, rocks and in places, large thick tree trunks. He was aware that he was jeopardizing his life but nevertheless he rolled his small deformed body over the side of the hill. He was desperate to escape the slavery and the suffering that was inflicted upon him on a daily basis. He could take no more.

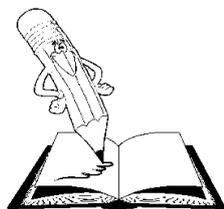
With the metal container in his hand, Seven places his fingers into it then he removes them slowly. He looks up at Siobhán's face and he extends his hairy little arm towards her to offer her the metal container saying, 'You feed them.' Taking the metal container from Seven's hand, Siobhán walks closer to the edge of the rock bridge and looks into the



water. The fish are splashing around near the surface of the water, impatiently awaiting their evening meal and the light and colour that they generate is mesmerizing. Siobhán places her fingers into the container and she removes some large flakes and pellets from it, dropping them into the pool. The fish splash excitedly, like a child in the bath tub, in their mission to satisfy their hunger.

'May I ask what the answer was to the riddle set by your master and how you come to be in the Land of the South? Siobhán asks diffidently. 'The answer to the riddle is a thimble' Seven tells her then explains how he awoke one foggy morning in the Forest of Light, surrounded by chipmunks, owlets and small tortoises. As he looked around, still feeling quite queasy, he saw Savanha for the first time.

He had heard many stories of an ugly, irate, old and very powerful witch that inhabited the woods in the Land of the South. It was said that she possessed more power than any of her sisters, Nirvanha, the Witch of the North, Wrianha, the Witch of the West and Elanha, the witch of the East, combined. It was also said that she was the most evil and the most controlling of all the witches in the four lands. 'I did not believe the stories that I heard. I never listen to gossips' Seven tells her before explaining how Savanha nursed him back to health and treated his injuries. When he was fit enough to walk, Savanha had offered to take him back to his village. However, once she had been made aware of the cruelty and beatings inflicted upon him, she had quarters made for him in the cave in the mountains. He now tends to the chipmunks and the owlets and other animals in the Land of the South. 'I have never been so happy in all of my life.' Seven tells her.



Winner of Listowel Writers' Week Competition 2017

'Have you ever returned to your village?' Siobhán asks. With his hands on his hips, Seven turns to look at Siobhán. 'Once I went there with Savanha and her giant cat of many colours, Shadow. To ride on the back of a creature such as Shadow is an incredible experience. He is so swift and fast, a truly magnificent beast' Seven says to her as he begins to chuckle and once again bubbles of his saliva run down his face and drop off his chin falling onto the rock bridge.

Not to embarrass Seven any further, Siobhán turns away from him and looks to the stars which are blazing above the sleeping forest. When she returns her attention to him, he has wiped his chin dry. Siobhán then asks, 'When you were there did you see the people of your village who had hurt you?' 'You know', Seven says 'It was a strange thing. It was only a short period of time after I left that I returned with Savanha and Shadow. Siobhán stands impatiently waiting for more information from Seven which isn't forthcoming. Some seconds pass before she says 'And?'

There was nothing there. The village which I knew was no more. All that remained was a ghost town. It was a shadow of its former self. Some of the wooden huts were no longer standing and those that were, were dilapidated. There were also massive blocks of wood like tree trunks, all over the village. There were loads of them and they hadn't been there when I was in the village. It was like an evil spell had been cast over it. It felt strange and it looked strange. It was darker, duller. Almost like a shadow hung over it refusing to allow the full light of day to penetrate. I really don't know how to describe it, it just felt ... wrong. I went to my master's house, the place of so much pain and I looked at the thick tree trunk which was situated outside my master's home, I am sure that I could see his evil face in the wood.

Siobhán closes the lid of the metal container and hands it back to Seven. He takes it from her and places it into his canvas sac. He stands for a few seconds regarding Siobhán. He then extends his three fingered, gnarled and knotted hand towards her and Siobhán takes hold of his deformed hand in

her soft little hand shaking it gently. 'It was a pleasure to meet you, young lady' he says, releasing her hand and lifting his oil lamp from the rock bridge. 'the pleasure was all mine Seven' Siobhán tells him.

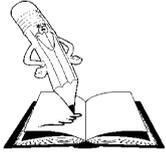
Seven turns away from Siobhán and limps towards his mountain dwellings dragging his right foot behind him. 'Wait!' Siobhán shouts after Seven who stops and turns to face her. Siobhán runs towards him and when she reaches him, she kneels before him. On the lapel of her jacket is pinned a golden four leaved clover, the emblem of her father's favourite football team, which he believes will also bring her luck. Siobhán undoes the clasp of the badge and she holds it in the palm of her hand. 'I would like you to have this' she tells him as she takes the four leaved clover from her palm and pins it to the sack cloth covering his chest. Seven is so moved by this act of kindness that he feels the hairs on the back of his neck lift as if touched by a cold wind. He looks down at the gift pinned to his clothing and looks back at Siobhán with a tear in his eye.



'Thank you' he says as he touches the gift with a long bent index finger. 'I have never been given a gift before. I will forever cherish it' he tells her as the tears run down his cheek, sparkling in the moonlight.

Seven bows his head to Siobhán keeping it lowered as he takes a few paces back. Then he turns his small body and limps towards the entrance to his home. Siobhán too has a tear in her eye which as she watches this little man wobble towards his home, runs down her cheek. For a second she thinks of the beatings that Seven had taken, the pain and the humiliation forced upon him by people that should have known better. Then she smiles and gently laughs. 'It was Savanha' she tells herself. The village had paid for what they did to Seven. Savanha, the good Witch of the South had made sure of it.

Frank Kelly, France



**Winner of
Listowel
Writers'
Week
Competition
2017**

**WINNER: Poetry
Writing in Prisons Overseas**

but me

I'm
a
dried out
dangling
booger

stuck
to an
unplucked
nosehair

waving
along
with
each
breath

seen
by
everyone
but
me.

Michael Collins USA

Writing Competition

€50 prize for winning entry!

Extended Closing date for entries: 31st October, 2017

We have decided to extend the closing date for this competition which is an idea adopted from a local writing group.

How it works:

You need to:

- (1) Choose a person from the first column,
- (2) Give him any personality type from the second column and
- (3) Choose the subject of the story from the last column

Person	Characteristic	Story
A lottery winner	Shy	Rescues someone
A gardener	Nervous	Breaks a record
An actor	Sporty	Finds a large sum of money
A lorry driver	Funny	Takes a train journey
A celebrity chef	Happy go-lucky	Gets a new pet

- Writing something bad is better than not writing at all
- If you think your first attempt is not great, do it again
- People might even like your writing
- Write about what you know and what you like

**Good luck folks—
we look forward
to hearing from
you.**



Sports Shorts

with Ian Hanna

Many greetings to all our regular and new readers and what have we got to share in this all too short an article. The GAA championship season, international football and the return of the Premiership, the British and Irish Lions in New Zealand, the slump in Rory McIlory's form and THE FIGHT. I suppose the best place to start is nearly at the end and no better place than the Floyd Mayweather v Conor McGregor fight, circus, charade, money spinner and whatever you are having yourself. Call it what you want but it caught the imagination of a huge worldwide audience and made 100s of millions for both Mayweather and McGregor.



Boxing

You have to hand it to McGregor. To walk into the ring and take on a multi time world champion who has a record of 49 contests 49 wins is unbelievable. To last for nine by three minute rounds giving a good account of himself in the first four rounds, speaks volumes for his mental approach, his tenacity and skill as a boxer. His average MMA fights last about 4 mins so to take on such a gruelling opponent and fight time says a lot about him. Some commenters say he is brash and arrogant, while having immense courage, talent and determination and is way up there as one of Ireland's most successful sporting heroes and recognised faces. A key message I have taken away from all of this is that there is magic in thinking big, we can set ourselves challenges beyond our comfort zone and achieve. No matter our circumstances we can overcome obstacles in our lives with our own determination and support from likeminded people.

No update about boxing would be complete without a word about Katie Taylor who is taking the ladies professional boxing world by storm. Since she turned professional in November 2016 she has won all her six fights to date, including winning the WBA Inter-Continental Lightweight title last May. Just

to remind ourselves how good she was in her amateur days she won 1 x Olympic Gold, 5 x World Championships and 6 x European Championships.

Soccer

The Republic of Ireland chances of qualifying for the 2018 World Cup in Russia are extremely slim following their draw with Georgia away and 1-0 loss at home three days later to Serbia. Ireland must win their last two fixtures against Moldova at home and Wales away, while Wales will also be looking to secure six points from their last two games. Serbia is favourite to win the group and qualify directly for the finals while Ireland and Wales fight for runner-up and a possible play-off place. On a more positive note, Northern Ireland has secured runners up spot in their Group with three games left. It is unlikely they will topple Germany from winning the group but it is still a fantastic achievement.



The Premiership is back in full swing and already it seems as if the title contenders will be Man Utd, Man City and Chelsea. It is hard to credit that up until a week ago Huddersfield had spent more in the transfer market than Liverpool. Both the Manchester clubs and Chelsea have spent big in the market and I think this will have a major impact

come the business end of the season. I think Man Utd will go very close but I am going for Man City to win the Premiership and Real Madrid to win the Champions League.

GAA

Where else to start but with that long overdue All-Ireland senior hurling title win by Galway. It was a magical final between the Tribesman and the Deise (Waterford) with the westerners deserving winners on a score line of 0-26 to 2-17. After a long 29 years since their last All-Ireland win they finally captured the Liam MacCarthy Cup for the fifth time ever on a roller coaster day in front of 82,000 spectators at Croke Park. Since their last title win Galway has lost six finals in the intervening years. This season they completed the clean sweep of senior hurling trophies, winning the Walsh Cup, the National League, the Leinster championship and the All-Ireland. To add even more gloss to Galway hurling their minors won their All-Ireland in the game preceding the senior final by beating Cork by 2-17 to 2-15. This was the minor's second All-Ireland win in three years so the future looks good for the men from the West.



Congratulations to Dublin. A hat-trick of All-Ireland Senior titles is an incredible achievement in the modern age especially since the second chance qualifying system began. Dublin is a truly majestic team, managed by Jim Galvin. He may have the best resources at his disposal but winners need good leaders who inspire, who challenge players to give their all, who is a tactical master and who can exploit weaknesses in his opponents and ruthlessly execute his plan. It will be a long time before we see their likes again.

Mayo has lost eight finals since 1951 and it is safe to say that the country, is willing for them to finally get over the winning line. In the semi-finals they comfortably defeated Kerry after a replay while

Dublin blew away a defence oriented Tyrone team that weren't able to cope after falling seven points behind in the first half.

Rugby

Over the summer we had the British and Irish Lions touring New Zealand which happens only once every twelve years as the Lions visit the All Blacks, South Africa and Australia on a four year cycle. They were given little hope of defeating the current World Champions but by showing immense courage, incredible team building in a very short space of time and skill, they drew the three match test series. The 10 match tour, included games against nearly all of New Zealand's franchised rugby teams, were gruelling in themselves let alone the three games against the All-Blacks. Many Irish players starred including Johnny Sexton, Conor Murray, Sean O'Brien and Peter O'Mahony, who captained the Lions for the first test. The forthcoming Six Nations tournament looks good for Ireland with three home games and renewed hope for Leinster and Munster to do well in



European competitions.

Golf

This season Rory McIlroy is going through a bit of a slump and has made little or no impression in the major tournaments even failing to make the cut on several occasions. His early season rib injury hasn't healed as quickly as he had planned and maybe it is time for him to take that break and allow the body to rest. Jordan Speith after a quiet two years has hit a rich vein of form and like Rory stands only one major away from securing the Grand Slam of professional golf by winning all four majors.

Whenever you get the opportunity please let me know what sports interest you and I will try to include them in future. Also I would love to know what sporting activities you can participate in and we may be able to send you some training programmes.

Prison in Australia



I recently returned from Perth, Western Australia where I worked in a medium security male prison for two and a half years. The prison was set an hour from the nearest city and surrounded by bushland. On a hot day the temperatures rose to over 40 degrees celsius and on a cold winter morning we could experience -2 degrees which you would not expect in Western Australia.

When in some of the blocks the view across Australian bushland was fairly impressive with green trees as far as you can see. At night time kangaroos hop out of hiding and fill the car park and the areas surrounding the prison. Bright green ring neck parrots are regularly seen around the grounds. In my two years I only saw a handful of small spiders, a few lizards and no snakes, although they do live in bushland around the prison.

The local Aboriginal people there are called Noongar people. They are the recognised custodians of the land and can get hunting permits that allow them to hunt in their areas. A particular delicacy is kangaroo tails which I'm told tastes good when done on the barbeque or in a 'roo tail stew!' They have their own Noongar language and unfortunately the number of aboriginal people in prison is not proportionate to the general population. A major part of aboriginal culture is 'yarning' and storytelling which is not too far from our own culture. Aboriginal culture includes beliefs about spirituality and superstitions that are somewhat similar to those of Irish people in times past, such as messages from the deceased and curses. Aboriginal art lines the hallways and offices of the prison and some paintings are sold in exhibitions in Perth. Traditional aboriginal art involves a series of dots which all have certain

meanings and tell a story.

The main sport played in the prison is Australian football - AFL. The prison is centred round an oval which has an AFL pitch. Every year a competition is held between different areas of the prison which is taken very seriously by some. Prisoners take positions as captains and coaches and competition can be fierce. Some fellas from the country play in their bare feet, as that's what they are used to, which is fairly impressive to watch.

One particular feature of prison life that I think is unique to Australia, maybe due to the good weather, is family visits. Family visits are held a few times a year. This means that families can come into the oval area of the prison which is a more relaxed environment than the visitor centre. There are bouncy castles, face painting, popcorn and a barbeque all of which usually lends itself to a nicer visit for children and adults alike.

I write this to paint a picture of some unique things prisoners in Australia might see and experience. This article is not designed to tell the whole story of imprisonment in Australia or to idealise it. It is simply to share some things that I found interesting about my experience.

Lastly, families abroad can keep in contact with their loved ones through skype calls and email a prisoner. This is not available in all Australian prisons as each one differs .

I am now a caseworker covering Australian cases and welcome any queries regarding prison in Australia.

Eilis Peoples
ICPO Caseworker



Smídín Gaeilge



Mo Cheantar My Neighbourhood



Cá bhfuil do cheantar?

Where is your neighbourhood?

Baile

Bolya

Town

Sráidbhaile

Shrawdvolya

Village

Faoin Tuath

Fween Too-ha

The countryside

Cois Ferraige

Cush Far-iga

The seaside



Céard atá i do cheantar?

What is in your area?

Ollmhargadh

ulvarga

supermarket

Oifig an phoist

ifig on fwist

post office

Scoil

skull

school

Ospidéal

ospidale

hospital

Bialann

bealun

restaurant

Leabharlann

l-ow-urlun

library

Teach tábhairne

chock tore-na

pub

Pictiúrlann

picturlun

cinema

Gruagaire

groo-ig-ara

hair dressers

Stáisiún na nGardaí

stawshoon nu nardee

garda (police) station

Séipéal

shaypayl

church

Linn snámha

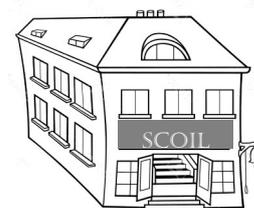
linn snawva

swimming pool

Ionad sláinte

unid slawncha

health centre



Cá bhfuil an séipéal?	Caw will on shaypayl	Where is the church?
An bhfuil tú ag dul go dtí an teach tabhairne?	On will too egg dul go dee on chock tore-na?	Are you going to the pub?
Tá mé ag dul go dtí an leabharlann.	Taw may egg dul gu dee on low erlann	I am going to the library.
Tá linn snámha i mo cheantar	Taw linn snawva i mu ceowntur	There is a swimming pool in my area.
Téim ann ó am go ham	Taym ow-n oh am go ham	I go there from time to time.

challenge yourself!

Healthy Foods

Almonds

Apples

Bananas

Beans

Blueberries

Broccoli

Brown Rice

Carrots

Cashews



Celery

Cheese

Chicken

Corn

Cucumbers

Eggs

Lemons

Oatmeal

Oranges

Potatoes

Salmon

Spinach

Walnuts

Wholegrains

Tomatoes

Water

Yogurt



C H I C K E N T N R U S B E S J O S
 H S M Q S B O S S R P V C S T P R N
 B O A E H M R W E I O I S B O O A I
 S S E N A P E O N I R C W O R T N A
 M H E T A H T A C N R F I C R A G R
 C J O L S N C Z W C O R J D A T E G
 G E V A P H A O S Y O A E Y C O S E
 S J C X L P R B Z R W L T B U E X L
 S S Q Y G B A F T E D G I M E S T O
 O A S T U N L A W L B M G Z E U Q H
 F J L R E T A W L E M O N S W A L W
 I K G M G I B O A C S R N O Y D L B
 B F B G O F L N K C G B T G O Q M W
 I L C Z B N S D S F G H V P G B O W
 C U C U M B E R S F E K G W U F Q F
 B O C R R C O E T F H B G S R C W E
 C U J S D N O M L A D B T M T E A V
 R S H M N X C H M Y E L D D K P I R

Riddles

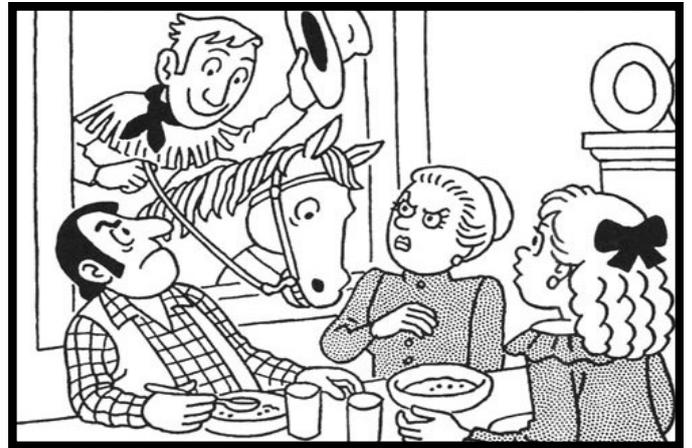
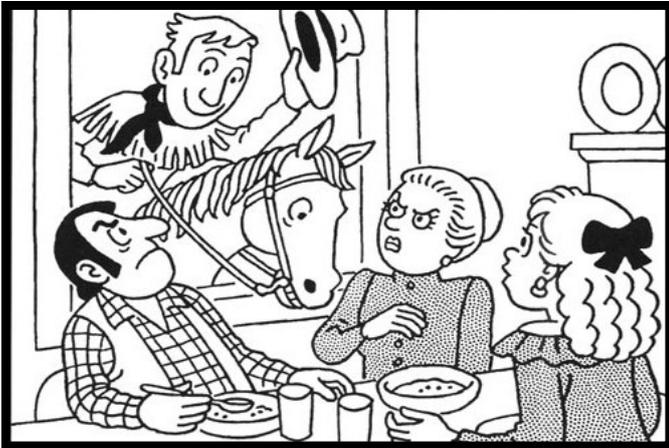
1. Why did the leopard refuse to take a bath?
2. What do you call a square that's been in an accident?
3. There are 3 men on a boat. The boat tips over and only 2 men get their hair wet. How is that possible?
4. Can a kangaroo jump higher than the Empire State Building?
5. What 5-letter word becomes shorter when you add two letters to it?
6. What does a cloud wear under its raincoat?
7. A man fell off a hundred foot ladder but didn't get hurt. Why not?
8. Mr. Smith has 4 daughters. Each of his daughters has a brother. How many children does Mr. Smith have?



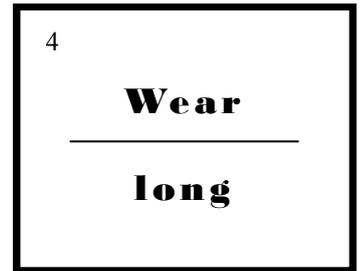
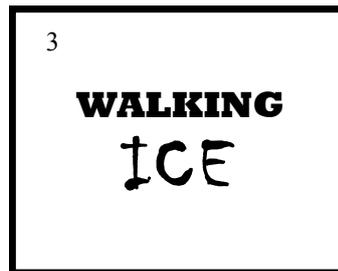
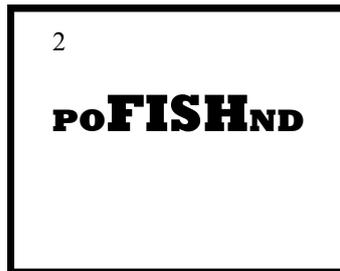
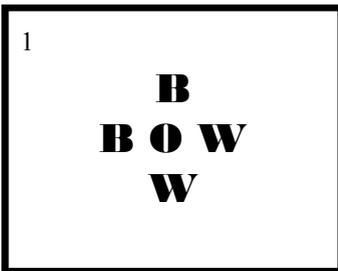
challenge yourself!

Spot the Difference

Can you spot 7 differences between these two pictures?



Word Puzzle Pictures



Sudoku

4					7	
3		9			2	4
		2			1	5
		9				6
		8	7	2		
	1		4	6	5	
		4				3
	8	6			9	
	5		7	6		

Each Sudoku grid has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must ever 3x3 square.

Answers

Spot the Difference: 1. Band on Cowboy's hat. 2. Difference in chair back missing. 7. Offside reins of horse different. 8. Man's table on the right missing. 9. Girl's earring different. 6. Man's Cowboy's bandana. 3. Line under mantelpiece missing. 4. Line of State Building can't jump! 5. Short. 6. Thunderwear! 7. He was standing on the first rung. 8. 5 - Each daughter has the same brother.

Riddles: 1. It didn't want to come out spotless. 2. A WRECKtangle. 3. One is bald. 4. Yes, because the Empire State Building can't jump! 5. Short. 6. Thunderwear! 7. He was standing on the first rung. 8. 5 - Each daughter has the same brother.

Word Puzzle Pictures: 1. Cross bow. 2. Big fish in a small pond. 3. Walking on ice. 4. Long underwear.



RECENT EVENTS IN IRELAND

The new Luas Cross City



Construction work for the Luas outside Trinity College

The Cross City Luas line has been under construction for nearly four years causing much traffic chaos. The 5.9 km track will cost a total of €368 m.

The line will take ten million passengers per year and reduce the number of annual car trips by one million. 13 new stops are being installed along the route. It is expected to be opened by Christmas.

Women's Rugby World Cup

The 2017 Women's Rugby World Cup was held in Ireland in August. The pool stages were held at University College, Dublin with the semi finals and finals held at Queen's University and Kingspan Stadium in Belfast. New Zealand became champions by beating England 41-32 in the final held on 26th August.



Flooding in Donegal



A collapsed road at Quigley's Point in Co. Donegal



Families, businesses and communities are still reeling from devastating floods which occurred in Co. Donegal At the end of August. The majority of the people affected live on the Inishowen peninsula where clean-up and repair costs will likely run into the 10s of millions.