



# icpo news

Issue Number 68 Published by the Irish Council for Prisoners Overseas Summer 2014

## Resettlement Outside England and Wales While on Licence

Returning to Ireland while on licence is an issue that affects many ICPO clients in England and Wales. In this edition of *ICPO News* we examine a new prison service instruction on permanent resettlement outside England and Wales while on licence, which came into effect on 1st June 2014.

Many ICPO clients in England and Wales will spend time on licence following their release from custody. Some may wish to return to live in Ireland or Northern Ireland during their licence period and the ICPO Maynooth and London offices receive many queries about this.

Prison Service Instruction 20/2014 on 'Permanent Resettlement Outside England and Wales of Offenders on Licence' came into effect on 1st June, replacing PSI 01/2013. This document states that the aims of supervision on licence are to protect the public, prevent reoffending and aid rehabilitation. It acknowledges that allowing someone to transfer to

another UK jurisdiction or to permanently resettle outside the UK while on licence can assist in these aims. It gives the person access to the support of their close family and alleviates the hardship faced by families who are trying to maintain contact.

### Resettlement in Ireland

If you wish to return to Ireland during your licence period you must apply to be considered for resettlement overseas. You should notify your offender manager/probation officer of your interest in this well in advance of your release date to allow adequate time for your request to be considered.

A licence imposed in England and Wales is not enforceable in Ireland or any other country outside the UK and Islands, but in some cases the Irish Probation Service may consider voluntarily supervising a person who has been allowed to resettle in Ireland during his/her licence period.

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**'Bloom in the Park':** The Bloom garden festival was held in Dublin's Phoenix Park over the June Bank Holiday weekend. This gold medal winning garden 'Wellbeing Wetlands' was designed by a team from Gardens Now.

# The ICPO

It is estimated that at any one time there are up to 1,000 Irish people in prison overseas. The ICPO has contact with Irish people in prisons in more than twenty 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 the ICPO has been able to offer a more comprehensive service to prisoners and to expand our existing services to prisoners' families. Currently the 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.

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ICPO is a registered charity with covenanted tax status under its parent body the IECE. UK: 280742 Ireland: 8503

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



## A Note From the Editor

Greetings from all in the ICPO!

Returning to Ireland while on licence is an issue that affects many ICPO clients in England and Wales. In this edition of *ICPO News* we examine a new prison service instruction on permanent resettlement outside England and Wales while on licence. Resettling overseas while on licence is a complicated process and we would advise anyone wishing to resettle in Ireland or to transfer to Northern Ireland during their licence period to contact us for further information and advice.

This edition also includes an interesting article on the vital work of Sr Loretta Corrigan, chaplain at the Goulburn Correctional Centre in Australia. Sr Loretta has recently taken a step back from this role after nine years of dedicated service, during which time she visited Irish prisoners on behalf of the ICPO. We are extremely grateful to her for all her support.

ICPO Caseworker Catherine Jackson examines the effect of imprisonment on women and highlights the need for a new approach which takes into account the unique problems affecting female prisoners.

Bernie Martin, Administrator of the ICPO Maynooth office, reminds us that failure is part of life and that we must never give up the struggle in her lovely piece, 'Michael and the Elephants'.

Many clients tell us that staying fit and going to the gym helps them to stay positive and focused. This edition includes several pieces from ICPO clients describing their own gym experiences. I would like to thank them for sharing these with us.

I would also like to thank everyone who contributed to our poetry and letters page. We always want to hear from you so please keep your contributions coming in.

I would like to extend special thanks to Eoin O'Mahony, author of the sports update, and to Caitriona ní Bhaoil, author of *Smídín Gaeilge*. As always, we are very grateful to them for their contributions.

Finally, I would like to thank the ICPO staff and volunteers for their hard work in putting this newsletter together.

**Joanna Joyce**  
**ICPO Coordinator**

## Resettlement Outside England and Wales While on Licence

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This offer of voluntary supervision is not taken into account when the UK's National Probation Service (NPS) is conducting a risk assessment to decide whether a prisoner should be allowed to resettle in Ireland; however, once an application for resettlement has been approved the offender manager is expected to contact the Irish Probation Service to see if they can provide support on a voluntary basis following the move.

If you apply to resettle in Ireland while on licence your probation officer will consider the following questions:

1. Do you have close family or residential ties in Ireland, including, but not limited to, any compassionate reasons? If the answer is no, your application will be refused.
2. Is your index offence connected to or potentially connected to Ireland (for example, fraud involving companies set up in Ireland)? If the answer is yes, your application will be refused.

If your application is still viable at this stage your probation officer will consider a third question:

3. Would resettlement in Ireland undermine the protection of the public, increase the risk of reoffending and/or undermine rehabilitation? If the answer is yes, your application will be refused.

If you are under the supervision of the National Probation Service your application for resettlement in Ireland must be authorised by the Head of the NPS local delivery unit. If you are managed by a Community Resettlement Company, and that company wishes to approve your application, it must be referred to the NPS for consideration.

The Secretary of State can also grant an application allowing a prisoner to resettle in Ireland by approving a request to permanently travel under the relevant standard licence condition.

You should expect to spend some time in the UK on licence before being approved for resettlement in Ireland. In some exceptional circumstances a prisoner may be allowed to resettle in Ireland immediately following their release from custody. This is generally limited to situations where a person has been approved for early release on compassionate grounds or where the Parole Board have approved this as part of the resettlement plan. Even if this is allowed, the prisoner is expected to report to their probation officer on a single occasion so the licence can be explained to him/her.

If your application for resettlement in Ireland is approved it is important to be aware that the licence remains in force while you are overseas. If you return to the UK or Islands prior to the expiry of the licence, you should contact the relevant probation office within two working days. If you fail to do this proceedings may be issued for breach of licence, the licence may be revoked and you may be recalled.

While the policy on resettlement is not a replacement for deportation, it does recognise that Irish nationals are not eligible for deportation except in exceptional circumstances. Therefore, if you wish to return to Ireland during your licence period it is likely that you will need to apply for resettlement under this policy.

### **Transferring to Northern Ireland**

If you wish to return to Northern Ireland during your licence period you must apply for a transfer. Unlike resettlement overseas, when you transfer to another jurisdiction in the UK there is a presumption that you will be subject to equivalent monitoring; therefore there is no requirement that you must spend a minimum period of time on licence in England prior to the transfer. The authorities in Northern Ireland may however wish for you to spend some time on licence in England.

If you apply for a transfer to Northern Ireland while on licence your supervising officer will make an initial assessment, based on the following criteria:

1. Do you have close family or residential ties in Northern Ireland, including, but not limited to, any compassionate reasons? If the answer is no, your application will be refused.

If the answer is yes, your supervising officer will then consider:

2. Would the transfer undermine the protection of the public, increase the likelihood of reoffending and/or undermine rehabilitation? If the answer is yes, your application will be refused.

If you are approved for a transfer your supervising officer must decide whether it should be a *restricted transfer* or an *unrestricted transfer*.

When a *restricted transfer* is made, some amendment of the licence conditions may be allowed to reflect the fact that you will be supervised in Northern Ireland, but these changes cannot be inconsistent with the fundamental aims of supervision. If the licence conditions are breached, the supervising authority in Northern Ireland can take breach action by applying the relevant legislation from England and Wales. While the power of recall remains with the NPS it can be executed in Northern Ireland.

When an *unrestricted transfer* is made, the probation provider in England and Wales has no further responsibility for supervision. This becomes a matter for the authorities in Northern Ireland as if you had been sentenced and released from prison there. Any action for breach of the licence imposed in Northern Ireland must be taken by the authorities there and, if necessary, a person will be recalled to prison in Northern Ireland.

You will not be eligible for an unrestricted transfer if: (1) you have a type of sentence that does not exist in Northern Ireland or (2) there would be a substantial increase or decrease in the period or amount of supervision in Northern Ireland compared to what you could expect in England and Wales.

The Secretary of State can grant applications for a transfer to Northern Ireland. If your case is managed by a Community Rehabilitation Company, the supervising officer must take the initial consideration and make contact with the authorities in Northern Ireland if appropriate. If they then wish to proceed with the transfer they must pass it to the Head of the NPS local delivery unit for review on behalf of the Secretary of State.

If you are under the supervision of the NPS, following an initial discussion with the authorities in Northern Ireland, your application for a transfer must be sent to the Head of the NPS local delivery unit, who will make a decision on behalf of the Secretary of State.

**In the case of all indeterminate sentences, the application must be endorsed by the Head of the NPS local delivery unit and then sent to the Public Protection Casework Section (PPCS) for a final decision.**

## Conclusion

This article provides a brief overview of the procedures for resettling in Ireland and transferring to Northern Ireland while on licence, as set out in PSI 20/2014. These are not straightforward processes and applications are dealt with on a case-by-case basis. If you wish to resettle in Ireland or transfer to Northern Ireland during your licence period please contact the ICPO for further information and advice on this issue.

Joanna Joyce  
ICPO Coordinator

# Mercy and Listening Ear is Key to Jail Life

A maximum security correctional centre wasn't necessarily what Sr Loretta Corrigan RSM had in mind nine years ago when, having finished her latest studies in Melbourne, she applied to return to the Archdiocese in a pastoral care job. She was offered the position of chaplain at the Goulburn Correctional Centre.

"I said I didn't know anything about jail life but would give it 12 months and see how it went," Sr Loretta said. As it turned out, she "quite liked it". "From the day I first went in there, I felt it was the right place for me. I felt quite at peace there."

So she stayed on and only now, after nine years, is she preparing to step back from the 35 hours a week of what she concedes can often be a "full-on" job.

Not that her work has been anything other than satisfying. "I find it a privilege to work out there (at the prison)," she said. "I am constantly amazed at the depth of the men's spirituality. It's also taught me a lot about the fragility of humanity and that there is more to the person than perhaps what they have done. The depth of humanity that I see is extraordinary."

It also helps that the intensity of her ministry is eased with friendship and humour. "We have a lot of laughs. There are some real characters there and the staff is fantastic. The ministry is very rewarding." Sr Loretta is one of two full-time chaplains at the centre, along with an Anglican chaplain. There is also a part-time Salvation Army representative and several sessional chaplains. All are available to inmates of any denomination, who may want to talk about anything from spiritual issues to family matters.

The chaplains enter the centre each day prepared for anything. "You have to be very flexible. You never know what you are going to be met with on any day." The art, Sr Loretta says, lies in being prepared to listen to the inmates' stories without judgment and "accepting them as they are and where they are at that moment".

Having spent many years as a primary school teacher, "where you usually feel you have to fix things", Sr Loretta has had to adjust to working with adults in a crisis situation and accept that she cannot change the inmates' circumstances.

What she can do is be there for them. "People who may be interested in my type of work need to be good listeners in a non-judgmental way. They need to love people and be compassionate towards them.

"You need to be prepared to listen to another person's story, their spiritual needs, hopes and dreams, regardless of culture and creed. And you need to have an unconditional

love of these people."

Sr Loretta, who was professed as a Sister of Mercy in Goulburn 48 years ago, says she has always "had a bit of yearning to do something that was beyond my comfort zone: to be involved with the poor of our society".



Brought up with three brothers on a livestock farm at Bowna on the upper Murray, and educated in Albury, Sr Loretta entered the convent in Goulburn, studied teaching at Signadou in Canberra and went on to teach in Cootamundra, Yass, Canberra, Goulburn, Tumut and Crookwell.

She also has a degree in theology, a unit in clinical pastoral education and training in spiritual direction, and is grateful for the opportunities her calling has brought her. "It's been a wonderful life - creative and life-giving," she said. She has also found time along the way to enjoy her pastimes, including following the footy (the recent woes of her beloved Essendon notwithstanding) and watching movies and live theatre when the opportunity arises.

She lives in one of a clutch of units housing the five Mercy Sisters in Goulburn and has no plans to move on if things work out the way she hopes.

Sr Loretta's preference would be to continue working at the centre on a part-time or voluntary basis while ensuring she has a "lot more space in my life for a few other things", the plans for which she is not prepared to divulge at this stage.

In the meantime, Sr Loretta will prepare for life after her full-time chaplaincy with a sense of having achieved something uplifting and worthwhile.

As she said in an address to a chaplains' conference in Cameroon two years ago, "Again and again, I am struck by the power of this ministry and humbled by the power of God doing His thing through me as a chaplain."

Fiona van der Plaats

*This article was originally printed in the October 2013 edition of Catholic Voice, newspaper of the Archdiocese of Canberra and Goulburn. It is reproduced with kind permission.*

# Update from London ICPO Office

Irish prisoners now constitute the second largest ethnic group (after Polish prisoners) within the prison system in England and Wales. Also, a recent report from the Ministry of Justice shows that the proportion of Catholic prisoners in England and Wales is double that of the general population. Around 18% of prisoners have declared themselves as Catholics, while the Catholic population of England and Wales is estimated at just under 10%.

In June 2009, 14,262 prisoners declared themselves Catholic while the latest figures reveal there are 15,280 Catholics out of a total population of 84,163. The report also showed that the number of children who now have a parent in prison is estimated at around 200,000. So much for the general picture.

Here in the office, the past six months have been busy with the usual round of prison visiting and casework. **Breda Power** visits all nine prisons in the Greater London area and deals with the substantial follow-up casework. The female London prisons of Holloway and Bronzefield are visited by **Kathy Walsh** and **Sr Agnes Miller** respectively while **Sara Thompson** visits another female prison - Send - just outside the London area.

**Sr Maureen McNally** visits two prisons in the south of England while **Jayne O'Connor** visits five prisons in the south-west of the country. **Sally Murphy**, who also works for Merseyside Community Care, visits five prisons in the Merseyside area including the female prison of Styal. Other prisons are visited by **Fr Gerry McFlynn** who also helps with the ICPO's public profile by attending meetings, conferences and writing articles etc. However, our outreach service is becoming more difficult to develop thanks to the tightening of security in so many of the prisons. In addition to finding the right people for visiting, there is now the added difficulty of processing them through the security checks which are cumbersome beyond

belief. In particular, the privately run prisons are proving very problematic as many conduct their own security checks. Gone are the days when what worked for one prison applied throughout the prison estate.

## Administrative Support

Over the past twelve months the London office has dealt with an average of 12 letters a day requesting everything from money for phone credit, clothes and toiletries, to visits, family contact, information about repatriation and transfers, as well as legal representation. The casework resulting from these letters, phone calls and prison visits is carried out by support staff and volunteers under the supervision of **Liz Power**. **Declan Ganly** is the office administrator and IT expert responsible for logging all the data on our database. The office team is greatly helped by part-time caseworker **Russel Harland** and volunteers **Sr Marie Power** and **Sr Moira Keane**. Without their help the workload would be overwhelming. Again, we would ask you to be patient with us and not to expect a quick response to letters, etc.

## Family Information Days

Breda and Liz Power represented the London office at the important and highly successful Family Information Days organised by the ICPO Maynooth office in June 2013 and January 2014. These days are wonderful opportunities for staff members here to meet with the families of prisoners they are working with.

## Policy Work and Representations

### **IPP Prisoners (Indeterminate Public Protection sentences).**

The scrapping of IPP sentences in December 2012 left thousands of prisoners having to satisfy the Parole Board to get release. A small number of Irish prisoners on IPP sentences

# Update from London ICPO Office

have expressed an interest in repatriation but because there is no comparable sentence in Ireland, they are unable to be repatriated even though they fulfill every other requirement.

## **Meeting in the Oireachtas**

**Joanna Joyce** and **Fr Gerry McFlynn** have worked on this issue over the past twelve months and in March 2014 were invited to formally address a meeting of the Justice and Equality Committee of the Oireachtas to put forward the case on behalf of these prisoners.

## **PPMI (Progressing Prisoners Maintaining Innocence)**

Fr Gerry continues to chair this campaigning group which seeks to highlight the plight of prisoners maintaining innocence by way of meetings and conferences. The Group has been greatly strengthened recently by the inclusion of **Christine Glenn**, former CEO of the Parole Board in England and Wales and now Head of the Parole Board in Northern Ireland.

## **Transfers to Prisons in Northern Ireland**

Transfers to prisons in Northern Ireland continue to be problematic. There are only three prisons operating there - Maghaberry, Magilligan and Hydebank (YOI/Female) - and all are full. Moreover, as priority is given to those with current addresses in Northern Ireland, there is now a long waiting list for transfers.

## **Travellers**

Prisoners from a Traveller background constitute almost 40% of the total prisoner population. The research conducted by **Conn MacGabhann** and **Joseph Cottrell Boyce** of the Traveller and Equality Project, has led to a greater awareness of the distinct culture of Travellers and the problems they face within the system. The story books and Good Practice Guide for Traveller Prisoners produced by Conn and Joseph have also proved popular. Since our last London Letter we have had to say goodbye to Joseph Cottrell Boyce who has moved on to work with the Prison Ombudsman.

## **Repatriation**

This process can now take up to two years to finalise so it only makes sense to apply if one is serving a lengthy sentence. Furthermore, there is a sliding scale of priority requirements. Only those with strong family ties (parents, spouse and children) are now considered. Aunts, uncles and cousins come well down the list.

## **Bullying and Proselytizing**

It has come to our attention in recent months that some Irish prisoners are experiencing bullying and proselytizing at the hands of prisoners trying to convert them to Islam. This is a very serious, as well as sensitive, issue and we would like to hear from any prisoners who feel unsafe on the prison landings.

## **Reflections**

The prison system in England and Wales is changing rapidly under the current government with a number of changes transforming the system. These include the new configuration of prisons with the closure of smaller and older prisons and the building of larger 'titan' prisons, the privatization of large parts of the probation service, the virtual abolition of Legal Aid and the unquestioned growth of the private sector in the criminal justice system. The cumulative effect of all these changes is transforming the entire prison landscape and having an adverse effect on the treatment of prisoners.

Prisoner rehabilitation, for example, should be about giving people the tools with which to change their lives. A consequence of the changes to the Probation Service is that 'mentoring' is now being replaced by 'supervision' - holding to account rather than helping prisoners chart a course to rehabilitate themselves. The talk is all about market forces and programmes with empathy being sidelined. Where all this will end is anyone's guess, but the prospects for the future do not look good.

**Fr Gerry McFlynn**  
**ICPO Project Manager**

# 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?

## Family Visit Days A Programme Available in the UK

It is generally understood that prisoners' families, particularly the children, are as likely to be affected by imprisonment as prisoners are; it is also accepted that it is difficult to maintain family ties and at times it can feel as though the whole family are serving the sentence also.

It is for this reason that many prisons in England and Wales have incorporated Family Visit Programmes into their regimes so that prisoners and their families can spend quality time together. The visits usually provide a list of activities such as: music, story time with library staff, arts corner, gym equipment and advice and information such as health advice. Refreshments are usually available throughout the event and of course a buffet style lunch is generally the norm.

All day family visits and 'child centered family visits' can help to strengthen and maintain family ties, reduce fear and tension associated with prison visiting, and ensure that the families of prisoners, particularly children, are met with a warm and friendly welcome to the prison.

'All day' and 'child centered' family visits are designed to be more relaxed than regular prison visits. Prisoners are able to interact more freely with their children and family members on the visit as they are permitted to get up from their seats. Prisoners can visit the buffet that has usually been provided and/or attend the variety of activities laid on by the prison for prisoners and their families to enjoy. Family visits can also take the pressure off families in the visits room, as children would otherwise be expected to sit still at a visits table for long periods of time. The child centered family visit in particular provides an environment in the visits room or outside, weather permitting, which is enhanced by play, thus encouraging parents to engage with their children and build positive relations that are not always possible during a normal domestic visit. In some cases families travel vast distances including overseas for a prison visit; a family day visit can make the journey all the more worthwhile.

All family and child centered family visits are available to prisoners who have enhanced status and therefore part of the prison incentive scheme. Requests can only be made by the prisoner via the usual 'complaints & procedures' application form which is usually available on prison wings.

If you are interested or need more information about Family Visit Days, they are described in some detail in Prison Service Instruction 16/2011 'Providing Visits and Services to Visitors'. Alternatively, get in touch with our office in London who can answer your questions.

**Breda Power**  
**ICPO Caseworker**

# Michael and the Elephants

My brother Michael had spent most of his working life in retail and a few years ago had saved enough money to buy a small grocery store. He wanted to build up his business and expand into hardware and maybe even set up another store in a nearby town. The store did fairly well for a couple of years, but when the recession hit he was losing money and eventually had to sell up. This was a huge disappointment for Michael and it took him some time to come to terms with the fact that his dream was shattered.

Michael's wife had inherited some land from her father but the land had not been looked after for many years, it had been rented out to another farmer and he had overgrazed it, never cutting weeds or fertilizing the fields. Land needs to be minded, coaxed and loved, and it will yield good grass. Michael took the fields one by one; he started fertilizing them and getting rid of the weeds, draining them where necessary, and ran water to watering troughs. It was hard work for a reluctant farmer but soon enough the young green grass began to grow and the weeds grew much less. Michael started to install electric fencing in some of the fields to prepare for the rotation grazing of the animals.

Michael got a few euros together and went out and bought a few young calves. He just about knew one end of a calf from the other. The calves were put into an old house and fed twice a day with milk initially and over the following weeks calf nuts were introduced and finally, when they were strong enough, they were let out on the field with the young green grass.

The sight was something to behold; nine small black and white calves buck leaping all over the field, hind legs lifting high behind them and running mad into ditches and anything that got in their way. Theirs was a sort of gay abandon and joy beyond any telling and they expressed that joy in running and leaping. This large field was divided into four and the calves grazed each section until the grass was gone and then moved on to the next section. This is where the electric fencing came into its own. There wasn't much electricity going through the fence but just enough to give the calf a shock and eventually he would learn not to go near the fence.

Recently I spent a few days on Michael's farm and things have changed somewhat. Michael is no longer a reluctant farmer, he loves what he does and he has developed a passion for the land and the animals. The

first nine calves are all grown up now. They don't leap and jump all over the place when they go on new grass, and Michael says they have learned to avoid the electric fence and keep a respectful distance from it. The cattle learning to avoid the electric fence reminded me of the story of the "Elephant Chain".



*As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at any time, break away from their bonds but for some reason, they did not.*

*He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," the trainer said, "when they are very young and much smaller we used the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."*

*The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were.*

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before? If we could look at all the so-called 'failures' in our lives as just stepping stones along our path and decide to respond in a way that is positive, saying 'ah well, at least I tried, now I know what doesn't work so it makes my next attempt clearer!' Treat it like a process of elimination, gathering momentum and staying focused on what we would like to achieve, trying this way and that until we succeed!

Failure is part of learning; we should never give up the struggle in life.

**Bernie Martin**  
**ICPO Maynooth**

Many ICPO clients tell us that staying fit and going to the gym helps them to stay positive and focused. Some share their gym experiences here.



I started to go to the gym the day I stopped smoking

I noticed in my new prison that they gave you a lot of gym sessions

- 5 sessions. My life was in a rut with trouble, drugs and chest problems. I started to go to the gym the same day I stopped smoking. It was hard, continuously getting the urge to smoke, and I was sore over the gym as well but I continued.

It went from one week to one month and I started to incorporate weights with running and rowing. I would do three weight sessions and two sessions of cardio and noticed that while I first started doing three sets of eight I was now doing more sets and reps. My breathing improved and I was running good distances and also rowing long distances and I was so happy about my breathing I got encouraged by that.

As time went on I started to realise what was important to me was my family and friends whom I had stopped contacting regularly. I started to contact them more. I also stopped getting into trouble. I also realised it gave me that good feeling back, I was breathing better, I was fit and I put on 16 lbs. I was in constant contact with my family and friends, drug free. I got all this by stopping smoking and going to the gym. I am so happy where I am today and I hope it continues.

Last week I got 'How to Learn Spanish' out of the library so I know what I'll be doing this Christmas. After so many years in prison, I'm finally doing something productive for a

change and all because I stopped smoking and went to the gym.

This is my routine in the gym:

Monday: I do a half hour on my chest doing six sets of 15 and the other half hour on my shoulders - seated press, arnie dumbbell press and dumbbell raise. I do five sets of 10 on each press and raise.

Tuesday: I will run for a half hour and I will row for the other half hour.

Wednesday: I do a half hour on legs, just squatting, six sets of 10 and three sets of 10 leg raises, the other half hour on sit ups, crunches and side bends.

Thursday: 20 minutes rowing, 20 minutes on the bike and 20 minutes running.

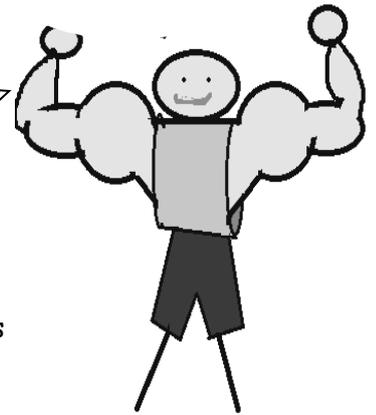
Friday: I do a half hour on my arms- barbell curls, five sets of 10, and five sets of triceps extensions. The other half hour is on my back.

I then do the next week by starting Fridays exercises on Monday. I do that for one month and do intense workouts on weights and intense rowing- 500 metres all out, rest one minute, then another 500 metres. That is very hard. I would never have stopped the smoking without the gym sessions as each time it gives you an indication what not smoking has done for your breathing and fitness and then you continue to have that good feeling.

M.C., UK



**My main motivation for getting fit and staying fit is that I will turn 56 the year I return to Ireland and will need to be in the best shape I can be**



My main motivation for getting fit and staying fit is that I will turn 56 the year I return to Ireland and will need to be in the best shape I can be to survive, thrive, and possibly meet someone who might be interested in making a life together.

I began to seriously commit to fitness in 2010 when I became acquainted with Tim and Byron. Tim, prior to prison, had been quite the fitness fanatic - he had run all the major marathons, triathlons and even Iron Man contests. He became our coach and without him we would not even have known the goals to shoot for, much less reach and beat them. Byron and I were very fortunate to have such a personality for our coach. He has since been released after being exonerated through very expensive appeal proceedings. He is the only innocent person I've met in almost 10 years in prison though many claim to be so...

I was quite downhearted and feeling very disappointed in myself up to 2010. I could not let go of the past, dwelling on all I had lost and the opportunities now not available to me. Beginning our exercise programme changed all that for me. My confidence was shot. I felt very stupid to have allowed myself to get in this situation. I lost everything I worked hard for, all to crystal meth, which is more powerful than even the strongest individuals - don't ever try it.

It taught me not to let past mistakes define who I am and his training and encouragement were invaluable. Having said all that, I would encourage everyone to get into any exercise programme they feel comfortable with. Find a partner/coach, someone who will push you to limits and lengths you didn't think you could reach. Set realistic and measurable goals. Keep track of your progress, make and break personal records - celebrate breaking them. Track your calorie intake daily -

this can be very informative and motivational. These records showed us our progress (or lack of it) at a glance. We kept track of our weight and measurements of biceps, chest, forearms, waist and thighs. It was a lot of fun tracking those numbers.

We became known compound-wide as the ones who ran track the most. On Thanksgiving Day 2011 we ran a half marathon - the 'Turkey Trot', a 13.1 mile run in 108 minutes. For Byron and myself this gave us a tremendous sense of accomplishment which is rare in prison.

We trained in increments of 3 days on - 1 off. The first 3 of the week we ran distance, then sprints in variations the next 3 days on. There was no sophisticated training programme yet our results were outstanding. We did focus a lot on heart-rate and training at 70% of maximum or above which allows for best results. Tim and I were 51 and Byron was 42, yet we got to where we easily ran seven minute miles and 27-30 second '200 meter' sprints. My record for a mile was 5 minutes 40 seconds. Though I only ran it one time. Each lap of our small track is approx. 200 meters so 8.3 equalled one mile.

On sprint days we used a training method called the 'ladder' which we began with one lap up to eight laps, then eight laps down to one with 10 minute warm-up and cool-down runs. We drank lots of water to avoid dehydration, it's very hot and humid here. On distance days, we ran five to seven miles at approximately eight minutes per mile, also with a warm-up and cool-down run. With all programmes we had a short stretching period to loosen up.

Continued on next page

# Gym Stories



We also had spin classes which usually were for two hours with stretching warm-ups and cool-downs. I learned the most important thing was that the adjustments on the bike were optimised for my height. If you can find someone truly knowledgeable on this, like we did, follow their directions exactly for best results. It's a great workout if done properly.

We ran the gamut on exercises, a little of everything, keeping it varied: push-ups, lunges, squats, pull-ups and dips. We did a lot of planks for our core and sit-ups of course. We also squeezed in some yoga twice a week.

The main thing was to continually vary things, to continually challenge the muscle groups. All of it really helped pass a lot of time. I have never felt better, all my medical indicators are excellent - blood pressure, cholesterol, weight, BMI - all under control.

And, most of all, my mind is right and my confidence level has improved dramatically. I will return to Ireland in the best physical and mental condition I can be in for my age. This may well be the edge I need to survive in such a competitive environment.

I firmly believe (as my father used to say) that I will regain these 11 years lost to incarceration on the other end of my life. I feel that good and confident from my exercise efforts - do it for living.

M.W., USA



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## ICPO Presentation to Oireachtas Justice Committee

As many of our clients will be aware, IPP prisoners in the UK are currently not eligible to apply for repatriation to Ireland on the basis that there is no equivalent indeterminate sentence under Irish law. The ICPO has been advocating on behalf of its clients in relation to this important issue, arguing that any legal difficulty surrounding the repatriation of IPP prisoners to Ireland must be addressed urgently.

In early 2014, the ICPO made a written submission to the Joint Oireachtas Committee on Justice, Defence and Equality and on foot of this submission was invited to make a presentation to the Oireachtas Committee on 11 March 2014.

During this presentation we highlighted the importance of repatriation for Irish prisoners and their families and asked the Committee to assist us in identifying a solution that will allow IPP prisoners to apply for repatriation. The ICPO is grateful to the Committee for providing us with an opportunity to discuss this issue.

We are continuing to engage with political representatives and other parties to try and resolve this issue as soon as possible. If you have any questions about this please contact us at ICPO, Columba Centre, Maynooth, Co Kildare, Ireland or ICPO, 50-52 Camden Square, London NW1 9XB.

# Female Prisoners: One Size Doesn't Fit All

At the ICPO we are used to dealing with mostly male clients. This is a reflection of the prison population as a whole. In the U.K for example, only 5% of all prisoners are female. However, women as a percentage of the total prison population is growing steadily. In England and Wales the female prison population grew 115% between 1995 and 2010 (*The Prison Reform Trust's Bromley Briefing Prison Fact File*). The majority of female prisoners continue to be non-violent offenders. Many female prisoners serve their sentences in prisons where little thought has been given to the distinctive needs of women and which are operated primarily by men.

Although women prisoners face many of the same problems male prisoners face- overcrowding, lack of access to offender/educational programs, violence/ bullying, separation from family and friends, women prisoners also face unique problems.

For example, in May 2014 Massachusetts became one of 19 U.S. states to prohibit or restrict the use of shackling during child birth. What is especially shocking about this is the fact that this cruel and dangerous practice was not abolished in Massachusetts until this year. Elsewhere in the U.S. female prisoners continue to be shackled during child birth despite the fact that this practice has been condemned by medical professionals as dangerous to both the mother and baby. Women in shackles are limited in how they can move in order to reduce the pain of childbirth. Medical personnel are likewise limited in how they can position a woman for the safe delivery of an unborn child.

In the case of an emergency Caesarean section if a doctor is delayed by five minutes that is long enough to cause permanent brain damage to a child (*Amnesty International 'Abuse of Women in Custody: Sexual Misconduct and the Shackling of Pregnant Women' 2001*). Shackling can cause hip injury, torn stomach muscles, permanent back pain, sciatic nerve damage and haemorrhaging among other problems. In those few U.S. states enlightened enough to have banned shackling there is no evidence that banning this practice has led to an increase in escapes from custody or harm to prisoners, guards or medical personnel.

Sexual abuse in prison is a serious problem for all prisoners regardless of gender. The difference between male and female prisoners is that male prisoners are more likely to be abused by other prisoners, while female prisoners may be more likely to be abused by corrections officers who are often

male. In the U.S. not all prisons require that allegations of rape or sexual abuse be reported to outside authorities such as the police. Instead such allegations are handled by internal grievance procedures within the prison which are decided by colleagues of the accused corrections officer. Under these circumstances female prisoners are understandably reluctant to report rape or sexual abuse by a corrections officer for fear of retribution by the accused officer or his or her colleagues. Realistically for many female prisoners there is no way to escape their abuser or for that abuser to face any consequences for conduct that would be treated as a crime if it occurred outside of a prison.

Due to the larger number of male prisoners there are often many more options for them in terms of prison environments. Men may benefit from classification systems based on security risk and if they display good behaviour in prison they can be moved to a less restrictive, enhanced regime. Due to the fact that there are far fewer prisons for women, women imprisoned for minor/non-violent crimes often serve their sentence with women imprisoned for serious/ violent crimes. As a practical matter this means that most female prisons will be operated as higher security facilities. So even women imprisoned for minor crimes will do hard time.

Self-harm among female prisoners occurs at epidemic proportions. According to an article in English medical journal *The Lancet* (*published 29 March 2014*) female prisoners are ten times more likely to self-harm than male prisoners. 20 to 25% of all female prisoners self-harm compared to 5 to 6% of male prisoners. Given that this problem is so much more severe among women prisoners, prison authorities need to study the reasons for this and develop strategies to reduce the very high incidence of self-harm among female prisoners.

One size does not fit all. A woman who is traumatised by her prison experience will find it hard to readjust to the community and therefore may be more likely to reoffend. Prison authorities need to provide safe and humane prison regimes for women, both for the sake of female prisoners and for the sake of society at large.

"The degree of civilisation in a society can be judged by entering its prisons". Fyodor Dostoyevsky

**Catherine Jackson**  
**ICPO Caseworker**

# Poetry Corner



## Born for the Road

I was born in a bow top wagon  
It was rolling  
Was my mother's ninth child  
The siblings were walking.

My Dad led the way on foot with the reigns  
Of our coloured cobs in his hands  
I still remember the sweet smells  
Of my long summer days in the welsh country.

I guess to the folks we passed  
We look quite poor  
But each day we had together was a treasure  
A bounty without measure.

Those summer days have long passed  
As have my Mum and Dad  
I savour the distant memories  
Rolling on the feather tick bed.

Watching out the wagon's rear window  
As the roads wound behind  
Looking forward...over my mother's shoulder  
As she sat at the living wagon door  
Glancing beyond the harnessed horses  
I could see the distant horizons.

Those were the days of adventure...  
Adventures in humanity  
Adventures of inhumanity  
Guess I was one of the very last  
To be born in a horse-drawn caravan.

We folks and our horses have had to adapt  
To changes in the roads  
Changes in the passing of time  
Changes in the way we can travel from day to day.

But we never forget that  
We were born for the road  
And will always be travellers!!!

D.C., UK

## Unabolished Slavery

Shackled and sold to the highest bidder  
Owned now by a private entrepreneur  
The year just having turned to '14,  
I'm not a slave to my masters, like a pawn to a queen

Making my owner \$75 a day  
As I get paid a paltry 12 cents an hour  
Working in the heaps of trash every day,  
Promotion within slavery is hardly comin' my way

Now here I am at my master's will  
Working all day whether in good health or ill  
And even I've been good not bold  
I'm out working in the hot sunshine or freezing cold

One of these days I'll have had enough,  
These shackles will finally come off  
But I can forget all those dreams I planned  
As I will be kicked out of this so called 'Promised Land'

I should also tell you my souls that are kindred  
This is not the Eighteen Hundreds  
It is now 2014 as you all should know  
And slavery was abolished some 150 years ago

So I am here part of the U.S. Federal System  
For a crime, I admit, I made my bed and will now lie in  
But these 'Feds' are just time takers  
Selling you to a machine of pure Money Makers

F.C., USA

## What Life's All About

I look up at the sky sometimes  
Clouds moving, slowly whisper  
My life before I come to jail drinking me despair  
I feel joyous though now knowing not need a drink  
I, me myself a cloudy mind drowning could not think  
But I pray the Lord will guide me  
In the years to come when out  
Help me find the answers  
And show me what life's all about

P.C., UK



# Your Letters



## *Education for Travellers- the only way forward*

A Travelling man is no more a myth than any other man. Most men in prison assume that Travellers are all boxers, rich and smart - in that order! We are not!!! All men are capable of good and bad. There is a difference between having fight in you and being a boxer.

Travellers as a whole are seen as tough, confident and a proud if secretive people. We want people to hear and see us, but never know us. I believe that normal boys can learn to be truly great men by example of the average man. There is an old saying - no man is my enemy, no man is my friend, every man is my teacher. We can learn our best or worst traits at home.

Travellers from childhood are taught that the greatest success is to be the richest or toughest. Most never succeed. For the greatest success is being a good and loving father and faithful gentle husband. It requires the greatest handwork. But to forever be your son's "superman", what could be more rewarding than that? To know that your wife loves you all the more for it. I know education, no matter what your age is the greatest gift you will ever give yourself, and with no real financial cost.



This world is changing and if we are to survive, let alone succeed, then we need to smarten up. It's good to be healthy, so exercise the mind. As children at school we're taught to believe that you can be anything possible, if you grasp it.

But then at 10-12 years old we are taken out of school to be a useful member of the family. When we do this, we do our children a great disservice, and limit their dream to just being a man.

During a very lengthy prison sentence I've been lucky - I've been a pirate and a prince. I've travelled the world and space, I've been wealthy beyond dreams, and I've been the lowliest pauper. And I've enjoyed every second of it. Whenever I now think of success I think of being all I can be. Why reach for the sky, when there are footprints on the moon.

Education - learning to read and write can seem a daunting and lengthy experience. But if we are the tough and proud people we claim to be, then it's another road we can travel. Not all Travellers are going to be extremely wealthy or truly exceptional fighters. But education is a fight we can win, and it's priceless. Some will find it harder to achieve than others but that's what makes us individuals. For me, there is only one gift greater than education and that's being able to teach someone else. You owe it to yourself to be all you can be, for then you'll be a person worth knowing.

*John, HMP Wormwood Scrubs*



Brush up on your Irish with Caitriona ní Bhaoill

# Smídín Gaeilge

## Laethanta Saoire Holidays



Eitleán	Et-lawn	<i>Airplane</i>
Ag tiomáint	Egg tum-awnt	<i>Driving</i>
Ticéidí	Tick- aydee	<i>Tickets</i>
Pas	Pass	<i>Passport</i>
An t-aerfort	On taerfort	<i>The Airport</i>
Déanach	Day-nock	<i>Late</i>
Geata	Gee-ata	<i>Gate</i>
Píolóit	Pee-low-t	<i>Pilot</i>
Tuirling	Ture-ling	<i>Landing/Arriving</i>
Arasán	Ore-asawn	<i>Apartment</i>
Óstán	Oh-stawn	<i>Hotel</i>
Ag Campáil	Egg Camp-awl	<i>Camping</i>
Pobail	Pub-il	<i>Tent</i>
Cois Farraige	Cush Far-iga	<i>By the sea</i>
Tá an aimsir go hálainn	Taw on imshure go hawling	<i>The weather is beautiful</i>
Thosaigh sé ag cur báistí aréir	Husig shay egg cur bawshtee	<i>It started to rain last night</i>

## Tíortha Countries



An Spáinn	On Spawn	<i>Spain</i>
An Fhrainc	On Ranck	<i>France</i>
Na hOileáin Chanáracha	Na Hill-awn Canor-aca	<i>The Canary Islands</i>
An Astráil	On Ostrawl	<i>Australia</i>
Meiriceá	Mericaw	<i>America</i>
An Tuirc	On Turk	<i>Turkey</i>
An Téalainn	On Tay-lann	<i>Thailand</i>
Sasana	Soss-ana	<i>England</i>
Ceanada	Canada	<i>Canada</i>
Éireann	Erin	<i>Ireland</i>

**Slán Anois**  
Goodbye Now



# Sports

By Eoin O'Mahony

## Gaelic Games

You know the Championship in hurling and football are hotting up once the June bank holiday rolls around again.

The Association are altering formats within each province again this year but in hurling, the early contenders include Limerick who narrowly defeated Tipperary in the recent semi-final by just two points. The thrilling game produced plenty of action and a chance for Limerick hurling to show that they're no pushovers. Cork and Waterford have to play again following an earlier draw. In Leinster, Wexford trounced Antrim, and Galway just pushed past an improving Laois in the quarters. Expect Dublin to be pushing hard again this year.

In Gaelic football, Ulster provides the main entertainment right now with Antrim's manager clear that Fermanagh provided no real threat to his team in their recent match. The Fermanagh team have been a bogey team for Antrim in recent years but that may be behind them now. In Munster, the codes are reversed with Tipp beating Limerick and a first win in the championship since 2003. The black card is dominating the ways in which players are playing out their games this year with Dublin's manager Gavin trying to see the positive side of the changes. In Connacht, Galway and Mayo will more than likely do more than most to emerge into the later stages of the competition.

As the summer progresses, it is going to be interesting to see how the broadcasting deal agreed with Sky Sports will pan out for the GAA. The English broadcaster has only a handful of games but it means more coverage abroad but also extra expense for some who want to see the some of the top range games. There has been some criticism of the deal but the Association are clear that it is the best way to secure the future of the games outside of Ireland.

## Soccer

The domestic league is opening up to new possibilities this season. Dundalk and Bohemians might be emerging from a few thin seasons in their league form and Shamrock Rovers continue to dominate across games. Sligo Rovers are having an inconsistent season so far but the bigger Dublin clubs are again asserting their strength in the depth of their squads.

Internationally, the Republic of Ireland team failed to qualify for World Cup Brazil 2014. There is a short season of pre-tournament friendlies to attend to though. New manager Martin O'Neill (alongside Roy Keane) has made considerable efforts to get the team playing more constructively. It has resulted in some early disappointing results for the Boys in Green but a decent scoreless draw against Italy recently has created some platform for going on.

The World Cup itself will be played throughout June and into July. The final is held on July 13<sup>th</sup>. Eight groups of four play the usual single round robin games in new and refurbished stadia in Sao Paulo, Brasilia and Recife. From the European teams, both Spain and Germany will have to be favourites. Croatia and Holland always impress but get stuck by their own ambitions. From South America, Uruguay and Brazil will be favourites with the former in particularly good fettle these last months. Japan is the leading Asian team. With the Republic not playing in Brazil, I'll be behind the mighty team of Bosnia who face Argentina, Iran and Nigeria. Expect lots of drama, plenty of goals and early exit tears.

The **Black Card** came into operation in Gaelic football on 01 January 2014. A player can be given a black card for cynical behaviour fouls, such as deliberately tripping or pulling down an opponent. When a black card is given the player is sent off and replaced by a substitute.

# challenge yourself!

1. A man walks into an art gallery and concentrates on one picture in particular. The museum curator notices this and asks the man why he is so interested in that one painting. The man replies, "Brothers and sisters have I none, but that man's father is my father's son." Who is in the painting?
2. A farmer in California owns a beautiful pear tree. He supplies fruit to a nearby grocery store. The store owner has called the farmer to see how much fruit is available for him to purchase. The farmer knows that the main trunk has 24 branches. Each branch has 12 boughs and each bough has 6 twigs. Since each twig bears one piece of fruit, how many plums will the farmer be able to sell?
3. No sooner spoken then broken. What is it?
4. A train leaves from New York City (NYC) heading towards Los Angeles (LA) at 100 mph. Three hours later, a train leaves LA heading towards NYC at 200 MPH. Assume there's exactly 2,000 miles between LA and NYC. When they meet, which train is closer to New York City?

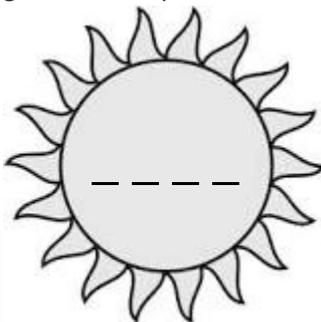


## Can you spot 12 differences between these two pictures?



## Find the Animal

Arrange the letters on each of the four planets to spell the names of four types of fruit. Place the first letter of each name onto the sun, then arrange them to spell the animal's name.



# challenge yourself!

## Keeping Fit

Activity	Flexibility	Rowing
Agility	Gym	Running
Athletics	Healthy	Sit Ups
Body	Hiking	Sprinting
Carbohydrates	Jogging	Sweat
Cardiovascular	Lifting	Swimming
Cycling	Marathon	Weight Lifting
Endorphins	Muscles	Walking
Endurance	Pilates	Workout
Fitness	Protein	



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

## Sudoku

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

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. Line on man's right shoe missing. 2. Circle on sneaker missing. 3. Line under dog's nose missing. 4. Line on bottom man's shoe missing. 5. Man's watch is black. 6. Dot on shirt is coloured in. 7. Post on sign coloured in. 8. Plaster on leg moved. 9. Group of trees moved. 10. Tail on dog is facing down. 11. Pocket on shorts is longer. 12. Ladies trousers are shorter
1. The son of the man who is studying the painting. 2. None, from that tree anyway, a pear tree cannot produce plums. 3. Silence. 4. When they meet, they are both at the same spot, therefore they are both the same distance from NYC.

Find The Animal:  
GOAT



## RECENT EVENTS IN IRELAND

### President Michael D. Higgins' Historic State Visit to UK



In April 2014, Michael D. Higgins became the first Irish head of state to make an official visit to the UK. President Higgins said this visit marked a transformation in relations between the two countries.

### Bloomsday Celebrations

People around the world commemorated the life and work of James Joyce on 16th June, known as Bloomsday. Bloomsday celebrates Thursday 16 June 1904 as the day depicted in Joyce's novel *Ulysses*. This novel follows the life and thoughts of Leopold Bloom and a host of other characters.



### Giro d'Italia Comes to Ireland

The Giro d'Italia is an annual stage race that is run primarily in Italy. In 2014 Ireland hosted the *Big Start for the Giro*, with three days of pre-race celebrations in Belfast, followed by spectacular opening stages in Northern Ireland before the race from Armagh to Dublin.

