



ICPO NEWS

Issue No. 78

Autumn 2018



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.

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In this edition of the newsletter we provide a further update on the vexed issue of repatriation as well as articles arising from recent Irish and UK Court of Appeal decisions relating to Imprisonment for Public Protection (IPPs) and deportation respectively.

We also announce the winners of the Listowel Writers' Week competitions and the "Day in a Life" competition we held this year. The standard of entry was exceptionally high and our warmest congratulations go to the successful entrants and to all who submitted articles, poems etc. Please keep them coming!

There are some staff changes afoot in ICPO Maynooth as well. Ellis Peoples is moving on to pastures new and we are very grateful to her for her excellent work with us. We also welcome Leslie Alcock to the team as the new Casework and Family Support Officer. Leslie is covering for Claire O'Connell whilst she is on sick leave.

There is a nice article about the recent Papal visit as well information about ICPO's new language and resettlement resources. We are grateful to the Department of Foreign Affairs, Emigrant Support Programme for funding these initiatives.

My thanks as always to our regular contributors - Caitriona Ní Bhaoill, author of Smidín Gaeilge, Ian Hanna for his popular sports supplement, Breda Power for the London update and Ellis Peoples for the Family Page. Lastly, I wish to thank the ICPO staff and volunteers (in particular Eileen Boyle) for their hard work in putting this newsletter together.

If there are things you would like to see more of in the newsletter or would like to send us an article, book review, short story, etc, please get in touch.

Brian Hanley
ICPO Coordinator

Update on Transfer of Prisoners

In our previous newsletter we reported some progress on the issue of repatriation, as the Minister for Justice Charles Flanagan TD indicated that applications from countries other than the UK would be examined. Not all foreign sentencing regimes present the same legal difficulties as sentences handed down in the UK and the ICPO had argued for this to be taken into account. We are pleased to report that applications from countries other than the UK are now being processed again. This is a very welcome development for those people around the world who are being detained hundreds or thousands of miles away from loved ones in Ireland. All of these applications are now with the Chief State Solicitors Office. The ICPO is monitoring the progress of applications but if you would like us to contact the Irish Prison Service specifically about your application please let your caseworker know. It is not yet clear how long existing applications will take to be processed but we will continue to call for their speedy progression through the system.

For those prisoners closer to home, in detention in the UK, unfortunately repatriation applications remain 'on hold'. Legislative change is required to deal with the challenge of adapting UK sentences to equivalent Irish sentences. The ICPO has been informed that legislation will come before the Houses of the Oireachtas (parliament) in the Autumn. This is certainly good news but it's important to remember that passing legislation can be a lengthy process. The ICPO will be working with members of the Oireachtas to ensure the legislation addresses the difficulties currently being experienced and that it is enacted as quickly as possible so that applications can begin to be processed once again.

IPP prisoners

Prisoners serving an IPP sentence who wish to be transferred to an Irish prison face particular difficulties. Up to recently the transfer of IPP prisoners was subject to a legal challenge and the Department of Justice stated that it would not be processing any applications from IPP prisoners until this case was heard. The case, which first came before the courts in 2016, sought to overturn the Minister for Justice's decision to refuse an IPP prisoner a transfer to an Irish prison. The Court found in favour of the Minister and an appeal was lodged, however in April 2018 the appeal was dismissed. While this case does not categorically rule out the possibility of other IPP prisoners seeking a prison transfer to Ireland, it does uphold the Minister's discretion in deciding to refuse applications for repatriation from IPP prisoners on the basis that no comparable sentence exists in Irish legislation. It seems likely that this case will be relied on for future decisions involving IPP prisoners seeking repatriation to Ireland.

Although IPP sentences were abolished in 2012, there are currently 2,884 people serving IPP sentences in the UK. The vast majority of these (88%) have passed their tariff expiry date. Those serving IPP sentences are among the most vulnerable in prisons, with the rate of self-harm among IPP prisoners double that of prisoners serving a determinate sentence. However, it is worth noting that the numbers of IPP prisoners being released has risen sharply in the past three years and in 2017 more IPP prisoners were released than in any year since the sentences were introduced.

Ciara Kirrane
Casework, Information & Policy Officer

Pope Francis's message to prisoners while in Knock

Post-Angelus Greeting of His Holiness Pope Francis at Knock Shrine

I offer a special greeting to the men and women in this country who are in prison. I especially thank those who wrote to me upon learning that I would visit Ireland. I would like to say to you: I am close to you, very close. I assure you and your families of my closeness in prayer. May Our Lady of Mercy watch over you and protect you, and strengthen you in faith and hope! Thank you!



Deportation from the UK

Deportation from the UK - Recent Developments

The overwhelming majority of Irish people imprisoned overseas are in the UK. According to official figures there were 728 Irish people in prison in the UK at the end of March 2018, 8% of the total foreign national prison population.¹ The real numbers could be higher as some Irish nationals are recorded as British. While some prisoners at least will want to return to Ireland when released, many are settled in the UK, with families and networks there.

UK Law on Deportation

Legislation in the UK (UK Borders Act 2007) provides that the Home Secretary may order the deportation of any 'foreign criminal' who has been convicted of certain specified offences and sentenced to at least 12 months imprisonment. The Immigration Act 1971 provides for an exception for Irish citizens who were, at the time when the act came into force, ordinarily resident in the UK for five years. There is a separate piece of legislation dealing with the deportation of European Economic Area citizens (Immigration (European Economic Area) Regulations 2006).² EEA citizens can be deported where the Home Secretary decided their removal from the UK is '...justified on grounds of public policy, public security or public health.'

UK Policy on Deportation of Irish Citizens

Since 2007, it has been government policy in the UK not to deport Irish nationals after they have served their sentences except in exceptional circumstances. The then Immigration Minister Liam Byrne said that Irish prisoners would be treated as a 'special case'. Many Irish prisoners facing deportation at that time had been in the UK for many years and had family ties there. At that time some Irish prisoners were in immigration detention centres awaiting deportation but after the change in government policy they were released.

Irish citizens have a special position in UK law. This is separate to the rights they have as EU citizens and pre-dates Ireland and the UK joining the EU. The Ireland Act 1949 states that the 'Republic of Ireland is not a foreign country for the purposes of any law in force in any part of the United Kingdom.' At the time the 1949 Act was going through Parliament, the British Prime Minister gave the reason for the special status as follows: 'As everybody knows, there are in Britain large numbers of people of Irish descent, some born in Eire and some born in this country, and there is a continual passage to and fro of people who come over to work or to study or for pleasure.'³

As Irish citizens are generally not eligible for deportation, they are as a consequence not considered eligible for the Early Release Scheme (ERS) - a scheme which necessarily involves deportation. (For further information, please see ICPO Factsheets *Deportation - Irish Prisoners in the UK* and *Early Removal Scheme - Irish Prisoners in the UK*)

Recent Developments

In recent years, some Irish prisoners have requested that they be deported/removed back to Ireland after their release from prison. In a case before the Northern Ireland High Court, a prisoner Mr Doherty, who was up in Northern Ireland but moved to Dublin to live with his partner, challenged on a number of grounds the refusal of the Home Secretary to deport or remove him to Ireland after his release.⁴ Mr Doherty was sentenced to 6 years imprisonment of which 3 years would be served in custody and the remainder on licence. He renounced his British citizenship and the Home Office formally recognised him as an Irish citizen. The Court held that the discretion of the Home Secretary not to deport Mr Doherty had 'been exercised on well-established, defensible and reasonable public interest grounds.'

Recent Developments

Recent UK Court of Appeal Case

The issue of deportation of Irish prisoners has recently been dealt with by the UK Court of Appeal case *Connell, R (on the application of) v Secretary of State for the Home Department*. The case involved an Irish citizen, Mr Connell who was sentenced in 2011 to 11 years imprisonment for serious offences. In July 2015, Mr Connell was notified that the UK authorities were considering his deportation on grounds of public policy. He indicated that he wished to be deported to Ireland but in December 2015, he was informed that he did not come within the exceptional circumstances requirement for deporting Irish citizens.

The 'exceptional circumstances' refer to offences that involve national security matters or crimes that pose a serious risk to the safety of the public or a section of the public. These could include terrorism offences, murder or serious sexual or violent offences.⁵ Mr Connell was released from prison in 2016 on licence and one of the conditions of his licence was that he remains in the UK until his licence expires.

Mr Connell challenged the decision not to deport him back to Ireland on the basis that the policy regarding the deportation of Irish nationals was beyond the power of the UK Borders Act 2007 and that the Home Secretary failed to give adequate reasons for the decision not to deport. The Court of Appeal considered in detail the laws and policy potentially affecting Irish prisoners. The 2007 Act provides for the automatic deportation of foreign criminals in certain circumstances but the Court ruled that the Act provides for an exception where deportation would breach their rights under EU treaties.

The deportation of EU citizens is governed by the 2006 Regulations, therefore the lawfulness of the policy on deportation of Irish nationals is not affected by the 2007 Act. The Court noted that the policy on deportation of Irish nationals 'has a perfectly rational basis to it.' The Home Secretary was entitled under the 2006 Regulations to make a policy in relation to exercising discretion on a decision whether to remove an EEA national from the UK. For now at least, the policy on deportation of Irish prisoners remains the same - only in very exceptional circumstances.

After Brexit

While some experts consider that Brexit will have no effect on immigration laws for Irish citizens because of the Common Travel Area and the right of Irish citizens in the UK pre-dates both countries joining the E.U., some believe that Brexit will negatively impact on the rights of Irish citizens in the UK. A leading migration lawyer has recently noted that the current laws granting special status to Irish people in the UK are a "patchwork that may fall apart under post-Brexit political and practical pressures"⁶. Were he correct and Irish people no longer have their special position in the UK, it is possible that Irish prisoners may once again face being deported from the UK. However, if this becomes likely, the ICPO would work with the Irish Government, as it has in the past, to ensure that Irish prisoners in the UK are not deported back to Ireland.

Catherine Kenny
Caseworker to Europe and United States

¹ Ministry of Justice, *Offender Management Statistics Quarterly, March 2018*. Table 1.7%

² EEA citizens are citizens of EU states and Norway, Iceland and Liechtenstein

³ Statement of Clement Attlee, 11 May 1949, HC Deb. 464, c.1855

⁴ Doherty's (Edmund) Application [2016] NIQB 62

⁵ The exceptions are set out in Annex H of PSI 52/2011

⁶ Brexit puts special rights for Irish citizens in UK 'at risk', The Observer, 3 December 2017: <https://www.theguardian.com/politics/2017/dec/03/irish-citizens-special-rights-in-uk-at-risk>

Update from London ICPO Office

Breda Power, ICPO London

Opening a bank account while you are in prison

Many people in prison don't have a bank account. It is a fundamental necessity of modern life and therefore resettlement. Whether you'll be going into a paid job on release or claiming Job Seekers Allowance (JSA), you'll need a bank account for any money to be paid into. That's why it's a good idea to try and open an account before you are released. The organisation "Unlock" have helpfully provided the following advice.

When you open an account, bear in mind that generally:

- You will need to give the prison as your address;
- Authorised staff from the prison can inspect financial records that come into the prison;
- You won't be allowed to open an account which offers credit facilities;
- You won't be allowed to have in your possession any cheque book or debit card that is associated with the account.

With the above in mind, you should look to open a basic bank account. A basic account will allow you to have wages and benefits paid into it when you are released, will give you a debit card and will enable you to set up direct debits to pay bills. It won't provide you with an overdraft facility.

Does your prison have a banking arrangement in place?

Back in 2005, Unlock identified that many people coming out of prison didn't have access to a bank account and often missed out on securing employment as a result of this. Over the next 9 years, they worked with various banks and prisons to set up specific arrangements in 74 prisons to make the process of getting an account much simpler.

In 2014, there were 114 prisons with links to a high street bank, and Unlock handed over the day-to-day responsibility to the National Offender Management Service (NOMS) to sustain this work. Speak to your personal officer or the resettlement department to find out whether there is a banking arrangement in place and whether you would be eligible to open an account. Some prisons prioritise those that are nearing the end of their sentence.

If you are eligible, you should be provided with details of how you make an application.

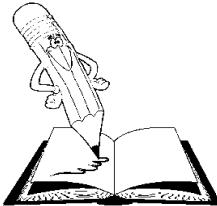
What can you do if your prison doesn't have an arrangement in place?

If your prison doesn't have a specific arrangement in place, there is nothing stopping you from applying to other banks, but it can be a lot more difficult. It might help if you apply to a bank close to the prison - you can always change branch at a later date if you wish to. Ask your personal officer or resettlement department for a list of local banks.

It should be stressed that the attitude of staff can vary between banks and also branches and therefore, if you're refused by one, don't give up - try somewhere else.

Proving your identity whilst in prison

For many people in prison and on release, the biggest problem they face when applying to open a bank account is providing identification. Even if the bank is happy to open an account for you, you will still need to meet the individual bank's ID requirements. Most will ask you to prove your name with another piece of ID to prove your address. This can often be expensive. As part of their banking project, Unlock helped to overcome the problem that people with no ID face. They created an ID form which can be signed by the Governor, which will prove who you are. Further details about the form and how it is used by the prison can be found in PSI 44/2011.



Listowel Writers' Week Competition 2018

**WINNER: Poetry
Writing in Prisons Overseas**

**WINNER: Short Story
Writing in Prisons Overseas**

The Silent Sentence

*Alone, upon the number 93,
A bag of value shopping on her knee,
But deep inside where no one else can see,
The heavy load she shoulders constantly.*

*Alone, she stands outside the school-yard gate,
Where all the parents chat and congregate,
Her ears tuned in to gossip, lies and hate,
She listens to the bad news circulate.*

*Alone, as bills come flooding through the door,
When money's tight and basic prices soar,
And friends and family can do no more,
These things were so much easier before.*

*Alone, she sits outside the visits hall,
With dozens just like her, awaits the call,
From prison staff who make her feel so small,
Then spends the hour not saying much at all.*

*Alone, at night when all the chores are done,
The kids in bed, the tedious errands run,
The crap TV, the soulless meals for one,
The loneliness that just goes on and on.*

*Alone, she thinks of leaving him tonight,
She's tired and has no energy to fight,
But like the saint she is, she holds on tight,
And serves her silent sentence, out of sight.*

Stephen Potter, UK

Daddy Dundee by Frank Kelly

Congratulations to Frank on winning this prize for the 3rd year in a row. Unfortunately, because of it's length, we do not have room in this edition of the newsletter to print this story. We will print it in our Christmas Newsletter.

Mrs Newton's Apple Crumble

From the kitchen window she could see
Young Isaac sat beneath a tree.
And apple fell. He looked and thought
And thought and thought. She thought he ought
To pick it up and bring it in
To her such idleness was a sin.
She had a house and farm to run.
His Father dead, an only son
Should pull his weight and do some work.
This duty he preferred to shirk.
Instead he like to sit and think
While she was busy at the sink.

What Mrs Newton thought depravity
Was Isaac contemplating gravity.
His mind reached out to sun, moon, star
And comets coming from afar
Elliptic orbits round the sun
Of planets passing one by one
Projectiles, parabolic light
The ebb and flow of ocean tides,
And calculus and more besides.
His Mother's thoughts were far more humble;
She planned to make an apple crumble.

Austin Hurley, UK

The Papal Visit

From the 22nd - 26th August the World Meeting of Families (WMOF) was held in Dublin. This WMOF is held every three years in a different city and families from all over the world attend this event. Meetings and workshops were held in the RDS from Wednesday and there was an attendance of 20,000 each day. Families from all corners of the globe and from all walks of life converged on Dublin to take part in this meeting.

Pope Francis arrived on Saturday morning to close the WMOF. His schedule included a visit to Áras an Uachtaráin where he met with President and Mrs Higgins, Dublin Castle where he met with the Taoiseach, politicians and other invited guests, a cavalcade through Dublin city, meeting with engaged couples in the Pro Cathedral, a visit to the Capuchin Day Centre, visit with survivors of abuse, attendance at the Festival of Families, and that was just Saturday following his flight from Rome. On Sunday he visited Knock and celebrated the closing Mass in the Phoenix Park.

The long anticipated visit of Pope Francis to Ireland contained a powerful mix of controversy and excitement. The pain from decades of abuse by clergy and religious against the most vulnerable in our society rose to the surface and dominated the media before, during and after the Papal visit. On Saturday Pope Francis met with eight people who were survivors of Mother and Baby Homes, Magdalen Laundries, institutional abuse and clerical sexual abuse. The meeting lasted for 90 minutes and Pope Francis listened attentively to each person, becoming visibly upset and angry with the stories and referred to those who covered up such abuse as "caca" translated as "filth you would see in a toilet". Listening to the testimonies from these survivors Pope Francis seemed visibly shocked, angry at times and put his hands to his head. One survivor said "The Pope was really sincere and appeared resolved, to continue the work of healing, purification and reform, without fear or favour". Those who attended that meeting came away with a sense of great satisfaction, they had been listened to and reported that the meeting had been "excellent".

Before the meeting ended Pope Francis presented each of the survivors with a medal which had the image of St Patrick on it. In his address at the Mass in the Phoenix Park, Pope Francis apologised for crimes of the Catholic Church in Ireland. While the Mass was being held in the Phoenix Park a protest rally was being held at the Garden of Remembrance. Several thousand people protested

against past abuses by clergy and religious in Ireland.

On Saturday night 25th August I attended the Festival of Families event which was held in Croke Park. This was a stunningly beautiful concert which showcased the best of Irish song, music and dance. Artists such as Nathan Carter, Dana Masters, Celine Byrne, The Begley Family, Holy Family Deaf Choir & Deaftones, The Priests, Paddy Moloney, Bridie and Missy Collins, and Moya Brennan.

The stage was set up in front of Hill 16. The back of the stage was a screen with two smaller screens on each side on which was projected images which changed with each act. Patrick Bergin took to the stage and started singing "Anthem" by Leonard Cohen. Soon after a cheer went up and Pope Francis appeared from one side of the stage in an open jeep type vehicle and was driven around the stadium, up and down with the Pope waving and reaching out to people. The words of the song seemed to fit perfectly with the arrival of the Pope and Patrick Bergin did the song great justice.

*Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.*

The Pope took his place on front of the stage and the concert continued. Daniel O'Donnell arrived on the stage and the whole stadium erupted. He sang "Let Your Love Flow" and had the audience dancing in their seats. Andrea Bocelli and Celine Byrne gave a wonderful rendition of "Ave Maria" which brought some members of the audience to tears. Dotted here and there throughout the acts, five families from Ireland, Canada, Iraq and Africa gave testimonies about their struggles with illness, isolation, war, intolerance and migration. Two acts stood out for me - The High Hopes choir and Riverdance. The High Hopes choir was made up of homeless people from different parts of the Country. Under the direction of David Brophy they sang 'High Hopes'. As they sang people in the stands started lighting up their phones. I watched as the wave of lights grew and by the time the song was over the whole stadium was lit up with phone lights and in the dusk it was like stars shining down on them. It was a beautiful moment and I do hope they saw the support they received from the crowd.

Riverdance, as usual, did not disappoint. Young dancers, from schools all over Ireland, dressed in different colours walked out holding hands in a line and surrounded the floor of the stadium. They took

positions and knelt on the ground waiting for their signal to start. The solo dancer started her dance, with grace and agility she moved across the stage on the tops of her toes using every inch of the stage with hypnotic alacrity then danced off the stage. The male dancer arrived accompanied by four men with large drums strapped to their chests. They banged them in time with the dancer's taps, he in hornpipe shoes battering out the rhythm on the stage. Then the female dancer returned in hornpipe shoes and they danced together before they were joined by 6 other dancers then the real excitement started. More and more dancers joined them on stage and the young dancers surrounding the stadium joined in. It was loud and rhythmic and exciting. The hairs stood on the back of my neck. When the dance stopped there was complete silence in the stadium for a few seconds before a huge roar and applause shook the place.

Later Pope Francis addressed the crowd and spoke about the detrimental effects of social media within the family. He blessed the crowd and promised he would see them the following day. To close the concert Andrea Bocelli sang "Nessum Dorma" (None Shall Sleep) and people filed out of Croke Park in good spirits to find their way home. The train was waiting at Drumcondra station and there was no charge for the trip. People discussed the concert the whole way home. There were families with small children who were exhausted after the long evening but weren't making a fuss, an older man arrived in a wheelchair and people lifted the wheelchair with him in it onto the train. The weather had been good all day and everyone was in good humour. It is difficult to put into words the experience of that night, the sights and sounds and the enthusiasm of the audience. One lady said that it was the best concert she had ever attended.

At about 3am on Sunday morning the skies opened and over the next few hours much of the rain that had been missing earlier in the summer was deposited on Dublin and surrounding areas. I was meeting up with a group from my choir and we were planning to travel to the Phoenix Park together. We met up at a local bus stop at 8am. The rain was particularly bad at that time and we huddled in the bus shelter, donning our rain capes and making ourselves as rain proof as possible. When we alighted from the bus we had a walk of about 4km to the sanctuary which was built around the Papal Cross in the Phoenix Park that was erected for the visit of Pope John Paul II. Access to the sanctuary area was up a steep flight of steps which was carpeted in bright red. There was a raised area on either side of the

sanctuary where the 3,000 voice choir would be seated. When we arrived cold and wet a steward told us that there was a marquee behind the platform where there was a welcome supply of tea and coffee. Being early also gave us the advantage of checking out the best spot to sit on the choir platform. After drying out a bit and having something to eat we took our place in the choir and soon the rehearsal started. The time moved on and gradually you could see the congregation starting to arrive. The rain stopped and with the occasional sighting of sun and blue skies the spirits lifted. The people continued to arrive and the seats up near the altar were gradually filling up. There were choirs and singers engaged to entertain us and when Daniel O'Donnell arrived on the altar area he got a great welcome. The choir members were dancing in their seats and he really got the crowd going.

The announcement came that the Holy Father would soon be with us and you could feel the sense of excitement growing among the crowd. Pope Francis appeared from the side of the altar in his Pope-mobile with members of security surrounding him. He was driven up and down through the corrals of people and from our vantage point we could see people rushing to the barriers to get a good glimpse of him or even be lucky enough to touch his hand. In a deeply meaningful moment before Mass started the Pope apologised for the abuse of vulnerable people at the hands of clergy and religious and for the actions of Bishops and other Church leaders who did nothing about it or actively hid it. As these words had never been uttered before by a Pope, it was especially powerful when he said: "We ask forgiveness for some members of the hierarchy who took no responsibility for these painful situations and kept silent. We ask forgiveness." The Mass was concelebrated and Prayers of the Faithful were said in many different languages. The whole event was well organised and went off without a hitch. Soon the Mass finished and Pope Francis gave his blessing and left the altar. This was the last sight we saw of the Pope on Irish soil and many leaving the Phoenix Park were buoyed up on the events of the previous two days.

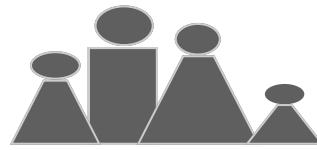
On the flight back to Rome the Pope said of his visit:

"I found so much faith in Ireland. So much faith. It's true, the Irish people have suffered for the scandals. So much. But there is faith in Ireland... the Irish people have a deep rooted faith. I want to say it because it's what I've seen, what I've heard ... Thanks for your work. Thanks a lot. And pray for me please".

**Bernie Martin
Maynooth**

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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 Eilis Peoples, Caseworker and Family Support Officer, ICPO Maynooth.

You cannot pour from an empty cup- Look after yourself first

One of the key messages ICPO gives to families is to look after themselves. All of the families we work with are excellent at looking after their loved ones in prison. However, sometimes looking after yourselves is forgotten about as you worry and advocate for your family member in prison.

We wouldn't expect our car to keep running without looking after it and we as people are no different. While the instinct may be to worry about your loved one in prison and neglect yourself, you can only keep this up for a certain amount of time before your body, mind or relationships are affected.

Stress is a normal part of daily life and certain amounts of stress can help us stay motivated in the short term. However, high stress levels over a prolonged period can not only affect our mental health for example through low motivation, sleep and anxiety but can also affect our physical health such as lowering our immunity, increasing blood pressure and fatigue. Having a loved one in prison will inevitably increase your stress levels and possibly result in increased stress levels over a lengthy period of time.

This means that an extra effort is needed to make sure you are coping. One of the first steps is realising you are struggling. These signs are different for everyone but might include things like racing thoughts, difficulty sleeping, being irritable, feeling like crying a lot, having difficulty getting up in the morning and not caring about things that you usually love doing.

There are many things you can do to cope before or after you realise you are struggling. Everyone is different and what works for me may not work for you.

Here are some tools that might work to help keep you going. Could you try a few today and see if they help? Maybe you have your own that you have not used for a while.

Deep breathing - Take a deep breath for the count of four, hold for two and breath out for four. Imagine your belly is a balloon and inflate it when you breathe in and deflate when you breathe out.

Visualisation - Close your eyes. Take a deep breath. Imagine you are in your favourite place. What can you see? What can you hear? What does it smell like? What are you touching? Maybe you are on your favourite beach, looking at the sea, hearing the waves and the birds, feeling the sand beneath your feet and smelling the sea.

Grounding - If in any moment you are feeling overwhelmed, run cold water over your hands, push your feet into the ground, push your hands together tightly, stretch, tense your muscles slowly, rub nice smelling cream into your hands, count backwards from ten.

Doing things you love - Make time for things you love no matter what. This may be knitting, drawing, gardening, reading, DIY, listening to music or spending time with your family.

Exercise - Exercising releases endorphins, chemicals that make you feel good and can help improve your mental health. This can be any form of exercise and could include walking, yoga, running, going to the gym, swimming or cycling.

Spend time in nature - In Ireland we are never too far from fields, lakes, beaches, rivers or the sea. Try taking some time to just sit and take it in whether that is watching ducks on the canal, walking along a beach or sitting on a bench in a park. Try to take some time to do nothing else but just be there and take it in.

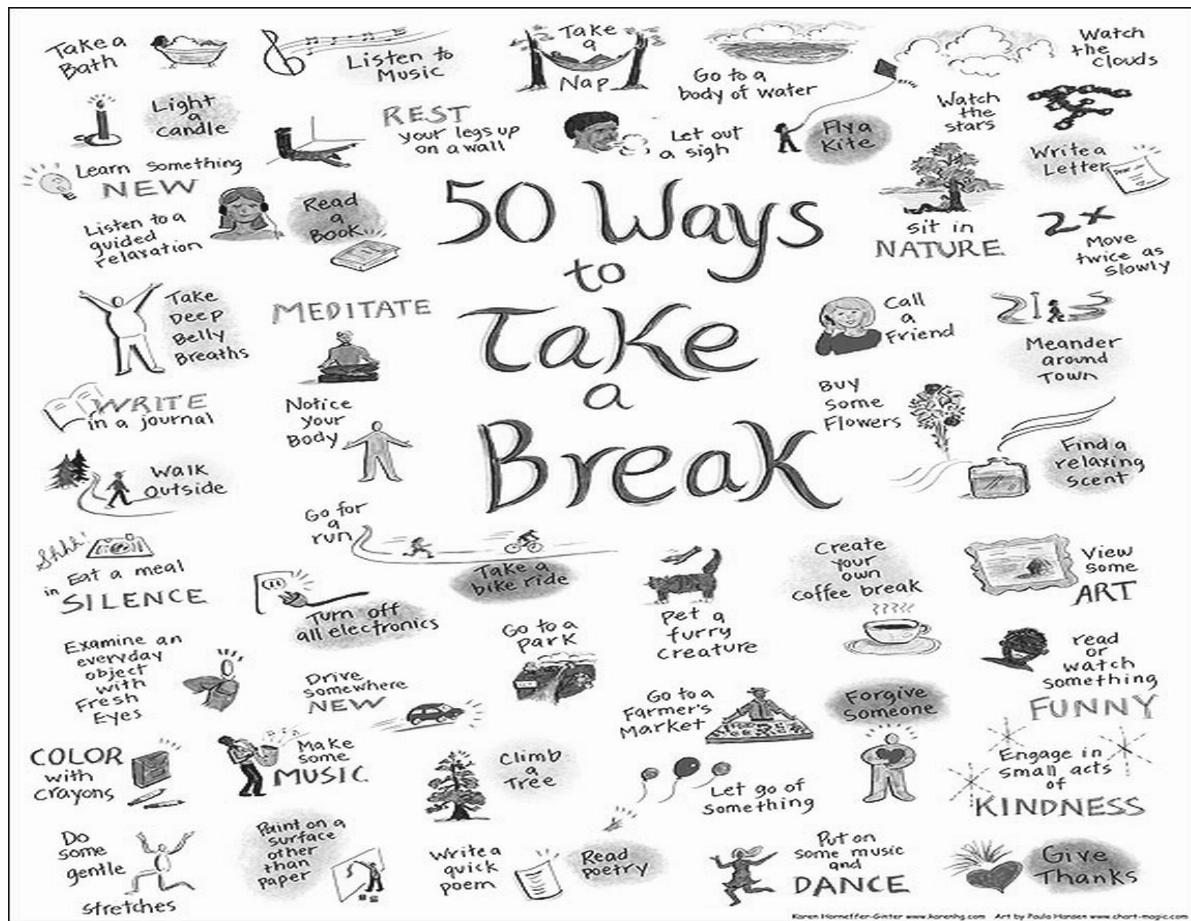
Phone apps - For those of you who are technologically minded there are a range of apps available for mindfulness, worries and sleep. Here are a few apps you can download for free.

Calm, Smiling Mind and Headspace - I would recommend all three of these apps. They all have guided meditations and mindfulness exercises which can help relieve stress, help us slow down our thoughts and breathing as well as encourage sleep. Smiling Mind has sections specifically for children, teenagers and adults.

The Worry Box - This app is aimed at people who worry a lot. It encourages people to question their thinking patterns and you can record and put your worries in a box on the app. The graphics are a bit dated but the general idea can be helpful for addressing worrying.

Sleep With Me Podcast - This app is different from the rest as it encourages you to tune out from what is being said. The author tells stories which are meaningless and rambling, making it difficult to stay awake. From researching apps, I can say it is very hard to stay awake while listening to this one!

[Spotify](#) – Spotify is a music streaming app where you can access relaxation music and podcasts as well as a whole range of music. The sleep with me podcast can be accessed here also.



ICPO Writing Competition

A Day in My Life

Winner



Hello fellow prisoners,

My name is Kurt and I am currently imprisoned in the USA. I know there are some of you out there that are in far worse prisons than the one I am in. So to all my brothers and sisters I say this; be strong, have faith and keep hope! My heart and prayers go out to all of you.

So my day begins at 5:30 am to the sound of the count bell. The correctional officers seem to find some joy in ringing that bell until everyone has a migraine. We all stand for count and remain standing until count is cleared at 6:00am. Once count is cleared the COs start to run meal line. There are over 2,500 inmates in this prison so it takes at least an hour and a half to two hours to serve meals.

Breakfast is always one of three things, cream of wheat, oatmeal or farina with two slices of bread and a half pint of 1% milk. After meal line I return to my 14 - 7 cell. Our cells contain two steel bunk beds, two steel lockers, a table with two seats and a steel toilet and sink.

Between 8:00 and 8:15 the CO rings the bell again — this time it's for inmate workers and program services. There are only 280 job positions available so many of us go without employment (myself included). Program services involve GED classes for 24 inmates and four different groups that hold 12 inmates per group. These groups are six months long so the waiting list is quite long.

At 8.30 mandatory yard is called. So if someone is not employed, enrolled in classes/groups or on a medical lay in then he must go to yard. There are two yards, north yard and south yard. Each yard has a quarter mile track with four pull up bars, four dip bars and sixteen weight machines. The work out equipment can only be used when it's your races day. This is done so no one race can control the workout equipment and fights don't break out.

Yard ends at 10:00 and we are locked in our cells once again. At 10.30 the noon meal line begins where we are served some kind of soy meat with either some kind of beans, noodles or rice with two slices of bread and six ounces of water. Around 12:00-12:30, meal line is over and everyone is locked in their cells and a noon count is conducted. At 12:45 the count bell is rung again and everyone must stand for the next 15 minutes. From 1:00 to 1:30 we are allowed to read or write or lay in bed.

At 1:30 another mandatory yard is called by the ring of the bell. We remain at yard until 3:00. Once we return from yard, we are locked in our cells again. Once we are locked in the C/O will start to open doors for showers. We have 5 minutes to shower then we must be locked in our cells. There are 284 inmates on each block (there are 10 blocks). Showers continue until 4:30 when meal line is called. Our night meal consists of the same possibilities as our noon meal. Once meal line is over, we are locked back in our cells for the night.

Until now there isn't a lot of time to think or reflect on our time or our crime but after we lock in at night, your mind starts to wander. You think about the 'what ifs' and 'what could have been'. You think of family and friends and how your choices have affected them. For the most part I think of my daughter who is 7 now and I haven't seen her since she was 19 months old. If I could tell her anything it would be that I love her and I'm sorry that my choices left her without her daddy. This is a day in my life.

K.S, USA

We were delighted with the entries we received to this competition. Our Judging Panel thought the standard was extremely high; so much so that it was decided, that in addition to the €50 for the winner, we would award four runner-up prizes of €20. One runner-up story is printed here. The others will be published in the Christmas newsletter. All winners have been informed and will receive a cheque in the post.

RUNNER-UP

A Day in My Life

Hello, my name is Terry. I came into prison early 2006. It was such a stupid thing to do and not very clever. My crime was down to not being organised and thinking of the consequences. I still have a little way to travel before I see the light but I am learning from it.

Anyhow I woke up this morning, a bright sunny morning. It was about 6.20am and the sun was high in the sky. I could hear the soft hum of the pigeons and the song of the black bird out in the yard. I got up and put the kettle on for a drink of tea, I like a drink first thing. I sat in the chair and looked at the clock, I've got a bit of time to myself as the officers don't come on duty 'til about 8 o'clock.

I made up my bed and folded away the blankets as I like to keep the bed fresh in this weather. I had a good wash, put on a little roll-on and a clean tee-shirt. I switched on the kettle again for my second drink of tea and brushed what's left of my teeth, Ha! Well the doors are banging, that means the officers are collecting the hobby kits from the prisoners. Some of us do matchstick modelling, some needlework or cell work, it helps to pass the time when you are in your cell, the television don't always do the trick. It's always repeats or bad news reports!

Some of the young lads have a P.S.2 game console - they can be quite good to pass the time of day but it has to be something you are in to, some lads now have X Boxes as well. Me, I am quite happy with my music, I love listening to Radio 2, some say, the oldies station. I have a good collection of CDs I like to listen to, some of them take me down memory lane. It's great to drift off into your own little world for that special time when you were happy and in love. For some it is not the case, it can bring back sad memories and they feel worse off. Here we go 8.20, we are unlocked so we can go over to the workshop. There are a few workshops here. I work in the upholstery shop and it has been a great experience for me. I learnt to recover chairs and seats for the cells and wings. Now, I am a mentor and I teach other prisoners to do the same job. I also learnt to make chesterfields, two and three seaters from scratch. The leather is beautiful to work with. I've come a long way in my abilities to learn and to do things that can help me upon my release and to never give up. Sadly, it is not the case for some. They give up before they start. It's a daft thing to say but I've learnt a skill here in prison that I never thought I could do. I can take this with me and do something. Come to think of it, in a way we have a better opportunity to learn a skill in here than most of the misfortunates out there.

Time is moving on now, it is 11 o'clock and we must hand our tools in, they all have to be checked in before we return to the wings for lunch. This takes 'til about 11.30 then the officers shout 'right lads' time to go. It's a lovely walk back to the wings but if we take our time we are late being unlocked for lunch. We must be roll checked before we can have lunch. It's only a short opening time to collect sandwiches, make a phone call or take out the frozen food for the evening meals. At 12.10, the officers shout out 'All away lads that's it 'til 1.50pm'. We are locked up and roll-checked, the officers leave the wing for lunch. Some of the lads like to have a little sleep over the lunch time. I listen to the news and have a brew then catch up on the TV programmes.

Continued overleaf

We hear the doors banging about 1.20, this is some of the lads leaving the wing to go for their visits then we are opened up at 1.50pm to go back to the workshops until 4.00pm. Not all of us work, some go to the Education Centre, they learn English, Maths and IT. Some go to the chapel to do religious studies or practice their faith. The old lads (retired) are unlocked after roll-check about 2.15pm. They wander around, have a brew and a game of cards with their friends.

Turn 4.00pm, the tools are handed back in and accounted for then we return to the wings and are locked off for the roll-check. This takes about 15/20 minutes. 4.50pm we are unlocked and we go down for tea. Of course, we have a wash and change out of the prison gear. We return to the landing have tea and some of us, like myself, go into the kitchen and make a nice meal for tea - sausage, chips and some peas. Some do a curry or a toasty, the rest of the evening, if we have time, we pop around to see friends, loan a DVD or a newspaper to read. I call in to see one or two old lads and have a chat with them. It can be a lonely place without friends or someone to talk to. It's 6.40 so it is time to be locked up for the night. The officers lock us up and do the roll-check. It's a nice feeling to hear that last call (all away lads). All the hustle and bustle has gone and it is nice and peaceful. Time to watch the soaps. Ha! Some watch a DVD or start their hobbies. I write to family and let them know I'm doing okay. They do worry too you know. I suppose when you're in a sad situation the best you can do is 'make the most of it'. What you say? Chin up lads.

TS, UK



What I say to myself
in the morning!



“

*Today I will be the
best version of me*

”

“

*I am in charge of how
I feel and today I am
choosing happiness*

”

Resettlement & Language Resources

Resettlement Handbook

Returning to Ireland after a period of imprisonment abroad can be a daunting experience. Regardless of whether you've been away for only a short time or you're returning to a country you left many years ago, you may wonder how you'll find somewhere to live, whether you'll be entitled to social welfare, etc.

To help answer these questions and more the ICPO has developed a **Resettlement Handbook**. It provides information on preparing for release as well as where to get support when you return to Ireland. Advance preparation is key to the resettlement process so please talk to your ICPO caseworker as early as possible, ideally 6-12 months ahead of your release date. If you would like to receive a copy of the **Resettlement Handbook** contact us on +353 1 5053156 or write to ICPO, Columba Centre, Maynooth, Co. Kildare, Ireland.



Language Packs

Have you ever found yourself struggling to communicate with other prisoners or prison authorities because you don't speak the local language? If so then the ICPO's new language packs may be just what you need. Common words and phrases to do with food, health care, prisons, legal terms and much more have been translated into six languages. The booklets are small enough to carry in your pocket and are intended to help guide you through different day-to-day situations if you are facing language barriers. The booklets are available in: Arabic, French, German, Hindi, Portuguese and Spanish. If you would like to receive a language pack, which includes a 'Picture it in Prison' picture dictionary, please contact the ICPO in Maynooth or speak to your caseworker.

Help for US Inmates Before, During and After Prison

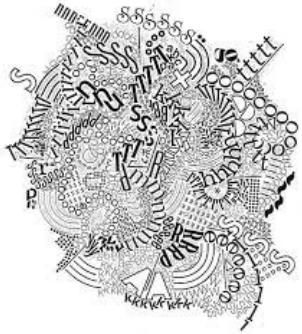


An ICPO client in the United States has helpfully pointed us to a website called InmateAid.com

It provides a range of means by which prisoners in the US and their families in Ireland or elsewhere, can stay in touch including cheaper phone calls and sending letters and photos via email. Magazine subscriptions and greeting cards can be ordered and there is a facility for sending money to a loved one's prison account.

It is always great to get a first-hand recommendation from someone who knows something actually works!

Poetry Corner



The Newsletter

The jangle of keys - footsteps upon the floor
 I hear the envelope - slide beneath my door
 Plenty of time on my hands - but I really must hurry
 So I fall from my bed - across the floor I scurry.
 Excitement! It's The Newsletter from the ICPO
 Stories of home - and information we need to know
 Sport Shorts with Ian Hanna - and The Boys in Green
 When we won the Grand Slam at Twickers - Lord I did scream.
 Bernie Martin wrote of Glasgow, Running Springs and the Weather.
 Take heed of his story - it's really quite clever.
 Jazzer 'A day in my life' gave us all inspiration
 For we're scattered around the globe - in various nations.
 Challenge yourself is great—Also a spot of humour
 Hey! Repatriation is getting closer - or is it just a rumour?
 Thanks Caitriona for giving our Irish a brushing
 I've been away so long - I could have learnt Russian.
 Thanks to volunteers and staff - Maynooth and Camden Town
 For you lighten up the load - and ease the frown
 So my brothers and sisters - we're all in exile
 Let's huddle together and raise a big smile
 Always remember - we are never alone
 Any chance of a lift to Holyhead - I wanna go home
 Now I really must go - as my cell is a mess
 I wish you peace and love - Stay Positive - Slán and God Bless

TT, UK - The Irish Riddler

Feeling it Now

Can't get up, won't sit down
 All messed up, I'm feeling it now
 What goes up must come down
 Down, down, down, I'm feeling it now

All messed up and I know how
 Sweating buckets, pass the towel
 Can't get the works to bring me round
 Round, round, round, I'm feeling it now.

Chorus

I know I've got a problem
 That only I can solve
 I know I should be feeling something
 I feel nothing at all

You bring the skins, I'll bring the cheese
 That's what you said, I was seventeen
 Though you were my friend, you let me down
 Down, down, down, I'm feeling it now.

I should have known a road to nowhere
 At first it's one and then you don't care
 But that was then, this is now
 Now, now, now, I'm better now.

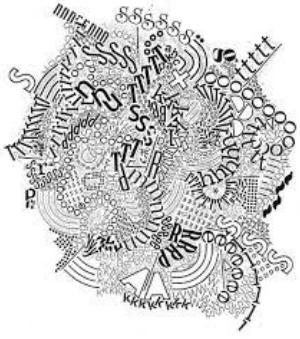
Chorus

I know I've got a problem
 That only I can solve
 And now I'm feeling something
 My strength is this song
 My strength is this song

SF, N.Ireland



Poetry Corner



Looking at an Imp

Today I saw what may have been a man but was not quite;
A strange creature almost one of us to judge by sight
But when I looked into his eyes I saw no light.

The demon lurks beneath a thin veneer;
A succubus that feed on pain and fear;
A soul-less thing with hardened heart
A mind that's warped and sick;
A twisted, witless lunatic; A raving lunatic.

To look at, straight and rigid but like so many I have known:
Starch all in his uniform, no marrow in his bones;
A beret like a helium helm to hold his cain up high
But like all else about this fake, his pose is just a lie.
Take his rooster's crop off and his head will fall in shame.
Out there in the real world no-one even knows his name.
He glorys in his import; a rotten fish in a fetid lake;
An oversight by God perhaps? A Darwinian mistake?

Today I saw what may have been a man.....It was not!

A Blood Warmed

For over a decade his blood ran cold.
From hurt deep inside, a brother he loved
Knowing he was wrong for what he had done.
He just wanted to make right
With his mother's other son.

Trying in vain to make things right,
Sadly there was no reconciliation in sight.
Full with anger, hatred and spite,
Knowing he wouldn't win this fight.

Wandering in circles day and night
Trying in his mind to make things right,
Wanting at times just to forget,
But this wasn't possible,
As he still loved him yet.

Accepting now that only time,
Could make this blood warm again
And that was just fine.
God had us walking in a straight line
Knowing t'was just a matter of time.

Asking Therese 'The Little Flower',
To bring us together with her God given power.
Then it happened on March 7th.
God brought us together, guiding from heaven!

All of these years, waiting to hear.
If he was okay, had he found some cheer?
Now some new hope for this new year.
Hardly can wait till next time I hear.

A wound so deep made blood so cold
At last new beginnings of hope unfold.
An e-mail, a letter, who knows what's next.
We'll take it slow like baby steps.

Jazzer

CB, Kenya



Did you know that the ICPO supports prisoners *and their families?*

We understand that the imprisonment of a family member, particularly when the person is detained overseas, can be a devastating experience. As well as having to deal with an unfamiliar legal system and restrictions on communication, they may experience shame, guilt, isolation, stress and financial pressures. Having someone to speak to in confidence who will listen to their concerns without judgement can be hugely beneficial. This is why an essential part of our work is to provide information, support and advice to families who have a relative in prison overseas.

The ICPO provides support to families on a range of issues and, in limited circumstances, offers financial assistance to family members to visit their relative in prison overseas. ICPO caseworkers can provide one-to-one support to adult family members and can offer guidance about how to access other support services if required. We hold Family Information Days twice a year where families have the opportunity to meet others who have a relative in

prison overseas as well as providing a chance to meet ICPO staff and volunteers.

If you have a family member in Ireland who you think could benefit from the support of the ICPO please consider letting them know about our services. They can contact us on +353 1 5053156 or email icpo@iecon.ie

Some thoughts shared by families about the support the received from the ICPO:

"Many thanks for all your help and assistance; you have been great help to me during this difficult time. The welcome and support for me on the Family Day was overpowering, I don't feel alone anymore here in Ireland."

"Once again thank you so much for all your help. I honestly don't think I would have gotten through it without the support of the ICPO."



Your Letters



FINE CELL WORK

Over the years in prison I have seen prisoners make things like cushions, pencil cases, glasses cases, pin cushions and Christmas decorations which is all done by many days, weeks and months at needle and thread craft, (the textile artists do embroidery). You can do this in sewing groups at the Fine Cell Work meetings and also at your own pleasure in your cell. When you have completed your piece of needle craft, then the Fine Cell Work charity will sell your work through their organisation and send you a percentage of the money which does come in very handy especially if you are not able to work or disabled like myself. You can make a pin cushion within a week and earn £3.50p or you can make a pillow cushion and earn £25. Or even make rugs and the sky is your limit and earns £100 -£200. This will take a long time. It's not

about the money it's about keeping the boring times away and keeping your mind active and having peace of mind and just having something to do through the long days and nights and the pleasure you get when a design piece you have finished is great. In the Fine Cell Work groups and the support charity workers who come in to see are all very friendly and helpful it's nice to get together and have a chat and a cuppa tea/coffee with a biscuit.

I'm glad that I started it this year as I am in my cell 24/7 and almost 24 hours a day. So it's nice to be able to pick up a needle and thread or cloth and mesh for embroidery. There are many hundreds of different designs when you choose to do some sewing.

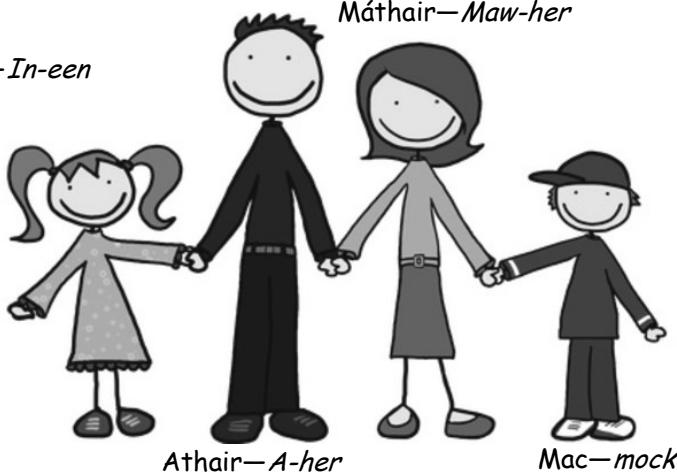
JOD, UK



Smidín Gaeilge

Mo Chlann—My Family

Iníon—In-een



Deartháir - dri-har
Brother



Mo (my) takes a séimhiú which is a **h** after the first consonant in a word. It softens and mostly changes the pronunciation.

Mo mháthair—Mu wah-her—My mother

M'Athair—ma-her—My father

M'Iníon—mineen—My daughter

Mo mhac—mu vock—My son



Seanmháthair—Shanwahur
Mamó—mam oh—Granny

Tá deartháir amháin agus beirt deirfiúracha agam.
Taw drihar aw-awn agus burt derfoor-aca agum.
I have one brother and two sisters.
(Amháin denotes one in this case)



Chuaigh mé agus mo leasathair ar chuairt chuig an Astrál chuig m'aintín, m'uncail agus mo cholceathair.

Coo-ig may agus mu lasa-aher ar coort quig on astrawl quig manteen, muncal agus mu c-h-ulcahur.

My step father and I went to on a trip to Australia to visit my aunt, my uncle and my cousin.

Bhí breithlá ag mo mhamó agus bhí mo theaglach ar fad ann.
V bre-law egg mu wam-oh agus v mu hi-lock air fod ow-n.
It was my grandmother's birthday and my entire family was there.





Sports Shorts

with Ian Hanna

Greetings from your dedicated scribe when it comes to sports in the ICPO. It has been an action packed summer with pride of place going to the Irish ladies hockey team on reaching the World Cup final during August.

HOCKEY

No apologies for starting off with this minority sport in Ireland. WHAT AN ACHIEVEMENT. The Irish ladies hockey team achieved what no other Irish team, whether male or female, has ever achieved, that is getting to the final of a senior world championship, team, field event. No soccer, no rugby, no cricket, no nothing has ever travelled so far. They were the second lowest ranked team in the competition and qualified from their group in second place, then beat India in the quarter final on penalties, accounted for Spain also on penalties before losing the final to the tournament hot favourites, the Netherlands. Irish hockey is an all-Ireland organisation and the team won the hearts of the nation with their commitment, confidence and visible enjoyment of being there. On their return to Dublin a huge crowd greeted them in the city centre. It was a well-deserved recognition of their incredible journey, a journey which resulted in the government granting €500,000 in additional support to Olympics sports which includes hockey.



GAA

Dublin's search for an historic four-in-a-row was successfully completed when they overcame Tyrone by six points in a close enough decider, but in a game the Sky Blues never looked remotely like losing. They were seven points up at half-time and saw off with comparative ease any Tyrone fight

back in the second half. All the talk is will they go on to become the first senior side to win an unprecedented five-in-a-row. On the evidence of this year's football championship there does not appear to be any team that can match their ability, confidence, skill, decision making and work rate.



Kerry minors footballers became the first team to win five All-Ireland titles in a row when they defeated Galway in this year's final. Will this success be the catalyst for a revival of fortunes at senior level for the Kingdom and will we see Dublin's dominance being replaced by a period of supremacy by the Green and Gold?

The GAA season saw the introduction of a number of changes in the running of both the hurling and football championships. It also saw a shortening of the intercounty seasons with the All Ireland finals played before the end of August instead of in September. A series of round robin games was introduced into both the Leinster and Munster hurling championships while in football the advent of the Super 8s at the quarter final stages saw more games being played at different provincial locations. There are some conflicting ideas on the Super 8s one being that there is no place for the giant killer as the eight teams are divided into two groups of four with the top two in each group providing the semi-finalists.

The hurling season was the gift that kept on giving with high quality games throughout and culminating in Limerick winning their first All-Ireland in 45 years when they defeated Galway by a point in the



Autumn 2018

decider. Galway failed to retain their All-Ireland crown but unlike Galway teams of yesteryear they fought all the way and nearly snatched a draw at the death when a long range free fell short.



RUGBY

Ireland crowned a wonderful year in June by winning a fiercely contested three match test series against the Wallabies Down Under. Joe Schmidt, the Irish coach had both eyes on the World Cup 2019 next October in Japan and brought his best players. They repaid him by forcing out one score wins in the second and third tests against a fired up Australia who wanted to get their own World Cup preparations off to a good start. This was the first time Ireland had won a series away to Australia since 1979.

Add this to their Grand Slam and Leinster winning the European Championship and the Pro 14 league, Irish rugby is shining bright. But somewhere in my mind I think we will have problems in getting to the semi-final of the World Cup. Whether it is the attrition rate of injuries or other teams seem to time their efforts better than us, it will be difficult to finally get beyond the quarter finals.

BOXING

In July, Katie Taylor retained her WBA and IBF World Lightweight belts in London with a third round victory against mandatory opponent Kimberly Connor. However her next titles defence takes place on 20 October in Boston against a much stiffer opponent, Cindy Serrano who currently holds the WBO featherweight title. Katie has already won 10 fights in a row since she turned professional in late 2016 after the debacle that was the Brazil Olympics for Boxing Ireland. Compare this to Cindy who turned

professional way back in 2003 and has won 27 contests out of 34. More importantly she has not lost a fight since 2012, four years before our hero Katie decided to step away from the amateur game. It will be a huge encounter for Katie and the pundits reckon she might lose the fight and her two hard won world titles.

SOCCER

The Irish soccer team is already in a bit of turmoil before the first international game of the new season is played due to the indecisiveness of West Ham star Declan Rice as to whether he wants to play competitively for Ireland or wait to see if he is picked by England. He is already capped three times by Ireland but as they weren't official competitive games he is still free to play for England. Then a couple of weeks ago a reported row broke out between assistant manager Roy Keane and midfield player Harry Arter resulting in the probability of Arter calling short his international career unless the difference is sorted out. For Ireland to lose two premiership stars represents a severe blow to our chances of qualifying for the next European finals let alone having a decent campaign and improving our world ranking place.

We had a good World Cup tournament with France proving to be worthy winners even if the final game turned on the decision to award France a dubious penalty towards the end of the first half. Irish interest was mainly focused around Harry Kane, the England striker whose family hail from Co. Galway. He still has close family members living there and is known to visit the area and swap tall stories.

Again I must say thank you to all the readers who send in some questions or sporting nuggets which I am delighted to receive and share. I am also glad to know so many of you are starting or rebooting your physical exercise training and please do not hesitate to let me know if I can provide you with some training programmes or tips from the stars. Let me know if you want to read about some other sports that may appeal to a wide range of readers and I will try to wangle more space from the editor.

challenge yourself!

Meet the Family

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

Aunt	Brother	Child	Dad	Family	Grandad
Husband	Infant	Kids	Mammy	Nephew	Niece
Orphan	Parent	Relation	Sister	Twins	Uncle
Wife	Daughter	Son	Granny	Baby	Step Father
Foster Mother	Partner	Grandchild			

Word Puzzle Pictures

1

MIN	BACK	UTES
MIN		UTES
MIN		UTES
MIN		UTES

2

i
slept

3

Aid

Aid
Aid
Aid

4

1234567891234567
8912345678912345
6789**SAFETY**12345
6789123456789123
4567891234567891
2345678912345678
9123456789123456

5

funny funny
word word
word word

6

BRAIN
KIDNEY
Home HEART

7

noon good

8

blood
water

challenge yourself!

Spot the Difference

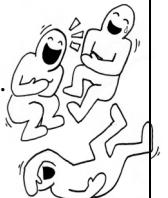
Can you spot 10 differences between these two pictures



A man is driving around town with a car full of penguins. He gets pulled over and the officer yells at him that he needs to take those penguins to the zoo.

The next day the man is driving with his penguins again and is pulled over by the same officer. The officer looks at the man and says:

"Didn't I tell you to take those penguins to the zoo?"
"Yes officer, you did and today I'm taking them to the movies"



Submitted by PA, UK

Sudoku

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

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 every 3x3 square.

Brain Teasers

1. A builder has to put the numbers on 100 houses, numbered 1 to 100. How many number 9s will he need?
2. If you play a pair of aces after a deuce, what do you win?

Submitted by PA, UK

Answers

Brain Teasers: 1. 20. 2. A game of tennis

Word Picture Puzzles:
1. Back on 4 minutes. 2. I overslept. 3. First cap different.
4. Safety in numbers. 5. Two funny for words. 6. Home is where the heart is. 7. Good afternoon. 8. Blood is thicker than water.
from District 5. 3. Patch on house on right. 2. chimney on roof. 4. Stripes missing from trousers. 5. Bow under chin. 6. Woman's skirt. 7. Shadows on window. 8. Door in house at rear. 9. Spade handle. 10. Design in on trousers. 5. Bow under chin. 6. Woman's skirt. 7. Shadows on window. 8. Door in house at rear. 9. Spade handle. 10. Design in from District 5. 3. Patch on house on right. 2. chimney on roof. 4. Stripes missing from trousers. 5. Bow under chin. 6. Woman's skirt. 7. Shadows on window. 8. Door in house at rear. 9. Spade handle. 10. Design in



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