



ICPO NEWS

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Photo: The Gas House Bridge over the river Suir in Clonmel, Co Tipperary. Photographer: William Kenrick

ICPO

It is estimated that at any one time there are in excess of 1,100 Irish people in prison overseas. Irish Council for Prisoners Overseas (ICPO) has contact with Irish people in prisons in more than thirty countries, the majority of whom are in the UK, with many more detained throughout the USA, Australia, Africa, Europe, South and Central America and Asia.

The 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 vision of ICPO is of a world where the human rights of Irish prisoners overseas are respected and their dignity is honoured.

- We work with all Irish prisoners and their families wherever they are and at all stages of the imprisonment process.
- We treat everyone with dignity and respect.
- We ensure the privacy of everyone we work with.
- Everyone we work with is treated as an individual and the service provided is tailored to their needs.
- We stay with people on their journey maintaining a presence as long as needed.

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Greetings from the ICPO

I want to begin by thanking everyone who contributed to this newsletter. We love to read and share your stories and poems and I would encourage all of you to consider sending in something. The newsletter is for you but it is all the better when it comes from you too.

My thanks to Eileen, Caitriona, Ian, Gerry, Catherine, Elodie and Bianca for writing articles and to the staff and volunteers who helped to organise the printing and mailing. It is always a wonderful team effort.

I also want to take this opportunity to let you, the readers know, that after fourteen years working with ICPO and being the Editor of ICPO News, this will be my last as Coordinator for some time. I have been granted a three year career break and will be moving on to pastures new. Leaving ICPO was certainly not an easy decision but I believe it is time for a fresh voice and vision for the organisation.

It has been a privilege to work for this wonderful organisation for so many years and to have met so many incredible people, both at home and abroad along the way. I have been to five continents and almost fifty different prisons in this role and am thankful to have visited with many of you. I have read and written thousands of letters and learned so much from you in that time. Most importantly, I think, I learned about the power of the human spirit - our ability to endure and ultimately to thrive, even when things might seem impossible at first.

I want to take this opportunity to thank the hundreds of Irish consular officials I have worked with down through the years, as well as a great many Irish missionaries and people working for Irish emigrant organisations across the globe. Their willingness to engage and offer support and assistance greatly enhances ICPO's ability to support clients and I am personally very grateful to each one of them.

I am indebted to my Board for their support of ICPO's work over many years and without whom it would not have been possible to grow the organisation and reach out to the 1,000 plus ICPO clients we currently support. I am also very grateful to the Irish Bishops' Conference, the Department of Foreign Affairs, the Society of St. Vincent de Paul and the Sisters of Mercy for seeing the value in the work we do and providing the funding to enable us to do it.

Finally, to the staff and volunteers of the London and Maynooth offices, I want to say a heartfelt thank you. Your courage, conviction and kindness taught me a great deal and I will take so many happy memories away with me as I leave.

It has been a privilege to be part of the ICPO and I send my very best wishes to you all.

Brian Hanley

Repatriation Update

On March 1, the Criminal Justice (Mutual Recognition of Custodial Sentences) Act 2023 was signed into law by the President. This Act transposes (brings into Irish law) the EU Framework Decision 2008/909/JHA, which provides for transfers of sentence (also sometimes referred to as repatriation) between EU countries. The Act also contains a number of amendments to existing legislation relating to the transfer of sentence which will facilitate transfers to and from non-EU countries, including the UK.

While this is a very welcome development, it has taken a very long time to get to this point. Ireland is the last country in the EU to transpose this Framework Decision, over 11 years after the deadline and after legal proceedings taken by the EU Commission against Ireland for failure to introduce the necessary legislation. Although Supreme Court cases in 2014 and 2016 meant that changes were required to existing legislation to facilitate transfers from non-EU states, it has taken over 6 years for these changes to finally be made. There may be some delays yet before the Act is 'commenced' or comes into force, especially those parts of the Act that deal with transfers from countries outside the EU, including the UK.

What do the changes mean for you?

The legislation is lengthy and complex and given space constraints, it is impossible to give a comprehensive overview here. We do not have all the answers yet as the legislation has been passed very recently and the scheme by which applications will be considered is not in place. It is advisable therefore to keep in regular contact with your ICPO Caseworker as they will have up to date information. We are currently also preparing some new factsheets which we can send you.

What the changes mean for you will be largely dependent on where you are serving your sentence, in particular, whether you are serving your sentence in an EU country or a non-EU country. It will also depend on the type of sentence you are serving (if you are outside the EU).

UK

The Minister has announced that the parts of the Act dealing with transfers from the UK (and other jurisdictions) will not be commenced (comes into force) immediately. It is not clear when this will happen but the Minister has stated that he does not expect "significant delay" before the Act is commenced.

The below is a general outline of how the Act will affect Irish people serving sentences in the UK.

Determinate (fixed term) sentences

The majority of people in prison in the UK are serving a determinate sentence with the exception of an Extended Determinate Sentence, serving half of their sentence in prison and half in the community on licence. Until this Act was passed, Ireland had no form of conditional release or licence and as a result applications from people serving a determinate sentence in the UK were turned down as this sentence was not compatible with Irish law. This appears to have been resolved through this legislation. Trying to work out how long you may spend on conditional release and in prison in Ireland will be quite complicated under the new scheme. The Minister gave an example of a person sentenced to 10 years imprisonment who would be entitled to conditional release/licence at halfway and who transfers to Ireland after 4 years. Both Irish remission of 25% and the period of conditional release based on the period of time the person has spent in prison in the UK have to be taken into consideration. In the Minister's example, the person would serve 5 years and 6 months in custody and 3 years on conditional release with 1 year and 6 months remission. It is unclear yet what conditions will attach to such periods of unconditional release.

Life sentence

If you are serving a life sentence in the UK and wish to transfer your sentence, your application may be approved by the Irish authorities but refused by the UK authorities. This is because the minimum custodial periods (or tariff) applicable to life

Repatriation Update (continued)

sentences are not binding on the Irish Parole Board while it may be taken into account. Life sentences in Ireland are subject to review at 12 years although generally people serve approximately 20 years and in some cases longer. The UK authorities are concerned therefore that if a person serving a life sentence is transferred to Ireland, he or she may be released before they have completed their UK tariff. As yet there is no tariff system in Ireland but the Government has committed to introducing a tariff for life sentenced prisoners this year and the Minister has committed to revisit transfers for life sentenced prisoners should tariffs be introduced here.

IPP sentences

Unfortunately, if you are serving an IPP sentence, there is no change. In 2018 the Irish Court of Appeal upheld the then Minister's decision to refuse applications from IPP prisoners on the basis that no comparable sentence in Irish law exists. This judgment is likely to be relied on for any future decisions involving IPP prisoners seeking repatriation to Ireland and the passage of the Act does not change this.

EU

While the sections of the Act dealing with transfers from EU countries has not yet been commenced, it is expected that this will be done quickly and the legislation will then be in force for such transfers. The Act sets out the process to be followed for transfers from EU countries. This is lengthy and complex and will be explained further in an ICPO factsheet, which is currently being drafted.

There are some significant differences with the current transfer process. Unlike under the current process where the prisoner applies for a transfer, the sentencing state will in many cases start the process by sending the judgment and a Framework

Decision Certificate to the Irish Minister for Justice. However, the Minister may also request that the sentencing state start the process on his/her own initiative or at the request of a prisoner.

The process will be different whether you lived in Ireland and/or will be deported here after you finish your sentence. In these circumstances, the sentencing country may seek to have you transferred whether or not you consent. However, in such cases the Minister will be required to provide a "reasoned opinion" the transfer would not facilitate your rehabilitation and resettlement and you will have the opportunity to give your opinion in writing.

Until the Act was passed, conditional release which is common in most EU countries did not exist in Irish law. As with transfers from the UK (above) calculating the amount of time to be spent in custody and conditional release (if granted) in Ireland as well as the period of remission is not straightforward. In addition, some people may end up spending longer in prison than if they remained in the sentencing country.

Other jurisdictions

If you are in prison in a country other than the UK or an EU country and are considering transfer, much will depend on the type of sentence you are serving. Your ICPO caseworker will be able to advise you further.

Conclusion

Unfortunately it is possible only to provide a general overview of the main provisions of this legislation. I am sure many of you will have questions. Please contact your ICPO Caseworker or myself and we will be happy to try to answer your questions.

Catherine Kenny
Casework, Information and Policy Officer

My time at ICPO

Hello, my name is Bianca and I did my internship with ICPO for the past 3 months. I completed a double major in Criminology and Psychological Studies undergraduate degree, followed by a Master's in Comparative Criminology and Criminal Justice at Maynooth University.

ICPO was my first internship choice, hence I was delighted to receive the position. I hoped to be part of the team ever since I heard their vision, aims and goals. I believe even the smallest change can be significant. Since ICPO goes well above and beyond, I consider this to be the best organisation to learn from. Although it is built around a small team, it has the power to look after many people all around the world. sparking my interest even further.

During my time with ICPO I helped caseworkers to complete a variety of tasks. I contributed towards some significant projects such as a new language resource, the client survey and updating the resettlement guide. As a foreign national myself, I understand the struggles one might have when surrounded by people who speak a different language. Hence, I admire how ICPO goes above and beyond to make sure everyone is supported appropriately. Even more importantly, how it goes above and beyond to provide accurate, up-to-date information to clients, especially in relation to the often quite stressful stage of release and resettlement.

This internship gave me the opportunity to have my first real world experience related to my field of study. Therefore, it has been of great value as I encountered some aspects that I learned during my undergrad. There is a great difference between theory and practice, ICPO opened my eyes to the authentic, unfiltered reality. Being able to see and analyse the 2023 client survey feedback, I got a deeper understanding of the challenges and difficulties clients face and how they cope with them. I would like to say thank you to the ICPO staff members and volunteers. They have been so patient, welcoming and kind. Ever since my first day, everyone reassured and supported me with all my enquiries. They are driven, hardworking and compassionate people. They are dedicated to the organisation and their clients. By offering me the opportunity to learn and develop new skills and to apply my knowledge from past studies, ICPO helped me improve on a personal and professional level. I am truly grateful that ICPO chose me to be a part of the team this year. Thank you so much.

Bianca

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FAMILY MATTERS



*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?
While Ciara is absent on maternity leave, please contact Elodie Coyard, ICPO
Maynooth. Email: elodie.coyard@icpo.ie or call on +353-87 3110000*

Returning Home



When your loved one returns home after being in prison abroad, you will likely have been looking forward to seeing them and are relieved and happy to have

them home safe. It can be an exciting time, as your family will be reunited. However, while some families are happy to be together again, it can also be a challenging time for you and your loved one to make the adjustment. This can happen for a variety of reasons. Your loved one may have been away from Ireland for many years and has to adapt to living in Ireland again. They may not have wanted to move back to Ireland but were forced to due to deportation for example and they miss their life abroad. For parents, it may be hard to adjust to having an adult child moving back into the family home after a number of years. For partners and children, it can be hard to reintegrate your loved one in your daily routine as you have managed without them for some time and have a new routine now. You may find your loved one has changed and that they have different habits or ways of doing things. Being in prison can change people in many ways and it can take time for them to re-adjust to life on the outside. This is particularly the case for people who have been in prison for a number of years. It is completely normal if you feel anxious, overwhelmed or even angry when your loved one returns. This does not mean you are not happy to

see them back home - it just means it will take some time for everyone to reconnect and re-adjust.

Everyone's return to Ireland is different, some may have a house, job, and family to go home to while others may not. Whatever the situation is, please do not hesitate to contact your loved one's ICPO caseworker if you would like to discuss their resettlement and returning home to Ireland (or Northern Ireland). We encourage families and their loved one overseas to carefully plan and think about their resettlement and returning home some months in advance. This is to try and avoid possible delays and make their return as smooth as possible. We recommend between 6 and 12 months to prepare depending on individual situations. If you are able to contact your loved one, have multiple conversations about each other's plans and expectations upon their return to Ireland. Even if your loved one will not live with you, it is important to know they have a plan. If you are in a position to do so, there may be things that you can do from Ireland to help make your loved one's return a little easier. Important things to consider before release include:

Documentation

When your loved one is coming back to Ireland, they will likely need different types of documents to access services such as social welfare for example. These documents could include a valid Irish passport, a PPS Number or a birth certificate among others. If your loved one does not know what documentation is needed or does not have the

necessary documents, [please see pages 16 to 20 of the ICPO Resettlement Handbook for the Republic of Ireland and pages 21 to 22 for Northern Ireland](#), or contact your loved one's ICPO caseworker for further information on how to apply for the relevant documentation.

Accommodation

After their time in prison, your family member may decide to come back to Ireland of their own accord or they may be deported here from the country they were imprisoned in. Once they return, they will have to decide whether they wish to stay in Ireland or if they wish to resettle elsewhere. If your loved one is going to be living with you, try to plan if this will be a long-term or short-term arrangement. If they have no home to go back to in Ireland, ICPO can refer your loved one to agencies such as Crosscare or Safe-Home who can assist them to find both emergency accommodation upon their arrival and more permanent accommodation. For more information on finding accommodation, please see [pages 23 to 26 of the Resettlement Handbook](#).

Finance

Your family members' financial situation after their return can often be a source of concern. If you are in a position to do so, try and find out if your loved one has any savings that they can access. If they have no money, ICPO can give them a small grant for food and clothes and a resettlement pack with basic necessities. Once they return to Ireland, they can apply for Social Welfare to get benefits and allowances. For more information about how to apply for Social Welfare, please see [pages 27 to 30 of the Resettlement Handbook](#). If your loved one has been in prison for a long period of time, they may need help and advice for budgeting. Please visit the Money Advice and Budgeting Service's website for more information: <https://mabs.ie/>.

Employment and Education

Upon returning to Ireland, your family member may have a job waiting for them. If they do not have a job, they may have to write a CV and then apply for a job. If they completed any courses or acquired qualifications during their time in prison, they may wish to pursue a job in that area. Please find relevant agencies and websites that can help your loved one apply for jobs on [pages 46 to 50 of the Resettlement Handbook](#). They include Linkage Service/IASIO or Intreo Centres. If your loved one wishes to go back to education instead, please see [pages 48 to 49 of the Resettlement Handbook](#) or contact their ICPO caseworker to discuss further.

Health

It is possible that your family member will have physical or mental health issues when they are released and that they need to see a doctor promptly. It is important for your loved one to know of any medication they may need and to make sure they have enough with them until they can see a doctor in Ireland. They may be entitled to a medical card which will give them access to free GP consultations among other services. For more information on how to apply for a GP card and accessing specialist services (mental health, addictions, HIV/AIDS) see [pages 31 to 40 of the Resettlement Handbook](#).

ICPO has a range of information and resources with details on how to prepare for release, useful services and what to expect upon returning home to Ireland for both families and your loved one. You can access our resources online on our website www.icpo.ie with the following links or you can contact ICPO if you would like a hard copy version:

Resettlement Handbook: <https://www.icpo.ie/wp-content/uploads/2018/09/ICPO-Resettlement-Handbook-Final.pdf>

Family Resource: Coming Home, pages 55 to 63: <https://www.icpo.ie/wp-content/uploads/2022/12/Family-Resource.pdf>



Sports Shorts

with Ian Hanna

This coming summer is going to be a blast for Irish sport, as apart from the staple diet of practically non-stop GAA hurling and football, we have the participation of Ireland in World Cup Finals in two of the most popular team sports: women's soccer and men's rugby union. Add into the mix the journey of the Bhoys in Green to qualify for the European soccer championship finals in 2024 in Germany. Then we have our elite sports people in many disciplines trying to qualify for the Paris Olympics in 2024 with all the associated heartbreak, joy, tears of happiness and tears of disappointment. So hold on tight to your seat and brace yourself for a time of spills and thrills and hopefully arriving at our destination ready to conquer the world.

SOCCER

All hail the Irish Women's soccer team that qualified for the first time to participate in the World Cup Finals in July-August 2023 in Australia and New Zealand. Ireland's opponents are Australia world ranking (WR 12th), Canada (WR 6th) and Nigeria (WR 45th), with two teams progressing to the knock out stages. Ireland's world ranking is 23rd. It is a tough group as Canada are current Olympic gold medallists. The impact of the appearance of the Irish team is already being felt as their opening game on 20 July against Australia was changed from a 42,000 stadium to the 82,500 capacity Stadium Australia to cater for the increased demand for tickets.

Ireland's other group games are on 26th July against Canada and on 31st July against Nigeria. Vera Pauw, the vastly experienced manager, will leave no stone unturned to ensure all on and off playing arrangements are in place. There will be no repeat of the Saipan incident which was a public quarrel in May 2002 between Ireland soccer captain, Roy Keane and manager Mick McCarthy when the squad was preparing in Saipan for its matches in Japan in the 2002 FIFA World Cup. Pauw is dealing with an increase of potential players who have declared to play for Ireland after qualification was secured.



Ireland has two more warm up games: against Zambia and France in Dublin before the squad departs for Australia.

Meanwhile the men's team look forward to their group qualifying games for the European Championship in Germany in 2024. They opened their account with a 0-1 loss to France in Dublin who had already beaten The Netherlands in Paris 4-0 in their opening game a few days earlier. Ireland played very well and a draw would have been a fair result. Unfortunately, morale victories count for naught and qualifying suddenly got that bit harder. A very tough group of France, The Netherlands, Greece and minnows Gibraltar will make reaching the top two difficult, but only the first placed automatically qualifies and the second team is involved in play-offs in order to get to Germany. France, beaten World Cup 22 finalists, at home on 27th March is some opener, followed by Greece away on 16th June. These two games will have a huge impact on where we finish up. To make it even tougher the last game is against The Netherlands away on 18th November. The Dutch have a record of leaving it late to qualify for finals so expect them also needing a win or at least a draw to progress.

Scoring goals is a problem for Ireland ever since Robbie Keane retired but 18 year old Evan Ferguson, playing for Premiership side Brighton and Hove Albion is knocking them in at a regular rate. All eyes will be on manager Stephen Kenny as he is in last chance saloon and don't be surprised if he finds himself—to quote Mick McCarthy - with his 'backside in the bacon slicer'. I cannot see them getting out of the group and it could be a long, unrewarding campaign.

RUGBY

Many congratulations to Ireland rugby. Winning the Grand Slam for the fourth time in their history and the first time in Dublin. On 18th March 2023, in the Aviva Stadium, or Lansdowne Road as it was known for decades, Ireland overcame a tough resolute English team 29-16 who were hell-bent on fixing a few demons of their own as well as spoiling the party. Despite the English full back receiving a straight red card, on the stroke of half



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time, it was not until the last quarter Ireland managed to score three tries between the 62nd and 77th minute to put daylight between themselves and their opponents. Ireland huffed and puffed for long spells and mistakes were aplenty but this team and management know how to overcome adversity and so they proved it once again. For long periods the game hung in the balance and it was a nervous watch until the last ten minutes.

The following day, the Ireland U20 team completed their own Grand Slam in their final game against England and in so doing completed back to back Grand Slams!

This year is a World Cup year and how quickly international rugby moved from a hugely successful 6 Nations to another World Cup, this time in France. Last November in what was unusual in international rugby, both Wales and England sacked their coaches due to a run of poor results. Eddie Jones, the former England coach was snapped up by Australia, who in turn sacked their coach. Time will tell if these replacements will make any impact on the World Cup. It seems only recently that Ireland's bid to host this competition was beaten by France, thanks in part to the Welsh and Scottish Unions supporting the French bid. The recent 6 Nations revealed the strengthening of Ireland's squad and coach Andy Farrell now has quality depth in all areas of the team. Ireland have never qualified for the semi-finals of the World Cup and this year in spite of all the progress, our march to that elusive last four involves overcoming some tough opponents. Our group includes South Africa, the current world champions and Scotland, who certainly threatened Ireland in the 6 Nations, while the two other teams are Romania and Tonga. Only two teams qualify for the knock-out stages.

In the quarter-final we will face either France or New Zealand, which is a huge ask and to be honest I don't think we will beat either of them in the white heat of a high octane winner take all game. France at home, playing in Paris, is a place Irish wins are as scarce as hen's teeth, while the All Blacks will have revenge on their minds after Ireland won a three match series last summer in the Land of the Long White Cloud. The future is good for Irish rugby and at club level,

Leinster, Munster and Ulster are all chasing success in the United Rugby Championship and in the European Championship.

GAA

We are into another year of the split season where inter county competitions are completed by end of July and the club competitions take over. The All Ireland hurling final is on 23rd July, the football final on 30th July, while the National league finals are on the first two weeks of April. In early April the football provincial championships commenced followed by the hurling later in that month. Many pundits are saying this is too cramped for what are the showpiece competitions in both football and hurling, with limited capacity for replays. Meanwhile the argument continues that by having no inter-county games in the latter half of the year, the GAA is leaving the field wide open for their competitors, namely soccer and rugby to secure extended TV, radio, and print media exposure and advertisement for their games.

2023 sees the introduction of a new system to the All-Ireland Football Championship in which all the provincial finalists reach the All-Ireland qualifiers, joined by the next eight teams in terms of National League rankings. These sixteen teams will be organised into four groups of four and each team will play three games in a round-robin format. The four group winners will progress while second and third-placed teams will battle it out to claim a place in the quarter-finals.

Concurrently the successful Tailteann Cup competition for weaker teams will also play out. Somewhat confusing at this stage but to me it strongly favours those counties with a large pool of talent who can rotate players through games thereby continuously developing their squads and resting their key players.

On the football pitch, Kerry will have difficulty retaining their All-Ireland crown but should win out. Mayo under new coach Kevin McStay continued their good form winning the National League Division One title by two points against age old rivals Galway but I wonder if they have the quality player pool for a long campaign? Tyrone are shaping up nicely as are



Sports Shorts

Derry, while on the flip side, Dublin are a former shadow of themselves and Meath, Kildare and Cork have much ground to make up on Kerry.

The hurling championship remains the same and it is hard to look beyond Limerick retaining their All Ireland, with challenges from Kilkenny, Cork and maybe Tipperary and Galway.

BOXING

Katie is coming home! Sing it loud from the rooftops, Katie is coming home. She holds the WBA, IBF, WBO, WBC, and The Ring lightweight world-champion belts and is undefeated in all her professional bouts to date. Her much publicised first home fight in Croke Park as a professional against her toughest opponent so far, Amanda Serrano was postponed due to an injury to Amanda and issues regarding the cost of holding the fight in Croke. All is not lost as on May 20th in the 3 Arena Dublin will host Katie against England's Chantelle Cameron who holds World Light Welterweight titles. Cameron's undisputed light-welterweight titles will be on the line as Katie looks to become a two weight world champion. Katie has to move up a weight and Chantelle has a longer reach than Katie. If the fight goes to its maximum of 10 rounds, these could be a major factor as the final bell approaches. Katie summed up this fight 'It's two undefeated, reigning undisputed world champions going up against each other'.

In other boxing news, Amy Broadhurst and Lisa O'Rourke will not be able to defend their World titles at this year's championship as Ireland has withdrawn both male and female competitors as Russia and Belarus are competing. This is a tough blow to Amy and Lisa as they have no opportunity to defend their titles.

OTHER SPORTS

There are so many areas in which Irish stars have performed and the latest must be Rachael Blackmore leading the mare Honeysuckle in her last race to glory in the Mares' Hurdle at the Cheltenham Festival in March. A fairy tale win and this was nine year old Honeysuckle's fourth win at Cheltenham. She previously won this race in 2020 as well as the Champion Hurdle in 2021 and 2022.

It is safe to say both have been good for each other's careers!

In athletics Ireland's Rhasidat Adeleke came second in the 400m USA Collegiate Indoor Championships, while Israel Olatunde in February added the 60m sprint national title to his 100m national achieved last August. He truly is Ireland's fastest man and there are high hopes of a medal in future European, World and Olympic competitions.

In January Rory McIlory won his third Dubai Desert Classic pushing him once again to the top of the world rankings. Since then his form has fallen a bit but he has plenty of time to get in focus for the only major he has yet to win, The US Masters, which teed off on 07th April. Rory, third in world rankings, is involved in the dispute between the PGA tour and the Saudi backed LIV tour and analysts say this is taking some of his attention away from his game. Meanwhile Shane Lowry, 21st and Seamus Power, 30th, are having a mixture of ups and down in their early season form but both will regroup for the US Masters. The 44th Ryder Cup will take place in Italy during September this year and hopefully we will watch Rory, Shane and Seamus compete. Seamus has some work to do but he is, as they say, 'just bubbling under' and could get there in his own right or as a Captain's pick.



There is so much more I could write about but I had to get down on bended knee and ask the Editor to allocate three pages for sports. I hope you are able to make room for a bit of regular exercise, it doesn't have to be much, just regular and our 'Beo Beathach', the ICPO Wellbeing guide provides plenty of mental and physical exercises to get you started and progressing. I look forward to seeing you later on this year as prison visits are up and running again. Keep safe and take care.

Update from London ICPO Office

Such is the speed of time's arrow that by the time you get to read this, another Easter will have come and gone! However, it is nice to look forward to the lengthening days and the prospect of warmer weather after the cold, wet days (and nights) of winter.

Cost of Living Crisis

However, sadly, there isn't much else to be all that cheerful about. The economic outlook for the UK is worrying and likely to have an impact on everyone, including prisoners and their families. The cost of living crisis, in particular, is set to get even worse with families trying to make ends meet. Some may not be able to afford visits to prisons in far flung parts of the country which will only add to the levels of distress.



Back to Normality

It's ironic that all this should be happening at the very moment when life appears to be returning to some sort of normality with prisons opening up for visits, etc. Family contact is crucial to prisoners and one cannot put a price on what it means to all concerned. I got a sense of this when I spent time in the family visiting unit at a large prison recently and spoke with some of the families.

The return to some semblance of normality meant that we were able to celebrate events in person this year such as St Brigid's Day and St Patrick's Day and are now looking forward to the Traveller History Month events in various prisons in June.

Working in Partnership

We are now working in partnership with our Traveller Project's Probation Service Community Integration Proposals to ensure better outcomes for Travellers in the criminal justice system.

Advocacy Work

We continue to engage with the Irish Prison Service and the Irish Probation Service in relation to Repatriation and Licences. You can read updates on these elsewhere in the newsletter.

Women in Prison

In collaboration with our Maynooth office, we are focusing on a new initiative highlighting issues affecting women in prison and how best to respond to their particular needs. This is now a special interest subject for us and we would like to know about your experience, so please get in touch.

Future Plans

The Irish Chaplaincy and ICPO are in the process of developing Strategic Plans for the next 3-5 years so that we can better focus our efforts and track our progress.

Our hybrid method of working (mostly from home with occasional visits to the office) which served us so well during the Covid years, is now very much the way forward and appears to be working well for all concerned. An Employment Support Programme with relevant bespoke training for all our staff has been introduced recently also.

Profile

We continue to build our profile by highlighting good news stories through social media outlets.

Finally, always remember that we are here for you and your families, willing to reach out and help in any way we can. So keep in touch and let us know how best we can help you. Stay safe and keep well.

Breda Power, Liz Power, Ellena Costello, Declan Ganly and Gerry McFlynn ICPO London

Book/Movie Review

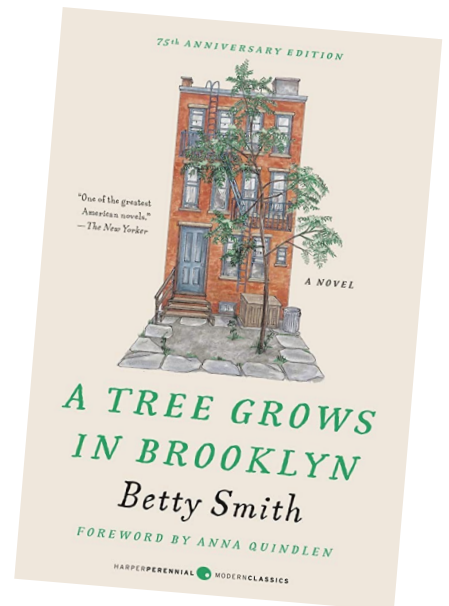
A Tree Grows in Brooklyn Betty Smith 1943

Some books are termed "classics" just because they should always be read at least once in a lifetime. But a "True" classic; is a book that should be read every few years. *A Tree Grows in Brooklyn*, is one of the latter. I am reading this book for the third time and this version [57th Anniversary Edition] contains a Forward by Anna Quindlen which best sums up the book in two short lines;

"A *Tree Grows in Brooklyn* is not the sort of book that can be reduced to its plot line. The best anyone can say is that it is a story about what it means to be a human."

While the story is placed in the slums of Brooklyn, it describes any city in the world, in which you or I may have spent our formative years growing up. The world as it passes, grinding down the idealistic in anyone's life, the moments of universal experience, of self. The reading is not just that of "a tree growing" but that of each of us.

While set as "fiction" by the author, the truth it turns out, it is a semi-autobiography of the author.



Padraic Keating, USA

Is there a book that you have read or a movie you have seen that you think our readers would be interested in? If so, how about sending us a review so that we can share it here. The Review should be 300 words or less.

Information

We recently received correspondence from the Northern Ireland Commissioner for Survivors of Institutional Childhood Abuse, Fiona Ryan. The goal of the organisation she represents is to raise awareness among Northern Ireland victims and survivors of historical institutional childhood abuse who may be resident in Great Britain and who may be eligible for: support services offered by the Victims and Survivors Service and financial redress compensation through the Historical Institutional Abuse Redress Board.

The application process for financial redress compensation and access to support services are available to any victim or survivor who suffered or witnessed abuse while they were a child (under 18 years) and were living in a residential institution for example, a state or religious body, training school or borstal etc in Northern Ireland between 1922 and 1995, or were sent from Northern Ireland to Australia as part of the Child Migrant Programme. Applications for financial redress compensation can be made by victims, or if they are deceased, by a surviving spouse, partner or child.

ICPO is not involved in the scheme but wanted to share this information with you in case it might be relevant to you. Please send all queries directly to Ms Fiona Ryan at:

5th Floor South, Queen's Court, 56-66 Upper Queen Street, Belfast, Northern Ireland, BT1 6FD

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Imprisonment for Public Protection (IPP) Update

In 2012 the sentence of Imprisonment for Public Protection (IPP) was abolished in England and Wales, seven years after its introduction. The abolition of the sentence was not made retrospective however and as the Howard League for penal reform have said "the IPP sentence continues to devastate lives." There are currently almost 3,000 people still serving this sentence. According to the most recent figures from the UK Ministry of Justice, at the end of 2022, 1,394 people still serving an IPP sentence had never been released despite 621 of these prisoners having served at least 10 years over tariff. A further 556 IPP prisoner have served between 5 and 10 years over tariff.

1,498 of the IPP prisoners currently in custody have been recalled. It is estimated that by March 2026, if there are no legal or policy changes, the number of IPP prisoners in custody will have increased to 3,300 (900 who have never been released and 2,400 who have been recalled to custody). It is of course, not only IPP prisoners themselves who are impacted by the sentence but their families and friends.

In 2021, the UK House of Commons Justice Committee announced an Inquiry into the IPP sentence. The Committee said it would examine policy issues in relation to IPP sentences with the aim of identifying potential solutions. Many IPP prisoners, their families and support groups as well as academics, mental health experts and members of parliament provided evidence to the Committee. The Committee published its report in September 2022 and it found a number of ongoing issues with the IPP sentence including:

- The IPP sentence caused considerable psychological harm to people serving the sentence and this added to the challenges of progression for some IPP prisoners
- The availability of appropriate courses for people serving an IPP sentence was limited
- A lack of resources in the Probation Service and Parole Board resulted in "a significant barrier" to progression for people serving an IPP sentence.

The Justice Committee also highlighted the numbers of released IPP prisoners being recalled to custody and it called for more support on release to assist reintegration into the community.

The Committee made a number of recommendations. Its key recommendation was that the Government should introduce legislation to enable all those sentenced to an IPP sentence to be re-sentenced (except for those who have successfully had their licence terminated). This solution was recommended by many of those that gave evidence to the Committee while recognising that it would not be without difficulties. This proposal would likely result in many IPP prisoners receiving a determinate (or fixed term) sentence, providing greater certainty about the future for them and their families. Disappointingly however, it was rejected by the Government and this decision was criticised by the Chair of the Justice Committee as being "a missed opportunity to right a wrong."

The UK Government has accepted some of the other Justice Committee Recommendations including to revise the current IPP Action Plan (which had been criticised by the Committee) and it has also asked the Chief Inspector of Probation to carry out a review of the proportionality of recall decisions.

While it is positive that the Government has accepted some of the recommendations, without addressing the issue of re-sentencing, the negative impact of this sentence will continue for those yet to be released and many of those who have been released on licence.

¹House of Commons Justice Committee, IPP Sentences, <https://committees.parliament.uk/publications/28825/documents/173974/default/>, page 15

²Commons Library Research Briefing, Sentences of Imprisonment for Public Protection, page 15

Catherine Kenny
Casework, Information and Policy Officer

The Good Friday Agreement @ 25

Anniversaries can be important. They provide an opportunity to re-evaluate a situation and take stock of progress. Twenty-five years after the signing of the Good Friday Agreement (sometimes referred to as the Belfast Agreement), is a good time to review the most significant political event in recent Irish history.

The politics of Northern Ireland have always been volatile. The current political stalemate has yet to be resolved with the elected Assembly not having functioned now for almost a year. The 'feel good' factor which people had been getting used to following the Agreement, has had a rude awakening with the onset of Brexit and corresponding difficulties over the Northern Ireland Protocol.

The Protocol, in particular, has become the trigger for an outpouring of the resentment and disenchantment felt by a section of the community which sees it as a further erosion of their British political heritage and benefiting the nationalist community at their expense.

There have been two significant changes since the Good Friday Agreement: firstly, the demographic change - with the nationalist population now the majority and secondly, the rise of Sinn Fein, which is now the largest political party in Northern Ireland with the serious ambition of exercising government in the Republic in the near future.

Whatever political progress has been made since the signing of the Agreement, the reality is that it has not been matched by progress at grassroots community level. Attitudinal surveys carried out since have consistently revealed that the gulf between the two communities is as wide as ever.

One indication of this is the fact that more 'peace walls', segregating the two communities at interface areas in Belfast, have been built (rather than removed) since the Agreement. Political progress at ministerial level needs to be underpinned by political initiatives at grass-root community level if there is to be real trust, respect and true reconciliation. Northern Ireland still has a disaffected and alienated community, a divided Christianity, much distrust and prejudice, all posing the greatest challenge to everything we understand of terms like peace, justice and reconciliation.

A major source of grievance is the economic and social deprivation felt by both communities. Northern Ireland has one of the highest unemployment rates and some of the poorest housing conditions in the UK. Thanks to the inactivity of the Assembly, combined with a lack of funding from central government, the NHS and the education system are on their knees.

There can be little hope of building on the terms of the Agreement without radical measures to address this situation.

The Agreement was never intended to be a resolution of the conflict but rather a road map towards transforming conflict through commitment to the implementation of certain arrangements. In this, it represents an important template for dealing with other conflicts. But political templates are one thing; healing hearts and minds another. And this applies to every conflict situation.

In some ways Northern Ireland has come a long way since the Good Friday Agreement: the bombings and shootings have gone and a generation has grown up without much experience of past turmoil. However, there is still much work to be done.

If we have learned anything during the past twenty-five years, it is surely that the work of peace is never truly finished and has to be constantly worked at. As the Primate of All Ireland, Eamon Martin, put it recently: *'Sadly, twenty-five years on, the trauma and hurt of those horrific years remain substantially unhealed. Wounds within, and between, our communities remain open - wounds of body, mind, spirit and heart - and the legacy of suffering continues to fuel mistrust.'*

It is greatly to be hoped that in reviewing the Agreement, politicians, church people and all those involved, will commit to redoubling their efforts so that by the time the next generation comes to review the Agreement, both the political landscape and the everyday life of the people of Northern Ireland will have changed for the better.

Fr. Gerry McFlynn

Fr Gerry McFlynn is Project Manager of the Irish Council for Prisoners Overseas, and a Vice-President of Pax Christi

A Day in My Life

In the ICPO writing competition 'A Day in My Life' we received many entries. Here are some that didn't win but we and the Judges thought were of an extremely high standard and hope you enjoy them as much as we did....

Eleutherophobia (Fear of Freedom)

Morning. At least I think it's morning. Dank half-light invades my consciousness as noises echo and reverberate: A radio squawks; keys rattle; doors unlock. Not my door - 'Essential workers' only.

I close my eyes and breathe, ordering my thoughts. So begins the day. What day is it anyway? I climb out of my bunk and don the mask. The one I wear in this place to shield me from the absurdity.

Breakfast. Drinking way too much coffee these days. I must crack-on, I have an assignment due. Studying gives me something to focus on and keeps my brain active. Everything's handwritten. Reams of paper. I can't count the trees....

I've been struggling for motivation, ever since Mam died. Ten months into lock-down, not a single case in her Dublin nursing home. Then WHAM!; fourteen cases in one weekend! She was dead within a week. 'Nana died', Maggie told me on the phone. I was crushed. I'm still processing. Not sure if this is grieving?

Mid-morning, sitting at my desk working. A key jangles in the lock, 'Welfare check' mutters officer 'K', 'Are you doing OK?' Slowly, I put down my pen and face him 'No!', I respond, 'I'm not doing okay!' He's confused. He was expecting 'Yeah, I'm grand', so he could tick the box and move on. 'After twelve months', I continue 'stuck in a box for 23 hours a day? How do you think I am doing?' He mumbles something about a 'distraction pack' in reply. 'I'm so far beyond distraction!' I'm watching his reaction with feigned indignation, trying not to laugh. G'way with ya! I tell him 'Tell me: what would you do if I really wasn't OK?' He beats a hasty retreat, flustered and confused and still not sure if I'm 'OK' or not. Funny that, I'm not sure either.

Lunchtime, I'm taking in the world outside. If any view from a prison cell is 'good' then this is it. I'm watching the wood pigeons and woodpeckers in the cherry tree. The Sukura is beautiful - like the tree at home. My mind meanders: memories of warm laughter and love.

Afternoon association. I call Tom. We chat about music, gaming, girlfriend (What? Another new one?) is he keeping safe? I tell him about the 'welfare check'. He's laughing.

'It's funny, isn't it he muses, 'Everyone's banging on about 'mental health' and how we should talk about our feelings but as soon as you try, no one listens.' He's insightful! 'Prison's not the best place for 'sharing', I tell him. 'Show the slightest vulnerability and they'll make your life hell'. 'You know you can talk to me about anything, Dad?' 'I know son, same for you. Maybe not on the phone, eh?' He asks about visits 'Soon, I hope'. He's laughing again as we end the call. I love that sound. I miss him. Miss Maggie too.

Back in my cell, telly on for the evening news. Big mistake! After a frantic bout of 'Tory Tourettes' - swearing at 'Bojo' and his clowns - I switch the telly off. Music provides an anchor, playing in the

background as I sit writing. Poetry! Who knew? I've no idea if it is any good but I can hope! Then again prisoners are often guilty of confusing hope with reality. True, if some conversations I've had in here are anything to go by: delusional souls, frightened by their own freedoms, building fantasies to justify the ghosts of a past which clings. Tormenting. Unrelenting. Immovable. Unforgiving. 'Freedom is what you do with what's being done to you' (isn't that what Sartre said?)

Time becomes warped here: hours fly by while seconds tick through treacle. It's gone dark. Outside the night has washed away the colours and the landscape is presented in monochrome; other worldly and strange. Some time back, talking to Maggie and Tom, 'That moon in the night sky is the same one I see, I told them, 'it connects us'. I'm looking at it now, feeling its closeness. Feeling closer to them.

The day is ending and it's time for me to remove the mask and revert to self. The King of Corinth was doomed for eternity to push a boulder up a hill, only for it to roll back down, over and over again. Tomorrow, Sisyphus like, I shall begin my own absurd toiling anew. One day, I will escape this Hades and realise my own freedom. One day. What day is it anyway? I recall an old friend telling me, 'It doesn't matter who you lie down beside when you sleep, your dreams are your own'.

I lie down in my bunk, alone and reach for sleep. And for dreams.

Terry D, UK

A Day in My Life

A Day in Lowdham

The room was dark, I reached for my remote control that was on my chair. I turned on the TV. In the night I pile everything I need on my chair so I don't have to get up out of bed. For instance, sweets, crisps, pop or squash and a pair of long-sighted glasses.

It is 6.45am. I slip out of bed and hit the switch on the kettle, grab my cup and put milk, sugar and coffee in ready for when the kettle is done. I use the toilet, wash and brush my teeth. By the time I have done that, the kettle is boiled. I make my coffee, sit down and come around.

I have ADHD and have to leave the unit or wing to collect my pill. I usually go with a few inmates who are on the green juice (meth). They have a medics hatch on my wing but they say I have to go up to the other wing where the drugs misuse team are with the nurses to issue it. I have a quick chat on the way up. I generally keep myself to myself but like to be polite or courteous and say hello, what's happening?

There are all sorts of people in here. There are different upbringings, religions, some or quite a few, have mental health problems. There's family problems, inside problems with staff and inmates. There are short termers and long termers, IPPs, lifers on mandatory sentences, inmates who don't care about anyone or anything. Bullies, people who are just interested in getting high on drugs or committing more crime or just being disruptive and making trouble and generally talking rubbish about you or me or anyone.

For instance, there is a fella across from me who is really sly and only cares about getting high. He will say to you not to talk to a certain person behind their back. He will say they are this, that, they have done this and not to speak to them, then later you see him in their cell chatting to them and if he sees you have seen him, he will come out with some rubbish or excuse. I can read these people or him like an old magazine so that is one of the reasons I like to keep myself to myself.

Also, I'm not the person I used to be. I don't want to get in trouble or commit crime, been

there and worn the tee-shirt, as they say. I am nearly 50 years old and I have wasted my life. I have spent 23 years on the outside and have committed crime and all sorts. I have also lived rough and was on the streets at an early age, mostly down to having a violent, alcoholic father who constantly beat me and my mother up and kicked me out in the early hours of the morning. So I basically ended up stealing to survive and also running around and living with hell's angels. I got into drugs, drink and everything.

I also used to go to all the music festivals like Reading, Milton Keynes and Glastonbury. I used to sneak in, get off my face on drink and drugs and rob what I could. Glastonbury was not commercialised back then in the late 80s. There was a load of different people then, what I call hippies, that were mad, naked, well half naked and also people wearing a mask to sell their drugs, acid trips, dope and so on and also the police were not allowed in, not like today where they drive land rovers and patrol the festival. It was crazy but I enjoyed myself and that's another story! So I have spent 23 years outside and have spent 26 years in prison and yes, in one go.

It has taken a long time for me to realise a few, or many, things; what is important and to better myself so I have done many offending courses. I also learned to read and write in prison. I am dyslexic, but I come from a place outside where there's hardly anyone who works, everyone on the sick or giros. You did have to get off your butt and travel a bit if you really wanted a job. It's only now I realise and wish I could go back and I would get a job and work hard and yes, it might be a rubbish job but it's better than nothing and, in fact, a rubbish job could lead on to a better job. Honest money, for instance, my mate used to deliver bags of coal. Now and again, I would help him, yes it was dirty hard work but it was honest work and spending the money I got felt good. I felt good....

After you have a name as a crook, everything that went missing or happened I have the blame and a lot of the time it wasn't me. I say it wasn't me but nobody believed me, that's a fact.... Crime

A Day in My Life

doesn't pay. If you are not getting a hundred grand a time, which I doubt hardly anyone is and trying to be Johnny-Big Bucks, eventually you will get caught and the more that happens the bigger the sentence, IPP, life, you might say Yes, Yes but it's a different matter when you get it, believe me. This place is no holiday camp, everyone in here wants a piece of you and bad things do happen. You can keep your head down but there is always someone who maybe doesn't like you or is jealous of you or teed off with his grub and will target you to take his problems out on or his frustrations and anger. You might not say anything, you may look in his direction and Bang.... Who knows where it leads or what damage it will cause you or him. I try and blend in the background, keep myself to myself and still

problems come. People also take politeness for weakness. I haven't made up this story just to try and win the competition, it's a fact... and believe me, it's been a nightmare. How I've made it this far for so long I don't know. My time hasn't gone fast, it has been long. Some parts feel like I don't exist. Life is going on around me and I am stuck in a time warp.

This is supposed to be a day in prison but I've had a few hours of time and a lot of what's going on in my life and in my head. I think you've had both for now at least so take heed - be good and get an honest life, it's the best way, it's not easy, I know, but it is possible.

A.N, UK

A Day in My Life

I woke up this morning to a bright summer's day. 'Oh it was lovely to hear the birds singing the night away. Yes, I woke up at 5.20am, the usual thing for me in the summertime. I look forward to the summertime even in here as it brings up happy memories for me. I get up early, make a drink and sit in the chair thinking of the happy times at home. I don't drift too far away as this would bring the sad memories as well. When I do bring myself back to the real world I ask the question why? What did I do to end up here? Well I can't say I don't know I had to grow up and accept I was in the wrong doing this and accept life and get on with it no matter where you are. I learned a lot from my time in here. I did programmes that helped me understand myself better, the way I thought of things around me and life in general. Have you ever heard the words 'Life is what you make it'? Well, believe me, it is true. To be something to have a pride in you must first set out what you want to do and really set your heart onto it. There will be difficulties along the way but this is where you must learn to ask for help and look for a support network. Think you can do it all on your own, believe me it don't work.

I got into a good job in the workshops. It was something I had an interest in so it was great to be learning something I could put to use outside. I picked on upholstery way back in 2007 and I stuck with it. Now I have the confidence to say I can do that job and not worry about making mistakes. I got into the job so well I was given the mentor's place. It also pays a bit more monies. I never got big head-

ed about it but I was so pleased to see someone trusted in me to help train other people around me.

I have worked with a lot of good lads who wanted to learn as they could see the benefits from it. There was also the credit in good reports about your work and your behaviour towards those around you.

Today, we went back onto the lockdown. We were doing so well, getting back into work full time and all around was feeling normal again. Now we must endure being locked 23 hours a day. No cooking, no Mass, no association. Just out for the dreaded prison food then back in the cell. But all is not lost if you put your mind to it. Get out for a good shower. This will help you feel clean and good in yourself. Get onto the phone and let your family know you are well, also your friends. Don't forget they will worry and feel better if you just give a couple of minutes to them on the phone. Even if you don't feel too good, don't worry those at home unless it is worth talking about. If you feel down a little, look for something to keep you busy. Write a letter where you can. Listen to the radio, there are some really good programmes on especially on DAB. What about CDs and DVDs? Do you listen to them? Why not now just be respectful to those around you?

There are times you may feel a little depressed or a little down. Again I talk to those around me. If you don't really trust anyone then ask to speak with a member of the chaplaincy, the Listeners or nurses. Maybe you have contact with an or-

Continued on next page

A Day in My Life

ganisation who can help. Why not call them and just have a chat. Be careful not to bottle things up, this will not help you. Think it may only be for a few days or a couple of weeks. You will soon be talking with your friends again, having a laugh and doing the little things you like. There are times I find saying a little prayer helps me. You don't have to be a religious person to speak with God and trust me he is there listening. All you have to do is talk like you would to a friend.

Look after yourself health wise. Eat what you can and drink plenty, especially in the hot weather. Do look around you and try to take notice of those around you. There could be someone who is feeling down but can't talk about it. That person could be just lonely or he could be fighting off anxiety. Just say 'Hello'. Let that person know you care. He might not answer but it will come into his thoughts the next time you say hello.

I spend most of my time keeping busy and I found looking around and trying to help someone makes a big difference. There is so much you could do but you must want to do it, even if it is only a 'hello'. Let people around you know you are ok as well.

Earlier I said life is what you make it. Why not think of where you are now and ask yourself could life be better for you? We could all say yes to that so why not think things over and try to do

something different, just for one day and see if it makes a change in you. A lot of things in life are free, being happy is one of them so why not cheer yourself up and do have a nice day and share it with a friend.

I have come through a great number of years. Yes, I have struggled at times and there have been obstacles but you will learn from them if you try. No one will help you unless you are willing to ask and accept we can't have everything in life so it is a case of accepting what you can have and making the most of it.

Now writing this helped me to pass a half a day. Otherwise, I might just have been sad in my cell doing nothing, so it shows a little can do a lot if you try.

I hope this has given you a little thought on doing something for yourself. Be safe, be kind and above all else, do keep in contact with friends and your family, OK? Thank you for reading this and if you have something to say, speak with a friend at the ICPO, OK?

GMcG, USA

Design-A-Card Art Competition

ICPO is inviting art works from clients that could be used by us as a Christmas card or a general greeting card. The entry can be painted in pencil, pen or ink, felt-tip markers, crayon or paint i.e. watercolour, poster paints or acrylics. The entries should be done on A4 (21.0 x 29.7cm) cm or A3 (29.7 x 42 cm)size pages as these sizes are more suitable for scanning and the design of a card.

Please also include your name and address and whether you are ok with being accredited for the art.

The art will be judged independently of ICPO and there will be prizes of €50, €30 and €20 for 01st, 02nd and 03rd. Entries may used in subsequent newsletters. All entries must be received by 04th August 2023.



Smidín Gaeilge

Haló! Cé'n chaoi a bhfuil tú? Tá súil agam go bhfuil tú go maith.
 Hello! How are you? I hope you are keeping well
 Go n-éirí leat - Good Luck!

An raibh tú ag féachaint ar an gcluiche? Were you watching the match?

Cluiche an-ghar a bhí ann	Cli-ha on gar a v on	It was a close game/match
Bhuaigh Éire an chraobh	Vu-ig air-e on crayv	Ireland won the championship
Sár-chluiche a bhí ann	Saw-r cli-ha a v on	It was a super game
Bhí an bua ag an foireann ceart ar an lá	V on boo-a egg on fwirinn cart air on law	The right team won on the day
Bainisteoir	Banish-tore	Manager
Cúl-Báire	Cool-Baw-ra	Goal keeper
Cic Pionóis	Kick Peenose	Penalty
Foireann	Fwirinn	Team
Caith Saor	Cah sayer	Free throw
Barr an léige	Bore on Laygu	Top of the league

Frásaí Úsáideacha do comhráithe Useful phrases for conversations

Cén sort aimsir atá ann	Cayn sort I'm shura ataw own inn-you	What sort of weather is it today
Tá sé an-ghaofar inniu	Taw shay on gwayfor inew	It is very windy todot
Beidh do chóta ag teastáil	Beg duh cotha egg tashtawl	You will need your coat
Conas atá tú	Cunas ataw too	How are you
Tá mé go maith. Is tú fhéin?	Thaw may gumah. Iss thoo hayn	I am fine. And you?
Cá as duit?	Caw oss too	Where are you from
Is as Gaillimh mé	Iss os Gawliv may	I am from Galway
Cathain a bheidh an cluiche ar siúl?	Caw-hin a vegg on kliha err shool	When is the match on?
Dé Sathairn, ag a trí a chlog	Day Sahern egg a tree a klug	On Saturday at three o'clock
Cé mhéad duine atá I do theaglach?	Cay vaid din-a ataw sa tie-lock	How many are in your family?
Tá beirt deartháireacha agus triúr deirfiúracha agam agus mé, féin 6	Thaw bert dreharaka awgus truer drifewraka agum agus may fain 6	I have two brothers and three sisters and me, 6
An té a bhíonn siúlach scéalach	On tay aveen shoolock, been shay shkaylock	Travellers have many tales to tell
Bíonn an fhírinne searbh	Been on ear-ina sharuv	The truth hurts
Ní mar a shíltear a bhítear	Nee mar a heel-tur a vee-tur	Things aren't all that they seem

Challenge yourself!

Wordsearch

MOVIE MAGIC

Ad Astra

Bad Boys

Blade

Cats

Die Hard

Fame

Girls Trip

Inception

My Girl

Pitch Perfect

Rocky

Spectre

Superman

Alien

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

Benhur

Brave

Coco

Elf

Ghost

Hairspray

Jumanji

Paddington

Roadhouse

Shrek

Stardust

Ted

Batman

Bodyguard

Chicago

Dolittle

Gandhi

Grease

Judy

Oliver

Ransom

Sahara

Speed

Tarzan

Annie

Courtesy:
Colin Campbell, UK

Matchstick Puzzles

1. Move two matchsticks so the glass reforms without the coin inside

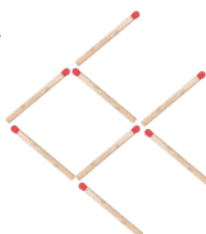


2. Change three matchsticks into six without breaking any of them

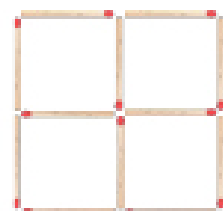


3. Move one matchstick to make a correct equation

4. Can you make the fish swim in the opposite direction by moving only three matches?



5. Leave just two squares by removing two matchsticks



challenge yourself!

ComParrot
by Bonnie J. Malcolm

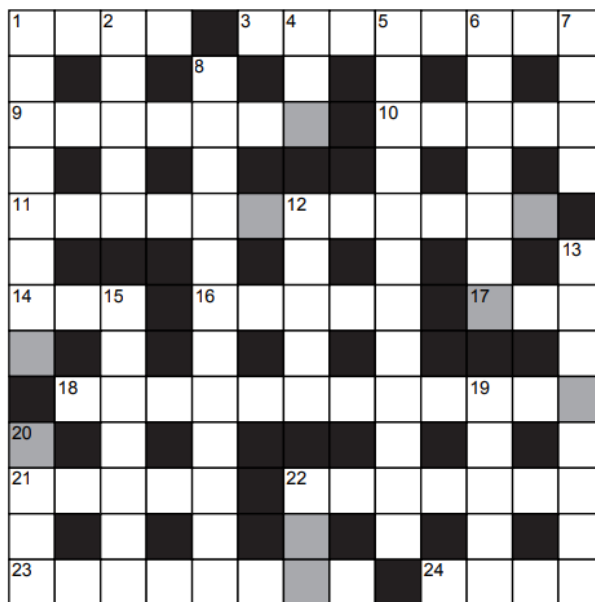
Can you spot 12 differences between these pictures?



CROSSWORD

Across:

1. Ditch filled with water (4)
3. Educators (8)
9. Underwriter (7)
10. Pools (anag) (5)
11. Perform below expectation (12)
14. Athletic Facility (3)
16. Not at all (5)
17. Our star (3)
18. Use of words that mimic sounds (12)
21. Sweet-scented shrub (5)
22. Late (7)
23. Rowing gently (8)



Down:

1. Be wrong about (8)
2. Prevent (5)
4. Make a mistake
5. Someone skilled in penmanship (12)
6. Changes gradually (7)
7. Cloth worn around the waist (4)
8. Extremely large (12)
12. Crave, desire (5)
13. Straightens out (8)
15. Mixed together (7)
19. Senior figure in a tribe (5)
20. Lose one's footing (4)
- 22 Possess (3)

Unscramble the letters in the shaded squares to reveal a themed word

--	--	--	--	--	--	--	--	--	--

Courtesy: Richardson Puzzles and Games

Equation Crossword


	-		+		= 8
-		+		÷	
-		+		-	= 7
x		-		-	
(÷)	+		= 7
= 5		= 10		= 0	

Each of the digits 1 through 9 is used only once in this puzzle. Can you work out where they must be placed so that each of the equations (both vertically and horizontally) are true? Only positive numbers are involved.

Courtesy: Puzzles-to-Print.com

Challenge yourself!

Word Puzzle Pictures

1 Somewhere RAINBOW	2 	3 e c O N O M Y	4 tr <u>o</u> uble
5 <u>WORKING</u> TIME	6 I FELL I FELL I FELL I FELL I FELL	7 AN + √	8 <u>STAND</u> TRY 2
9 FLUBADENCE	10 COVER HEAD COVER	11 <u>i</u> 8	12 HE'S/HIMSELF

Sudoku

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

Courtesy: Richardson Puzzles and Games

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.

Answers

Spot the Difference: 1. Fold in hanging coat is hidden 2.Stripe on lamp is missing 3.Extra leaf on palm tree 4.Thinking cloud is different 5.Latch on lunchbox is missing 6.Door on hut is coloured in 7.Item in trash can is coloured in 8. Paper in handbag is coloured in 9.Picture on brochure is coloured in 10.Bush behind hut has moved 11. Stripe on purse is wider 12. Ribbon by lady is longer.

M	O	A	T	T	E	A	C	H	E	R	S
I	V	A	R	A	V	A					
S	P	O	N	S	O	R	L	O	O	P	S
J	I	T		L	L	H					
U	N	D	E	R	A	C	H	I	E	V	E
D		O	O	G	E	U					
G	Y	M		N	E	V	E	R	S	U	N
E	I	O	E	A		R					
O	N	O	M	A	T	O	P	O	E	I	A
S	G	I		H	L	V					
L	I	L	A	C	O	V	E	R	D	U	E
I	E	A	W	R	E	L					
P	A	D	D	L	I	N	G	U	R	N	S

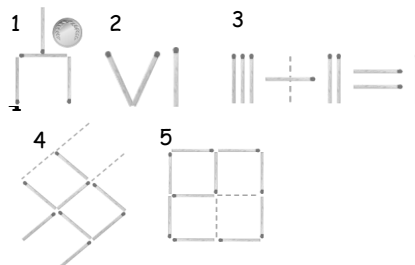
Keyword: AWARENESS

Word Puzzle Pictures:

- Somewhere over the rainbow
- Penny for your thoughts
- Growing economy
- Are you in trouble
- Working overtime
- Eiffel Tower
- Antic
- Try to understand
- Bad influence
- Head for cover
- I overate
- He's beside himself

Hubword: DEAR, READ, VEER, REND, DEVOUR, ROVE, DROVE, RAVED, RAVE ROUND, DOUR, AVER, VENDOR, OVER, NEVER. DRONE, ENDEAVOUR, EVER, AROUND, ROVED, UNDER

Matchstick Puzzles



Equation Crossword

9	-	7	+	6	=	8
-		+		÷		
8	-	4	+	3	=	7
x		-		-		
(5	÷	1	+	2	=	7
= 5		= 10		= 0		

ICPO Resources

ICPO HAS A RANGE OF RESOURCES THAT MIGHT BE OF INTEREST TO YOU!

Whether you enjoy puzzles, colouring, learning Irish or new exercise routines we have bundles of material to send you.



You might prefer yoga sets, or a monthly copy of Ireland's Own stories.

The wellbeing book we sent you called 'Beo Beathach', has loads of activities you might be interested in. If there is anything you would like to receive on a regular basis drop a line to your ICPO caseworker or to the address below.



For families we have a monthly coffee morning on zoom and Family Information Days twice a year.

WOULD YOU LIKE A PENFRIEND TO WRITE TO?



ICPO, Box No. 13484, Maynooth, Co Kildare, Republic of Ireland