



ICPO NEWS

Issue No. 87

Autumn 2023



Sr. Agnes Hunt

Died 18th April 2023

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 ICPO

Hello, my name is Leslie and it is my pleasure to introduce myself as the new Coordinator of the ICPO. Some of you might know me as I worked for the ICPO as the Casework and Family Support Officer previously. I am delighted to be back working with such a committed and hardworking team and look forward to continuing the great work that was achieved under Brian's leadership.

I want to sincerely thank Brian for his dedication and commitment to the team, the people we support and the organisation as a whole. Under Brian's leadership, the ICPO has grown into the wonderful organisation you see today, that supports over 1100 people in prison in more than 30 countries around the world and their families. On behalf of the team, I would also like to take this opportunity to wish Brian the best of luck in his future endeavours.

Since our last newsletter, I'm saddened to write that we lost our dear colleague Sr. Agnes Hunt. You will see from the beautiful photo on the cover that we are dedicating this edition of the newsletter to Sr. Agnes, to honour her memory and pay tribute to her amazing life. I would like to thank Brian for allowing us to share his beautiful tribute to Sr. Agnes which he gave at her funeral a few months ago.

Sr. Agnes spent her life helping those in need. She was born in a small farming community in Cork and was educated by the Sisters of the Sacred Heart of Mary in Waterford. She then joined this congregation and was professed in 1952. Having spent several years teaching in Waterford and Zambia, where she and a group of others set up one of the first female secondary schools, Sr. Agnes moved to London and began working with prisoners in 1978. A year later, Sr. Agnes became the first woman to be appointed as a chaplain in a male prison in the UK. She remained there for 16 years and during that time formed very close ties with many prisoners and their families. Sr. Agnes first came into contact with the ICPO shortly after it was established by the Irish Bishops' Conference in 1985 and through ICPO, Sr. Agnes was able to get in contact with families in Ireland. On her return to Ireland in the late 1990s, she began volunteering with the ICPO. Sr. Agnes was a valued member of the team and was an inspiration to us all. She continued to write to a number of prisoners we support up until her health began to decline late last year.

The gift that Sr. Agnes brought is that she believed in taking care of all the needs of Irish prisoners and treating everyone with respect and dignity; a core value that is deeply ingrained and is the cornerstone of our work. We are going to miss Sr. Agnes dearly and are the better for knowing her. May she rest in peace.

Finally, I also want to thank everyone who helped to organise the printing and mailing of the newsletter including those who wrote articles and to those who submitted an entry into the "design a card" competition which are on display on the back page. 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.

Repatriation Update—October 2023

Repatriation Update August 2023

Since I wrote about repatriation in the last ICPO News, there has been good progress but some uncertainties remain.

The new law on repatriation (the Criminal Justice (Mutual Recognition of Sentenced Persons) Act 2023) was commenced in early May. This means this law is now in force and if you apply to transfer back to Ireland to serve your sentence, your application will be considered under this law. This is the case whether you are in an EU country or a non-EU country like the UK. If you would like to transfer back to an Irish prison, you should inform a member of prison staff of your wish to transfer back to an Irish prison. The law relating to transfers has become more complex so it is useful to discuss any issues with your ICPO caseworker.

Significant changes

One of the most significant changes under the new legislation is the introduction of conditional release. Many countries worldwide provide for some form of conditional release. For example, in the UK, most prisoners are released on licence. Under the Act, the definition of a sentence will include periods of time which may be served other than in custody (such as periods of licence or other forms of conditional release). When you apply to serve your sentence in Ireland, your sentence will be transferred for the full period of possible custody. Irish remission will apply to the part of the sentence to be served in Ireland and the Minister will have the power to grant conditional release where appropriate in respect of the part served of your transfer.

While this should prove relatively straightforward in the case of transfers of fixed term prisoners in the UK where release on licence would be automatic generally at the halfway point of the sentence if the person were to serve their sentence in the UK, it is more complex when people become eligible for conditional release at different points during the sentence (sometimes at half way and if not granted at that stage, again at two thirds) and where conditional release is not automatic.

Rehabilitation

It is important to note that the purpose of repatriation is to facilitate rehabilitation. Therefore, if you have little or no links to Ireland, your application for transfer to an Irish prison is unlikely to be successful. This is the case whether you are in prison in an EU or non-EU country. One of the most important connections you can have with Ireland is family who can support you while you are serving your sentence in Ireland and after release.

The Act brings the EU legislation on transfers into Irish law and also amends exiting law on transfers between non-EU countries. The application process will be different for people in prison in EU countries and those in the UK and other countries.

Applications from EU Countries

If you are in an EU country, the way you can apply to serve your sentence in Ireland has changed. This is because Ireland has now brought the EU law on transfers into Irish law. All EU countries now have the same application process.

The country where you are in prison will usually start the transfer process. It does this by sending a copy of the judgment imposing the prison sentence and a Framework Decision Certificate to the Irish authorities. The Framework Decision Certificate will contain your personal details, information about the sentence you are serving including information about any early or conditional release you would be entitled to if you remained in the sentencing country.

It should also include your opinion. You should be given the opportunity to state your opinion in relation to the transfer. This applies even where your consent to transfer is not required. Your consent to transfer will not be required if you lived in Ireland prior to your sentence or if you would be deported here after you finish your sentence.

Ireland can request that the country where you are sentenced start the transfer process but that country is not obliged to do so. You can also request the country where you are sentenced to start the process or you can ask the Irish

**Conditional
Release
is now
considered
under the new
legislation**

Repatriation Update (Continued)

authorities to request that country to do so but again the country is not obliged to start the process.

If the country where you are serving your sentence decides to start the transfer process, you should be informed. You should be given a Notification in English or another language that you can understand. When the documents are sent to Ireland, the Irish Prison Service will commence processing your application. They may have to seek further clarifications or information from the country where you are sentenced.

Applications from the UK

The majority of Irish people in prison outside Ireland are in England and Wales and over the years, the majority of applications have come from there. The way you can apply to transfer your sentence from the UK to Ireland has not changed, However, the way the application will be processed in Ireland will be different in some aspects than for applications made before new legislation came into force. If you would like to transfer your sentence back to an Irish prison, you should speak to your Offender Manager. You may be given an application form to fill in called a Repatriation Application Form and you will need to provide details about yourself and your sentence. This will be sent to the Cross Border Transfer Section of HMPPS and a decision will be made whether the application should be sent to the Irish authorities for processing.

Applications from non-EU countries other than the UK

If you are in prison in a country which is not in the EU, it will not be possible to transfer your sentence back to Ireland if the country has not ratified (agreed to) the Council of Europe Convention on the Transfer of Sentenced Persons. European countries that are not EU member states such as the UK, Serbia and Turkey have signed this Convention as have other countries such as Australia, Japan, Canada and the United States.

The application process is different in every country and if you would like further information on the application process in the country where you are, your ICPO caseworker will be able to give you more information.

In the next newsletter I will provide further details of what will be involved in processing your application on the Irish side, in what circumstances your application may be rejected and what happens if you receive a positive decision.

Applications made before the new legislation came into force

If you have already applied to transfer before the new law came into force, your application will also now be processed under the new legislation.

The ICPO had a useful meeting with the Irish Prison Service (who are responsible for processing all applications for transfer) in June. They informed us that the applications they have on hand from non-EU countries were sent to the Chief State Solicitors Office (CSSO) for legal advice and progress was being made. It is hoped that these applications will be processed to completion very soon as we are aware that some applicants have been waiting for a considerable period of time.

The ICPO will continue to keep in contact with the Irish Prison Service and we hope to have another meeting in October. We will bring you updates as we receive them and in the meantime if you have any questions please contact your ICPO Caseworker.

Catherine Kenny
Caseworker, Information and Policy Officer
Irish Council for Prisoners Overseas (ICPO)

Access to Third Level Education in Prison and on Release

Background

As far back 1990, the Council of Europe recommended that education in prison "should be aimed at the full development of the whole person requiring, among other things prisoner access to formal and informal education, literacy programmes, basic education, vocational training, creative, religious and cultural activities, physical education and sport, social education, higher education and library facilities". While this article focuses on higher or third level education while in prison and after release, if you have any questions in relation to accessing any type of training or education in prison, do let us know.

If you would like us to send you books, magazines, spiritual materials and activities including puzzles, fitness routines, yoga and mindfulness, please let us know. We can also provide language resources in a range of languages. In some circumstances we can provide limited assistance with course materials as well as small grants towards arts and crafts materials.

Accessing higher education in prison

In the UK, many people in prison who study at third level do so through the Open University. They publish a prospectus every year with details of their courses. This should be available in the prison. The Open University's Students in Secure Environments (SiSE) programme is now available in over 150 prisons, 50 secure hospitals and to students who have been released on licence in the community so you can continue your course after prison. If you are interested in doing a degree but have not studied since you were at school, you might prefer to start with an 'access' course which is a short course in your area of interest. There are various sources of funding such as the Prisoner's Education Trust, the Frank Longford Trust and Student Finance England.

The ICPO has clients in approximately 30 countries world-wide and therefore, we cannot provide information on third level education on them all. However, if you would like information on educational opportunities where you are, you should speak to prison staff and/or contact your ICPO caseworker.

Accessing Third Level Education when you return to Ireland

In the last few years in Ireland, increasing attention has been given to access to educational and training

opportunities for people impacted by the criminal justice system.

In 2022, the Government and Higher Education Authority (HEA) launched a National Access Plan entitled *A Strategic Action Plan for Equity of Access, Participation and Success in Higher Education 2022 - 2028*. The Plan has identified particular groups of students who are under represented including people who have experience of the criminal justice system.

The Plan recognises that "every person's educational journey is different and every person requires different supports" and that a wide range of supports are necessary to ensure that people can access third level education. These include general and targeted funding programmes, the provision of better information on courses and the provision of flexible, part-time and online courses are essential to ensure that people leaving prison can access higher education.

Several universities have also looked at how the barriers faced by people who have been in prison have in accessing third level education. For example, Maynooth University has developed the Unlocking Potential Project which works with higher education providers and people with a conviction to ensure fairer access to university.

If you are returning to Ireland after serving a sentence abroad and are thinking of attending university either in the short or longer term, it is a good idea to contact the Access Office in the University you would like to attend. All third level institutions have an Access Office and they will be able to give you information on the types of courses available, how to apply, what funding is available, whether you need to do a preparatory course before you start your degree and career planning.

Finally, if you are already doing any kind of education or training while in prison, please let us know how it is going for you. If you would like to write an article for our Newsletter about your experiences of education in prison, we would be delighted to receive it.

Catherine Kenny
Caseworker, Information and Policy Officer
Irish Council for Prisoners Overseas (ICPO)



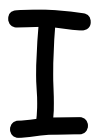
FAMILY MATTERS



*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?
If so, please contact Ciara Kirrane, Casework and Family Support Officer, ICPO
Maynooth. Email: ciara.kirrane@icpo.ie or call on +353-1-505-3110*

Visiting your loved one in prison overseas

Following a few years of travel restrictions and limited access to prisons, families we work with are once again visiting their loved ones in prison overseas. There are many things to think about in deciding to visit your relative. ICPO caseworkers can help guide and advise you through these considerations so that you are better able to make an informed decision about whether a visit is right for you and your family members. Of course it's not always possible to visit, due to financial constraints, language barriers, health or mobility issues, work and school commitments, and in some cases because the prisons are still not permitting in-person visits. ICPO caseworkers can also advise you on alternatives to in-person visits, such as video calls, which are now possible in many countries.



If you are able to visit your loved one in prison, here are some practical things to take into account:

- ♦ Give yourself plenty of time in advance of your visit to plan and organise the trip
- ♦ Allow time to obtain permission from the prison to visit and be prepared to provide additional documentation if requested such as ID, proof of address, proof of relationship to the person in prison.
- ♦ Book your travel and accommodation as far in advance as possible to keep the costs down
- ♦ Try to book flexible options for travel and accommodation so that if there are any last-minute changes you can rearrange with little or no cost
- ♦ Ensure that you check the visiting hours in advance of booking flights or other transport as prisons usually operate set times for visits. Sometimes a prisoner can be moved to a different wing or even prison with very little notice, so keep checking in with your relative and the prison right up until you are travelling
- ♦ Additional visits may be granted if the prison is aware that you have travelled from overseas so ask your loved one to look into this well in advance of your visit so that you can factor this into your bookings
- ♦ Many families like to attend their loved one's trial but consider whether this is actually the best time to visit. Court dates can be postponed at short notice, and it may not be possible to get time with your loved one except for seeing them in Court.



Before undertaking a visit, it is also important to consider the emotional impact of seeing your loved one in prison. Remember that:

- ♦ They may be in prison uniform or they may be restricted in some way e.g. behind glass
- ♦ Their appearance may be different: their hair might be cut in a different way, they may have grown facial hair, they may be thinner
- ♦ Leaving them at the end of the visit can be very difficult, particularly if you and your loved one know it might be some time before you see each other again
- ♦ Bringing children with you can alter the experience and is something you should consider carefully (there is more information on visiting with children in the ICPO Family Resource on pages 51-52)

- ◆ Sometimes the person in prison will not want their family to visit them in prison and while this may be difficult for you, it is something you should respect. It is very likely your loved one will have thought long and hard about this so if they ask you not to visit it is probably something they have considered carefully. If you go against your loved one's wishes they may refuse to see you, which is likely to be very disappointing for you, and may cause strain in your relationship. However, you may want to continue to offer to visit them as your loved one may change their mind at some point.

I

CPO may be able to support families with limited income to visit their family member overseas with a travel grant. Please contact your caseworker for more information.

My first visit to my brother in prison in England

“The first visit to see my brother in prison in England will be an experience I will never forget. I never felt so unsure of anything, millions of questions going through my head... For me the not knowing what to expect was the most frightening thing of all. Being honest, I was so embarrassed by all of this I felt people were judging me and I hated every second of it. The practical side of me kicked in, arranging flights, accommodation, documents needed for visit etc.

Once there I didn't sleep all night; the next day I embarked on the longest journey ever. The nearer I got to the prison the sicker I felt. I found the prison with the big walls, the barbed wire, the cold-looking building that will stay imprinted on my mind forever. There was a building by the gate called the family reception. I went into this shocked to see so many people, especially children. It was not what I expected at all ... I was so embarrassed, to be honest, thinking everyone knows but forgetting everyone was here for exactly the same reason.

I gave my name and went through the process - photo taken, locker given, coins in bag etc. I waited to be called. An officer led the way through what I can only describe as hell; the big gates, the sound of those keys being turned, the barbed wire, the humiliation, the thoughts of my brother in this dump. Next the scanners and then sniffer dogs, all the while your heart is pounding in your chest and you are sweating not knowing what the hell is happening here. Dreading that the dog will stop in front of you despite knowing he has no reason to.

On entering the hall where I was to meet my brother I was hit by another wave of sadness. I took my seat and waited for what felt like an eternity and then he came through another key turning door looking like death warmed up and I was so angry, relieved, confused even. The meeting started late because of the process of getting in. I got tea etc. for my brother and we chatted; I hated that you had to whisper and pretend like all was ok when it clearly wasn't. All too soon they were calling time and I was annoyed that I didn't get the full two hours I was entitled to having travelled so far.

After leaving the building that will be forever imprinted in my mind, I had such a headache and a pain in my chest. I walked right out in front of traffic and thankfully it was slow enough that I had time to pull back once they blew the horn on the car. This just added to how absolutely awful this whole experience was from start to finish. But thankfully as each visit went on the experience did get easier. The big key-turning doors are not so daunting anymore ...”

For more information about visiting your loved one in prison overseas, especially visiting for the first time and visiting with children, please see ICPO's Family Resource. You can request a copy by phoning Ciara in ICPO's office in Maynooth on 01-5053110 or you can find it on our website <https://www.icpo.ie/wp-content/uploads/2022/12/Family-Resource.pdf>



Sports Shorts

with Ian Hanna

Greetings sports fans! Already the year is moving rapidly along and by the time you read this it will be autumn. And what a season of sport we have to look forward to. We will look back at the summer just gone and to what lies ahead. Two World Cups, Europe hosting the Ryder and Solheim Cups, the soccer team continuing their efforts to qualify for the Euros in Germany 2024, one of our leading track athletes turned professional and Katie's rematch. For Ireland's sports stars it is onward and upwards, let's join them.

RUGBY

During September and October France hosts the rugby world cup and Ireland recently defeated England in their farewell warm up game in the Aviva Stadium, Dublin. On 09 September Ireland commence their latest Rugby World Cup campaign against Romania and then Tonga on 16 Sep. Their initial aim will be to get to the semi-final for the very first time with the realistic target of appearing in the final. But, and there is always a but, we are in the group of death as it features South Africa, the current holders and Scotland and only two countries qualify from each group to the quarter finals. If we make it out of the group we will meet either France or New Zealand in the quarter finals. As if this wasn't hard enough, we play South Africa on 23 Sep and then Scotland on 07 Oct in our last two group games. A major factor for the management will be the extent injuries will play and Ireland cannot afford to play a quarter final with a weakened team. Our player panel is much stronger than at the Japan World Cup in 2019, but will it be able to overcome a very tough playing schedule? Ideally we would like to top our group so then play the second placed team between the All Blacks and France. What a tall order. Despite Ireland being currently ranked as the No 1 team in world rugby, my prediction is that, we will not get beyond the quarter final, yet again, and the last group match against Scotland will be a mini final for both teams as both



Ireland wins a lineout.

will have lost to South Africa. This tournament is a swansong for one of Ireland's greatest players, Johnny Sexton, and our progress is more or less centred around him being available and on top of his form in the crunch games. We wish them all the best and to get to the semi-finals for the first time would be a fantastic achievement.

SOCCER

All Irish eyes were on the TV screens as the Republic of Ireland's ladies team took to the field to play Australia in their opening group game in the Ladies World Cup. It was the first time an Irish team had qualified and such was the demand for tickets, the game was switched to Stadium Australia in Sydney where a 75,000-plus crowd watched co-hosts Australia, known locally as 'The Matildas' won 1-0. Ireland's next game was against Canada, the Olympic champions in Perth, where despite taking a one goal lead, lost 2-1. This result meant that Ireland could not progress any further and the final group game was a 0-0 draw with Nigeria. Australia and Nigeria progressed to the knockout stages while Ireland and Canada returned home. After the defeat to Canada, rumours of tension between the captain, Katie McCabe and manager Vera Pauw emerged which seems to divide the players loyalty. Also Pauw's contract was not renewed prior to the World Cup finals and her four-year tenure as Ireland manager appears to be in doubt as she is still waiting for a contract from the FAI. Pauw wants to remain at the helm for the upcoming Nations League campaign and Euro 2025 qualifiers. One thing there is no doubt about is the positive impact the success of the team is having on ladies involvement in sport and long may this continue.

Meanwhile on the men's soccer front qualification for the European Finals in Germany next year have all but evaporated after two games, losing to France at home and Greece away. A laboured win at home against Gibraltar counts for very little and the real pain was the toothless and shapeless performance in the loss to Greece 2-1 last June which was very damaging. Away game against France on 09 Sep, home against The Netherlands on 10 Sep will confirm our fate, while home to Greece on 13/10, away to Gibraltar on 16/10 and the final game away to The Netherlands on 18/11 will bring it all to an end. A decent start was essential in such a tough group and Ireland has had



Sports Shorts

essential in such a tough group and Ireland has had anything but. Many questions are being asked about manager Stephen Kenny's style of play, his focus on unearthing more talent and giving them game time, does not hide the simple fact that currently Ireland does not have the players to win on a regular basis. Will the FAI sack him or will he resign? that question is also looming large on the horizon and only added to the considerable pressure he is under.

GAA

Two sports that enthralled us during the summer were the hurling and football championships. I will now here into the argument that the GAA is steamrolling the championships into too short a season. All Ireland finals are now done and dusted by the end of July with the club season taking over until the end of the year. An indication of how All-Ireland weekends have changed that neither of the two teams in the hurling final, Limerick and Kilkenny, stayed in a hotel after the final citing costs and unavailability as the reasons why.

Limerick defeating Kilkenny on a score line of 0-30 to 2-15. In the second half Limerick hit only two wides and scored points from all over the pitch. It was a master class. This win was the Shannonsiders fourth in a row and it will take an almighty effort to stop them achieving what has never been done in hurling before, winning five consecutive All-Ireland hurling titles. On their route to the final they had some very close games but once they came out of Munster, Limerick won their semi-final against Galway by eight points and the final by nine. That is called perfect timing.

In football we had an absolute belter of a game in the All-Ireland final between Kerry, the defending champions, and Dublin who hadn't won the Sam Maguire for two years, which was the last of their unprecedented six in a row in 2020. The game ebbed and flowed with both teams having periods in the ascendancy especially in the second half. Kerry went three points up, the Dubs scored an equalising goal, Kerry went three points up again, but Dublin won by two. On the Dublin team were three players who now have won a record nine All Ireland football titles, Stephen Cluxton, Jack McCaffrey, both of whom came out of retirement, and Michael Fitzsimons, and there is every possibility they could be around next year to win

their tenth. Paul Mannion also came out of retirement and was Man of the Match in the final. Another piece of the jigsaw was completed when Pat Gilroy a former successful All-Ireland manager, joined the management team. A convoluted football championship which included a very uninspiring provincial championships except in Ulster, followed by a number of group games, saw Dublin scrape by Kildare and draw with Roscommon in Croke, while many say Derry should have beaten Kerry in the semi-final. How does next season look? It is hard to look past Dublin, Kerry and Derry again, while Donegal have named Jim McGuinness as their manager. He won an All-Ireland with them in 2012.

Cork won the camogie All Ireland and their 29th title with a facile victory over Waterford who were appearing in their first final in 78 years and it showed. In ladies football, Dublin overcame Kerry, who were favourites, to claim their sixth title.

GOLF

It was a bit of an up and down year for Irish golfers with Rory McIlroy once again leading the way winning the Scottish Open and finishing second in the US Open. He missed the cut at the US Masters, the one major he badly wants to win to complete the historic Grand Slam of golf, winning the US Masters, the US Open, the PGA and The Open. Shane Lowry has had a disappointing year with his best placed finish being sixth in the Honda Classic last June. Shane didn't qualify automatically for selection but the European Ryder Cup captain, Luke Donald, had great faith in Shane and picked him as one of his six Captain's picks. There is a total of 12 players on a Ryder Cup team. Seamus Power is likewise struggling and the Waterford star was not among the automatic qualifying places for the European team. The Ryder Cup is being held from September 28 to October 01 outside Rome, and will mark the first time the event has been held on Italian soil and just the third time it has been hosted by continental Europe. The Europeans will be hoping there is no repeat of the debacle that occurred in Wisconsin in September 2021. The United States won 19-9, to clinch the largest margin of victory in the modern history of the event since the inclusion of Continental Europe in 1979.

On the ladies professional golfing scene Leona Maguire



Sports Shorts

continues to fly the flag for Ireland and she automatically qualified for the European Solheim Cup team which will take on the USA in Spain from 22-24 September. In her 2021 Solheim Cup debut in Ohio she earned 4.5 points out of a possible 5 in an outstanding performance. Leona has already won on tour this year so she is in a good place to shine once again at the Solheim Cup.

ATHLETICS
The current star of Irish track is undoubtedly 20 year old Rhasidat Adeleke, holder of six Irish national records, who won gold last June in the 400m at the National Collegiate Athletic Association (NCAA) Championships in Texas. She also broke her own Irish 400m record in the process. She turned professional last July and ran her first race later that month. She had high hopes of winning the world 400m title in Budapest and qualified for the finals in impressive style. All Irish eyes were glued to their TV screens on 23 Aug as she took on the best in the world. It was not to be a fairy tale ending for Rhasidat as she finished fourth. She will now focus on her professional career and the Paris Olympics next. Another Irish athlete with serious ambitions to win at Budapest is Ciara Mageean in the 1500m. European Championship and Commonwealth Games 1500m medallist Mageean, 31, has

been in brilliant form this season having smashed Sonia O'Sullivan's long-standing Irish mile record. Ciara ran the race of her life in the final in a stacked field, setting a new Irish record of 3:56;61, but didn't make the podium as she finished fourth. She too looks forward to Paris with confidence.

BOXING
Our national sporting hero, Katie Taylor last May hosted her first fight as a professional in Ireland, not against the desired opponent, Amanda Serrano, who had to withdraw due to injury, but against England's Chantelle Cameron who fights in a higher weight division. Katie's attempt to become a two weight world champion was unsuccessful but a rematch is planned for November in the 3Arena. That loss was Katie's first as a professional boxer. When details of the rematch were announced on social media, Katie simply said 'Let Go!'. That says it all!

As always there is so much to delve into when it comes to sports and Irish involvement but space constraints come into play. I hope you are enjoying the exercises in Beo Beathach our mental, physical and spiritual wellbeing guide. Thanks for all your letters and comments and please keep in touch.

ICPO Penfriend Scheme

Would you like to write to someone in Ireland with similar interests to you?
Would you like a friendly correspondence with one of our volunteers?

Our aim is to enable Irish people in prison abroad to keep in touch with everyday life in Ireland.

"You have no idea what a few lines from home means to me. Having someone to write to is truly a blessing"
comments one prisoner

It can help with any loneliness and isolation that you might be experiencing.

If you do not already have a penfriend, please ask your caseworker or write to ICPO, PO Box 1348, Maynooth, Co. Kildare, Ireland.



Your Letters

Considerations on Setting up a New Business

Rationale:

The stark reality for many with a criminal conviction is that following release from prison, the prospect of legitimate meaningful and sustainable employment is far from encouraging. Self-employment is one possible route to personal transformation and development, which allows the individual to contribute positively to society. It is also a significant intervention in minimising the risk of recidivism, which has enormous social and economic costs.

A Good Idea:

All new businesses start with an idea. These are either 'lightbulb' or 'Eureka' moments in which the idea is an unequivocal solution to a problem or they are epiphanies - revelations that will require testing and refining before the product or service is ready for the market.

For example, the introduction of plastic corks in wine solved the problem of an unfavourable reaction between the wine and traditional corks and soon after, screw caps on the bottles obviated the need for a corkscrew. These were both Eureka moments notwithstanding the disdain in which they are held by wine enthusiasts!

Many readers will be familiar with the innovations of Sir James Dyson who revolutionised vacuum cleaners, electric fans and more recently hair care products. These products went through many iterations in a process of trial and error before they were finally ready to be mass produced and made available for sale. All of Sir James' inventions were ideas that needed refining and were epiphanies as opposed to ready to-go-solutions.

The popular spray oil/lubricant called WD40 was a similar epiphany as it took 40 attempts to perfect it. WD39 was close but WD13, for example, was nowhere near as functional as it's creators had envisioned.

Where do ideas come from?

A very common source of inspiration is what we

might call a negative reaction to an existing product or service. It is what this writer (I) like to call an 'if only' situation. In other words 'if only the product could do this' or if only I was able to do that' (with the product).

How many of you remember when you had to tear the corner of a milk carton to open it? Well, the screw cap came about because of the negative reaction to spilling milk. Some of you may recall wrestling with a can opener to get at your favourite baked beans but then the ring pull did away with all of that. The life span of cold meat or slices of cheese in your fridge has been extended slightly because of the advent of resealable packaging. Why all the food references? No reason other than to illustrate that many innovations are not high-tech and these 'small improvements' to products often impact the greatest number of people.

But, to satisfy the more tech minded reader we can take the innovation of the dockable loudspeakers for mobile phones and MP3 players. This type of product overcame the relative frustration of the device's speakers which are not powerful enough for a small group of people to listen to. And the 'Selfie stick' solved a problem for the vain and self-obsessed who have short arms. I jest! Seriously, it was a very simple innovation which greatly enhanced photography for mobile phone users, allowing greater creativity.

Another source of inspiration is positive reactions to existing products or services. In this situation one's idea is simply to emulate the product or service - to strive to imitate it. For example, 14 years ago this writer (I) came to Spain for six months to write a book. Having enjoyed a guided tour of the city, he (I) had the realisation 'I could do that' i.e. give tours of the city for English language speakers. Learning the history of the city and its landmarks was easy and within one month the tours were generating an income of between €350 and €400 per day. Every small village has more than one café for example. Somebody opens one and after a while

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Winner
Short Story Competition



Method Writing:

A biography of Ruth Jackson

'You seek for knowledge and wisdom as I once did; and I ardently hope that the gratification of your wishes may not be a serpent to sting you, as mine has been.'

Mary Shelley, *Frankenstein*

Preface

This is not the book I intended to write nor the story I thought I'd be telling and it troubles me in ways that you will only truly understand once you've completed reading what I have meticulously laid out in the following pages.

Don't worry, you haven't been duped or deceived, at least not in the way you're thinking. This is indeed a biography of the beloved if somewhat mysterious author, Ruth Jackson, told within the context of her work but more so an exploration of the mind and method that created such intricate and introspective stories.

I've been a fan of Jackson's work for as long as I can remember and this project has been both a labour of love and the fulfilment of a long-held desire. Not only did I want to learn about Jackson, the individual as well as the author, but also pay homage to a woman whose heroines and protagonists have spoken to so many of her gender. Their iconic self-determination, humour in the face of adversity and empathy have inspired many, and continue to provide a personal source of comfort and strength when my spirits are low. G.K. Chesterton wrote: *A good novel tells us the truth about its hero; but a bad novel tells us the truth about the author*, which probably explains why Jackson remains such an enigma to her audience.

At its core, this book is the tale of how an aspiring female writer joined the ranks of such luminaries as Mary Shelley, Jane Eyre, the Brontës, George Eliot, Virginia Woolf and Jean Rhys, to name but a few, all female writers with something important to say to a world intent on not listening and who challenged the pervading stereotypes, breaking through the male-imposed barriers to ultimately be recognised for their unique genius, even if not always within their lifetimes. No two stories of these great authoresses are the same, nor were the places from which they drew their inspiration, and of Jackson, this applies ten-fold.

Above I referred to Jackson's method, which I will explore in much greater detail as it is an intricate

part, or perhaps the essence, of her story; but first a commentary on my own. Unlike Jackson, whose openings were in her own words, *A slap in the face to get your attention*, I have struggled to know quite how to begin, and in the absence of her unique genius adopted the tried and tested approach of all good stories, if the old adage is to be believed, building this biography in a chronological manner, though resisting the temptation to retrospectively adjust earlier sections if new information was presented that contradicted the previous narrative. Such insights, and their influence or impact on already presented material, are discussed at the time, and while it would have been possible, and from many perspectives preferable, to repackaging the entire account once fully compiled and comprehended, my experience has taught me that the final version would be based on the fallacy that Jackson's story could ever be truly understood. Also, and I feel quite strongly on this, it would deprive the reader of sharing in my own personal journey.

Throughout this book, you will find sections in italics and prefixed with [AN], denoting my own commentary on whatever is being discussed at that juncture. This is an unusual approach, one which my editor strongly vetoed, but I believe that there is a necessity to differentiate between what is factual, or reported to be, and my own experience in discovering it, or my thoughts on that particular aspect of Jackson's life or work. I maintain, and only time will tell, that this uncommon methodology will enhance your enjoyment and understanding of these intertwined stories, both being complex and often puzzling in their own rights. They say that you shouldn't meet your heroes and although I always thought that I would, Jackson's untimely passing and strangely secret life robbed me of that opportunity. But I have met her in another way and on a different level, and I suspect learned much more than she would have revealed personally. How I feel now that I am emboldened with this knowledge, I am unsure, but I can say one thing without fear of contradiction; you will never read her work in the same way again.

I suppose a little context would be helpful, particularly in terms of timing. Any author, especially those of non-fiction, will vehemently attest to the almost crippling panic that sets in when we think of how our work will stand the test of time. While remarkably revealing and insightful on the day the manuscript is finally finished, and hopefully still when published, we have no control over or influence on events which may render our work contemptible, laughable, or worst of all irrelevant. So for those who don't regularly check the copyright notices inside the front cover on books they casually pick up, this particular title is being published in 2009. Although my research naturally started many years earlier; and I am happy to say that in the intervening period no competing account of Jackson's life has gone to press; the fear of such has constantly haunted me. ~The competing constraints of accuracy, completeness, and expediency, have continually battled for control of this endeavour, the latter of which was championed by my publishers and my own insecurity, I believe however, as much for the sake of my own sanity as from a sense of integrity, that I have successfully erred on the side of the former two.

That said, Ruth Jackson's life was as mysterious as her many creations, and in the years to come, possibly in response to this book, many revelations, whether founded and baseless, may come to light which is why sticking a pin in the timeline is so important. There will also I suspect, be a wave of consternation and condemnations from disparate voices, with Jackson's fans probably being foremost among them. For this I openly apologise as I understand just how you feel, particularly having to consume what I experienced over many years in such a condensed format and time frame.

As to those implicated, well you rather brought this on yourselves, and no amount of threatened litigation can change the past, or the facts. Heartless as this may seem, it's what Ruth would have wanted and you should count yourselves lucky you're getting off so lightly. Of the innocent, and there have been many, names have been redacted or changed where warranted, and for those who inhabit the middle ground, I've taken a leaf from Franz Kafka and initialised the surname, as in the case of the infamous Joseph K. Kafka was an important influence on Jackson, like many others to whom she regularly tipped her figurative literary hat, so to speak, including Poe, Shelly, Stoker, and Henry James.

These writers gave Jackson a foundation in dark fiction, and we will see specific examples of how their influence is reflected throughout her work, tight up to and including her posthumously published retrospective anthology, *Regrets*. Another credited influence from this genre, although Jackson never ventured into the Cthulhu Mythos in her writing, was

H.P. Lovecraft, of whom she wrote: *Lovecraft could draw you into a world and make the impossible not only believable but actually present, instilling in the reader a sense not so much of outright fear, but of being deeply uncomfortable even in the most familiar settings.*

But like most contemporary writers, her greatest influence was her own life, and when that wasn't sufficient, she went in search of whatever experience would allow her to write the characters and circumstances that seemed to creep subtly into her imagination.

Although this preface, or introduction, I've gone back and forth on the nomenclature, is not intended as a preview, some insight into what's to come will, I'm sure, convince you of the benefits of continuing. As mentioned, I will devote many pages to how, and to some extent why, she created such unorthodox narratives, and explore the confluence and separation between Jackson the person, and Jackson the artist. That's not to say that there was a Jekyll and Hyde transformation, rather something more akin to Janus, consistent with the persistent rumours of a recurrent behavioural divergence that preceded her many disappearances. These I have, for the most part at least, been able to associate with one or more bodies of work, although some remain unexplainable, and have fleshed-out the associated personas that Jackson created. They were pure, if remarkable, creations, rather than another previously unseen facet of her new character; each being temporal and ultimately disposable.

Less so perhaps when it comes to *Ophelia Under Water*, whose title was inspired by the British artist Sir John Everett Millais' Pre-Raphaelite masterpiece, *Ophelia*, on which Jackson seemed to obsess, visiting it repeatedly at the Tate as well as in Tokyo during her strangely secret visit in 1998. Her true intention behind this trip remains bewildering but Jackson also visited Aokigahara, seeming to have spent several days alone in Japan's notorious *Sea of Trees*. It is here I believe, that the haunting tale of extreme isolation, *If Only Trees Could Talk*, has its roots, if you'll pardon the pun. I joke, if only to relieve the myself of my own harrowing memories of the dreadful place which so closely match Jackson's depictions.

But, what really lies behind these two famously controversial works? Was the malicious manipulation enacted by the protagonist, the self-titled Risen Ophelia, and the ensuing suicides of those she blamed, a clever plot inversion on Shakespeare's original, really pure fiction or something far closer to home? The death of Jackson's childhood friend, and probably first love judging by the copious diary entries which continued up until her own

Continued on next page

disappearance, although there is no indication that she realised it at the time, was clearly a psychological turning or perhaps breaking point which saw her eventually go to live with her maiden aunt to obviate scandalous unproven allegations.

As for *Trees*, which opens with an open-air nocturnal pagan ritual similar to those she surreptitiously witnessed there, I believe it to be far more autobiographical than any of us could have imagined, particularly the progressively invasive presence which haunts and ultimately merges with Alice's psyche. Initially written from the Alice's troubled perspective, her increasing interactions give Clara a voice and personality all her own, resulting in the convergence of two separate personas, both equally conflictual and cooperative, as if living two lives in one.

Some earlier and lesser publicised works that perhaps you're not familiar with are littered throughout the following text, which I hope will be a voyage of discovery for you, much as it has been for me. Many sources which have until now remained unpublished have also been unearthed, including some intermittently kept diaries, early drafts and correspondence Jackson sent to various previously unknown about associates. On occasion, I have been lucky enough to interview personal friends and acquaintances of Jackson, including attendees of the infamous dinner-party fictionalised in *Pass the salt*; those who would talk about it, that is.

Included are some of the most pertinent or revealing parts of these discussions, although you may note that some words, names and locations have been redacted, usually at the behest of the interviewee. Rather than paraphrase or reinterpret what was said, and risk losing some of the inference, I prefer to present them as close to verbatim as I am permitted.

In a rare 1988 interview, it was Jackson herself who coined the phrase *Method Writing*, although at the time it's meaning wasn't understood, and it's significance completely overlooked. Only later, with the rise in popularity of the Stanislavski's system amongst some of Hollywood's most iconic actors was it revisited, albeit inaccurately and ineffectually, by some literary critics and more than one gossip rag.

But the real meaning, and it's implications in Jackson's life and works has never been revealed; until now that is. Or so I believe, but with great uncertainty at times, as Jackson's sense of malevolent fun rivalled that of Loki at times, as did her shapeshifting abilities.

We may never know the real Jackson, but that could be said of anyone, and many more times in the deepest throws of this often-unsettling endeavour I have questioned the extent to which I know myself, I

can only trust to the future and your kindness, dear reader, and leave you with the words of Pontius Pilate to which my heroine and muse, Ruth Jackson could so easily relate: *Quod scripsi, scripsi*.

This is all that remains. The manuscript and it's authoress disappeared sometime and somewhere between the sending of this advance Preface and they both appearing at our London offices. But exactly when, no one knows.

Mary Rutherford was intensely secretive and clandestine about her exploration of Jackson's life, fearing that some information she'd uncovered would leak into the public domain, or the hands of those with a vested interest in ensuring that it would never see the light of day. For this reason, no drafts or proofs were ever submitted for review, with Rutherford insisting on delivering only the final completed version personally.

What she discovered we'll perhaps never know, although the media have filled the information vacuum with speculation and conjecture, including as to the whereabouts of the author and her creation, which some advocate never actually existed. We, as her publishers, refute any such scurrilous allegations and resent the implications in terms of our reputation, but more so in chorus with Mary's friends and family, for the doubts they cast on her character.

More concern should be shown for Mary Rutherford's person for nothing short of foul-play can, in our minds, explain her sudden disappearance, which included the entire contents of her rental apartment, apparently stripped and professionally cleaned. Despite the countrywide appeal, the police seem to have made little tangible progress.

Did someone take her, or has she gone into hiding in fear of some kind of reprisals, or perhaps discovered something so fundamentally paradigm-shifting that it couldn't fully be revealed? As to what they could be, only the unravelling of Jackson's mysterious death seems of sufficient magnitude. If true, has Rutherford gone to join her lifelong hero? Or, as many have increasingly come to suspect, was this entire endeavour simply an elaborate rouse by a living Jackson, with Rutherford being just another of her many personas.

This, we refuse to believe, not out of some face-saving pride but because we simply want our friend back and have published this article in so many newspapers today, August 10th, 2010, the first anniversary of that forlorn meeting, to draw attention to her plight.

Mary, come home, we love and miss you.

H.R.



Winner Poetry Competition

Mother's Tears

The thing I regret most in my life
As I've looked back over the years,
Is that I've never stopped to consider
The meaning of my dear mother's tears.

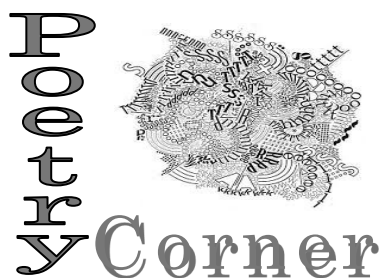
My childhood days were happy.
Those years just seemed to fly.
But when I reached my upper teens
I noticed my dear mother cry.

I never realised the economy of life
When I'd step outside the law.
I fought, I stole and I've cheated,
Seeing my own life in the raw.

When I was convicted,
Sentenced to many years,
They lead me from that lonely dock.
I noticed my mother's tears.

All the time in a prison,
Yes, all those wasted years.
I longed for the day
When I would dry my mother's tears.

William John McFall



CRY

Why do we cry?
Lost in a world where we say goodbye
We always know that darkness in a sign
Then we need to discover what's in our minds.
Just to find ourselves and explore
Then we can fight for one day more
Our feelings, our emotions,
they are so confusing
At a time when we are in a hole
But don't worry friends so don't cry
'cos you are not alone, don't cry.

WMcN, UK

Considerations on Starting up a Business

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somebody else thinks it is a good idea and opens another. If you have the training, skills and in some cases qualifications, it is not overly difficult to establish yourself as a gardener, painter and decorator, plumber, electrician, carpenter, mechanic, graphic designer, website designer, artist, potter, bookkeeper, teacher of a musical instrument, etc. etc.

There is an exception to the concept of imitating a product or service. That is where the product or service has some form of intellectual property protection such as a patent on the design and manufacture of a particular product but this needs to be the subject of another article.

Occasionally, products come about by accident. The safety pin is one such example. It came about as a result of Walter Hunt fiddling with a piece of wire in 1849. Six years before, Charles Goodyear accidentally created the process of vulcanisation when he spilled rubber and sulphur on his stove. It is worth pointing out Goodyear had been experimenting with rubber for the previous nine years, spending all his family's money on his experiments and landing him in Debtors Prison. In fact, in 1840 when his young son died, Goodyear could not afford a coffin for him. The Goodyear company has nothing to do with him or his descendants. It was set up by Frank and Charles Seiberling, who named it in his honour.

As an exercise, look at your cell and imagine changes that could be made to improve it. Or, look at the services in your prison (laundry, canteen, medical provision) to see how they might be improved. You won't be able to change anything! But, you will start to view and think about the world around you differently, which is what entrepreneurs do.

Colin G. Spain

Update from London ICPO Office

Overview of the estate:

The prison situation in England and Wales continues to cause concern. A recent investigation by the Sunday newspaper, The Observer, (6 August, 2023), painted a very worrying picture.

An analysis of hundreds of inspections found that three-quarters of prisons are now providing insufficient standards, with more than a third deemed to be insufficiently safe. The prison population in England and Wales now stands at 86,763 (6 August, 2023).

Prisoners are serving sentences in overcrowded, filthy and dangerous conditions. In the past year the number of deaths in the prison estate has increased by 9%, with suicides up by 26%. Self-harm incidents are disturbingly frequent, with 16,543 recorded for men's prisons in the first quarter of this year.

There are too many people with mental health problems and addiction issues serving sentences of under a year for minor crimes that are less effective at reducing reoffending than community sentencing. Nowhere is this more true than in the female estate, where many women are vulnerable victims of abuse, locked up for non-violent crimes.

Prisons urgently need more investment, but there will be no significant change until better use is made of community sentences for relatively minor offences. Only 72,000 community places were used in 2021 compared with 185,000 in 2011. And even if Labour win next year's General Election, things are not likely to improve significantly given Sir Keir Starmer's background as a renowned prosecutor. It is disappointing that he has not been bolder in explaining to the public why overcrowded prisons full of desperate people are a source of risk, not security.

On the plus side, as far as the ICPO is concerned, all prisons are now open for visiting and our team is busy trying to meet demand. Autumn looks like being a busy time with visits planned for the north-east and the north-west along with the regular London visits. Apart from the prison-visiting, we continue to provide in-cell resources and information packs containing helpful material with

everything from game and puzzle books to prayer cards, etc. We also provide some phone credit where necessary so that you can keep in touch with loved ones here and in Ireland.



Comings and Goings:

The London team is pleased to welcome on board Sadie Montague as the new Administrator in the Traveller project.

Sadly, we are having to say 'farewell' to Eddie Gilmore, CEO of the Irish Chaplaincy for the past six years. Eddie has been a good friend to the ICPO, regularly visiting prisons and entertaining prisoners and staff with his music. He kept our spirits up throughout the Covid years with his blogs which formed the basis of his two wonderful books. And he has kept the Chaplaincy's three projects financially stable - no mean feat in these austere times. Hardworking, approachable and a good listener, Eddie will be a hard act to follow and we will miss him greatly. We wish him well in the future.

Always remember that this is your Newsletter and we want to include as much as possible about your prison experience. In particular, we would like to know what you think of the packs and booklets we provide. Please feel free to send us your reflections and also your poems and art work, etc. Also, your ideas for items for future issues. And please complete any surveys we send out. These are most helpful in shaping our future service.

Please, please, keep us informed of your prison moves. We depend entirely on you for this information so that we can keep in touch with you. We always want you to know 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, Fiona Mullen, Sally Murphy, Declan Ganly and Gerry McFlynn.)
"Ireland's Own"

A Tribute to Sr. Agnes Hunt

By Brian Hanley

After being professed (Sacred Heart of Mary) in 1952, Agnes spent several years teaching in a secondary school in Waterford. She then travelled to Zambia where she and a group of other religious men and women set up one of the first secondary schools for Zambian girls a year after independence. She remained there for 11 years as a teacher and deputy principal before moving to London to study theology. I know it filled her with a quiet satisfaction to see the impact of their work in Zambia - to see their students and the communities grow and flourish, over the many decades that followed.

Agnes then moved to London where she began a placement at Wormwood Scrubs prison. After a year, she showed her trailblazing nature once again by being appointed the first female chaplain at a male prison in all of the United Kingdom. It was a move that would prove providential for many. Among the many prisoners Agnes served as chaplain was Billy Power. Billy was one of the Birmingham 6 and on hearing of Agnes' death had this to say:

"Agnes became the first female prison Chaplain in a male prison in the late 1970's and she was still there for some years after our release from the Old Bailey in 1991.

Soon after meeting Agnes in 1979 she asked me to join her on the Saint Ignatius Loyola 30-day retreat and that she would be my spiritual director - the 30-day retreat lasted more than 10 years. Her spirituality shone.

Agnes ministered to all prisoners regardless of innocence or guilt. She had a particular interest in those serving life sentences. She would deliver the Eucharist to a group of prisoners on D wing daily outside of the Mass. She also kept in contact with their families to help alleviate stress. She recognised that families serve the sentence also.

When Agnes was asked to write reports on prisoners, to the frustration of the establishment, she would only comment on their spirituality. This allowed prisoners to have total trust in her. She was always there and her presence was always felt.

Agnes worked with Category A status prisoners, some of the most feared and classified as the most dangerous in the prison establishment. None of this phased Agnes and indeed, she

always retained her sense of humour in her dealings with everyone.

When prisoners were released, Agnes kept in touch, in some cases for 30 years after release.

Agnes can be summed up by using her own words written to me while I was serving a life sentence: "Thank you for raising my spirits so often. You'll be the last to believe this but it's true - so don't thank me for coming to see you. I'm the recipient, or I suppose we are both on the receiving end from God as we have nothing on our own". Agnes was doing Christ's work and she brought Christ to prisoners."

Agnes was a teacher both professionally and in how she lived her life. I told every person that joined ICPO that if they wanted to know how to really communicate with our clients and to be their best selves in their role to simply watch and listen to Agnes. Agnes once said to me that 'it is not my duty to judge anyone Brian, and innocent or guilty everyone has their own unique qualities and worth.' She believed this fundamentally. For most of the people she wrote to, Agnes was their only contact with the outside world - a beacon of kindness and light in the darkness they so often felt.

I will always recall the day she was writing to a life sentenced prisoner she had known for more than 20 years, when she noticed his handwriting was slightly off. She raised this seemingly innocuous matter with an ICPO caseworker to follow up on and sure enough, the person's apparent tremor precipitated their needing significant medical care that thankfully they received because of her intervention. No fuss with Agnes but always quietly watching out for people, especially the most vulnerable.'

Another former Wormwood Scrubs chaplain and now manager of the ICPO London office, Fr Gerry McFlynn had this to say:

'Agnes had a wonderful gift for communicating peace, serenity and joy to everyone she met. I never left her without feeling the better for having been in her presence. I was so blessed to have known her. When I think of her the words of Frederick Faber come to mind:

"There are souls in this world which have the gift of finding joy everywhere and of leaving it behind them when they go". Agnes was such a soul. '



Brush up on your Irish with Caitriona Ní Bhaoill

Smidín Gaeilge

Haló! Cé'n chaoi a bhfuil tú? Tá súil agam go bhfuil tú go

Ceisteanna - Questions

Cá bhfuil cónaí ort?	<i>Caw will cone yurt</i>	Where do you live?
Cá bhfuil tú ag obair?	<i>Caw will too egg ubar</i>	Where are you working?
Cén aois thú?	<i>Cane eesh hoo</i>	How old are you?
???	???	???
Gabh mo leithscéal	<i>Gow muh leh-shcail</i>	Excuse me
Cad is brí le?	<i>Cod iss bree le</i>	What is the meaning of...?
Conas a deir tú?	<i>Cunas a dare too</i>	How do you say?
Conas a litríonn tú?	<i>Cunas a lit-reen too</i>	How do you spell?
Cá bhfuil?	<i>Caw will</i>	Where is?
???	???	???
Cad atá á dhéanamh agaibh?	<i>Cod ataw aw yay-niv agwiv</i>	What are you (pl) doing?
Cad a bhí á dhéanamh agaibh?	<i>Cod avee aw yay-niv agwiv</i>	What were you doing?
Cad atá cearr leat?	<i>Cod ataw c-yar lat</i>	What's wrong with you?
Cad is ainm duit?	<i>Cos iss anum ditch</i>	What's your name?
Cad/Céard a tharla?	<i>Cod/Care-d a horla</i>	What happened?
???	???	???
Cé leis é seo?	<i>Cay lesh ay sho</i>	Who's is this?
Cé a ghlaoigh orm?	<i>Cay a glay urm</i>	Who called me?
Cén t-am é?	<i>Cane tom ay</i>	What time is it?
Cé mhéad atá ar ...?	<i>Cay vade ataw air?</i>	How much is?
Cén lá a bhí ann?	<i>Cane law a vee on</i>	What day was it?
???	???	???
Cathain a mbeidh tú réidh?	<i>Co-hin a may too ray</i>	When will you be ready?
Cathain a mbeidh an bus anseo?	<i>Co-hin a may on bus anshuh</i>	When will the bus be here?
Cé acu is fear leat?	<i>Cay acoo is far latt</i>	Which do you prefer?
Cén saghas caifé atá uait?	<i>Cane sigh-ss café ataw wetch</i>	Which type of coffee do you want?



ICPO Resources

WE HAVE A RANGE OF RESOURCES THAT MIGHT BE OF INTEREST TO YOU.
ALL YOU HAVE TO DO IS ASK AND WE WILL BE HAPPY TO SEND THEM TO YOU.

We have:

- ▶ **Puzzle Pages** for the puzzle nerds amongst you
- ▶ **Smidín Pages** for those of you who like the Irish language
- ▶ **"Ireland's Own" stories** to send to you monthly
- ▶ **Yoga Exercise Routines.**
- ▶ **Would you like to write to a Penfriend ?**
- ▶ **We have a wonderful book *Beo Beathach* which has loads of in-cell activities that you might be interested in.**

For Families:

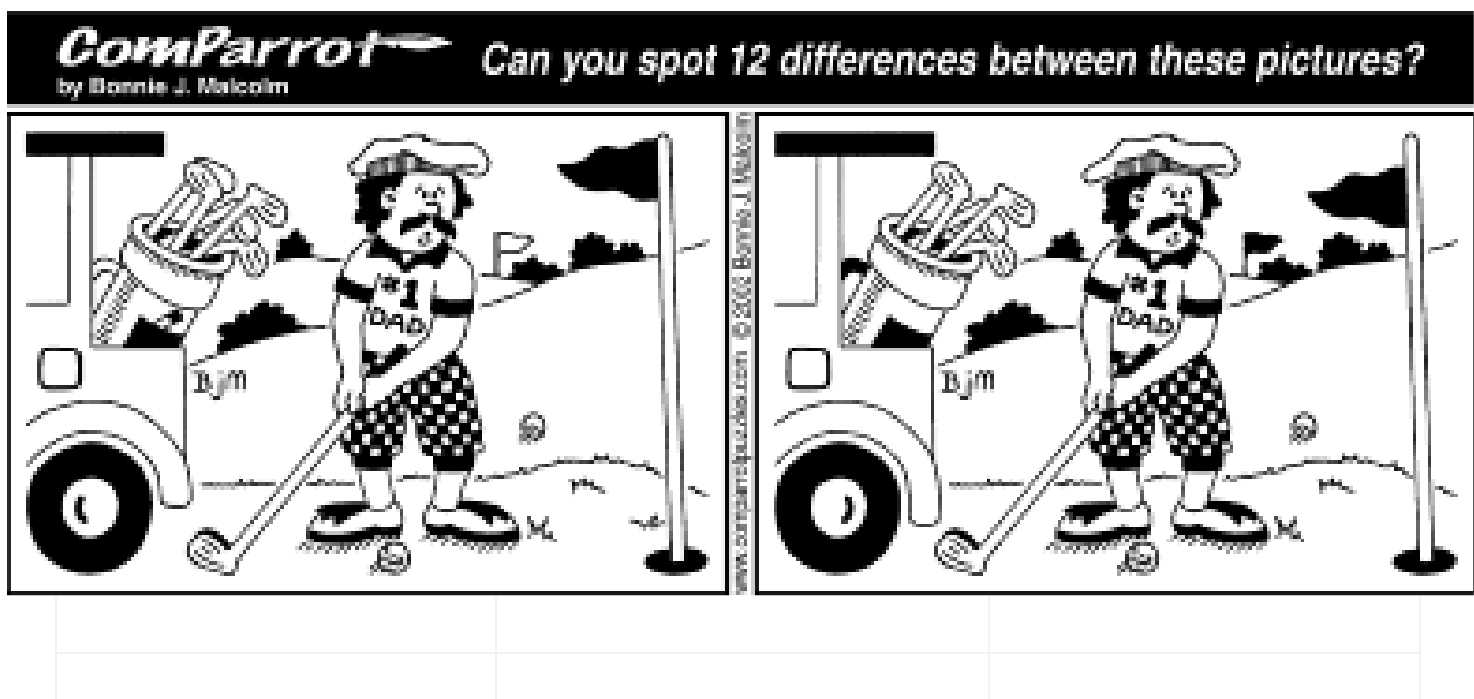
We host a **monthly Coffee Morning on Zoom** enabling people to share their experiences and learn from each other

Twice a year we hold **Family Information Days**

challenge yourself!

Good Manners

LOVING	P L E A S A N T E L O V I N G	PERMISSION
CARING	T P V M L S P Z R L T E B T T	FRIENDLY
SHARING	W S A B T T C L V M I J R N H	CHARMING
SMART	E R H A P P I N E S S M I E A	PLEASANT
EYE CONTACT	T N V B Y F N E X A K C S D N	POLITE
SMILE	S J A E U L X N U Q S U P I K	SINCERE
CONFIDENT	I L M N Q C D S G R O E Q F Y	FUNNY
SURE	N D N A U B A N W R B U S N O	KIND
HAPPINESS	C Y E S F P I R E D P E H O U	THOUGHTFUL
PLEASE	E J E J X M O U I I V E A C L	LISTENING
THANK YOU	R M A E R F B L D N R C R P B	APPRECIATE
EXCUSE ME	E C I A D N I K I U G F I W C	ENCOURAGE
	C B H D X H F O S T X N N V J	
	T C A T N O C E Y E E H G J C	
	N O I S S I M R E P M W L T O	



Challenge yourself!

Codeword

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	26	24	1	12	15	8	14	14		18	20	8	13
2	10		16		17		8		24		11		8
3	21	16	8	21	6		2		5	17	8	22	16
4	20		7		20		6		5		13		24
5				10	12	8	22	22	10	13	6	12	19
6	20		3		26		16		25		12		8
7	22	13	20	14	14	22		5	8	2	20	17	12
8	5		8		6		9		7		22		3
9	8	20	17	24	12	8	10	7	6	5			
10	25		18		20		8		24		8		23
11	6	26	24	14	22		17		12	10	26	19	20
12	22		24		22		7		8		23		22
13	7	8	21	20		4	24	14	14	6	20	22	7
	A	B	C	D	E	F	G	H	I	J	K	L	M

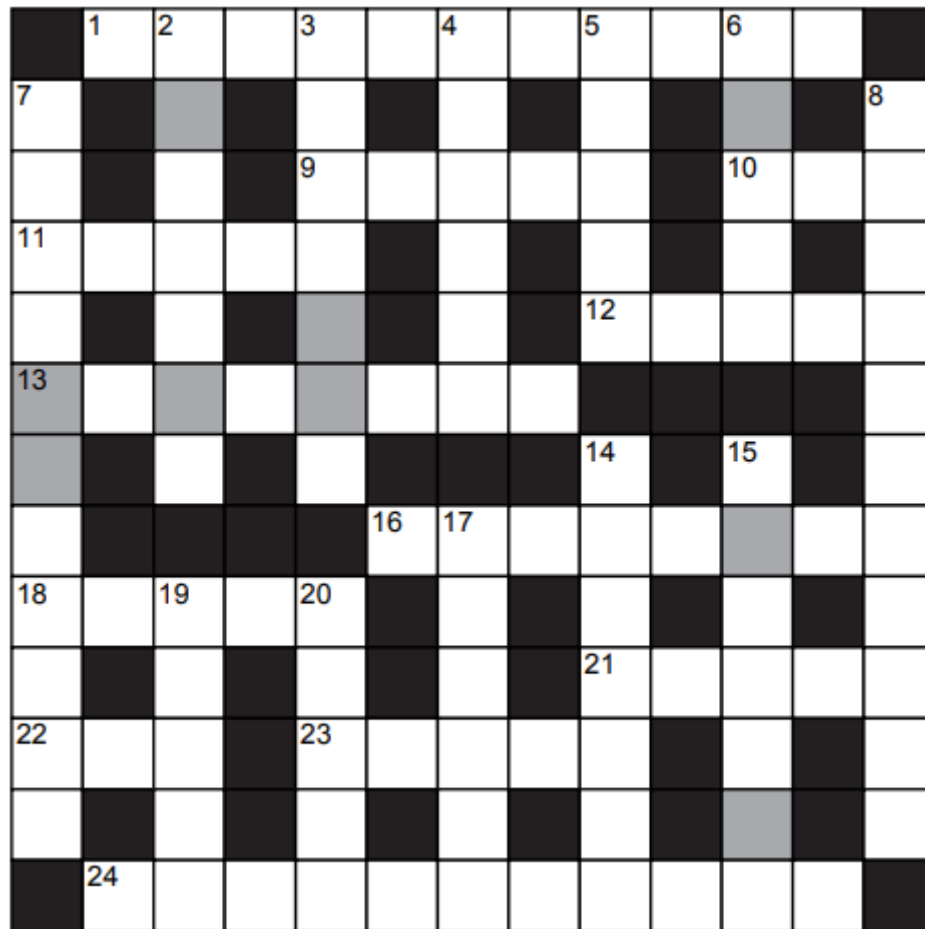
1	2	3	4	5	6	7	8	9	10	11	12	13
											N	

14	15	16	17	18	19	20	21	22	23	24	25	26
	F						K					

Enter the letter in each circled cell in the order given to reveal a codeword

9J	5I	1H	8I	3E	3G	10K	12G	7K

challenge yourself!



Courtesy Richardson Publishing Group

Across

- 1 Eg Plato (11)
- 9 Mammal that eats bamboo (5)
- 10 Kind or sort (3)
- 11 Break apart forcibly (5)
- 12 Nocturnal insects (5)
- 13 Person who rebels (8)
- 16 State of Australia (8)
- 18 Covered with water (5)
- 21 Recurrent topic (5)
- 22 Road vehicle (3)
- 23 One-way flow structure (5)
- 24 Branch of physics (11)

Down

- 2 Small villages (7)
- 3 Subatomic particles such as electrons (7)
- 4 Solitary (6)
- 5 Lyrical poem or song (5)
- 6 Authoritative proclamation (5)
- 7 Likeness (11)
- 8 Very tall buildings (11)
- 14 Indefinitely many (7)
- 15 Cherubic (7)
- 17 Deer horn (6)
- 19 Pertaining to the ear (5)
- 20 Total disorder (5)

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

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

challenge yourself!

Word Puzzle Pictures

1 LO $\frac{\text{Head}}{\text{heels}}$ VE	2 	3 CALM STORM	4 GET IT GET IT GET IT GET IT
5 MEREPEAT	6 ARREST YOU'RE	7 2 DAY	8 $\frac{\text{WEAR}}{\text{LONG}}$
9 SK 8	10 	11 Atlantic Pacific Arctic SAW	12 $\frac{\text{STAND}}{\text{ICU}}$

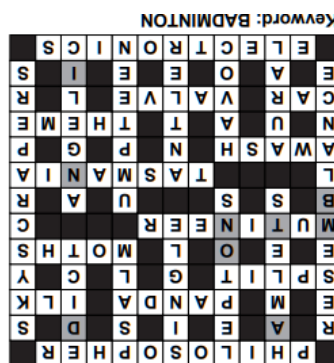
Sudoku

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

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

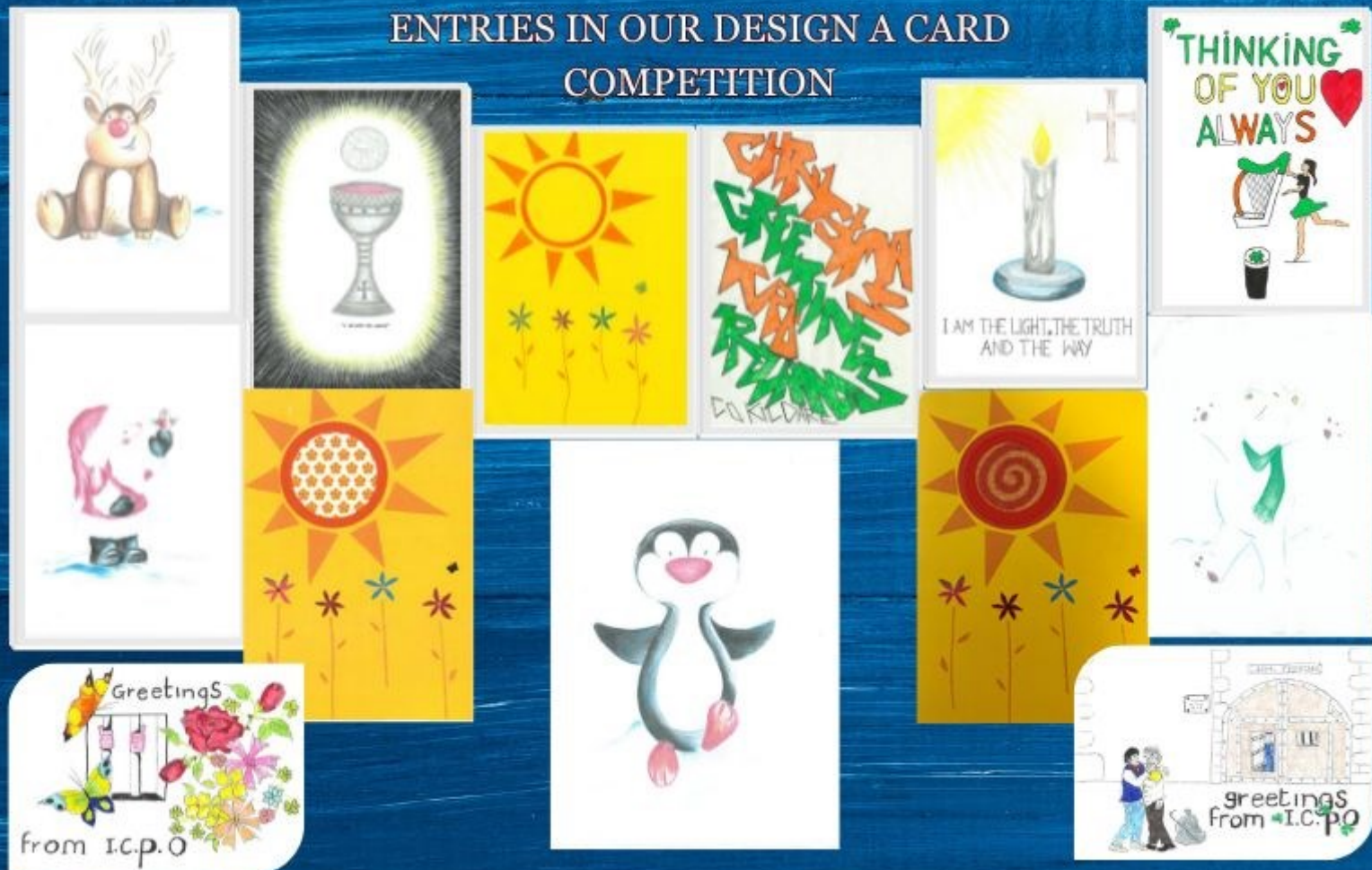


Word Puzzle Pictures: 1. Head over heels in love. 2. A round of applause. 3. Grass beside flagpole is missing. 4. Bag strap is coloured in. 5. Flag in distance is coloured in. 6. Line on hubcap has moved. 7. Bush in back-ground has moved. 8. Ball behind player has moved. 9. Fender on golf cart is longer. 10. Flag is lower on pole. 11. Man's hat is wider. 12. Cart roof is wider.

Spot the Difference: 1. End of golf club in bag is missing. 2. Pencil in bag pocket is missing. 3. Grass beside flagpole is missing. 4. Bag strap is coloured in. 5. Flag in distance is coloured in. 6. Line on hubcap has moved. 7. Bush in back-ground has moved. 8. Ball behind player has moved. 9. Fender on golf cart is longer. 10. Flag is lower on pole. 11. Man's hat is wider. 12. Cart roof is wider.

Code word: Cultivate
Slate. 10. Slow down. 11. See-saw. 12. I see you understand after me. 6. You're under arrest. 7. Today. 8 Long Underwear. 9. of applause. 3. Calm before the storm. 4. Forget it. 5. Repeat

ENTRIES IN OUR DESIGN A CARD COMPETITION



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