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• Australia's National Prison Newspaper

ISSUE NO. 1 JULY 2024 ABOUTTIME.ORG.AU

About Time

Welcome to Australia's National Prison Newspaper

About Time will be a paper for education and news, expression and hope

Editorial

Australia has never had a regular national prison newspaper. There have been at least 67 prison newsletters and magazines in Australian prison history, but none has been distributed regularly to every cell in the nation. We believe it's about time that changed.

Way back in 1990, over in Manchester in the United Kingdom, people in prison were frustrated. They felt kept in the dark about what was happening, uninformed about issues that affected them.

The New Bridge Foundation, a charity that creates links between people in prison and the wider community, sought to help. The response was a newspaper, specifically intended for incarcerated people. Its aim was to provide a platform for people in prison to share their own thoughts, and to access reliable information about relevant issues.

The idea was novel, and the paper's success highly uncertain. But Inside Time (as it came to be called) gained instant credibility and popularity. What was then a quarterly, black and white 12 pager is now a much-loved, full-colour, 50+ page, free publication distributed monthly to every prison cell in the United Kingdom (more than 50,000 copies).

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Ike Curtis

About Time

Australia's National Prison Newspaper

We are the new national newspaper for people in prison across Australia. We want this to be a paper for people who are incarcerated, by people who are incarcerated. Our aim is to distribute the paper to every person in every prison and detention facility across Australia. This is our first edition, distributed to all prisons in Victoria, New South Wales, Tasmania and the Australian Capital Territory. We hope that Queensland, Western Australia, South Australia and the Northern Territory will join us soon.

Our team is made of a group of passionate individuals from around Australia, some of whom have been incarcerated, and others who have worked and volunteered in criminal justice, law and journalism for many years. We are always looking for others to join us.

Write to Us

If you would like to contribute to any of the sections of our paper, or if you would like to correspond with us or provide comments, please write to us at:

About Time
PO BOX 24041
Melbourne VIC 3000

Or, if you have access to email, you can email us at:

contribute@abouttime.org.au

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About Time is distributed free of charge throughout the prison system. It is available to other readers via a postal subscription service. Please email the below address for more information:

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Welcome to Australia's National Prison Newspaper

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The heart of Inside Time is the 'mailbag' section, which publishes dozens of letters from people inside prison. Inside Time receives hundreds of letters and legal queries each month and tries to publish as many as possible. The paper's former commissioning editor, John Bowers, described it as a sounding board for prisons and a platform where incarcerated people can make their voices heard.

Most of the content for Inside Time is produced by incarcerated people. As publisher and director John Roberts said in a 2008 article in *The Guardian*: "Prisoners wanted their own newspaper that was solely for them. Rather than a journalist telling prisoners about their problems, they wanted to be saying it themselves."

About Time – the new monthly national newspaper for Australian prisons and detention facilities – is inspired by Inside Time. We hope to be similarly successful.

We understand the need for a consistent, accessible and reliable platform for news and expression for people in prison and their loved ones. We hope to provide people in prison with an opportunity to share their stories and develop a sense of connection. We hope to act as a bridge between prisons and the outside world.

We will report the news, focusing on issues that affect people in prison – including changes to criminal laws and the justice system, new cases that affect incarcerated people's rights, new policies and procedures inside prisons, and other issues that affect people in prison just as they would affect people outside.

We will publish the letters of currently and formerly incarcerated people, as well as letters from their friends and families. These letters will be a chance for incarcerated people to tell their stories; share advice; express concerns, fears and hope; and write about anything at all. We encourage contributions.

We will have a section dedicated to legal education. It will provide information about access to legal and social resources, how to seek and receive effective legal representation, what to believe and what not to believe about rumours going around the prison.

We will share your jokes, poetry, songs, music lyrics and artwork. We will publish cartoons, games, riddles and brain teasers. We will offer tips about preparing for life outside prison, and how to stay healthy.

And if there's anything you think we're missing, just let us know and we'll work to provide that too.

We, About Time Media Ltd, are a small organisation, supported by volunteers from criminal justice organisations across the country. The newspaper will be free for people inside prison, and available online or in print via subscription for people outside. It will be funded by advertisers and generous donors.

If you believe in our mission, if you find value in the content throughout these pages, we ask that you share the paper far and wide, and contribute. We hope you enjoy it.

Letters

About Time will dedicate many of its pages to publishing the letters of people in prison, as well as from their family and friends. This is the centrepiece of the paper: a platform for people to share their experiences and learn from each other.



'Stay safe, brave and kind, friends'

By Natascha

Natascha was incarcerated at Dillwynia Women's Correctional Centre, NSW.

Hi I'm Tasch.

I spent nine months at Dillwynia CC in NSW; the first few weeks in Area 1 max and then in medium, but I quite quickly progressed to Area 2 minimum. I am currently completing six months reintegration home detention. This was my first time in prison and I feel that I did my time well. I went in prepared for anything but also with a basic daily plan that I could adhere to no matter what.

This plan was to practise meditation, stretching and exercise at least once a day; to read; journal, practise gratitude and reflect. To eat as well as I possibly could and to sleep seven to eight hours each night; to be kind and compassionate to myself and others; to do my time and not get caught up in all the bullshit.

I did all the courses suggested to me by my case manager and got a job as soon as possible.

I stayed in my own lane; remembered that this was temporary; did my daily practice, which gave me purpose, focus and helped me stay well in body and mind, which is hard inside as you know.

I had a few dramas whilst at Dillwynia. During those times I remembered who I was, what was important to me and got through it. I connected with other women who also just wanted to do their time and at one point had quite the group exercising daily with me.

I showed up each day for myself, tried not to listen to all the bullshit people spun about progression and other things. I tell you it's so confusing when you've never been locked up before. Information isn't really provided. People talk shit and they can only speak from their own experiences. So, if it's your first rodeo, don't just believe everything you are told by others. Check the info!

I made decisions based on facts, what was right for me and in line with the rules. When parole offered me reintegration home detention I was pretty stoked. I continued with progression and spent my last few months at the Independent Living Unit (ILU) where you work at CSI Logistics! Once there, I never looked back. ILU was different, fewer people, everyone worked and there were other benefits. Anyways if you are at Dillwynia and you are not sure about progression just do it!

As for release, all I can say is have a plan; think about it before it sneaks up on you. I am lucky I have family support and a safe place to live. Not all of us do, so for those of you who don't, please connect with the services available. Ask your case manager and SAPO. Inform yourself; be proactive!

I highly recommend Success Works to assist with finding employment. They have employment opportunities and a mentor program. If you want to make changes in your life, remember it's hard and takes time and effort but you do not have to do it alone! Reach out, get connected, get informed. Yes, there are people who will judge but who cares right? I have experienced that there are lots of people willing to give you a second chance. Maybe you should too?!

I believe prison is not the end of the line and a criminal record will only define you if you let it!

I am currently training with Lifeline as a Crisis Supporter and have a few job applications pending. My RDH ends in July yah! I have lots of hope and plans for the future. Never give up on yourself!

Please remember this is my experience and these are my beliefs, which are neither right nor wrong, so take from it what you will.

Stay safe, brave and kind, friends.

'Free your mind'

By James

James was incarcerated across NSW.

Hi, my name is James. I had a traumatic childhood and from the age of six I had issues with anxiety. At 15 years old, I started drinking alcohol and immediately I felt relief from my anxiety when I had alcohol in my system.

It was really weird to me how I would party and have fun just like my friends but I was one of the only people that would drive when I had alcohol in my system. I just felt like it was convenient to me to get myself home with my car. I never planned how much I was going to drink or how I was going to get home and that got me into a lot of trouble.

I first went to jail in 2012 for 10 days after my ICO was breached for not attending community service. No new charges so I only had 10 days. Four days in Surry Hills and six in MRRC. I thought at that time the sheer horror of experiencing jail was enough for me to never come back. But here I am now.

In the last three and a half years, I've spent two and a half years in jail. In the past four Christmas and New Years Eves I've had three of them in jail. All drunk laggings. Last year I got out after serving eight months on the bottom for drink driving. I had a 16-month top and while on parole I got drunk and yelled abuse at some police. After they cautioned me I let them cuff me and when they searched, me I resisted. In the scuffle I was taken to the ground and I spat on one of the officer's arms. I got charged with assaulting police without ABH. Five months on the bottom for that and now I've been out for two weeks.

There are a few realisations that I've had about myself. 1: I'm an alcoholic. If I drink, I get in trouble. 2: I have resentments towards authority and police in particular. And 3: If I drink, I amplify my resentments and create a whole lot more problems for myself. If I drink, I will most certainly end up in jail. Police deal with 100 of me every day so I'm not gonna show them by getting drunk and abusing them.

So for now I am focusing on myself. I'm taking a pill called Antabuse that makes you sick if you consume or come into contact with alcohol. I'm going to counselling and I'm getting help. I'm enjoying some small wins every day like getting to the gym and eating some healthy food. In jail we are so limited to our foods. For carbs I would eat Mi Goreng, Vermicelli or rice. Protein as we all know is mainly tuna and Serena if you're cashed. Fats are only almonds, walnuts or peanut butter. Now I'm enjoying the freedom I have for my training and my foods. I'm getting proper recovery from my training such as ice baths, sauna, good protein and massages.

I won't give the police any reason to look twice at me. I'm just a normal bloke now trying to live a well balanced life and achieve some of my career and relationship goals. To all my brothers and sisters in green: let go of your resentments to the system. Free your mind and when your body is free again you will find a better way.



Joe Gough for The New Yorker

Freedom Beckons

By S Shepherd

S Shepherd writes from a prison in the United Kingdom.

The more I think about life, the more I realise we have been given the greatest gift of all. Think about it, we could, just as easily, not exist if our parents never met each other when they did then we wouldn't; but they did, and we do. Therefore, I don't want to waste any more of this precious gift sat behind a prison door.

Lately, my primary focus has been on freedom. With the question of 'how do you attain it'? Consuming my thoughts, my answer to this question may seem paradoxical at first, because whenever people hear the word 'rules', they automatically envisage slavery; especially us prisoners, being the antisocial bunch we are. However, it is by imposing a disciplinary structure on ourselves that leads to the development of free men and women. To put it another way, it is by consciously creating our own rules for life, and then imposing them on ourselves, that we attain freedom.

Everybody lives by some sort of rules, even criminals. Whether we realise it or not, we all make conscious or unconscious rules for ourselves. Rules are what enable us to make decisions and pursue our aims, they are the framework we put around behaviour.

There are three rules that I now live by:

1. All progress takes place outside of your comfort-zone. Our comfort-zone is somewhere we know, a place where we feel safe, and, as the name suggests – a zone in which we are comfortable. Therefore, if all progress takes place outside of this, then by stepping out into the unknown, facing our fears and embracing the uncomfortable feelings we experience, we grow as a result of it.
2. You get what you give. As the saying goes – what you put in is what you get back out. We don't get what we wish for. Therefore, by being diligent in the pursuit of the things we want, we can achieve it.
3. You are only as good as the company you keep. Other people have more of an influence on us than we realise.

If we are around those who commit crime and take drugs then we will do the same, because we tend to morph into the people we spend the most time with. Therefore, it is key to get around those we want to become like, because it is easy for us to take on the habits of those we are around.

The biggest problem I have is that I am a prisoner who does not have a release date. A lot of things are out of my control. However, by creating my own rules and imposing them on my life, it has enabled me to start making the right decisions, for a change; all of which have put me in the best possible position to attain release at my next oral hearing.

From Inside Time.

Revolving Door

By Anonymous

The writer writes from a prison in the United Kingdom.

I think back to most of the times I have committed crimes which led to being held in custody, and what my thoughts have been leading up to my release and what my thoughts and actions have been upon release. And what has truly led me to end up in custody so much and so recently, so repeatedly.

I am definitely noticing a revolving door in my life with one side being prison. It is a wedge in my life that only I have driven. If I have created it, then I can dismantle it. I know I have to get real and start critically thinking as to how I am going to stop.

I know that my past is catching up with me and I must be capable of redirecting my drive in life. In the past I've listened to prison yard advice, but it does not sit well anymore.

I have recently learned more about behaviours and what my behaviours mean to me. My past behaviour has been a majority of my impulsive self, a pattern so extensive it has embedded a habitual state of mind. It saddens me because I can remember this being my way back to my childhood. No matter, it's something I must take ownership of and accept. I know it's the only way I can process such and move forward.

My past has definitely been a massive motivation for me to dig deep to better myself. I'm exhausted. Growth and consequential thinking have definitely sparked such attitude and I'm glad to be in good spirits. Also, my girlfriend is about to give birth to my second child which I am sure is also triggering me to become mindful of the reality that faces me, my future.

I feel I have already failed my first child. I can't just go on having a child failing and failing again.

I strongly feel I am at a pinnacle in my life. My heart can't contend going on like I have. I have learnt that no matter who you are, we all need a support network, whether it be personal or professional.

I do have a personal support network that is filled with love. That being my parents, that they have unconditional love for me, even though I am exhausting them.

My girlfriend is an amazing person; she does not condone drugs, crime and staying out late every night. I can't agree more as I know it gets me nowhere. It is something I feel passionate about enduring.

I also have my employer who also supports myself and my girlfriend. My position at his place of work waits for my return. He is also a mentor and a good friend. His support is also limited as he wants a reliable and drug-free employee. I accept that because I can't afford to lose these kinds of people from my life.

These are the people that I am proud to say I have attracted in my life. They are from the right choices I have made. I have never been so focused and felt so mature and so real in my life.

I am driven to continue to strive toward my true self. I am determined to be a lawful and loving man and part of society.

From Inside Time.

My Diet in Jail

By Anonymous

The writer writes from a prison in Australia.

Routine becomes a necessity while serving a prison sentence. Our day always begins with an early wake up for a head count. It is challenging to have a healthy diet in jail as the price to be healthy is unaffordable and the ability to purchase vegetables for the majority is unattainable. For breakfast we are provided with several slices of bread and a handful of cereal. You would have to starve yourself if you are trying to lose weight.

For lunch, on weekdays we are given more slices of bread with two thin slices of meat, either chicken loaf, beef or salami – which actually isn't salami but apparently called devon. And just a handful of leaf mix. On the odd occasion we would have boiled eggs instead of meat, and on the extremely rare occasion, a few slices of cheese are given.

On weekends we receive a hot lunch which is either soggy pies or sausage rolls, yum. For dinner we receive a hot meal which is a rotation of either diced beef, Maryland chicken or minced beef. Friday dinners there is an all time favourite, soggy fried basa fish and roast potato – which is meant to be chips but hasn't been for years under unknown reasons.

On Sundays we are provided roast beef and roast potato for dinner. We are also able to apply for vegetarian or the healthy choice option. Healthy choice dinner meals are a rotation of chicken breast, beans or tuna with salad. There is meant to be a four-week rotation in the menu but most of the meals are the same and often repetitive.

We can also purchase two frozen meat packs a week and can cook it ourselves. The options to pick from are: chicken breast, economy porterhouse steak (which has the same thickness as a pen), pork ribs, salmon, lamb chops, pork chops or kosher chicken breast. We also purchase from the canteen once a week, but the canteen doesn't have a fridge so they can't get any other healthy options or anything cold. We can purchase eggs and cereal but mainly confectionary. We cannot purchase vegetables.

Mintie Ministry

By David

David writes from South Coast Correctional Centre (Nowra), NSW.

Have you ever heard the phrase: 'It's moments like these you need Minties?'

Well, in 1980, I witnessed one of these 'moments'.

A Chinese parishioner in my parish of Pyrmont was killed by a car on her way to church. For many years, she had complemented Buddhist philosophy with her Catholic faith tradition.

A week or so later, a Buddhist monk and I shared the celebration of her life at the funeral parlour called Kinsellas, then located at the top of Oxford Street, Sydney. Many of the mourners were Buddhists. Later, at Rookwood Cemetery, I witnessed the 'moment' when I observed the Buddhist monk sharing Minties amongst the grieving mourners. I was puzzled and asked him, 'why are you handing out Minties at the graveside?' To which he replied 'to symbolically take away the bitterness of grief'.

Many men I have come across in jail are experiencing constant unresolved grief. Sorrow and remorse for their crimes, and the loss of intimate contact with loved ones, can lead to a sense of hopelessness and despair. In these times of dark despair, a Mintie offered at just the right 'moment' can bring a momentary smile, and an invitation of friendship to those in mourning. Men come and go in the pod, and they are quickly replaced by other offenders almost on a daily basis. They come and go, come and go, without ever having the opportunity to receive little acts of kindness and a listening ear. The Mintie Ministry provides opportunities to show hospitality and care on a one-to-one basis to those who are broken and suffering.

Hence, my 'Mintie Ministry'.

David runs his Mintie Ministry from inside prison.



Send Us a Letter

Your contributions are the centerpiece of the paper. If you would like to contribute to our Letters section, please send your letters to the below postal address:

About Time
PO BOX 24041
Melbourne VIC 3000

Or, if you have access to email, you can email us at:

contribute@abouttime.org.au

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News and Investigations

Each edition will contain news articles and investigative pieces. These are topical stories that will usually be about prisons and criminal justice. We will also summarise the latest criminal justice news around the country, focusing on the states where the paper is currently published.





National

New laws to combat 'deepfake' porn
Sharing of 'deepfake' pornography is set to be illegal in Australia. 'Deepfake' is a form of artificial intelligence that digitally alters images or videos to replace someone's face or body with another's. Deepfake pornography is a clear invasion of privacy and can have lasting impacts on wellbeing and reputations.

The new laws will make it illegal to share non-consensual deepfake pornography, whether in a private message to another person or on a public platform. The law works by adding 'the dissemination of deepfake pornography' to the extensive list of federal crimes that can be committed via carriage service – phone, video or internet-based technology. The offence will carry a maximum penalty of six years' imprisonment.

The Commonwealth does not have powers to outlaw the creation of deepfake pornography, however there is some movement in states and territories to address this. In federal law, creating deepfake content that is then shared adds an aggravating penalty of maximum one year imprisonment.

Community Legal Centres found to be underfunded and short staffed
Community Legal Centres (CLCs) are in a state of crisis, a new report has found. The Independent Review of the National Legal Assistance Partnership (NLAP) found that CLCs are forced to turn away on average more than 1,000 people every day due to lack of funds. Many people use CLC lawyers when they cannot access legal aid due to the type of legal matter or income threshold issues.

CLCs are vital to complement legal aid. They do similar work to legal aid services, but can also advocate with more freedom, both for their clients beyond the courtroom, and also for changes in the criminal justice system.

Reports into funding of CLCs have shown how these centres are under-resourced, facing staffing shortages and burnout. The NLAP found that current funding does not meet Australians' legal needs. The report included 39 recommendations, and it's now up to governments across the country to consider and implement these improvements.



VIC

Report on the inquest of Heather Calgaret
Heather Calgaret was a proud Yamatji, Noongar, Wongi and Pitjantjatjara woman. She is remembered as a loving and smiling 'mother hen' who was a rock to her family and who loved and connected with her culture through her kids and art.

Heather was 31 when she died in hospital after collapsing in her cell at the Dame Phyllis Frost Centre in November 2021. She collapsed the day after she got her first dose of the Buvidal weekly injection.

After a long wait for her family, the four-week coronial inquest into Heather's death began in April 2024. Among other issues, the inquest investigated Heather's physical and mental state in prison and the quality of medical and mental healthcare she received. In custody, Heather had her youngest baby taken away, her mental health worsened, she gained more than 70 kilograms and developed related physical health issues.

The inquest heard evidence that the care she received through the private companies Correct Care Australasia and Forensicare was mismanaged, fragmented, not equivalent to that available in the general community, and culturally unsafe.

The inquest also investigated the Victorian parole system. Heather was eligible for parole almost a year before her death and was denied parole a month earlier. The inquest heard from a panel of experts on the parole system who criticised the significant delays, the inability for people in prison to have a say in parole decisions, the secrecy of the parole system, and housing difficulties. There have been over 500 Aboriginal deaths in custody since 1991.

'Prison-themed' bar grotesque, say advocacy groups
A new prison-themed bar, 'Alcotraz', opened in Melbourne in June this year. In the 'immersive cocktail experience', patrons interact with actors in completing tasks, finally to be rewarded with alcoholic beverages.

On arrival, patrons put on the classic orange jumpsuit and are provided a character and backstory. Their aim is to sneak alcohol through 'corrupt guards' and other challenges, and deliver it to the heads of a 'prison gang'.
Once achieved, patrons are awarded with cocktails made from the smuggled booze and drink them together in makeshift cells. The 'experience' has been heavily criticised by advocacy group Sisters Inside, which called it 'grotesque' and a 'slap in the face' for people who have been harmed by the prison system, stating that prison is 'not a game'.



NSW

New 'wanding' powers given to police
In June this year, the NSW Government passed a law granting police the power to use metal detection 'wands' or handheld scanners to detect knives and other weapons. NSW police are granted the power to conduct random searches without a warrant in designated areas, including shopping centres, train stations, sporting stadiums and in places where instances of knife crime or other violence have been reported in the past 12 months.

The law is modelled on Queensland's 'Jack's Law', which was passed after the tragic stabbing of a 17-year-old boy, to try to prevent the possession of knives in public spaces.

The law also imposes stricter restrictions on the sale of knives to minors. It makes it illegal to sell knives to individuals aged 16 or 17 without a reasonable excuse (for example, people such as cooks requiring knives for work or study). The law raises the maximum penalty for selling a knife to a child under 16, doubling the fine to $11,000 and introducing a maximum imprisonment of 12 months.

The new law has been criticised by the Aboriginal Legal Service NSW, which said that the new powers will lead to racial profiling of Aboriginal and other minority groups. Advocacy organisations have also highlighted the lack of evidence that the law reduced knife crime in Queensland and said the government should move away from unverified punitive approaches and towards addressing the underlying causes of violent crime.



ACT

Independent review of First Nations over-representation in justice system
A recently commissioned report is part of the ACT Government's attempt to reduce Indigenous incarceration rates by 2031, and will be led by the Jumbunna Institute of Indigenous Education and Research at the University of Technology Sydney.

The Jumbunna Institute will work with local First Nations communities, especially those with experience of the criminal legal system.

The final report, due in late 2024, will suggest practical ways to reduce incarceration rates of First Nations people in the ACT. About Time will publish findings from this report in due course.

New, easier way to raise Human Rights complaints
From 11 June 2024, a new law came into effect allowing the ACT Human Rights Commission to hear complaints about alleged human rights breaches by ACT Government agencies and organisations. Previously, you could raise your complaint only with the Supreme Court, which is not easy to do and can be expensive. Now, you can raise a complaint with the Commission, which can offer confidential conciliation processes to address the complaint. However, you must first raise the complaint with the relevant ACT Government agency directly.

The agency has 45 days to respond to the complaint and try to resolve it. If it does not respond, or if its response is unsatisfactory, you can raise the complaint with the ACT Human Rights Commission.

The resolutions from these conciliations can vary and may include apologies, revisions to policies and procedures, or the implementation of staff training programs to prevent future breaches. In instances where conciliation fails to reach a satisfactory resolution, the Commission can make recommendations to the implicated public authority, outlining actions necessary to ensure compliance with human rights standards.

For further information, you can write to the ACT Human Rights Commission at GPO Box 158, Canberra ACT 2601.



TAS

Tasmania set to introduce harsher punishments for offence of serious bodily harm against frontline workers
In Tasmania, people convicted of causing serious bodily harm to frontline workers may soon face a presumption of a minimum of six months imprisonment for the offence. The draft legislation outlines that a court must impose at least six months imprisonment for the offence unless the offender is under 18; was suffering from mental impairment; or if the sanction is considered unreasonable or unjust in the circumstances. Frontline workers include correctional services officers, child safety officers, security guards, health workers, retail and hospitality workers, transport officers and more.

We want:

- To build a community where disadvantage is not met with a criminal justice system response.
- To change the public and political conversation about the over-use of imprisonment.
- More resources to be spent on evidence-based community led programs and housing, and far less on prisons.

Join us today and help drive the change.

justicereforminitiative.org.au
@jailingisfailing

Jailing is Failing in Australia

The Justice Reform Initiative is an alliance of Australians who are working together to reduce the use of incarceration.

Our goal is to reduce the number of people in prison by 50% by 2030.

Decades of evidence shows us that *prison doesn't work* to address the drivers of crime. It causes enormous harm. And it makes it *more* likely that someone will end up back in prison again.

The Justice Reform Initiative has 120 high-profile patrons including two former Governors-General, former Members of Parliament from all sides of politics, academics, senior former Judges, community leaders, and respected First Nations leaders.

We are also supported by 180 organisations, and thousands of people of goodwill (including people who have experienced imprisonment) who all believe ***jailing is failing*** and that we need to do things differently.

JUSTICE REFORM INITIATIVE
JAILING IS FAILING

The Justice Reform Initiative is a proud host of the 2024 Reintegration Puzzle Conference

‘It saved my life’: The Programs Helping People in Prison Care for Dogs



News and Investigations

By Denham Sadler

Denham Sadler is a freelance writer based in Naarm/Melbourne, focusing on criminal justice reform.

There is no doubt in Hayley’s mind about the importance of the program that allowed her to care for and train a dog while in prison. “It saved my life,” she says.

Hayley had been incarcerated at the Southern Queensland Correctional Centre (SQCC) for 16 months before applying for its Pups in Prison program.

This program, run in partnership with Assistance Dogs Australia, allows prisoners to work with dogs from when they are one year old until they pass their final tests to become fully-trained working assistance dogs.

If accepted into the program, women in the prison care for dogs 24/7, with trainers visiting twice a week to assist.

Hayley’s dog was a black labrador called Hali. “I really have a love for dogs and I wanted to have a little mate,” she says. “It gets kind of lonely – I’m a mother and I need to care for something. What better than a dog that relies on you.”

Programs such as these, which are run across minimum security prisons in Australia, are helping to give people in prison a companion and purpose during their time in incarceration.

“It gave me something to wake up for,” Hayley says. “I was suffering from pretty severe depression being away from my family and children, and it took some of that away. It definitely helped my mental health. I owe my life to the dogs and the program. Without that program, I would hate to think where I’d be.”

A report into the Pups in Prison program at Southern Queensland Correctional Centre found that it led to a near-95 per cent increase in the overall wellbeing of those in prison, including a 32 per cent increase in confidence and esteem, a 25 per cent boost in mental wellness and a 21 per cent increase in connections and relationships.

Two months into Tim Taylor’s term as Assistance Dogs Australia CEO, he went to a graduation ceremony for dogs trained by people at SQCC. He describes this experience as “transformative”.

“What I experienced on that day was something that lit a bit of a flame for me,” Taylor says.

The graduation involved a presentation showing homes where the dogs had been placed and whom they would be assisting. It also included comments from the person using the assistance dogs, thanking the SQCC participants for their work.

“There was a genuine celebration of each person going up – I got goosebumps just experiencing it,” Taylor says. “There’s a genuine sense of pride at being able to give back and participate, and a connection with the outside world.”

There are similar dogs in prisons programs run in most Australian states and territories, mostly in minimum security prisons with assistance dogs, greyhounds or foster animals.

In Victoria, those at Beechworth Correctional Centre, Dhurringile and Tarrengower prisons can apply to care for a rescue dog while a forever home is found.

In the Beechworth program, run in partnership with Wodonga Dog Rescue, up to 10 dogs are in the prison at any one time, with people in prison who are rated as a low security risk and towards the end of their sentence able to apply to care for them.

In the programs at Dhurringile and Tarrengower, as well as the Dillwynia Correctional Centre in western Sydney, people in prison care for former racing greyhounds.

Earlier this year, Tarrengower celebrated its 600th greyhound to be rehabilitated since the program began in 2009. During the four-week program, participants are responsible for feeding and exercising the dogs, and teaching them basic obedience skills.

The CSNSW Dog Rehabilitation Program, run in partnership with RSPCA NSW and CSNSW, enables minimum security inmates to learn pet industry vocational skills, in an effort to help them find jobs at the end of their sentence.

In Western Australia, the Wandoo Rehabilitation Prison for Women runs a program with Dogs Behind Bars Rescue where abandoned and unwanted dogs are placed with people in prison for up to 30 days, or until an appropriate home is found.

Participating in the program means a different day-to-day life in prison. For Hayley, this involved being let out of her residential accommodation earlier than normal to take her dog out, and then scheduled training across the day, all of which she documented in a diary.

Hayley was given a book to guide the training, which included different cues to teach the dogs, and sometimes professional trainers ran the program. Hayley and her dog were let out again at 10.30pm, later than usual.

Hayley says programs such as these should be opened up to more people in prisons across the country. “I do agree this program needs to be pushed through many jails – it literally saved my life,” she says.

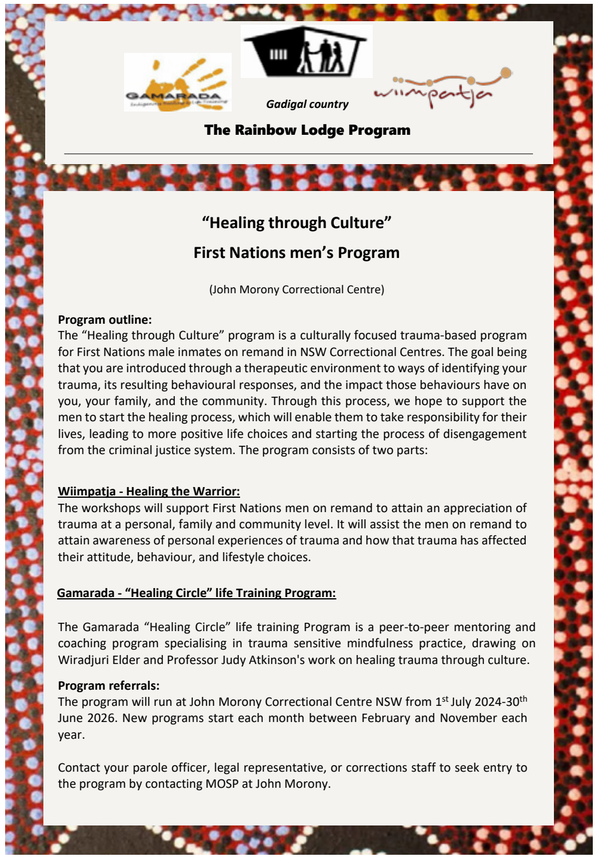
Taylor says that Assistance Dogs Australia is now looking at expanding its Pups in Prison program.

“I want more people in prison to participate,” he says. “I saw the good this program is doing and I absolutely want to take that further.”

After being released from prison, Hayley lived near the correctional centre and worked with Assistance Dogs Australia to care for dogs from the prison on weekends. She is now working full-time with rescue greyhounds.

“If you want to do the program, put your name down and speak up,” Hayley says.

“You can definitely change the way you think – it’s all about hard work and putting the effort in.”









About Time for Justice supports and advocates for survivors of institutional child abuse through peer-support, advocacy and mental health resources. Should our clients wish to initiate a litigation process to receive possible compensation for what they have been through, ATFJ provides support throughout what can be a confusing and difficult process to make it easier and to minimise the negative impacts this process can have. We want you to find justice and start healing so you can put it all behind you.

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Experiences

This section publishes stories about individuals' experiences with the criminal justice system.

There are so many ways that people have interacted with the system, and so many stories to tell. Experiences aims to tell those stories, presented as beautiful feature articles.



What to Do With a 'Brick' Up My Sleeve – My Prison Journey

By Daniel Vansetten

Daniel Vansetten spent around 12 years in prison and has since gone on to study a Bachelor of Laws at university. He uses his lived experience and study to advocate for prison reform, providing volunteer services to prison reform advocates across Australia.

Before I start my story, I give a shout-out to my good friend Jim. Imprisoned since 1989, around 35 years and counting, he still manages to smile and have a good laugh when around the right lads. Jim taught me that 'we are all in a box, some boxes are just bigger than others.' I like to think we have the power to think how we want and make the most of whatever box we are in.

'Fourteen and half years with around 10 years (a brick) non-parole.' Those were the words resonating in my head as I was escorted through the back corridors of the Supreme Court to the holding cell after sentencing. I remember my inability to comprehend what it would be like to wait around for that length of time but, strange as it sounds, I also felt a sense of relief from the uncertainty caused by being on remand awaiting sentencing. Once sentenced, I finally had an endpoint to focus on.

As the months went by, I started to think about what could be done in that time. I started to see time in a different light. Rather than dwell on being in prison, I accepted my position and saw time in prison as an opportunity to apply myself to something without the usual distractions of the 'free world'. For the first time in my life, I felt unburdened by time. I had a 'brick' up my sleeve and just had to work out what to do with it.

It didn't take long to find something to focus on. Injustices often occurred in prison. The lack of resources hampered a lot of processes and often resulted in a lack of meaningful assistance. Most staff seemed indifferent to these issues, likely because they themselves were powerless to make a difference. The greatest cost was to the effectiveness of case management and rehabilitation processes. Many of the guys lacked experience in dealing with administrative and bureaucratic processes and were often railroaded through their sentence with a sense of helplessness. It felt as though there was an unspoken rule that the less prisoners knew about the processes, the better. The contradiction against the idea that prisons are places for rehabilitation was blatantly obvious.

So, that's where my journey began to take direction. One small step at a time, I started to gather information about the prison administration, how it works, how it's meant to work, who is responsible for what, and what rights we had. I learnt from guys who'd spent longer than me in jail, who'd themselves learnt from experience with processes. I learnt from writing letters to management and external agencies. I started to help others draft formal letters for parole, home detention, legal aid applications, etc. There was lots of trial and error. After some years, I finally got access to a computer. I spent 15-20 minutes every weekday, over about two years, learning how to touch type – driven by the thought that the faster I could type, the more letters I could produce for others.

My spare time slowly vanished. I would help as many lads as possible to learn about the processes and their rights. Some staff supported my efforts. But some thought I was too helpful. They acted outside normal protocol to restrict my access to computers where possible. I was encouraged to work in other areas of the prison, in the kitchen, industries, anywhere but the education centre. They were signs that my efforts were making a difference, and it motivated me even more.

It's now been 12 and half years since that day in the Supreme Court. Now on parole, I am halfway through a law degree at university and working with prison reform advocates around the country. While my parole conditions currently prevent me directly helping any person in prison, I have not for one second forgotten the people in prison who have been, and who are still, subjected to the injustice and inadequacies of the prison system. I am thankful for the injustice I experienced — it is that injustice that drove me to study law, to achieve things I would have otherwise never achieved. I am committed to continue to advocate against the injustices in whatever way I can.



Willy Pleasance

Ethics in the Line of Duty

Perspective

By Anonymous

The writer worked as a police officer in Victoria for almost two years.

They have since left and now work in the private sector.



C.Stewart (Wiradjuri) "Court' in a Trap' 2023, acrylic on canvas

Recently, I left my job as a police officer. When people asked why I left the police force, I said it was because my values misaligned with the job. And yet my certificate of service hangs in a frame on my wall. The irony is not lost on me.

Before I thought about a career in policing, I wanted to be a journalist. I had a natural curiosity, a tenacity to chase every lead, and a predisposition for advocacy. I felt like good journalism held people in power to account, and I've never been someone who can stay quiet about things that trouble me. Somewhere along the way, I pivoted towards policing.

I'd read about the systemic issues that were supposedly rife in Australia's law enforcement – from the way police interacted with the public, to its culture around mental health. However, perhaps because of my own privilege in only having had productive interactions with police, I believed in the power of the justice system to make communities safer places.

Over two years, I discovered aspects of policing that I loved: compiling information to tell a narrative; interviewing people and the satisfaction of that 'gotcha!' moment; meeting people from all walks of life. I found immense professional satisfaction when our work protected vulnerable people.

On the flipside, there were parts that I hated. From systemic racism to sexism to apathy, I felt as though I was complicit in a system that was failing the very people it is supposed to protect. I watched as some colleagues used their badge as a free pass to berate others and listened to them talk about how they hoped they'd get to use their taser that day.

Most of my colleagues upheld the values they'd sworn to protect. But when police mistreat or denigrate people, it demeans all of us – even when it is not the majority – and it compromises the safety of our communities.

I recall a particularly long shift. I'd been at work for about 16 hours and had just interviewed a young, white woman alleged to be in possession of a large quantity of illicit drugs.

As I filled out her bail paperwork, my offsider turned to me and said: 'Wouldn't that have gone differently if we were dealing with a Colombian or Middle Eastern dude rather than some white chick?'

I knew exactly what he meant. And I daresay you do, too.

My decision to leave happened incrementally, as the cumulative effect of jobs made me reflect on whether policing was for me.

In 2023, I attended a warrant at an elderly man's home. Upon entering, I remember the immediate stench of faeces assaulting every sense and seeing a frail, confused man standing before me.

Black mould covered the walls and a squalid, stained campervan mattress lay in the middle of the room, sitting atop hundreds of newspapers. It was like standing in a human-sized rabbit cage. On the bathroom sink, I observed a bar of soap next to a plastic bottle half-filled with murky water. I'd later come to find out he'd supposedly not showered in ten years.

I thought he needed support and adequate housing, rather than to face criminal charges. Over the subsequent days, I tried to connect him with help while simultaneously preparing a brief of evidence against him. Nothing eventuated from my calls.

Months later, on returning to his residence to serve his summons, I found out that he had died alone, his body decomposed. It angered me then, and it angers me still.

I'm not sure why it was then that I resolved to leave, but when I arrived home, I applied for a new job.

Although I was sure of my decision, the act of leaving was fraught with its own challenges. Policing was my community – and to a large degree, still is. Stepping away felt like a betrayal of my professional identity as well as the institution itself, parts of which I truly cared about.

The struggle to reconcile personal values with professional duties is difficult, but it's also not unique to policing. Many of us encounter moments where our principles clash with the things we're doing.

My certificate of service still hangs in my home, as testament to the good I tried to achieve within the confines of a flawed system. For me, it reflects a desire to honour the sense of duty that drew me to policing while rejecting the aspects that conflicted with my moral compass.

In changing paths, I hope I can help people in ways that are more aligned for me, and which provide meaningful support to people who need it.

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Culture

Culture is wide ranging. Sport, film, literature and the arts are all part of our culture, and much more.

This section is dedicated to exploring and writing about the culture that people are engaging in, in Australia and around the world.



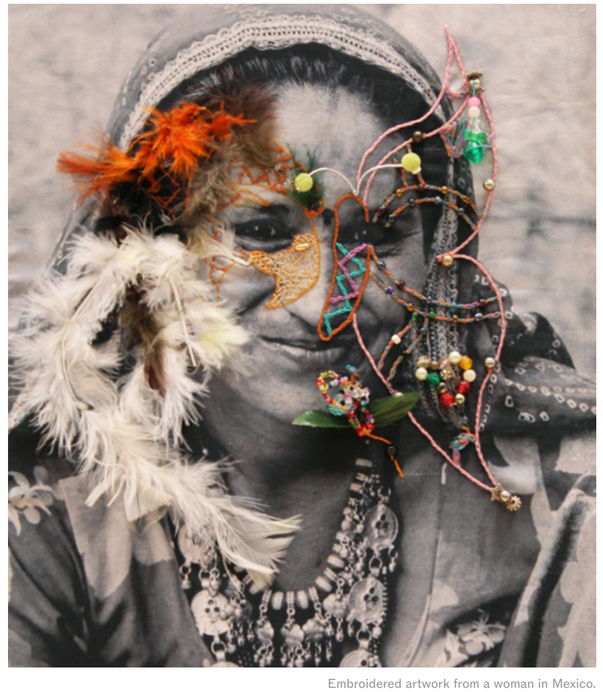
Paper Chained International Art Exhibition

By Damien Linnane

In Sydney in May 2024, Damien Linnane (editor of the prison magazine Paper Chained) held an exhibition of art by people in prison around the world. Linnane managed to obtain over 100 artworks from currently and formerly incarcerated people in eight different countries. These ranged from embroidery works from a women's prison in Mexico, to sculptures made out of toilet paper from an artist in Queensland. The public feedback was incredible. Money from sold works was also sent back to the artists, to encourage further creativity in custody. Some of the images from the exhibition are reprinted here.



James Mutugi, former Kenyan prisoner who gave us the idea for the exhibition.



Embroidered artwork from a woman in Mexico.



Paul Wilson, currently at Casuarina prison in WA.



Toilet paper sculptures by Ashley in Queensland.



Paper sculpture from a prisoner in Bolivia.

• Health

Dealing With Childhood Abuse

A journey towards healing and recovery

Childhood abuse is a traumatic experience that can have a profound impact on a person's life, affecting their emotional, psychological, and physical well-being. Survivors of childhood abuse often struggle to cope with the emotional scars and memories of their traumatic experience, leading to feelings of guilt, shame, and isolation. However, with the right coping mechanisms and support, it is possible to heal and recover from childhood abuse.

Understanding the impact of childhood abuse

Childhood abuse can have a long-lasting impact on a person's life, affecting their:

1. Self-esteem: Survivors of childhood abuse may struggle with feelings of low self-worth, shame, and guilt.
2. Emotional regulation: Childhood abuse can lead to difficulties in managing emotions, leading to anxiety, depression, or anger.
3. Trust issues: Survivors may struggle to trust others, including friends, family members, or romantic partners.
4. Physical health: Childhood abuse can increase the risk of physical health problems, such as chronic pain, headaches, or digestive issues.

Coping mechanisms for dealing with childhood abuse

1. Seeking support: Reach out to trusted friends, family members, or a therapist who is experienced in trauma recovery. Sharing your story with someone who understands can be incredibly healing.
2. Journaling: Writing down your thoughts, feelings, and experiences can help process and release emotions.
3. Mindfulness: Practise mindfulness techniques, such as meditation or deep breathing, to reduce stress and anxiety.
4. Exercise: Engage in physical activity, such as yoga or walking, to release endorphins and improve mood.
5. Creative expression: Express yourself through art, music, or writing to channel emotions into a positive outlet.
6. Self-care: Prioritise self-care by getting enough sleep, eating a balanced diet, and taking breaks from daily activities.
7. Grounding techniques: Use grounding techniques, such as focusing on your five senses or using a grounding object, to help calm your mind and body.
8. Forgiveness: Practise forgiveness towards yourself and others involved in the abuse. Forgiveness is not always easy, but it can be a powerful step towards healing.

Additional strategies for coping with childhood abuse

1. Avoidance: Avoid triggers that may remind you of the abuse, such as people or places that remind you of the perpetrator.
2. Blame-shifting: Avoid blaming yourself for the abuse or assuming that you deserved it.
3. Reframing: Reframe negative thoughts and beliefs about yourself and the abuse.
4. Boundary setting: Establish healthy boundaries with others to protect yourself from further harm.
5. Self-compassion: Practise self-compassion by treating yourself with kindness and understanding.

Conclusion

Dealing with childhood abuse is a challenging and ongoing process that requires patience, support, and self-care. While coping with childhood abuse is not easy, there are several mechanisms that can help alleviate symptoms and promote healing and recovery. Remember that you are not alone in your journey towards healing; seeking support from trusted individuals or professionals can make a significant difference in your recovery.

Additional resources

- National Child Abuse Hotline: 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- The National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-6264
- Childhood Abuse Support Group (Online)
- Adult Survivors of Child Abuse (ASCA) (Online)



Have you suffered institutional abuse? If you've suffered sexual or physical abuse at the hands of an institution, talk to us.

"A perpetrator's greatest gift is a victim's silence. Your voice will make a difference"

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PHONE:
02 8317 5444 - add us as a personal call to your phone list

POST:
PO Box 6886, Coffs Harbour NSW 2450 - write us a letter including your name and MIN

EMAIL: admin@warriorsadvocacy.com.au

Slow Down to Grow...

The benefits of slow tempo exercise

By Gary Bultitude

Building muscle isn't just about lifting the heaviest weights. In fact, incorporating slow-tempo exercises into your routine can offer surprising benefits for muscle growth. Here's how:

Increased time under tension

Slowing down your reps, particularly during the lowering (eccentric) phase, keeps your muscles under tension for a longer duration. This increased 'time under tension' is a key factor in stimulating muscle growth.

Improved mind-muscle connection

Focusing on slow, controlled movements forces you to connect more deeply with the target muscle. This heightened awareness allows for better form and ensures you're working the intended muscle group effectively.

Reduced risk of injury

Fast, jerky movements can put stress on your joints. Slowing down your reps allows for better control, minimizing the risk of injury and allowing you to train more consistently.

HOW TO MAKE IT WORK

Focus on tempo

Aim for a controlled 3 – 4 seconds for the lifting (concentric) phase and 4 – 6 seconds for the lowering (eccentric) phase of each rep.

Choose the right weight

You might need to use a lighter weight compared to your usual routine to maintain proper form during slow reps.

Don't ditch the speed

While slow training offers advantages, don't completely eliminate faster tempos from your program. Varying your rep speed keeps your workouts challenging and can target different aspects of muscle development.

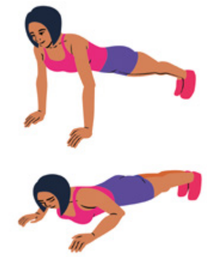
Slow and steady wins the race! By incorporating slow tempo exercises into your routine, you can increase muscle tension, improve your mind-muscle connection, and reduce your risk of injury, all of which contribute to building bigger and stronger muscles.

From Inside Time.

SIMPLE SLOW-TEMPO WORKOUT (4 SECONDS DOWN, FOLLOWED BY 4 SECONDS UP)



Wide stance squat x 12
Take the feet wide so that when you perform your squat, your knees push over your big toe.



Push-up x 12
On the toes if you can, drop your knees down, keep your toes on the floor. Bring your chest down to your elbow crease.



Bear crawl x 12
Starting on your hands and knees, rise up onto the toes, tighten the core, and slowly reach forward with the right arm and right knee, followed by the left side.



Single Leg Dead-lift x 12
Standing tall, keep a slight bend in the plant leg and hinge forward from the hip while keeping the chest tall and thumbs pointing up. Hinge to 90 degrees and allow the hamstrings to stretch while keeping the head neutral. Repeat on the opposite side for the desired number of repetitions.

Yoga Sequence

By The Prison Pheonix Trust

Yoga can help us tap into spring energy. Whatever the weather feels like outside, or inside your room or your mind, we can bring a feeling of sunshine in and you'll feel brighter.

Here is a version of a classic yoga sequence called a 'Sun Salutation' which can be a helpful way to start the day. Do it once leading with your left foot and then repeat leading with the right.

Caution:
Take care not to move into pain – if it's uncomfortable, stop and rest.

Mountain stretch:
Reach up to the sky.



Forward bend:
Fold forward from the hips.



Lunge:
Step left foot back.



Crescent moon:
Drop onto knee and lift arms to the sky.



Lunge:
Return hands to the floor.



Downward dog:
Step right foot back and lift hips back and up.



Cow:
Drop onto knees and arch your back.



Cat:
Round your back.



Downward dog:
Tuck toes and lift hips back in.



Lunge:
Step left foot forward.



Forward fold:
Step right foot forward.



Half fold:
Press into feet to come halfway up.



Mountain stretch:
Reach up to the sky.



Mountain:
Bring hands together.

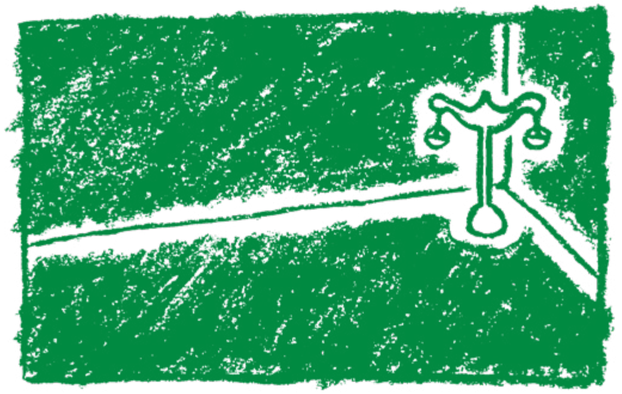


Repeat:
Repeat the sequence, leading with the right foot instead of the left.

From Inside Time.

• Legal Corner

Communicating with and receiving help from family and friends.



Through these articles, we provide information on relevant areas of law. This first article provides basic information to make it easier for family and friends to support you. There are differences in the ways the systems operate depending on where you're located (VIC, NSW, ACT or TAS), so we hope this is useful and relevant to where you are.

This is information and not legal advice.

Sometimes your arrest and remand can be just as difficult for your family and friends as it is for you. Lawyers often receive panicked calls from people who are anxious to hear from you, don't know how to reach you and can't work out how to help you. The below information is a basic outline of the information you can give to your family and friends to keep in contact with you and support you while you are in custody.

FINDING OUT WHERE YOU ARE BEING HELD

In many circumstances, your family and friends will need to know your location to contact you. In the beginning, before you have your visit list approved, Corrections will not confirm your location to anyone other than your legal representative. We also understand that people are often moved without much notice which can cause other issues with having a new visit list approved.

VIC:
People can write to you care of the generic address to find where you are:

Your name (and CRN if they know it)
c/- Corrections Victoria
GPO Box 123
Melbourne VICTORIA 3001

NSW:
If your location is unknown to family or friends, the easiest way to find you is for them to call Inmate Locations on 02 8346 1000 between 8:30am and 4:30pm Monday to Friday. Alternatively they can email Locations Services and request details of where you are located and how to contact you: CScorporatesupport@dcj.nsw.gov.au
Your location is needed for most services involved with facilitating contact.

TAS:
Contact the Tasmania Prison Service switchboard on (03) 6165 7400.

ACT:
The ACT only has one prison, so this is less of an issue.

MAIL

Remember: mail is monitored! Letters to legal representatives should not be opened, however make sure it is clearly labeled as Legal Mail.

Once people know where you are located, they can send mail directly to the prison address (found online). It's useful to tell them to put your identification number on the front as well.

EMAIL

Some prison systems now support email. Emails are also monitored! Anyone who wants to email you needs to register via the website www.emailaprisoner.com.au. It will make their life easier if they have your location and CRN before they attempt to register.

Email is accessible in Victoria, ACT and Tasmania. In NSW, only Junee prison has email.

PHONE CALLS

Never forget, your calls are monitored! You will need to have your visitor list approved before you can call out. Prison staff will see if anyone is banned, and you cannot add 1800 numbers or businesses.

Prison calls are very expensive, so try to avoid having mobile numbers on the list as it will drain your account.

Each state/territory has different number of people allowed on your phone list and length of call:

VIC:
You can have a maximum of 20 numbers on your list and calls are limited to 12 minutes.

NSW:
Once approved, you can have up to 10 numbers registered and calls are limited to six minutes when personal or local and 10 minutes when legal or international personal.

ACT:
You can have 10 people on your personal phone list. For personal calls, these are maxed at 10 minutes. There is no limit on calls to your legal representative or a public inspector such as the ombudsman.

TAS:
You can only nominate eight numbers, with three of those numbers being from legal representatives or other professional services.

PRISON VISITS

Prison visits include in person visits and video calls. Video visits are recorded! If coming in person, remind visitors to arrive early and expect a slow process into the prison. For example, if your visit is booked between 10am and 11am, and they don't arrive at the facility until 10am to start the registration and security process, that will eat into your visit time, subject to the good will of the facility you are at.

Prisons have strict dress codes and search procedures (metal detectors, emptying pockets, sniffer dogs etc.). Searches of visitors are very strict. If staff suspect a visitor may be carrying anything unauthorised, like drugs, they may be asked to do another more extensive search in a private place. Refusing to be searched or they find something unauthorised could result in charges against them.

Visitors will need to bring sufficient identification such as a driver's license or passport.

Each state/territory has different visitor booking systems:

VIC:
Will need to be your approved visitor list, and can be booked by contacting the prison directly.

NSW:
JUST Connect is the system used to book video and in person visits. To register for an account, your visitor has to register their full name, e-mail address, Australian mobile number and Visitor Index Number (VIN) for the online application.

Each approved visitor has a VIN that is their unique identification number. If they need to find out what their VIN is, or if this is their first time visiting you, they need to contact staff at your location to have a VIN number registered.

ACT:
Visit bookings are made by calling the AMC directly by phone. The number is 1300 286 583 and bookings can be made between 9am to 5pm, Monday to Friday. The number operates by your visitor leaving their details to request the visit and then they will receive a call or text confirming their booking time.
The AMC can only book visits longer than one hour in exceptional or compassionate circumstances. For example, if a visitor is travelling long distances to see you or if a family member has passed away. A request for a compassionate or exceptional visit needs to be made via email: AMCExecSupport@act.gov.au.



From *Paper Chained*

TAS
The visitor needs to be registered in the system by filling out a form on the Tasmanian Prison Services website. Each prison has its own booking system. Call the prison and follow the prompts to book.

SENDING YOU MONEY

Only people who are on your approved visit list can send you money, and it's different in each state/territory:

VIC:
Wherever possible we recommend the secure online payment service. It avoids things going missing in the mail, or having an unjustifiable delay in the funds reaching you for many mysterious reasons.

The website is: https://www.secure-payment-services.com.au/

To register, they will need to be on your visit list and have a full residential address (PO boxes are not accepted). Bank cheque or money order through Australia Post is also available. When sending a money order or a bank cheque to the prison, they must:

- Write your full name (and prison identification number) on the front of the envelope.
- Write their own full name and address on the back of the envelope.

NSW:
Visitors can pay via BPAY (internet banking).

They will need to be over 18 years of age and have:

- Their visitor index number (VIN).
- Your CRN.
- A CSNSW Depositor Reference Report, which contains a personalised Customer Reference Number (CRN) for BPAY and Australia Post, as well as the BPAY biller code for CSNSW. The Depositor Reference Report can be obtained in person at the prison you are being held at or sent to your visitor via email or post.

Once they have that report, they can deposit money into your account by either using BPAY or by making a deposit at a post office. Cash, cheque and money order deposits are not accepted in NSW.

The maximum amount that can be deposited per transaction is $100 and you can receive up to a total of $800 per month.

ACT:
Money can be deposited into your account online or by phone. For online deposits your family and friends can visit online portal on the ACT Corrective Services website www.correctiveservices.act.gov.au or via phone: 1300 546 086.

To make a deposit, they will need:

- Your Prisoner Identification. Number (PID), surname and date of birth. You must give them this information as Corrective Services will not provide it.
- A visa or Mastercard debit card. These are the only cards permitted.

The limit is $150 per week.

TAS:
Your family and friends can send a money order/cheque to the prison, deposit at the Visitor Reception Centre in the prison or through any Service Tasmania outlet in the community. They can also access the online secure Payment services.

Deposits are limited to $100 at a time and your private money account cannot go over $300.

Future content:
If there is a topic or area of law that you would like us to write on, please reach out to us!

Email:
info@abouttime.org.au

Mail:
About Time
PO BOX 24041
MELBOURNE 3000

Until next time.

EMMA TURNBULL LAWYERS
Criminal Law Specialists
Contact us today to talk about how we can help you defend your charges.
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• Mob

Welcome to the Mob section!

Here is a section made by Mob for Mob! It's still in the works, so if you have any suggestions or you'd like to contribute, please write to us! In this edition, we've included some information about some programs and services, information about NAIDOC week coming up, and some art from the Torch. We hope you enjoy it.



Connecting to Country
By Brendan H
Gunaikurnai/Kurnai/Gunditjmara
2023

This is a story about connecting to community and Country, and how we are all connected. No matter where we're going or where we have been, we are all connected.



Flutter of Life
By Ricky J
Yorta Yorta
2023

This is my journey to connect to my children. Now they have given me a second chance of life, where we now have the love and the bonding. It's given us that journey to connect to our Country. It will keep the bond stronger with the father's love, with the love of his children.



Bunjil's Always There
By Artistic Dreaming
Ngarrindjeri/Palawa
2023

Some days when I'm sad and feeling down, I go outside, look up, and Bunjil is gliding around. He cheers me up, sets my mind straight, and gives me hope for my release date.



Loddon Prison 3CR broadcast team 2023: Amos, Karina, Jody, Tash, Gab, Chris, Bart, Mercedes, Dale

NAIDOC in VIC: Beyond the Bars

3CR Community Radio's Beyond the Bars project began in 2002 and continues to present live radio shows during NAIDOC Week each year. Over the decades the radio shows have shared the mic with hundreds of First Nations inmates throughout Victoria, giving them a chance to share their stories, songs, shout outs, poems and opinions across the airwaves.

Listen to Beyond the Bars in 2024 to hear from the men and women across six Victorian prisons each day across NAIDOC Week 8-12 July. We'll be live on the radio at 3CR 855AM.

Beyond the Bars broadcast dates for 2024 – listen up!

If you're at one of the locations to the right, ask your Aboriginal Wellbeing Officer about how to get involved!

Mon 8 July 11am-2pm
Dame Phyllis Frost Centre
(Deer Park)

Tue 9 July 11am-2pm
Barwon Prison
(Lara, near Geelong)

Wed 10 July 11am-1pm
Fulham Correctional Centre
(near Sale, Gippsland)

Wed 10 July 1-3pm
Loddon Prison
(Castlemaine)

Thu 11 July 11am-2pm
Marngoneet Correctional Centre
(Lara, near Geelong)

Fri 12 July 11am-2pm
Port Phillip Prison
(Laverton)

KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD

7–14 JULY 2024

NAIDOC Week

Prisons across the country should be hosting events for NAIDOC week. Keep an eye out for events at your location.

NAIDOC History

1920s & 1930s

Before the 1920s, Aboriginal rights groups boycotted Australia Day (26 January) in protest against the status and treatment of Indigenous Australians. By the 1920s, they were increasingly aware that the broader Australian public were largely ignorant of the boycotts. If the movement were to make progress, it would need to be active.

Several organisations emerged to fill this role, particularly the Australian Aborigines Progressive Association (AAPA) in 1924 and the Australian Aborigines League (AAL) in 1932. Their efforts were largely overlooked, and due to police harassment, the AAPA abandoned their work in 1927.

1938

On Australia Day, 1938, protestors marched through the streets of Sydney, followed by a congress attended by over a thousand people. One of the first major civil rights gatherings in the world, it was known as the Day of Mourning.

In 1935, William Cooper, founder of the AAL, drafted a petition to send to King George V, asking for special Aboriginal electorates in Federal Parliament. The Australian Government believed that the petition fell outside its constitutional responsibilities.

Following the congress, a deputation led by William Cooper presented Prime Minister Joseph Lyons with a proposed national policy for Aboriginal people. This was again rejected because the Government did not hold constitutional powers in relation to Aboriginal people.

After the Day of Mourning, there was a growing feeling that it should be a regular event. In 1939 William Cooper wrote to the National Missionary Council of Australia to seek their assistance in supporting and promoting an annual event.

1940–1955

From 1940 until 1955, the Day of Mourning was held annually on the Sunday before Australia Day and was known as Aborigines Day. In 1955 Aborigines Day was shifted to the first Sunday in July after it was decided the day should become not simply a protest day but also a celebration of Aboriginal culture.

1956–1990

Major Aboriginal organisations, state and federal governments, and a number of church groups all supported the formation of NADOC, the National Aborigines Day Observance Committee. At the same time, the second Sunday in July became a day of remembrance for Aboriginal people and their heritage.

In 1972, the Department of Aboriginal Affairs was formed, as a major outcome of the 1967 referendum.

In 1974, the NADOC committee was composed entirely of Aboriginal members for the first time. The following year, it was decided that the event should cover a week, from the first to second Sunday in July.

In 1984, NADOC asked that National Aborigines Day be made a national public holiday, to help celebrate and recognise the rich cultural history that makes Australia unique. While this has not happened, other groups have echoed the call.

1991–Present

With a growing awareness of the distinct cultural histories of Aboriginal people and Torres Strait Islanders, NADOC was expanded to recognise Torres Strait Islander people. The committee became known as the National Aborigines and Islanders Day Observance Committee, NAIDOC. This new name has become the title for the whole week, not just the day. Each year, a theme is chosen to reflect the important issues and events for NAIDOC.

During the mid-1990s, the Aboriginal and Torres Strait Islander Commission (ATSIC) took over the management of NAIDOC until ATSIC was disbanded in 2004-05.

There were interim arrangements in 2005. Since then a National NAIDOC Committee, until recently chaired by former Senator Aden Ridgeway, has made key decisions on national celebrations each year. The national committee has representatives from most States and Territories.

Victorian Aboriginal Legal Service

Wirraway (Police and Prison Accountability)

How can the team help you?

We help Aboriginal and Torres Strait Islander people challenge misconduct and abuses of power by police and prisons. Some of the matters we regularly assist with include:

- **Police misconduct**, such as unlawful arrest, unlawful stops and searches, negligence, discrimination and excessive use of force.
- **Prisoners' rights**, including failure to provide appropriate healthcare in prison, unlawful strip searches, and being held in solitary confinement.
- **Deaths in custody**, including coronial inquests.

Contact Us

Wirraway is a Wurundjeri word meaning 'challenge'.

We seek to ensure greater accountability of police and prisons for the harm they cause Aboriginal and Torres Strait Islander communities.

Call us if you would like free legal advice or information about your treatment by police or in prison.

If you meet our eligibility tests, we may also be able to represent you.

Contact us
Call us on **03 9418 5928** or email **wirraway@vals.org.au**

*For Mob in Victoria only.

Reintegration

This section is intended to assist readers who will soon be released. We want to help prepare you for the outside. We will rely on relevant experts to provide monthly themed educational content about reintegration services and opportunities.



Housing and Homelessness

By Community Restorative Centre and About Time

Homelessness is often the biggest worry that people have when being released from custody. A lot of people leave prison not sure of where they will live. This section gives a rough outline of how people can look for homelessness services and different types of accommodation. There are many types of housing, including temporary accommodation, residential rehabilitation services, supported accommodation, social housing and more. There is not enough housing for those who need it, and it can be a difficult and frustrating process for many people. You are not alone in this!

I am in prison and I don't have anywhere to live when I get out. What should I do?

NSW

Talk to a SAPO, case manager or a parole officer about the fact you will be homeless on release. If you are on parole, there are a limited number of short-term transitional beds (usually for up to 12 weeks) that might be options. These beds are in group settings, and have support workers attached who are there to help with reintegration and finding your feet after prison. Most of these services need Community Corrections to make a referral and have quite detailed eligibility criteria so you will need to check this out.

There are also a number of support services (like Community Restorative Centre) that can work with you longer term to try and find some accommodation, but this can be a long-term process so it might well be that you need to find some short-term or crisis accommodation first.

There is a referral program called 'Set to Go' that allows you to book five nights temporary accommodation (TA) before you get out of prison. This used to be just for people on parole, but it is now available for all people in prison. If you are on parole, your community corrections officer should make the referral. If not, ask your SAPO or case manager. Sometimes people working in prisons haven't heard of this program, so you might need to ask a few times! If you can't get anyone inside prison to help you with this, call Community Restorative Centre on (02) 9288 8700 and they can try and work with you to get this organised before you get out.

VIC

It's a good idea to chat with a support worker or your Assessment Transition Coordinator about homelessness on release. Prior to your release, prison staff will conduct a Reintegration Assessment to determine your reintegration needs and start planning your transition back into the community.

If you require support in a range of areas, you may be referred for an intensive transitional support program, such as ReStart and ReConnect which can support you to access housing.

There is also the Maribyrnong Community Residential Facility, a short-term accommodation site for men exiting the prison system with on-site case managers and a range of other services including physical and mental health support. There are specific eligibility criteria for this facility, with referrals made by the prison or Community Correctional Services directly to Corrections Victoria for assessment and approval.

People who are at risk of homelessness and increased risk of reoffending may access transitional housing through the Corrections Victoria Housing Program. For more information, ask a case manager/parole officer/another support worker or contact the Program Coordinator if you can at cvhousing@justice.vic.gov.au

ACT

In the ACT, there is a specific housing service for people who are leaving AMC and don't have anywhere to live. It's called the Justice Housing Project and is run by St Vincent De Paul. There are ten houses, two women's houses and eight men's houses. People are required to live independently in shared accommodation.

There are also many other services depending on your needs. OneLink is the centralised number for people experiencing Homelessness in the ACT. They do an intake and assess what your needs are and where it is best to place you. You can be open to your workers while in prison about your potential homelessness and they will work with OneLink and other organisations if you consent for them to do so.

TAS

Talk to a worker/parole officer about your need for housing. There is a significant shortage of housing in Tasmania, but they might be able to help you.

You can also speak to the Prisoners' Legal Service for advice about any outstanding legal or other matters you may have prior to your release. Their number is 0419691846.

A great resource to find information about community services (including housing) is FindHelp Tas, a web portal providing information and contact details for community services throughout Tasmania. You can access FindHelp Tas here: https://www.findhelptas.org.au/

There are several community housing programs operating throughout Tasmania. For example, Beyond the Wire is a service for people leaving prison at risk of homelessness. Case workers are from the Salvation Army and work with people in prison to secure housing privately or through Homes Tasmania 'Housing Connect' (a centralised service coordinating housing for people facing homelessness). The contact number for the Beyond the Wire program is (03) 6278 2817.

What happens if I am released from prison and I am homeless?

NSW

Link2Home is the main service for people who don't have a bed for that night. Their number is 1800 152 152. Remember that it can take a long time for someone to answer the phone at Link2Home so it is a good idea to make yourself comfortable before you call. Link2Home can provide TA as well as referral to a casework service. TA can also be accessed through any NSW FACS/Housing office.

VIC

If you're in Victoria, you can contact 1800 825 955 (a 24-hour, statewide, free number) which will direct your call to a 'Housing Access Point' or housing service closest to you. Which service you can access usually depends on where you're based in the community.

At the Housing Access Point, the workers will complete an assessment called an IAP ('Initial Assessment and Planning'), and you can be put on the list for crisis accommodation. Workers can also assist you to access rooming house options.

Housing Access Points have access to the Housing Establishment Fund (HEF), which can be used to fund a few nights of "Emergency Accommodation (EA)" which is often a hotel or motel. Access Points each use the funding slightly differently and may have limits on the frequency and amount of Emergency Accommodation that each person may access.

Access Points can also assist with your social housing application if you would like to be put on the Victorian Housing Register for public housing and/or community housing. It's important to note that the wait for social housing can be years, but workers can help you to update details on your existing application or help you to submit a priority application.

ACT

Contact OneLink on 1800 176 468. They have lots of information on housing services. They will do an intake with you and work out where is best for you depending on how long you need and what other supports would help you. This can also include women's safe houses and rehabilitation services. For example, Winter Lodge in Ainslie is a men's only crisis accommodation service, open in the winter months. There are up to 18 beds, and allocated on a first come first served basis. Doors shut by 8pm though, and you need to make contact before 5pm. They can be contacted on 1300 274 953.

TAS

Contact Homes Tasmania Housing Connect on 1800 800 588. For those that need emergency accommodation for the night, the phone line operates 24 hours a day, 7 days a week. If you are in need of housing or at risk of homelessness, they can only be contacted Monday to Friday, between 9am and 5pm. You can also visit them at one of their offices in Hobart, Launceston, Devonport, Burnie or Smithton. They will do an assessment with you to see what your needs are. They can refer you to a range of housing and support services, including crisis accommodation, and also may provide brokerage support (money for things).

Women and children who are experiencing or at risk of homelessness or escaping family violence can access support at McCombe House run by The Salvation Army – their contact number is (03) 6228 1099.

Bethlehem House is a short-term accommodation facility (two sites in Hobart) run by St Vincent du Paul for men experiencing homelessness, including those on parole and serving community-based sentences. Their contact number is (03) 6234 4594.

If you are in Hobart, you can contact the Tas. Street to Home program run by The Salvation Army. This program provides crisis support to those sleeping rough. Their number is (03) 6278 2817.

Young people can access housing support through Colony47 – they have accommodation for young people aged 12-20. The number for their youth accommodation and youth programs is 1800 265 669.

The Assistance with Care and Housing program can assist men and women over 50 years of age who are experiencing, or at risk of, homelessness. Their contact details are (03) 6270 03 or (03 6323 7500.

I am in temporary accommodation. How long can I stay in temporary accommodation?

Sometimes people need temporary or crisis accommodation (often known as 'TA') when they first get out of prison. TA usually means a short period of accommodation in a hotel or a motel.

NSW

Temporary accommodation is usually for 3 nights, with a limit of 28 nights per year. The rules around TA changed during COVID-19, and people were being granted longer periods of TA and it was easier to extend it.

It is a good idea to check with Link2Home directly how many nights TA you currently are able to access. You can always apply to have your time extended in TA if you don't have anywhere to live. To do this you can contact Link2Home by phone (1800 152 152), or you can email the local housing office (if you have been given this email). If you have a case worker, they can also email a support letter for extension of your TA. If you are having problems extending your TA and you don't have anywhere to live, please call CRC on (02) 9288 8700.

VIC

If you're in Victoria, unfortunately there's not an exact answer to this question. As described above, homelessness services have access to the Housing Establishment Fund (HEF) which may be used to fund a few nights of emergency accommodation (EA) in a hotel or motel. This funding is subject to availability and discretion by the organisation.

ACT

It depends on the temporary accommodation someone has accessed. For example, the Justice Housing Program is a short-term program and people can sign up to a three month agreement, which can be extended. Winter lodge however, is usually one or two nights but can be extended up to seven.

TAS

The amount of time you are able to stay depends on the housing service. Talk to the service you're engaged with about how long you can access support.

I am sleeping rough. How can I stay safe? What crisis services can help me?

It's a particularly risky time to be sleeping rough after prison, so even if you don't usually like to access Government services, it may be worth giving it a try now.

NSW

If you are in Central Sydney, you can call Missionbeat on 1800 306 461 and they can help you by transporting you to a crisis service or helping you to access TA.

The Department of Communities and Justice has patrols that look for rough sleepers in areas where they often sleep, such as around Central Station/Belmore Park and Martin Place. They will work with you to find accommodation.

VIC

If you have access to a phone or computer, an app or website called AskIzzy can assist you to find services nearby. This is across the state.
In the Melbourne CBD and inner suburbs, homelessness outreach workers engage with people sleeping rough to assist in finding accommodation. The response will similarly be an IAP assessment, and referral to be put on the list for crisis accommodation. They may also be able to assist with rooming house options. You can also request to be referred to receive case management support if you would benefit from more intensive support.

ACT

There are many organisations that work directly with people sleeping rough in and around the city and they often have patrols to check on people. For example, Vinnies has a Street to Home service, which offers transitional accommodation for people but also assists those on the streets. Vinnies staff often have patrols and can offer a bed for the night. They can also provide blankets etc if people don't want housing. Street to Home can also assist with access to a doctor, support with Centrelink, counselling etc. They can be contacted through OneLink.

TAS

For those that need emergency assistance, the Homes Tasmania Housing phone line operates 24 hours a day, 7 days a week.

Services in different cities have patrols to provide assistance or accommodation for those found sleeping rough. For example, City Mission in Launceston and Burnie have emergency accommodation for those sleeping rough, and also community kitchens where people can access cheap food, showers and laundry. The contact number for City Mission is 03 6335 3000.

If you are in Hobart, you can also contact the Tas Street to Home program run by The Salvation Army. This program provides crisis support to those sleeping rough. Their number is (03) 6278 2817.

The Community Restorative Centre is the lead provider of specialist throughcare, post-release and reintegration programs for people transitioning from prison into the community in NSW. Contribution was also provided from employees at Victorian and Tasmanian social and community justice organisations.



Write to Us

We are a new paper; a new idea. We welcome all of your thoughts about how we can make this as successful as possible. Is there something you want removed from the paper? Something you want added? Let us know.

And also, please let us know if the paper is being circulated properly in your prison. Is everyone receiving a copy, or are there issues with distribution?

We want to hear from you. Write to us via the below postal address:

About Time
PO BOX 24041
Melbourne VIC 3000

Or, if you have access to email, you can email us at:

contribute@abouttime.org.au

Creative

This section will publish creative contributions mostly from currently and formerly incarcerated people. It will include short-stories, poetry, creative nonfiction, art, and much more. If you have something creative to submit to us, we would love to read it, or see it, and publish it in About Time.



The Write Ideas: Creative Writing Exercises!

By Michelle Wright

Michelle Wright is a short story writer and novelist. She takes public tours of Pentridge Prison and has run creative writing workshops over several decades.

Writing can be a great way to express yourself, to get things out of your head and to pass the time. But writing can also be daunting: where to start? These exercises will help you get your pen to paper.

The aim is to get writing, to get ideas flowing and to get something down on paper. It can be junk! There are no expectations, no judgement, no criticism. It can be a personal experience, a creative piece, a poem, anything! It can be short, it can be long, or maybe one exercise won't work for you and you'll move on to the next.

If you'd like, you can do these exercises with others, and share what you've written after. Remember: no judgement and no criticism! The purpose of sharing is to see what others came up with, to see the variety of ways that people can respond and to perhaps be interested, intrigued or inspired by something that someone else has written. It's also great to build confidence in yourself and your voice!

Exercise prompts!

1. Write a piece where all the action takes place in one defined space, such as a bedroom, a cinema or a park. It can be indoors or outdoors, but the action must stay within that one space.

2. Write a piece where the action takes place on a form of transport (a car, a train, a bus, a bike, a plane, a boat).

3. Write a piece that is about something you can hold in your hand, such as a toy, prized possession, food, piece of clothing, a photo...

4. Describe a family member or friend or someone you know, but limit the number of words in the description to the age of each person. For example, your 51-year-old mother must be described in 51 words, your 23-year-old friend must be described in 23 words, your 14-year-old cousin must be described in 14 words. Don't just write a list of words, but a description with sentences.

5. Write a piece where the action takes place over a specific length of time – one minute, one hour, one day, one week, one month, one year.

6. Write a piece where the first word is a question: Why...? What...? Who...? When...? How....? Where...? If...?

7. Write a piece where each sentence begins with a letter from your name.

8. Choose one thing in each of the following: a number between 1 and 100, a family member, a colour, an object you'd find in a kitchen, a place you've never been. Write them down at the top of your page. For example: 41, sister, red, plate, Perth. Now, use all these words in a piece of writing. It can be anything, a poem, a story, but it must include all the words!

Send It to Us!
If you're comfortable, send us what you wrote! We'd love to read and publish it. We can provide feedback too, if you'd like.

Please send your letters to the below postal address:

About Time
PO BOX 24041
Melbourne VIC 3000

Or, if you have access to email, you can email us at:

contribute@abouttime.org.au



Poetry

The Road to Redemption

Stepping forward

By Elisa

Elisa writes from a prison in Victoria.

Don't follow in my footsteps
It's been no Sunday stroll
No the road to redemption
Isn't paved in gold

It's rough and it's rugged
And full of potholes
Yes the road to redemption
Is strewn with hot coals
That blister and burn
Then leave scars on your soul

The road to redemption
Can't be found on the map
And no one can show you the way
There's no easy path for you to traverse
The signs will just lead you astray

The road to redemption
Has forks and side tracks
But don't let them tempt you
And never turn back

Locked gates and high fences
There's even road blocks
Don't be tempted by offers
To open the locks
As there is no key

It's a code you must crack
On the road to redemption
When the day turns to night
You can 't see the stars
And there's no guiding light

Can't cross the brides
You burnt on the way
Or swim troubled waters
You leave in your wake

It will take all your strength
To just stay afloat
Our hearts are held hostage
Within the moat

Darkness and Love

By Anonymous

No matter what our pasts may say
What hurts, our pains endured,
And tears shed for those who
Walked away.

You and I, need not let ourselves
Be defined by those hurts from
Our pasts and no longer will it
Influence our time.

Why let our future carry the burden
And for the sore of an armour
And shackles of a place in time
We are no more.

No matter what, I love you, You
Have my consistency through it all.
Nor be fearful of losing us should our
Love turn to war.

My white flag will never fall and
We can through it all.
I am yours always, I am your now
I am your then, And I promise to give
you my all, I love you no matter what,
And I love you forever more...

Waiting For Parole

By Nick

Nick writes from a prison in Victoria.

Waiting for parole is like remand all o'er again
When starting on my 'things-to-do', my mind leaps back to 'when!?'
All-consuming niggling thoughts contort me out of shape
Swarms of bees inside my head frantic for an escape
Years and years I've counted down now focused on just days
Yet I can't shake the fear and dread that I'll be here always
Most go home, or so they say, I know this to be true
How different the feeling is when that someone is you

My heart it won't stop pounding, can barely sleep or function
Waiting, waiting, waiting, for that critical injunction
Anxiety is at a peak, struggling to relax
Is there a chance that they forget, will I slip through the cracks?
"Patience is a virtue, possess it if you can"
I've been patient for some time now please give me a plan
Future in the hands of strangers, nothing I can do
Praying for some good news to begin my life anew

Imagining a fresh start with happiness and love
But still there's no decision, no direction from above
How long will I be hovering in this state of flux?
Put me out my misery, this feeling truly sucks
How about my family, for they've done nothing wrong
They just want their boy back, 'cause it's been far too long
In days to come this stress and woe, I hope, will fade to dust
'Til then I'll dream of being free, and finally home at last

I Am Yours

By Lauren

Lauren writes from a prison in Victoria.

No matter what our pasts may say
What hurts, our pains endured,
And tears shed for those who
Walked away.

You and I, need not let ourselves
Be defined by those hurts from
Our pasts and no longer will it
Influence our time.

Why let our future carry the burden
And for the sore of an armour
And shackles of a place in time
We are no more.

No matter what, I love you, You
Have my consistency through it all.
Nor be fearful of losing us should our
Love turn to war.

My white flag will never fall and
We can through it all.
I am yours always, I am your now
I am your then, And I promise to give
you my all, I love you no matter what,
And I love you forever more...

I'll Never Come to Prison Again

By Joseph B

Joseph writes from a prison in the United Kingdom.

If I could dress it up and say I never felt better
That I've got a girl at home and I'm waiting for a letter
I'd pretend the kids are fine and doing well at school
And when I phone they say they miss me
And they think their daddy's cool
That I work away from home
So I can buy them toys for Christmas
And when it's time to go
We blow each other tender kisses
I'm lying in my bed, staring at the ceiling
Thinking: I'll never come to prison again.
If I could write a book, it would have a happy ending
And a 'once upon a time' – but I'd only be pretending
The sun would always shine, and I wouldn't need excuses
And I'd support a football team that simply never loses
But reality bites in the middle of the night
I'll never come to prison again.

Content from Inside Time.

Get Published in About Time



Your contributions are the centerpiece of the paper. If you would like to contribute to About Time, please send your letters to the below postal address:

About Time
PO BOX 24041
Melbourne VIC 3000

Or, if you have access to email, you can email us at:

contribute@abouttime.org.au

You can provide any contribution at all: letters, short-stories, poetry, artwork, puzzles, games, jokes, cartoons, investigative stories, reflections, advice, or anything at all.

• Play

Quiz

1. What street is the TV show Neighbours set in?
2. Which AFL team has the largest number of members (in 2023)?
3. What is the capital city of Spain?
4. Which part of your body would you find the humerus?
5. What is the chemical formula/ name of water?
6. What is the largest mammal in the world?
7. Complete the following lyrics, ‘Somebody once told me...’
8. What disease is commonly spread on pirate ships?
9. What is the most common last name in Australia?
10. If you were born on the 2nd of July, what star sign would you be?

(Bad) Jokes

1. What did the banana say to the dog? Nothing, bananas can’t talk.
2. What did the ref say to the turkey who tripped a defender? “Fowl!”.
3. Have you ever tried to eat a clock? It’s very time consuming.
4. What subject do snakes like best in school? Hiss-tory.
5. What did one cupcake say to the other? You ain't see muffin yet.

Fun Facts

- The oldest known parking restrictions were in Nineveh, Assyria (now Iraq) in 700 BCE. The penalty for parking your chariot on a prohibited road was death.
- A study in Ohio, USA found that the neighbourhoods with the most pet dogs also had the lower levels of crime.
- All spiders are venomous, but most can’t open their jaws wide enough to bite humans.
- The Tetris effect happens when you devote so much time to an activity it starts to shape your thoughts and dreams, e.g. when Tetris players start seeing the real world in terms of stackable blocks.

Boggle

Discover as many words as possible. A word can only be formed if each letter is side-by-side, above or below, or on the diagonal with the next.

L	S	I	N	Q
I	O	G	U	C
E	E	K	E	V
Q	N	B	T	H
P	A	N	I	R

Word Morph

Morph one word into another by changing one letter at a time.

①	TRUNK
②	
③	
④	
⑤	GRACE

Caption This...

Submit a caption to this photo, and we will print the three finalists (including the winner) in the next edition.

Submissions:
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Sudoku

Each column, row and box must contain the letters 1-9, with no repeats!

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

Quiz Answers

1. Ramsay Street
2. Collingwood
3. Madrid
4. Arm
5. H_2O
6. Blue Whale
7. ‘...the world is gonna roll me’
8. Scurvy
9. Smith
10. Cancer