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• Australia's National Prison Newspaper

ISSUE NO. 10 MAY 2025 ABOUTTIME.ORG.AU

About Time

A Letter From Your Kin

A Mother's Day love letter

By Yung Prodigy

Yung Prodigy is a youth-led organisation focused on mobilising young people impacted by parental and kinship incarceration, an invisible issue and policy gap in Australian service provision.

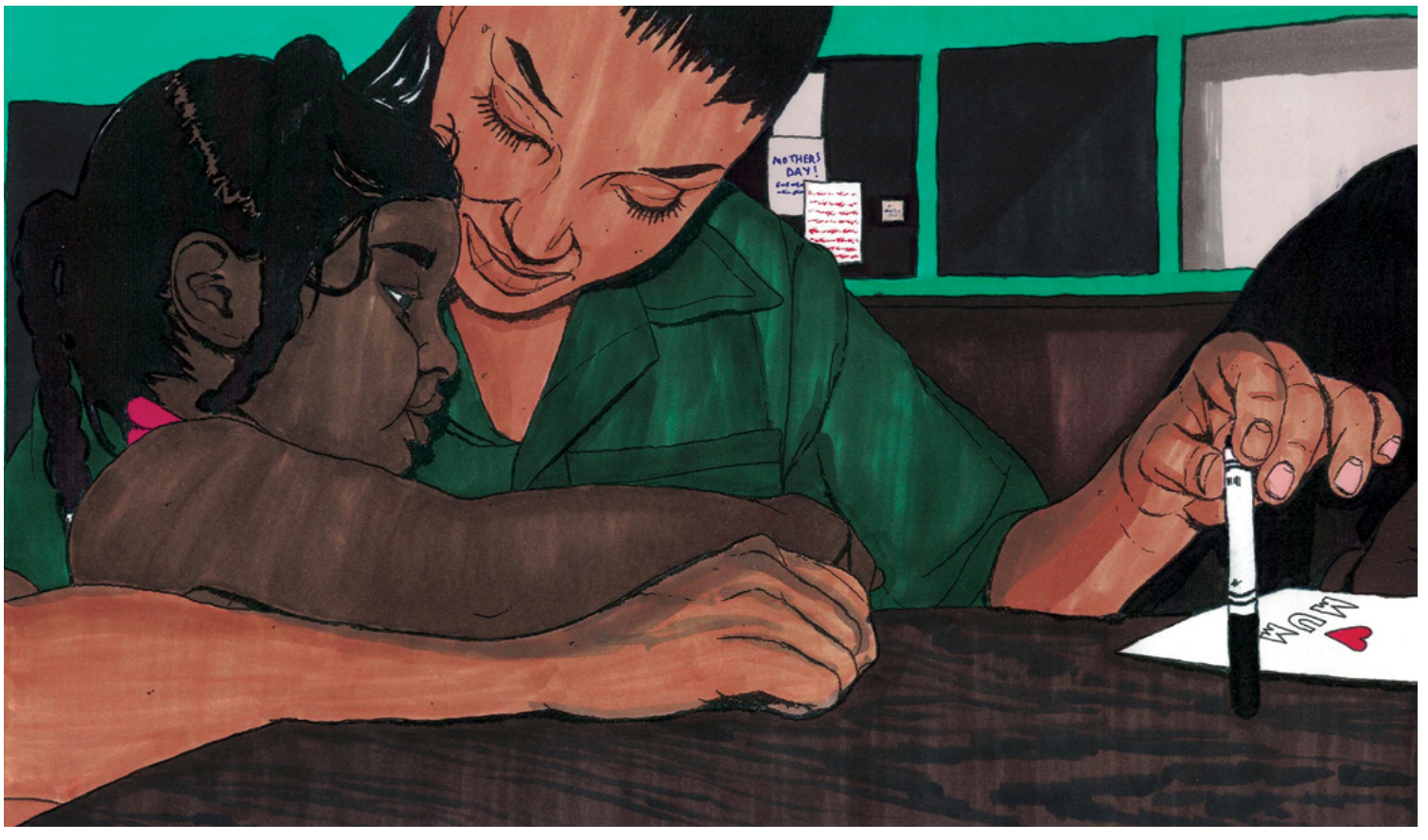
To the mothers navigating the justice system, whether behind prison walls or holding it down on the outside while someone you love is locked away, we see you.

This is a love letter for you.

You, who wake in places never meant for nurturing and still manage to mother. You, who hold the line while the ground shifts beneath you. You, who parent through phone calls, letters, BPAY receipts and tightly rationed visitation hours. You, who've become the centre of gravity for your children, your siblings' kids, and your communities, all because someone else was pulled into the system, and you were left in the crossfire.

Still, somehow, you show up.

Continued on page 14.



Ike Curtis

"Kids Soften the Jail": Keeping Mums and Kids Together in Prison

A number of programs across Australia allow children to live with their mothers in prison, and there are calls for them to be expanded.

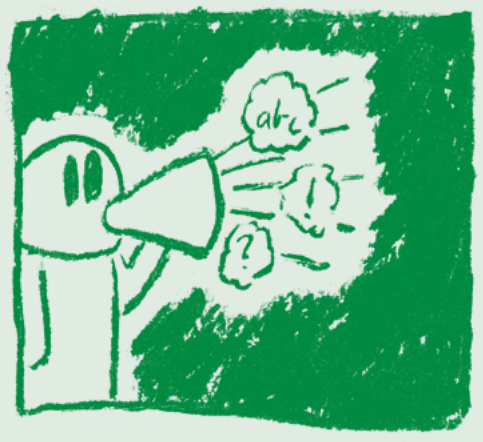
By Denham Sadler

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

Vickie Roach knows the difference it makes to be able to raise your baby in prison.

Incarcerated at the Dame Phyllis Frost Centre in Victoria for several years, Roach saw firsthand the benefits of the Living with Mum program, which permits some women to have their baby with them in prison.

Continued on page 7.



We Want to Hear From You!

Your contributions are the centerpiece of the paper. 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.

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

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Letters

Don't Give Up: Reading and Writing

By George

George is incarcerated in Victoria.

I know I'm not the only one who struggles with reading and writing. Due to my struggles, I have spent my life thinking about what I couldn't do rather than what I can do. Thinking I am stupid, there is something wrong with me, asking myself how can everyone else know how to spell so many words. It still blows my mind.

After being incarcerated in 2017 at 40 years old, I thought this would be my opportunity to finally learn how to spell.

So I enrolled in English Studies (the only literacy subject offered through the education providers). I quickly realised this was a module of English Studies for immigrants learning English. I asked the education providers for any help, and the reply I received was no, we don't offer reading or spelling classes. It is really hard to teach adults how to spell, so I tried to round up my own resources. Things like getting the officers to print off the top 100 most-used words. That did not help much, so I gave up.

Six and a half years later I was part of an outside/inside program called "Future Shapers", where I told some of the participants about my struggles regarding literacy and numeracy difficulties and the lack of support. This sparked an outside-funded trial program called Toe by Toe.

Toe by Toe is a buddy system: one person is the reading coach, the other is the reader. The workbook cost $60. As you work through the lessons page by page you break down and decode English reading. I have now finished the lesson book and I feel so much more confident in reading and writing. This is not the end of my literacy journey, but it has reinforced my pathway to freedom. If you or someone you know struggles with literacy, please ask someone at your location to help start a Toe by Toe program. If they won't help you, then buy the book yourself and find someone to sit with for 20 minutes, five days a week.

Believe me, you will not regret it. I would like to thank the Future Shapers Toe by Toe trial sponsors and our employment specialist for making this happen.

I would also like to thank Ben, my friend and reading coach, for sitting with me for the four-month duration of Toe by Toe.

Thanks for reading.

Regards,
George

No Judgement

By Debora

Debora writes from Dame Phyllis Frost Centre in Victoria.

We've all glanced back at old photos of ourselves and come across a few where we don't like the way we look.

These days, we can take multiple images with a single click! It's easier to ensure that we end up with a picture we'll like. Could some be judging you on the basis of a single moment?

At DPFC Victoria, we don't worry about images of ourselves, our mugshot is terrible, we all wear the same outfits, and sometimes our hair is a mess. But so is our state of mind, anxiety, depression and especially our mental health.

I wonder how it will be when we are released to the outside world, which has not stopped since we have been here. How will women cope who have been here from a few months to many years? Will society and services help us to move forward without judgement? As moments in our life pass so quickly but yet so slow in here.

I hope all the women will get help from our system that occasionally disappoints us.

We are humans, who committed a crime or crimes. Please don't turn your backs on us and don't judge us.

Regards,
Debora DPFC

For Granted

Anonymous

This person writes from Ravenhall Prison, in Victoria.

Sometimes we take things for granted, like our freedom. I've only been in prison a short time compared to some, but I still feel the pinch. Every night when they lock the cell doors it's still hard. After lock-in is when I really feel like going for a walk most. Despite walking in a circle half the day, I just want to walk further, like down the street to the shops, or even just to cross the road with cars, people and so on.

For granted is such a strong term. Like taking freedom or just taking life for granted.

I'm here because I broke the law. Regrets? Yeah, I have plenty given the situation I'm in. I would a hundred per cent do it all differently and not break the law and be in here. Knowing the people I've hurt, family and friends, makes my heart break. It's like I'm in this endless nightmare.

Watching people come and go and yet I'm still stuck here within these walls.

I was told it won't be forever – forever is such a long time. I know I won't be here forever and, when I'm out, I will do everything within my power to stay out. I sure as hell won't take anything for granted again.

Call for Questions to the ACT Attorney General and Minister for Corrections

The Attorney General and Minister for Corrections of the ACT have offered to be interviewed by About Time. We would like the questions to come from people in prison. If anyone would like to submit a question to a politician, please write to us and we will try to get them answered! You can send your letters to the following 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



Brotherhood of the Glen

By Paul

Paul writes from Lotus Glen Correctional Centre in Queensland.

All the letters I read in this newspaper give me a sense of hope and I learn a lot from other inmates in other prisons. I'm a first timer in prison, so I was very overwhelmed, nervous and very anxious as I did not know what to expect, as I'm sure everyone is on their first time in. I've been sentenced and am in for a long lag. On my arrival to Lotus Glen and my first walk out into the yard, I did not look anyone in the eye at all, and then, to my surprise, one after another all the boys started to walk up to me shaking my hand and introducing themselves. It was so overwhelming – I had to hold back tears of happy emotions. They all said something along the lines of "you'll be right bro," "if you need help with anything or just wanna yarn, don't be shy and just ask bro." And from that day on, my very first day, I wasn't alone – I had 27 brothers and we all looked out for each other. There were only one or two young fellas that were disrespectful thieves that cared for nobody but themselves that got shocked pretty quick and pulled their heads in and respected their fellow brothers and started to get along with all the brothers. So I just wanted to say thank you to all the bros in my unit for making me feel like a part of a family, thank you to all brothers of the Glen for being real!

And to all the newcomers, 90% of the boys in here are top blokes that have morals and respect for one another. And if you treat them/us with respect then respect is what you will get in return – word!

PS. *About Time* volunteers, give yourself a pat on the back for this paper, well done! You have no idea the effect it has on the readers. Such a positive initiative towards all people incarcerated.

Thank you.

From Paul at the Glen

"Remotely" Frustrating

By Jeffery

Jeffery writes from Woodford Correctional Centre in Queensland.

I am new to the prison system and am a little over the age of retirement.

One particular issue that frustrates, not only the elderly but all (most) of the inmates here at Woodfood Correctional Centre (W.C.C), is that we are not permitted to possess TV remote controls. It defies fairness and equality that other QLD prisons (and their inmates) have an entitlement to have remote controls for their 450mm (18 inches) TV sets.

Consideration of the following points by the prison management of W.C.C could be that:

1. Other prisons allow remotes;
2. Increases in inmate numbers justify a little increase in cell-sharing comfort;
3. A lot of prisoners are either:
   a. On remand;
   b. Low classification;
   c. Are awaiting release: pending bail, parole or the like;
   d. A number of disabled inmates with physical or mental problems.
4. W.C.C can apply privilege and/or entitlement in relation to inmates' behaviour and/or classification; and
5. Inmates incur the costs.

P.A.C. (Prisoner Advisor Committee) meetings between the prisoner representatives and prison management representatives have been unproductive for the past year about this.

All we are asking for is a basic improvement to our living conditions and a definite morale booster for deserving inmates.

Note: without remotes, certain functions are wasted/not available.

Yours sincerely,
Jeffery

Prison Healthcare

By Bradley

Bradley writes from Ron Barwick Prison in Tasmania.

To Australia's National Prison Newspaper, *About Time*,

Hi,

My name is Bradley, an inmate of Ron Barwick Prison in Tasmania. I have written to you before about our living expenses and pays and canteen prices. Since then, we got a pay rise which was good. About time! But since then canteen prices have gone up so it sort of defeats the purpose of getting a pay rise...

I'm writing this in regards to our health in the prison. We want to know why we get treated differently in jail than on the outside. If we are prescribed it by our doctor, why can't we have it – it's our medication? I'm on the Opioid Replacement Therapy (ORT) program and on the outside (so before coming into custody) I was getting my medication every 21 days. Every three weeks you go in and get jabbed, so why don't we get it in jail? Why is it any different? Why is it 28 days in jail? After getting my medication, coming up to my 3-week mark, a week before my jab (my medication), I feel down, feel shit. Why? Because I'm waiting an extra week. I'm not getting my medication when I should, like everyone else on the outside. I have put this forward to the Ombudsman and Health Complaints Commissioner with no reply. I got a big petition so those who are on the ORT program sign it as everyone on the ORT program are all feeling the same and all want it to change to every 21 days. I hope someone can make a change. To those who can, is this happening to any other prisons on the ORT program? How long do they have to wait? Are we getting the same healthcare in jail? NO. Something needs to be done. Thank you.

PS. and a big thank you to *Australia's National Prison Newspaper* and everyone that has published something – onya!

Note to Readers from New South Wales

Dear readers in NSW facilities,

Some of you have sent us letters and messages telling us that you would prefer to read the paper in print, instead of on your tablets. We understand that it is often nice to read a physical paper and the tablets can prove difficult. Unfortunately, however, at this stage the only way for us to distribute the paper in NSW is via the tablets.

Each month, the new edition should be made available to download, and you should receive an "alert" informing you that it is available. You should then be able to download it and read it as if it were in print.

Please let us know if this is not the case or if you are having any difficulties.

We are working with Corrective Services to ensure that About Time is as accessible as possible.

Thank you again for reading and contributing, and please contact us at any time.

About Time
PO BOX 24041
Melbourne VIC 3000

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

info@abouttime.org.au

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 tenth edition, distributed to all prisons in Victoria, New South Wales, Tasmania, South Australia, Queensland and the Australian Capital Territory. We hope that Western 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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No Changes to Unemployment Payments

By Belly

Belly writes from Wolston Correctional Centre in Queensland.

Dear *About Time* editors,

Thanks again for the great content in the March 2025 issue. The poetry by Leslie at Ravenhall and Robert here at Wolston really stood out for me.

Also hearing an opinion of a proper Law Doctoral Scholar (Andreea Lachsz, pg.11) regarding prison labour and wages was salient. One thing to keep in mind (and is also relevant) is the unemployment or hygiene wages ($15 approximately). This amount has not changed in over 10 years despite inflation and cost of living.

If we are to be kept clean and tidy at our own expense, it should not be so hard to afford products needed.

Yours Sincerely,
Belly.

P..S. Question 10 in the Quiz (p.28) says Australian Flag = seven stars: How? I count six!

Response from About Time:
Thank you for picking that up, Belly! Yes, it appears we were wrong – the Australian flag indeed only has six stars. The big star is seven pointed – maybe that's where we get confused! Thank you again!

Life Changes From the Bottom Up

By David

David writes from Long Bay Hospital in New South Wales.

Dear Joseph,

Your December, 2024 issue of *About Time* lived up to a standard of quality journalism second to none.

Thanks to your staff and all who contributed letters, stories, artwork, sound information, legal opinions, humour, therapies to enable transformation and the like.

A wise author, José A. Pagola shared:

"...Our life changes from the bottom up..."

This is my experience.

My bottom: suicide ideation at 45 years old. A chronic alcoholic. Powerless. Broken. Hit bottom.

My "God" worked through caring, broken, healing others like many contributors to *About Time*, and with my willingness to "grow up", co-operate with help offered, I am free – even in prison.

This is the continuous "therapy" I receive from those considered on the "bottom." Never doubt your goodness.

Thank you all, my tears are the melting of my emotional iceberg! May it continue to melt!

Shalom, David.

A Call for Rehabilitation

By Ruben

Ruben writes from Parklea Correctional Centre in NSW.

My name is Ruben. I am a 29-year-old inmate diagnosed with autism as well as other mental illnesses. I also have a long history of childhood trauma. These are things that I believe are overlooked by the system.

It is no secret that prisons are filled with people who have had hard lives: abusive households, drug addiction, homelessness. I agree that we should all be held accountable when it comes to our past actions, but what about the system? Is it being held accountable too?

It isn't surprising that Australia's recidivism rates aren't great. This country believes in punishment, not rehabilitation. There are countless studies that prove that isolation and lack of support leads to people committing crimes. And what is more isolating than prison? Why, then, do we see no changes or improvements to inmates' conditions?

If we look at countries with good recidivism rates, these are countries that understand that criminals aren't inherently evil – they are often systematically disadvantaged.

They implement programs that focus on them improving themselves and overcoming their struggles while under custody. We see nothing like that here. Calls are considered a luxury while being astronomically expensive.

I understand that these are complex issues that can't be fixed overnight, but that is no excuse to not strive to be better.

For as long as the Australian government sees gaol as a money issue and not a public safety and well-being issue, people will continue to suffer – innocent people too.

Kind regards, and thanks for your work,

Ruben

The Need for International Calls

By Adam

Adam writes from Metropolitan Remand Centre in Victoria.

My name is Adam, and I've been in the Victorian Prison System for four and a half months. Now, before anyone accuses me of being a 'Whinging Pom,' I must admit that I'm actually from Wales, but I do like a good whinge!

However, before I get into my whining, I would like to pass on my congratulations to your team for the success of your newspaper. I find that your service helps give people a voice, and that's really where my issue comes from because it would only affect a very small minority of inmates, so maybe this letter would get our voices heard.

My issue is around the cost of international calls from Victorian prisons, plus the lack of suitable times to actually make calls to Europe or other parts of the world.

Unless it's my imagination, the costs of international calls seem to differ every time! The most expensive call happened just two weeks ago from Metropolitan Remand Centre, where a six-minute call to the UK cost $20 dollars! With my weekly available spend being $32 from my kitchen wages, how can this be justified! I just read up about the announcement that calls are to be made cheaper, but unfortunately for me that doesn't include international calls. People mention 'engine numbers', but you can't have an international engine number.

Now let's mention the available call times. The doors open here at MRC at 9 am and close at 4:45 pm. However, when your only family lives in Europe, which is currently 11/10 hours behind, it means I'm already locked down by then. And when the clocks change in a few weeks (daylight savings) the times will work out to be even worse! Now as far as I'm aware it is a human right for international prisoners to be able to contact families. Yet MRC and other prisoners in Victoria seem to get around this by using the 'snail mail' loophole where it has taken up to five weeks for a letter to be received in the UK.

Whilst I appreciate that this issue only affects 0.01% of the prison population, I do find it hard to believe that this issue hasn't been highlighted previously. I am sure that everyone in the 0.01% club would be very grateful to have an opportunity to book a once a week 2/3 am phone call in order to speak to our loved ones as I'm convinced that it would be easier on our mental health if this simple idea was put in place.

Thank you for putting up with my whinge, and may I pass on my best wishes to all my fellow inmates.

Please 'keep the faith' because one day our release day will arrive.

Yours faithfully,

Welsh Adam

Lack of Mail

By Jason

Jason writes from Woodford Correctional Centre in Queensland.

To About Time,

My name is Jason, I'm currently in Woodford CC in QLD. It is hard to communicate from here. The phones are 10c per 30 seconds for landlines, 35c per 30 seconds for mobile calls and 40c per call for local numbers. The time limits vary from center to center. For Woodford, it's 10 minutes for Secure and 12 minutes for Res, for Brisbane CC it's eight minutes, for Maryborough CC it's six minute calls, for Arthur Gorrie CC it's ten minutes. So the calls are between $5–$10 for mobiles and $1–$2.60 for landlines. Paid unit workers get (a week) between $20.30 and $80, for carers the industry workers get between $30.35 and $60.35 plus $9.85 on top for hygiene amenities for all prisoners.

The real reason that I'm writing is not to whinge about our calls or our pay per week, it is about the lack of pen-pal services to give prisoners like myself connection and community whilst incarcerated to stop or prevent depression and giving them a sense of hope and an outlet to discuss their lives and make friends. I've been in custody for 4 years so far and getting mail call is the highlight of my day and the highlight of so many others inside but there isn't anything available for prisoners other than listening to the prison radio show if you can pick it up on FM or if you have a DAB+ Radio but if you don't you miss out.

Sincerely,
Jason
Woodford CC

Keep Fighting! Messages From a 'Lifer' in America

By Terri

Terri writes from State Correctional Institution in Muncy, Pennsylvania.

Hello. My name is Terri. I'm incarcerated in Muncy, Pennsylvania and have been for over 31 of the 33 ¾ years I've been down. I'm from Philadelphia, and I have been incarcerated since shortly after turning 22 years old.

A day in prison begins with coffee and ends with watching the news. In between, I go to structured exercise classes and any appointment(s) I'm scheduled for. All my mornings are busy, but I find time to go to the yard to see friends I don't live in a unit with. As a Certified Peer Specialist, there are times I'm called upon to help someone through a crisis. Having accumulated thousands of hours in the school, there isn't much to do there, except keep trying to get into one of the Inside Out college classes or ask for outside help to pay out of pocket for an educational opportunity. It's a member of our inmate organization, so sometimes those meetings are added to my days. I make cards and cross stitch on weekends and prior to birthdays and holidays.

My greatest personal challenge inside is experiencing loss and having to bear that emotional upheaval all alone. My family are always connected, but they're not physically present, which creates a disconnect that grief thrives on.

Right now, I'm dealing with not being there for my niece that was born two weeks ago and having to wait on a couple of levels of paperwork to be completed, before I can see her in person. The virtual (Zoom) visits are a Blessing, but they are quite prohibitive.

Adjusting to this sentence and how lifers are disregarded on many levels and occasions was not made easy by blatant disrespect and belittling by these officers plucked from this rural area, who often have no experience dealing with different races and cultural differences. Once I got my internal anger under control, it became easier to combat their ignorance with my intelligence and positive outlook for tomorrow.

The important people in my life are all of those I share bloodlines with and the family/core I've created with peers, penpals and advocates, because they're the ones motivating, encouraging and helping me live. They neither hesitate to tell me about myself, nor fall short of being supportive in every way. Their existence is the air that allows me to continue to breathe, and I couldn't be more Blessed.

In this year, please be mindful of all the changes we'll have and all the challenges that'll follow and be ready to stand through it all. Fight until there is no time left on the clock!

Be Blessed!

Peace, Light & Solidarity,
Terri



The Bear on My Back

By Kelly

Kelly writes from Wellington Correctional Centre in NSW.

Hi all,

I'm always reading your paper. I'm currently on remand, applying for bail in two days. Currently in Wello for two days, but have been in Broken Hill women's wing for two weeks before Wello.

I've decided to send in a picture of this sketch I have done. It's called 'the bear on my back'. It's the heavy weight of guilt and also the scary parts of myself I keep secured to me when I'm in protective mode. I may look scary but I'm cuddly and feminine generally at most times.

Thank you!

Kelly



• Thank You for Your Letters

As of a few weeks prior to publication, we received letters from Mark, Jacob, Isaac, Andrew, Ali, Gareth, Jean, Wayne, Fergal, Jeffrey, Brendan, J.B., Bill, A.S., Karie, Rochelle, Hugo, Elias, Mr C, Grant, Luke, Zachary, Damien, Kha, Norman, John, Dan, Adam, George, Paul, Tao, April, Bradley, Benno, Jon, Stephen, Adrieans, Jessica, Kelly, Debra, Belly, and all those that wish to remain anonymous.

We will aim to publish as many as possible, and we will also try to respond to as many as we can.

Unfortunately, we can't return your letters or provide legal advice. If you need legal assistance, please contact your local community legal service, legal aid or your legal practitioner. We also cannot facilitate pen pal connections.

Please continue to write to us! We love reading and engaging with your experiences and we love publishing your words. Please also encourage others to write letters.

Please send your letters to the following postal address:

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PO BOX 24041
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"Kids Soften the Jail": Keeping Mums and Kids Together in Prison

By Denham Sadler

Continued from page 1.

"Kids soften the jail," Roach told *About Time*. "Kids make the jail a whole different place. The kids themselves, it was of no harm to them whatsoever – they grew up with 300 aunties.

"And the women themselves would modify their behaviour because of the kids."

The Living with Mum program is one of many across the country that permit women to raise their baby in a dedicated area of a prison. These programs vary in eligibility and age restrictions.

South Australia is currently the only Australian state or territory that does not have any such program in operation.

Despite backing the programs, there are concerns about how difficult they can be to access and that some only allow a baby to stay with their mother until they are one year old.

The benefits of allowing mothers to live with their babies in prison have been widely recognised, with the Yoorrook Justice Commission saying doing so is "critical" to the wellbeing of the child and the mother.

SHINE for Kids runs a number of programs for women in custody with their child. The organisation currently operates in New South Wales, Victoria, Queensland and the ACT and is pushing for their services to be available more widely across prisons in Australia.

"These programs provide mothers the opportunity to access support and resources they might otherwise not have, including visits from a children's nurse and activities to support children's development," SHINE for Kids CEO Julie Hourigan told *About Time*.

"It would be greatly beneficial to mothers in custody and their children for programs like ours to be available more widely in Australia and would help support families to be set up for success when a mother is released."

In Victoria, the Living with Mum program is for women in prison who are the primary carers of an infant or young child – or are pregnant – and it allows the child to reside in the prison until they reach school age.

Dedicated units for mothers and children, consisting of cottage-style units with a self-contained kitchen, living area, bedroom and bathroom, are located at the Dame Phyllis Frost Centre and Tarrengower Prison.

A number of organisations and inquiries have raised concerns around difficulties for women in accessing this program and its eligibility criteria.

The Yoorrook Justice Commission has heard that there are long delays in accessing it, and getting in is particularly difficult for First Nations women.

Without programs such as these, women who are pregnant while in prison will have their baby removed from their care within days of giving birth.

Roach said she had seen the difficulties women had in accessing this program and the harm that removing mothers from their newborn babies can have.

She said that during her time in prison she saw a one-day-old baby taken from her incarcerated mother and that it then took seven months to get the baby back into the jail.

In New South Wales, women can raise their baby in prison through the Corrective Services NSW's Women and Children's Residential Program.

At the purpose-built Jacaranda Cottages at the Emu Plains Correctional Centre, children up to school age can live with their mother in prison full time, while older children may be allowed to stay occasionally during school holidays.

A program in Queensland also facilitates children living with their mother in prison until they are of school age. This is only allowed at prisons which have a dedicated parental support unit and may be granted if there is suitable accommodation, there is no court order in place and it is deemed to be in the child's best interests.

SHINE for Kids Queensland Manager Jessica Clancy said allowing mothers to have their babies and young children with them in prison is "important for emotional, developmental, social and even rehabilitative reasons".

"It helps children to build secure attachment to their primary caregiver, which supports healthy emotional and psychological development," Clancy told *About Time*.

"For some mothers and children they also have more quality time together as influences that may have impacted their life before are limited or not in their environment in custody. I have even had women say to me, 'I am a better mum now than when I was back home.'"

Clancy said that women she has worked with in prison are more engaged with rehabilitation programs when they have their children with them.

"They're more motivated to change for their child's sake," Clancy said. "Women in custody with access to parenting programs and opportunities to have time with their child, like in our playgroup program, tend to have better outcomes."

The parenting programs in other states and territories have significantly lower age thresholds.

In Tasmania, a parenting facility at the Mary Hutchinson Women's Prison is only accessible for women with children aged under two years old, while a new purpose-built facility at the Darwin Correctional Centre in the Northern Territory has a cut off of 12 months.

The Bandyup prison in Western Australia also has a mother and baby unit, where babies aged up to 12 months can live with their mother.

While South Australia does not have its own program, it did recently launch a new scheme to help incarcerated parents re-engage with their children. This program works to connect mothers with workers to ensure they are informed about their children's circumstances and are able to be involved in decision-making around them, with the aim for them to be reunited upon their release.





VIC

Parliament passes Allan government's new bail laws

After months of building pressure to act on the rising crime rate in Victoria, the Allan government successfully passed laws to expand the use of bail in Victoria in late March.

When announcing the new laws, Premier Jacinta Allan stated: "I have listened to victims of crime and Victorians, and I have acted. These are the toughest bail laws in the country – putting community safety above all and delivering consequences for those who break the law."

The changes enshrined in the new laws include removing the requirement that remand only be used as a last resort for children; making it an offence to breach bail conditions, carrying up to three months in prison; and elevating the bail test for someone who commits an indictable offence while on bail for an indictable offence, with these offenders required to demonstrate "compelling reasons" to be released on bail – the same test associated with a manslaughter charge.

Recently released crime statistics showed that the crime rate in Victoria has increased by 13.2 per cent over the last year – the highest in the last several years. The youth crime rate is the highest it's been in decades. These crime statistics, compounded by intense media focus on the issue, has created a high-stakes environment for the Victorian Government to be seen as decisive and tough on crime.

The new laws have faced widespread criticism from legal and human rights groups. The director of the Human Rights Law Centre, Maggia Munn, weighed in: "It is deeply shameful that the Allan government has refused to learn from past policy failures, and instead capitulated to the tabloid media to entrench dangerous bail laws that undermine people's right to liberty, worsen the mass incarceration of Aboriginal people, and condemn generations of children and adults to the damage and trauma of imprisonment."

The government has indicated they will be introducing a second bill in the middle of year to create even tougher bail tests for "serious repeat offenders".



NSW

NSW introduces "open clinics" to improve healthcare in prisons

Justice Health NSW has unveiled a new system of "open clinics" in prisons as part of a groundbreaking initiative to enhance healthcare access in correctional facilities across the state.

Similar to community walk-in services, the new model allows incarcerated people to walk into designated clinics during specific hours without making a reservation. The change is a major shift from the previous appointment-based system, in which prisoners had to make a formal written request to see a medical professional, which frequently resulted in delays and unfulfilled medical needs.

According to Justice Health NSW, the change is designed to make healthcare more responsive, preventative and equitable. Open clinics enable earlier intervention for mental and physical health issues by eliminating procedural barriers and encourage people in custody to take greater responsibility for their health.

The program was piloted in certain facilities, where it led to reduced wait times, improved management for chronic conditions and higher patient satisfaction. The program has now been implemented in all major correctional facilities in NSW as a result of its success.

Additionally, healthcare workers have reported less administrative work, more efficient workflow and better triage procedures. To ensure that even remote prisons receive prompt care, the department plans to further develop the healthcare services with telehealth options.

This reform is part of NSW Justice Health's larger initiative to modernise prison healthcare and reflects an increased understanding of the role health plays in rehabilitation and long-term community reintegration.



ACT

ACT prison receives funding for education

The ACT Government has invested $8 million into the Alexander Maconochie Centre (AMC) in what executives say is a big step forward. The funding was used to build a new administration block, while the old staff quarters were repurposed as classrooms for inmates' education and rehabilitation. This came three years after reports slammed AMC for a number of reasons, including the overcrowding issue in prisons and incarcerated people being unable to study or work during the COVID-19 pandemic.

"These new areas will increase the capacity to provide education and rehabilitation programs, helping reduce the likelihood of detainees reoffending and returning to detention," ACT Minister for Corrections, Dr Marisa Paterson, said.

Incarcerated people can choose to study with registered training organisations, completing courses in areas such as construction, business, food safety, safe work practices and hygienic practices.

According to ACT Corrective Services Commissioner Leanne Close, these courses are not mandatory but incarcerated people are given incentives to participate. With more than a third of incarcerated people enrolled in education programs, the ACT remained "well above" the national average.

"It helps them when they come up for a parole hearing," Close said. "But it also keeps them busy during the day and gives them an interest and skill set that will enable them to fold back into the community well."



WA

Hakea Prison inspection report released, calls for another inspection

In April this year, the Office of the Inspector of Custodial Services released the report from the 2024 inspection of Hakea Prison. Hakea is Western Australia's primary remand facility for adult males: approximately 80 per cent of the people incarcerated are unsentenced and have not been convicted for the alleged offences for which they are detained. The Inspector of Custodial Services, Eamon Ryan, stated that since the inspection in May 2024 conditions at Hakea have not improved bar a few exceptions and that another follow-up inspection report is scheduled to be tabled in Parliament in the third quarter of this year.

The recent report detailed that people incarcerated in Hakea were regularly given less than two hours out of cells on any given day and sometimes received no time out of cells in a 24-hour period.

Further, the time out of cells was usually confined to the wing or unit and access to outside areas and fresh air was rare. When people were briefly unlocked, they were forced to choose between essential activities such as showering, attending medical appointments or making telephone calls.

The increased lockdowns, in tandem with staff shortages, meant that people incarcerated were unable to make telephone calls and have social visits, impeding contact with family and loved ones. Employment was generally limited to essential services such as the kitchen and laundry, and access to any form of meaningful activity such as education, programs, recreation and other forms of employment was found to be extremely rare. Meals were often eaten in cells, resulting in pest infestations and unhygienic living conditions. People incarcerated at Hakea reported that they had to wear the same clothes multiple days in a row and that there was limited access to clean bedding.

Mr Ryan stated that the treatment of the people who are incarcerated in Hakea is cruel, inhumane and degrading and that, since the May 2024 inspection, suicide attempts remain high.

About Time will provide updates on the follow-up report.



QLD

Changes to the Anti-Discrimination Act have been paused

The Queensland Government has paused the implementation of changes to the Anti-Discrimination Act 1991 (Qld), that were due to come into effect on 1 July 2025. The Government has indicated that further consultation with stakeholders is required before any changes are implemented and that they have received advice that new protected attributes for discrimination, including "irrelevant criminal record", could impact on certain statutory decision-making schemes.

The Queensland Human Rights Commissioner, Scott McDougall, has responded to the Government's decision and noted that extensive consultations were undertaken on these reforms, which were widely supported by the community. His view is that the changes that were due to come into effect would strengthen obligations on business, government and organisations to improve protections for Queenslanders from discrimination and harassment, including people experiencing homelessness and victim survivors of domestic and family violence.

Prisoners' Legal Service has signed an open letter to the government urging for the changes to proceed as planned given that extensive consultation has already occurred.

The letter also states that any concerns about the impact of certain provisions, such as including a protection against discrimination based on an "irrelevant criminal record", are unfounded. Instead, the change will ensure that individuals are assessed fairly and that irrelevant criminal records do not become an unjust barrier to employment or social participation.

This information was provided by Prisoners' Legal Service, Queensland. It is information only and should not be relied on as legal advice.



TAS

Prison report handed down

The Final Report of the Tasmanian Legislative Council Inquiry into Tasmanian Adult Imprisonment and Youth Detention Matters was tabled on 2 April 2025.

The inquiry received 67 written submissions and heard oral submissions from a number of stakeholders through public hearings held in 2023. A number of stakeholders were involved in the inquiry, including community-based organisations working with prisoners and people involved in the criminal legal system, academics, former prison workers, oversight bodies such as the Office of the Custodial Inspector and Tasmanians with lived experience of incarceration.

The report makes several findings relating to the current and ongoing conditions at Tasmanian prisons, highlighting the lack of access to rehabilitation and other programs, difficulties experienced by prisoners post-release, the need for improved health and mental health services and the inadequate resourcing of the Office of the Custodial Inspector, which provides a critical oversight function in relation to both the adult and youth prisons.

The report also makes several recommendations relating to the prison and legal systems, including improved screening mechanisms for cognitive impairment within the prison system, implementation of therapeutic throughcare models – with increased funding for post-release supports – and increased access to prisoner employment opportunities, including prison-based industries and trade qualifications.



SA

SA overhauls 'not guilty' verdicts for mental incompetence

The South Australian Government has passed a reform to change the way courts describe verdicts when a defendant is found not responsible for a crime due to mental incompetence. The term "not guilty due to mental incompetence" will now be replaced with "conduct proved, but not criminally responsible".

The change follows concerns raised by victims, victims' families and legal experts, who argue that the old term implied no crime had occurred. The state government has consulted with the Commissioner for Victims' Rights over the terminology change.

The reform follows the Malinauskas Government's wider "crack down" on crime. The government will now work with the Courts Administration Authority and police to put these changes in place as soon as possible.



NT

Catholic priests unable to access prisons in NT

Catholic Bishop Charles Gauci has raised serious concerns with the Northern Territory Government about restricted access for chaplains to local prisons. In a letter to Chief Minister Lia Finocchiaro and Corrections Minister Gerard Maley, Bishop Gauci said Catholic chaplains were facing major barriers reaching people in prison, calling it a moral and practical issue.

Volunteer chaplain Father Dan Benedetti revealed his team has been unable to deliver services at Darwin Correctional Centre since November, describing the situation as "heartbreaking".

The NT's prison population has surged since the Territory election last year. To manage overcrowding, people are being held in police watch houses, and facilities at Alice Springs and Berrimah have been expanded or reopened.

Corrections Commissioner Matthew Varley admitted that staff shortages and lockdowns have disrupted chaplaincy services, along with other rehabilitation and educational programs. He said efforts are underway to fix this.

Bishop Gauci emphasised that chaplaincy plays a crucial role in rehabilitation and community safety. He warned that the absence of spiritual care impacts not only incarcerate people but also their families and wider communities. He urged the government to reinstate reliable access for pastoral services, noting that religious freedoms are being inadvertently restricted.

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Willy Pleasance

Changes to the Law in Victoria: Expanded Police Powers and Machetes as Prohibited Weapons

By Lauren Tye Legal

From 1 September 2025, machetes will be classified as prohibited weapons, meaning they will be banned for sale and possession in Victoria. Machetes can be broadly described as a cutting edge knife with a blade of more than 20 centimetres. However, the government will consult with industry on this definition before the ban starts, with kitchen knives not intended to be included. To lawfully possess a machete – for agriculture or hunting purposes, for example – you will need to apply for a permit. In Victoria, possessing a prohibited weapon can attract a sentence of up to two years imprisonment.

The machete ban is part of a broader package of laws aimed at addressing crime, particularly knife-related offences. The Government will also amend the *Terrorism (Community Protection) and Control of Weapons Amendment Bill*, which is currently before the Victorian Parliament, to allow the Chief Commissioner to declare a location a designated search area for up to six months, instead of 12 hours. This is a significant expansion of police powers.

Currently, the Chief Commissioner of Victoria Police can declare a location like a train station or a shopping centre a designated search area so police can search people without a warrant or reasonable suspicion of criminal activity and seize items. However, a place can only be declared a designated search area for 12 hours at a time.

Within a designated area, during the period of time declared, members of Victoria Police have the power to:

- stop and search any person – or anything that is in the possession or control of a person – any vehicle or anything in or on a vehicle for weapons
- detain a person or vehicle for so long as is reasonably necessary to conduct a search
- seize and detain any item the Victoria Police member reasonably suspects is a weapon
- request the identity of a person, if a strip search is authorised and conducted.

It is a separate offence to obstruct or hinder a search.

Critics of these amendments argue this policy will result in significant over-policing and racial profiling.



Willy Pleasance

Healing Justice: A Better Way Forward

Healing Justice is an approach to justice that recognises the impact of harm and creates real solutions that help people heal.

By Tabitha Lean & Debbie Kilroy (National Network of Incarcerated & Formerly Incarcerated Women & Girls)

When people experience harm – whether through violence, trauma or the legal system – what they often need most is support, safety and healing. But too often our systems respond with punishment instead of care. This is where the idea of Healing Justice comes in.

Healing Justice is about recognising the impact of harm and creating real solutions that help people heal, rather than making things worse. It is based on the idea that everyone deserves access to support, whether they are victim survivors of violence, people struggling with mental health or those trying to rebuild their lives after incarceration.

So what does this look like in practice? It means ensuring that people inside and outside prison have access to proper health care, mental health support and safe spaces to recover from trauma. It means giving communities the tools to address harm in ways that don't just rely on punishment but actually help people change and grow. It also means recognising that many people in prison have already experienced harm themselves – through violence, racism or lack of support in their lives. Instead of more punishment, they need opportunities to heal and move forward.

By shifting toward Healing Justice, we create stronger, safer communities where people are supported, not discarded.

It's about acknowledging that punishment alone doesn't solve harm – but care, support and community do. When we focus on healing, we give people the best chance to rebuild their lives, reconnect with their families and contribute to their communities in meaningful ways.

Healing Justice isn't about ignoring harm. It's about responding in a way that actually leads to real change. Isn't that the future we all deserve?

If you would like to join the National Network (it's free), you can contact them:

Via email:
admin@thenationalnetwork.com.au

Via mail:
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Aboriginal and Torres Strait Islander readers are warned that the following article contains the image of a deceased person.

Vale Andrew Krakouer: The Comeback Man

The passing of Andrew Krakouer has devastated football fans and many others who were inspired by his journey from prison to premiership hero.

By Tony Heselev

Tony is a journalist, financial counsellor and keen AFL fan.



A day to remember: Andrew Krakouer and coach Brian Dawson in the Swan Districts rooms after the 2010 grand final triumph. Source: Brian Dawson

Swan Districts Football Club premiership coach Brian Dawson still remembers the day in June 2008 when he had to tell his players that one of their stars, Andrew Krakouer, would not be playing that week – or for a good long while – because he had been taken into custody.

Krakouer was found guilty of assault with intent to cause bodily harm after an incident in Fremantle 18 months earlier. Newspaper reports at the time said he would never play football again. Little did they know.

Krakouer, who died in Perth of a suspected heart attack on 30 March 2025, aged just 42, came from a famous footballing family that lit up the then VFL. Like his father, Jimmy, and uncle Phil, he will always be remembered for his exquisite football skills but also for the way he overcame adversity.

Dawson and other Swan Districts officials visited Krakouer in prison several times during his 16-month incarceration.

"It certainly wasn't easy for Andrew in jail, especially at first, but he never complained, grizzled or grumbled," Dawson said. "He always said I'm the culprit, I've caused this and I have to suck it up and do my time."

Dawson said that, even then, Krakouer looked out for others who were "doing it tough" and empathised with people in worse situations than him.

Krakouer was keen to discuss football during these visits, especially how Swan Districts were tracking. But he said Krakouer's main motivation was to put his life back together by providing well for his family – his partner, Barbara, and their daughters – and make amends for his time in prison.

Krakouer did whatever he could to keep fit, including boxing and weight training, and even played in a premiership for his prison football team, the Wooroloo Bombers.

After his release in August 2009, Krakouer was welcomed back at Swan Districts Football Club. His 2010 season is the stuff of legends, winning him the Sandover Medal for the best and fairest player in the West Australian Football League. Swans were up against arch-rival Claremont in the grand final and Krakouer played what is widely regarded as one of the best individual games ever. He racked up 40 possessions and booted four goals, including three in the last quarter and the winner in the last minute. Unsurprisingly, he won the Simpson Medal for best afield in this game.

Football's statistical experts, Champion Data, then in its infancy, rates players on their performances. An outstanding game scores about 120 points. Champion Data assessed that Krakouer's grand final would have rated 290 points.

Krakouer had been drafted by Richmond in 2000 and played 102 games before being delisted in 2007. But, after his heroics in the 2010 WAFL grand final, the reigning AFL premier Collingwood was delighted to pick him up for the 2011 season. In his first year with the Magpies, he took mark of the year, and he kicked three goals in the 2011 grand final.

Dawson described Krakouer as a footballer who could do it all: "I remember opposition players thinking they were about to tackle him and they'd grasp thin air because he was gone."

After football, Krakouer continued to be an inspiration to others, mentoring young prisoners, Indigenous communities and footballers; speaking at schools, clubs and businesses; and co-authoring a children's book, My Dad's Gone Away, about a child whose father is incarcerated.

Krakouer had that experience as a youngster, when Jimmy was incarcerated for drug trafficking. In recent years, Krakouer developed a media career, including co-hosting the program *Yokayi Footy* on SBS and commentating AFLW games.

Speaking candidly about his time in prison on the Fox Footy show *On The Mark*, Krakouer said he was saddened by his actions that led to his prison term and felt guilty for what he put his family through. The most difficult thing for him during that time was not being able to be there for his girls.

Krakouer said that he was lucky to have the support of family, friends and Swan Districts players and officials during his transition out of prison and that, without that kind of support, many people tend to get back into old habits and reoffend.

Dawson summed up what he called Krakouer's life story of inspiration and redemption: "Andrew certainly showed that one mistake doesn't mean it's forever and if you really commit yourself, you can turn things around. His death is tragic and we're all devastated at the news. The great pity is that this time there's no comeback."



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Recent Major Elections Around the World

Results that went against the trend

By Denham Sadler

Elections were held in more than 70 countries over the last year, with two billion people eligible to vote around the world.

These elections were held in countries home to more than half of the world's entire population.

Historically, the party in power (the 'incumbent') has had an advantage going into an election. That all changed last year.

Due to high levels of inflation and widespread cost-of-living pressures brought on by the pandemic and several global conflicts, many voters went to the ballot box to express their frustrations, leading to difficulty for incumbents and traditional parties. For the first time since records began, in 2024 every single incumbent political party in a developed country lost vote share.



Maheshkumar Painam

Germany

In one of the first major elections of 2025, Germany's conservative opposition leader, Friedrich Merz, won a clear majority, with a significant swing against a centre-left alliance led by Chancellor Olaf Scholz.

The election also saw a large swing towards the right-wing anti-migration, anti-Islam AfD party, which won about one in five votes but will not be included in any coalition negotiations.



Jon Tyson

USA

The US Presidential Election was held in November last year, with conservative Republican Donald Trump defeating Democratic nominee and then vice president Kamala Harris, who had replaced President Joe Biden earlier in the race.

Trump received 312 electoral votes to Harris's 226 and won 2.3 million more votes. He took all of the major swing states, including Nevada, the first time a Republican candidate has taken this state in two decades.

Trump was inaugurated as the 47th US President earlier this year, with J.D. Vance his Vice President.



Red Dot

United Kingdom

Opposition Labour Party leader Keir Starmer secured a landslide win over Conservative Party Prime Minister Rishi Sunak in the UK general election in July.

This brought to an end 14 years of Conservative Party rule in the UK. The Labour Party is on the centre-left of the political spectrum.

The Labour Party won 411 seats, compared to the Conservative's 121 seats and the Liberal Democrats' 72 seats.



Rafael Garcin

France

President Emmanuel Macron declared a snap election in France after the far-right-wing National Rally party made major gains. Macron leads the centre-right Renaissance party.

The first round of voting in the election saw National Rally leading the vote, while the second round led to a hung Parliament.

It wasn't until September last year that Michel Barnier from the liberal-conservative party The Republicans was appointed as Prime Minister, but, with no coalition backing him, a vote of no confidence brought down his government in December.

Francois Bayrou, a centrist and president of the Democratic Movement, was then appointed as Prime Minister.



Mexico

At the Mexico election in June, the ruling left-wing populist National Regeneration Movement's Claudia Sheinbaum enjoyed a sweeping victory with nearly 60 per cent of the votes, making her the first female president in the country's history.

The election campaign had been marred by a series of assassinations and targeted attacks on candidates and political figures.

The National Regeneration Movement received the highest number of votes ever recorded in Mexican history. Sheinbaum replaced outgoing president Andres Manuel Lopez Obrador.



H Liu

Japan

Japan headed to the polls in late October, just one month after the conservative nationalist Liberal Democratic Party's Shigeru Ishibu was appointed Prime Minister.

While the country's main opposition party, the centre-left Constitutional Democratic Party, landed its best result in history and increased its seats in Parliament from 96 to 148, no party received enough votes to form a majority government.

Ishibu was eventually re-appointed as Prime Minister, leading a coalition government of the Liberal Democratic Party and centrist party Komeito.



Dibakar Roy

Sri Lanka

The 2024 Sri Lanka election signalled a significant political alignment for the country and was the first time that a third-party candidate, Anura Kumara Dissanayake, was elected.

President Ranil Wickremesinghe ran for re-election as an independent in the three-way contest, with no candidate receiving enough votes to form a majority government.

Dissanayake was declared victorious on second preferences and was inaugurated as president in September.

Dissanayake is the leader of the National People's Power, a centre-left political alliance in Sri Lanka.



Swiss Educational College

South Africa

The South African election saw support for the ruling African National Congress decline. The party remained in government but lost its parliamentary majority, instead forming a unity government with the Inkatha Freedom Party and Patriotic Alliance, with Cyril Ramaphosa re-elected as president.



Sanjoy Saha

India

India's election was held across seven phases from April to June 2024. Prime Minister Narendra Modi had been expected to win a landslide victory for his ruling Hindu nationalist party, Bharatiya Janata Party (BJP). Although BJP won the most seats, it won far fewer than expected, requiring Modi to form a coalition government for the first time, joining up with the Telugu Desam Party and Janata Dal as his main allies.



Hobi Industi

Indonesia

Retired army general Prabowo Subianto received a majority vote in the Indonesian election, with 96.2 million votes. This was the highest number of votes received by a candidate in any democratic election held in Indonesia.

Subianto had replaced incumbent president Joko Widodo, who was ineligible to run for another term in office.

Prabowo is a member of the Gerindra Party, a nationalist, right-wing populist party in Indonesia.

Experiences

Trying to Vote in Prison

Challenges and frustrations

By Damien Linnane

Damien Linnane is the editor of Paper Chained, a quarterly journal for art and writing, made available to all people in NSW prisons.

I know that it can sometimes feel like society has forgotten about people in prison, but there are political parties that are supportive of changing things in prison.

Of course, voting might not actually change anything, but not voting guarantees things will stay the same.

So, if you didn't vote this election, consider making your voice heard in the next one.

I was at Glen Innes Correctional Centre during the 2016 federal election. One day at muster they announced that anyone who wanted to vote in the upcoming election could ask for a form to apply to do so. I think I was the only person at my prison to actually fill out an application.

I didn't hear anything after doing this, and the day before the election I went to the guards' office to ask what was happening with my application and how I could vote. They said they had no idea, though one did say 'oh, you might be interested in this though'. 'This' was a giant stack of Justice Action's election newspaper, Just Us Volume 7. Enough copies of Just Us were printed to give one to each person in custody in Australia. Copies were sent to each prison, though that didn't guarantee people would actually receive them.

The stack looked like it had been sitting in the guards' office for a long time. They hadn't been given out. I believe I was the only person in my prison to get one. I don't know what they ended up doing with all the other copies.

I never got the chance to vote.



Willy Pleasance

Weeks later when the Ombudsman happened to visit the prison, I complained about the fact I wasn't allowed to vote even though I had applied. Obviously, there wasn't much they could do about that, but hopefully they were able to make it easier for people to vote at that prison from thereon.

After my release, a friend whose house I had redirected my mail to gave me everything that had been sent to me. One of the letters was from the Australian Electoral Commission, giving me a fine for not voting in the election.

There was a form asking if you had a legitimate reason not to vote, so I wrote "I was in jail" and added how I had complained to the Ombudsman about not being allowed to vote. I never heard back, which means they must have waived the fine.

For people in prison now, my advice would be to apply to vote before the next election and to keep following things up and make sure that they're processing your application so that you're actually able to vote. You're still part of your original community even if you're currently in custody, so you should have some say in who will be elected in the community you will return to once you're released.

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A Letter From Your Kin



A Mother's Day love letter

By Yung Prodigy

Yung Prodigy is a youth-led organisation focused on mobilising young people impacted by parental and kinship incarceration, an invisible issue and policy gap in Australian service provision.

Continued from page 1.

This letter won't pretend to know all your stories. There are as many versions of this as there are mothers and those who mother. Some of you are raising children from prison, working to keep the bond strong despite a system that makes connection a bureaucratic maze. Some of you are on the outside, juggling work, court dates, parenting, appointments and grief, all while holding shame that was never yours to begin with. Some of you are both: once inside, now out, still pushing through the noise of a world that offers very few fresh starts.

And yet you continue.

In the way you speak life into your kids, even when you're spent. In the way you write letters, send payments, fight for visitation or take two trains and a bus so that your child doesn't have to face that visiting room alone.

This isn't a tribute to struggle. You shouldn't have to be resilient to be respected. You deserve ease, not exhaustion. You deserve systems that care, not ones that keep score. You deserve to mother freely, not under constant watch.

Our community at Yung Prodigy are young people impacted by parental incarceration. Every time we connect with them, your echoes fill the space. The quiet strength. The joy that bubbles up in stolen moments. The grief that sits just below the surface. The way you protect childhood while we are being forced to navigate an adult world with too many locked doors and not enough open arms.

We've seen you spin magic out of scarcity. We've seen care stretch further than most would think possible. We've heard how you rewrite the truth just gently enough so your kids can still dream. We've watched you love fiercely, even when the world around you forgot what love looks like.

Let's be real, this isn't about what you lack. It's about the failing system that doesn't see, hear or acknowledge this story. And, despite all that, you keep creating joy, structure and softness. Even when the odds are stacked. Even when you're tired. Even when it feels like no one's paying attention.

And no, love alone doesn't fix it. The impacts of incarceration spill out into everything: housing, health, school, jobs and identity. We know some days, making it to the next one feels like the only win.

But your story matters. The stories of all the mothers who carry this weight, seen or not, matter deeply. The wisdom passed between you, the care folded into routines, the fight that keeps showing up long after the rest of the world goes quiet... It matters.

This Mother's Day, while the world posts bouquets and brunches, we offer something else... Truth. Truth that you're doing more than most could ever grasp. That your brilliance, your labour, your survival is worthy of honour, not just today but every single day.

This is for the mother who takes the kids to visit their dad every weekend. For the mother calling home from prison, asking about homework before she asks about herself. For the mother carrying guilt and grace in the same breath. For the one making it up as she goes. For the mother who left, came back, stayed, disappeared then re-emerged. For the mother who's doing her best in a world that keeps moving the goalposts.

We see you. We honour you. And we're building a world where you don't have to carry it all alone.

In love, in fight and in kinship,

Yung Prodigy

We Need Your Feedback!

Are you and your friends receiving the newspaper every month?
We are distributing the newspaper to every prison, and we have asked your staff to provide the copies to you directly. We want to hear from you:

- Are you being told that the paper is available?
- Are there enough papers going round?
- Have you experienced any issues or difficulties getting your hands on a copy?
- If you only have access to a digital copy, would you also like a physical paper?
- What do you like about the paper? What do you want to see differently?

Please send us a letter to let us know if there are any issues, and we can help fix them. Please ask your friends for their feedback as well, and put that into your letter.



The Pain of Motherhood Behind Bars



Bethany Beck

Motherhood in prison is a sentence that extends far beyond the walls of a cell

By Tabitha Lean

Tabitha is a formerly incarcerated woman having served time in Adelaide Women's Prison and Adelaide Pre Release Centre, as well as time on Home Detention. She is now a member of the National Network of Incarcerated and Formerly Incarcerated Women and Girls, a collective that advocates for healing, not punishment.

There are little reminders all around me of the time I lost from my children's lives when I went to prison. Some of them are fleeting – a song on the radio, a birthday I spent away, a school milestone I missed. But one reminder stares me in the face every time I visit my dad's house, where my daughter lived while I was inside.

Scrawled in her six-year-old handwriting, in the shaky pencil strokes of a child just learning to write words, is a message to me. It reads: I want to go home, Kitty – Kitty being the name she called me. Every time I see that little message in lead pencil, I feel the familiar pangs of guilt, as if someone has taken that pencil and driven its sharpened end straight through my heart.

My daughter was six years old when I went to prison. She was too young to understand the full scope of what was happening, but she understood that I was gone. She was separated from her brothers. One went to a boarding school in the city, the other moved into a boarding house for university students. My daughter was sent to live with my dad in the country. Everything about her life changed in an instant.

She had to adjust not only to life without me but also to life without her brothers. She had to grow up faster than any child should. In prison, I tried to hold on to our connection in whatever ways I could. We had phone calls – short, monitored, always too expensive. I wrote to her every single day. I wanted her to hear my voice, to know I was thinking about her. But nothing, nothing, prepares you for the physical ache of separation.

Motherhood in prison is a kind of grief that never quite leaves you. It's a loss that lingers in every missed moment, in every bedtime story you don't get to read, in every scraped knee you don't get to kiss better. The world tells you that you deserve this pain, that being locked up means being locked away from everything and everyone you love. But what about our children? What did they do to deserve this separation?

In prison, I met other mothers who carried the same unbearable weight. Some had newborns taken from them within days of giving birth. Others had children in foster care, their visits regulated by a system that barely acknowledged their bonds. Some had teenagers who grew distant, who stopped writing, stopped calling, because it was easier to shut out the pain than to hold onto the connection.

The system does not make it easy for incarcerated mothers to stay in touch with their children. Phone calls cost money – more than most of us made in prison wages. Visits were infrequent and, for many, impossible due to the distance. Letters were monitored. Even photographs, those small fragments of a life outside, had restrictions. And when we did see our children, it was always in an environment that reminded them they were visiting their mother in prison – cold visiting rooms, uniformed officers, a place where hugs were cut short or disallowed and the time always ran out way too soon.

I spent years longing for the mundane, everyday acts of motherhood that I once took for granted. Braiding my daughter's hair in the morning. Packing lunch boxes. Walking them to school. Arguing over bedtime. These are the things that ground a mother-child relationship.

And when you are finally released, you don't simply step back into the life you had before. Time moves on without you. Your children have grown, shaped by their own experiences of separation, of abandonment, of having to navigate the world without you. The guilt is suffocating. No matter how much you try to repair the broken pieces, there is no undoing the time lost. You are left to parent through the cracks, hoping love can fill the spaces that absence left behind.

People like to talk about crime and punishment, about rehabilitation, about justice. But they rarely talk about the collateral damage – our children. They don't talk about the trauma of a child standing in a prison visitor line. They don't talk about the bedtime tears, the birthdays spent apart, the school forms signed by someone else. They don't talk about the mothers who come out of prison carrying not just the stigma of incarceration but the heartbreak of lost years.

For me, that little pencil message at my dad's house will always be a reminder of what prison took from me – not just time but moments of love and connection that I can never get back. Motherhood in prison is a sentence that extends far beyond the walls of a cell. It is a wound that never fully heals. But, despite it all, we keep loving our children, keep fighting for them and keep holding onto the hope that love, in the end, will be enough to bring us home to each other.



Send Us a Letter

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

Step Inside the Circle: Acknowledging Childhood Trauma

From Dr Dre to San Quentin, Grammy Winner Fritzi Horstman's Mission to Heal Trauma

By Felicia Djamirze

Felicia is a proud First Nations woman who created the Growth-Focused Trauma Model. She is a woman with a conviction history. In her practice, she works closely with people with lived prison experience, women survivors of domestic violence and intergenerational disadvantage, as well as people with intellectual disabilities and mental health challenges.

Fritzi Horstman is not your typical prison reform advocate. She is a Grammy Award-winning producer, best known for her work on *The Defiant Ones*, featuring Dr Dre and Jimmy Iovine, but her true passion is bringing healing into prisons. Through her organisation, the Compassion Prison Project, she works with incarcerated men and women to break the cycle of trauma that fuels violence and crime.

In this interview, Fritzi speaks to me about her purpose, the impact of childhood trauma, and how healing is possible, even from the inside.

Q: Why did you start the Compassion Prison Project?

I have an 18-year-old son that I traumatised. I didn't know I was traumatising him; I knew somewhere deep down that my behaviour wasn't good, but I had been traumatised as a child, and I passed that on to my son.

When I started learning about trauma, I realised that what I did to my son was preventable. And that was an urgent message the world needed to hear, because no one wants to hurt their children.

Then, when I walked into a prison and heard the stories of the men and women inside, stories of abuse, neglect, and extreme violence, I realised something. If my behaviour wasn't who I truly was... then neither was theirs.

That was the moment I knew I had to do this work.



Supplied Fritzi Horstman

Q: Your "Step Inside the Circle" video has been watched by millions, but many people in prison don't have access to watch it. Can you describe what happens in the video for those who are unable to watch it?

Step Inside the Circle is based on the Adverse Childhood Experiences (ACE) Study, which found that childhood trauma leads to lifelong struggles, mental illness, addiction, homelessness, incarceration, even early death.

In the video, incarcerated men stand in a circle. For each traumatic experience they have lived through, they take a step forward. The more steps, the more trauma they have survived.

By the end, almost everyone is standing in the centre.

It is a powerful moment because it shows people, many for the first time in their lives, that they are not broken. They are not alone. And that what happened to them shaped who they became, but it does not have to define them forever.

Q: You describe violence as a virus. What do you mean by that?

Violence spreads like a disease. If a child witnesses violence, whether it is a parent being abused, a sibling being beaten, or even violence in the neighbourhood, it changes how their brain develops.

They learn that violence is the solution. They grow up believing domination equals power. That is not who they really are, but it is what has been programmed into them.

And then they pass that trauma on, to their partners, to their children, to the next generation.

Until someone stops the cycle.

Q: How do we stop the cycle of violence?

We need to understand one simple truth:

Healing is possible.

That is what the Compassion Prison Project is about. It is about giving people the tools to heal, teaching them that their past pain does not have to shape their future.

We do this through group healing circles, where men and women can share their truth – often for the first time in their lives, without fear of judgement. We work on regulating the nervous system, helping people shift from constant hypervigilance to a place of safety and calm.

Because the truth is, most people do not even know what it feels like to be safe.

Q: What is your message to people reading this inside prison?

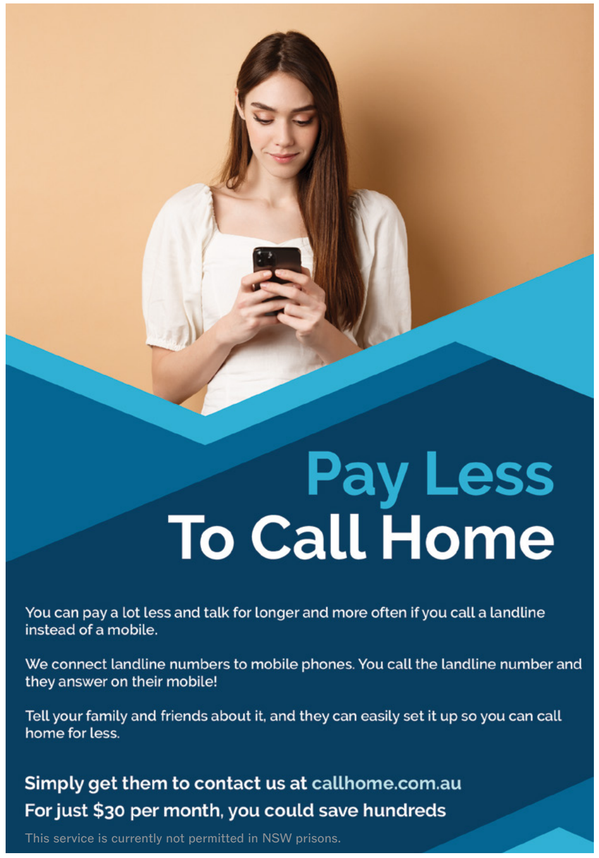
You are the ones we are waiting for.

The world cannot figure out how to fix violence. You are the ones who can break the cycle – by choosing to heal, not harm.

Stop the prison politics. Stop the shenanigans. Get into programmes, work on yourselves, and remember who you really are.

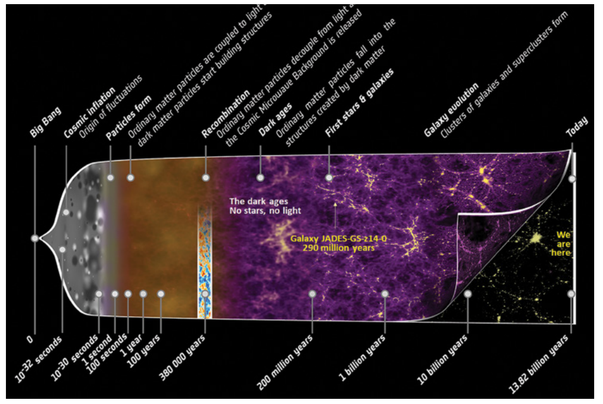
You are not your worst mistake.
You are not beyond redemption.
You are not alone.

We need you out here. So heal, grow, and when you are ready, we will see you on the outside.



● Learn

Bits & Pieces



NASA

These facts were drawn from 'Bits & Pieces,' a long running newsletter to fellows at 'St. John's', the hospital section of Port Phillip Prison in Victoria.

WHAT ARE THE OLDEST BUILDINGS IN THE WORLD?



BBC

Göbekli Tepe

Göbekli Tepe is an ancient temple site in Turkey. It's the oldest building in the world, built between 9500 and 8000 BCE, based on carbon-dating tools found there.

The site has big, round buildings with tall stone pillars. Interestingly, the pillars have beautiful carvings of animals like oxen, lions, scorpions and vultures.

Experts think it was a place where hunters practised and got ready for hunts. It was also a place where people prayed to the gods before hunting. The animal carvings may have amped them up, getting them ready for the animals they would hunt.



BBC

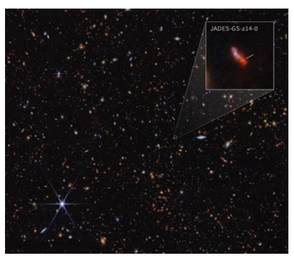


BBC

The Cairn of Barnenez

The Cairn of Barnenez is a tomb monument in Northern France. It is the second oldest structure in the world, built around 4800 BCE. It is the largest megalithic tomb ever found. "Megalithic tombs" are buildings that hold graves and burial rooms. They were usually built underground, with tunnels that were believed to help the dead reach t he afterlife. This one has eleven burial chambers!

WHAT IS THE FARTHEST KNOWN GALAXY IN THE UNIVERSE?



NASA

Scientists have discovered the most distant galaxy ever confirmed, called JADES-GS-z14-0. Scientists think it came into existence 290 million years after the Big Bang. Then its light started the 13.5 bil light year journey to the telescope.That means the galaxy is 13.5 million light years away. The system resides in the night sky just above the handle of the Big Dipper. It's hard to get your head around how far away this galaxy is.

Just think for a moment: light begins to travel very fast and travels constantly, non-stop, for a year. That's a long way! What about a thousand times that. That's just one thousand years. What about a thousand times THAT; that's 1 billion years! And this galaxy is 13 times that!

The above graphic illustrates the timeline in the early universe when galaxy JADES-GS-z14-0 existed.

WHAT IS THE OLDEST LIVING THING?

Imagine something being alive all that time!



The oldest known living thing in the world is a tree – a Great Basin Bristlecone Pine called Methuselah living in a forest in California, USA. Its direct location is kept under wraps, to keep it from harm. By measuring its ring count, it is 5063 years old. Ring count is a way of working out how old trees are. Each year, a tree adds a new layer of growth, forming a ring. These rings are visible in a cross-section of a tree trunk (a "tree cookie").



The oldest tree in Europe is the Llangernyw Yew. It is believed to be around 4000 years old. It is located in a churchyard of the village of Llangernyw, in North Wales.



The oldest known flowering plant and the oldest known living to date human-planted tree is the Jara Sri Maha Bohdi. It is found in the grounds of a Buddhist temple in Anuradhapura, Sri Lanka and it is 2300 years old. It was planted in 288 BC.



● Curious for More?

Want to learn more about a certain topic? The Learn section is for articles and practical how-to-dos on a variety of topics. If there's anything you want to learn about, please write to us!

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Health

Andrew's Story: Curing Hep C and Getting Through Jail



AIVL

By Andrew

Andrew is now a peer worker who works for a peer-based Drug User Organisation (DUO) doing health promotion to support the wellbeing of people who use drugs. He does mobile hep C testing around his state, and also provides harm reduction through an NSP.

Hi, I'm a survivor of hep C, and I'm a survivor of prison too.

Hepatitis C (also called hep C) is a viral infection that causes inflammation of the liver. It is transmitted through blood-to-blood contact, which happens when sharing needles or syringes, especially when injecting drugs. Hepatitis C can lead to serious liver diseases like cirrhosis, liver cancer and liver failure if left untreated. Hepatitis C can be cured in prison.

How it started

I didn't start using drugs until I was 34. A bit of a late bloomer, I guess. But once I started, I made up for lost time. It took about six or seven years before I got arrested for dealing drugs the first time. After that, I was on the police radar. I was living around Surry Hills and Darlinghurst, which was a notorious area at the time. The police knew my face. They knew what I was up to. When I got arrested the first time, one of the detectives asked if I'd work for them. You know, give them the names and information I had saved in my phone. But I said no. I didn't know or keep anyone's real names anyway, I didn't need to know. If someone told me their name was Mickey Mouse and answered to Mickey Mouse, that's what I called them. Hey Mickey! I wasn't interested in being part of the service. I declined their offer and was arrested.

Jail time

In my life, I think I went to jail about 14 times. The longest I did was nine months. I was lucky, really. I was always caught with small amounts. Could've been worse. You've got to count your blessings where you can see them.

Getting hep C and getting rid of hep C

I got diagnosed with hep C just before the current treatments came out. These direct-acting antivirals or DAAs, so much easier than the old treatments, which were hard on your body. I had to wait a little while before I could get on treatment because there was a backlog of scripts at the chemist. Lots of people were waiting for direct-acting antivirals and people who had been diagnosed previously all had their orders in too. Anyway, I picked up my pills from the chemist and things were going well. Then I got arrested again. And of course, I didn't have my pills on me when I got locked up.

The people who looked out for me

I had a really good GP, he was a good doctor. He'd been my doctor since I moved to Sydney in 2000, he was my partner's doctor too. When my doctor found out I'd been arrested, he got in his car and drove to the jail. Can you believe that he actually drove to the jail! He was worried that if I missed too many pills then the treatment wouldn't work. So, he brought some of my pills and got them through the jail's reception so I could keep going with my treatment. The treatment worked and to skip to the end, I was cured. How good's that?

There was also a nurse inside who helped me out heaps. She worked across five or six jails and was flat out, but she still made time for me and helped me manage my hep C treatment. She checked in with me and said if I was released on bail, she wouldn't need to do anything, I could continue my treatment on the outside. But if I wasn't, she'd make sure I got my pills to finish the treatment inside. She also made sure I didn't miss a dose while I was inside. I ended up getting bail and finished the rest of the pills on the outside.

It doesn't have to be this way

You know, it could have gone really pear-shaped if those people weren't looking out for me while I was inside. I might not have finished my treatment, and I might not have been cured of hep C.

I want people in prison to know about hep C. I want people to get tested. I want people to get on treatment and be able to stay on treatment, where they and their doctor decide that's right for them. Hep C is really running amuck in the jails. But when I was inside, it wasn't something people really talked about much. The only person I spoke to about it was the nurse.

It wasn't a topic of conversation between us inmates, even though it should've been. Hep C is a serious virus. It can make you really sick in the long run. It can end in cancer or liver failure.

I get that some people on the outside don't like going to the needle and syringe program (NSP) to collect new fits. It can feel uncomfortable or like people are judging you. But NSPs can be really great places, staffed by people who get it, who have their own lived or living experience of drug use and hep C.

People should feel comfortable walking in, asking for new equipment, or getting a hep C test. That's how we stop the spread. That is how we support and look out for each other.

If you're using, don't share needles. And if you do, please clean them.

And for anyone already on treatment and on scheduled release or a quick release from court, make sure you've got your pills with you. If you get out on bail and weren't expecting it, get straight back to your GP and get another script. Keep going with your treatment. It's your right to live free from hep C. Your right to be healthy, talk to a nurse now!

Andrew

Developed by AIVL, the peer-led peak organisation advancing the wellbeing, health and human rights of people who use drugs in Australia and representing our network of peer-based harm reduction and Drug User Organisations.

For information and peer support (it's confidential and no Medicare is required), you can call AIVL on the following number:

(02) 5110 3018

Or send a letter to the following address:

AIVL
A1/35-39 Bourke Road
Alexandria NSW 2015
Australia

You can also check if HepLink or Hepatitis Infoline is on your prison approved telephone numbers list to make a free call for questions about viral hepatitis.

The appropriate treatment for an individual patient is for the healthcare professional to decide, in consultation with the patient.

Funded by Gilead Sciences Pty Ltd.
Level 28, 385 Bourke Street
Melbourne, Victoria, Australia
ABN 71 072 611 708 AU-UNB-0947
Date of preparation: April 2025

Upper Body Yoga

By The Prison Phoenix Trust

This series of upper body movements is both uplifting and calming, and is great preparation for meditation. It can be done standing or sitting, indoors or – if you have the chance – outside in the fresh air. Each set of three sequences is made in time with the breath and starts with hands together at the chest.



Start and finish the set of sequences with hands resting on one another. If you are kneeling, have the tops of your feet flat on the floor. You can place a folded pillow behind the knees and a rolled-up towel under the feet.

SEQUENCE 1 – REPEAT FIVE TIMES



Position 1:
Breathe in – hands together at chest.



Position 2:
Breathe out – reach hands forward.



Position 3:
Breathe in – take arms wide.



Position 4:
Breathe out – hands back together at the chest.

SEQUENCE 2 – REPEAT FIVE TIMES



Position 1:
Breathe in – reach hands above head.



Position 2:
Breathe out – circles the arms down and behind.



Position 3:
Breathe in – reach arms above head.

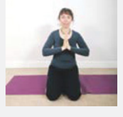


Position 4:
Breathe out – hands together at chest.

SEQUENCE 3 – REPEAT FIVE TIMES



Position 1:
Breathe in – take arms wide.



Position 2:
Breathe out – twist to the left.



Position 3:
Breathe in – back to centre.



Position 4:
Breathe out – twist to the right.



Position 5:
Breathe in – back to centre.



Position 5:
Breathe out – hands together at the chest.

All exercises reprinted with permission from *Inside Time*.



Staying Healthy?

Do you have any questions about your health? Are there any health topics or exercises you're interested in learning more about?

The Health section is dedicated to different aspects of physical and mental health, from exercises and yoga, to strategies for dealing with trauma, providing health inspiration and guidance for trying to keep healthy. If there's anything you want to see featured here, please write to us!

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contribute@abouttime.org.au



Stir Fry Satay Fried Noodles (Meat +Veg)

By Anastasia and Kayla

Anastasia and Kayla write from SQCC in Queensland.

Feeds 2 people

Ingredients:

- Chicken/roast beef/fish
- Ham
- Pepperoni stix
- Veggies (chopped finely – such as carrots, broccoli onions, cauliflower, peas & corn, cabbage, zucchini)
- 2 packets of mi goreng noodles
- 2 tbsp of peanut butter
- 2 tbsp of butter
- 2 tbsp soy sauce

Method:

1. Dice or pull choice of meat apart.
2. Dice the pepperoni stix, ham and all veggies.
3. Put one tbsp butter on cooker and fry veggies. Remove and keep separate.
4. Fry up all of the meat, season as you wish, then remove and keep.
5. Put all noodles in a bowl with boiling water and stir. Drain when cooked and fry on the cooker with lots of butter. Once cooked, remove and set aside.
6. Mix all of the noodle flavours with soy sauce, butter and peanut butter. Melt in the microwave for 30 seconds.
7. Mix all of the veggies and meat and the fried noodles and sauce mixture.
8. Toss so it's well mixed and serve.

Legal Corner

Human Rights in Prison



Markus Spiske

By Human Rights Law Centre

The Human Rights Law Centre is a community legal centre focused on driving systemic change, including ensuring that people in prison are treated in dignity. The Human Rights Law Centre does not generally provide direct legal help to members because it only takes on a small number of cases each year developed in collaboration with partner organisations.

All people behind bars should be treated with dignity. State and territory laws and regulations generally have some requirements about prison conditions and how prison authorities should treat people in prison. In addition, three Australian jurisdictions have specific human rights laws:

- Victoria – *Charter of Human Rights and Responsibilities Act 2001*
- ACT – *Human Rights Act 2004*
- Queensland – *Human Rights Act 2019*

An earlier edition of *About Time* looked at common human rights issues experienced by people in prison, focusing on Queensland. This article builds on that by looking at how the above laws work and provides some examples.

How do the human rights laws work?

The laws require public authorities, including government departments, public servants, the police, corrections officers and organisations that do the job of public authorities, to:

- properly consider human rights when making laws, developing policies, delivering services and making decisions; and
- act compatibly with human rights.

The laws do allow for human rights to be limited, but generally, these limits need to be reasonable. Whoever is limiting the rights needs to show that these limits are justifiable.

If public authorities in the ACT, Victoria and Queensland do not properly consider, or act compatibly with, human rights, the laws allow for court action in certain cases.

Human rights in action – three examples of challenging prison conditions

In *Owen-D'Arcy v Chief Executive, Queensland Corrective Services* [2021] QSC 273, Mr Owen-D'Arcy challenged orders detaining him in solitary confinement in the Maximum Security Unit with no association with other people in prison. The Queensland Supreme Court found that Mr Owen-D'Arcy's right to humane treatment when deprived of liberty was engaged because he was subject to hardship and constraint greater than what other people in prison experience by virtue of incarceration and that the limitation on this right could not be justified by the decision maker, who merely stated that they believed that there were no reasonable alternative arrangements to manage the risk.

In *Thompson v Minogue* [2021] VSCA 358, while the Victorian Court of Appeal overturned an earlier decision by finding that the direction that Dr Minogue be randomly selected for a urine test was reasonable and proportionate, the Court confirmed that the directions for Dr Minogue to be strip searched beforehand were not. It was found that the strip search requirements were excessive, going beyond what was reasonably necessary to achieve the purpose of the urine tests – being to deter people in prison from drug and alcohol use. It was held that the strip searches were incompatible with the rights to privacy and dignity due to the extremely invasive and demeaning way they were conducted, no evidence of alternative methods, the unlikelihood of people interfering with random tests and a lack of independent evidence to show the effectiveness of the program.

In *Davidson v Director-General, Justice and Community Safety Directorate* [2022] ACTSC 83, Mr Davidson challenged whether access to a small courtyard next to his cell (which had a mesh ceiling, no direct sunlight, no air circulation and not enough space to exercise) complied with the minimum entitlements set out in ACT laws requiring people in prison to be provided access to open air and exercise for at least one hour per day. The ACT Supreme Court held that access to the courtyard breached Mr Davidson's right to humane treatment when deprived of liberty, with the Judge noting that there was no evidence that the decision maker had thought about Mr Davidson's right to humane treatment, let alone given it proper consideration.

There have been other cases, but these key examples show how human rights laws have been successfully used to challenge prison conditions.

Key issues with the laws

1. In Victoria and Queensland, you cannot take direct legal action for a breach of your human rights. You can only raise the breaches if you have another legal action. For example, in *Owen-D'Arcy*, the human rights breaches were piggybacked onto a judicial review application. In the ACT, you can take direct action.
2. You cannot currently get compensation for a breach of your human rights.
3. Courts cannot invalidate laws that breach human rights – they can only invalidate decisions.
4. Parliament can override human rights laws in exceptional circumstances, but there is not much accountability for claiming this. For example, the Queensland Parliament has decided that human rights laws do not apply in three separate instances, each time relating to youth justice reform.
5. Public authorities can be exempt from human rights laws, such as the parole board in Victoria. In Queensland and the ACT, human rights laws are relevant to parole.

Conclusion

The legal information provided in this article is not a substitute for legal advice. If you wish to take any action, please consult a lawyer in the jurisdiction where you are incarcerated. There is, however, limited access to legal advice and representation for people in prison who want to shed light on, and demand accountability for, human rights abuses that they have been subjected to in prison. While some dedicated legal services for people in prison exist, governments should resource such services so that they are available to all people in prison.



Willy Pleasance

Legal Q&A – Varying Intervention Orders

Question:
I was reading a section of 'Australia's National Prison Newspaper' where it gave some information about bail but I couldn't find any information about people trying to vary intervention orders (I.V.O). There needs to be more information around that is easy to access and it would be useful to be able to just pick up a newspaper and read information about this. Thanks in advance.
Dylan, Port Phillip Prison VIC

Thank you for your letter, Dylan. As the letter came to us from a prison in Victoria, here is some information from Magistrates' Court of Victoria that may help you. Please note though, laws in relation to Personal Safety Intervention Orders and Family Violence Intervention Orders (also sometimes called restraining orders, or apprehended violence orders) vary greatly between States. For this reason, it is really important that you seek legal advice from a lawyer in your jurisdiction.

Applying to vary a family violence intervention order (FVIO) in Victoria

If your situation has changed, you can apply to change a family violence intervention order. The magistrate will assess how it will affect the protected persons and decide.

Changing an order is when you want:

- to change the conditions of the order (called varying, or a variation)
- the order to last longer (called extending, or an extension)
- to cancel the order (called revoking, or a revocation).

If you are the applicant or affected person

If you are the applicant or affected person, you may want to change the order if you:

- need more protection; or
- find the conditions in the order difficult to manage; or
- want to have contact with the respondent.

To vary, fill in an application to extend, vary or revoke a family violence intervention order form. Print it and bring it to the court where the order was made. You can also do it at the court.

The court registrar will give a date for the court hearing. The application will be served on the other person. If the police took out the order, they will receive the documents too.

At the hearing, you need to show there has been a change in circumstances.

If you are the respondent

If you are the respondent, you may want to change the order if you:

- find the conditions in the order difficult to manage; or
- your circumstances have changed; or
- want to have contact with the applicant.

The court must first grant permission to apply for a change. This is called an application for leave. If you are in custody and need to appear before the Court to make an application to vary an order, you will need to let the Registry know that they need to arrange a custody audio-visual link for you to appear. If there is no link for you, and the application is heard in your absence, there is a real risk that your application to vary will be struck out.

There will be a court hearing where the magistrate will decide if you can apply. You must demonstrate that new facts and circumstances have arisen since the order was made which justify the changes you seek.

If you are allowed to apply, the application will be served on the other person. If the police took out the order, they will receive the documents too.

Added by About Time:
If you need help with varying an IVO, you should contact your lawyer, or seek referral to an IVO lawyer through your State's law bodies, which are:

1. Law Institute of Victoria – Find Your Lawyer Service: (03) 9670 9550
2. Law Society of New South Wales – Solicitor Referral Service: (02) 9926 0333
3. Queensland Law Society – Find a Solicitor Referral Service: 1300 367 757
4. Northern Territory – Legal Directory: (08) 8981 5104
5. ACT Law Society – Find a Lawyer: (02) 6274 0300
6. Law Society of Western Australia – Find a Lawyer: (08) 9324 8600
7. The Law Society of South Australia – See a Lawyer Referral Service: (08) 8229 0200



Legal Q&A

Do you have a legal query that you want answered? Is there an area of law that you think people inside should know more about?

Send us your question and we might publish an answer in the paper. So far we've written about bail, parole, remand, freedom of information, making complaints, disability support, financial stress, and more.

Let us know what you want to know! We are looking for questions of a general nature, rather than personal situations.

All information that we publish is of a general nature, and is not a substitute for professional legal advice.

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



Prisoners' Legal Service

Parole Conditions in Queensland

By Prisoners' Legal Service

Prisoners' Legal Service (PLS) is a not-for-profit community legal centre providing legal assistance to people in Queensland prisons on issues arising from imprisonment. Due to high demand and limited resources, PLS can only assist a small number of people in Queensland prisons. Eligibility criteria is applied when selecting clients to receive our assistance. The information provided by PLS in About Time is for information only and should not be relied on as legal advice. You should seek legal advice about your particular circumstances.

Parole Conditions in Queensland

All parole orders must have conditions setting out what you are required to do and what you must not do while on parole.

You should be given a copy of your parole order and conditions in writing before you are released on parole. Your parole officer will monitor whether you are following your parole conditions.

Failure to comply with parole conditions can result in your parole being suspended or cancelled, so it is important that you understand your parole order.

If you are confused about your parole conditions, you should first try speaking to your parole officer.

Mandatory conditions

The following conditions must be included in your parole order and cannot be removed or changed:

- whether you are to be supervised;
- you must carry out your parole officer's lawful instructions;
- you must give a test sample if required to do so;
- you must report and receive visits, as directed;
- you must notify your parole officer within 48 hours of any change in your address or employment; and
- you must not not commit an offence.

Adding new conditions

The Parole Board can add new parole conditions at any time.

However, any new parole conditions must be justified because they either ensure your good conduct or stop you from committing an offence.

Before amending a parole order, the Board must give you an information notice and a reasonable chance to be heard, unless they have good reasons not to.

Removing parole conditions

You can write to the Parole Board and ask them to amend or remove a condition of your parole order at any time.

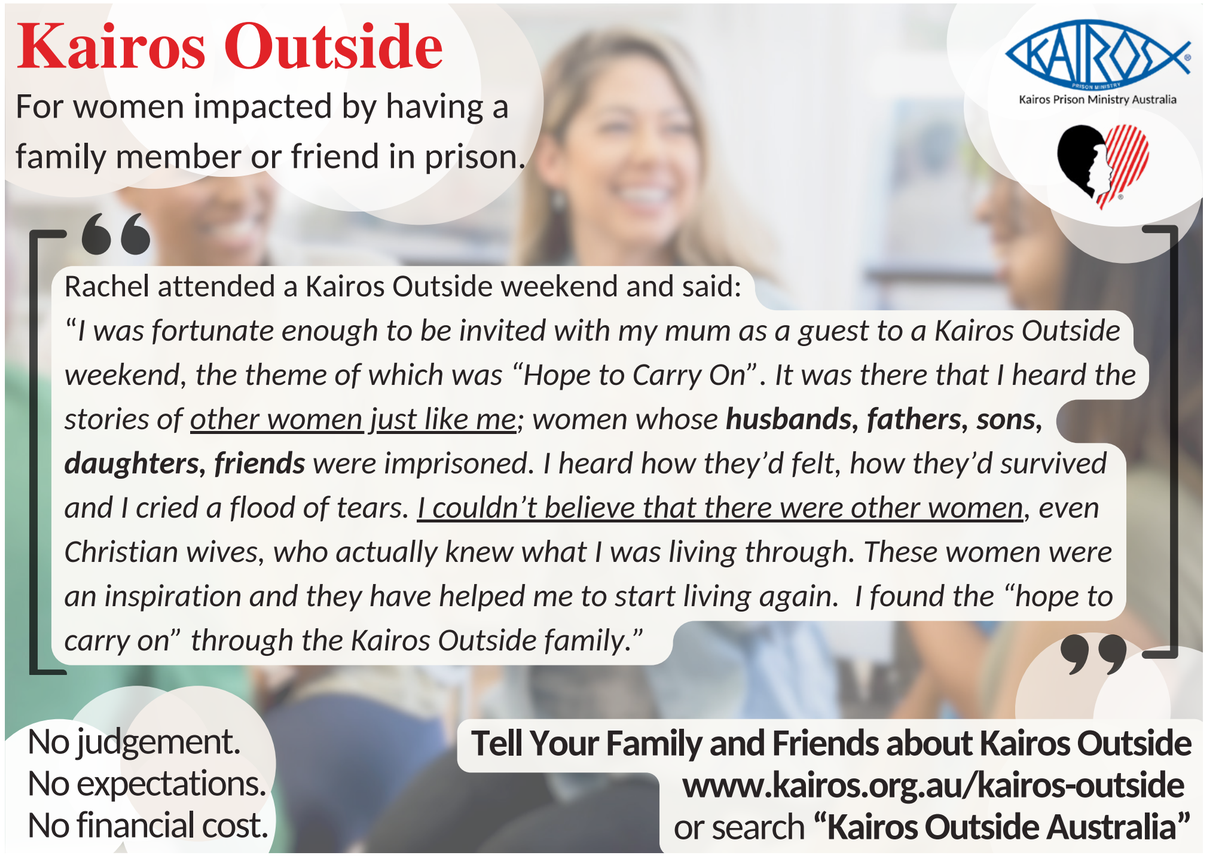
When you write to the Board you need to explain why you think the condition is not necessary and why it does not help ensure your good conduct or stop you from committing an offence.

Challenging parole condition decisions

It is possible to challenge decisions about parole conditions through a legal process called judicial review.

Judicial reviews are complex and you should seek legal advice before starting this type of court application. If you would like further information about judicial review of parole decisions, you can contact PLS to request advice or a copy of our factsheet about judicial review.

This article discusses parole conditions in Queensland. The information provided in this article is no substitute for legal advice. If you would like advice about your situation, you should consult a lawyer in the jurisdiction where you are incarcerated.



● Reintegration

Healing After Release: My Story

You may have been released, but the memory remains

By Stacey Stokes

Stacey Stokes is a transgender woman who did eight years in a men's prison. She now works on VACRO's lived experience panel, and sits on the advisory boards of Beyond Bricks and Bars, and the Chief Psychiatrist's advisory panel. Stacey runs the T4T support group and writes a Substack, Stacey Stokes.



Willy Pleasance

We all know it's hard leaving prison. In fact, they even have a medical diagnosis for it. Some call it Post Traumatic Prison Disorder (PTPD), others Post Incarceration Syndrome (PICS) or Post Carceral Syndrome (PCS). Whatever you choose to name it, it's estimated that about forty per cent of people released will experience it. I certainly did. They just called it PTSD when they gave me my diagnosis.

Symptoms of PTSD include depression, anxiety, flashbacks, nightmares and avoidance of triggers related to incarceration. After prison, this can result in difficulty adjusting to life and maintaining relationships.

I got out of custody and experienced all of this. No one could understand, because I couldn't understand. I couldn't put it into words.

I didn't know what was normal. I didn't know I was feeling off. Eight years of living in a cell, and then, one day, freedom. I had no idea how I was supposed to feel or why I was so depressed. I had no idea why I was so anxious about going down the street or why I was freaking out when I saw cops ... I had no idea why I was being so weird!

So I'd reason it's because I'm just inherently weird and, therefore, other people will think I'm weird too. I thought, maybe it's best I just talk to other criminals. They won't think I'm weird. I'll stick to my own lane.

But spending time with other criminalised people is not ideal when it comes to staying out of prison. I mean, we aren't all that bad. It's not that. A lot of us get out of prison super traumatised. Reintegration programs can help us only so much. But when one day your job, family, children, a whole life is gone and replaced by isolation and loss of agency, it doesn't matter to our brains if it's justice or our own stupid faults. Our brains are incredibly traumatised. Then you get out and are told to rebuild it all. But why? Last time I built a life, it was all taken away from me. Why should I do it again?

I know I felt this way. A part of my subconscious was terrified to have something I could lose. The pain of losing it all was so bad; my brain didn't want to have to go through it all again. The easy solution would be to avoid that situation and not have anything to lose again. My brain was very adamant that was the solution.

The more I reintegrated, the more anxious I became. I was actively upset that I was doing so well. Every time I planted more roots in the community, made a new friendship, I'd think I'm setting myself up for pain. When I got my motorcycle, I wondered where I'd keep it when I got sent back to jail. I'd make sure I had enough money to pay my rent for a few months in advance for when I go back to jail.

What helped me was realising that there was nothing inherently wrong with me and that it was my brain trying to cope.

I was so scared of succeeding. I was so worried I was just no good. Just a "crim", not cut out for "normal life". But I was just really traumatised. A lot of bad stuff happened in jail, and it wasn't fun. My brain was just trying to protect me from further trauma. No more hits. No more pain. If I have nothing to lose, you have nothing to take from me.

I went into Port Phillip Prison with this attitude, took nothing and had nothing sent in to me. I came out of jail with the same mentality. Nothing to lose means no more pain.

But it also meant nothing to make me happy. Nothing to be proud of. No growth and no reason to get up tomorrow.

It took a while. But I have a lot to lose now, but also I'm happy. And every day that I am happy, I hold that memory close to me. It's special. It's something that can't be taken from me. I don't know what tomorrow holds. But I know I will go into tomorrow with the memories of how happy I am today. And no one can take them from me.

So when you get out. Remember this. Maybe you're just really traumatised too. Be kind to yourself.



● Write to Us

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

Mob

The Strength Within: Part 2

An interview with Felicity Chafer-Smith and Marie Mitchell

By VALS and Marie Mitchell



Felicity Chafer-Smith with her Torch artworks

This interview was part of Victorian Aboriginal Legal Service's Invasion Day webinar in January this year. The Q&A spoke to an incredible panel of First Nations people, each with their own unique experiences of the criminal legal system. The interviews amplify that burning spirit that lives within all of us. Marie Mitchell, a proud Yorta Yorta woman and the leader of VALS Statewide Community Justice Programs, spoke to the panel about their experiences, learnings, strengths and challenges. This month, we share a section of the interview with Felicity Chafer-Smith.

Q: Felicity, could you please introduce yourself?

My name is Flick. I'm a Ngarrindjeri woman from South Australia. I spent a lot of my younger years in prison. I've been out for five years now, so a lot's changed. I'm glad to be here having a yarn with you all today.

Q: Can you share a little bit about how you first got involved with painting, The Torch, and how you feel it has shaped your journey since?

I started going to prison the day after my 18th birthday – that's when I first got locked up. They were just small sentences, off and on. I was using substances, so by the time I'd withdrawn from that and started actually balancing out I was already back in community and the cycle kept going.

It wasn't until my last sentence, which was almost three years, I was given the opportunity to figure out what I really wanted in life and how to take steps towards it.

I started attending Koorie art class at DPFC (Dame Phyllis Frost Centre), and that was where I got introduced to The Torch and the Senior Arts Officer, Paul McCann, he came in. I'd never painted before. He was amazing, he was fabulous, and he helped me and coached me and guided me through how to get the visions I had in my head of these paintings and how to put them on canvas.

I'm a Ngarrindjeri woman from South Australia. The library didn't have much information about my mob and everything that I wanted to learn, but The Torch put together a resource booklet all about my mob, brought it in, and basically that really got me going.

I exhibited and sold my first painting in 2019 in The Torch's big annual exhibition called "Confined". My artwork was called Pilarki. That's Ngarrindjeri for "callop", and that was kind of where everything changed for me, making that first sale and knowing that somebody really wanted my painting – that they they went out, worked hard, made money and they purchased my painting to put on their wall in their house.

It kind of empowered me to realise that maybe I could be more than what I had been labelled by the community and the media when I was going through those challenging times and making those poor decisions. When you call somebody dumb so many times, they start believing they're dumb.

After that first sale, I thought, maybe I'm more than just an addict and a criminal – maybe I'm an artist as well. That really fueled the fire to keep learning.

There's a lot of traditional line work that my mob does, that's always been a constant throughout all my artworks. When I paint the lines, you've got to have a steady hand, you've got to control your breathing to be able to get those clear lines. So it became a real self soothing and healing process, and that became my new way of self-medicating. I didn't go to the drugs when things got hard to deal with. Instead, I picked up the brush and I'd start zoning out and I'd paint, and that's how I found my mind then and it's how I still do it now.

Q: Can you talk about the importance of remaining connected to your family and how the high cost of prison phone calls can be detrimental to the overall well-being of people who are incarcerated?

Absolutely. The phone systems in prison, aside from snail mail, are vital to be able to keep in contact with family. It's so important to be able to keep an ear out on what's going on at home, make sure everyone's okay, keep them up to date with your court matter, what you're doing, if you're okay. For me, prison calls were $12 for 12 minutes to call a mobile. Otherwise, it was usually about 30 cents, depending on where they are in Victoria, if it was a landline. And that went for 12 minutes as well. But who has got landlines these days, really?

If you're not getting money from family or friends put into your account each month, you get such a small portion, and that's if you're working or if you're on remand. The money that you do get from the prison from working or being on remand was also the money for toiletries to be able to wash yourself, any kind of snacks, stamps to write letters for family, friends – things like that – and then to add those phone calls on top. It's crazy. It's so hard to stay connected.

Q: We're a couple of days out from Invasion Day. What does Invasion Day mean to you as a formerly incarcerated mob? And what change would you like to see on First Nations justice?

Not a day to be celebrated, that's for sure. It's Invasion Day. As you know, it's very clear, we were okay before we got colonised. It's not something to look back and reminisce on in a good sense and celebrate.

It should be acknowledged as a Day of Mourning, a day of Sorry Business, where people should really put weight in their acknowledgement of what transpired back then and how it continues to transpire in today's society with mob. Change the date, do what you want with it.

I don't agree with how it is now, and it should have been changed – well, it shouldn't have even been turned into a day of celebration. It's not something to be proud of, it's not something to be glorified. That's my opinion.



Rainbow Serpent
By Donny
Worimi people
2024

Donny is a proud Worimi man and likes spending his time doing dot art. Donny completed this painting while incarcerated at Borallon Training & Correction Centre in Queensland. The paintings are of the rainbow serpent, which represents a powerful creator deity, often seen as the spirit of waterholes, responsible for shaping the land, providing life and maintaining the balance of nature.

Injury & Compensation Lawyers

- Childhood abuse & National Redress Scheme
- Workplace Injury
- Road Accidents
- Sexual Assault
- Police Misconduct
- Public place injury (Slip, Trip or Fall)

No Win, No Fee

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Mail: P.O. Box 3231, Broadmeadows VIC 3047

Yarn Legal



Speak directly to our Principal Lawyer Hanina Rind

Call 0478 861 131

Creative

You Were Warned

By Anastasia

Anastasia writes from Southern Queensland Correctional Centre in Queensland.

Hello to About Time, and all readers everywhere. Sometimes when I'm alone I enjoy writing to try and take my mind from where I am. This is one of the poems. I hope you enjoy! Thanks alot for providing me the opportunity to express myself and my thoughts to my fellow incarcerated people! Keep your head high guys and girls ... Let them lock up our bodies but never our minds ... Anastasia SQCC.

If you turn to drugs instead, to silence
the villains in your head.
Or to minimise the self harm to your
arm, without causing alarm.
We're taught that harm minimisation
is best in times of desperation.
When self medication is the
only redemption,
To cure our frustration, we turn
to injection.
There are other strategies such as
turning to melodies
Which can soothe our souls, when our
hearts are full of holes.
Maybe you're weighed down by
the guilt,
Through the traumatic memories
you've built?
Or the tragedies that occurred, when
those lines became blurred.
We simply struggle in silence, or
struggle to be heard?
We may lose our freedom, but we still
have our word.
So we hold our heads high, even as our
children cry,
They lose their mothers, through our
loyalty to others.
I don't expect you to care, as it's my
cross to bear.
This is my life, I never said it was fair.
I guess you could call it collateral
damage,
The pain we inflict on our family
is savage.
Whether you're in it for the hustle,
bustle, the goods or the cash.
Just an addict or user, who got pinched
with your stash
Whether it's stealing or robberies, a
hustle or an earn,
Eyes open, mouth shut, is the first rule
we learn.
So if you wanna run in our circles, or
wanna do the crime,
This may be your fate, and you may get
some time.
So live and die by omerta, and if you fail
to do so,
Over to the other side is the only place
that you'll go.
So next time you cry, wipe away
your sobs,
Keep fresh in your mind, that you get
that on the big jobs.

Mino Incarceration

By Red Dragon

Red Dragon writes from Wolston Correctional Centre in Queensland.

There's demons in my mind,
I'm struggling to think.
Life's leaving me behind
As deeper, I sink.

This blackness in my brain,
Forcing me under its strain,
Endlessly I wonder,
Can I get out from under?

I'm doing hard time in my mind
My mind's jail, it has no bail.
Mino's prison has only,
Eternal incarceration.

Running with thugs, using drugs
Slowly destroying my life
Getting into trouble and strife
No good, I need to change my life.

Of course, it doesn't work out
Ran its course, got caught out
Now the prison is also real
Full of just concrete and steel.

In this concrete incarceration
New brothers from different mothers
All with similar struggles in life
With end dates from this situation

No release from my situation
Mino incarceration

Journey in a Poem

By April

April writes from Southern Queensland Correctional Centre in Queensland.

Three four walls to sit in
Three four thoughts to think in
It's the time that has you regrets
to forgive
Our sole purpose is to be on a path in life
Your worries have to be passed
only then
You'll be set free in your
wounding world



Joe, M.C.C. (Marngoneet Correctional Centre)

Good Seed

By RM

RM writes from Brisbane Correctional Centre in Queensland.

The more time I spend in this cell,
The more the devil can control his hell.

Let me be free from all this pain
and hate,
But sometimes I just think it too late,

Why does all this pain happen to me?
Can this demon just set me free,

It feels as though my hands are tied,
I think about my babies. Only to break
down and cry,

I try over and over, again and again,
Please believe me my honourable friend,

Home sounds so sweet to the heart,
If only shown from the very start,

I only wish for my hands to be freed,
Don't beat me up about my past.
Coz I truly am a good seed.

A Beacon of Joy

By Denis

Denis writes from Beechworth Correctional Centre in Victoria.

Memories arise, an echo's gentle sway,
Circling 'round me, crays of yesterday.
Recalling her smile, so beautiful
and bright,
A beacon of joy in the softest light.

Her laughter, a melody, pure and clear,
Resonates within, though she's not here.
A bosom swelled, like creeks in spring's
embrace,
Overflowing with love, a tender grace.

In every ripple, her essence I find,
A memory cherished, sweetly entwined.
Her smile, a memory, forever aglow,
Like creeks that swell, and never forego.

Culture



A24 / Square Peg

Movie Review of *Dream Scenario*

By Vincent

Vincent writes from Long Bay Correctional Centre in New South Wales.

Dream Scenario is a deliciously quirky film by Director, Kristoffer Borgli. The audience is taken on an unexpected journey which travails the terrain between the conscious and subconscious mind. This is a film about dreams – more specifically, our relationship to our dream life and the dialogue between our waking life and what we experience during sleep. These themes are played out through the life of Paul Matthews (Nicolas Cage), whose fairly ordinary life is thrown into the public spotlight when he begins appearing in people's dreams. As the nature of the dreams change, so does Paul's standing in the community.

An utterly enjoyable film for lovers of multi-genre oddities. Dream Scenario incorporates humorous situations, confronting contexts and a critique of modern Consumerism to intelligently unpack this cautionary tale. The dream sequences take the viewer on an experience that illuminates the emotions of the characters having these dreams. In turn, each dream also provides insight to the fate of Paul and the various aspects of his life. This movie should be praised for its original screenplay and the excellent performance of its cast. Kristoffer Borgli draws our attention to the themes of collective consciousness and evolutionary biology. We are left to ponder on the consequences of standing out from the tribe and whether our pursuit of love drives us to risk it all.

Rating: 4.5 Jailbirds – "A movie worth dreaming about"



Julie Dowling, The Visit, 2002, synthetic polymer paint, red ochre, glitter and metallic paint on canvas, 59.8 × 50 cm, The State Art Collection, Art Gallery of Western Australia. Gift of Brigitte Braun 2017, Copyright 2025 Photo: Bo Wong. Image courtesy of AGWA



Robert Campbell Jnr, Death inCustody, 1987, acrylic on canvas, 81 x120 cm, Courtesy of the artist and Roslyn Oxley 9 Gallery, Sydney



Trevor Nickolls, Brush with the Lore 2010, synthetic polymer paint on linen, 199.5 × 182.5 × 2 cm, Art Gallery of South Australia, acquisition through Tarnanthi: Festival of Contemporary Aboriginal & Torres Strait Islander Art supported by BHP 2018, ©Estate of Trevor Nickolls/Copyright Agency, 2024

'Blak In-Justice: Incarceration and Resilience' Exhibition Opens in Melbourne

By About Time

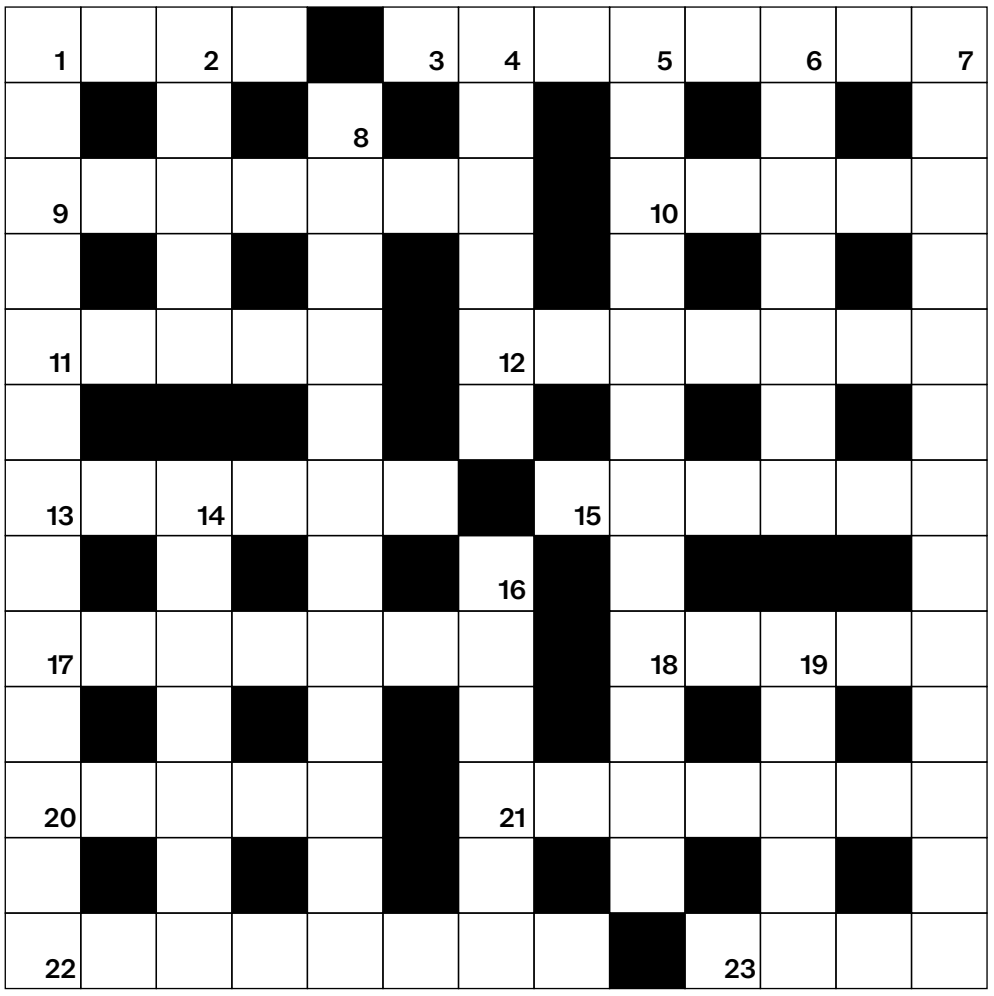
A new art exhibition in Melbourne calls attention to Indigenous incarceration in Australia. It's on from April to July 2025 at Heide Museum of Modern Art in Melbourne.

The art works address the overrepresentation of Indigenous Australians in the criminal justice system and the crisis of deaths in custody. Their powerful responses are shown alongside the remarkable creative achievements of former and current incarcerated people in The Torch program.

Curator Kent Morris said the exhibition is a "call to action", a way to raise awareness of the mass incarceration of First Nations people but also to shine a light on what is being achieved to break the cycle of Indigenous imprisonment. The exhibition hopes that visitors to the exhibition become alive to the humanity behind the statistics and to see how connection to art and culture has provided pathways to healing and self-determination.

Play

Crossword



ACROSS

1. Large hot water pots (4)
3. Places of worship (8)
9. Changed (7)
10. Exceed (5)
11. Unbuttoned (5)
12. Mountain in the Himalayas (7)
13. Half-conscious state (6)
15. Haphazard (6)
17. Reprint (7)
18. Consumed (5)
20. Forbidden by social custom (5)
21. Gloss for wood (7)
22. Salad condiment (8)
23. Flashing light on a radar screen (4)

DOWN

1. Pure (13)
2. Paid attention to (5)
4. Out of sight (6)
5. Large Brazilian city (3,2,7)
6. An impulsive person (7)
7. Fairness on the sporting field (13)
8. Ancestors (12)
14. Friendly (7)
16. Opposite of hell (6)
19. Pigeon sound (5)

Categories

Create four groups of four! Each group of four has a common theme.

COOL	BRAKES	BBQ	OCEAN
ICY	RIVER	TOMATO	FROSTY
FRESH	WIPERS	CHILLI	TYRES
LAKE	GARLIC	SEA	BOOT

Crossword Answers (ACROSS)

1. Urns
3. Churches
9. Altered
10. Out do
11. Undid
12. Everest
13. Trance
15. Random
17. Reissue
18. Eaten
20. Taboo
21. Varnish
22. Dressing
23. Blip

Crossword Answers (DOWN)

1. Unadulterated
2. Noted
4. Hidden
5. Rio De Janeiro
6. Hothead
7. Sportsmanship
8. Predecessors
14. Amiable
16. Heaven
19. Trill

Mother's Day Quiz

Test your general knowledge on our mother's day themed quiz!

1. Name the mother of Lisa, Bart and Maggie.
2. What is the name of Simba's mum in The Lion King?
3. Which alcoholic spirit is affectionately known as Mother's Ruin?
4. Which fantasy drama character is known as the Mother of Dragons?
5. Who played Forrest Gump's mother in the film Forrest Gump?
6. Who is Pebble's mother in the Flintstones?
7. How many months are elephants pregnant for?
8. Whose mum has "got it goin on"?
9. True or False – Buzz Aldrin's mother's maiden name was Moon.
10. Which Swedish pop group sang Mamma Mia?

Card Game – Go Fish!

Set up:
For 2-3 players, deal 7 cards each. If there are more than 3 players, deal 5 cards each. The rest of the deck is then put in the centre.

Game play:
Each player takes a turn in clockwise order (to the dealer's left). During a turn the player asks another player if they have a particular rank of card. For example, the player may ask Tony if he has any nines. If Tony has any nines, then he must give all of his nines to the player. If Tony doesn't have any nines, then he says "go fish". When you "go fish" you can take a card from the deck in the centre. If the player gets the card they asked for, either from the deck or from Tony, then the player gets another turn. If the player gets all four suits of the same rank, then they can put the cards face up in front of them. For example, if you already had a nine of hearts, clubs and spades and then you picked up the nine of diamonds from the deck, you then get to place the set of nine cards down in front of you and you get another turn.

Quiz Answers

1. Marge Simpson
2. Sarabi
3. Gin
4. Daenerys Targaryen
5. Sally Field
6. Wilma
7. 22 months
8. Stacy's
9. True
10. ABBA



Caption This...

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

Submissions:
Please send your submissions 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



Last Month's Submissions:
Thank you for your entries into last month's caption competition!

WINNER!
'Cops! Let's bounce!'
Erin, Archerfield QLD

Runner up!
Fresh out the Burrough!
Sam, Risdon TAS

Bad Jokes

Q: What do you call a French man wearing sandals?
A: Philipe Fallop.

Q: Why did the old man fall down the well?
A: He couldn't see that well.

Q: What did Elvis say to his landscaper?
A: Thank you very mulch!

Categories Answers

Car parts: Brakes, Tyres, Wipers, Boot
Bodies of water: River, Lake, Sea, Ocean
Cold: Icy, Frosty, Fresh, Cool
Sauces: Chilli, BBQ, Tomato, Garlic