

WHAT IS PRISON FOR?

The word "Prison" terrified me as a child we'd go to visit my big brother at work back in the day when it was a Young Offenders Institute. I'd always ask my Mam "why is my brother staying here?" and "why can't he come home with us?" She'd reply "He's been a naughty boy so he has to stay here until he's good again." I'd break my heart leaving him sitting there. All the way home I'd tell my Mam I promise I'm never ever going to get into trouble and go to prison and now I would never ever leave her... Yet... here I am, sitting in my cell writing this. So, what is prison for? It's a time to reflect on all your wrong doings and misdemeanours, it's a consequence to your actions. It's a punishment along with the removal of your liberty. Prison is an opportunity to reflect on your crime and the effect it had on your victim and their family. Prison shows you that lightning doesn't have to strike twice in the same place and that there is light at the end of the tunnel. Prison is a challenge in itself but it's also an opportunity to challenge yourself, there are so many courses and activities available to attend on a daily basis. Prison is a chance to put right all your wrongs and to learn from your mistakes. Prison is realising exactly what you've got at home, where you belong and prison shows you that no matter how damaged you think you are, your family will always stand by you no matter what happens, But most of all I think that prison makes you see that happiness isn't getting what you want, it's wanting what you got. Once you come to terms with the reason why you are in prison, then the time flies by and day by day it becomes weird, first of all you hate it, then you start to like it. Your wing becomes your community, your pad mate becomes your friend, and the prisoners in the cells next door becomes your neighbours. The longer you stay the more you rely on people in here, the officers, the nurses, the gym elderly's, the chaplains.

the prisoners, the routine, the structure, it all becomes part
of everyday life.