

## A Good Officer

When I first began this journey, you were an officer. With hard work, months passed by and you became an SO. The first time we properly met was whilst I was residing on 'A' Unit, where you were the SO. The months passed by and we got to know each other and built a good working relationship. Working with someone up to 12 hours per day 5 – 7 days a week, you get to know someone properly don't you think? You had a nickname that was known to people as the "the Terminator" because of your size and physique. You were also known as B.

There are not a lot of officers I get along with or trust but I trusted you. In my mind you were a good officer ... the only person that could calm me down when I was angry. The only person that would unlock me without backwards procedures to talk to me as you knew I didn't like that. Or your not someone who likes interacting behind the door. You would always believe that my behaviour would change and you would always try your best to help me when you could. I especially liked, respected and trusted you because you have always been honest and upfront with me. Most officers are wary around me due to my extensive custodial history but not you, you were always confident around me. That's what made me grow to like and respect you. I remember multiple situations where you stuck up for me , especially when no one believed in me and I know I let you down but that didn't effect our relationship or stop you from working with me.

I've always said to myself and others that time in prison isn't meant to be enjoyable. It should be a learning curve. If the Prison Service had more caring officers like yourself it would give people a more positive insight to not reoffend.

I have learnt a lot from you in the 16 months I've known you. You didn't just help me to begin interacting with other officers and build positive relationships but you gave me a positive insight on life that I should give people a chance. Not everyone is out to get me and for that I forever thank, respect and remember you. You truly are the meaning of a good officer.