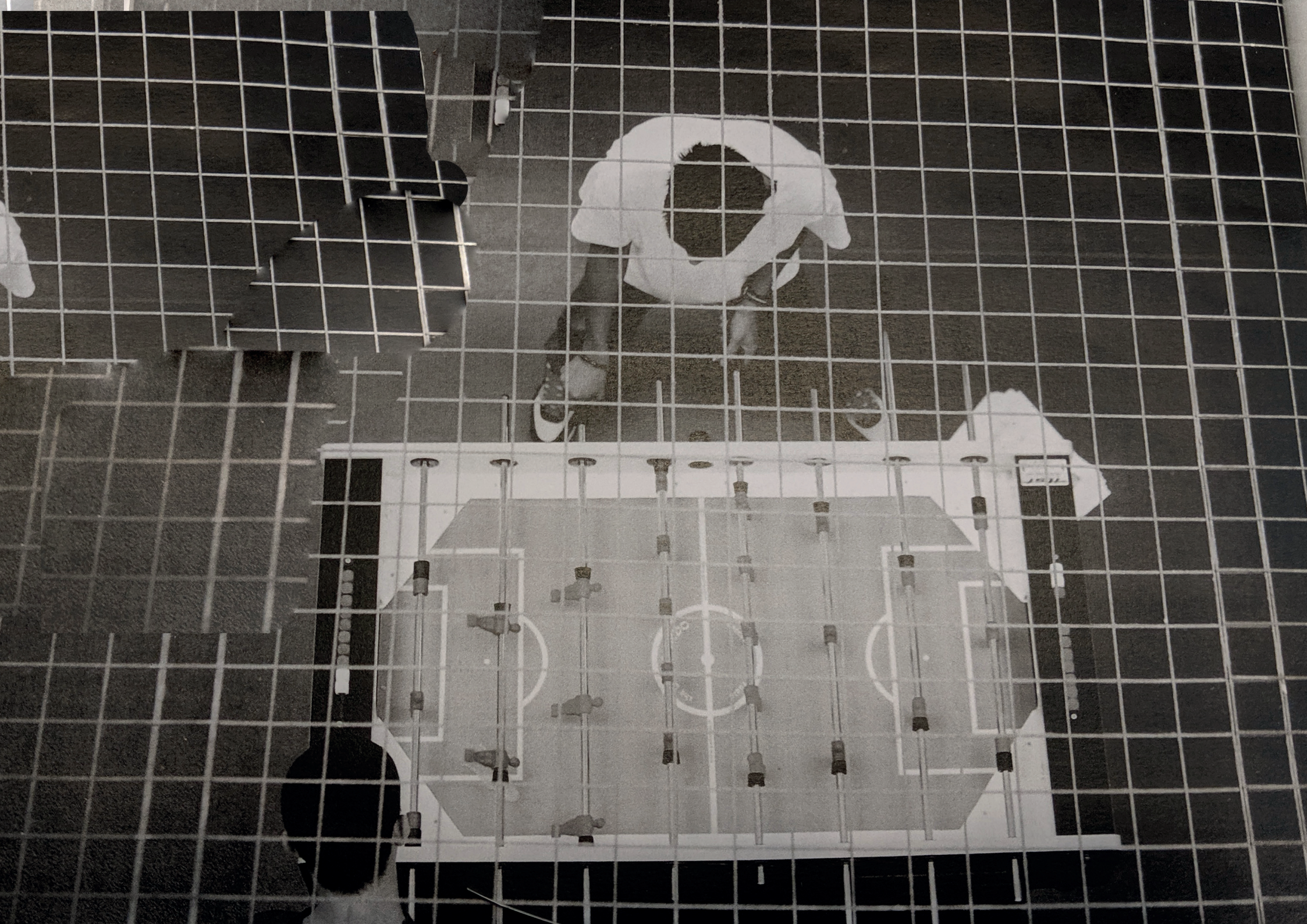


## **"What's Happening"**

Authored by a resident  
of HMP Garth







**"What's Happening"**

Authored by a resident of HMP Garth

## DEDICATION

To my creator, only God can judge me. To my family, my support system making my time easier, there's no words to describe how I feel about them all. To the few staff that have helped me along the way. To the mandem you know who you are keep strong and keep focused. I've learned a lot from you all sometimes you must have thought I was not listening but I was, without you I wouldn't have done this. To the guys that didn't make it - RIP to you all. I feel your energy drawing me forward, you've all inspired me.

Love.

## A BIT ABOUT MYSELF

I'm from a place in London named Gypsy Hill, so South London to be precise. I have lived in many different parts of South London such as Brixton, Streatham and Croydon. Due to my lifestyle choices I've also been to many parts of the country, I won't name the places but trust me I've been out of town a few times. Once again due to my lifestyle choices I've been in and out of many different prisons over the years for various different crimes and I'm currently seven years into an 18-year life sentence for murder.

I studied business at university, worked as a painter and decorator, labourer, and in sports shops. In prison I've been a drugs peer mentor, facilitating classes and done numerous courses such as victim awareness, old school TSP, anger management and other offender behaviour courses.

## CONTENTS

CHAPTER ONE - Remand	5
CHAPTER TWO - Getting Bird	9
CHAPTER THREE - Family & Friends (Loved Ones)	13
CHAPTER FOUR - In Your Cell (Bang Up)	15
CHAPTER FIVE - Transfer (Ship Out!/Ghosted/Shanghaied)	19
CHAPTER SIX - Peers (Inmates / The Mandem)	21
CHAPTER SEVEN - Staff/Screws/Officers	23
CHAPTER EIGHT - Work & Education	25
CHAPTER NINE - Workouts & Training	27
CHAPTER TEN - Hold A Meds - "Relax And Chill Out"	31
CHAPTER ELEVEN - Diet/Eating/Food	33
CHAPTER TWELVE - Pre-Release (Preparing For Road)	35
WHY I WROTE THIS	37
A BIT ABOUT MYSELF	38
DEDICATION	39

## WHY I WROTE THIS

I wrote this because I would have liked to have had something like this to read when I came to jail, you know something authentic from the viewpoint of someone who's in the thick of it. I feel as though these things are needed to help and support prisoners, of course experiences are shared every day when we talk to each other but putting on paper these experiences is something that I would like more of my mates, peers or fellow prisoners to do. We need to be encouraged and supported by the governors and prison service to do this work. Even you reading this has something to offer, to add your story and experience is important for many reasons. I'm sure it will help at least one person in some sort of situation. I wrote this because I've been talking for years about helping others and I feel it's time to actually start doing that, so I hope this reaches who needs it and it helps you in some way.

got you might have to get parole or do some time in a D cat establishment before release so it's important that you know.

Speak with your family and friends to try and arrange some sort of employment, accommodation and things like your ID and CV. There are also services dedicated to helping prisoners with employment, CVs housing and getting help with these things. Ask your OMU about these services and they should point you in the right direction.

In my opinion it is vital that you mentally prepare for your release, think about things you want to do on the outside, if you've been taking in any of this then the work and education chapter should have been important to you because you are approaching the stage that you going to start to use these skills to help you in life. Just be realistic about the things you can do, don't run before you can walk, don't be too hard on yourself, you're in a good place. Believe in yourself it's going to be hard but you can do it.

## CHAPTER ONE - Remand

Difficult Times! Difficult times!! Being on remand in my opinion is one of the most trying and testing parts of being in jail.

You've been denied bail from the police station, the life you was living on the outside has just slipped through your fingers and everything feels like it has gone, well at least for you it has.

It is a time when you are going to be on your own, even if you have co-d's (co-defendants) at some point you are going to be alone and that is the part that can test anyone's mental, some can't handle it and reach braking point before it's even really started. Depending on how you lived your life prior to being put on remand you will probably be anxious about what this part of your life will turn out like in the next few months. You will be thinking about your woman, kids, family and friends, plus any business matters that you have left, but most importantly you should be thinking about your court case, the reason you are in prison, Oh! and is your legal team good enough to defend you? On top of all of that you have to wake up in the morning and get used to new surroundings quickly. The sounds, the screws, the food, the mandem, don't worry too much it's been done a million times before you and will be done a million times after you, It can be done.

One thing I used to think to myself is "I'm not settling in here" or "I'm not getting too comfy here" or "I'm not looking

to stay," Those are natural thoughts to have if you love and miss your lifestyle. To be honest the best thing you can do is to settle in and get used to you surroundings.

Phone your family and let them know that you are okay, try not to over think about your situation, MAN UP, seriously MAN UP, when you speak to your partner, your children, or your parents all they want to know is that you are alright, get the information from the officers on how to arrange a social visit for your loved ones and take it from there, It's important not to stress out too much, or don't do it for too long it's unhealthy.

You must remember that you are going to be fighting a court case which can be a tricky and difficult thing to do. Even if you are not going to fight the case and go (plea) guilty, going to court can get quite intense. You are going to be speaking with your legal team a number of times, go through a lot of legal documents which is also tricky and difficult, then eventually you'll have to go to court. Going to court means being woken up at 5am, maybe earlier to be placed in a holding cell with a number of prisoners who are in a similar situation as yourself, then be put on a sweatbox to get to court which will be very tiring, only to come back and do the remand thing all over again until your trial or sentencing date.  
SO BE STRONG AND PREPARED.

MY advice would be to speak with the mandem (prisoners) on your wing, ask them how things work, there will be one or two that have done it all before, some will look big, mean, hard, and angry, others will look small, timid, scared, and scruffy. Do not judge a book by it's cover, in my experience, I've learned that everyone knows something about something and can help in some way. There is a balance you'll need to find because it's

## CHAPTER TWELVE - Pre-Release (Preparing For Road)

This is the part of your sentence that means you've done the hardest part, you're over the hill, and way past the halfway point so you will be getting out soon. The gates are going to open for you! You will be a free man or woman and go home. There are still some things you would need to do in order to give yourself the best or at least a decent chance of staying out and having an easier time on the outside.

I'll tell you now that just walking out of the gate and hoping that everything will fall into place is not a good plan or a plan at all. Even if you have a lot of family and friends you must be aware of this. All those people have their own lives to get on with, you are your own priority so you need to sort out as much things as you can for yourself. You might have had to do some courses as part of your sentence plan, if you haven't done anything to reach those targets it is very likely that your outside probation will want you to do some sorts of course when you are released so I would do as much as you can whilst in prison. Do not wait for your key worker (personal officer) or OMU (Offender Management unit) to put you on courses, apply for the ones you're being asked to do and keep a copy of the applications you have submitted and any replies you get. This will be your proof that you have applied to do the courses and are proactive in your own rehabilitation. Contact your outside probation and get to know them on a personal level via phone calls and letters. Ask them exactly what they want you to do in terms of courses. Depending on what sentence you've



### *Dinner*

Mackerel, tuna or sardines. Save your potatoes to have with this, that's what I do, or noodles. I also cook food in the kettle, I'm not expecting you to do this, but if you can you're on to a winner - when you get good at it it's better than Nando's.

### **With cooking facilities**

#### *Breakfast*

Bowl of oats porridge  
Eggs x2 boiled/fried/poached

#### *Lunch*

Half a chicken - thigh/ breast/ wing in the oven or air fry

### *Dinner*

Half a chicken - have this with boiled rice or pasta, salad is also a good option.

If you are allowed to cook then you should also be able to purchase lamb and steak - they have their benefits and taste great but in my opinion for training you can't beat chicken fish and eggs.

Protein shakes are very important for muscle growth, they can be expensive, but they will give your body what it needs. For me, I'm old school so I make do with eggs and fish, however, I do advise you to purchase a protein powder.

If it's muscle you want to gain then go for one that's higher in protein than in carbohydrates. If it's mass (size) you're going for then one that's higher in carbohydrates than protein.

important to keep yourself guarded and protected, mingle ( mix) with your peers but use your brain to work out who's who, don't borrow anything from anyone, get some money sent into your prison account (bank transfer, it's very easy.) If you had some cash on you when you got arrested then you should be able to spend that (unless it's been taken for evidence.) If you don't have any money then you are just going to have to go without for a while, it's harsh but you will live.

Get yourself to the library to get some books to read and try to get yourself to the gymnasium (I will get into the gym side of things later) until then it's probably 23hrs bang up, SO READ YOUR CASE PAPERS AND RIDE YOUR BANG UP BRUV.

REMAND = Send a defendant to wait for their trial  
either on 'bail' or in jail

ON REMAND = In jail before being tried

## CHAPTER ELEVEN - Diet/Eating/Food

Just like most things, your eating habits will change from time to time during your sentence, just like it will throughout your life. What I've done for you is to put together a very basic eating plan. It's important that you understand the importance of having a balanced diet and eating a range of foods in order to get a decent intake of proteins and carbohydrates. It can be very difficult to get what you like whilst in prison, but you can get the food that your body will require when training. Always remember to read the back of the packaging it will give you the information that you need to know about the nutrition of whatever it is that you are eating. Try to get a book or magazine on men's health or nutrition so that you will understand the amounts of proteins, fibres and carbohydrates that your body can take and when- it is important to learn these things. Some prisoners have cooking facilities and others don't you will just have to make do with what you have got.

### **NO Cooking facilities**

#### *Breakfast*

Bowl of oats porridge

Eggs x2- boiled

#### *Lunch*

Servery food - for your muscles to grow you need to eat protein - fish chickens or eggs. For energy, you need carbohydrates - rice, pasta or potatoes. Eat the vegetables as well. Try to stay away from too much cake and custard.



## CHAPTER TWO - Getting Bird

By the time you actually get a bird/sentence you should of done a few months so you'll know how a few things work, you've got some of the basic stuff under your belt but there is still lots to learn. Thinking about it now, I must say a lot of the things I've learned over the years can not even be put into words or explained, it's an 'on the job' learning kind of thing, if you get what I'm saying. For some of you the above does not apply as you might of gone to court from the road (been on bail) and got convicted that way.

The first time I went to prison it was just like that, I was 17 years old, went to court with my mum expecting to get a slap on the wrist, instead I received a 10-month DTO (Detention Training order.)

The jailers took me downstairs to the cells under the court and sent me to HMYOI Hollesly Bay. I won't go into more detail, but to be honest everyone's first experience of prison is going to be different depending on your character and where you are in the country. All I will say is my first few nights were ROUGH mate. I have received advice from many different types of prisoners, some of the one-liners have stuck with me such as:

"Once you get over the boredom, jail is easy"

"You've got to wrap your head around it"

"Forget about the outside"

"There's only two days the day you come to prison and the day you leave"

I never really managed some of those quotes too well, there's no hiding from the fact that prison is tough, stressful, and boring. Each day is a challenge and you miss the things you loved on the outside. Prison is so rubbish that you'll even miss the things that you hated, strange. You have to come to terms with your sentence, your bird, the time you've got to serve so sort yourself out, get some of the things you'll need i.e. a music system, DVD player, computer console, some books to read, and writing materials. There should be a list of items that you are allowed to have, this is called a facilities list, ask the wing officers or your peers about this.

These things will help to distract you from thinking too much about the wrong things, a job [work] and education will help you to answer money answer learn something that will give you a better chance in the future. No matter how you feel about things or how long you have to do, you still have a future to live at some point. The money you earn will allow you to purchase items from the canteen (shop).

Example of one of my basic shopping or canteen lists:

Toothpaste, toothbrush, shower gel, tins of mackerel, tins of tuna, noodles, coffee, sugar, porridge oats, drinks [fizzy], biscuits. You will find that your canteen purchases will change during your time in prison. Eat the food they provide, it's not the best, in fact, some of it is horrible. [or learn to cook in your kettle fast), work out what food you like and just eat it. You need to stay healthy, the food and water is a vital part of staying healthy.

Gymnasium should be available to you, try to get yourself down there as often as you can. Don't be shy or lazy, you need to let off some steam, the gym is the best place for that. Working out will help you to manage your stress levels, the weights

## **CHAPTER TEN - Hold A Meds "Relax And Chill Out"**

There are many different ways to relax or chill out. Different people do this in different ways and have different names for it. As long as you know that it's important to take time out to relax or unwind then you are on the right track. All you really need is to do with turn everything off in your cell - literally just switch it all off. Sit on your chair, lay down on the bed or even the floor. Now take some deep breaths in through your nose, out through your mouth- repeat and keep doing this for as long as you want to. Listen to each breath as you breathe in and out. Simple - now keep doing it.



will help you to get pumped up physically and the circuits will help you to stay fit and in shape. Running is also good to help with your overall stamina. At the end of the gym session you will feel good, maybe a little bit tired but you will learn to love it all, trust me the gym will be your best friend. Later I will show you a few training schedules and routines. At the end of the day you are here so use the time that you have got to be as active as you can, don't just sit there doing nothing. When the door is opened find something to do, when the door is closed do somethings keep your brain stimulated and focused. Of course, you must find time to relax and chill out, but like I've said before there was a balance, FIND IT.

SENTENCE = The punishment given to someone by a court (noun)

Say officially in a court of law that an offender is to receive a particular punishment. (verb)

CONVICT = A person in prison after being convicted of a criminal offence (noun)

Officially declare that someone is guilty of an offence (verb).

be easy but you can do this. LIGHT WORK

Really you want to continue this throughout your sentence and improve or increase the reps and times as you progress.



### Medium - pro

- set up 10 to 20 reps
- burpee 5 to 10 reps
- squat thrust 5 to 10 reps
- dip 10 to 20 reps
- press up 10 to 20 reps
- plank 20 seconds
- tuck jump 5 to 10 reps

Repeat this sequence 3 times. Run around the exercise yard at least 5 to 10 laps. Repeat this three times per week for 1-2 months- you will feel and see the results.

You're doing well now so your body will be ready to step things up to this level.

### Expert - hard

- burpee with a press 10 to 20 reps
- set up 20 to 30
- squat 20 to 30
- dip 20 to 30
- squat thrust 10 to 20
- tuck jump 10 to 20
- plank 30 seconds
- lunge 20 wraps each leg
- shoulder press with water bottle 20 reps each shoulder
- dorsal raise- 10 to 20 reps

Repeat this sequence 3 times. Do this 3-4 times per week for one to two months. Keep up the jogging on the exercise yard, by now you should be used to doing this for at least 10 to 20 minutes- more if you can. By now everything should have improved in terms of training, keep it up, don't stop it, won't

## CHAPTER THREE - Family & Friends (Loved Ones)

Everyone's situation with family and friends is different, some will have no family and friends, some will have a few, and some will have a lot. For those who haven't got any family or friends there are services dedicated to supporting prisoners either with visits, phone calls and letters- ask the officers how to get in contact with these services i.e. Samaritans. While serving your sentence it's important to keep in contact with your loved ones. Visits can help you to feel some sort of normality, you'll get the chance to have a good old chit chat (talk), get a hug or a kiss, see your children, play around with them, get off the wing and eat some snacks that are not normally on the canteen list.

Visits allow you to see your loved ones so you can settle your mind and their mind, you'll all get to physically see that you're both in fairly good shape regardless of the difficult situation. Phone calls and letters allow you to communicate with people you care about, to hear a friendly voice sometimes can be a priceless thing. Along with letter writing, you will be able to express how you feel. Again it is important to keep in contact with your loved ones. Some prisons provide an e-mail service that allow your family and friends to type their words and send it to you, depending on the prison that you are in you'll be able to reply to that e-mail. We are now 'over' Covid but the purple visit options should still be available to you- video call using a laptop or large monitor just like a video link to court.

Just like I have stated previously there is a balance that you will need to find when handling your family and friends. What you do need to do is understand that you are the one in here, for whatever reason you are in here for, 9 times out of 10 it's going to be your fault not their fault. Prison is a difficult environment so don't set your stress out on them, keep calm, be strong and mature about those things. For those who have wives and girlfriends you would need to know this:

you left them out there  
you are no longer in the driver's seat  
it's going to be a challenge

But if you are mature about it and communicate properly you might be able to come to an understanding about the reality of the situation, I'll leave you to figure that one out for yourself. Just know that you are not alone when it comes to relationships in prison. I've been in many situations in that regard some have been fun and easy but others have been stressful and hard. My advice to you is to use your brain and work out what is best for you.

FAMILY = a group of parents on their children.  
A group of people related by marriage or through  
having the same ancestors.

FRIEND = A person that you know well and like..

## CHAPTER NINE - Workouts & Training

I'm going to assume that you know a little bit about 'basic' in cell on the wing training and using your own body weight and a couple of water bottles. This will help you get yourself moving instead of being lazy and feeling as though you are wasting away. I am quite confident that you will find at least one person on the wing that knows a thing or two about working out and some others that would like to train with you so it is a need to come out of your shell and get active. Keep reading to see the three routines for training that I have put together for you.

### Workout routines:

#### Beginner - easy

- press up five to 10 reps
- set up five to 10 reps
- squats 5 to 10 reps
- Step 5 to 10 reps

Repeat this sequence 3 times. Do this 3 - 4 times per week for one month. This routine is just to get your body moving and used to exercising - go for a light jog on the exercise yard try doing two full laps.

pointless but at least you can get out of your cell, earn extra money, be in a routine and get to see your mates, these things will help make your day go a lot quicker and easier, just do something even if it is reading a book.

## CHAPTER FOUR - In Your Cell (Bang Up)

Unless you're in a double or shared cell this is one of the times that you are going to find yourself on your own, alone, just you, it's time to get to know yourself. YOUR GENUINE SELF.

Everyone rides the bang-up in different ways, all I can do is tell you how I do it or have done it. Thinking about it now I've changed the way I ride the bang up a few times. Every prison has different cell layouts, the modern ones have in-cell phones, and some sort of computer system that allows you to book submit applications, order canteen etc. Unfortunately at the time of writing this, I am yet to experience the modern style, but I do have a phone IN the cell (prison issue), which does help with the boredom, keeping in touch with my loved ones and with the times when I just want to talk to someone other than myself. Talking to yourself is something you might find yourself doing every now and then.

By now you should have a few things in your cell that make it feel a little less horrible. Think about something that you are good at, something you want to do or want to learn and get your head into that. For example, I believe think I am quite good at writing, hence the reason I'm writing this for you, "yes I'm riding bang up", this is what's helping me. I want to be better at maths so I've ordered a maths book from the library, I will try to learn and teach myself as much as I can.

My hobbies and interests are, music, artwork, poems, song writing, sports and so I do as much of those things as I

WORK = activity involving mental or physical effort  
done in order to achieve a result

EDUCATION = the process of teaching or learning



can, of course I watch T.V, DVD's, listen to music and play computer, but my main focus is to get a few things in place for when I am released.

I do a lot of press up's. I started with just ten, then twenty, then fifty-plus, it took a few months but it can be done then along with sit up's and squats. Take your time go at your own pace, it passes the time, you'll feel better after doing it, plus it helps with your overall strength in the gym.

I always tell my mates "don't sleep on your press up's" meaning, make sure you do your press up's - it helps with the bench press.

Relaxing is something I've only recently been allowing myself to do, it relates to meditating, just lay down let your body go limp, literally every part of your body, like your sinking into the floor or mattress and breathe deeply, try it for five minutes, IT WORKS.

CELL = A small room for a prisoner, monk, or nun.

## CHAPTER EIGHT - Work & Education

These two things are very important for a number of reasons, they will allow you to learn something and have something to do rather than bang-up and doing nothing. You can earn extra money ,there are a lot of other benefits to these two things but for everyone, it will be different. You can also do courses that allow you to study in your cell.

Remember it's time you are doing, try to use that time in a constructive way, do your best not to waste the time. Education is something that I've noticed a lot of older inmates don't like to do, maybe this is because they haven't done it for years and don't want to feel silly or find things too difficult. If this is the case for you I would advise you start off learning by yourself, get some books sent in or from the library, then when you feel more confident or ready to speak with the education department, I'm sure that there will be a tutor willing to work with you at your pace.

Just think of the things you could do with a new qualification or helping your children with their homework by being able to answer questions that you once found too difficult. What can help you gain skills that will give you access to a range of jobs in construction, motor mechanics and things like that.

Depending on what prison you are in there will be a lot available work-wise that will help you to get ready for jobs on the outside. Some prisons have workshops that you might see as

want to do your time then be cool, talk to your wing officers about this. Don't shout and be all angry, my experience tells me that you will be alright.

Now on the flip side of that, if you do the total opposite to the above you will find that you're banged up a lot you won't get much or have much. You'll be pissed off most of the time and life will be more miserable than it needs to be - ITS UP TO YOU! I've done it both ways and more but these days I find it a lot less stressful being cool.

Don't be a pushover or let yourself down by mugging yourself off just treat everyone with a little bit of respect and he should receive it back. I'm going to leave it as that, now it's up to you- good luck. One last thing if you happened to see someone in a two or three-piece suit my advice is to get to know that person - that's the governor.

STAFF = the employees of an organisation

OFFICER = the person who holds a position of authority especially in the armed forces

## DAILY ROUTINE

**7am WAKE UP** - brush your teeth have a freshen up, make breakfast or hot drink. Go to work or Education

## 11:30 LUNCHTIME

**BANG UP** - read a book listen to some music chill out do a workout some go to sleep others ride it

**2:00 PM** - go to work or education, association, exercise yard open

**(Pre-COVID) NIGHTS ASSOCIATION** - play pool snooker table tennis use the phone cook food see your mates exercise yard open have a shower

**BANG UP** - eat your food relax read do some work educate yourself write a letter use the phone if in cell

**23HR BANG UP** - some people sleep throughout the entire bang-up, just watch T.V all day, some ride it out, some have a freshen up (very important) sweep your floor (clean your cell)

**TRAINING AND MEDITATION** - Find time for these things they are very important.

Go to bed at a decent time, you'll notice that your sleeping pattern will change throughout your sentence, getting a good night's rest will help you to have a more productive day, plus if you have been listening to my advice about training then resting is a vital part of muscle growth, also it allows your body to repair.

## CHAPTER SEVEN - Staff (Screws/Officers)

If I'm being totally honest with you and myself then I'll have to say that this is one that I have struggled with a lot over the years and sometimes I still do, just not as much as I used to, maybe that's down to maturity and getting older who knows. Depending on what prison I've been in or what I'm going through personally has been a major factor in the way I've dealt or handled situations with officers who then react to my behaviour. To be fair I've not actually been picked on by an officer, but could say that I've been targeted for cell searches and numerous MDT's (mandatory drug tests). Now as an older and mature person I've learned that you get in what you put out in life, an analogy I use when dealing with officers, peers and my loved ones.

Just remember that they have a job to do, it's not a great one, they signed up to work in a prison which is overall a tough and harsh place. In all walks of life, you have the good the bad and the ugly- some help others and others don't. You'll need to quickly work out who you can go to in order to get things done and who to avoid if you want to stay out of the governor's office. You should find that if you keep your head down, follow the rules, ask questions politely, and try to do things the proper way, eventually, you'll get noticed as one that they can work with and get a good job or role doing something other than bang up. Look, it's simple, work out and decide what it is you want out of this sentence- no trouble, no beef, no nickings, time out of cell, access to facilities etc. if this is how you

TRANSFER = Move something or someone from one place to another.

that had proper people in it, seriously, how wrong I was. I've got mates that have helped me out with many different things and situations from parts of the country and world I didn't even know existed until I met them.

Just because you are here for committing a crime it doesn't mean that everyone you meet is all bad. Ofcourse, there are many shady individuals around looking for the next meal or come up, but like I keep saying there is a balance you must find. Use your head to work out who's for you and who's NOT for you.

One of your goals in prison should be to ride your bird as smoothly as you can, the people you have around you can be a contributing factor to achieving this goal. When deciding on whether or not to make a peer a close friend or just someone you say "hi" and "bye" to you should ask yourself this question:

'Would I talk to this person, meet up with this person or even like this person if I was on the outside?'

If the answers yes then continue the friendship. If the answers no then slowly distance yourself from this person, but be careful not to offend, insult, or upset.

PEERS = A person of the same age or social status as you.

INMATE = A person living in an institution such as a prison hospital.

## CHAPTER FIVE - Transfer (Ship Out!/Ghosted/Shanghaied)

There are a few different kinds of transfer that can happen:

- **PROGRESSIVE MOVE** - You've been a decent or model prisoner, met your sentence planning targets, and arranged with O.M.U (offender manager unit) to a prison that is usually better than the one that you are a move currently in.
- **NON - PROGRESSIVE MOVE** - You've had some issues or problems and have been sent to a prison that you didn't ask to go to or even want to go to, this is known as a **SIDEWAYS MOVE**.
- **SECURITY MOVE** - You've had major issues or problems and the Governor (NO.1) immediately wants you out of their jail. It's unlikely that you choose the prison you go to or even pack your property, that will be sent to you at a later stage.

So it's time to say goodbye to your mates on the wing, get on a sweat box (secured vehicle) and start all over again in a different prison. See it as a chance to start again. One of the best parts for me is getting to look out of the little tinted side window and seeing people getting on with life, also looking at the new cars on the road.

Being in prison can make you feel like time has stopped, the sweat box journey can snap you back into reality and you'll see that nothing has stopped, everyone's still doing their thing. There's not really much more to say about getting moved because you are still in prison, it's going to be a similar situation



as it was prior to you getting to the "new prison", it's all the same with slight differences. Don't get too excited and give your property away to your mate, you are still going to need them.

We build close bonds with our fellow inmates and get a little sad when it's time to leave them behind, but it's something you have to do, anyway prison is a smaller world than the one outside so you are likely to run into them again at some stage.

I have come across many men who have not wanted to leave their mates or transfers because they are with their co-d's or friends from the streets, in my opinion this is a bad move. Life's about moving forwards, some get too comfortable or scared to move so they stay put. It's really up to you but not a lot happens in prison so any chance for a change is something I personally yearn for.

When you do get to the new prison remember everything that you learned in the previous one, be patient and take your time when getting familiar with the establishment, wing, peers and officers. You'll probably get asked alot of the same questions over and over again things like:

"What's your name?"

"What jail did you just come from?"

"Where are you from on the outside?"

"What are you in jail for?"

Just be polite it's very normal in jail for people to dig you out (ask you a lot of questions), it's how things work here. You'll soon settle in and realise that it's just the same old, same old. All you'll need to do is remember the basics and the rest should fall into place.

## **CHAPTER SIX - Peers (Inmates/The Mandem)**

Firstly, just know this, these are the people you have to live with, you are going to see them everyday, everywhere you go all of the time, so you might as well get on with them, some will be just like you, others will be nothing like you, but they are all in here doing bird just like you, I would advise you to take your time when getting to know the other inmates on the wing. Above I said "they are all in here doing bird just like you," but that doesn't mean they are the same as you. Just like your mates on the outside everyone is different, with different values, morals, experiences, goals, and personalities. Some are more social than others, it can be difficult when getting to know people who are already in groups and familiar with each other, but you will eventually find your feet, over time you will get to know who's who and which will be the one's that you go to for support, advice and for general chit chat.

Stay away from the troublemakers, you don't want to be labelled as one of those, it can make life quite difficult when labelled as a troublemaker, but you might get on with someone that others don't like much so you'll have to make your own mind up on that one.

Prison has allowed me to meet or come across all sorts of characters, I've made some valued friendships with people from all over the country, even some from other countries. Prior to coming to prison, I believed, my area (ends) was the only place