



**Prison Arts Foundation
Annual Review 2021/22**

Cover Artwork:

Vision

Magilligan prison

Silver Award for Portrait, Koestler Arts 2021

Showcased at Limited Editions exhibition Crumlin Road Gaol Belfast, Prison Arts Foundation 2022

Back Artwork:

Hometown memory

Maghaberry prison

Showcased at Tipping the Balance exhibition R-Space Gallery Lisburn &

Limited Editions exhibition Crumlin Road Gaol Belfast, Prison Arts Foundation 2022

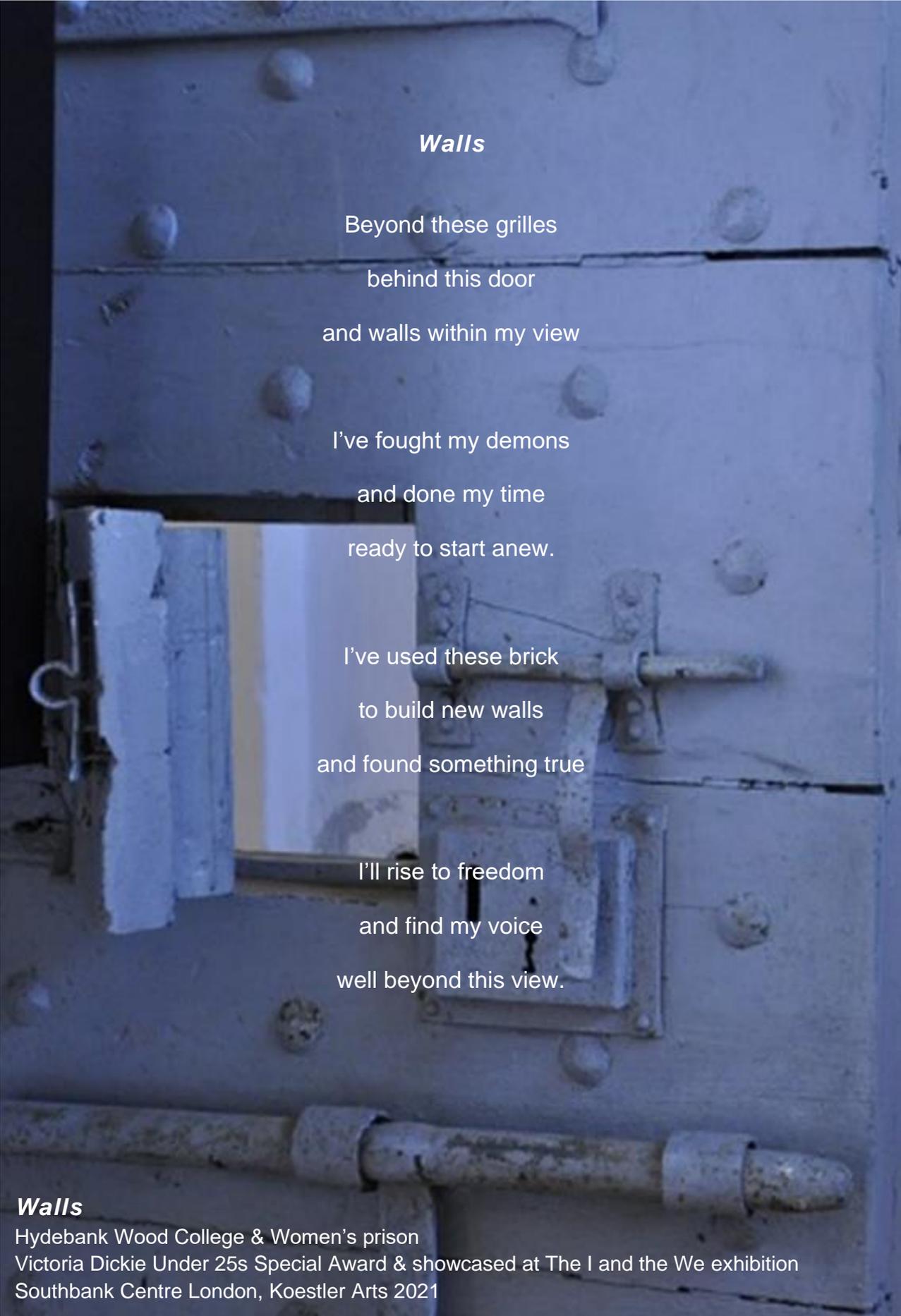


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Rufus & Floyd – the surreal issue
Time In magazine Issue 17
Magilligan prison, Prison Arts Foundation 2021



Walls

Beyond these grilles
behind this door
and walls within my view

I've fought my demons
and done my time
ready to start anew.

I've used these brick
to build new walls
and found something true

I'll rise to freedom
and find my voice
well beyond this view.

Walls

Hydebank Wood College & Women's prison
Victoria Dickie Under 25s Special Award & showcased at The I and the We exhibition
Southbank Centre London, Koestler Arts 2021

WELCOME

Knowing the determination and commitment of this organisation it is my privilege to be chairperson of the Prison Arts Foundation.

Very often there is little recognition or support forthcoming from society at large for those delivering services within the Criminal Justice System. Indeed, where such support might be due and indeed expected, ridicule is often the reality. Society certainly has the right and indeed the responsibility to take whatever measures and responses are necessary to protect itself from those who threaten its wellbeing. However, with that right comes a responsibility to ensure that those it censures receive a quality service. We believe the Prison Arts Foundation has a small but incredibly significant contribution to make to that ethos, evidenced by our consistent level of reality within our sphere of responsibility and influence.

The Prison Arts Foundation, in pursuit of our goals, is resolute in actively increasing the breadth and depth of artistic endeavour available to offenders across the prison estate and within the community. We are dedicated to the objective of ensuring that everyone, in the care of the System, who wishes to or can be persuaded to has the opportunity be involved in the pursuit of art in one or more of its myriad disciplines. We do this by giving encouragement, opportunity and confidence to explore very often latent talents and interests. There is no doubt in my mind that the indicators of our success in helping those potential artists recognise, for the first time, and enhance their ability is in clear evidence in the numerous high-quality exhibits on display at the Limited Editions exhibition in Crumlin Road Gaol in March 2022. It is of the utmost importance that in our assessment and discussion of the exhibits that were on display that we give due recognition and cognisance to the process which has been undertaken to transform the green field site of interest and ambition of the artists into the product on show. There are many local, national and international research projects which clearly demonstrate that the pursuit of artistic activity is conducive to positive behaviour within and without the prison estate.

During the year under review, I am pleased to say our stakeholders and funders maintained their faith in our efforts and values and continued funding and supporting the Prison Arts Foundation in many guises. The reality is that you have enabled us to survive and meet the recent challenges faced by us all in a positive way.



Obsolescence

Portrait of an Experience

Community writing project, Prison Arts Foundation 2021

I am also pleased to acknowledge the response of our staff and contracted artists who have also kept faith with their and our beliefs by ensuring that wherever possible our service continued as comprehensively successfully as possible.

I hold the view our success in no small measure due to the fact that our efforts are built on a foundation of passion and belief in what we try, on an ongoing basis, to achieve. It is also driven by the fact that we recognise that time spent in prison, for the majority of prisoners, is an interruption of community living we therefore believe we have a responsibility to make a contribution to the overall plan to equip prisoners to deal with the complexities and demands of life in the community, in the vast majority of cases, without the support systems experienced within the prison environment. We want to contribute to the strategy of equipping ex-prisoners with the will and skill to make positive choices when at first sight negative responses to situations may appear the easier option, from that flows safer communities.

In common with the vast majority of organisations big and small the determination to deliver a comprehensive gold standard service is created, nurtured and maintained by those in position of leadership. In our case that responsibility falls on the shoulders of our Executive Director Fred Caulfield aided and abetted by my Board colleagues. There is no doubt that Fred embraces that expectation with enthusiasm. This annual review will enlighten you regarding the detail of what we do and how we do it on a continuous basis. I am confident you will be impressed by its volume, frequency and diversity. I have attempted to share with you some of our thinking and beliefs behind what we try to deliver and achieve, with your help financial and otherwise, within the Criminal Justice population.

In summary I am drawn to the wisdom of the American Pulitzer Prize winning journalist Ellen Goodman who said

“I have never been especially impressed by the heroics of people who are convinced they are about to change the world. I am more awed by those who struggle to make one small difference after another”

With your continued support and our shared beliefs and determination I am convinced that all our small differences will mount up to something substantial for the benefit of all concerned.

Thank you again for your time, patience and interest.

Oliver Brannigan, Chair of Trustees

Time in

Issue 17 - Winter 2021



مكتبة

Surreal

Time In magazine Issue 17 – Winter 2021

Magilligan prison

Showcased at Limited Editions exhibition Crumlin Road Gaol Belfast, Prison Arts Foundation 2022

INTRODUCTION

Inspiring creativity and encouraging personal and social change through the arts

The arts are a powerful tool for engagement and creativity can play a significant role in working towards the goal of rehabilitation. At its heart, art is an act of community.

Our artists facilitate prosocial, creative workshops covering everything from art appreciation to activities in music, ceramics/pottery, visual arts, woodcraft, creative writing and drama. Through engagement in these workshops, people with convictions are offered an opportunity to reconnect with their own unique creativity and explore their potential for expression and the making of meaning.

PAF shares the Department of Justice and Northern Ireland Prison Service's vision of a criminal justice system that works in partnership with a range of statutory, voluntary and community sector organisations to ensure that individuals are given every possible opportunity to address their offending behaviour and are supported to live lives free from further offending.

We work across NI's criminal justice and secure systems; including custodial settings (serving prisoners) and people in the community (on probation, engaged with youth justice teams, and on community sentences). We work with people of all ages and backgrounds: men, women and young people with experience of the criminal justice system.

We have two major areas of activity which are prison & secure settings and community programmes. These activities bring benefits to the offender – raising their self-awareness, helping them express and understand their feelings, and developing their skills and self-discipline. These improvements in turn bring benefits to their families and communities, and to the staff who work in prisons and other establishments.

Can you see me?

Hello, can you see me, do you really know my name
Can you see the heartache, the fear that hides behind my name?

Hello, you think you know me, the prisoner I've become
Do your whack, get off the smack, you're not the only one.

Hello, can you hear me, when you shut that door at night
Crying myself to sleep, giving up the fight.

Hello, good morning to you, it's the same as yesterday
Pretend to be stronger, more worried about what they'll say.

Pretend you're sweet, worrying about who you'll meet
Here mate, there's my seat, just walk the other way.

Hello, I know you know me, sometimes you think I'm not here
Walking around without a concern or care

Hello, now you know me, I'm that voice inside your head
I'm there when you wake, and still here when you go to bed.

Hello, don't act like you don't know me
I'm still that voice inside your head.

Can you see me?

Hydebank Wood College & Women's Prison

2nd Prize Poetry Getting Started, Listowel Writing in Prison Award 2021

ACTIVITIES AND ACHIEVEMENTS WHICH HELPED DEVELOP THE CREATIVE POTENTIAL OF PEOPLE IN PRISONS AND SECURE SETTINGS

The artist in residence programme provides opportunities for disengaged learners and those who are unlikely to achieve academic qualifications to engage in learning activities in a positive way and achieve success before hopefully progressing to more challenging areas of study.

This year our prison setting activities were funded by the Department of Justice through the Northern Ireland Prison Service Resettlement Branch & Assets Recovery Community schemes, the Executive Office's programme for tackling paramilitary activity and organised crime and finally the Arts Council of Northern Ireland's Arts and Older People Programme, supported by National Lottery, Public Health Agency and Baring Foundation. We delivered workshops in art therapy, visual & fine art, woodcraft, music, ceramics and creative writing within the criminal justice system:

- Maghaberry Prison - a modern high security prison housing adult male long term sentenced and remand prisoners, in both separated and integrated conditions.
- Magilligan Prison - a medium to low security prison which holds male prisoners with six years or less to serve and who meet the relevant security classification.
- Hydebank Wood College and Women's Prison - accommodates young people between the ages of 18 and 21 and female remand and sentenced prisoners in Ash House, a house block within the complex.

This year our secure setting programme was funded by the Community Foundation NI, supported by ARN Foundation. We delivered art therapy workshops in:

- Regional Forensic Unit (Shannon Clinic) - a medium secure unit providing in-patient services for prisoners with mental illness who require intensive psychiatric treatment and rehabilitation in a structured, secure and therapeutic environment.

The Manor Murderer

A man gets off a bus, stumbles, looks over and sees a woman smiling. But the woman wasn't smiling at him. It was a nervous smile. Carmen always started to get nervous as she got closer to the institution and took this journey once a month for the last ten years. It never got any easier. The mental asylum was a creepy place and often Carmen thought about not going but she couldn't abandon her friend AJ. The memory of what happened at The Manor was fresh in Carmen's mind. The police found AJ sitting in the garden of The Manor, covered in blood, and holding a kitchen knife. He was shouting at people passing by.

AJ was found guilty of their friend Joe's murder. Even though they never found Joe's body, after countless months searching for him. They couldn't actually prove either that the blood on AJ was Joe's blood. After the trial AJ was sent to Knockbrook mental asylum. He was sectioned under the Mental Health Act and remained there since. Even after the conviction Carmen held on to the hope that he might be innocent. Joe's body was never found.

Carmen reached the gate of the asylum and took a deep breath before finally going in. Why did she still visit AJ? He barely spoke to her. She knew that it was loyalty and somehow, somewhere inside AJ was still the same person.

There were many different buildings in the institution for inmates with different diagnosis. There were rooms for people who felt suicidal, some for people who went into psychosis, and secure units for people with dementia. There was also an area for people who committed murder. The building for murderers had a huge metal gate running around the periphery of the house, and there was a lot more nurses working there and prison guards. Carmen went through the 2nd gate and walked towards the front door. The door opened and one of the nurses came out. She knew him from previous visits. His name was Jesse.

'You here to see AJ?' Jesse asked.

'Yeah, it's that time of the month again,' Carmen said with a giggle.

Jesse did not smile at her joke, in fact he actually looked annoyed at her.

'I'm afraid that's not possible today,' he said.

'And why's that?'

'Because AJ escaped last night.'

That night Carmen went to bed wondering where AJ went. She woke in the middle of the night by a bizarre noise. She turned her bedside lamp on to investigate and discovered AJ standing at the bottom of her bed. He covered in blood and held a kitchen knife.

That was the last thing Carmen ever saw.

The Manor Murderer

Magilligan prison

First runner up Short Story, The Reading Agency & Picador writing competition

May 2021



Prison & secure settings programme highpoints throughout the year to help meet our target outcomes were:

- A PAF writer Magilligan prison came first runner up in the Reading Agency & Picador Short Story writing competition (*The Manor Murderer*, page 10), May 2021



The Reading Agency worked in partnership with crime writer Ryan Gattis and his publisher, Picador, to run a short story competition in prisons across the UK, they received 57 entries from 18 prisons. Read by no other than Ryan himself, the story was hosted on Writing on the Wall Festival online. Throughout the entire month of May 2021, WoWFEST offered a programme of local, national and international writers, performers, commentators and artists. All 10 recordings were available to watch on Writing On the Wall festival's YouTube page.



Untitled
Arts & Skill project
Hydebank Wood College & Women's Prison
Showcased at Limited Editions exhibition Crumlin Road Gaol Belfast, Prison Arts Foundation 2022

The Manor Murderer (first runner up) – Prison Arts Foundation at HMP Magilligan, Read by Ryan Gattis



(Content Warning: includes some reference to murder/violence)

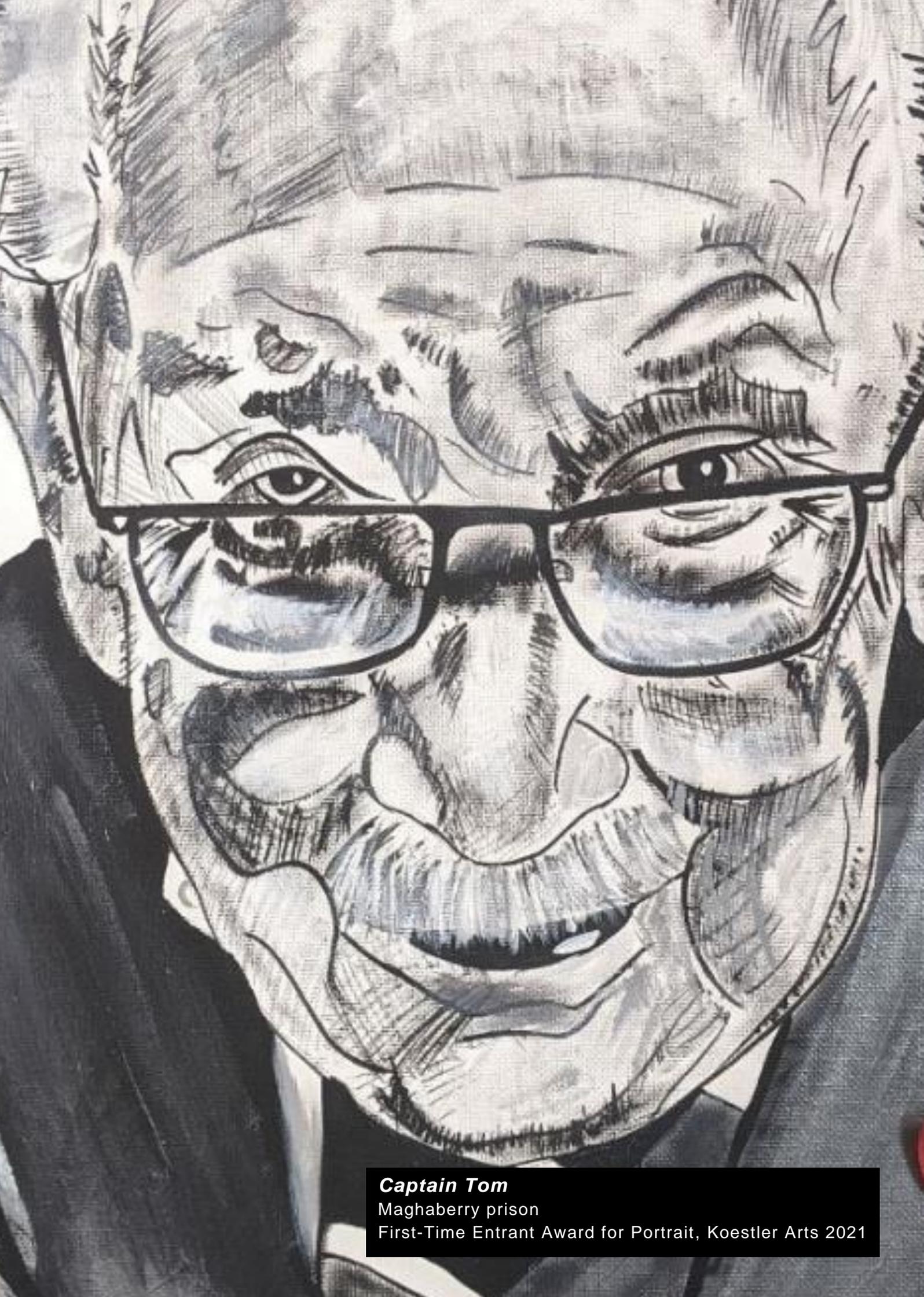
“Your story stood out amongst a remarkably strong and varied pack. What caught my attention initially was your decision to take the woman from the prompt as your story focus rather than the man. It was one of the few entries to do that, and really stood out as a result. Well done.”

- Ryan Gattis, Author & Educator

- Listowel Writing in Prison awards announced, May 2021
 - ✓ 3 awards were won by PAF students in Magilligan prison - Short Story Advanced 1st Prize, Short Story Intermediate 2nd Prize & Poetry Intermediate Highly Commended (*Alliteration*, page 30)
 - ✓ 1 award was won by a PAF student in Hydebank Wood College & Women’s prison - Poetry Getting Started 2nd Prize (*Can you see me?* page 8)



Another big achievement to note about the Poetry Getting Started award - there were 42 entries in that category alone and the 2nd Prize winner was the first female to win a Listowel prize in at least four years.



Captain Tom

Maghaberry prison

First-Time Entrant Award for Portrait, Koestler Arts 2021

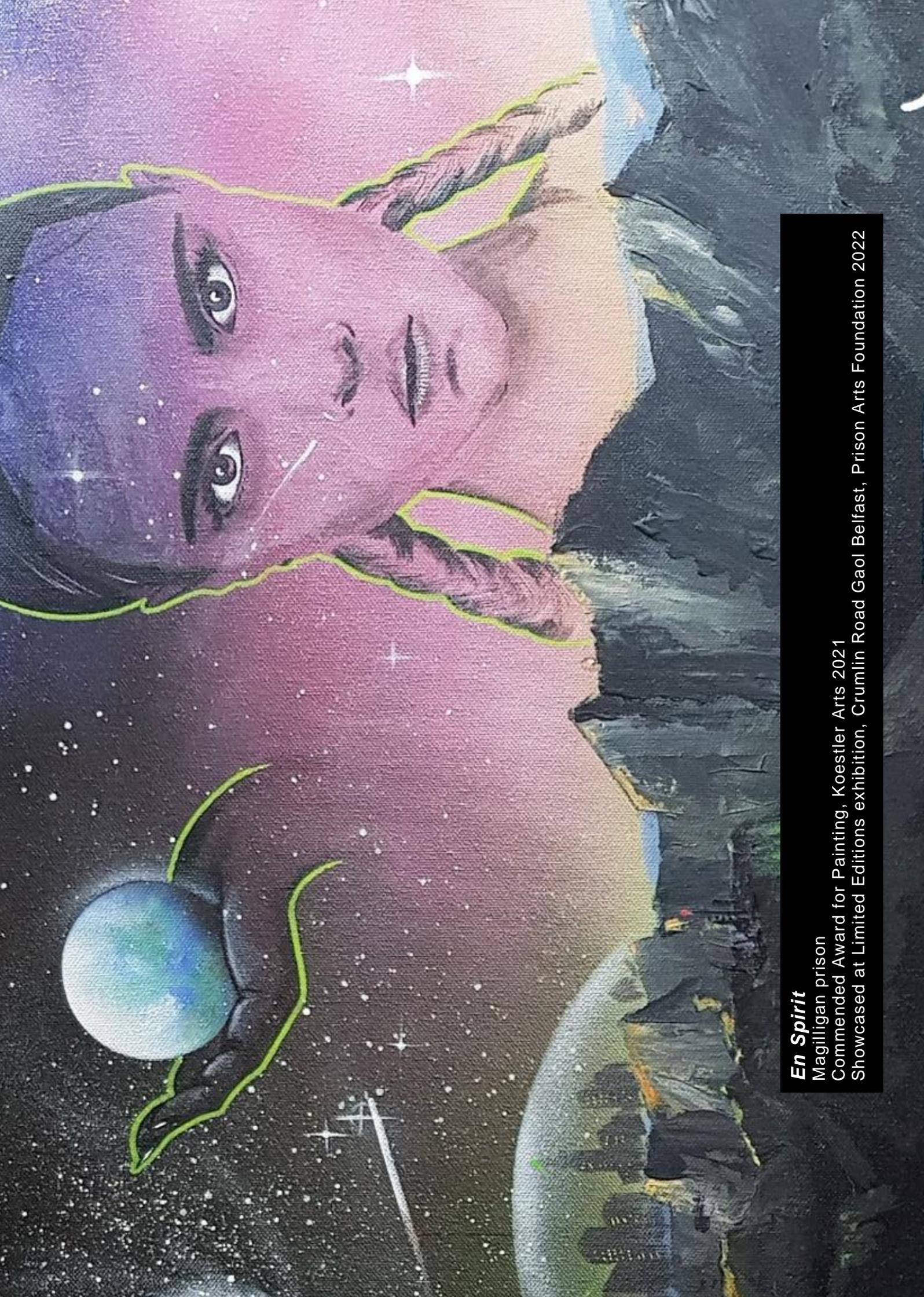
“It is a testimony of the support given to the women by Prison Arts Foundation, and especially through the COVID-19 pandemic. The winning poem *Can You See Me?* is about mental health and reflects the current challenges.”

– Senior Officer, Ash House Hydebank Wood College & Women’s prison

- Koestler Arts and the National Justice Museum staff select last years annual review cover art *The Virus*, by a student in Hydebank Wood College & Women’s prison, to showcase at their exhibition ‘Power: Freedom to Create’ in the National Justice Museum Nottingham, May-October 2021
- *Poem* from the poetry collection 'Going Equipped with a Pen', Magilligan prison, which won the Koestler Arts Rose Simpson Gold Award for Poetry Collection in 2020 was read online by artist, curator and Koestler Arts Trustee Gary Mansfield, August 2021



- Artwork *Captain Tom* (page 14) was sold by Koestler Arts on behalf of a PAF student in Maghaberry prison at their open house event in London, September 2021
- AiR Christine McSherry delivered a new visual art residency with prisoners in the Assessment Landing Davis House Maghaberry prison. This was an early intervention project with prisoners as they enter the prison system, October 2021 – March 2022



En Spirit
Magilligan prison
Commended Award for Painting, Koestler Arts 2021
Showcased at Limited Editions exhibition, Crumlin Road Gaol Belfast, Prison Arts Foundation 2022

- Koestler Arts published their award results, October 2021
 - ✓ 18 awards were won by students in Magilligan prison - 1 Gold Award (*The Great Remover*, page 26), 1 Silver Award (*Vision*, cover page), 1 Bronze Award, 3 Under 25s Special Awards (*Jail Break*, page 18), 5 Highly Commended Awards (*Alone in a Prison Cell*, page 24), 7 Commended Awards (*En Spirit*, page 16)
 - ✓ 12 awards were won by students in Hydebank Wood College and Women's Prison - 1 Gold Award, 1 Bronze Award (*Covid Maze*, page 28), 1 Under 25s Special Award (*Walls*, page 2), 1 First time entrant Award (*Things we truly need*, page 36), 7 Commended Awards
 - ✓ 1 award was won by a student in Maghaberry prison - First-Time Entrant Award for Portrait (*Captain Tom*, page 14)
 - ✓ 1 award was won by Community participants - Highly Commended Award for Themed Category Together (*Portrait of an Experience*, page 32)

“I wrote Walls because I wanted to share my experience of prison and how I’ve turned a new leaf in life. I really like to write, I always have. It’s very therapeutic for me.”

– PAF writer, Ash House Hydebank Wood College & Women's prison



Jail Break

I'll not come back to jail
Simply because
There are not enough hours in the day
Not enough days in the year
And not enough years in a lifetime.

Jail Break

Magilligan prison

Believe in Now Under 25s Special Award for Poem, showcased at The I and the We exhibition Southbank Centre London & selected for publication in Koestler Voices: New Poetry from Prisons Vol. 3, Koestler Arts 2021

ODE to Being Homeless

Rain pouring down on a summer's day
Never having anything go my way—
Sleeping outside on a starry night
There isn't even a shelter in sight.

Wishing I'd a roof over my head
All I want is a stable bed—
Trying to take it all in my stride
But this life's really hurting my pride.

Never thought living could get this low
On the streets with nowhere to go—
Turn to drugs 'cus I've nothing to lose
Injecting gear and banging blues.

Feet are drenched because of the rain
Feeling a very different pain—
Every night I'm on the roam
Looking for a place to call home.

Three months now I've been on the run
From the start never going to win—
Baggy eyed and becoming pale
To hell with this, I'm going to jail.

ODE to Being Homeless

Magilligan prison

Selected for publication in ODE to voices inside

Showcased at Limited Editions exhibition Crumlin Road Gaol Belfast, Prison Arts Foundation 2022

- AiR Lucy Turner and students engaging in her workshops created ceramics pieces and sold them to staff & visitors in Maghaberry prison raising £220 for Cavell Nurses Trust, December 2021
- PAF AiR and teachers in prisons in the Republic, came together to plan a new magazine called ALL IN. The magazine will be a cross border production written and illustrated anonymously by prisoners for prisoners, reflecting the prisoner experience, January 2022



- WiR Pamela Brown supported her students to publish a new poetry anthology titled *ODE to the voices inside* (page 20). A book of odes inspired by PAF writer’s discussion based on the challenges of addiction, March 2022

“Each writer in the Prison Arts Foundation class was able to think of something that meant something to them, and then write an ode about it. We had our work cut out for us, we now had to fill a book with odes and there was only a total of nine of us in class due to the COVID-19 restrictions and ‘House bubbles’.”

– PAF writer, Magilligan prison



Jack & Jill

Hydebank Wood College & Women's Prison
Arts & Skill project

Showcased at Limited Editions exhibition Crumlin Road Gaol Belfast, Prison Arts Foundation 2022

- PAF annual showcase event Limited Editions took place in Crumlin Road Gaol, Belfast with approximately 150 key individuals & other organisations working within Criminal Justice system, including PAF funders & supporters, our service users & their family and friends in attendance, March 2022



“So many amazing pieces on display, really powerful messaging with them. It was just lovely to be able to mingle and enjoy an evening out appreciating the arts.”

– Rachel Long, Director of Operations NIACRO



Alone in a Prison Cell

As I sit alone in my prison
Remembering back to bygone days
I cast my mind back to reflect
Saint Patrick's Day when I was free
In a rundown bar on O'Connell Street
Me and my girl supped Guinness
Frothy smiling and moustaches listening
To a band singing My Lovely Horse
Outside the Sky electric blue
The sun dazzled bright yellow
People stretched as far as I could see
In the streets singing
No shouting or loud speeches
The people sang one song
Loud and proud over and over again
You'll Never Walk Alone

Alone in a Prison Cell

Magilligan prison

Highly Commended Award for Poem & Showcased at The I and the We
exhibition, Southbank Centre London & Selected for publication in Koestler
Voices: New Poetry from Prisons Vol. 3, Koestler Arts 2021

- Older prisoner project in Maghaberry prison showcase exhibition Tipping the Balance took place in R-Space gallery Lisburn, March 2022

The group of men known now known as the TMB Club (to many birthdays) created the artwork for this exhibition. PAF started this project initially to create a series of drawings depicting visual motifs that acknowledge areas in Northern Ireland that are either culturally rich, visually stimulating or have natural beauty. They sequentially became a series of porcelain panels; artworks for the entrance lobby of the many hostels in Northern Ireland that house men when they leave prison.



The Great Remover

My best friend was alcohol
enabling me to talk
to say how I feel
to leave the house
and function -

Then one day
it turned into my enemy
just a shell of a man left
who lost everything
everything that was dear to him
his family, his friends, his home
and almost lost his life -

Alcohol was the Great Remover
and I wanted to die
until I met a recovering alcoholic
who listened and understood
who asked me to an AA meeting -

They welcomed me
I kept going back
they helped me gain everything back
now twenty-six years later
the beautiful thing is
I can help others -

And the Great Remover
by giving it away freely
I keep my life.

The Great Remover

Magilligan prison
Gold Award for Poem, Koestler Arts 2021

- WiR Pamela Brown and PAF Executive Director Fred Caulfield attended PBNI's launch of their 1st service user newsletter CONNECT, which writers in Magilligan prison were involved with. The launch took place in the Long Gallery, Parliament Buildings, March 2022



“Probation’s aim is ‘Changing Lives for Safer Communities’ and for me ‘CONNECT’ is a reminder that when we work collectively with service users we can change and improve their lives. People who have lived experience have a lot to contribute to helping us create a system that can reduce the number of victims of crime and make communities safer.”

- Amanda Stewart, PBNI Chief Executive



Covid Maze

Hydebank Wood College & Women's prison
Bronze Award for Craft, Koestler Arts 2021

ACTIVITIES AND ACHIEVEMENTS WHICH HELPED DEVELOP OUR CREATIVE WORK IN THE CRIMINAL JUSTICE SYSTEM OUTSIDE OF PRISON

The community programme aims to work together with people who may feel marginalised due to their past, to build their skills and confidence and increase their opportunities for re-engaging in positive pathways.

Thanks to funding from the National Lottery Community Fund, Department for Justice's Assets Recovery community scheme & Probation Board NI Community service placements grant the Support Hub programme & Braille transcribing service provided a wraparound package to people returning to the community following release from prison, those on probation and those serving non-custodial sentences. This project is a collaborative service working along with Start360 and Community Sports Network. We were also able to deliver two creative writing mentoring projects and a visual art residency thanks to funding from the Halifax Foundation, Northern Bridge Humanities Research Council, Queen's University and the Arts Council of Northern Ireland.



Alliteration

Emulate, Emotive, Eloquence
Rhythm of rhyme, moments of time

Finding friends forever,
Making minutes mine -

Dreamt of days and dreaming,
No more nightmare needing
Found fond fantasy
Riding round reality -

I fathom my final fear
Symphonic sleep, I'm sincere
Lastly life is for living
Love, life and laughter
Three tremendous truths
I'm imitating all...

Alliteration

Magilligan prison

Highly Commended Poetry Intermediate, Listowel Writing in Prison Awards 2021

Community programme highpoints throughout the year to help meet our target outcomes were

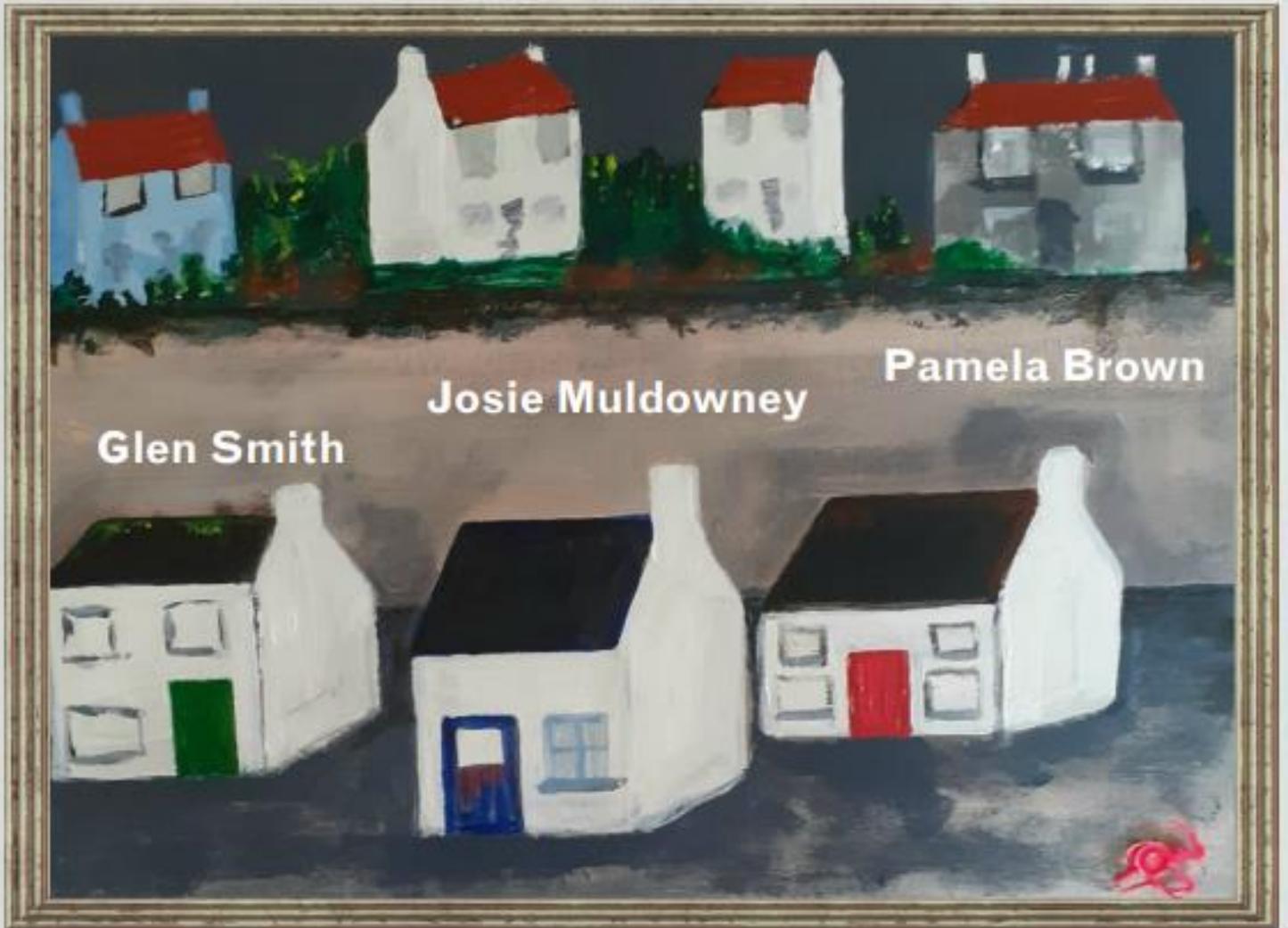
- Critically acclaimed and internationally bestselling novelist Anthony Quinn continued to provide remote 1-2-1 mentoring support to recently released PAF writers. He shared his knowledge, hard-won experience, encouragement, hope and literary inspiration to writers on the long and solitary journey to publication, April-September 2021
- WiR Pamela Brown continued to facilitate a weekly creative writing project in Londonderry/Derry, April-November 2021
- AiR Bobby Mathieson delivered a new visual arts residency with residents living in Thompson House, a PBNi approved hostel in Belfast, May 2021-March 2022



Inspiring Change

Community visual art project

Showcased at Limited Editions exhibition Crumlin Road Gaol, Prison Arts Foundation 2022



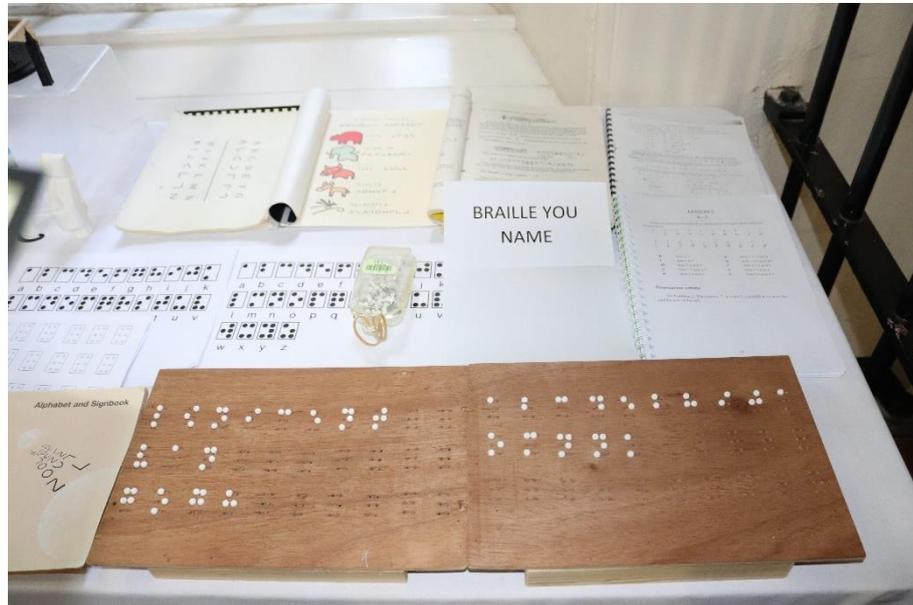
Portrait of an Experience

Portrait of an Experience

Community writing project

Highly Commended Award for Themed Category Together, Koestler Arts 2021

- The Braille transcribing service gradually reopened with volunteers attending face-to-face workshops including community members and referrals from Working Out Unit Burren House, PBNI & Youth Justice Agency, June 2021 – March 2022



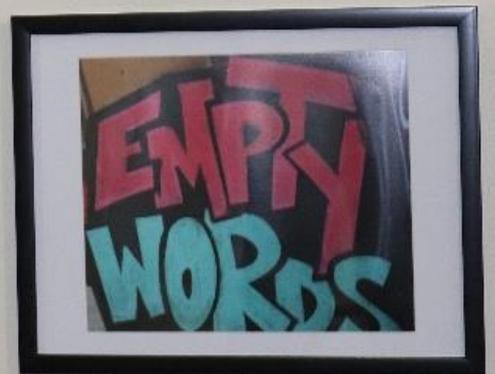
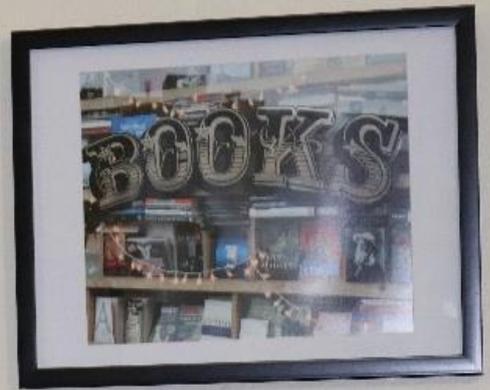
Braille Transcribing service

Community Support Hub project

Showcased at Limited Editions exhibition Crumlin Road Gaol, Prison Arts Foundation 2022

- AiR Christine McSherry delivered a new art therapy project 'Engaging with our City', November 2021 - March 2022

PAF's Art Therapist worked with female prisoners living in Hydebank Wood College's Working Out Unit Murray House, male prisoners living in Maghaberry prison's Working Out Unit Burren House & a referral from Youth Justice Agency. She supported both groups as they work toward release by encouraging them to re-engage with the changed cultural, social and physical environment of Belfast. As well as visiting various art venue in Belfast the AiR worked with the participants in the Support Hub to create photographic pieces of art inspired by their experiences whilst engaging with the project.



Engaging with our City
Community art therapy project
Showcased at Limited Editions exhibition Crumlin Road Gaol, Prison Arts Foundation 2022



GOVERNANCE

The Board of Directors oversee the work of the organization; they held 4 Board meetings and our Annual General Meeting during 2021/22. Reports from the Chairman, Treasurer and Executive Director contributed to sound governance. The year under review has been one of solid progress and challenging work.

Prison Arts Foundation Board of Directors during the year ending 31 March 2022 were as follows:

- Oliver Brannigan (Chairperson)
- Harold Baird (Vice-Chairperson & Treasurer)
- Geoff Moore
- Tom McKeever
- Brid O'Gallchoir

PAF Staff Team

- Fred Caulfield, Executive Director
- Adele Campbell, Arts Programme Coordinator
- Allison Moore, Researcher

In addition to directly employed members of staff, PAF contracted the services of a number of Artists, Practitioners and Mentors who provided participants with instruction in a wide range of activities.

Company Registration Number: NI607881

Charity Registration Number: NIC101557

Unit 3 Clanmil Arts & Business Centre, 2-10 Bridge Street, Belfast, BT1 1LU

You can request a copy of the full Financial Statements by emailing us at: accounts@prisonartsfoundation.com or write to us at the Registered Office address above.

Things we truly need

I want to be heard
and to be understood
because sometimes when I talk
my words don't come out as they should -

I want to have a better life
not to be in the place I am
I don't want to be angry
I want to be calm -

I want to be sober
to see myself as strong
to turn over a new leaf
say hello to a new dawn -

I want the world...
to be a better place
to have dreams and hopes
and to feel safe -

I want to live forever
and stay twenty-two
I want to have a peaceful mind
that would be something new -

I want to be happy
but most of all
I want to be secure
and try not to fall.

Things we truly need

Hydebank Wood College & Women's Prison

Judith Tannenbaum First-Time Entrant Award, Koestler Arts 2021



