



PRISONS, DRUGS & STUFF

This Issue of THE LINK | Subutex and Suboxone, votes for priosners, life inside a prison TC, inside the minds of recovering drug addicts and much, much more.



WELCOME TO THE 'NEW' LINK

The Link PRISONS, DRUGS & STUFF

We here at 'The Link' team in HMP Garth are delighted to have the magazine back in publication.

For those who don't remember the 'old Link' we are a magazine by prisoners for prisoners.

We aim to raise questions about the issues affecting everyone in prison. Our aim is to include everyone, men, women and young offenders and for those who have been caught in a web of addiction to share their experiences.

Within our pages we will be looking at the new drug of choice in prison today 'Subutex'. Subbys it seems have taken a meteoric rise to drug stardom

in recent years. It is our aim to get the information out there.

Prisoner voting rears its head every now and again when a prisoner usually wins a court case. In spite of this we still don't get to have a say in matters of politics, we look at the issue and raise some questions.

There are many other features in the 'New Link' along with stories, poems, interviews, jokes, pin -ups and puzzles.

We hope you enjoy our first issue and

look forward to hearing back from you in the near future.

James Morrison, Editor.

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**add names of all those
involved?**

In the frame ?

*Experienced drugs and prison life -
do you want to share it?*

*Want to write an article about drugs,
sex or rock 'n' roll?*

Know any good jokes?

Can you show us your etchings?

Can you draw or paint?

Are you a good cartoonist?

Can you design a frock?

Want to give a shout out to a mate?

Got any comments about The Link?



We want your letters, opinions, articles and comments

We want your drawings paintings and cartoons.

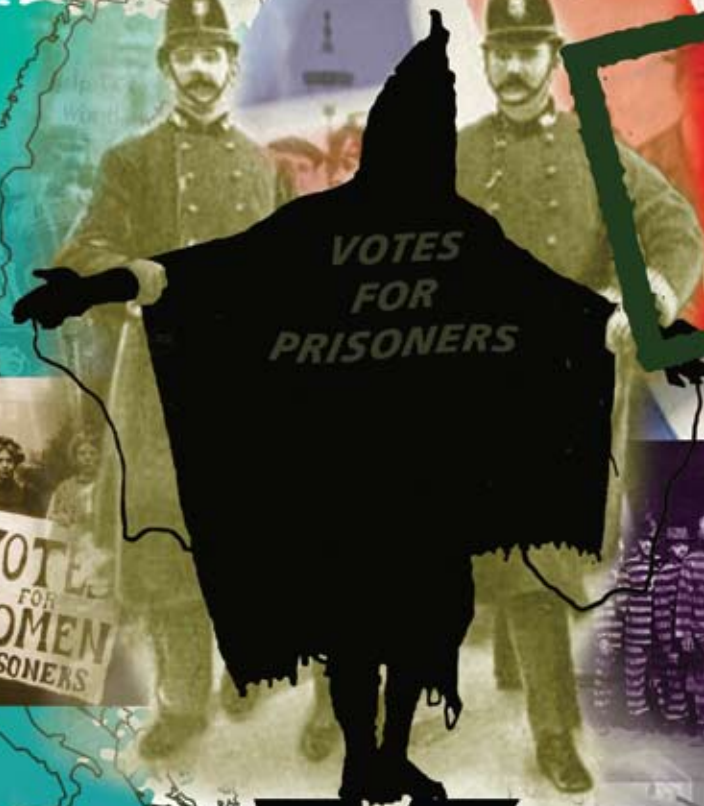
The Link is produced in an adult male prison

*but we want to hear from women in prison,
we want to hear from young people in prison (if over 18),
we want to hear from YOU.*

See back page for details

"it had been the view of successive Governments that prisoners convicted of a crime serious enough to warrant imprisonment had lost the moral authority to vote"

Prime Minister Office 2006



The X factor

The UK, it seems, has plenty of company in denying prisoners the vote. A total of eight European states: Armenia; Bulgaria, Czech Republic, Estonia, Hungary, Luxembourg, Romania and Russia have a similar blanket ban. In addition, five more countries have no provisions to allow prisoners to vote. However, these countries are not in the majority. Eighteen states, including the Irish Republic and Spain, put no voting restrictions on prisoners.

A campaign to secure people in British prisons the right to vote in general elections was launched in 2004 after serving prisoner John Hirst won a legal challenge at the European Court of Human Rights (ECHR). With another election coming up in the next year or so, the government have yet to announce a response. The Link asks, why we are still waiting .

At present Britain, unlike many other forward thinking nations, doesn't have voting rights for prisoners.

Why is this? It would appear that not only have we lost our liberty, we have also lost any chance to have a say in the democratic process.

With our Prime Minister Gordon Brown now in charge of the country, and an election in the near future, now may be a good time to raise the issue of prisoners voting rights and ask could things be about to change?

Scotland recently held a general election, which the SNP won.

In the lead up to these elections there was a legal challenge by prisoners regarding the injustice of prisoners not having a vote.

And this challenge very nearly delayed the election process.

However the result was in favour of the Government, but why?

In this present climate

prisons, prisoners and overcrowding have all become politicised.

This means that all these issues have become a pawn in the political game. If the Government were seen to be soft on anything relating to prisoners then I am sure the flog them brigade (bread and water) would soon kick up a stink.

Not to mention the other parties.

Could you imagine the outcry of the great British public if we were given the right to vote?

Yes, I can imagine too.

But if we look to Europe, of which we are a part, most of the countries allow serving prisoners to vote.

And if we signed up to the EU why are we not in an alliance with our European counterparts on the issue of prisoner voting rights?

It is like saying you know we agree with a lot of things but giving prisoners a vote is definitely wrong.

It comes back to the British attitude of old; the stuffy stuck

in the past stiff upper lip we won't concede to anything. Unless America ask us of course.

In prison we are already a socially excluded group of people.

Yet if prisoners were allowed to vote, then a lot of individuals who feel they don't belong or don't fit may well start to feel a part of something, a part of society.

And this in turn might lead to individuals becoming more socially responsible, something which is lacking in a lot of offenders.

It can also be looked at from the point of someone who is due to be released one week after an election.

Now this person has a week to serve, the Government is going to be in power for the next four years.

Where does this leave our man, a reformed criminal, law abiding citizen. He would now be nothing more than a tax paying spectator with no voice and no say in the future of the country.

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At HMP Garth we ran our own survey asking prisoners for their views on voting rights.

While 70% knew they were unable to vote, more than 80% said they would use their vote if they had it. Much higher than the national average. Here are some of their comments.

I think it is unfair that we can't vote in this day and age when other European countries can.

Different countries have different political agendas. Our Government is concerned that 80,000 votes would go to undesirable parties.

I think it is right if you are a recognised citizen of that country you should have the right.

I don't think we should have the vote. Other countries are exactly that other countries.

I cant see why prisoners in this country should not be able to vote as it's nothing to do with why they are in prison.

I have never voted in my life and given the chance would vote for an obscure party to try and change policies.

I think it is wrong that we cant vote as politics still affects us while we are in custody.

It's cheeky considering I still have to pay land taxes and any other outstanding council tax.

I see it more as the country should recognise that just because we are in prison and not really contributing to our country doesn't mean we should not be recognised as living citizens who still have rights.

Should prisoners have the right to vote?

Would you vote?

Who would you vote for and why would you vote for them?

Drop us a line and let us know what you think.

The Day You left

I still remember the day when you left me.

I saw you on that hospital bed sweating.

I cleaned your brow with a tissue but all I could think of, was scoring that dreaded hit.

I rushed out of the hospital and went home.

On the doorstep I was told to drop everything by my mother "the hospital has just phoned your father has passed away".

I found this hard to believe but scoring a hit was all I cared about.

I went to the hospital with my mum, uncle and my sister.

I saw you laying there, the machines were all switched off.

You looked at peace no more worries no more pain. I wanted to cry I really did, but not because you were gone but because of the withdrawal symptoms.

I was still thinking of scoring.

I decided to take my mum home.

With a hit on my mind I phoned my dealer and he came over.

Yes, I thought, I have my bag but I can't smoke it because I need to get my mum back to the hospital.

All of my relatives are there, we all embrace and cry and the hospital put us in a separate room.

I am waiting for my darling niece; she comes along 15 minutes later.

We meet like it's the first time we have met in ages.

She refuses to go in and see him at first but she plucks up the courage to go in.

The room is packed out with relatives; my mum next to my dad, my niece is crying her heart out.

I am dying with pain, the withdrawal kind.

Arrangements are made for Funeral directors to pick up dad, everyone leaves.

I run into the toilets to smoke my hit, I inhale one line then two and so on and the pain slowly subsides.

I am almost away from this world, just like you dad but the only difference is that I have to come back.

I walk back into your room smashed out of my face, I still can't cry, the dragon is in me now.

My heart is all of a sudden like stone, my face as white as a bone.

I am waiting for the undertaker to come and pick you up, finally he arrives.

We wheel down to the elevator and to the waiting hearse; I help put you into the back.

We arrive at the mosque; your funeral prayer is on Friday.

I leave to go home and see mum, and to finish off my hit.

I'm so sorry for all the pain I have caused dad.

I miss you so much.

Something to reflect on

By Andrew Stevenson

HMP Garth

All prisoners after being sentenced will reflect on their sentence in some way, some the severity of it, others the justness of it, and a rare few the leniency of it.

A lot will also reflect on their crime, with some having remorse and regrets and seeing the error of their ways whilst others not.

We can also reflect on our sentence or crime consciously or unconsciously in our daily conversations with family, friends or associates.

Most of the reflections that we do have are of how these events have affected our personal lives and our family's lives.

Also, these are viewed from our own perspective – which comes naturally

However, what doesn't come naturally to the majority of us is being reflective from the viewpoint of another's perspective!

We all have our own individual perspectives in life, but what about reflecting on other peoples' perspectives – particularly our victims and their immediate relatives, as well as the general public as a whole.

Most of us criminals go through life with blinkers on and rarely look

back to see and acknowledge the hurt and suffering in our wake.

That's where ETS (enhanced thinking skills) and victim awareness courses (Sycamore tree, etc.) come into the breach, to change our train of thought so we take reflective perspectives.

Before I did these courses I was under the misguided assumption that my crime had no victims because I never stole from, or physically hurt anyone!

Yes the judge said 'this' and the prosecution said 'that', but did I take any notice--NO!

It was only during an in depth study of victims through the above courses that I was made aware that drug dealing had more victims than most crimes!

The dealers I was supplying were victims: the addicts who scored from them were victims: and all the people who the addicts stole or robbed from were victims.

Also, there were victims indirectly affected by my drug dealing, such as families of people involved with drugs and some members of the public who were geographically inconvenienced by the street dealing and drug taking activity.

Could there be 'any more' I hear you ask!

Well, yes – me! As well as some of the above, I'm also a victim of the drug culture that so many of us are brought up in, or caught up in.

There you have it, so many victims from 'my' one crime!

After my own sentence I recalled one newspaper article (which I never paid heed to at the time) reporting that some individuals living in and around the immediate area to the premises where the drugs were being sold from, had been too frightened to venture outside or to leave their homes unattended due to all the criminal activity that had been rife in their residential area at the time.

I put myself in one of these victims perspectives, an elderly woman, and I was horrified to have caused such a vulnerable person (albeit indirectly) such grief.

So, the act of reflecting and putting yourself in your victim's perspective gives you an understanding of their feelings and thoughts to your crime against them, which is a good preventative measure to you not committing the same crime again.

Alas, little Miss Link has lost all her clothes



Say hello to little Miss Link. Or would you prefer to say goodbye? What are your views on our lithe lovely? Do you view this nearly naked adornment to our brightly coloured page as a welcome break? Or do you find her downright dirty and offensive? We'd like to start a heated debate on what's acceptable in a prison magazine which is read by men and women alike? What are your views? We'd love to know. And if you want to cover up all this nonsense then how do you fancy designing some clothes for the chilly lady to wear? Get working on your inner Armani and we'll get the lady dressed once and for all. Send your thoughts and frock designs to the usual Link address.

Questions & Answers

Dave Marteau -Section head: substance misuse, Offender Health.



How do you view your role as part of the prison service?

I have responsibility for the development of clinical substance misuse treatment in male prisons in England (what people sometimes call 'Detox').. I act as a bridge between the NHS (which knows plenty about clinical treatment but not too much about custody), and Prisons (which know a load about custody but sometimes not a whole load about clinical drug treatment). The main thing I do is work on the introduction of a programme called IDTS, (or 'Integrated Drug Treatment System') which is a marriage of prison healthcare and CARATs to provide wider treatment options. The best known of these options is methadone maintenance.

What is the success rate of the drug treatment programme you are responsible for?

Detoxification has a very high completion rate in prison. People usually find it easier to come off drink or drugs inside rather than at home, where there are too many distractions and temptations. That said, addiction is a stubborn beast and the drug-free person can be as confused and frustrated as his or her loved ones when they fall back off the wagon. So detox alone is generally not enough.

IDTS is based on successful UK community drug treatment methods, and principals from other prison systems: mainly Australia and Spain, who are the two world leaders in this field. As IDTS is brand new we don't have any true research figures on its effectiveness, but early reports show some potential reductions in illicit drug use, violence and even deaths on release. These are, however, early days. We must wait a year or so for some reliable rates of success or failure.

What effect does a successful substance misuse programme have on reoffending rates?

The best you can expect is a 30% reduction among those people who stay in treatment after leaving prison. This is, in clinical treatment terms, a big effect, but to those who have limited personal or working knowledge of addiction, it sounds pretty poor. Some people ask 'Why not 100%?'. The answer again is that addiction is a formidable opponent - if you are trying to beat it (and quitting tobacco is a good example) the battle is in some ways against yourself. And we all know our own weak points!

This is why staying in treatment is so effective - it keeps the fight up. Getting support from others who are battling it too is helpful as well. It's the same principal that helps people lose weight more easily through 'weightwatchers' rather than sweat it out alone.

How does this compare with the general prison reoffending rate?

Drug-dependent (that is to say 'addicted') offenders tend to commit a considerably higher number of crimes than non-addicted offenders. So the best measure of success is to compare drug-dependent offenders who take up treatment in prison and continue the treatment on release with drug-dependent prisoners who did little more than have a detox. From a research point of view this is the fairest method of finding out if treatment works. Some people will do very well, some will not succeed this time round, and the overall average reduction in reoffending can, as I say, reach 30%.

Do you consult ex-users before implementing new programmes?

Definitely! We work with ex-users all the time. They help us to be realistic and to identify new trends and patterns in substance use.

If the healthcare available in prison is meant to mirror that of the general population why are some prisoners not able to retain their drug script from the outside?

We are in the process of making this happen, but we have 140 prisons and 60,000 cases of drug dependence coming through our gates every year. So we have to go step-by-step to ensure safety: a standard community dose of methadone is enough to kill someone who isn't drug dependent, so we are going at a pace that will limit that tragic possibility.

Do you think as much emphasis is placed on alcohol issues as drug misuse?

No. As a society we have a blind spot where alcohol is concerned. It is strongly associated with crimes of domestic violence, assault, rape and murder. I think we Brits love the drug too much. We and our partners in community addiction services are right up against it working with illicit drugs, but we both know that there is more that needs to be done to help people with drink problems. We are about to trial something called 'Brief Interventions' for alcohol problems. It can be very effective in community settings, but we want to find out if it can help people while they are in prison. We only have the resources to try it out in a handful of prisons, but if it works well it will attract the attention of many other prisons.

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What checks are in place to ensure a national standard of substance misuse programmes are adhered to?

We now have a national set of health indicators that all prisons will be monitored against. CARATs and drug treatment programmes are monitored in fine details by the prisons Interventions Unit, which is based in the Midlands.

Are any changes planned in the substance misuse programmes for prisons?

We are looking at that right now. There will be some new developments for sure as substance use changes more quickly than just about any other area of health and social care. The increasing awareness of dual diagnosis (the problems faced by someone with both a drug and mental health problem), alcohol as we've mentioned, the shifting trends in injecting, the arrival of crystal methamphetamine in the UK, a recent jump in the HIV rates among UK drug users, I could go on. It's a fascinating field, to my mind anyway, and we are running to keep up. But my main priority remains IDTS. We can do a lot when we get it established.

Thanks to Dave for the interview.

Consideration

I was reading some literature about the families of prisoners and it got me around to thinking of a point many of us miss while we are locked up, our families.

I'm sure we all love our families and wish them no harm whatsoever but we have to recognise just how much they don't even cross our minds whilst we are in the commission of our crimes.

Undoubtedly many of the people in prison have drug problems and therefore have a great need to get cash to buy their drugs.

While it is hard to stay out of trouble while you have a habit what about all the hopes and dreams you had the last time you got out.

I'm sure many of you will recognise a time when you had it all in perspective.

You made all the promises to your family: "I'm never coming back no way."

"I'm going to get a job and settle down."

Sick of the life you had before, this was your time.

You had the support you had the clear head and you most probably had the job.

Then, out of the blue, an excuse comes, bad news, someone annoys you, you feel frustrated at the lack of anything meaningful in your new found stability, man you knew it would happen and you fall into the trap.

You convince yourself it is only going to happen once.

The once turns into another and then another, your addicted mind convinces you that you have control, you won't get another habit.

You tell all your old drug buddies that you are just having it here and there.

They know they have seen it all before, it is only going to be a matter of time till you have a full blown habit again.

Where does this leave your family? Disappointment again, all the hope they had for your finally turning that corner in your life gone again.

You are locked up going over what might have been, how sorted you were. You sort yourself out get clean and who do you tell about how different things are going to be, yes your ever dutiful family.

I'm sure in our moments of clarity we realise how much we rely on family support, maybe before we have that 'one' we can think of our loved ones and think of the sentence they will be serving once we are back on another jail term.

I think many of us take a lot of things for granted and presume that things will always be how they are.

I'd say don't get too cosy because somewhere along the line this might all change and you will be shut out in the cold wondering where it all went wrong.

Only then will you realise you never had any consideration for your family and never quite seen it from their point of view.

- 
- Shout Outs from Fieldsy Falla, HMP Garth.
 - A Shout Out to Tommy Guy in HMP Stafford. Be good, take care and look after yourself mate.
 - A Shout Out to all the Stoke lads doing their bit. Be Good and Stoke Proud.
 - A Big Shout Out to all the women in prison today who are missing their blokes and children and finding it hard at this time of the year.
 - A Shout Out to Capper in HMP Birmingham. Take Care Mate from a good friend, Mark.

Shout Out ***Send a Shout Out to*** ***friends in other jails***

The address is on the back page.



Subutex and Suboxone

The little pills that are becoming very big news

The opium poppy

The opium poppy grows in lands far away. The seed pods of this poppy are scratched until they drip with a sticky resin called opium. Raw opium contains a number of natural drugs:

Morphine – which is made into diamorphine (Heroin)

Codeine – which is made into dihydrocodeine (DF118's)

Thebaine – which is made into buprenorphine (Temgesic, Subutex)

Buprenorphine usually comes in the form of a pill. One brand of pill contains a lower dose of buprenorphine and is prescribed by doctors

for pain relief – this is called Temgesic. Another brand of pill contains buprenorphine in a range of doses and is used for the treatment of heroin addiction – this pill is called Subutex. There is also a new pill called suboxone, which contains buprenorphine and another drug called naloxone.

Opiate agonists

Your body produces its own form of natural opium. It does this by stimulating opiate receptor cells in your brain. When an opiate drug like heroin (or similar opiates like methadone) are used, they stick to these cells and stimulate them at the same time, leading to mental effects like euphoria (pleasure)

and analgesia (pain reduction) and physical effects such as slower breathing and heart rate. Drugs like heroin and methadone are called opiate agonists.

Opiate antagonists

The drug naloxone is an opiate antagonist. Naloxone also sticks to your brain's opiate receptor cells but does not stimulate them, so does not give you any sort of high or buzz. Because naloxone sticks to your opiate receptor cells, it prevents heroin or other opiates from sticking to them and therefore stops heroin giving you a high. This is why naloxone is given to heroin users to help them quit. If you are addicted to heroin and

then took naloxone, the naloxone would kick the heroin off the receptor and send you into immediate withdrawal. That is why it is used by doctors and paramedics to counteract the effects of heroin overdose. Naloxone doesn't give you any sort of high.

Subutex

Subutex contains the drug buprenorphine. Buprenorphine is a partial opiate agonist-antagonist. This means that like naloxone, Subutex sticks to the opiate receptor cells and blocks the effect of heroin – but unlike naloxone, it also partially stimulates the opiate receptors, so also gives you a bit of a buzz.

Because Subutex prevents heroin from working, but still gives you a bit of a buzz, it has a number of uses as a treatment for addiction. It is used for the short term detox, to help people withdraw from heroin or methadone and in the longer term as a substitute for heroin as part of a maintenance programme. Some prisons are prescribing Subutex on release, and a trial of prescribing inside prison is due to start shortly.

Suboxone

Suboxone has recently received a license to be used in Britain. Suboxone contains buprenorphine and naloxone. The naloxone has been added to the pill to make it harder to misuse.

Subutex and Suboxone are pills that are designed to be used 'sublingually' (absorbed under the tongue). If Suboxone is used sublingually, the buprenorphine in it will have the same effect as a Subutex pill, as naloxone has no effect when used in this way. Like Subutex, using Suboxone will send you into rapid withdrawal if you are a regular heroin user. If you are clear of heroin, and then inject Suboxone, the naloxone will kick in and

may delay (until the naloxone wears off) or reduce any 'buzz' from the buprenorphine.

If Suboxone is sniffed, effects tend to be unpredictable and vary from person to person. The naloxone in Suboxone may delay the start of the effects or may even stop it working altogether in some people. Others will get high from sniffing Suboxone just like Subutex.

Overdose and mixing drugs

Both Subutex and Suboxone pills have no effect if swallowed, chewed or smoked. The usual method of illicit use is to sniff the crushed up pills. To minimise damage to your nose, make sure you crush up the pills to as fine a powder as you can.

Subutex pills are white ovals which come in 0.4 mg, 2 mg and 8 mg versions. Suboxone are orange hexagons and also come in 2 mg and 8 mg versions. This means that an 8 mg pill has four times the amount of buprenorphine in it and is four times stronger than a 2 mg pill. Subutex is sometimes crushed and sold by the lines which are sometimes cut with other drugs like paracetamol. An 8 mg pill usually makes between 4 and 8 lines when crushed.

Mixing certain drugs with buprenorphine is thought to give a better hit, but also greatly increases the chances of overdose. In particular drugs that slow breathing and the central nervous system should be avoided as should any medications that make you sleepy, Benzodiazepines (like diazepam), anti psychotics (like Olanzapine), GHB, tramadol, codeine or any other opiate based medicine as well as some HIV medicines. Drinking a lot of alcohol is also risky with buprenorphine.

Effects, withdrawals and addiction

People start using Subutex in prison for

“The amount you use is important as although buprenorphine is thought to be safer than heroin, you can still overdose and die if you take too much.”



Injecting buprenorphine will greatly increase your chances of overdose. Heroin users should also remember that although you may have experience of using opioid drugs, your tolerance will have been greatly reduced while you are in prison, making overdose much more likely with buprenorphine or heroin.

the 'hit' or 'buzz' or to give them a 'head change' (relief of boredom etc.). Subutex is also known to have anti-depressant properties.

If snorted, Subutex starts working within 15 minutes or so. The main effects peak after a couple of hours but can go on for 2 to 3 days. You can feel very relaxed (monged, wrecked, chilled out), or stimulated (buzzy, excitable, chatty) at different stages of the drug experience – some users feel so stimulated that they can have trouble sleeping. Some people are sick when they first take Subutex (this can also happen if the powder slips down nose and throat after snorting).

The effects of Subutex and Suboxone are similar to heroin (euphoria and analgesia) but milder. The risks are also similar to heroin – overdose (less likely than with heroin) and picking up a habit (addiction).

Some people use Subutex every now and again, while others become daily users.

After several weeks of daily use, tolerance may develop (you need more to get the same effect). This can cause two main problems: debt, as a daily habit can cost £5 to £10 a day and withdrawal when there is a drought in illicit supply or you can't afford it.

Subutex and Suboxone withdrawals are similar to those from heroin (but milder), i.e. low mood, insomnia, lack of appetite, sweats and shivers, nausea/vomiting, diarrhoea (the shits), stomach cramps, trouble sleeping etc. These withdrawals, usually last 3 to 4 days.

Dogs, drug testing and getting caught

Subutex has become very popular recently – in a number of jails it has become the number one drug of choice. The prison service are aware of this and are about to step up their response. At present sniffer dogs are being trained so they can detect buprenorphine and is likely testing for it will become far more widespread.

The main drug test for buprenorphine is the urine test, though it can also be identified in blood and hair in lab tests, as yet there do not appear to be any saliva or sweat tests. By mid-2007, urine tests for buprenorphine were specialised only – that it is not listed as one of the drugs on available multi-drug urine tests (which generally test for between four and ten drugs).

Mandatory Drug Tests (MDTs) usually include Subutex in range of drugs tested for, but Voluntary Drug Tests (VDTs) do not always do so. Most sources indicate that buprenorphine can be detected in urine between one to three days after use – the same as heroin, but shorter than for methadone (7 to 9 days). But some drug testing companies claim buprenorphine is detectable in urine for 3 to 6 days.

Buprenorphine is a class C drug under the Misuse of Drugs Act; it is illegal to possess or supply without a prescription.



The prison service are aware of the widespread use of Subutex and Suboxone and are about to step up their response. At present sniffer dogs are being trained so they can detect buprenorphine and is likely testing for it will become far more widespread.

Positive tests for Subutex (or possession cases) are dealt with internally by the governors – they do not go to outside adjudication and are therefore (at present) more likely to result in the loss of privileges rather than extra days on tour sentence.

And finally

You get your kicks from heroin because it stimulates the opiate receptors in your brain. Heroin stops you feeling pain (physical and emotional) and gives you a high. But as we all know heroin has its drawbacks – it can kill you from an overdose if you take too much or if you start injecting you can become infected with viruses like HIV or hepatitis from sharing injecting equipment. But the reason so many heroin enthusiasts end up as guests of the Windsor chain of hotels is because heroin is highly addictive. It often becomes a 24/7 365 day a year habit, that constantly needs feeding or you become physically ill and go into withdrawal.

Some people manage to quit heroin by using Subutex and Suboxone. Some people come into prison with a heroin habit and leave with a Subutex habit, which is at least a step in the right direction. However, some people come into prison having never used anything more than a bit of weed and leave jail as a Subutex addicts.

“A Subutex habit on the inside can easily turn into a heroin habit on the outside”. Although Subutex is a relatively new thing in the English prison system I can remember when they first appeared in prison.

Thanks to Lifeline Publications. If you have an experience or opinion about Subutex or Suboxone you'd like to share, send it to us at the Link.

An inmate perspective & experience of Subutex

“

They were introduced in Kilmarnock Prison in Scotland as a treatment for addiction in 2000–01.

With temgesics well known in the Scottish system it didn't take long for the cons to tippie that this Subutex was a very high dose of Buprenorphine, the ingredient of temgesics.

As well as having the charge it gave you it also became a bartering tool that you could swap for heroin.

The prison got onto the fact that Subutex was getting heavily abused and tried different methods of distributing it to the cons, all to no avail. Within 6–9 months of its arrival it was discontinued as a treatment.

I have experienced it by the way of snorting and found it to be as good as heroin; if not better.

I have taken them over a few consecutive days and felt a bit rough off them.

I was in with a lad who was injecting them and after being

on them for months was GOAD in the block and had one of his worst ever rattles he told me.

The only real consolation is that they are not as highly addictive as heroin and you can conceivably reduce your intake gradually giving yourself a baby rattle.

The bad thing I would point out but quite relevant would be to the anti smack brigade you meet in prison who convince themselves and others that they only snort a bit of subby and are therefore just passing their time.

I have known these sorts of people who come back to prison with a heroin problem.

If I had any advice to anyone who does take a little 'thing' make sure it doesn't become a problem as the consequences are endless and not too pleasant.

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We have witnessed the golden girl of the Sydney Olympics incarcerated for six months.

American sprinter Marion Jones has rightly been stripped of her Gold medals and rightly or wrongly imprisoned for what was basically, cheating.

Our very own British athlete Christine Ohuruogu was recently reinstated from her one year ban (for missing three mandatory out of competition drug tests).

Not only did she win the 2007 World Championships 400 metres in Osaka, Japan; she has amazingly been accepted back into the Olympic squad for Beijing 2008.

Would that have been the case were she to be two seconds or 10 metres off the pace?

Manchester's Darren Campbell refused to celebrate the European 4x400m gold medal position with Dwain Chambers. Chambers was part of the squad whom himself had just finished a two year ban for taking drugs.

However, Chambers may not be allowed to represent his country at the Olympics. Where does this leave us with the 2008 Beijing and 2012 London Olympic games fast approaching?

Does the win at all costs reflect on society in general? Or have we been there before?

The origins of drug taking in an attempt to enhance sporting performances are frequently referred to as doping. It is thought that the word "dope" originated from the South African language. Dope referred to a primitive alcoholic drink that was used as a stimulant in ceremonial dances. Gradually the term adopted a wider usage and in reference to sport became known as doping.

By 800BC the Greeks had incorporated sport into their lifestyles. Athletic festivals were a common occurrence in the Greek calendar. Emphasis was placed on the artistic nature of athletics as



IT'S THE WINNING THAT COUNTS

well as the preparatory role athletics played for warriors. From around 400BC sport achieved a status in the social life of Greece similar to, and if not more than its place in society today. Mass spectator sport was the order of the day with rich prizes for the winners; this led to the emergence of a class of highly paid sports people, resulting in the demise of the amateur competitor. Writing from the times of Plato reveal the value of a victory in the ancient Olympics was the equivalent of nearly half a million US dollars. This was complemented by other rewards including food; homes, tax exemption and deferment from the armed services.

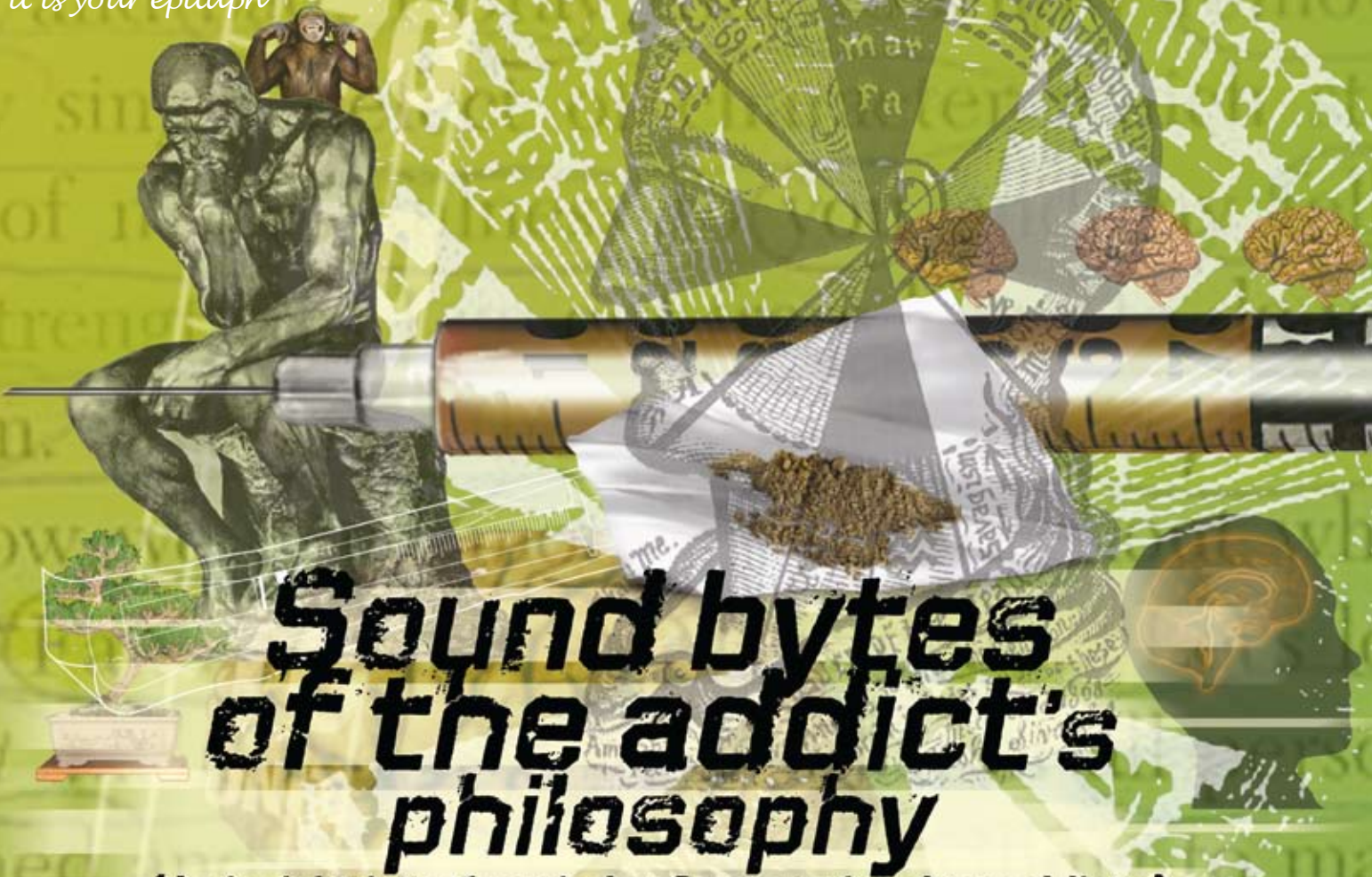
Professionalism and commercialism ultimately led to corruption. Bribing and cheating became common place and competitors of this period were reputedly willing to ingest any preparation which might enhance their performance, including extracts of mushrooms and plant seeds. In addition to political interference, one of the major reasons for the dissolution of the ancient Olympics Games was drug use.

The increased status of sport and the elevated position of athletes continued into the Roman period. These sporting events reigned as a source of public entertainment. The coliseum was restructured in 100AD

to hold 60,000 spectators. Drug use during this period has also been recorded. Chariot racers fed their horses potent mixtures to make them run both faster and longer. Gladiators were doped up to make their fights sufficiently vigorous and bloody for the paying public.

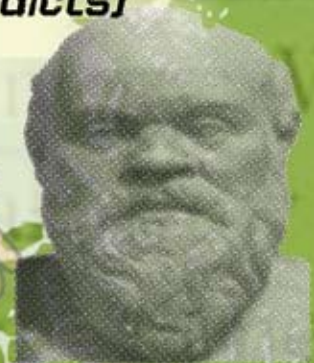
The onset of the Christian era signaled the demise of these early games. Eventually in 396 AD Emperor Theodosius called an end to the ancient games. It was not until the nineteenth century that sport re-emerged. The impetus for this resurgence occurred in rural England and spread throughout the rest of the world. We wait and watch upcoming events in Beijing.

"Nothing is written in stone unless it is your epitaph"



(An insight into the minds of recovering drug addicts)

These stories will no doubt make you think as well as laugh and cry. These stories are solely about Heroin addiction, the lows, the highs and most of all answers the questions everybody wants to know: The why, when, what and who? Please stay with us for the ride of a lifetime; it is better than any roller coaster that you may have been on.



Why use heroin? Why turn your back on life? Why destroy everything that you love? Why? Why? Oh Why? We will look at when users of heroin use, what their motives are for doing so and last but certainly not least who that person has become.

Pete's Story

Released from another five year sentence, I stepped out of HMP wanting something for the head.

By the way my name is Pete, I am 38 years old but I still feel young due to being in Prison on and off since I was 15.

I've lost the best years behind bars and a big influence in this has been down to drugs.

I used drugs to escape the monotony of prison life, to escape the reality of being in a concrete box for the next four years.

But the day I got out I had had enough of prison.

Who wouldn't after 20 years going all over the country?

I was determined to stay off the heroin and my drug service put me on a Subutex prescription but I began abusing it by snorting it instead of taking it orally, so I could get the opiate effect.

The Subutex maintained me, but after a couple of months, like anything, you need more and more to get the same gratification.

That's why a lot of heroin users O.D because in the end they are injecting a huge amount of crap and a new batch comes onto the scene BANG.

The Subutex went up to 12 mg daily, but I still wasn't getting a buzz, a couple of slight rushes a day but by this time I am addicted to them and if I didn't have a snort I got withdrawals.

But I at least didn't use heroin.

The day I got nicked I went on a detox in Preston. My co- accused used heroin

every day for ten years and two-three weeks later he's sleeping like a bug in a rug.

I had another week then my sleep pattern began to return. Subutex isn't as bad as methadone but it's worse in the long term than heroin.

Heroin may be as harsh a withdrawal but it doesn't last as long as the Subutex and I had my first hand experience with listening to my co-d sleep.

Because of drugs I tried to take my own life at Christmas. I hadn't slept for eleven days and I was at my wits end.

Everything combined, loved ones hurting, victims, me with being back in jail, again rattling.

Yes at that time I was selfish, a couple of d.f.s or moggys would have stopped me, but I wanted out.

I didn't think about the ones I loved that I would be leaving behind.

I wanted the easy option not the one with years ahead in prison and so I made a loop out of my bed sheets tied on end to the top bunk.

The other over my head and then lent forward.

I felt the rush of pins and needles in my head and I blanked out.

That's it I thought as the shutters came down.

I couldn't believe it, but with me going unconscious, my body went slack and the weight must have made the knot I had tied slip undone.

I woke on the floor with a bump on my head. I tried again straightaway but this time I made two loops out of my trainer

laces, bringing my knee to my chest I put one over my foot and the other over my head and I kicked out with all the strength I could muster.

All the pain and frustration in that kick, and guess what, the laces just stretched and left a deep gauge in my neck.

It was then that the visions of what I had been doing kicked in.

It was reality it wasn't my time.

The big fella upstairs was telling me 'no it's not your time' and I thought how cowardly, all the hurt I would have caused.

I finally did the detox, but with being in prison there is only so much drugs you can get and the withdrawals are not as bad as a street rattle, very mild compared.

I had been in ten months and used prescription drugs every day at least something, by this time I had had enough.

I applied for the T.C. and got a placement at HMP Garth.

I've stayed drug free and even began to say no when offered opiate medications.

Thank God it is rare here, I am feeling normal.

I believe I can achieve the success I now crave without drugs.

I feel healthier and I have got burn and goodies which I would not have had. I also know it's always going to be a lifetime battle, but for the moment I'm taking it one day at a time. My eyes have opened to the true vision of reality, Drugs lead to an early grave or a lifetime in prison.

Remember just say no and think of the after effects of that gratification in using whatever drug. Life is the true drug.

Neil's story

Why?

Cos the feeling was just unreal, one of the most boss feelings I have ever had, and I just wanted more end of! We went back to P's and I told T I had just bought two bags for myself. He called me an arld arse and why didn't I get him two. So I gave him one of mine and we had a few more spliffs of gear...

I had my first gouch and spewed my guts out all over the living room. My mate was in the bathroom being sick.

I felt on top of the world. The next thing I can remember is waking up in the morning. I felt OK. until me mate P saw the Fucking mess on the foil. He went mad by saying that you's haven't got a clue what you are getting yourselves into, it will fuck up your life like it has done mine! It will strip you of everything that you love and turn everyone against you. Is that what you want? Is it? Is it? Is it? He kept saying in a stern voice over and over again. He said that we were playing with fire and before long we will get burned.

I can still picture it like it was yesterday, the day that it came on top for me. Our kid found out that I was dabbling because we used to score off the same dealer. I came out of the shop by the bizzzy station on high parky and our kid shouted me over to his car, so I got in and he said "what are doing scoring?" "Who are you scoring for?" I told him it's mine it's for me. I felt a weight lift off my shoulders. It was out! I had said it. After months of ducking and diving I finally told my brother because I thought he would understand, but he proper went off his head, saying that me ma's gonna blame me for you being on

the gear. So that was that. It was out! Found out, but still out. Now me mum and dad knew I never gave a fuck about anyone else. I just got on with it. I was a head. More and more people spotted me on high parky and knew what I was up too. Word soon spread that I was another member of the living dead.

DB's story Echoes from the Valleys

My life has been like a bag of revels but full of the coffee and orange. As the old saying goes, if you lie with dogs you will get fleas.

It all began when I was nineteen; I was in Cardiff Y.P.'S (young prisoners) for an affray. Me and my brother was always in trouble out on the lash (drink) from dusk til' dawn necking eggs (temazepam)...

There I was on me scratcher (bed) in H.M.P. Butlins, 1 Knox road (aka the playground). I was a cleaner on the three's, a screw came and told me, "Pack your kit your moving, your going on the main!" I packed my stuff quick time just in case they decided to change there minds. All the boys were over there. I got a standing ovation from the Barry connection (the welsh taffia)

The party that night was mental! If you have never been to a party in a prison cell you would find it hard to picture. Ten / fifteen grown men crammed into a cell no bigger than a family bathroom with a very small window always wedged shut to keep the draught out and the smoke in. The sign outside the cell read The Zoo. And he wasn't messing. It was like the monkey house in Bristol Zoo. There were bodies

everywhere. As I was the new kid in town, I got the bucket seat. The comb (pipe) was filled and thumbled (loaded) and they tried to make me take a whitey, but they didn't know who they were fucking with. (The damn dogs).

But a few days later I was to be introduced in my opinion to the daddy of all drugs Heroin!

As I held in the smoke of heroin the walls melted away. My fears, pain and worries simply drifted away with the smoke. The lady heroin took me into her warm embrace and whispered into my ear, rock a bye Dominic now don't you cry, there is a long road ahead of you and I'll be there for you through thick and thin so wipe away your tears and gizza grin. So I smoked a few bags that night and just generally chatted shit.

I could not wait to get behind the door again and have a blaze to just get back that feeling of warmth in an illusion of calm, while chaos ran riot around me like an untouched blade of grass in a hurricane.

I found myself with a heroin habit for the second time in my life but this time she got me good and proper in for the long haul. No work so the gloves come back out, and South Wales was my playground once again, and victims was left scattered in my wake.

No till was safe from my wandering hands and the monkey I was carrying on my back soon turned into a fuck-off silver back gorilla with a twat of an appetite.

I never thought that letting go of the tigers tail to chase that blood red dragon on fields of dreams was as bad as the old proverb about fat and fire. But riding that white horse chasing that dragon with a gorilla on my back was quite simply a mission and a half.

(And women but
it don't rhyme)

SHIT JOKES FOR BANGED UP BLOKES

Is that your final answer . . . ?

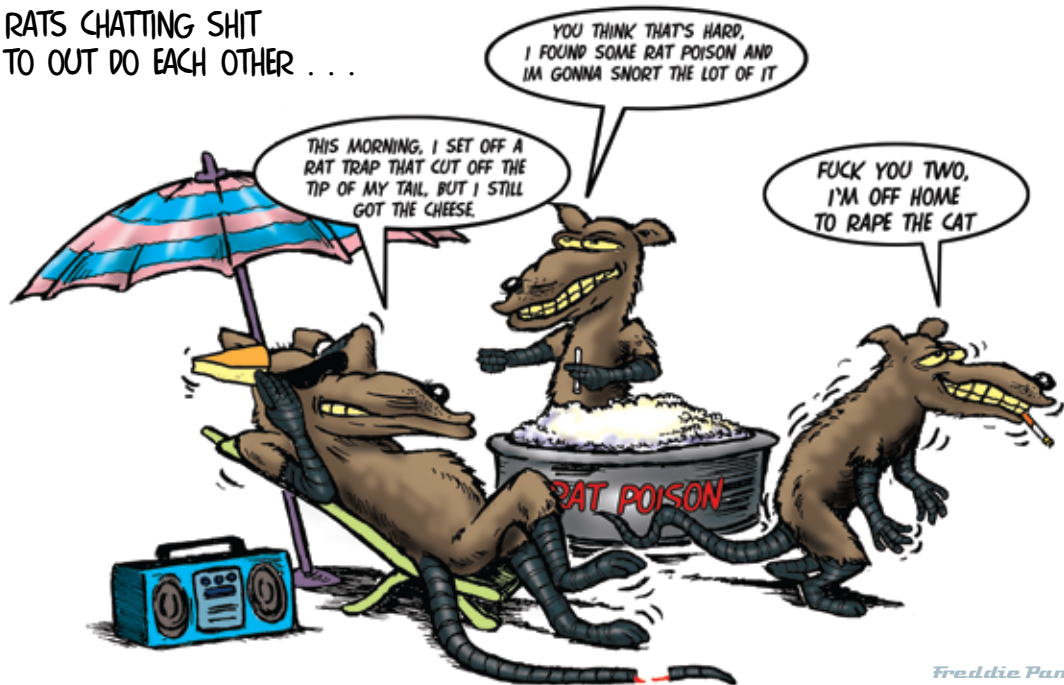
A criminal has managed to 'blag' his way onto 'Who Wants to be a Millionaire'. He's on the thousand pound question with all three lifelines in place. Chris Tarrant asks, "Who was on the Great Train robbery, A. Ronnie Knight, B. Ronnie Kray, C. Ronnie Corbett or D. Ronnie Biggs". A split second later the criminal decides to take the five hundred pounds. When Chris asks him why, the criminal replies "Fuck that, I'm not a grass".

Bert and Mavis get down and dirty

An old people's home sees the annual away trip to the sea side. After giving each other the eye for the past 6 months, 68 year old Mavis and 73 year old Bert decide to stay behind for a bit of how's your Father. To the delight of Mavis, Bert starts going down on her. After a couple of seconds Bert says "What the fucks that smell". "Don't worry about that, it's me arthritis" says Mavis "keep licking". "Hang on just a minute" replies Bert "arthritis don't smell and you don't get arthritis down where I'm licking". "No, no, no" says Mavis "the arthritis is in my shoulder, I can't wipe my arse".

The three bragging rats.

THREE RATS CHATTING SHIT
DECIDE TO OUT DO EACH OTHER . . .



Freddie Panache 08

Short Story



Meeting Dad

By Jason Ravenscroft
HMP Garth

This was the day he had longed for. Today he was ready and no one was going to stop him. He had been lied to since he was six years old; his mother had told him that his father had gone to fight in the army, but now Danny knew the truth. His father had been sent to prison for football violence.

Danny remembered how his father had loved the matches, how excited he would become when a goal was scored. It didn't matter which team scored, he just loved goals. Danny had loved his dad and today he would find him.

Trevor, Danny's stepfather loathed football, he would never let Danny go to the matches or even watch it in TV.

"Football is for sissy's," he would say.

"Well my dad certainly wasn't a sissy. My dad doesn't hit women, unlike Trevor." Danny thought but knew better than to say.

On the bus Danny watched as a man with sunken eyes, face drawn, his hair a tangle of mess, hurried up the stairs and found his seat on the bus.

Out of his coat the man produced an open can of beer, which he placed between his knees.

Danny watched the man as he fumbled through his pockets before finally producing a piece of foil which he began to burn and inhale the fumes from.

Danny had never seen drugs before, at least not heroin. He'd seen older boys at school smoking weed, but that was all. Danny took out his game-boy

console from his satchel and ignored the man throughout the rest of the journey.

The man however had not ignored Danny. Not at all! His life was a routine of desperation, he may have had his fix today, but there was tomorrow to think of now, and Danny's game-boy would pay for that...

It was a warm cheerful day, the sky blue with beaming rays of sunlight escaping from behind cumulus clouds. As Danny walked he wondered how his father would react to him turning up after all these years.

Would he even recognise his son? Danny took a last look at the directions the bus driver had given him. He headed on turning right at Kingshurst Way.

The bridge that the bus driver had mentioned was in sight now. Danny could see the children playing in the fields either side, there was a park on the left where parents sat watching them. Danny thought of his mother and Trevor, and how they had never taken him anywhere, not like his dad had.

He wondered if his father still went to the matches, 'of course he did' and from now on Danny would go with him. Trevor couldn't stop him now.

The blow came from nowhere, it felt like an electric shock, as Danny fell he could feel someone pulling at his satchel. Danny gripped it tightly to his chest as though he had a rugby ball.

The man was yanking, shouting at Danny to let go. His foot stamping into the child's ribs, Danny screamed but it didn't help. There was another blow, this

time striking his chest.

Danny relented hoping the man would just take the satchel and his treasured game-boy and leave. Instead the man hauled Danny to his feet, shouting demanding that Danny emptied his pockets. Danny was hit again, a straight blow to the right eye, Danny stumbled as he tried to run but the man was overpowering.

He threw Danny to the floor and leaned over him pushing the cold steel of a knife into the boy's cheek. Danny looked helplessly for someone to intervene. But no one did. They knew better.

The man had lived on the estate for years and he had a fierce reputation. He rifled Danny's pockets and fled taking the satchel with him.

On finding a small note with an address marked 'Dad' in Danny's pocket, Danny's father was told what had happened.

Danny had been injured and was in hospital, although he wasn't told of the circumstances.

Danny's father immediately got his coat and rushed to see his son, he wasn't sure why they had notified him instead of his mother, but he didn't care, he had been kept from seeing his son for years, and now was his opportunity to finally see him.

As the nurse led him into Danny's room, the boy froze.

Standing before him stood the man with the sunken eyes, face drawn and hair, a tangled mess.

“ What do I want from the
system of today? **CHANGE!** ”

Has the System improved?

John White
HMP Garth

The question being raised. Has the system improved on the whole?

Let's take a pragmatic look at this question. There are a couple of schools of thought on this subject and it is down to the individual to make up their own minds.

When my criminal career began in the early 80's, being sent to prison for the first time was horrifying and daunting to say the least.

I walked onto the wing of my local jail which was of the old Victorian, radiating wings type of jail.

I was locked up in a cell designed for one occupant and found I was sharing with two other people with nothing but a jug and a bucket to do all of our ablutions. Sopping out was done twice a day. The stench first thing in the morning can only be imagined by those who had this unpleasant experience. The only contact with a 'Screw' was when they fed you or took you on visits which suited us as they were locking the doors behind us. As far as discipline went if you got out of line you would have a trip down the choky for a good kicking but that was okay at least you knew where you stood it was us and them.

As far as drugs go it was cannabis that was prevalent Heroin was practically unheard of in the system. Everyone was just passing time the best and fastest way possible.

That was the old school way of doing your bird. Men of principles and at least some honour among thieves.

So what changed?

Prisoners began to realise that we didn't have to sit back and have to take the beatings and the oppression, Hence the riots and the unrest that began in the mid 80's culminating in the Strangeways riot in 1989 which paved the way for the dramatic change in attitude towards the

way in which prisoners are treated and so began the era of the 'care bear' regime.

Now we look at what we have today.

In cell sanitation was the first move towards a more civilised prison system this single move changed the attitude towards prisoners being human beings for the first time in centuries of incarceration.

We have now moved even further forward with the introduction of in cell T.V, Playstation and the small luxuries that other people take for granted.

All of this though is not without cost.

You probably ask "what is the cost"?

Prisoners are no longer a single voice anymore. Where we were, on the whole, as one we now become anti social to each other.

It's no longer about just wiling away the time as fast as possible it is now about the carrot and the stick culture, which seems to have overtaken the prison system. It is now about what they can take away from us materialistically the more privileges they give us, it is just something else they can take away.

They no longer want to demoralise us on a physical level it's now about the psychology.

With prison sentences getting longer and more people being sent to jail it has now come about that we have to earn our place back into society. Now we have to demonstrate a reduction in risk by "addressing our offending behaviour" by attending offending behaviour courses and the more we attend the more they invent for us to do.

The prison system turned a very sharp corner with the introduction of Mandatory drug testing and the Incentives and earned privileges scheme.

The M.D.T's served to turn people towards heavy drug use within the system which inevitably spilled out into society

effecting offending behaviour from which this country may never recover. In 1994 there were almost 49,000 prisoners in the system compared to 81,000 today.

Prisoner staff relationships have definitely improved. The old school screws are dying out like the dinosaurs. Is this a good thing?

At least we knew where we stood back then. Yes there are a majority of staff that genuinely want to help us and want to see us succeed in turning our lives around but there are still the dinosaurs who just want us to get behind our doors and out of sight.

Which do I prefer?

I want the help to try and change my ways so it's a no brainer for me, but there are still people in the system who prefer to do their bird behind the door and continue living the life they choose but for me it is not jail anymore it's more like psychological social conditioning.

So old school or new school has the system improved over the years?

My god yes 100%.

At least we now have the opportunity to have a say in what happens in our future.

"The pen is mightier than the sword" has never been a truer saying in today's prison society and the culture of litigation. The system baulks at the idea of legal action.

What do I want from the system of today?

CHANGE!!!!

We all have the ability to do that for the better not just for ourselves but for the sake of our children and all the victims we have left behind over the years and for society as a whole.

As for further improvements, bring them on only we can benefit from such change.

FIRST IMPRESSIONS

LIFE ON A THERAPEUTIC COMMUNITY

Day one

My mind is working overtime after today's baptism into the TC. Trying to come to terms, to understand events is difficult to say the least. Normally when you arrive on a new wing you wait for the suspicious somewhat inquisitive, questionable onslaught. Where you from, what's your sentence and what are you in for. Surprisingly this never happened I was immediately approached by several lads who introduced themselves and welcomed me to the TC. These lads were not normal by prison standards. They were all genuinely pleased to meet a new inductee, reassuring me that I would enjoy the TC experience. There behaviour took me back, cows don't behave like this, yet here it was happening in front of me. I swear if they had tails, they would have wagged them. Was allocated a pad where the decision was made that it needed a lick of paint, a painter was summoned and the task was in hand.

That afternoon the community got together and recited the Phoenix philosophy, upon completion everyone

clapped. Then down to business, the co-ordinator spoke to the community letting everyone know what was on the agenda. Once completed, he asked the community to welcome me to the TC, met with an instantaneous round of applause. Talk about being embarrassed, I was used to ducking and diving and keeping a low profile, here I was firmly in the spotlight. It felt really uncomfortable. Activities started with a Quiz, I was informed by a peer that I would like this but did not have to do anything. Some of the lads on the losing team had to pick a number, each individual number representing a task. The first out was 20 press ups, the second had to sing 'and he did' 'I'm a Barbie girl in a Barbie world'. I felt so sorry for him, embarrassed even. Yet all around people laughed and clapped and the lad, unperturbed, shook his hips and sang his heart out. Was this character building or assassination? What a day.

Day two

I never slept much, attended the morning meeting, we recited philosophy, clapped and duties were given to the community.

I met my mentor whom had completed the TC and was a graduate. I was informed that it would take a bit of time to get used to the new regime and he assured me that I would enjoy the experience. People kept saying that, but I wasn't. I felt like an alien on a different planet and that I didn't belong.

That afternoon was a meeting as usual, followed by, games. The community of 40 were split into four groups consisting of card suits. I was placed into hearts, with mine going ten to the dozen. Pass the parcel (with a twist) was taking place, when the music stopped the lad holding the parcel was given a task. I had visions of me singing, a public crucifixion would have been preferred. I was stressed and could not get rid of the parcel quick enough, what a day.

Day three

I wasn't so stressed this morning and the afternoon held no surprises or internal traumatic events, not for me anyway. However, an encounter was called which put a buzz in the air. As an inductee I was not directly involved, thought the

lads relish these encounters. Names are called out and they go into a room whereby they find out one of them is being encountered. This can be for an array of different reasons such as fighting, aggressive behaviour, a positive VDT or repeated negative behaviour. The encountered is verbally assaulted by eight other peers and two members of TC staff. This has the effect of bringing to the attention of the individual what diverse effect his actions have on others, the community and themselves. This is deemed both pro-active and pro-social, I gather these can be intense affairs.

Day four

I have managed to speak to a load of lads, one in particular standing out. He is a graduate and has now trained as a facilitator (assists and holds groups). This lad had done loads of jail and is committed to the TC ethos, I was told of his past and the way he had been out on the front line, taking a few bullets. Listening to him, feeling his attitude and behaviour, I can see a complete transformation. From fighting with staff and inmate alike, lots of block and all the other associated adjudication offences. He is now drug free, holding groups and helping others with their problems. He seems so at ease and confident, carefree or brainwashed? It has given me food for thought.

Day five

Met my key worker who is TC staff not

discipline staff. It is quickly apparent that he is a Good Samaritan and is here to help. We had an intensive talk where I expressed my opinions regarding the TC. I could quite easily have given him a public relations speech, but thought better of it. Having spoken and listened to the lads I have surmised that there are three types of people on the TC. The committed, those who should be committed and those with a drug sentence plan and have a hurdle to overcome to meet OASYS.

On the TC pro-social is the foundation stone, behaviour is scrutinised for flaws constantly and there is a pull up system which is used regularly, but not religiously. The pull up system employed is whereby a peer will pull another peer for acts of negative behaviour by reporting that person for it. This can range from a multitude of things from being incorrectly dressed going through the servery or smoking on the landing. The next meeting the pulled up offender will explain what his negative behaviour was to the whole community and be given a 250 - 1000 word essay, depending on the severity of their negative behaviour. I told my key worker that I thought this was a good idea if taken in the right spirit. If someone brings a fault to your attention, you decide whether to ignore or rectify the problem. This can be interpreted as a positive approaching a positive or a positive approaching a negative?

A lad may give someone a negative pull up and the receiver of that pull up may see that as an assault and hold a grudge whereby he wants revenge and

retribution by employing sniper tactics, waiting for his peer to do something wrong himself. So you have just got to dodge the bullets and good behaviour is your bullet proof vest. My key worker just laughed with no comment, he obviously sees the same picture.

Day six

Quite possibly the TC highlight of the week, that graduate I was on about 'the committed one', well he should be committed that is. It was karaoke day 'volunteers', out of a pad he appeared wig, long dress (evening gown). How could he do that, he did though. This was a bridge too far, here he was strutting his stuff and buzzing with no inhibitions whatsoever.

Day seven

It is coming up to Christmas everyone is looking forward to it. I have not mentioned drugs because there is none. I can honestly say theirs been no drug activity in the TC and I would know, what with 20 years experiencing of illegal substances, I have my finger on the pulse and would have sensed it. I am looking forward to the New Year, to progress from induction to treatment. This will mean less observation and more participation. I am starting to get the hang of this place I have just unpacked my bags.

We will be publishing an update on the development and progress of Des and his time in the TC, in three months, where we will see if he has donned the evening gown. Suits you sir?

Follow your destiny

wherever it leads you

There comes a time in your life when you realise that if you stand still, you will remain at this point forever. You realise that if you fall and stay down, life will pass you by.

Life's circumstances are not always what you wish them to be. The pattern of life does not necessarily go as you plan. Beyond any understanding, you may at times be led in different directions that you never imagined, dreamed, or designed. Yet if you had never put any effort in to choosing a path, or tried to carry out your dream, then perhaps you would have no direction at all.

Rather than wondering about or questioning the direction of your life has taken, accept the fact that there is a path

before you now. Shake off the "why's" and "what if's," and rid yourself of confusion. Whatever was ~ is in the past. Whatever is ~ is important. The past is a brief reflection. The future is yet to be realised. Today is here.

Walk your path one step at a time ~ with courage, faith, and determination. Keep your head up, and cast your dreams to the stars. Soon your steps will become firm, and your footing will become solid again. A path that you never imagined will become the most comfortable direction you could ever have hoped to follow.

Keep your belief in yourself and walk into your new journey. You will find it magnificent, spectacular, and beyond your wildest imaginings.

After the hit

By Andrew Stevenson

*He's found a way to do his will
And now he's in his place.
Like a picture, he lies there still
Gazing blankly into space.*

*The light shines in his eyes,
Yet there's not a flicker or a flinch.
His senses have said their goodbyes,
And now he does not move an inch.*

*The noises in the background,
Can't plant their seed,
Although he hears their sound
He doesn't feel the need.*

*Gone are his pains for now,
As he travels in his mind.
When he wakes he'll realize how,
His troubles weren't left behind.*

*But for now he is content
To lie and waste away.
Until his mind is spent
From being high that way.*

A small truth *to make life 100% successful*

If - A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Is equal to - 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Then: H+A+R+D+W+O+R+k = 8+1+18+4+23+15+18+11 = 98%

K+N+O+W+L+E+D+G+E = 11+14+15+23+12+5+4+7+5 = 96%

L+O+V+E = 12+15+22+5 = 54%

L+U+C+K = 12+21+3+11 = 47%

(None of them make 100%) Then what makes 100%

Is it money?....No!!!! Is it leadership?.....No!!!!

Then what is it that makes our life 100% successful?

Can you guess what makes our life 100% successful?

THE LINK
PRESENTS

THE A-Z BIG PRIZE QUIZZ



WITH YOUR HOST
REX RASCAL

YES YOU COULD WIN THE MASSIVE £10 CASH PRIZE

Play on your own or as a team - simply write down the answers and send them to
Rex Rascal's Big Prize Quizz / CO The Link, for your chance of winning BIG!!

- A)** Brighton & Hove Albion, Derby County and Southampton have all moved to new grounds over the years; name the team's previous grounds?
- B)** Name the host Country for the 2014 Football World Cup?
- C)** In 1984 and 1996 the Olympic Games were in America, name both cities to have held the games?
- D)** Whom did Frank Bruno defeat to take the WBC world heavyweight belt at Wembley Stadium?
- E)** Who fronted the band Talking Heads?
- F)** Where is the band The Specials from?
- G)** Who wrote the album Ziggy Stardust?
- H)** Who was the leader of the opposition before David Cameron?
- I)** Monica Lewinski scandalised which US president?
- J)** In World War 2 two nuclear bombs were dropped on Japan, name either city?
- K)** Which monarch reigned during the defeat of the Spanish Armada?
- L)** Which king was known for his madness?
- M)** Which English Kings army was defeated at the battle of Bannockburn and was nicknamed Long shanks?
- N)** What is the capital city of Australia?
- O)** The Yangtze River runs through which country?
- P)** The Golden Gate Bridge links which US city?
- Q)** Name three race courses that do not have the letters R.A.C. or E. in the name?
- R)** What is the Latin name for the daisy?
- S)** Explain the correct difference between concave and convex?
- T)** What was the three headed dog in Greek mythology called?
- U)** What is the largest lake in the world?
- V)** What is the name of the diamond in Queen Elizabeth's crown?
- W)** Who was the Roman god of the sea?
- X)** What is the capital of the American state of Louisiana?
- Y)** Describe a sessamoid bone?
- Z)** What is the official language of Kenya?

The winning entry will receive £10 credit to private cash. In the event of a tie the winner will be drawn out of the hat.