Prison nurse, Becca Thackray, shares her A-Z of prison life providing us with an insight into her work. Read this in your Meetings on Prisons Sunday.

Acceptance – a basic need, whether it's being reconciled with a girlfriend or finding a role within your tribe
Beds – top or lower bunk, they're still old metal standard length & width and don't help back problems
Cooking in a kettle - a cookbook many a prisoner could write
Dentist is in big demand following neglect and assault
Education – missed through undiagnosed ADHD, dyslexia, abuse, trauma or life in transit.
Faith, Family, Food – whatever stops despair
Games – pool, dominoes, soccer provide occasional healthy distraction and interaction
Hours - I asked a man to wait: 'Have you got five minutes?' 'I've got six years' he said. 'Doing Time' demands a change of pace.
Individuals – some adapt well, others cope by obsessive compulsive behaviour or seek oblivion via drugs. Some get skills, get fit, get out and get a new life. But there are infinite variations and we can never assume.
Job, accommodation & community ties - the three main factors affecting whether someone returns to prison
Keys lock me up along with the patients
Laughter - "It's one thing they can't take away from me, and they've really tried, Miss!"
Justice system trumps healthcare. Nursing is over-ridden by any security issues.
Methadone dosing daily a clientele with many a tale to tell
Night-time there are no nurses available
Optician list is long
Podiatry list is longer still
Quiet – around 12.30 lunchtime when the prison roll is checked and correct and all are 'banged up'
Release date which patients long for and dread in equal measure
Suicide – we may have to explain our nursing practice in a coroner's court
Telehealth for specialists to diagnose remotely and advise the GP, saving on escorting to hospital
Unjust – patients are quick to spot unfairness in their sentence, their medical treatment, their cell conditions, the prison regime or other inmates, and to threaten to sue, self-harm or "kick off".
Vulnerable – as much the victim as the bully; many were abused or 'looked after', lacked positive role models, self-medicated and acquired addictions.
Wages for work in the kitchen, cleaning the Wing or attending a horticulture course - £4-£10 a week
Xrays of fists that have hit walls, fracturing their own knuckles in frustration
Yoga – 'We're all doing time, a guide for getting free' by Bo Lozoff, free to anyone in prison by The Prison Phoenix Trust, Oxford
Zzzzzz - A confined space, old bunk bed, too hot, too cold, locked in from 6pm, away from the familiar with fear, sadness and a snoring cell-mate doesn't make for a calm night's sleep.