QUAKERS IN CRIMINAL JUSTICE

EDITORIAL - CARMEL SCHMID

With special thanks to Judy Kessler, the QICJ conference set a new precedent both in welcoming day comers and in the site of Hinsley Hall, Leeds. The Injustice of Poverty theme has given rise to an interesting mix of articles focusing both on the unbridled criminality of the powerful and the struggle faced by the rehabilitated to truly integrate.





Judy Kessler
Conference
Organiser

I have a sense of things being topsy turvey and the phrase of 'the first shall be the last and the last shall be the first' is in my mind.



I am always heartened and inspired by the articles submitted and this edition is no different. I especially am pleased to have an article about the Clink restaurant (Twelve Quakers Eat Lunch), Glebe House and the Erwin James book review is inspirational. So happy reading!

Carmel Schmid.

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CICJ NOTICES



Justice for IPP prisoners is a campaign run by the IPP Family Campaign. There will be a demo at the House of Lords on the 25th May . Laurie Andrews has sought support for this campaign. The very informative website address is www.ippfanilycampaign.blogspot.co.uk/

Yearly Gathering QICJ will have a special interest group on 28th May at lunchtime. Contact Deborah Mitchell and an information desk at the groups fair.

Electronic newsletter is brought to you thanks to Jonathan Lamb. If you no longer require a printed edition please let the editor know.

Prisoner' Penfriends are reporting greater support from Safer Custody Officers and big increase in activity following the Warwick report and the expansion of the scheme into sex offenders. However, their funds are dwindling and they have had a poor response from funders.

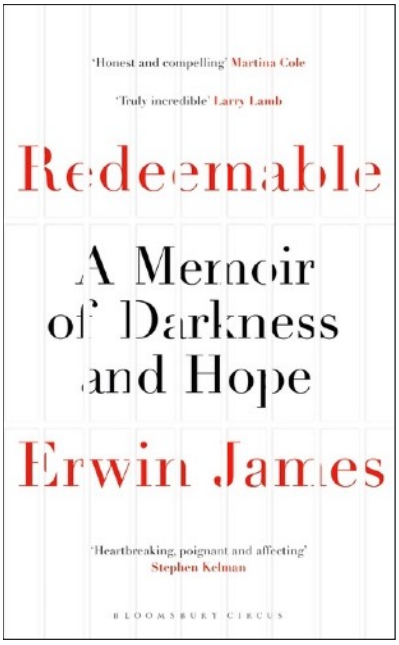
Phoenix Trust recently had Erwin James speak at their conference, his speech is available on their website

ERWIN JAMES - BOOK REVIEW

Erwin James, serving a life sentence for two murders, was amazed when he was asked to write a prison column for the Guardian, the first of its kind in a British newspaper. But the prison governor told him, 'No prisoners allowed to contact the media. I'll give you fifty small no's or one big no but the answer will be the same.' James took a deep breath and said, 'I'm a writer.' The governor replied, 'I suggest you get another hobby.' Then Erwin remembered the prison had allowed him to take a journalism course. 'You supported me,' he told the governor. In his new book* Erwin recalls, 'He looked a little shame-faced and said, "We didn't expect you to do any real journalism".' Eventually, with support from Ian Katz, the Guardian's commissioning editor, and Paul Boateng, the then prisons minister, Erwin's column, A Life Inside, became a regular feature.

Some months later, while the governor was showing the town's deputy mayor around the prison, he opened Erwin's cell door and said, 'This is Erwin James. He writes for the

Guardian newspaper.' Afterwards Erwin told him, 'That was a bit hypocritical, wasn't it? Remember fifty small no's?' The governor said, 'I'm amazed you're still getting away with it. I keep expecting a headline in the Daily Mail saying, "Has the world gone mad?"' Listen, as a society we believe in rehabilitation for prisoners – but the truth is we're not sure how rehabilitated we want them to be. 'Do you see, the governor continued, my job is to keep you in here. We're expected to give you some rehabilitation, but anything that looks like you're getting a treat or a benefit from being in prison gets people's backs up. You writing for the national press, that's probably a little too much rehabilitation for some people to stomach.'



Erwin writes, 'The idea of limiting prisoner rehabilitation to some vague level that would stop the public being outraged seemed absurd to me. The outrage should have been directed at the waste of life in prison, the waste of time and money – the unnecessary misery inflicted on the vulnerable and the mentally ill and the lack of direction and purpose which led to so many released prisoners creating new victims, ending up back in front of the courts and back inside, costing society a fortune in the process. I so wished I'd had more help and support when I was a teenager in the detention centre, or later in the borstal system. I needed help so badly.'

Erwin James was 'born into trouble, as the sparks fly upwards'. He is a textbook example of attachment theory, which emphasises the importance of a parent's or care-giver's loving nurture to a child. Abandonment, neglect and abuse in youth can stunt development, cognitively, emotionally and socially. These handicaps lead to escapism, addiction and increasingly risky and anti-social behaviours. Criminalised violent offenders have a shockingly high rate of attachment disorder. Erwin's father was a violent drunkard who served time in prison. His mother was killed in a car crash and I lost track of the different 'mums' and 'brothers and sisters' Erwin had to accept as his father constantly moved on to new partners.

"The idea of limiting prisoner rehabilitation to some vague level that would stop the public being outraged seemed absurd to me"

Stealing fudge was Erwin's first crime. He writes, 'I was so excited my face was glowing with anticipation. I'd never held such a quantity of sweets in my hand before.' Then it was crisps and Babycham; he drank several bottles and 'felt a lovely calm sense of peace. It didn't last'. The magistrate sent him to a care home where his favourite subject was English, for which he received good marks. He recalls, 'I met two friends also in for burglary but we never mentioned

becoming train drivers or astronauts or doctors or lawyers. Instead we talked about being serious criminals, maybe even gangsters.'

In HMP Wakefield, when he was serving his life sentence, psychologist Joan Branton 'presented me with the complete documented account of my failed life'. He had fifty-one criminal convictions, ranging from burglary and multiple driving offences to threatening behaviour, criminal damage, assault and finally murder. Every serious crime was committed under the influence of alcohol. The book includes a photograph of a newspaper cutting of the murder trial of himself and his accomplice at the Old Bailey. Erwin had been arrested in France where he went on the run with the French Foreign Legion. The judge said he was 'brutal, vicious and callous'.

It was during his 'call-ups', regular sessions with Joan Branton at HMP Wakefield, that Erwin began to see the possibility of coming to terms with his past. She told him nobody chose the life they were born into, 'but we're all born lovable'. Nobody was born bad and that whatever a person had done to end up in prison it did not define all of who that person was. Erwin says, 'I wanted to believe I was redeemable. Joan's gentle, non-judgmental tone gave me hope... Understanding is not excusing, was one of Joan's catch phrases. She told me "If the desire is there, with effort, commitment and determination, self-realisation is achievable".' She asked him if he realised the effect of his crimes on the victims. 'You have to take responsibility for all the consequences of your actions,' she told him.

When Erwin returned to his cell after that call-up he decided to make his 'confession'. It took all night and he wrote twenty pages. 'The shame I felt was overwhelming: the pain I had inflicted on my victims and their families and friends was unforgivable. I kept imagining their funerals. I raged at myself. How could I have behaved like that? And the biggest question of all. Why? I didn't know... in the end I chose to live ... I was choosing to live my life sentence, I owed it to my victims.'

Erwin's parole finally came through in August 2004. He writes, 'My life inside was over. But I didn't feel joyful. For I knew that I would never be free of my crimes and 20 years inside did not even make a dent in the debt I owed my victims. But at least I was free at last to be who I should have been. It was the best I could do.'

Today he is a trustee of the Prison Reform Trust and patron of a number of offender rehabilitation charities. He has given the keynote addresses to the Royal Society in Edinburgh and the Probation Union at the Danish parliament. He is a

Fellow of the Royal Society for the Encouragement of the Arts and an honorary Master of the Open University. He addressed the conference of Quakers in Criminal Justice in 2009 at Ammerdown on the subject of “Making Connections – the source of action and change”

His recently launched book is called ‘Redeemable: a memoir of darkness and hope; ’Bloomsbury Circus; 2016.

Laurie Andrews

CONFERENCE REFLECTIONS

Ah, Love, could you and I conspire
To grasp this sorry scheme of things entire,
Would we not shatter it to bits, and then
Remould it nearer to our hearts' desire?

The Rubáiyát of Omar Khayyám

Well, no, actually. We don't believe in shattering things, except perhaps when we're being iconoclasts, and we couldn't be sure that our New Jerusalem wouldn't have as many, but different. shortcomings.

What is Quakers in Criminal Justice doing, talking about big business, welfare benefits and so on? It is supposed to be about crime and the reform of prisons. The reason is that our main speakers were going back to the disease of which criminal justice is trying to treat the symptoms.

Phrases like 'criminal justice' and 'criminal law' are ambiguous, because if a law makes it easier to cause harm and get away with it, the law itself could be called criminal. We need to step back and think fundamentally about crime. As a definition I suggest: 'A crime is committed when one takes something from another, or imposes their will on another, without their consent'. However, powerful people can prevent their actions from being judgedl, for example by employing lobbyists, giving donations to political parties, or simply by colluding in a culture where, as former MP John Battle told the conference, elitism, exclusion, prejudice and greed are acceptable for them, and despair inevitable for the rest of us. We heard from the ex-police officer Stuart Prince about the pressures towards police corruption, and Professor David Whyte pointed out how the Limited Liability Act of 1855 suited owners and shareholders of businesses very well.

Worshipping the golden calf

It seems to me that this culture is exactly what in a religious context would be called idolatry: the tribe is worshipping the Golden Calf, and the money-changers will keep control of the temple, unless someone comes along and throws them out. In the name of profit and questionable efficiency they demand the cutting of 'red tape', without acknowledging that red tape can be a lifeline, literally, if it concerns things like the much-derided 'health and safety' regulations. In fact, David Whyte said, regulations like the Factory Acts contributed to British pre-eminence after the industrial revolution, precisely because they made British workers healthier, safer, and hence more productive. Workers in the Rana Plaza clothing factory in Dhaka, Bangladesh, which collapsed in 2013 with the loss of 1,134 lives, or those in the Union Carbide pesticide plant in Bhopal, India which blew up in 1984 and caused many thousands of deaths and illnesses in the surrounding town, lost their lives for some good, strong, corruption-free red. More examples are reported almost daily.



What can be done about all this? For a start, we could incentivise businesses and organisations to use restorative or participatory management. Scandalous abuse of residents in a residential care home like Winterbourne View, near Bristol, exposed by the BBC Panorama programme in 2012, would probably not occur if they were run on restorative lines, agreed by owners, management, staff, residents and relatives, with regular meetings to assess performance. (This suggestion comes from an actual example quoted by Professor John Braithwaite of the Australian National University.) As David Whyte suggested, we should treat individual directors and managers, not corporations, as responsible for causing harm, whether or not it has been defined as criminal.

Boycott, divestment and sanctions (BDS) were mentioned, as a way of cutting the dividends to shareholders, including boards of directors. But wait a minute: a lot of shareholders are pension funds, so this would hurt many people who need the money and do not wish, or cannot afford, to mount a moral high horse. We could however put pressure on our pension funds to invest ethically, and to consider ethics when voting to elect or re-elect directors. We sometimes bemoan the fact that Quakers have a high average age; we could turn that to advantage by putting pressure on our pension providers. We can, as David Whyte said, chip away at the corporate veil.

The workshops

But before we fall into the trap of self-righteousness, John Clark from Leeds Young Offending Service reminded us that nearly all of us have committed crimes. A pamphlet of the Centre for Crime and Justice Studies in 2007, *Law-abiding majority? The everyday crimes of the middle classes*, points to over-claiming on insurance, paying cash to avoid VAT, and other offences.

Of the workshops I was able to go to, the one run by Quaker Asylum and Refugee Network (QARN), drew attention to brutality at the privately run Immigration Detention Centre at Yarl's Wood. It also pointed to the Immigration Bill, due in the House of Lords on 9th March, which criminalises anyone who provides accommodation or employment to an unsuccessful applicant for asylum whose appeal has been turned down. I think this comes close to being a 'criminal' law. It is certainly a nasty one, and it is uncomfortably reminiscent of the way the Nazis treated people who sheltered Jews during the Third Reich. Surprisingly (or perhaps not), it does not criminalise banks which allow the refugee to open a bank account.

I was not able to attend Carmel Schmid's workshop on child proceedings with family problems of addiction, but the idea of 'problem-solving courts' makes sense. Perhaps it could be extended to other crimes.

The conference heard encouraging news from Leeds. Restorative justice is taking hold in the prison, the local Youth Offending Service and National Probation Service, although the latter is not helped by its much-criticised fragmentation and part-privatisation.

No riots in Chapeltown

The last session was an inspiring eye-opener about how people in a community in Leeds handled a very threatening situation. One person had been shot (and later died). A police dog-handler let his dog off the leash and it bit two people. With police in riot gear and 'hyped up', Chief Inspector Melanie Jones agreed instead to give two experienced youth workers one hour to calm things down. Lutel James, a former professional footballer, is chairman of Chapeltown youth development centre, and Claude Hendrickson founded the Chapeltown young people's club. They told how they were able to defuse the tension over two nights, because of the trust built up over years between young people, youth workers and police; if the riot squad had been deployed, that would have been destroyed. As one conference participant said, after the depressing picture painted in some earlier sessions, this one gave us some hope. But Lutel James also gave a quiet but powerful warning that this **long-term preventive work is having its budget not just cut but 'chopped' by two thirds.**



Again we come back to money. On a weekend when there was yet another report of abuse at a privatised jail for young people (Medway), and a rumour that the Chancellor is planning yet further austerity because economic forecasts have not been met, cutting

the resources of essential community workers like Lutel James and Claude Hendrickson is not only short-sighted but a betrayal of them and of a clear-sighted police officer like Chief Inspector Jones.


Martin Wright

So we may go home and reflect on the need to let it be known that we do not want vital services to young people to be cut. We want community policing which involves the community, and management which involves those who are being managed or receiving services. Those who are providing these services should receive the funding they need: we can tell our leaders that we will pay taxes willingly to support them, and we want everyone, individuals and companies, to pay their share. We want to shatter the golden calf, and build communities which care for everyone and in which everyone can take part.

Martin Wright

GLEBE HOUSE - 50TH ANNIVERSARY

Glebe House, in the village of Shudy Camps on the Cambridgeshire/ Suffolk border, helps young men, mostly between 16-18, with a known history of harmful sexual behaviours. It was established and developed in response to a concern of Geoffrey Brogden, a Quaker probation officer, who was unable to find an appropriate residential resource for troubled youngsters who were difficult to place. It is based on the therapeutic value of love and shared responsibility.

The regime offers healing as an alternative to punishment and retribution, and fosters restorative justice.

The Glebe House complex covers a three-acre site with various buildings and grounds. There are bedrooms, dining room, TV lounge, education block, art studio, woodwork and

The fundamental principles are that

There is good within each of us that is worthy of love and respect

Punishment should not be used to correct or change behaviour

Domination of one person or group by another is abhorrent

Relationships should be egalitarian and non-authoritarian

Therapy should be based on trusting and accepting relationships

motor maintenance workshops, sports courts etc. There is also a small theatre where residents and staff join for three daily community meetings which are of central importance in encouraging participation and fostering strong partnerships. The young men study for City and Guilds and BTEC qualifications in horticulture, painting and decorating, catering and hospitality, food and hygiene, electrical engineering and motor vehicle maintenance. Residents also study maths and English GCSEs. The latest Ofsted inspection this year again rated Glebe House as 'outstanding'. The inspectors reported, 'The home delivers exceptional care to young people with severe complex needs. Staff and managers demonstrate passion and commitment to the home's ethos of therapeutic care.'

50th Anniversary Celebrations

Geoffrey Brogden sowed the seed for Glebe House in a letter to The Friend magazine and the trust setting up the charity was eventually signed on October 16, 1965. The trustees are all Quakers. I had the pleasure of chatting with Geoffrey and his daughters at the 50th celebrations, which were attended by over a hundred guests at a marquee in the grounds. Geoffrey and the newest resident cut the anniversary cake. Glebe House director Peter Clarke welcomed everyone and Geoffrey, Sue Brock-Hollinshead and Sheila Gatiss gave short speeches. There were exhibitions of the young men's work and we enjoyed a hog roast lunch (with vegetarian option). Kathy South and I were given a conducted tour by one of the young men and a staff member. I was particularly impressed by the artwork and the workshop where furniture is renovated and painted and recycled. Our young guide was relaxed and friendly and he answered our questions confidently. His only handicap that I could see was that he supports Manchester United!

General Meeting, 31 October 2015

After opening worship and introductions assistant director Paul Plummer told us about two initiatives aimed at helping the residents prepare for the transition into society after they leave the community. In the Independence Week Away four or five young men, overseen by two staff members, take over a house in Cambridge and run it themselves for a week. They claim jobseeker's allowance and have to budget accordingly, shopping and cooking for themselves. They learn about tenancy agreements, organise appointments to doctors and dentists, negotiate public transport and so on. A crucial element is a visit to the job centre where they are introduced to the benefits system and the sanctions that apply when rules are not met.

Residents also enrol on the Duke of Edinburgh Award scheme as completion and qualification are valuable assets on CVs when they eventually apply for work. They have targets to achieve over six months in catering, woodwork, motor maintenance and sporting activities. They do voluntary work like tidying up the nearby churchyard and planting bulbs in the village. In a project next April they will have to accomplish tasks such as map reading, cooking on an outside stove and first aid.

We next appointed two new trustees – Carol Thomas, of Norfolk and Waveney AM, and Angela Pivac (Saffron Walden and Thaxted) - to succeed retiring trustees Colin South and Caroline Brown, who were thanked for their service. Colin has also completed ten years as treasurer. He was a 'safe pair of hands' during difficult times, said clerk Sue Brock-Hollinshead. Kathy Hindle takes over from him. Our Friend Susan Garratt was re-appointed trustee for another year. The meeting agreed to enhance the nominations committee by inviting each of the six area meetings of the General Meeting to appoint representatives to the committee; at present only three are represented. The committee suggested a DVD of the House's work should be made for distribution.



Colin South presented the trustees' report for the year to 31 March 2015 and reported progress on objectives identified for the year 2014/15. They included appointing a co-ordinator for a Circles of Support Project which will provide transitional care and ongoing support for the young men after they leave Glebe House; to act on the recommendations of the research project report from the University of East Anglia Boswell Associates (Copies of the report are on the Trust's website); to reshape the staffing structure. Objectives for the coming year include a possible presentation of the Boswell research at a Parliamentary gathering.

Assistant director Keith Doughty presented the financial accounts and reported a satisfactory year. Fees were increased by 25% but this had not affected the intake – at one time during the year there were 16 boys/young men in residence. Staff were awarded a two and half per cent pay rise. Income was £2,394,616, up £178,000 and there were nine months' reserves. The projected pensions responsibility was of concern and the Trust was seeking professional advice.



Peter Clarke, director, told the meeting he was glad Glebe House was strengthening its links with other Quaker communities. The Government's residential care was informed by the Boswell research which also fed into the National Institute for Health Care and Excellence

work on young people's needs and the Youth Justice Board. 'Our work goes from strength to strength,' he said.

In conclusion I quote from the Boswell research: "Of the Glebe House residents who completed the therapeutic programme, not only were most of them not re-convicted, the majority also felt their lives had been turned around by the commitment of the staff who always had time for them. Thus it would appear that an investment in placements at Glebe House is well worth making. To give the last word to one young man who left the Community eight years ago and lives now a stable and law-abiding life: "The work can be hard, but it is worth doing because then you can have a future".

Laurie Andrews

EUROPE'S REMAND PRISONERS

In January 2016 Quaker Council for European Affairs (QCEA) took part in discussions on whether, and if so how, the EU should act to reduce the number of people awaiting trial in prison, currently 130,000.



The expert consultation was organised on behalf of the European Commission's Justice department, DG-Justice. In March, DG-Justice will consider whether European-level action is possible.

The consultation asked if the problems of pre-trial detention are significant enough to justify EU level action. QCEA addressed this question directly, explaining why unnecessary incarceration is damaging to individuals, their families and wider society.

The wide variation in the use of pre-trial detention is evidence of its excessive use in some countries. If every country only used pre-trial detention to the same extent as Ireland, Slovenia and Finland, then the number of people awaiting trial in EU prisons

would be halved. 65,000 fewer people would be detained.

What makes it worse is that pre-trial detainees are often treated as second-class prisoners: excluded from mental health support and education and rehabilitation programmes, and permitted less family contact. These issues are explained in more detail in the QCEA report, Pre-trial detention in the EU.

The most common reason used to justify a person awaiting trial in prison is the fear that they will not return for their trial. Technological advances are increasingly offering forms of monitoring that undermine this justification. However, we must of course ensure that we do not simply replace the psychological harms of detention with physiological harms of intensive surveillance.

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Probability of EU legislation
In a Green Paper in 2011, Member States recognised a problem but did not have the political will to take EU level action. Five years on, this will still be a difficult issue to get through the College of Commissioners (cabinet of 28 national appointees that lead the European Commission), even before Member States are asked to consider it. Paradoxically, this should be surprising given how much money prison costs, compared to alternative conflict resolution.

A decision to start the process of new legislation will also be hindered by Frans Timmermans' Better Regulation agenda aiming to reduce the amount of EU law. Ideas for legislation must now face tough assessments designed to stop proposals that are perceived as interfering or burdensome.

So should the EU just agree voluntary guidelines?
The EU has introduced voluntary guidelines on legal aid and safeguarding child suspects, but these are having very little impact. The reason that only voluntary measures could be agreed on for these two issues is that there was opposition from a small number of individual countries. But this also meant that those same countries took no action in response to the voluntary guidelines.

Furthermore, alternatives to detention is an area where voluntary guidelines have already been agreed by non-EU bodies, such as the Council of Europe and UN.

So what type of legislative measure might realistically be agreed?
One idea is that decisions to remand someone in custody awaiting trial should include a

written record of the evidence that detention is necessary. This would allow a basis for defence lawyers to challenge judges, and could have a significant impact in some countries. This procedure is simple enough that it could be applied across Europe's different legal systems.

The problem of pre-trial detention is part of a much bigger failure of European countries to find alternatives to detention. But changing judicial culture is not easily done from the European level. Another problem is that some countries have no history of probation. For example, Greece is a country of 11 million people, but only has 42 probation officers. In Italy, Slovakia and Croatia alternatives to detention are scarcely used at all.

Andrew Lane

DREAM REHABILITATION

I was prompted to write when someone said to me recently: “Graham, you have travelled further than most people on the journey of rehabilitation. If you were in charge of the prison service what would it look like?”

Prison environment: A prison can be dangerous, traumatic and deeply unstable, yet at the same time you are asked to change who you are, to move away from the extremely destructive way of thinking and behaving that brought you into prison in the first place, in an environment that is similar to the one you knew before you came in. You are offered many different forms of rehabilitation including work, and if you are lucky maybe six weeks of psychological help to deal with your issues. If you are doing a longer sentence you may be offered a place in a therapeutic prison. On release you will be managed, put through training programmes, and offered a mentor and maybe more counselling or therapy. Throughout this process you will feel totally out of control, old defence mechanisms kicking in, walls going up and cooperating out of fear of returning to prison. This is not likely to enable real change in an offender.

Rehabilitation is about choice: the ability to make conscious decisions about how you are going to think, behave and act. It’s about attitude. It is about being motivated to take small steps on an unknown path, so that the rehabilitated prisoner can choose to become a contributing member of society

My motivation to make the journey of Rehabilitation.
So what made me choose to engage with rehabilitation and motivated me to change the direction of my life? The simple answer is: I met a group of people who knew exactly where I was at, as they had been there themselves. I was able to put to one side my judgements, as I knew they were being genuine. As they talked about their own lives and my experience of them grew, I became aware that it was possible to change, move on and have a ‘good’ life. They had ‘something’ that I wanted and the best bit was that these people were willing to support me to find my

own 'something'. The real reason I became motivated to change was having a seriously supportive network of people I could rely on.
Reflecting on these people who motivated me and supported me at the beginning of my journey, **I am struck by three facts:**

1) All of them started their own journey from a similar place as me.
2) Each of them followed a spiritual path of some description.
3) None of them were part of the mainstream rehabilitation system.

Rehabilitated versus Integrated
I am an ex-offender, an ex-addict, an ex-career criminal. I have spent time both in prison and in secure mental health wards. In recovery, I came to understand that I have to be totally transparent with my past: I regard this transparency as key to my rehabilitation. Yet, I struggle to be accepted as 'rehabilitated' by the main stream, to overcome the stigma of my past and to gain employment through legal means.

I consider myself to be rehabilitated: I am a fully qualified counsellor and psychotherapist belonging to the British Association of Counsellors and Psychotherapists. My references are impeccable. I have gained a good deal of experience. Common sense would say I would be a good counsellor working in rehabilitation or the prison system. I have applied for a number of jobs and always get turned down, due to DBS security clearance. Home Office rules plainly say that a prison chaplain cannot be an ex-prisoner. This leaves me feeling that either the Home Office or prison management do not believe that rehabilitation truly works, or as there is no way to measure 'rehabilitation', an ex-offender cannot be trusted.

'Rehabilitated' means the ability to consciously experience life and make appropriate decisions.
I would like to suggest a ten-week optional course be made available to prisoners. Optional is important because rehabilitation ultimately depends on the ability to make conscious decisions about how you to act, think, believe and behave. Such a course would provide the skills and motivation to engage with the 'Rehabilitation Revolution'.

Week One: Meditative Practices
An intense week of different forms of meditative practice to developing a rounded sense of self-awareness. Mindfulness, to help relaxation; active meditations, such as dance, movement and guided mediations, to engage and use up the energy that most prisoners have, and the practice of recollection, to re-enforce and allow prisoners develop their mindfulness practice throughout the day

Week Two: Group Therapy
In a group setting exploring the reasons why we have got it wrong in the past; the importance of self-honesty and the underlying importance of taking responsibility for your actions. If you do not acknowledge you have made a mistake how can you learn from it? This week would bring in concepts such as active listening, empathy, self-control and triggers.

Week Three: Cognitive Behaviour Therapy
How do you manage yourself, become aware of the link between triggers, thoughts and emotions? By gaining distance from your thoughts through meditation it becomes easier to see the patterns that your thoughts follow after certain triggers. By spending time with one pattern and emotional reaction it is possible to get a sense of control of it. The next step is then to learn to manage the reaction.

Week Four: Emotional Intelligence
The journey from complete numbness towards your emotions to being truly connected to them is fraught and hard. This week is about teaching the skills and techniques that allow you to make the journey and make it safely.

Week Five: The Outpouring
Post-Traumatic Stress Disorder within the prison system is something you never hear talked about. Though every prisoner I've ever talked to shows nearly all the classic symptoms or describes a traumatic life. Out of all the ways I have discovered to deal with PTSD and talking to others who have made a similar journey the most powerful tool is found within Energy Psychology. The technique has various names such as Shen Therapy, Qigong or EQ yet they all have the same profound effect.

Week Six: Games People Play
Understanding behaviour and choosing not to engage in it any more is one of the most powerful tools that we can learn. Game Theory from Transactional Analysis is one of the most useful tools once you have a moderate level of self-awareness. If you are aware of the games you are playing you have a choice to stop playing the games.

Week Seven: Self-Intelligence
Discovering that you are not just you, you are made up of parts and often these parts are often in conflict is a steep learning curve. This week is about teaching practices and techniques that allow a synthesis of these parts.

Week Eight: Spirituality
A strange fact often overlooked: all highly successful treatments for addiction have a spiritual element to them. In my experience of being a criminal, it is a form of behavioural addiction. This addiction made me numb and the spiritual journey allowed me to become sensitised once more.

Week Nine: Rehabilitation as a Journey
Our society is dominated by a need for instant results or instant gratification. The journey of rehabilitation is not instant, it is a slow process.

Week Ten: Endings and Beginnings
This week is about integrating the learning of previous weeks.
Dream rehabilitation can only be realised if society as a whole really believes that people can and do change. It is lack of faith that holds people back.

Graham Clucas

12 QUAKERS AND LUNCH

Twelve Quakers sat down to eat: not a last supper but a first lunch, at Styal Women's Prison, Wilmslow, East Cheshire. Styal is the main prison for women in north west England, and houses prisoners in all categories. Wilsmlow Quaker Meeting supplies a Quaker Chaplain, and our Meeting has an ongoing concern for the welfare of women at Styal.

The Clink restaurant, recently opened at Styal, is housed in what was once a chapel, now elegantly decorated as a high-end restaurant. All cooks, helpers and waiting staff are women in rehabilitation programmes, who will soon be released with a catering qualification.



The concept of The Clink Restaurant was created by Alberto Crisci, then catering manager at HMP High Down. According to the Clink's publicity material, "He recognised real potential in some of the prisoners working in the kitchens and introduced City & Guilds NVQ training. In 2005 Alberto decided to take prisoner education further, developing the idea of The Clink Restaurant. The Clink Charity was formed in 2010, by Finlay Scott and Kevin McGrath, to support the training initiative's expansion across the prison estate. The work of the charity helps prisoners break the cycle of reoffending, by nurturing self-belief and work-place skills and offering nationally recognised qualifications."

The Clink's mentors work closely with the prisoners in training. After release, mentors seek to place graduates of the programme in employment, and offer mentoring support for six to twelve months after release. An independent audit in 2014 indicated "dramatic" falls in expected reoffending in Clink graduates (to 12%, compared with the usual 45%).



The Clink restaurant at Styal prison is the fourth restaurant established in one of Her Majesty's establishments, and is open to the public. Two more restaurants are in the opening phase, and the objective is to have 500 well-trained catering professionals graduating from ten programmes in both men's and women's prisons by 2017.

The Clink Registered Charity offers further information and invites donations to: The Clink Charity, Her Majesty's Prison High Down, High Down Lane, Sutton, Surrey SM2 5PJ.

Meanwhile, Wilmslow Quakers are planning another excellent lunch party…

Christopher Bagley

THANKS FROM THE INSIDE

I write this from the wrong side of a cell door. I write to say the difference the Society of Friends has made to my life behind bars.

I was introduced to Quaker worship by going along with my friend who would otherwise have been attending his meeting alone, he being the only registered Quaker in the prison. He opened my eyes to a whole new way of experiencing God. It did not replace my chosen method of connecting with God but certainly enhanced it. I found a peace and serenity and connection with my friend, his chaplain and volunteer visitors that I had not expected inside a chapel usually buzzing with the sound of singing and sermons. With all the quotidian hustle and hassle of prison, I found myself looking forward to the contemplative moments

listening to my heartbeat, my breathing and God flowing through me.

The Quaker 'chaplain' regularly brings me 'The Friend' so that I can have some experience of the lives other Quakers enjoy. My friend was moved to another establishment some months ago and I miss him and his stories of George Fox. But I still attend Quaker services as they bring peace and meaning to my daily endurances. I know I can worship alone and often do, but my connection with the Quaker visitors makes me feel that I have friends. Many prisoners are not in this position and often feel isolated.

What I am most grateful for, though, is that I never feel pressured or expected to conform to rigid Christian dogma. For what I haven't told you is that I am, and always will be, a devout "censored". God for me is the 'Great Spirit', the force and energy that binds all things. A concept not so different from the presence I feel at Quaker meetings with the Great Spirit working through all of us. It is the feeling of respect and above all else, love for one another. Love is not diluted by having different concepts of God. We only have to accept God into our hearts, whatever form that takes.

Advices & Queries No. 22 "Respect the wide diversity amongst us in our lives and relationships. Refrain from making prejudiced judgments about the life journeys of others. Do you foster the spirit of mutual understanding and forgiveness which our discipleship asks of us? Remember that each one of us is unique, precious a child of God."

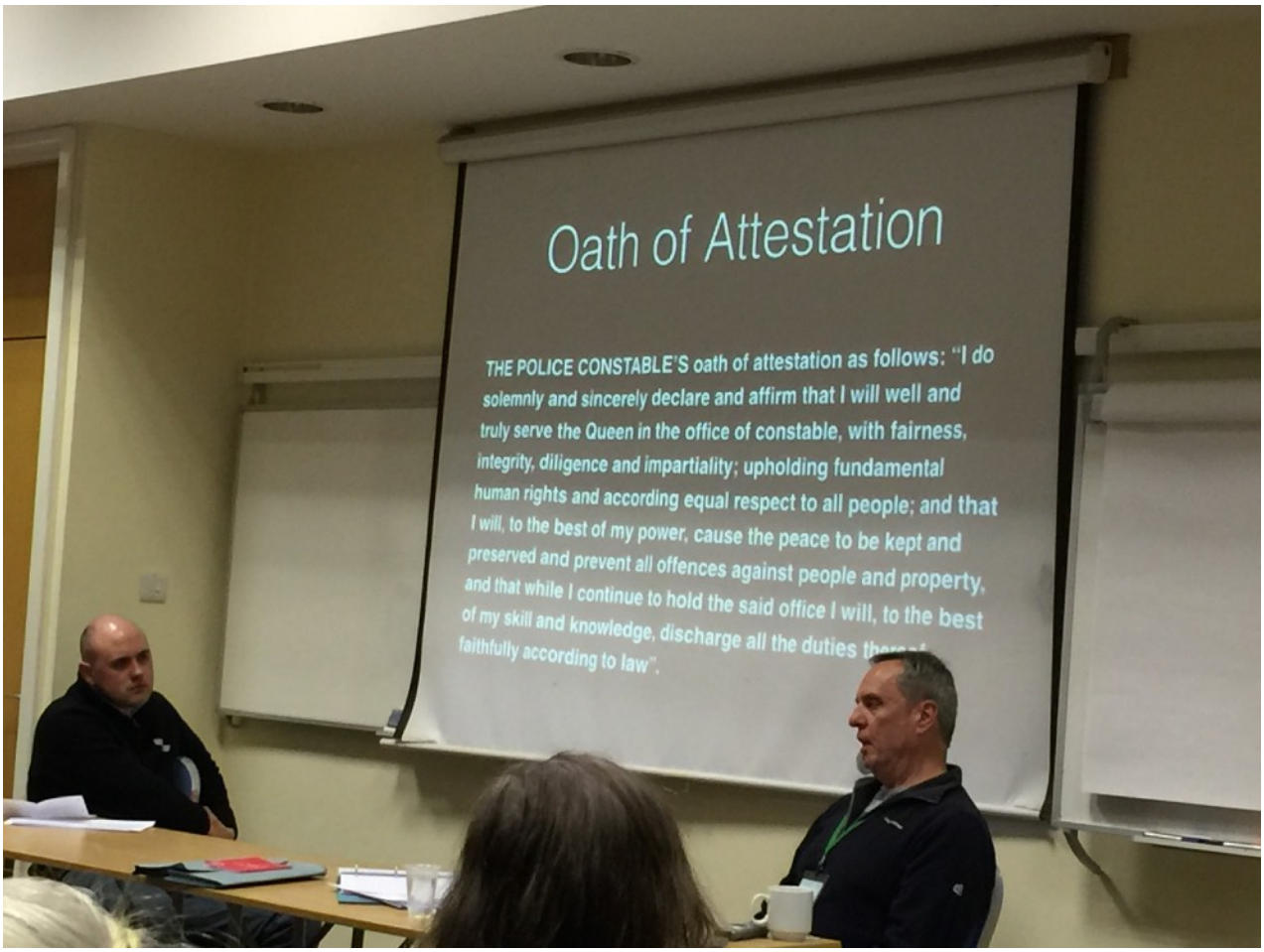
Anonymous

THE 2016 QICJ CONFERENCE

Hinsley Hall, 'Leeds' provided a new venue for this year's QICJ conference. I was glad to see so many Friends there I hadn't met before, including some from 'Leeds' who attended the main event on Saturday. Hinsley Hall is a Catholic conference centre, is very welcoming and has rooms named after colourful Northerners such as Hilda of Whitby and Aelred of Rievaulx. Our plenaries were held in the Margaret Clitherow Room – a 'York' housewife who was martyred in 'Elizabeth' the first's reign.



Friends in the usual style were assigned into five small groups. On Friday evening, the first speaker, Stuart Prince of 'Bedford' local meeting, opened with "Integrity in



Public Life". He began his career in the Merchant Navy, before moving into the police. His talk left me shattered: I had no idea that public integrity had sunk so low. In spite of measures taken after the Poll Tax riots, there has been a cavalcade of scandals since then – MP's expenses, bankers' bonuses, phone hacking. Stuart told us he was the first to challenge masonic control of the Metropolitan Police; that was at a time when there were only two women among sixty CID staff. Low pay left the police open to bribery and some got involved in protection rackets. The Stephen Lawrence case led to greater accountability, but in turn led to erosion of the presumption of innocence. He pointed to the appointment of women as heads of organisations saying this was a move towards greater integrity.

A member of my small group (like me an ex-offender) told us afterwards of his disgust at seeing senior policemen and judges picking up girl prostitutes only just above the legal age.

A Lucy Partington poem was read for Epilogue as there was a shrine to Lucy in Hinsley Hall library, fitting as her sister Marian had been a powerful speaker at our conference some years ago when she spoke of her journey to restorative justice following Lucy's murder at the hands of Fred and Rosemary West.

2 lines down - How corrupt. Can you get italics? I can't. I suggest italics for book titles, and quote marks as a second best. But if you are doing quotes, NB close them after 'Britain'.

Saturday morning began with an impassioned talk by David Whyte, a lecturer in sociology and criminology and author of How corrupt is Britain? He spoke on 'Crimes of the powerful' comparing 'collusive corruption' in 'Britain' with 'extortive corruption' more typical of developing countries. By way of example, he quoted 300 police who made false statements after the 'Hillsboro' disaster and also the cosy relationship between tax havens and the City of London. Notably, the separation of ownership and responsibility noted by Roger Casement in the twentieth century is still prevalent now. When a factory in 'Bangladesh' collapsed killing one thousand people no one was held responsible. Similarly, in 'Britain' no one was held responsible for the 2008 banking crisis.



David Whyte identified it as an issue that people and not corporations are held to account under the legal framework. Hence, corporations are not held to account for damage done. Till the nineteenth century, government issued charters to corporations in order to serve the public interest. Nowadays, public interest does not come into it and profit alone is sufficient to charter a business. David Whyte proposed a triple requirement : financial, social and environmental. (Imagine that in light of the Beeching rail closures).

Speaking on inequality, Professor Whyte pointed to the Basque cooperative Mondragon, in which the pay differential between highest and lowest paid is a factor of 5. In 'Britain' the factor can be as high as 162. You couldn't have a clearer incentive for social discord. It is good to note that the Transatlantic Trade & Investment Partnership, which aims to shackle governments in their attempts to regulate business, has met with widespread opposition.

John Battle spoke on 'The injustice of poverty'. He served for twenty years as MP for Leeds West and now champions community organising in 'Leeds'. He warned us that the official definition of poverty was changing to no longer reflect a comparative element (such as income below 60% of average), and so relies only on the individual's circumstances and not the context in which they live.

John Battle decried the 'making work pay' policy as most of the poor are actually in work but receive too low a wage or too few hours to make a living. He told us seven million children will be affected by the benefits freeze. He quoted from Vincent de Paul's writings to draw attention to five false assumptions:

Elitism is efficient
Exclusion is necessary
Prejudice is natural
Greed is good
Despair is inevitable

John Battle went on to speak of tax evasion. Only five percent of the top hundred companies pay tax in 'Britain' even though the British tax payer is expected to pay for infrastructure and superstructure. He referred to the apparent government policy of making charities responsible for welfare as being 'a return to the Middle Ages'.


Adrian Smith

Later on Saturday, there was a choice of two out of three workshops: Quaker Asylum and Refugee Work, a new approach to addiction in child care proceedings (FDAC) and Restorative Practices in 'Leeds'. I was interested to learn that twenty per cent of requests for RJ came from offenders.

On Sunday morning, we heard from a senior police officer, Melanie Jones, and two black community workers on how they staved off a riot in Chapeltown during the 2011 summer riots. This was achieved by respectful, empathetic listening, responding and negotiating at a moment of crisis instead of engaging riot police on an angry crowd. Now, cuts in services threaten the very existence of these community workers and will erode the goodwill that they have created.

The final meeting for worship aroused thoughtful ministry. The thought that went through my mind was that there was not much difference between a young person poised with a brick aimed at a police car, an industrialist planning tax evasion and a diplomat facilitating an arms deal to a tyrannical dictator.

Adrian Smith

MEMBERSHIP UPDATE

It was good to see many of you at our very successful and stimulating conference in February. At that time and now, however, it was and is of concern that I have to report that our membership numbers are at present reducing and currently stand at only 137, allowing for resignations, deletions and a few new members. This is almost the lowest it has been during my time as Membership Secretary, and is something the committee will look at with a view to finding ways to improve the situation. Moreover, there are some 10 or 11 people who have not paid a subscription since 2014 and will therefore, with regret, shortly be removed from the list unless they remedy the situation very

quickly. (Please contact me if you are not sure whether this applies to you.) This would reduce out numbers to as few as 126 or 127.

I should mention also that there are 30 members who have not yet paid for the current year - please would they attend to this. (Again, check with me if you are not sure). QICJ does not have any independent funding and your subscriptions are important.

Those who have resigned since my update in November are: Sue and John Bowers, Cambridge Area Quaker Meeting, Ronan Falsey and Richard Scatchard, so please delete their names from your list.


Ann Jacob

On the positive side, we are pleased to welcome the following new members: Hugh Hubbard, Irene Marsh and Una Parker. Their names and contact details etc. will be included in the next updated Membership List, which I hope will be issued with the Summer Newsletter. Meanwhile, if you wish to contact any of them, please do so via myself.

I would like to express thanks to those who continue to pay their subscriptions at higher than the suggested rate and those who have generously made donations.
NB It is possible to pay subscriptions by Standing Order, and if you wish to do this, please contact me for a Standing Order form.

Your committee members for 2016 are: Simon Ewart, Ann Jacob (Clerk and Membership Sec.), Andrew Lane, Marian Liebmann, Janet Lynch (Treasurer), Nick McGeorge, Deborah Mitchell, Jo Rado (Assistant Clerk), Carmel Schmid (Newsletter Editor) and (co-opted member) Paula Harvey (QPSW/CCJS).

Ann Jacob

MINUTES FROM AGM - FEB 2016

MINUTES OF ANNUAL GENERAL MEETING HELD AT HINSLEY HALL IN LEEDS

ON FEBRUARY 27, 2016

1. **Present and prevented**

Eight members of the committee and approximately 30 members and conference participants were present. Wendy Rose, Mark Bitel, Rodney Mahon, Jenny Stead, Janey Lynch and Phil O'Hare were prevented.

Minutes of previous meeting and matters arising

2. The Minutes of the previous meeting, already circulated, were accepted. There were no matters arising.

3. **Meetings held during the year**

The committee has held two meetings during the year, and additionally a brief unminuted meeting at the end of the last conference.

4. **Treasurer's Report**

We have been presented with the Treasurer's report in her absence due to sickness, but there are several figures we do not understand. We agree to ask our Treasurer to explain these at the next committee meeting. We thank our Treasurer for her work.

5. **Newsletter Editor's Report**

Our Newsletter Editor reports a positive year, with three issues of the Newsletter and a good flow of articles coming in. Carmel thanked Jonathan for his work on the electronic version of the Newsletter. There was discussion about the pro's and con's of an electronic version only, and it was agreed that members would be asked for their preference when they renew their subscriptions. We thank Carmel for her continued work on the Newsletter.

6. **Membership Report**

We have heard the membership report, with some concern about the recent reduction in number of members. The report is attached and we thank Ann for managing the member-ship over the past year.

We have discussed some ways of increasing our membership and our presence in the wider Society of Friends and ask our committee to consider strategies and report back to us. We encourage all members to take initiatives to increase our membership numbers.

7. **Committee appointments**

Those completing their triennium this year are Carmel Schmid, Judy Kessler and Wendy Rose. Judy and Wendy wish to stand down; Carmel is willing to serve for a

further term if wished. We appoint Carmel Schmid for a further three years, and Jo Rado for three years, to act as co-Clerk with Ann Jacob, with a view to taking over in due course. As this leaves one appointment still to be made, the committee was authorised to co-opt a further member when possible during the year, for confirmation at the next AGM.

Subsequent to the AGM, the nominations sub-committee was able to bring forward the name of Nicholas McGeorge to a brief re-convening of the AGM and he was duly appointed.

8. **BYM 2016. Information Stall and Special Interest Workshop**

QICJ has been granted an Information Stall and a Special Interest Workshop (on Saturday lunchtime) during BYM 2016, (May 27 – 30) related to the topic of this year's conference. Sue Barrance, Adrian Smith and Deborah Mitchell will take the workshop forward. Ann Jacob will be available to run the QICJ stall at the Groups Fair and will welcome anyone else to accompany her.

9. **Future Conferences**

For 2017 we have booked Woodbrooke (booking to be confirmed) - dates 24 – 26 February

For 2018 we have provisionally booked Ammerdown - dates 23 – 25 February

For 2019 it has been suggested we may return to Hinsley Hall, Leeds

10. **Any Other Business**

a) Email from Rodney Mahon re website: We ask the committee to consider this and liaise with Rodney.

b) We have received information about a Howard League 150th Anniversary Conference, March 16 – 18, 2016 : 'Justice and Penal Reform: Re-shaping the Penal Landscape' with many inspectors of criminal justice agencies as speakers.

c) Independent Quaker bodies - Consultation about our relationship with Britain Yearly Meeting. Specific proposals will be forthcoming later. We ask our committee to consider these.

11. **Date of next meeting**

At the Conference in February 2017 at Woodbrooke

12. **Updates and Concerns**

None this time.

Ann Jacob, assisted by Marian Liebmann

MACHIAVELLIAN MEANS

There is an insouciance about power and politics in Britain today. Since the 80s, there has been a marked increase in economic inequality. Following the banking crisis and with it the shrinking public sector, there is a grave awareness that the less well-off are bearing the burden of hardship and the powerful elite are less scrupulous than ever.

While security services need to be under cover and in many ways secretive, is it necessary that police are asked to infiltrate animal rights groups and anti-hunting groups when civil protest is a key aspect of modern democracy? There was a case where one police officer involved had a bigamous relationship with a campaigner and the case had to brought through the law courts for redress.

There have been instances where people of high status seem to be beyond the law. This has been particularly the case with the cover up of child sex abuse. Everyone has heard of Jimmy Savile, Sir Cyril Smith and Sir Peter Morrison but Sir Peter Hayman, deputy head of M16 also had a long run of immunity before he was eventually prosecuted for child porn offences. A journalist who had acquired damning evidence against Cyril Smith had his office ransacked and material confiscated by Special Branch who said they had been acting on a 'D notice' (a national security edict). The question remains: why was Cyril Smith so protected at public expense? And is there corruption within his political networks?



The cover-up of the Westminster paedophile ring appears to be orchestrated by security services. It is understood that Whitelaw demanded that the police drop their

investigation into it. A number of significant documents relating to the Westminster paedophile ring have 'gone missing'. MP for Rochdale Simon Danczuk says he was strongly advised not to pursue the issue of paedophilia by fellow parliamentarians. Greville Janner MP had been accused of child sexual abuse in the 90's but got off using Sir David Napley's defence of a 'finding of guilt would be so disastrous to the person concerned that it would be excessively punitive'.

The security services were allegedly involved in the cover-up of the abuse at the Kincora boys' home in Northern Ireland. A survivor of Kincora has confirmed he was taken to London to be abused and that this was quite possibly at Dolphin Square. Two other survivors of Kincora later died from suicide following their abuse as children. It is notable that, so far, Kincora has been excluded from the Goddard enquiry.

The question needs to be raised as to whether the security services and special branch are subject to sufficient, albeit discreet, parliamentary and public monitoring scrutiny and accountability. It is alleged that there is a serious concentration of senior police in the St James Lodge. Chief Inspector Brian Wollard sought a judicial review of Freemasonry and the police but was subsequently removed from duties. The delay in the Chilcot report may reflect criticism of the security services that politicians would rather keep out of the public realm. Owen Jones's The Establishment points to all sorts of skulduggery amidst the powerful. He mentions senior Inland Revenue officials moving on after retirement to lucrative jobs with private accountants advising on tax avoidance. The TTIP international trade deal is being pushed through, without proper debate and process, curtailed by little other than the efforts of online campaigners. It has been argued that the police, law enforcement and security services are being used to protect the interests of the powerful rather than the safety and welfare of the general public.

And then there was the Iraq war, where Blair's coalition with the US invasion gave rise to thousands of innocents suffering and being killed. Our security services undermined the painstaking work of Hans Blix, the UN weapons inspector. And there was never any evidence for a linkage between the 9/11 atrocity and Iraq. Apparently nineteen of the twenty-four terrorists were Saudis.

Our government's alliance with Saudi Arabia is quite worrying. Saudi Arabian is a draconian autocracy with a terrible record on human rights. There are executions by beheading (158 in 2015), women get lashed for being raped, gays get hanged, dissidents get incarcerated for speaking out. Our government voted Saudi onto the UN Human Rights Council and supports Saudi's leadership of the council for 2017. Although there is definitely some benefit in having all world leaders at the UN table, this is surely contrary to our democratic values. Is our support for Saudi in the UN connected with lucrative arms deals and oil contracts?

Is democracy just a façade? Is the real power confined to the rich and powerful?

Peter Hulbert

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Opinions expressed are those of the writers and do not represent the views of the Religious Society of Friends (Quakers), Quakers in Criminal Justice or the Newsletter Editor

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