



Write to The Editor (see Information section). You must include your name and address but they will not be published without your consent. Correspondence may be edited.

**Positives from Negatives**  
– A personal Perspective

“Looking back over the last two years of my incarceration, it would be too easy to catalogue all the negatives I have come across. Instead, I have to ask myself can I find any positives in this experience, not to justify my prison experience, but to make some sense of it. One thing I did learn during my time in the Army was how to make the best of a bad situation, and I don't feel there can be a much worse situation than prison.

My introduction to prison was a single cell, made to accommodate two prisoners. The only facility was the toilet and sink. I had to adapt quickly and learn tolerance, prison food seems to work violently on the digestive tract, and a function that was once done in private, suddenly was no longer private, so both parties had to be tolerant towards the calls of nature. During this first year, I learnt the prison vernacular and basic survival skills of prison life, as a VP you were the lowest type of prisoner, and within that group, sex offences against children was beyond the pale, no matter how much you protested your innocence. The other skill I developed was patience; you are moved, left waiting, locked up with no explanation. Getting frustrated and impatient is a waste of energy, you must adapt or your blood pressure will just go higher and higher and at the end of the day you still have to wait.

Keeping mentally stimulated is the hardest chore. The prison education is more geared to basic literacy skills, conversations were somewhat limited. The news from the outside world was at times Spartan and at other times just depressing. The occasional glimmer of hope come from the likes of Lawson and Rigby.

Emotionally it is a constant roller coaster ride, heights of elation to abject desolation; up and down sometimes on a daily basis and other times days go by. On the bad days a letter or phone call can lift you, but for the

most part you have just got to stay focused, on your appeal and the day you get out, planning beyond that day still escapes me.

Overall the positives I feel about myself are Patience, Endurance,

Tolerance. I am mentally and physically stronger than when I came into prison, and will be able to deal with whatever else life throws at me. I will keep fighting my corner to prove my innocence and overturn this gross miscarriage of justice, helped enormously by Kath and my legal team. Kath Brizzalari, whos constant support for both me and her incarcerated husband Brizz has gone beyond the call of friendship, they have both been true friends.”

*K G Mair*  
HMP Frankland

**False allegations**

Today ,so incensed am I by the travesty of justice surrounding Anver Sheikh,s arraignment that I have e-mailed the Human Rights Joint Committee at parliament.

jchr@parliament.uk

I have presented a valid case, have quoted from my own experience with regard to former colleagues, and have asked some very pertinent questions, and overall tried to educate them as to the realities of the state of affairs in the country regarding false allegations, and the rights of people to be given a fair trial, I cannot pass on to you all I sent as I tried to save to file but was unsuccessful.

My hackles are well and truly UP but I am controlling my dismay and anger. I hope that I am O.K. doing this. I e-mailed Tony Blair yesterday, and in the course of my letter I asked him this question.

“If 30+ of his constituents had collaborated together and accused him of serious sexual assault from 20 years ago, could he find evidence to prove his innocence, because in the present climate that is what he would have to do”.

So far I have had no reply, but I am ever the optimist.

Cheers

*Joan*

P.S. Am thinking of trying Michael Howard tomorrow, and maybe a few more.

**Not told of rights**

“Thankyou for the latest copy of FACTION. It is very good to know that people like yourselves really care and fight for our cause. It was good to see that you were in the forefront of when a recent conviction was squashed at the Court of Appeal. It gives those of us who are still in prison hope the comfort that the fight for for righteousness is still, there.

I thought our legal system in Scotland was good, but sadly I have been disappointed with some of the underhand ways in which justice was done. The police method of trawling for witnesses is criminal and the way they question them and put words into their mouths is nothing but abusive to the system, and very unprofessional. The practice should be investigated and reported back to the Judicial system. Some lawyers are also making a farce of the justice system by telling some clients that they can get criminal injuries compensation if they sat they were abused in care. (I have information that this has happened).

My wife and I gave nearly 30 years of caring for young and old and were accused and charged with abuse, something we have never done - and we are not guilty.

The Court system, although they try to be fair did not tell my wife or I our rights, when to question our lawyer on a point we did not agree with, and when to ask our QC to put questions to our accusers. This would have given the jury a fuller insight as to what the accusers were doing. Fortunately my wife was acquitted all charges. I am very bitter at the system and like many carers feel that if nothing is done to prevent false allegations then the prisons will be filled with innocent people - all because of GREED.

Thankyou for your interest and concern. Give the team my kind regards.

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“... let the message go out, that we can provide:  
Security where there is none;  
Opportunity where it is limited;  
**Justice where its is denied;**  
Inclusion where there is exclusion;  
Prosperity where there is poverty;

Then we will have in our generation and in our time, not only have fulfilled our mission to the people of Britain, upheld the finest traditions of our party but also given hope for a better world.”

**Gordon Brown**  
Labour Party Conference 2004