Aboriginal and Torres Strait Islander Inmate Handbook
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The Department of Corrective Services acknowledges its commitment arising out of the Royal Commission into Aboriginal Deaths in Custody. The high incarceration rate of Aboriginal people has not decreased. With the tenth anniversary of the release of the Royal Commission’s report, the department continues to develop programs and services to assist Aboriginal people whilst in custody.

The handbook outlines programs and services to assist inmates in planning their pathway from reception through to release. It is important to remember that this information is to assist you to achieve your goals by utilising the available programs, services and support while progressing through a changing system.

Pat Maurer  
Director  
Aboriginal Support and Planning Unit

This second edition of the Aboriginal Inmate Handbook has been written to provide information to families, community organisations and most importantly inmates about the services and programs for people in custody.

This handbook provides an overview of some of the services provided by the Department of Corrective Services and other agencies to assist you as you progress through your sentence from reception to release. It is a user’s guide and you are encouraged to take advantage of the support that is available. You may also have an expectation that you will be treated fairly and with dignity.

Ron Woodham  
Commissioner  

Luke Grant  
Assistant Commissioner  
Inmate Management
acknowledgements

Albert Ryan is thanked for his on-going support, comments, introduction and conclusion.

Louise Lynch and the MRRC brothers, Sam Lever (Aboriginal Inmate Delegate), Jason Brown, Joseph Miles, Dwayne Peckham and Ian Prince gave valuable help and additions to the text. They used the draft handbook in an assessment task in the Coorong Tongala program. They read the text, then discussed its content, format and whether it was OK for the intended readers.

One of the group commented on the importance of the readability of the text. This was important to him as his eyesight, like many other Aboriginal people's, is affected by diabetes.

Cath Buckley, Aboriginal Programs Teacher, and the Mulawa Koori Ladies/Aboriginal Inmate Committee reviewed the final draft and gave helpful additions about women's programs and services.

Cover and spirit designs were made by Wayne Cook. Other illustrations by Eric Orcher.

Input was given by many people, all of whom are thanked for their willing contribution. Among those people were:

Luke Grant, Assistant Commissioner, Inmate Management
Pat Maurer, Director, Aboriginal Support and Planning Unit
Debbie McDonald, Aboriginal Support and Planning Unit
Alys Woodward, Senior Welfare Officer, and
Lance Williams, Aboriginal Welfare Officer, Long Bay Complex

Sarah Bancroft, Classification and Case Management Branch
Trevor Fry, Multimedia Unit

You may find that programs and services, in gaols and the community, have changed since this Handbook was printed. Call any of the numbers below if you need to check any information.

And if you are looking for any other information that is not in this Handbook, please call the numbers below and we will try to help you.

Suggestions for entries in the next handbook are also invited and can be sent to:

The Aboriginal Support and Planning Unit
Vagg Building
Long Bay Complex
Anzac Parade
Matraville, NSW, 2036

Tel: 9289 2676
Fax: 9289 2117

or to

Peter Townsend and Deirdre Hyslop
Classification and Case Management Branch
Newington House
Silverwater Complex

Tel: 9289 5078 or 5077
Fax: 9289 5041
Hello and welcome to the second edition of the Aboriginal Inmate Handbook. This handbook is to assist Koori inmates in the NSW prison system. It is for your benefit to know what is available once inside these walls by way of services that will help you to adapt and maintain a steady comfortable environment.

I remember when I first arrived as an 18-year-old there was nothing available by way of Aboriginal services such as Welfare, Alcohol & Other Drugs (AOD), Education etc. Today there are so many services and opportunities for Koori inmates.

For example there is the AEVTI (Education) section that offers you plenty of opportunities to maintain your cultural link through art, music, crafts etc or perhaps give you a chance to complete some unfinished schooling. There are also computer classes to keep you up to date with the modern world. Plus internal and external courses supplied through TAFE and universities to start you off on a career path of your choice. There is no better way to use the time you have inside whether it be one month or one year, than to tap into the services available through the AEVTI Unit in your centre.

Take full advantage of programs you feel necessary to achieve what you want to achieve in your life. I strongly advise and recommend that education be the start you were looking for to bring that new life.

Just as important to us mob are the Psychologists and AOD workers provided throughout the system. If this is your first time or you are a new reception, no doubt there would be all kinds of negative thoughts spinning around inside your head that you will need to unload. Psychologists will offer to help you relax and release that negativity from your mind. It is not a matter of being weak or a
sook to off-load any problems or issues before they become many or too serious. It is a matter of maintaining your sanity. Do not hesitate in speaking to a Psychologist if this is happening to you.

AOD counsellors help you as well. It is no secret that a very big percentage of Aboriginal people are here today due to drug-and-alcohol-related cases. It is important that you make contact with AOD workers. They can get you involved in alcohol and drug related courses and give you one to one counselling. If you want to have your classification lowered then AOD counselling might be very important. If the Case Management Committee cannot see any evidence that you have been addressing your drug or alcohol problem then they will not recommend that your classo be lowered.

I sincerely hope that you use these services and others mentioned in the book. They will assist you in planning for your future while inside and also once you are released. Take full advantage of what is available because these services are there for you.

Remember the only way to beat the system is by not returning.

Good luck.

Inmate Albert Ryan
Aboriginal Mentor
stopping Centrelink payments
If you were being paid by Centrelink before you came into custody, you must tell the Welfare Officer to get the payments stopped. If you don’t, you will have to repay any Centrelink payment you get after you come to gaol. If you already have debts with the State Debt Recovery Office, ask Welfare to tell them you are in custody. If you don’t, your debt will increase and you will have to pay penalties.

housing
If you are serving a short sentence (e.g. 3 months) and you were living in a Department of Housing flat or house before you came into custody, ask the Welfare officer to see if it can be held for you. The Dept of Housing may hold it even if you only pay $5 a week.

If you will need to find somewhere to live when you leave gaol, ask the Welfare officer to give you a form to register for the Housing list. For more info, see somewhere to live (page 104).

case management
While you are in custody you will be part of case management. This means that you will work with staff on plans for your time in gaol and when you’re out. Your class and where you go are part of your case management.

case plans
A case management team (CMT) will sit down with you to develop a case plan. This is a plan of what you will do during your sentence. It will include the programs you will need to do and services you will use and will include your first classification and the centre you’ll go to.
In working out your case plan, you will need to think about:
1. why you came to gaol
2. what the judge’s sentencing remarks mean
3. what you need to do so that when you get out you stay out and don’t come back.
You will need to think about the long-term case plan that gets you ready for your return to the community.

Make sure your case plan is YOURS - that YOU work out with the staff what goes into it. Your case plan will influence what gaol you go to and what you do, and your classification.

It is really important that you think about what you want to do and find out about what you can do (programs etc) so you can get to the lowest classification and get out as soon as possible. Find out what programs including Aboriginal programs, services and support are available. Day leave, weekend leave, community projects, education leave, life skills, work release give you time in the community before your release. Put them in your case plan.

Your progress will depend on how well you meet the goals in your case plan. It will also depend on how you behave in custody and other special issues such as escapes or if you’re a serious offender.

So think about what you want to do while you’re in custody and where you want to be when you get out. Your case plan is like a map of a path to the end of your sentence and back home. Make sure you work out what goes on the sign posts.

case officers
Each inmate has a case officer. This person is there to help you keep on track with your case plan, e.g. to make contact with Aboriginal staff and Elders when you need to see them. Each case officer has to write case notes about your progress. These notes go into your case file. They are read by the Case Management Team and other staff including parole. Let your case officer know what you’re doing so he or she can put it in your case notes.
your case file
You can have "supervised access" to your case file. This means that you can look through it with your case officer or case manager. You should be able to see your file in no more than 14 days from when you ask. If there is something on it you don’t agree with, write your side of the story on a blue Inmate Application form. This goes into your case file.

getting classo’d
When you and the CMT (case management team) work out your case plan they will recommend a classification rating (maximum, medium or minimum security) and a correctional centre for you.
Recommendation 168 of the Royal Commission into Aboriginal Deaths in Custody says that:

where possible, an Aboriginal prisoner should be placed in a centre as close as possible to the place of residence of his or her family.

During the CMT meeting you can ask to be placed as close to your family as possible. You should let the case team know where your family is so they can try to make the best placement for you.
Correctional centres with all classifications are not located in all areas. You may also need to wait until there is a vacant bed.

Your classification and placement (correctional centre) are reviewed at least once every 6 months. You can also ask for a classification review at other times.

If you have problems or questions about your classo, contact the Manager of Classification, Indigenous Programs on 9289 5078.

if you’re an E
If you are coming back into the system and you were an E(escapee) classo last time, you will be classified as an E again. Even if you are doing a short sentence.

You can ask the CMT to refer your classo to the Escape Review Committee.

Getting an E classo changed to a C depends on:

- how long ago you escaped
- what happened (e.g. violence)
- what you’ve done since then - in and out of gaol
- why you’re back in - type of offence, length of your sentence
- having an E2 classo.

If you are already in the system, you can also apply to the Escape Review Committee (ERC). Look on page 85 for the list of things you’ll need with your application.
classso levels

**male**

A1 - special high security category for inmates who represent a major risk to order and security - confined in highest level of security (usually at the High Risk Management Unit, Goulburn)

A2 - inmates in high level security (maximum)

E1 - classification rating given to inmates at maximum security level who have an escape history where violence was used

B - a medium security rating where inmates are confined by secure, physical barriers (walls, fences)

E2 - a medium security rating for inmates with escape histories. To get to minimum security, E2 inmates apply to the Escape Review Committee

C1 - a minimum security rating (highest level) - inmates confined by a physical barrier unless with an officer

C2 - minimum security - need not be confined by a physical barrier but need some level of supervision. Can do community projects with an officer in the community

C3 - special lowest level minimum security rating - inmates can go out into community by themselves - on External Programs: Day Leave, Weekend Leave, Education Leave, Work Release. To get a C3, as an Aboriginal inmate, you have to be serving 6 months or more, have served half your sentence, be drug-free for 6 months. Apply through the CMT.

**Note:** Aboriginal inmates are part of the 'special needs' group of inmates and can be considered outside the standard C3 criteria. You need to show that a C3 is very important for your return to the community and how it will help you stay out.

There are also different C3 criteria at Ivanhoe Warakirri, Yetta Dhinakkal at Brewarrina and other isolated centres. For more info, see getting Day Leave and Weekend Leave on page 89.

**women's classso levels**

Category 4 - continuous supervision, always within a secure physical barrier (walls) - maximum security

E1 - classification rating given to inmates at maximum security level who have an escape history where violence was used

Category 3 - general supervision, inmates are confined by a secure physical barrier unless with a correctional officer or someone authorised by the Commissioner

E2 - a medium security rating for inmates with escape histories. To get to minimum security, E2 inmates apply to the Escape Review Committee

Category 2 - minimum supervision - inmates need not be confined by a physical barrier at all times but need some level of supervision by a correctional officer or someone authorised by the Commissioner. Can do community projects in the community with an officer

Category 1 - can go into the community by themselves on External programs - Day Leave, Weekend Leave, Education Leave, Work Release, Life Skills.
new south wales
list of correctional centres and their classifications

<table>
<thead>
<tr>
<th>CENTRE</th>
<th>CLASSIFICATIONS</th>
</tr>
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<tbody>
<tr>
<td>Bathurst</td>
<td>E2, B, C1, C2, C3</td>
</tr>
<tr>
<td>Berrima</td>
<td>E2, Cat 3, 2, 1</td>
</tr>
<tr>
<td>Brewarrina Yetta Dhinnakkal</td>
<td>special placement C2, C3</td>
</tr>
<tr>
<td>Broken Hill</td>
<td>E2, B, C1, C2, C3 &amp; Cat 2 &amp; 1</td>
</tr>
<tr>
<td>Cessnock</td>
<td>C1, C2, C3</td>
</tr>
<tr>
<td>Cessnock Max Remands &amp; Protections</td>
<td>A2, E1, E2 (70 beds only) BU, E1U, E2U (U=Unsentenced)</td>
</tr>
<tr>
<td>Cooma</td>
<td>B, C1, C2</td>
</tr>
<tr>
<td>Emu Plains</td>
<td>Category 2, Category 1</td>
</tr>
<tr>
<td>Glen Innes</td>
<td>C2 &amp; C3</td>
</tr>
<tr>
<td>Goulburn</td>
<td>A1, A2, E1, E2, B, C1, C2, C3 A2U, E1U, BU (Unsentenced)</td>
</tr>
<tr>
<td>Grafton</td>
<td>E2, B, C1, C2, C3 &amp; Cat 4, 3, 2 &amp; 1</td>
</tr>
<tr>
<td>Ivanhoe</td>
<td>C2, C3</td>
</tr>
<tr>
<td>John Morony 1</td>
<td>B, C1, C2</td>
</tr>
<tr>
<td>John Morony 2</td>
<td>C1, C2, C3</td>
</tr>
<tr>
<td>Junee</td>
<td>E2, B, C1, C2, C3 (A2U, A2 if going to court)</td>
</tr>
<tr>
<td>Kirkconnell</td>
<td>C1 (20 beds only), C2, C3</td>
</tr>
<tr>
<td>Lithgow</td>
<td>A2, E1, E2</td>
</tr>
<tr>
<td>Mannus</td>
<td>C2, C3</td>
</tr>
<tr>
<td>Metropolitan Medical Transient Centre</td>
<td>A2, E1, E2, B, C1, C2, C3</td>
</tr>
<tr>
<td>Metropolitan Remand &amp; Reception Centre</td>
<td>All classifications (Unsentenced)</td>
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<tr>
<td>Metropolitan Special Programs Centre</td>
<td>A2, E1, E2, B, C1, C2, C3</td>
</tr>
<tr>
<td>Mulawa</td>
<td>Categories 4, 3, 2 &amp; 1, E1, E2</td>
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<tr>
<td>Oberon</td>
<td>C2, C3</td>
</tr>
<tr>
<td>Young Offenders Program &amp; Adult Nucleus</td>
<td>C2, C3</td>
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<tr>
<td>Parklea Areas 1, 2, 3</td>
<td>A2U, BU, C1U (Unsentenced)</td>
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<tr>
<td>Parklea Area 4</td>
<td>C2, C3</td>
</tr>
<tr>
<td>Parramatta</td>
<td>C1, C2, C3, C1U (Unsentenced)</td>
</tr>
<tr>
<td>Silverwater</td>
<td>C1 (50 beds only), C2, C3</td>
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<tr>
<td>Special Purpose Centre includes Intellectually Disabled Inmates</td>
<td>A2, E1, E2, B, C1, C2, C3</td>
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<tr>
<td>St Heliers</td>
<td>C2, C3</td>
</tr>
<tr>
<td>Tamworth</td>
<td>B, C1, C2 (Unsentenced), A2, E1, E2</td>
</tr>
<tr>
<td>Transitional Centre</td>
<td>Category 1</td>
</tr>
</tbody>
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For more information, such as gaols with protection inmates or methadone programs, call 9289 5050.
Aboriginal staff

The Manager, Classification, Indigenous Programs, can help with case plans and classification problems or requests. He often visits correctional centres and you can contact him on 9289 5078 or ask another staff member to contact him. He can tell you about different programs, too, like Warakirri at Ivanhoe, Yetta Dhinnakkal at Brewarrina or the Nangy Kungar at Cessnock.

Aboriginal Support and Planning Unit (was the Indigenous Services Unit)

The Aboriginal Support and Planning Unit of the Department of Corrective Services was established to ensure that departmental policy and practices recognise and are sensitive to the needs of Aboriginal inmates and their families. The Unit also sees that the recommendations of the Royal Commission into Aboriginal Deaths in Custody that relate to Corrective Services are implemented. The Unit checks that service delivery to Aboriginal staff and offenders is culturally appropriate and that opportunities for involvement of Aboriginal communities are used.

The Aboriginal Support and Planning Unit is responsible for providing support and advice to the Department relating to Aboriginal issues.

The Unit aims to:
- ensure that programs and projects are culturally appropriate
- assist the Department in the implementation of programs and projects for Aboriginal inmates both male and female
- raise the awareness of Aboriginal cultural issues within the Department
- ensure community involvement and participation in activities conducted by the Department.

The Unit also consults widely with community when working on new
programs that affect Aboriginal inmates in correctional centres. Currently the Unit is involved with the Karrka Camp for women.

Aboriginal Support and Planning Unit
Vagg Building
Long Bay Complex
Anzac Parade
Matraville, NSW, 2036

Tel: (02) 9289 2676
Fax: (02) 9289 2117

people who can help you

- Aboriginal welfare workers
- RAPO
- Aboriginal Inmate Delegates
- Aboriginal Inmate Committee
- Aboriginal Support and Planning Unit
- NSW Aboriginal Prisoners and Family Support Service
- Aboriginal Pre- and Post-Release Officers (APPRO)
- Aboriginal Legal Service (ALS)
- other legal services
- Aboriginal Corporation For Homeless & Rehabilitation Community Service - Jack Walker
- the psych
- AOD
- education
- Prisoners' Aid
- CRC

If you have a problem that no-one else can solve, ask to see the Aboriginal Official Visitor in your centre.
Aboriginal welfare workers

Aboriginal Welfare Officers are based at most correctional centres in NSW. They can help you

- contact your family
- support you and your family
- help your family to visit you (travel assistance and accommodation)
- help you with legal issues
- housing
- Centrelink.

Remember they are there for you - to help you with your needs and those of your family.

If you are at a centre where there is no Aboriginal Welfare Officer ask to see a Welfare Officer. They will be able to help you as well. If your request is of a cultural nature they will try to contact other Aboriginal staff to see you.

Location of Aboriginal Welfare Officers:

Long Bay
Mulawa
Metropolitan Remand and Reception Centre
Bathurst
Cessnock
Tamworth
Grafton
Lithgow
Glen Innes
Broken Hill

RAPO
Regional Aboriginal Project Officer

There are four RAPOs, three male and one female, in NSW correctional centres.

RAPOs set up Aboriginal Inmate Committees (AIC) in each centre and oversee Aboriginal and Torres Strait Islander programs and projects, such as Survival Day Celebrations, NAIDOC week and other cultural events.

RAPOs help you talk with TAFE, the Aboriginal and Torres Strait Islander community and assist you in getting service from the Government. They also look after the Pinta Kulpi Aboriginal Elders Visitors Programs in their regions. If you want to see an Elder, ask the RAPO.

RAPOs also make recommendations to management on culturally-sensitive matters.

The RAPOs’ regions are:

- Northern - Cessnock, Glen Innes, Grafton, St Heliers, Tamworth, Broken Hill, Brewarrina, Ivanhoe
- South West - Bathurst, Cooma, Goulburn, Lithgow, Junee, Kirkconnel, Mannus
- Metro - Silverwater, MRRC, Long Bay, Oberon, Parklea, John Morony
- the Women’s RAPO - Parramatta, Emu Plains, Mulawa, Berrima, Parramatta Transitional Centre

To see the RAPO ask your Aboriginal Inmate Delegate, Case Officer or Manager, Inmate Programs & Services to make contact.
Aboriginal Medical Services

Lots of people have heart disease or sugar without knowing it. Heart disease can lead to sudden and early death. This can happen any time.

You can be tested for a number of life-threatening diseases by staff of the Aboriginal Medical Services. And get medication or treatment if you need it.

Even if you feel fine, it is important to be health checked, before it’s too late.

Contact the clinic.

Aboriginal Inmate Delegates

In most correctional centres there is an Aboriginal inmate who is elected to the role of Aboriginal Inmate Delegate.

The Aboriginal Inmate Delegate usually works closely with the Regional Aboriginal Project Officer (RAPO) and is part of the Aboriginal Inmate Committee.

If you have any concerns or worries speak with your Inmate Delegate. He or she can help or find the right person for you to talk to.

The Aboriginal Inmate Delegates play a role in cultural activities each year. If you have an idea about a special program or event, talk to the Delegate about it. If you have some ideas about what type of education you want to do, talk to the Delegate. They can help you enrol.

Aboriginal Inmate Committees

Aboriginal Inmate Committees are in most centres. The AIC represents the Aboriginal sisters and brothers and have a keen interest in all issues concerning Aboriginal inmates.

AIC gatherings take place on a regular basis and also whenever an issue arises. When new inmates arrive we let them know who we are, what we do and what’s available in the centre.

We are there for you, to offer help and give moral support. We build our strength by talking and comforting one another. Even if you need someone to just sit down for a tick, have a cuppa and a yarn!

The unity we have is very strong, both spiritually and culturally. At Mulawa we have our own art room where we hold gatherings.

The AIC also helps with cultural celebrations. These are enjoyed by Aboriginal sisters and brothers and other inmates from different races and walks of life.
NSW Aboriginal Prisoners and Family Support Service

The NSW Aboriginal Prisoners and Family Support Service helps Aboriginal and Torres Strait Islander inmates and families. Our support service understands the difficulties inmates have and how the problems are different from person to person.

There are 6 Field Support Officers who provide:

- 24 hour call out for inmates or families needing help
- regular contact with inmates including those in segro
- counselling and help for families in the event of an Aboriginal Death in Custody
- family visits and contacts
- refer inmates and families to other agencies, e.g. accommodation
- any other support.

Call us if you need help:

Toll Free Number: 1800 673 640
Leasa Kelly (CEO) 0414 704 102
Krishna Miller (Admin) 9673 6400

Field Support Officers:

Dawn Welsh (Sydney) 0414 704 120
Barry Cain (Tamworth) 0414 704 137
Roy Bligh (Bathurst) 0414 704 138
Haley King (Sydney) 0414 704 108
Joy Williams (Bre/Ivanhoe/Broken Hill) 0414 736 108

Aboriginal Pre and Post Release Officer (APPRO)

The Aboriginal Pre and Post Release Officer helps inmates who are coming into gaol and inmates who are preparing for release or have been released. There are 10 APPROs in NSW. Their offices are in the community, usually with Probation and Parole. They work with court, community agencies and Probation and Parole.

APPROs can play a big part in helping you work out your case plan. They can be part of Case Management Team meetings and have input into class recommendations. They help inmates get ready for release and can give support in the community.

To see an APPRO ask the RAPO, your case officer or the Manager Inmate Services and Programs to get in touch.
Aboriginal Legal Service (ALS)

The Aboriginal Legal Service (ALS) can help you with legal matters. Services include referral, advice and representation for:

- people facing criminal charges
- people held in custody
- people whose physical safety is at risk - such as Family Violence matters
- families at Deaths in Custody Inquiries
- other services include prisoner's aid and in some circumstances Aboriginal versus Aboriginal cases.

Local representatives can be contacted at the following telephone numbers:

Aboriginal Legal Services

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Armidale</td>
<td>6772 5770</td>
</tr>
<tr>
<td>Blacktown</td>
<td>9621 1653</td>
</tr>
<tr>
<td>Bourke</td>
<td>6872 2200</td>
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<tr>
<td>Brewarrina</td>
<td>6839 2006</td>
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<tr>
<td>Broken Hill</td>
<td>8087 3233</td>
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<tr>
<td>Campbelltown</td>
<td>4628 6255</td>
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<tr>
<td>Canberra</td>
<td>6297 0755</td>
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<tr>
<td>Queanbeyan</td>
<td>6297 0755</td>
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<tr>
<td>Coffs Harbour</td>
<td>6651 8033</td>
</tr>
<tr>
<td>Cowra</td>
<td>6341 4130</td>
</tr>
<tr>
<td>Dubbo</td>
<td>6882 6966</td>
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<td>Kempey/Taree</td>
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other legal services

Indigenous Women's Legal Contact Line 1800 639 784
Staffed by Aboriginal women, we can help you by:

- talking to you about your problems
- giving you legal help
- putting you in touch with other groups who can help you
- training you, so you can help people in your area.

Or you can see a lawyer at:

- Blacktown (Women and Girls' Health Centre) 9831 2070
- Campbelltown (Wilma Women's Health Centre) 4627 2955
- Fairfield (Immigrant Women's Health Centre) 9726 4044
- Miller (Aboriginal Women's Health Day) 9607 8112
- Penrith (Women's Health Centre) 47218749
- Wyong (Rose Cottage) 4351 1152
- Canberra and Region (Women's Legal Centre ACT) 6257 4499
- Walgett (Violence Prevention Unit) 6828 3143

our help is free

Wirringa Baiya Aboriginal Women's Legal Centre 9569 3847
or 1800 686 587

Aboriginal Women's Contact Line 1800 639 784 or 1800 674 333

Domestic Violence Advisory Service 1800 656 463
Aboriginal Corporation For Homeless & Rehabilitation Community Services  
(ACFHIRCS)

The Coordinator of the ACFHIRCS, Mr Jack Walker JP currently visits all NSW correctional centres and speaks with Aboriginal inmates. Jack can help with the following services to inmates in NSW gaols:

- linking with inmates' families
- arranging and communicating with Legal Aid
- arranging visits to inmates from family and friends
- helping inmates who need to attend funerals
- attending court with inmates on trial, seeking bail, parole or general support
- clothes for attending court
- helping out with other property
- helping with NAIDOC week and other special events.

Jack is also the Official Visitor for Goulburn Correctional Centre. He usually attends this centre on a fortnightly basis. He also visits other centres regularly.

Jack is committed to helping inmates in the correctional system and if he can help you, he will. So if you see Jack walking around your centre go up and say hello.

Jack Walker JP  
Coordinator ACFHIRCS  
PO Box 200  
Summer Hill NSW 2130  

Tel: 9799 8446
Everyone has problems at some time in their lives. Often when people come into custody these problems seem worse. We can become stressed or depressed about ourselves. We might feel that no-one cares about us, sometimes we might even think about harming ourselves in some way. If this happens to you it is a good idea to talk with someone.

There are psychologists in all NSW gaols. You may want to talk with them if you are feeling stressed or worried about anything. Psychologists are trained to help us deal with our problems. To see the psychologist in your centre you may need to make an appointment. You can take someone with you (like the RAPO or the Aboriginal Inmate Delegate) to the appointment if you'd feel more comfortable.

Many Aboriginal people prefer to discuss their problems with another Aboriginal person. The Aboriginal Inmate Delegate can also help you or get in touch with one of the visiting Elders, RAPO or Aboriginal Pre and Post Release Officer (APPRO) to help you with support.

You can get help in Education when you need to write anything. It might be a bluey or something for court or filling in an application form.

Most Education Units have computers with spell check.

For more info on education, see page 74.
if you have a problem no-one else can solve

Aboriginal Official Visitors

The Aboriginal Official Visitors Program helps inmates and staff solve problems that no other staff or services have been able to solve. The role of the Official Visitor is to:

- be at their correctional centre twice a month
- check on inmates in segro to make sure that they are able to get medical treatment and necessary services
- discuss complaints with the Governor to find out what action has been taken and suggest further action
- bring important matters to the Commissioner or Minister.

If you want to see the Aboriginal Official Visitor ask the Area Manager, Case Manager, Case Officer, Manager, Inmate Programs & Services or Welfare Officer to find out when they will be in your centre.

Ombudsman
Aboriginal Complaints Officer

If you have gone to everyone else to get help and still need more, you can write or ring the Aboriginal Complaints Officer in the Ombudsman's Office. Free call no. 1800 45 15 24 or write to:

Aboriginal Complaints Officer
Level 24, 580 George Street
Sydney NSW 2000
restorative justice

Were there victims of your crime? Did you know them? Were they members of your family? Or someone you didn’t know?

There are ways for you to take responsibility for your crime(s) and to make amends for some of the damage you caused.

There are programs to help you do that. They are offered by the Restorative Justice Unit. The programs are run by a trained person (facilitator) with Aboriginal community members or Elders.

community conferencing

Offenders are faced, often for the first time, with how their behaviour has hurt others. They take responsibility for their behaviour, rather than walking away from the community of people they have hurt.

They are given the opportunity to be accepted back into the community.

Everyone at the community conference learns from the experience.

other programs

- the offender works with a trained facilitator and an Aboriginal community member to increase victim awareness
- the offender works with a trained facilitator and an Aboriginal community member as well as victims of crimes like those committed by the offender
- a group of offenders and victims of similar crimes meet for a total of 8 hours

- the offender and victim communicate through another person (a mediator), sometimes using letters. They do not meet face to face. Victims can ask questions. Offenders can explain issues around their offence and apologise
- the offender and the victim agree to meet with a facilitator for a discussion. Other support people might also attend.

During all these programs, Aboriginal community members and Elders can be with you.

how do you apply?

Ask welfare, the RAPO, the psych, AOD, your case officer, your probation and parole officer. You can also ring 9289 3921.

when can it begin?

- during probation
- after conviction
- after sentencing
- before release
- during parole
- any time.
contacting your family

If you are worried about family or personal things and need to talk with your family there are people and services that can help you.

They are:
- RAPO
- APPRO
- Aboriginal and non-Aboriginal welfare workers
- NSW Aboriginal Prisoners and Family Support Service (see page 32)
- ACFHARCS (see page 37)
- Pinta Kulpi Aboriginal Elders Visitors.

If you need to find family members, Link-Up can help.

Pinta Kulpi Aboriginal Elders Visitors Program

Pinta Kulpi Elders Visitors program
- is a link between the Department, Aboriginal inmates and Aboriginal communities
- gives emotional, spiritual, cultural and social support to Aboriginal inmates
- sets up local community networks
- helps inmates get ready for release
- is available to all Aboriginal inmates.

Talk to your RAPO about the Program.

Link-Up (NSW)
Aboriginal Corporation

We help separated people who are looking for their families. We offer counselling and support, helping before, during and after their journey home. We work with Aboriginal adults who were separated from their families through adoption, fostering and institutions.

All members of Link-Up staff are Aboriginal. Some of the workers have been through the experience of separation too.

There were many reasons given for the removal of Aboriginal children. Whatever the reason the effects were the same - loss of family, self-esteem, culture and identity.

Link-Up ensures confidentiality, support, respect and trust. We work towards empowering people to take control of their lives - because they are the only ones who know what is best for them.

The journey to finding out about themselves affects people physically, mentally and spiritually. Only they will know when it is time to begin their journey of discovering their own personal history. At Link-Up there is a saying that sums it all up:

“You have to know where you come from - to know where you are going.”

To get in touch call us, or ask a Welfare officer to call us at
Link-Up (NSW) Aboriginal Corporation Tel: (02) 4759 1911
5 Wallis Street Fax: (02) 4759 2607
Lawson NSW 2783

Link-Up will take reverse charge calls.
getting visits

Travel Assistance
If your family need help to pay for train or bus tickets and somewhere to stay when they come to see you, ask the Welfare worker about Travel Assistance.

Travel Assistance (TA) helps families who cannot pay for fares and somewhere to stay. There are limits to how often you can apply and how many people it covers. Ask welfare about it.

The transport coordinator at CRC Justice Support gives info on visiting and how visitors can get the CRC bus to country gaols. Call 9288 8700 or 4625 5400 or 4961 4626.

seeing your kids

If you want to see your kids and don't get visits from them, the Children of Prisoners Support Group (COPSG) may help. If you're in a metropolitan centre or Bathurst, COPSG may be able to bring them in to see you. Ask welfare to make a referral.

If the person who looks after your kids agrees to the visit, Children of Prisoners staff can pick them up, bring them to visit you and take them home again after the visit.

Children of Prisoners Support Group
Winanggaay Centre
“To know, to think, to understand”
next to Bathurst Correctional Centre
Tel: 0404 880 467

Children of Prisoners’ Support Group
The Cottage Holker St. Silverwater
Tel: 9648 5866

The Children of Prisoners Support Group helps parents in custody to keep in touch or to get in touch with their children. If you haven't seen your children recently, COPSG may be able to help.

COPSG can help with
- transporting children to visit their mum or dad in some gaols
- working with children and their families to solve problems
- child care during visits.

The Winanggaay Centre at Bathurst Correctional Centre and The Cottage at Silverwater look after children and young people during visit times at the weekends. Family members can also drop in for information, coffee and a chat in a relaxed environment.

- Support Groups for children of prisoners aged 5-12 and young people aged 13-18 are held in the Blacktown and Fairfield areas.
- COPSG also hold Child/Parent Days in some correctional centres. Kids can come in and spend a day with their mum or dad who is in gaol.

Contact Gloria or Carol at COPSG on (02) 9648 5866
property

places to store it
If you need someone to get your things from the place where you were living when you were sentenced, contact:

- Aboriginal Corporation for Homeless and Rehabilitation Community Service (ACFHARCS) ph 9799 8446
- Prisoners' Aid ph 9281 7582.

They can store your property while you are in gaol.

limits
There are limits to the amount of property you may keep in your cell:
- unsentenced inmates - 1 container
- inmates serving 6 months or less - 1 container
- inmates serving more than 6 months - 2 containers.

As well as the container(s), you can have some extra things:
- a TV
- 1 set of street clothes (sentenced inmates)
- 2 sets of street clothes (unsentenced inmates)
- current legal papers
- 1 art/craft item, max size 1 metre by 1 metre
- clothes and tools for Education Leave/Vocational Training or Work Release if you're in the External Leave Program.

places to store it
You can also contact the ACFHARCS or Prisoners' Aid if you have more paintings or other things than you can keep in your cell or property. Call them before your things disappear in a ramp.

if you're sick
or you've got Hep C

If you're sick, can't see or hear properly, or need to see a doctor or nurse for any reason, you can
- see someone from the Aboriginal Medical Service, if you're in a metro centre
- go to the clinic run by Corrections Health Service (CHS) in your centre.

If you are Hep C positive or think you are, you can also see an AOD worker from the Aboriginal AOD and Health Promotion Services. You can learn how to feel better and look after yourself. There are Hep C programs at the Lifestyles Units at Long Bay and Mulawa.

Testing for HIV can also be arranged. Testing and results are kept confidential.

There are other health programs you can do that run at different times each year.

There is also a Prisons Hep C Helpline that gives up-to-date info on Hep C. Callers can get a free Hep C info pack. Inmates can access the Helpline using the Smart Card system. All calls to the Prisons Hep C Helpline are free and are not monitored by Department of Corrective Services staff.

Inmates' family and friends can call the Prisons Hep C Helpline on 1800 803 990. Opening times are:

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Aboriginal Medical Service (AMS) Redfern

The Aboriginal Medical Services (AMS) Redfern regularly sends a doctor to do clinics at the main metropolitan correctional complexes - Long Bay, Silverwater and Mulawa.

The doctor will be happy to sort out any problems you may be having in getting prompt and proper medical care, or even just to have a talk with you about how you are going.

Remember all inmates have rights. That includes the right to good and correct medical assessment and treatment. Insist on that right.

Aboriginal Medical Service
36 Turner Street
Redfern NSW 2016
Tel: (02) 9319 5823
Fax: (02) 9319 3345

Corrections Health Service (CHS)

The Aboriginal Health Service is the representative agent of the Corrections Health Service for the well-being of all Aboriginal inmates in NSW.

We can help you with specialised services:
- health screening (including diabetes)
- women’s health
- men’s health
- assessments and referrals
- counselling
- stopping smoking
- crisis intervention
- planning for release
- mental health
- dental health (teeth)
- court liaison
- methadone programs
- AOD programs
- sexual health (including HIV screening)
- Hep C (testing and treatment)
- eyesight testing
- special projects such as vascular health.

We are committed to:
- improving the quality of life of all Aboriginals
- an ongoing partnership with you through the development of cultural awareness and any special needs
- being responsible to you, carers and family.

We always try to assist political and culturally sensitive change aimed at meeting the needs of all Aboriginal people. Please contact the clinic in your correctional centre for a consultation if you want to.
Hello, as the Aboriginal Drug and Alcohol Coordinator for Corrective Services, I employ Aboriginal people in identified positions working as Alcohol and Other Drugs (AOD) as well as HIV Counsellors.

At this time we have Aboriginal Counsellors at MRRC, Long Bay, Bathurst, Goulburn, Mulawa, Glen Innes, Grafton, Tamworth and Cessnock centres.

This service also maintains a constant contact with Community Groups throughout NSW. Those groups include Health Services and Land Councils. We also liaise with all Aboriginal services in NSW Corrections. I keep in close contact with the Aboriginal community and visit Aboriginal Medical Services (AMS) offices all over the state.

Working closely with the Aboriginal AOD workers we have developed several books and programs including Health Promotion packages for men and women, Harm Minimisation packages, Grog/Driving packages, AA packages, Solvents Abuse, Violence Prevention, Alcohol and Violence packages and AOD packages. All of these resources are written from the perspective of Aboriginal people, for Aboriginal men and women in custody.

Ask any officer to get in touch with an AOD worker who will have the names and contact numbers of the Aboriginal AOD workers in NSW.

For a current list of workers in NSW gaols please contact Les Bursill, at Roden Cutler House, 9289 1457. Les is always happy to talk and meet with community members to discuss any health issues.
**HIV & Health Promotion Unit Programs**

The HIV & Health Promotion Unit gives inmates info on how not to get blood-borne and non-blood-borne diseases. The Unit gives info on how to protect your families after release.

The Unit has developed a number of programs for delivery by AOD Workers and HIV & Health Promotion Units Regional Coordinators. These are:

**The Lifestyle Units at Long Bay and Mulawa**
For inmates who are Hep C positive and who want to learn about looking after their health.

**One Day Health Information Workshop**
Provides inmates with info and skills to reduce the risk from non-blood-borne and blood-borne infections such as Hep C and HIV/AIDS.

**NA groups for Aboriginal and non-Aboriginal Women**
Held at Mulawa each week.

**Cleaners/Sweepers Program**
On infection control for cleaners (sweepers). Aims to reduce the risk of diseases spreading in gaol.

Ask an AOD worker for more information. You can also contact Les Bursill or Fred Ropp at 9289 1457

**Lifestyles Units Mulawa & Long Bay**

The Lifestyles Units at Mulawa and Long Bay offer programs to help people learn how to look after themselves if they are Hep C positive. People may also go there if they are at risk of Hep C or if they are getting out soon and their partners are Hep C positive. Some programs are also run for HIV positive people.

The programs run from 6-12 weeks.

To be part of the program you need

- to go there because you want to
- to be well enough, physically and emotionally, to take part in all of the program
- not to be a risk to yourself or others.

**how to apply**

Send a bluey to the OIC at the Lifestyles Unit. Ask the Case Manager to send it for you. Put in your classo and date of release.

The OIC will let you know if you are to be interviewed for the program. Your gaol history will be looked at before an interview takes place. After the interview the OIC or Program Coordinator will tell your Wing Officer or Case Officer when you can go to the Unit.

There may be a waiting list.
Inmates getting close to release are given priority.
When you come into custody and the reception and induction is finished you will be given the chance to work. You are required to work in gaol.

While you are employed you will be given an opportunity to consider the type of work you're interested in after gaol. The Manager, Centre Services & Employment and SEO will discuss this with you and explain the Employability Skills Framework (ESF). The ESF is how your employability skills are measured. This information will be used to provide you with a work reference before you leave goal.

You should talk with your case officer, RAPO or APPRO about work and training opportunities.

You will be paid for your work. There is a range of pay rates. You may also be able to do overtime and earn more money.

The sort of work you can do is:

- building maintenance and construction
- ground maintenance
- food preparation
- textiles
- Aboriginal Inmate Delegate
- sweeper
- timber
- metal
- printing
- agriculture
- clerical

If you are a C2 or C3, or a selected C1, you can go to Girrawaa, at Bathurst.

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**Girrawaa Creative Work Centre Bathurst**

‘Girrawaa’ means long-tailed goanna.

“Girrawaa is a meeting place of many Dreamings”.

“Girrawaa is a survivor”.

What the Girrawaa program aims to do:

- re-connect inmates with their culture
- provide vocational skills and employment in the production of creative arts
- case manage each inmate
- offer post-release liaison with employment focus
- provide business management training
- give inmates hope of economic independence.

“Girrawaa works with his hands and his heart and his head”.

Who can go:

*C2 and C3 inmates and selected C1s.*

If you're interested in being part of the program, see the RAPO. Contact the Manager, Classification, Indigenous Programs if you want to discuss any classo issues - ph 9289 5078.
cultural activities and special events (bush tucker)

The Department of Corrective Services acknowledges and endorses access by Aboriginal inmates to bush tucker at significant cultural celebrations. These include National Aboriginal and Islander Day of Commemoration (NAIDOC) Week, Survival Day, Sorry Day and other significant cultural events.

Other special events recognised as of significant importance include graduation ceremonies, official openings, reconciliation events and the Aboriginal Mentor Training Program.

During these celebrations, Aboriginal inmates may have access to traditional native foods to honour their culture and customs.

In New South Wales, bush tucker is limited by seasonal availability. However, attempts are still made to get consistent supply of traditional food.

Talk to your RAPO about the next Bush Tucker event in your centre.

funerals

You can apply to attend the funeral of a close member of your family. Contact the Welfare Officer as soon as you hear the sorry business. The Welfare Officer will contact the RAPO.

The necessary info needs to be checked before being approved, e.g. the day, time and place of the funeral.

Getting there depends on whether transport and officers are available for escorts. In some cases, it may depend on the community.

If you don't get to the funeral, you can apply for a compassionate grave side service at a later date. Talk to the RAPO.

If your community or family don't want you to attend, do you know why? If someone in your community was hurt by your actions a community conference might help heal the hurt. Community might then be able to accept you at future times and when you're released. Talk to the RAPO.
doing programs

If the judge suggested to you what to do while you were in gaol then you should do it as soon as possible.

You can talk to staff about programs that fit the judge's sentencing remarks and where you can do them.

You will need to find out what programs will help you stay out after you get out.

Let your case officer know what you are doing and what you want to do, so he or she can put it in your case notes. This will help when you work out your case plan and when you're classo'd.

If you are not sure how to get into a program or what it is about, ask to see the Manager, Inmate Programs & Services or the RAPO.

If you want to do a program and you have a classo problem contact Case Management Team members in your gaol or the Manager of Classification, Indigenous Programs on 9289 5078.

Programs are aimed to help you understand more about yourself and how to get back on track. It is important to think about why you're in gaol e.g. if you have a problem with the grog, you will need to see AOD.

There are Aboriginal programs such as Warakirri at Ivanhoe, the Nangy Kungar at Cessnock, Cultural Link at Broken Hill and Karrka Women's Camp.

There are Aboriginal staff in other programs. If there are no Aboriginal staff in a program you go to, ask to see the Aboriginal Delegate, Elder, RAPO or the APPRO.
The programs you have done will help if you have to front Parole.

Programs start and finish at different times. Some AOD, psych and edgo programs or services are available in all centres. Some you have to apply for and be assessed.

list of programs

Aboriginal Pre & Post Release Program
Yetta Dhinnakkal Program - Brewarrina
Ivanhoe Warakiri
Nangy Kungar - Cessnock
Aboriginal Rugby League "Brothers" football team - Cessnock
Aboriginal Cultural Link Program-Mobile Camp Broken Hill
Ngara Nura Therapeutic AOD Program - Long Bay
Karrka Program Aboriginal Women's Cultural Camp
Bunnabee Mura - Placing People- Traineeships
Education - AEVTI
Coorong Tongala - MRRC
Driver education - Mannus
Art Unit - Long Bay
Sex Offender Programs - Long Bay and other centres
Violence Prevention Program (VPP) - Long Bay
External Leave Programs
• Day Leave
• Weekend Leave
• Life Skills
• Education/Vocational Training
• Work Release

Programs (and how to get into them) change all the time. If there is not a program here that is right for you, ask about new programs that might be starting soon.

You can also talk to the RAPO about getting programs going in your gaol that meet your needs.

Aboriginal Pre & Post Release Program

The program's primary focus is to develop, facilitate and monitor a range of support programs and processes to address individual and group needs of Aboriginal and Torres Strait Islander offenders. This is for during court, custodial and post release stages.

Aboriginal Pre and Post Release Officers (APPROs) can:

• help inmates in case management
• provide guidance and support to lower the risk of re-offending and the negative effects of incarceration
• make recommendations to inmates, CMTs and parole officers that help the inmate progress through the criminal justice system.

The Aboriginal Pre and Post Release Officer (APPRO) works with Probation and Parole Officers when the inmate is to be released from custody to parole.

The APPRO can provide support and advice:

• if you will be or are on parole
• when you apply for a job on Work Release and post release
• with housing and accommodation problems
• on self development opportunities in the community.

If you want to contact an APPRO, ask the RAPO or Manager, Inmate Programs & Services.
**Nangy Kungar**  
"listen & think"  
carpentry and joinery traineeship  
at Cessnock correctional centre

The Nangy Kungar Program at Cessnock is a 12 month traineeship course and runs for 5 days a week  
- for 3 days, C1s do internal projects  
- for 2 days, C2s go outside the centre, on Community Projects.

You can learn how to use hand tools, power tools and accessories, occupational health and safety, basic concrete work, first aid, literacy and numeracy and much more.

What you get when you finish the program:  
- full Certificate II in General Housing Construction  
- Senior First Aid certificate (St. Johns Ambulance)  
- support during the course and when you are released  
- tool box and tools when you are released.

An AOD course runs in class time with the other brothers and an Aboriginal instructor.

C2 & C3s go out on external community projects (on the bus).

If you’re interested in doing this program see the Manager, Inmate Programs & Services, SEO or EO in education at your centre to enrol.

Talk to your RAPO about transferring to Cessnock.  
Contact the Manager, Classification, Indigenous Programs on 9289 5078 if you have classification issues.

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**Yetta Dhinnakkal Program**  
Brewarrina

The words "Yetta Dhinnakkal" are from the Ngemba Language and mean “Right Pathway”.

The Yetta Dhinnakkal Program is located on a 26,000 acre property between Brewarrina and Coolabah. See map on page 20.

The program focuses on rural skills. Work takes place all over the property and on Community Projects and a Mobile Work Camp. All parts of the program include health & safety, Life Skills, literacy, numeracy and cultural awareness.

The rural skills program includes farm plant and machinery, fencing, shearing, farm management as well as environmental management and conservation.

Community, inmate families and Aboriginal Elders are involved in the rehabilitation process by having input into case management. The Program has an Aboriginal Elder living on the property.

The Yetta Dhinnakkal Program criteria are:  
- must be sentenced  
- must be C2 or C3  
- must have a non parole period or fixed term of 12 months or less  
- must not be convicted of an assault offence where a weapon (ie. knife, iron bar etc) was used  
- must not be convicted of sexual offence(s)  
- must be aged between 18 and 30 years  
- must be methadone free  
- must not have served a previous sentence of more than 6 months.

Most of the inmates are Aboriginal. Non-Aboriginal inmates are also considered.
Entry and participation for the Yetta Dhinnakkal Program will follow the case management process. Inmates applying for the Program will be classified by the Case Management Committee in their centres.

The Manager, Classification, Indigenous Programs, can talk with you about any classification issues you may have in getting into the program. He can be contacted on 9289 5078.

Day Leave and Weekend Leave, Community Projects, Mobile Camp, Work Release and Education Leave

**Step 1** - during your first 8 weeks (the assessment period at Yetta) you may get Day Leave if you are with a staff member, the APPRO or an Elder.

**Step 2** - 8 weeks to 6 months
After successfully getting through Step 1, you are eligible to go onto Community Projects or the Mobile Camp. After 16 weeks at Yetta, you may get Day Leave. This depends on getting a C3.

**Step 3** - 6 to 9 months
C3s may get Weekend Leave, if you have had a successful Day Leave. If you're a C3 on the Mobile Camp and you are away from Yetta for 10 days or more, you can have a 4 day weekend. You can also do Work Release, work experience and Education Leave.

**Step 4** - from 9 months to graduation from the Program
As a C3 you can do Work Release, work experience and Education Leave. You can also have Weekend Leave every weekend, if you're in the last 6 months of your sentence.

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**Ivanhoe Warakirri Program**

"Warakirri" is a word from the Ngiyampaa Language group meaning 'to stand and grow'.

The Ivanhoe Warakirri Program is located at Ivanhoe in the southwest of NSW. See map on page 20. The program has places for 50 C2 and C3 Aboriginal inmates who have less than two years left to serve. Non-Aboriginal inmates may be included in the program.

The Warakirri program focuses on land care projects such as:
- river care
- heritage sites
- weed control
- cultural areas.

You can gain skills in
- fencing
- welding
- small motor maintenance
- building maintenance.

You can also work on your life skills, literacy, numeracy and cultural awareness.

When you first go to Ivanhoe, you work at the centre in jobs like at other centres with C2 and C3 inmates - cooking, cleaning, building maintenance, community projects with staff or Elders.

You may also go out on a Mobile Camp working in the National Park at Lake Mungo, Willandra Lake, Kinchega, Carowra Tank Mission and Aboriginal communities. The Mobile Camp takes up to 25 inmates for up to 10 days at a time.
Day Leave and Weekend Leave

After the 8 week assessment period you will be considered by the Case Management Team for community projects and the Mobile Work Camp. Following the 8 week assessment period you will be eligible for a C3 classification.

If you are a C2 or get a C3 at Ivanhoe, you can go out on a supervised Day Leave with an Elder, or staff member or Aboriginal Support Officer. When you apply for C3 Day/Weekend Leave you must have your sponsorship paperwork ready.

If you are a public interest inmate or serious offender you will need to get approval through SORC or PRLC.

Getting into the Program
Entry to the Ivanhoe Warakirri Program is via case management. Apply through the local Case Management Team. To be part of the program you must have:

• a C2 or C3
• less than 2 years left to serve
• no further court
• no methadone
• not been convicted of a sex offence.

You can be on the program for up to 2 years, or til you’re released or transfer to another centre.

If you want more info, call
Manager of Classification
Indigenous Programs
Ph 9289 5078
Fax 9289 5041

Deputy Governor
Ivanhoe Warakirri Program
Ph 69951403

Aboriginal Cultural Link Program—Mobile Camp
Broken Hill

The Aboriginal Cultural Link Program is a Mobile Camp that operates out of Broken Hill correctional centre. It employs 10 C2 - C3 inmates under the supervision of an Aboriginal Officer/Overseer. They camp on site at work locations from Monday to Friday.

The Cultural Link program works on projects with the National Parks & Wildlife Service in Mutawintji and Kinchega National Parks. These projects include:

• site maintenance
• constructing walkways
• bush regeneration
• land care
• fencing
• general clean up operations.

As well as working in National Parks, inmates also do

• AOD programs
• First Aid
• cultural awareness
• welding
• motor maintenance
• chainsaw safety
• heavy duty maintenance.

This commences soon after reception into Broken Hill correctional centre.
Criteria for the program:

- must be C2 or C3
- must have no more court
- must have a first aid certificate
- must have addressed issues of offending behaviour.

To get into the Cultural Link program, apply through the CMT. Put the program into your case plan.

Contact the Manager, Classification, Indigenous Programs to discuss class issues on 9289 5078.

Karrka Program
Aboriginal Women's Cultural Camp

The Karrka Program is the Aboriginal Women's Cultural Camp. This provides cultural support for Aboriginal women from various correctional centres in NSW.

The Karrka Program provides appropriate cultural activities to increase self-esteem and self worth.

Activities include:
- cultural awareness training
- Elders participation
- understanding and knowledge of past and present Aboriginal issues
- bush tucker
- various cultural experiences.

The outcomes of the program are:
- to reduce the rate of re-offending for Aboriginal women
- to build better relationships with correctional staff through participation in the Karrka camps
- to increase self-esteem and self worth
- to increase Aboriginal cultural awareness for participants.

How to get on a camp
See the RAPO
Who, what class?
Up to 10 inmates who are Cat 1 or Cat 2
How long?
One week
Male staff as well as female?
Yes.
The Ngara Nura Program is an Alcohol and Other Drugs Program that aims to provide education, support and counselling for inmates who have a history of drug and alcohol abuse.

This program is for inmates who are in the last months of their sentence. You do the program and are released from Long Bay. You do not go back to another centre. The program runs for 12 weeks. In that time inmates attend
- one-to-one counselling
- education
- life skills
- social skills training to deal with AOD problems.

who can go there?
- C2 or C3 inmates
- serving 6 months or more with at least 4 months to serve before release
- inmates with AOD problems who are serious about changing
- no further court
- inmates whose drug use in gaol means they can't go on Work Release
- if on prescribed medication, e.g. methadone, are stable and can participate in all aspects of the program
- if diagnosed with mental illness, are stable and can participate
- inmates who want to be part of an intensive Pre-release Program
- inmates on a reducing regime are not accepted.

how to get there
If you want to go on the program, ask an AOD worker, your Case Officer, RAPO or Manager, Inmate Programs & Services to get a Ngara Nura Inmate Application Form by calling 9289 3787.

Bunnabee Mura ('placing people') traineeships

Want a job working outside? Like working with your hands? Good with plants and landscaping?

You can apply for a Bunnabee Mura traineeship if you are a
- Category 2 (women) or C2/C3 (male)
- serving 12 months or more
- have less than 6 months to go
- can get a Category 1 or C3 for Work Release.

Bunnabee Mura traineeships consist of training and work in horticulture. You do a mix of Work Release (on the job) and training at TAFE (off the job).

The traineeships are for one year and lead to a horticulture certificate. Trainees work full time on Work Release except when they go to TAFE.

The horticulture studied includes
- landscaping (paving, concreting)
- nursery (growing plants)
- parks and gardens (pruning and looking after garden beds)
- turf preparation for sports ovals.

Centres with Bunnabee Mura traineeships include Silverwater, Bathurst, Mulawa, Emu Plains, St Heliers. This may change. Ask at your centre.

To apply, see the Manager, Inmate Programs & Services, Education or the RAPO. Inmates serving time for sex offences not accepted.
During your time in gaol, you will need to do some education. This is important for classification, parole and more importantly, for when you get out.

Tell your case officer what you're doing or what you want to do. This helps when you are being reclassified.

There are opportunities to try new experiences and find hidden talents. Lots of people learn to read or improve their writing in gaol. Others find new interests and develop new skills. These can help you get a job when you're released or go out on Work Release.

All gaols have Education units, run by AEVTI (the Adult Education and Vocational Training Institute). You can do your year 10 (the CGEA). You can keep going with your studies if you start in one gaol and are moved to another.

You have a choice of doing these courses with AEVTI or with TAFE. Courses include small business and computer studies, horticulture and food preparation, Aboriginal studies, music, art and cultural practices, sport and fitness, WorkCover licences, forklift, backhoe and front end loader.

You can also do a Koori Education course, the Coorong Tongala, to help you with communication and pre-work skills.

These courses can be finished on the outside in TAFE or in community colleges.

If you want to do something that is not available, talk to the RAPO or SEO (Senior Education Officer) and the Aboriginal Inmate Delegate.

There is funding for Aboriginal classes. Education staff need to know what you want to do, so they can get it going.

You're lucky. You can read. Maybe you know someone who can't read (or write). You could show them this handbook and help them find a teacher to work with, so they can access written information too. Lots of people learn to read in gaol.

**Coorong Tongala**

You can also do the Koori Certificate I (Coorong Tongala) at some centres. This program was written by Aboriginal people for Aboriginal people with an Aboriginal perspective.

The course covers communication and pre-work skills.

If it is not on offer at your centre, ask the Delegate, Senior Education Officer, RAPO or Manager, Inmate Services and Programs if it could be run.

**Driver Education**

**Mannus**

At Mannus in south-west NSW (see map on page 20) the Driver Ed Program covers everything it takes to get a drivers licence from the RTA. It also covers finding out if you have any fines and when you can get your licence back. Other centres can find out this info too.

Binaal Billa Regional Council of ATSIC has given money to pay for licences and birth certificates - so there are no costs for you.

If you are eligible to get a licence or renew one, Education staff will help you.
get ID - birth certificate and other documents
fill in forms
prepare you to pass the tests.

You can do the Knowledge test in the Education Centre on the RTA touch screen.

You can do the driving test and even get a MR (truck) licence.

The program is run individually. There are no classes. You can learn with a friend or by yourself. You can take it at whatever pace you like.

There are plans for this to be run in other centres such as Glen Innes.

Aboriginal Mentor Program

The TAFE Aboriginal Mentor Program is for inmates who are interested in being mentors while they are in gaol.

If there is a group of inmates interested in the Mentor program at your centre, speak to the RAPO, Inmate Delegate and Senior Education Officer about finding someone to run it.

Aboriginal rugby league  
"Brothers" football team  
Cessnock

The NSW Annual Aboriginal Rugby League Knock-out Carnival is held on the October long weekend. It is hosted by community and the inmate team, the "Brothers", are given the chance to compete.

The "Brothers" are selected from minimum security centres in NSW and brought together at Cessnock correctional centre to begin training as a team. During this lead up period players do a sports medicine program and play trial games.

The Program has courses in Match Fitness, Basic Training, Level 1 Coaching Certificate, Health & Fitness, Nutrition and Sports Medicine. These courses are accredited. They are run by the Dept of Sport & Recreation and TAFE. They aim to help inmates get the necessary skills to assist with post-release plans.

The program's selection criteria requires players to have
- clean urines for the past 6 months
- no recent gaol charges
- participated in programs to address issues that lead to offending behaviour
- good work reports
- C2 or C3 classification
- no further court.

If you are a footballer, are C2 or C3 and meet the selection criteria, put in a bluey to your Case Officer or Wing Officer marked "Brothers" Football. Let your RAPO know.

Contact the Manager, Classification, Indigenous Programs if you need to discuss classo problems. He can be contacted on 9289 5078.
Art Unit
Metropolitan Special Programs Centre (MSPC)
Long Bay

The Art Unit is a full time art program, with up to 10 inmates taking part at any one time. Inmates work in a studio setting, where you are encouraged to explore your own interests in the visual arts. While in the program you can build up your own art portfolio (a collection of work in a special folder). You can also prepare your work for public exhibition through the Boom Gate Gallery at Long Bay.

The program allows inmates to develop their creative skills and realise their potential as artists. They work individually and in groups, and are encouraged to respect the art and ideas of other inmates.

The program offers many benefits, including greater confidence, self-esteem and improved social skills.

The program is open to inmates of all security classifications.

If you want to be considered for the program, put in a blue application form (a 'bluey') saying your reasons for wanting to join the program. Address it to:

Sue Paull
Coordinator
Art Unit
Long Bay Complex

Tel: 9289 2312

sex offender programs

Sex offender programs aim to help change the attitudes, beliefs and feelings that lead to sex offences against adults and kids. They aim to help by:

- looking at victim issues
- examining offence cycles
- making a relapse prevention plan.

There is an Aboriginal Special Project Officer who is part of the Sex Offender Programs (SOPs). This person is based at CUBIT, MSPC but can visit your gaol to talk about the programs. You can contact him by calling 9289 3760 or by asking the psych in your centre to phone CUBIT. He runs a Koori group for all CUBIT inmates and also an Elders Support Program.

If you are in gaol on a sex offence, you will probably be placed at the MSPC, Long Bay, at some stage during your time in custody.

The programs are:

- ESO - in some max & medium security centres -
  - an 8 session program to help inmates think about their offending and prepare for CUBIT or CORE

- CUBIT - at MSPC, Long Bay
  - live-in program
  - not protection
  - no methadone
  - medium to high risk offenders
  - C1 or C2 (or can get a C 12 months before earliest release date)
  - able to read & write
- voluntary
- 8-10 months long
- holds up to 40 inmates.

**CORE** - at MSPC and Kirkconnell
- not live-in
- for lower risk offenders
- C1 or C2 (or can get C before earliest date of release)
- voluntary
- 5 months long
- 2 half-days per week
- group sessions.

Follow-up or maintenance groups - after CUBIT or CORE,
inmates can go to centres where they get support till they are released.

A lot of inmates find they can't get parole or lower classes if they haven't been on a sex offender program.

**How to apply**
Speak to your case officer or the psych.
Apply as soon as you can in your sentence. There are waiting lists.

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**Violence Prevention Program**

Sick of the violence? Sick of all the things that go with it? Sick of fighting the system? Your attitude getting you into more and more trouble? Getting worse and worse? Is this where you want to be - next year? the year after? the year after that?

If you want to change and work out ways to deal with conflict and anger, and find other ways to get what you want, you can apply to do the Violence Prevention Program (VPP) at Long Bay.

To do that you will have to stand up and be strong to get away from all the dramas that go down. You can do something to change, to stop the blame and the shame.

Doing this program may also be important for classo, SORC, the Escape Review Committee, Pre-Release Leave Committee and the Parole Board.

The VPP is a voluntary program. You go there because you want to stop being violent.

To go there you need to be:
- able to read and write a bit
- sentenced and with no more court
- sentenced for a violent crime and/or have a history of violence in or outside prison
- have at least 6 months to go before release
- not on protection
- not in segro
- willing to be part of group sessions with other races/ethnic groups
- free of drug charges in last two months
- stable on methadone.
First, ask your case officer to put you in touch with the staff member in your centre who will get the necessary information for your application. He or she will interview you about the program and send your application to the Assessment Unit at Long Bay.

There is a waiting list.

When you get to Long Bay, you go first into the Assessment Unit program for 2 weeks. After this your progress is assessed. You may then be accepted into Stage 1 of the VPP or return to your gaol of classification.

Stage 1 lasts for 6 to 8 weeks. You may then progress to Stage 2 if you are assessed as suitable.

Stage 2 lasts between 16 and 20 weeks.

Stages 3 & 4 are being planned but are not yet going.

When you finish the VPP you usually get assessed on your progress and achievements before you go back to your gaol of classification.

family violence - a woman's perspective

I have worked as a “Gungy” for 10 years and during that time I specialised in domestic violence, sexual assault and child abuse. Although I’m a “gubba”, I’ve knocked around with Kooris all over the state for years and years.

There are many effects on women and children caused by family violence - low self esteem, poor self-image, health problems, physical injuries, drug and alcohol dependency, suicide etc.

There are also many reasons why women don’t leave. Sometimes because they still love their man, because when he is not violent he is a nice bloke. Some women are too frightened to leave, can’t leave because of finances. Won’t leave because of the kids. Haven’t got any self-esteem or confidence to leave. Some Aboriginal women have a strong connection to the land and where they birthed their kids, so spiritually they don’t want to leave.

Family violence is caused by an imbalance of power - the offender has more power over the victim and tries to control her. He uses violence to get what he wants.

Violence does not fix family problems. It makes them worse. The women lose trust and respect in their partners. The kids are greatly affected. They often learn this behaviour and follow on - the cycle continues.

People need to take responsibility for their actions and control their anger. ALCOHOL does not cause family violence - it is usually there without grog. Grog makes us less inhibited and often is used as an excuse. You may use more violence when you’re drunk but you are still responsible for your actions.
For families to stay safe and stay together we have to stop the violence and start our healing. Communicate honestly with each other - respect each other.

Our children are our future. Do we want them to follow this cycle of violence or do we want to save them and break the cycle? For many years we have grown up and lived in this cycle - it is up to every one of us to speak out and break the cycle.

- Stay off the grog if you have a problem
- People blame grog for violence when it is their actions that cause harm
- Family violence happens in all communities - Black and White
- We need to learn to respect and love ourselves before we can care and respect others
- Taking responsibilities for ourselves
- Building self esteem and self respect is the beginning.

Senior Constable Libby Bleakley
NSW Police

Gungy - Police Officer
Gubba - White Person

if you’re an E

getting a C

If you’re an E classo you can apply to the Escape Review Committee (ERC) for a change to a C. If you’re an E1, you first have to apply to the CMT and CMC for an E2.

You don’t have to serve half your sentence to apply. This is not a requirement.

The Commissioner looks at each application and the ERC’s recommendations, then makes a final decision.

The Aboriginal inmates’ applications that get to the ERC are usually successful. It is worth applying.

The first step is to put in a bluey saying how you would benefit from a C classo

  e.g. you want to go to a camp
  be closer to your family
  you want to do a program that needs a C2, like Ivanhoe Warakirri, Community Projects, Ngara Nura
  you want to do Day Leave/Work Release/Education Leave that needs a C3.

Your application also needs
- an ERC application form
- CMT recommendation
- Case Management Committee approval of CMT’s recommendation
- case officer report
- work report (from ASI)
- education report
- psych report
- AOD report
- welfare report.
It is important to keep photocopies of all your reports in case your application gets lost along the way and you have to do it again.

Your case officer or the Case Manager get other reports e.g. from Security and Intelligence staff. Classo staff put in papers such as full classo history.

If you need more info or support, call the Manager, Classification, Indigenous Programs on 9289 5078.

If you've been in before and were discharged last time as a C classo after the ERC gave you a C, you don't need all these reports. Just get the CMT to refer you straight to the ERC.

what happens if I don't do programs?

impact on classification

When you are sentenced to gaol, the court looks at your offences and history - alcohol/drugs, AVO, AOABH etc.

Depending on your offences, the court may recommend that you do programs while you are in gaol. This is to help you not to re-offend when you get out. You will also be assessed by CMTs who tell you what programs will help you not to offend again.

If you don't do programs you will probably stay at higher classo levels (A, E1, B, C1) and you may not get parole.

It is important to do programs while you're in gaol. The judge may have told you what you were required to do - AOD programs, reading and writing, training for work, anger management. They are part of the case plan you work out for yourself with the CMT.

By doing programs you show other people as well as yourself that you are serious about wanting to stay out.

By doing programs you may be able to apply for Day Leave, Weekend Leave and other External Programs in the last 18 months of your sentence.
getting day leave and weekend leave

who can get it
• Category 1 (women) and C3 (male) inmates
• special needs groups
Aboriginal inmates are a special needs group in custody. This means you can apply for Day Leave if you're serving 6 months or more, if you meet the other criteria and can show that Day Leave etc is important for your well-being after release.

how
When you apply, on a bluey, you must show that external programs like Day Leave and Weekend Leave are important for your return to the community and rehabilitation e.g:

• reconnecting with your family
• establishing support in the community
• doing a traineeship or other course to help you get a job (Vocational Training)
• going to Alcoholics Anonymous (Life Skills)
• working to save money for your release (Work Release).

The APPRO, AOD worker, RAPO, Welfare or the Manager, Classification, Indigenous Programs can provide support during the CMT process when your case plan is discussed.

There are two types of Day Leave:

• Supervised Day Leave - in the first step of the programs at Yetta Dhinnakal Brewarrina and Ivanhoe Warakirri inmates can have Day Leave with centre staff, the APPRO or an Elder
• Sponsored Day Leave - at all minimum security centres.
Day Leave can be taken every 28 days from the date a C3/Category 1 has been granted.

Day Leave and Weekend Leave can be taken every 14 days if you are:

- at an isolated centre
  - Broken Hill
  - Mannus
  - Oberon
  - Ivanhoe
  - Brewarrina
  - Glen Innes
  - Kirkconnell
  - Cooma
- in the Young Adult Offender Program
- an adult nucleus inmate in a Young Offenders Program seen as making a significant contribution.

**Sponsors**

For Day Leave and Weekend Leave you will need a sponsor. A sponsor is a friend or member of your family or an Elder who is approved by the governor to be with you all the time you are out of the correctional centre.

You can have more than one sponsor. It is best to nominate more than one. They must:

- be over 18 years old
- have ID and proof of age
- have known you for 12 months or more, outside gaol
- not have outstanding criminal charges
- not have been imprisoned during last 3 years
- not have been in PD over last 2 years
- not have been convicted of trafficking a commercial quantity of drugs over last 10 years.

If your sponsor is your partner (wife or husband) or parent and he or she is facing a criminal charge, or has been in gaol in the last 3 years or on PD, the governor can interview them and may approve them as a sponsor.

If you do not have a sponsor, someone from Prison Ministries or the Mission or another volunteer may be approved. The CMT will help you with this.

**Who can apply?**

- a C3 or a C2 who is applying for a C3
- serving 6 months or more
- one month away from having served half your sentence
- within 18 months of your release date
- free of dirty urine charges for 6 months.

**Women**

There are no time constraints for women. You can apply if you are a Cat 1 or a Cat 2 applying for a Cat 1.

If you want more info, ask the Manager, Inmate Programs & Services, the APPRO, RAPO or see if *External Leave Programs (Section 18 of the Operations Procedures Manual)* is in the library.
are you a 'public interest' inmate?

Being a 'public interest' inmate does not mean that there was a lot of media attention to you or your crime. You are a 'public interest' inmate if you are not a serious offender but your crime and sentence length are on a 'public interest' list in the department. If you are a ‘public interest’ inmate, when you apply for a C3 or Category 1, you will need to apply to the Pre-Release Leave Committee (part of SORC). This committee makes recommendations to the Commissioner who makes the final decision.

You are a 'Public interest' if you’re serving time for:

- drug offences - if you are serving more than 5 years non-parole or fixed term for a drug offence
- sex offences
  - serving a non-parole period or fixed term of more than 18 months for a sex offence against someone under 16 years or
  - serving non-parole period or fixed term of more than 3 years for sex offences against someone over 16 years or
  - if you have been convicted of 2 or more sex offences in past 10 years
- actual or potential bodily harm - serving more than 3 years, non-parole or fixed term
- serving non-parole period or fixed term of more than 3 years for offence using dangerous weapon
- fraud - serving non-parole or fixed term of more than 3 years
- driving offences - serving non-parole period or fixed term of more than 18 months
- convicted of an offence while employed in a criminal justice agency
- an inmate who, in the opinion of the Commissioner, is of 'public interest'.

If you are a 'public interest' inmate, you need to apply to the PRLC (Pre-Release Leave Committee) when you are applying for Day Leave and other External Programs. To apply, you need to get reports from program staff - the psych, education, AOD, welfare - and other reports from your case officer and workplace. You will need to put in a bluey, saying why you will benefit from going on Day Leave etc.

Applying to the PRLC is like applying for a C classo from an E. Look on page 85 for more info.

Or ask your case officer, Manager, Inmate Services and Programs, the RAPO or call the Manager, Classification, Indigenous Programs on 9289 5078.
going out to study

education leave/vocational training
life skills

If you have done some education in gaol you can apply to go out to study at a college or TAFE such as Tranby or Eora. You will need to be a Category 1 (women) or C3 (male).

Talk to the Education Officer or Senior Education Officer (SEO) about what you'd like to do. You can also do a traineeship (the Bunnabee Mura program) through TAFE.

The SEO lets the CMT know what you want to do, where and for how long, and what travel you will need to do.

Some of the courses are:
- literacy and numeracy
- brick school
- scaffolding
- horticulture.

You can also keep going with your course when you get out.

Life skills programs focus on AOD or other counselling. You may be able to go to AA (Alcoholics Anonymous) or NA (Narcotics Anonymous) or Gamblers Anonymous (GA) meetings. Talk to the AOD worker.

You may also be able to visit Aboriginal medical centres and other support places.

goinging Work Release

Work Release is paid work in the community where you are employed full or part time in a normal job. It is a chance for you to earn some money before your release. It is a chance for you to get established in work that you can continue after you’ve been released.

who can apply?

- Category 1 inmates (women)
- C3 (male)
  - a) serving a sentence of 12 months or more
  - b) within 18 months of your earliest release date
  - c) close to having served half your minimum term
  - free of recent dirty urine charges (6 months for males, 3 months for females).

If you don't meet a), b) or c) you can put a case for special needs consideration as an Aboriginal inmate.

When you are on Work Release (Stage 1) you can also take Day or Weekend Leave every 28 days, after you have had 3 Day Leaves.

When you have served half of your time on Work Release and are within 6 months of your earliest release date you can have Weekend Leave every weekend. To get this Weekend Leave you must have maintained an "acceptable standard of conduct and industry (work)" on Work Release.
getting parole

Inmates with a maximum sentence of more than 3 years are usually seen by a parole officer within several months of their earliest release date. The Parole officer needs to send a report to the Parole Board and will discuss with you:

- your family, social, education and employment background
- your reasons for offending
- your attitude to the offence
- past contact with Probation and Parole
- past AOD problems (if any)
- past DV problems (if any)
- what the Parole Board expects of you
- programs you have done or need to do
- whether you have done what the judge directed in his or her sentencing remarks
- where you will be living, working
- support you will have in the community
- any special issues such as places/communities you can't go to
- need for continued counselling in the community.

The Parole officer will also organise a pre-release home visit, usually done by a Probation and Parole officer in the community - this officer often becomes your supervising officer when you're out.

The Parole report goes to the Parole Board 10-12 weeks before your earliest release date. At this point, the Parole Board doesn't need to see you.

The Parole Board considers whether you:
- have done enough to earn parole - don't forget, they don't have to release you
- will be able to adapt to normal community life
- are at risk of re-offending.
The Parole Board also asks the overall question “will the community be safe from crime if you are released?” They may say if you need to do more AOD or other programs. They may give you parole or an intention to refuse and set a review date. You then go before the Board with your Parole officer and anyone else you want. If it comes to this, it’s best to get a solicitor. Defending yourself is not always a good idea. Put down to be represented by Legal Aid. They’re the experts and know all about the Parole Board and how it works.

If you need to see your Parole officer, put in a bluey or, in some centres, an appointment slip. If you don’t get an immediate response, don’t panic - remember, you are one of about 50 cases the Parole officer may have. He or she will get to you on time.

What is your responsibility on release to the community if on an order?

- keep in contact with your Parole officer so that you will not be breached
- keep appointments
- follow the direction of your officer, including counselling and urinalysis
- accept home visits
- if a problem arises and you have to go away, immediately tell your Parole officer. Don’t just leave and stop reporting - more breaches of parole happen when you do this than for any other reason.

And don’t forget, “Street time” doesn’t count. If you owe say 6 months balance of parole and you’re not re-arrested for several years, you still owe 6 months parole - and you will be caught eventually. The best idea is to do your parole without any dramas. It will go in your favour if you have to do time for something else later on.

how can I improve my chances of parole?

Participate in programs, especially those suggested by the Parole officer. If transfers interfere with programs, talk to the Case Manager, your case officer or Parole officer.

Probation and Parole officers work with offenders to help change their offender behaviour and bring about positive changes in their lives.

Nita Dowell
Aboriginal Coordinator
Policy & Projects
Probation & Parole Service
Level 7, Roden Cutler House
24 Campbell Street
Sydney NSW 2000
Tel: 02 9289 1080
Fax: 02 9289 1049

getting health checked before you go

Before you leave gaol, make sure you have your health checked. Then you can get referrals to outside medical services if you need them. This includes teeth, hearing, eyesight, as well as other conditions such as heart disease, renal (kidney) disease, diabetes. Ask at the clinic to see someone from the Aboriginal Medical Services. For contact details see page 30.
getting out

preparing for release

It takes a few months to get ID and somewhere to live when you get out. You need to think about your first days out, what you’re going to do. And what you’ll do long term. Education and work. Being with the family. How will you cope?

The APPRO and Welfare can help you through this time.

Your case plan needs to include preparation for release and things on the list below. Start work on these when you have 3-6 months to go:

- do I have ID?
- do I have a Health Care card or Medicare card?
- what money do I have? Is it enough to get home and will it last till the next Centrelink payment or job payment?
- do I have a current bank account?
- what support do I have?
- would I benefit from community conferencing?
- where will I go, where will I live?
- what will I do? How will I structure my day?
- am I likely to re-offend? How can I stop myself re-offending?
- who can I turn to? Do I know their numbers or where they are?
- phones have phone cards these days. Where do I get one?
- what parole office do I have to report to? When is the appointment? How do I get there?

getting ID

You will need ID to open a bank account and also if you go to Centrelink. Welfare can help you get ID. It takes time.

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<thead>
<tr>
<th>birth certificate</th>
<th>tax file number</th>
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<tr>
<td>drivers licence</td>
<td>Medicare card</td>
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</table>
birth certificate
Apply as soon as possible and at least 6 months before you are due to get out. It will cost you about $30.

drivers licence - doing the test again
If you are a C class and eligible to get a licence, you can go to Mannus correctional centre where there is a Driver Education program. You can also get a truck licence. See Driver Education, Mannus on page 75.

Medicare Card
You will need to apply 3 – 4 months before you’re released.

money
If you do not have much money in your inmate account and you need money for when you get out, see the Welfare Officer at least 4 weeks before you’re due for release. Welfare can help with:
• Centrelink crisis payment
• opening a bank account
• getting a tax file number
• special gratuities or gate money if you are eligible.

Centrelink
If you are to be released at the weekend or on a public holiday the Welfare Officer may get a Centrelink cheque put into your inmate account so you can have cash when you are released. This will be a payment of about $174 for Newstart Allowance (the dole). There are different rates for Youth Allowance and Disability Pensions. The cash will be given to you by the releasing officer when you are given your release payment (the money in your inmate account). Welfare try to make an appointment at the Centrelink near where you’ll be living. You will then be given a bank card (EBT) and can withdraw cash.

opening a bank account
Welfare may help open an account or refer you to Prisoners Aid who may do it.

fines
If you have unpaid fines, you can’t renew your drivers licence till you’ve paid them. Welfare can find out if you have fines and how you will have to repay them. Or you can call the State Debt Recovery Office (SDRO) on 9277 6300. If you can’t pay, you, your family or a community welfare rep can apply to the SDRO to have them waived. You can ask for help from the Consumer Credit Legal Centre on 92124111 or Rural Debt Hotline on 1800 247 890. You can get free help from Financial Counsellors by calling the Credit Help Line on 1800 808 488 and asking for an appointment.

getting a tax file number
You will need a tax file number. Ask Welfare for the form. It takes about 6 weeks to get a number.

special gratuities
All inmates are eligible to apply for a one-off payment called a special gratuity. If you can demonstrate hardship, e.g. have a real need for clothing when you are released, there is a maximum payment of $200 depending on how long you’ve been in.

See Welfare or Parole for the application form or ask the RAPO to contact Welfare in Head Office. You need to say why you need the payment. Before the governor approves it, Welfare staff check:
• details of large amounts sent out of your account
• the amount of private cash you will have on release
• what clothes are in your property (will they fit? Are they OK for job interviews etc?).
somewhere to live

If you need help finding somewhere to live, contact:
- Welfare - if you have to give up your flat or house, you can make a written agreement with the Dept of Housing for rehousing on release - Welfare can do this
- Aboriginal Housing Enquiry Line (Dept Housing) 1800 355 740
- Aboriginal Homeless People 24 hour 9799 8446
- Aboriginal Housing Officer 9635 3444
- Aboriginal Tenancy Information 9377 9200 1800 500 330
- talk to Welfare about Community Tenancy about 8 weeks before your release date
- Yulawirri
- CRC (Housing and Accommodation Database called CRC Lodge)
- Aboriginal Corporation for Homeless and Rehabilitation Community Service, Ashfield (Sydney) 9799 8446
Manages 2 hostels, one for male ex-offenders and another for homeless families.

getting home

The APPRO or Welfare or Parole can help you work out the best way to get home. The department may give you a travel warrant or bus/train ticket to where you'll be living if it is about the same distance as the place where you were sentenced. This doesn't cover interstate destinations. Apply 1 week before you're due for release. Ask Welfare for a Fares form.

If you will be on parole, talk to your Parole officer about where you will go. How will you get to your first parole meeting? Do you know when the bus or train goes and how to get tickets? The APPRO or Welfare can help.

support

If you need someone to talk to, you can call or go to places of support. Some of these are:

- Aboriginal Pre and Post Release Officers - their offices are usually located with Probation & Parole
- Aboriginal Prisoners and Family Support Service - 9673 6400
- Aboriginal Corporation For Homeless & Rehabilitation Community Services - 9799 8446
- CRC Justice Support - 9288 8700
- Prisoners Aid - 9281 7582
- Life After Prison (LAP) Ministries - Parramatta - 9683 4311 - can help with food, some money, accommodation assistance, case workers and help with children
- Yulawirri Nurai - call 4973 5560

Don't accept excuses for violence. Tell a mate who is being abusive: "It's not on". To get help call Men's Line Australia 1300 78 999 78

for women
- Mudgin-Gal Koori Women's Centre
  231 Abercrombie St, Redfern 9319 2613
- Women & Girls Emergency Centre 9281 1277 (Sydney metro)
- Domestic Violence 24 Hour Service Helpline 1800 65 64 63
- Women's Domestic Violence Court Assistance Scheme 9637 3741
- Violence Against Women Specialist Unit 9228 8437
- Homeless Persons 9265 9081 (rural areas 1800 234 566)
- Child & Parent Support Service 1800 688 009
- Child Protection & Family Crisis Centre 1800 066 777
- Indigenous Women's Contact Line 1800 639 784

health services for women
Bankstown 9790 1378
Blacktown 9831 2070
Cumberland/Parramatta 9635 3794
Hunter 02 4968 2511
Campbelltown 4627 2955
The Women's Centre 9718 1955
NSW Women's Refuge Resource & Referral Centre 9518 8379 or 1800 817 227
CRC Justice Support

CRC offers inmates and ex-inmates:
- an Accommodation Service
  - supported and mid-term housing for men after release
  - mid to long-term housing for women after release
  - help with crisis accommodation and public housing

- our Family Caseworker gives support and counselling to families of inmates and ex-inmates

- our Prisoner Advocates give community information, casework, counselling and help to prisoners, ex-prisoners and their families.

Pre-Release Information Package
Call us on 9288 8700 or 4625 5400 or 4961 4626 or ask the Welfare officer to give you the CRC Pre-Release Information Package.

CRC
174 Broadway
Broadway 2007
Ph. 9288 8700

CRC
Campbelltown Office
Suite 5, 100 Queen St
Campbelltown 2560
Ph. 4625 5400

CRC
Hunter Project
2/148 Beaumont St
Hamilton NSW 2303
Ph. 4961 4626
Yulawirri Nurai
Who is Yulawirri?

Yulawirri Nurai, Gamilaroi language, means Rainbow Serpent.

Yulawirra Nurai is a community-based organisation whose sole purpose is to help Aboriginal women, men and juveniles before and after incarceration with accommodation, employment, education and training in New South Wales.

Yulawirri works parallel with the Aboriginal Pre and Post Release Program, in program development and developing strategies to help break the recidivism among Aboriginal people.

The outcome of Yulawirri Nurai is very much the empowerment of Aboriginal people.

Who can we help?

Indigenous women, men and youth who:
• are 'at risk' of offending or re-offending
• have been arrested
• are on bail, remand, probation or parole
• are about to be released or have been released.

What can we do?
• intensive support before and after incarceration (includes Court support)
• mediation, advocacy and referral service to inmates, ex-inmates, their families and the community
• encouragement to inmates doing education and training
• find inmates somewhere to live after release
• help ex-inmates find a job.

Contact Yulawirri staff on Tel 49 735 560
or visit them at 45 Dora Street, Morisset

or write to Yulawirri
PO Box 491
Morisset NSW 2264
farewell, brothers and sisters

Well there you have it Brothers and Sisters, I sincerely hope that you are impressed as much as I am on the contents of this 2nd Edition of the Inmates' Handbook. For those who have seen and read the 1st Edition, I'm sure you would agree that this updated and expanded version has been welcomed appreciatively.

This Handbook should enable each and everyone of you to individually take advantage of the valuable information to ensure that your pathway through the prison environment and beyond, be as comfortable as possible, provided that these broader range of services available to you are utilised accordingly.

As stated in my introduction about beating the system by not returning, then this 2nd Edition gives you more than enough material to grasp onto, and will definitely assist in laying the foundations for that to become a reality. But please let me reiterate that it is entirely up to the individual to take stock of their life and ask themselves “whether they have had enough?” or if “this is too much?” There is only one person that can make something better happen in your life and that is YOU and there is no better time to start than NOW!

Just because you are in prison doesn’t mean that it is the end of the road. Look around you at what is available, the choice is yours, no one is forcing you to do what you don’t want to do BUT to get something out of everything you first have to put something into it.

Don’t serve time - let time serve you

The amount of time and effort that has been given to organising and constructing this 2nd Edition of the Inmates’ Handbook has been enormous and should not go unrewarded, therefore on behalf of the Aboriginal and Torres Strait Islander Inmates I would like to thank Ms Deirdre Hyslop, the Indigenous Services Unit (I.S.U.) and many other dignitaries that have contributed to this publication.

No doubt this information will be of great service to those that will be unfortunate enough to come through the system. Upon reading this Handbook, it should give each individual great responsibility to reach out and assist their fellow Brother and Sister in that special time of need, to bring back that true spirit of caring and sharing which has been a part of our culture for many, many years. It’s up to us to continue on with it with us wherever we go!

Albert Ryan
Koori Mentor