

Thoughts & Emotions

Corona Virus

What a difference a year makes

Circumstances have changed

The general population now have the privilege of experiencing almost the same living conditions that prisoners suffer everyday

Oops!

Maybe empathy might just work both ways?

Every life lost, staff and prisoners, is a tragedy, every illness a struggle.

Thank God for solace

I find solace in books

I just love to read, oh yes! I say with a smile on my face

Don't think I'd cope in my cell without a book

It's how I find peace of mind, get lost in another world while adding to my vocabulary

Books are crucial for my mental health and well-being, while juggling difficult situations, like boredom and lockdown.

As you should know by now, time spent in a cell with nothing to do is time spent resenting the world, the judge, police, probation

Even in your mind becoming the victim as your brain rebels against reality and society

You want someone to blame other than yourself

Can things become any worse?

Well, yes!

George Floyd's death was catastrophic

Thank God ignorant I am not

Gay, straight, black, white, it's all easy street to me

Not one to throw the race card in – ha!

We live in a racially divided world

We should not judge purely on what we see, but instead find ways to unite, to create the opportunity to come together

One Love