

EXHIBIT



No. 3

My dad's been in prison for several years. Try getting your head around that. I had a secure life. Mum, Dad, two kids, dog, cat, goldfish. Dad and I did lots of things together. When I was younger, I believed my parents were omnipotent. They could fix anything, from the school bully to cleaning up cat vomit. But everyone reaches an age when they discover that life is unpredictable and unfair.

The day dad was arrested is the sharpest memory I have. I remember vividly the outlines of one very tall and one very short policeman seen through the frosted glass of our front door; the wpc's wide black-and-white ties; the purple ink they used to write down my statement; the shocked, round eyes of my brother when I told him who they were; my mum making five cups of tea in her best china; and Dad kissing each of us in turn and saying it would all be okay. All the time I knew that I had to brush my hair or I wouldn't be able to do whatever it was you were meant to do on the morning your father is arrested.

I remember when we first went to see Dad in prison and my first sight of the building they were holding him in; it was like a monstrous Tesco's, all red brick and arches. All the movies I've watched in my life had not prepared me for what it was like inside, the way the prison doors close, or the smell, or all the bunches of keys. It was a place where people were used to waiting yet no attempt had been made to make it a human place. Nothing distracted you from your own discomfort and dread.

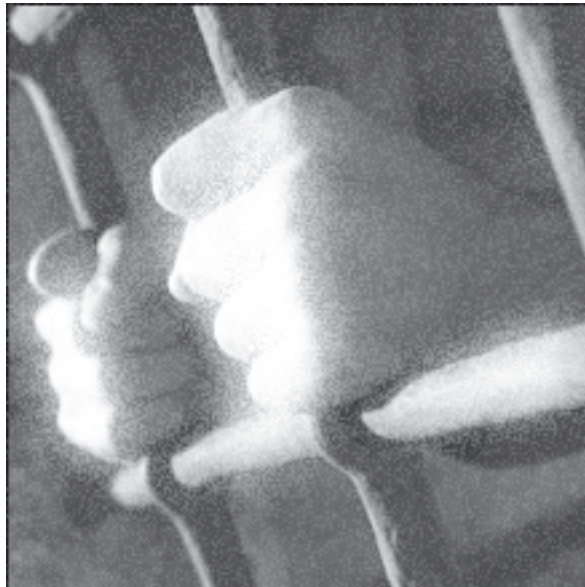
When my dad's name was called I walked the twenty steps into a room the size of Wembley. It was full of visitors and prisoners, and behind a table numbered C2 was my father. After hugging and crying we sat down and tried to act out some vague semblance of normality, talking about everyday things. I really admired Dad for how he tried to make that visit easier for us. He was the Dad I remembered, always making light of situations, and he made me feel like I could cope, we would all cope. It was only when we were leaving that my father broke down.

I felt I had to be strong, but couldn't. Seeing my parents cry, I felt totally out of control and that frightened me. In the months leading up to the trial, it actually got easier. As time went on, I adapted to the situation. We all had so much on our minds

with the impending trial. I went from having an ever-present father figure to occasionally seeing someone who didn't have the energy to talk about trivial, everyday things. The trial started six weeks before my A-levels.

I went to see Dad in court. My father looked so vulnerable compared to the cops who sat around laughing and joking. When the verdict went against my dad, I felt stunned, empty. I just couldn't imagine what the future would be like. Until then, I had believed that Dad would be coming home.

It was then I realised that, whenever Dad came home, nothing would ever be the same again. We would have changed, we could never go back to the easy-going relationship we had before.



Dad's now been away from us for something like forever. I know it's very hard for him to accept how much I've changed. I was still at school when he was arrested, and he must find it difficult to come to terms with the fact that my life is now totally different. He worries when I take the car out, when I go out at night, or if I'm not home when he phones. I have to watch what I say so I don't upset him. I constantly feel guilty about having fun, laughing and not thinking about him all the time like I did at first.

Because of my close relationship with my father, I found it very hard to separate myself from what he was going through. What had happened to me was more than part of me, it was my whole life.

In the end it is the trivia that breaks your heart. It's the smallest details, the things I'll never see or hear again. I'll never need to step over him when he's lying on the floor talking on the phone; I'll never watch him set the bath taps to the perfect temperature with his feet; I'll never hear his Sunday afternoon snores.

Then there are things that catch you unawares in the middle of a day. Things that happen when I've half forgotten that my dad's in prison and that bring home the enormous gaping loss. When I go home for the weekend and stumble across an odd sock of his, or answer the phone to someone asking for him and want to shout "how don't you know?!". I don't know how I see the future of our relationship anymore. I can only see us becoming more distant. It's impossible to sustain a real relationship with someone when you only see them once a week in a room full of other people. There's no privacy at all.

This issue of exhibit a is dedicated to all those who have died while inside. Twelve inmates killed themselves within a fortnight last month, aged from 24-64 and we believe this says more about the current situation in Britain's prisons than any words we could write. We list these twelve people's names below, but remember that these are just some of the far-too-many:

Leighton Davis, 37, died 2 June, Gloucester
James Nolan, 27, died 3 June, The Weare, Dorset
Justine Rees, 32, died 4 June, Eastwood Park, Gloucestershire
Nicholas Loveridge, 34, died 5 June, Bristol
Daniel Rowland, 31, died 9 June, Liverpool
Patrick Bailey, 42, died 11 June, Liverpool
James Fadden, 28, died 11 June, Norwich
James Corlis, 24, died 12 June, Pentonville
Alan Hill, 55, died 13 June, Leicester
Stanley Murphy, 64, died 14 June, Dorchester
James McKnight, 39, died 14 June, Gloucester
Nicky Taffe, 31, died 15 June, Pentonville



Prison Visits

The butterflies start dancing around my stomach at Victoria train station. Visiting hours are between 2 and 4pm according to the Visitors Order I have in my hand. It takes one hour to get to the town from Victoria, and then there's a bus ride to the prison, the timing of which is not explained. I am cutting it pretty fine, and have no idea what happens if I am late. I picture "my" prisoner, looking forward to a visit, being told I haven't arrived, or watching all the others get called for their visits and not hearing her name called. I feel guilty and crap that I couldn't get out of bed for such an important date.

I am focussing on the time so I don't have to admit to myself I am nervous of this meeting. I feel shy and scared and not sure how it will be. Apart from a Young Offenders Institute where I used to visit my boyfriend as a schoolgirl, I have never been inside a prison.

I have been writing to this woman for about 9 months, but there is still some ice to be broken. I don't feel I know her very well at all and I wonder what impression she had formed of me so far.

When I arrive at the local train station, I find a taxi, and the (female) driver tells me that she will only charge £5 to any prison visitor, regardless what the meter tells her, and that there's a large-ish group of taxi-drivers who also do this. She is lovely and I start to feel less stressed.

As we pull up outside the prison I see a group of women planting out flowers in a bed right by the visitors entrance. They are in uniform and seem to be inmates, although no guard is visible (just cameras) watching them. A real example of the "prison in our heads"; they are a short sprint from a busy road and bus-stop, but are calmly get on with their work.

A pair of women are chain-smoking, smiling warmly and laughing about the bizarre situation we are all in. There is a definite feeling of solidarity amongst the visitors as we wait to be called. We put all our belongings in lockers,

including purses and cigarettes, as we can only carry cash for refreshments and nothing else in with us. Hence the chain-smoking - two hours is a long time for a nicotine addict!

Two men stand out in our small group, not catching anyone's eye and only talking to the prison officers. The reason is soon revealed when we are all called to go through, they are police officers. No-one talks to or smiles at them.

We all squeeze into a tiny space while one set of doors locks and the next opens. We walk through some gardens which look lovely but make me wonder whose benefit they are for, and then we queue to be searched. The search is more thorough than I've had before without taking any clothes off, my buttocks are gently squeezed, the cops make sleezy jokes to the female officer searching us all, and then we go in.

As it happens the two hours fly by. The prisoner I am visiting is lovely and has lots of interesting things to say. She talks about the different needs of female prisoners, about the tragic results of slotting women into a system designed for male inmates, and about the changes brought about in her prison from a change in governer. I think about how much of these women's lives are utterly out of their control, and I wonder how they stay so apparently positive.

I walk back to the train station with an Italian man who visits his wife very week. he has been doing this for over seven years and I am amazed by his dedication. When I get home I have a shower, washing all the tension away, tension caused by locks and keys and guards and alarms and searches and cameras. I feel melancholy but glad I went because I am learning all the time, and because I genuinely like this woman I am visiting. I am so glad to have met her, and the visitors, whose dignity could not be matched by those in uniform.

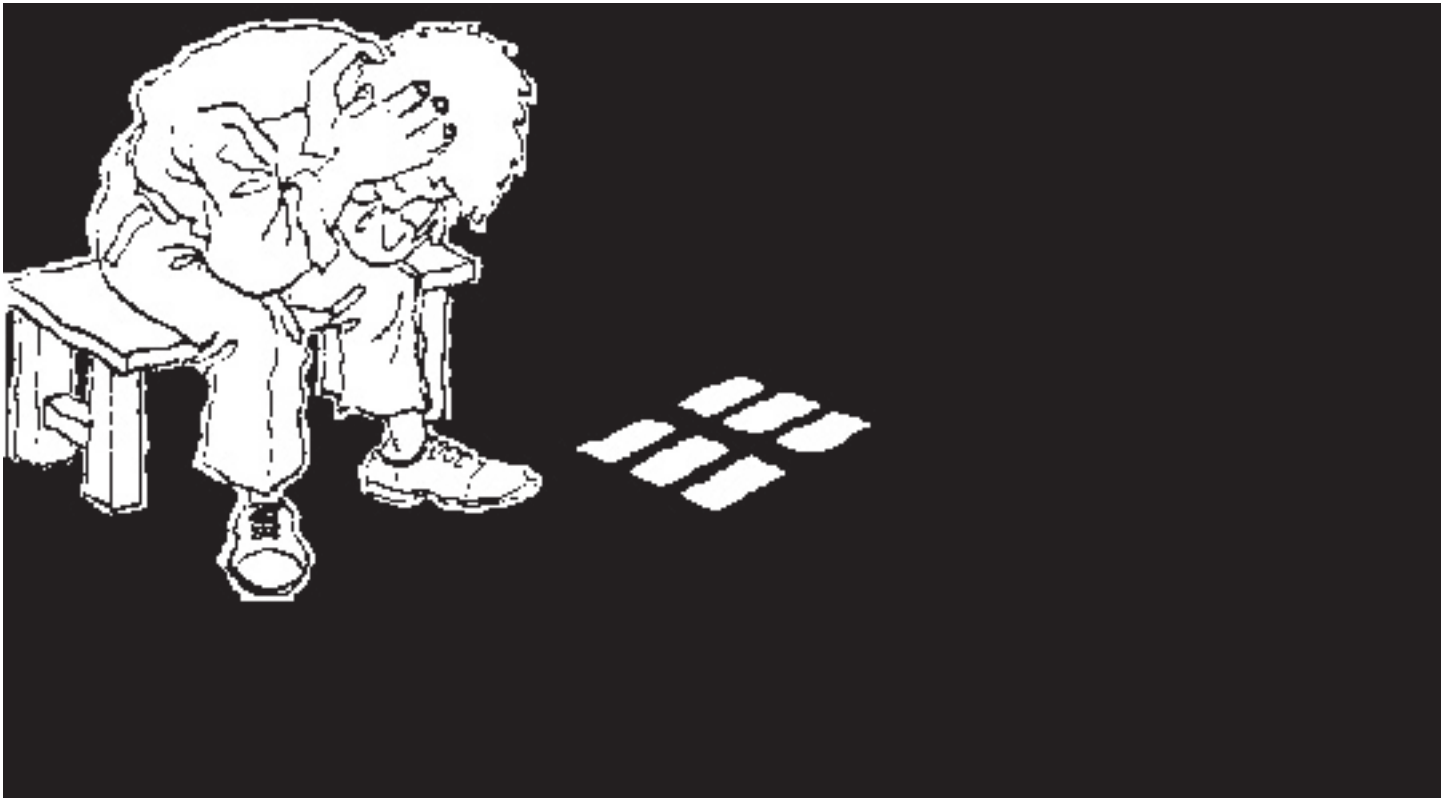
REGULAR PICKETS OF SECRET PRISON

Communications House, cnr Old Street and City Road
4-6pm every first tuesday of the month (next picket Tuesday July 5th)

Communications House is a "reporting and enforcement centre" of the Immigration and Nationality Department (IND). Asylum-seekers who report here can be detained and removed and may not ever see their friends and family here again. Communications House contains a "Short-Term Holding Centre" managed by private prison company GSL (previously part of Group 4) - subject of two major media exposes of racist abuse by employees. Those siezed here are held incomunicado until a Wackenhut van removes them to their unknown fate. Friends, lawyers and family may not discover what has happened to them for days.

Communications house is part of a spreading gulag of prisons that hold thousands of people who have committed no crime - almost all run for private profit. It's right in the heart of London yet few know it is there, or what happens there.

Picket called by April 2nd Organising Committee www.april2.org.uk



We are all foreign nationals!

by Ali Shah, (see prisoner's list for contact details)

Many foreign nationals do not understand the procedures or rules of the so-called justice system. Language barriers cause so many problems, as they do not understand basic instructions and rules, and there is no-one to explain them. Being away from their families is painful, not having any sort of contact with them. Some are so poor and the only contact is by mail, that procedure takes months.

It is important for the prison system and the powers-that-be to realise the pain and disadvantages foreign nationals go through in prison.

We need your help to provide reading materials and dictionaries, so that they at least communicate (and learn

English). We could do with tapes also, so we can assist them in learning English.

Being in prison is hard for everyone, but imagine how a foreign national feels in a strange land, strange rules and regulations, strange language and food. Please help if you can.

editor's note: Ali currently represents prisoners from China, Colombia, Jamaica, India, Pakistan, Sri Lanka and Turkey (although literature in any language is welcome and will form a library for future inmates). Dictionaries are urgently needed as their ESOL teacher is not funded to provide them. Also any reading material which might help pass cell time... These can be sent to us at exhibit A, or directly to Ali, and do not need to be brand-new.

Top tips for writing to prisoners

- It doesn't have to be long, a card or short note will do.
- Don't write anything that could get anyone in trouble.
- Be honest warm and friendly.
- Don't make promises.
- Don't ask or answer questions you feel weird about.
- Don't flirt.
- Always write your name and a return address on the back of the envelope, in capital letters.
- Enclose stamps if you can.
- Don't assume you'll get a reply.
- Handwritten stuff is nicer, as long as it is readable.
- Ask what can and can't be sent, as it will vary.
- If you go somewhere interesting why not send a few postcards to prisoners?
- If you prefer to draw than write, make a card.
- Be creative, use your imagination, and above all remember to post the thing!
- If you really aren't sure how to start writing, imagine they are stood in front of you and introduce yourself. Ask a few polite questions to get the conversation going, and then allow them a chance to reply.
- If you can't or don't want to get into an ongoing correspondence, don't. An occasional card is still a nice thing to receive.

WHY WRITE?*

"Support by correspondence is really valued."

"I like to be kept updated about the fight taking place on the outside."

"Receiving a letter always made my day, even more so than a phone call. It was always fascinating to read what someone else was up to out in the world."

"A lot of inmates do not have contact with anyone at all on the outside."

"In prison it is always good to receive any mail at all really."

"Letters in jail are great, a real antidote to all the bollocks, solidarity is very important."

"It is always good to hear from you all, and a real boost to the spirits."

"I see inmates in this prison who never receive mail or visits and they do find it very difficult to cope."

"Thank you for your letters and all the lovely cards, please thank everyone who signed them."

"Support from the outside is essential to prisoners, and for many support from people and groups concerned with social justice may well be the only family they have."

"I love to hear news from outside. it really makes a difference in here."

"Thank you all for the cards and letters, they really do help."

** all of the following are quotes from people who are or have been in prison.*

Legal Information

This is edited from info provided by the G8 Legal Support Group. We suggest you use it as a starter and get yourself educated on this subject as much as possible.

You do not have to tell the police your name/address unless they reasonably suspect you of committing or witnessing an offence. They must tell you the general nature of the offence and whether you are a suspect or a witness. You do not have to give any information other than your name and address



Stop & Search

- There is no general right for the police to search you, so ask them to identify the power they are using and remember what is said.
- Where a Section 60 Order is in force it allows uniformed police to search you (and vehicles) without suspicion for weapons. The police can also require that any item be removed which the police think is wholly or mainly for concealing identity (e.g. masks).
- Section 44 Terrorism Act also allows uniformed police to search you without suspicion.
- The police can only carry out a "pat down" search and you are only required to remove outer clothing in public.
- You can only be searched by an officer of the same gender.
- We advise you to say "No Comment" to any questions.

If You Are Detained

- Shout out a name to a Legal Observer or persons nearby so you can be located later.
- You have the right to know why - so ask.
- Note the numbers of the police officers.
- You do not have to give any information apart from your name and address. You may want to give your date of birth as this may speed up release.
- We advise you to say "No Comment" to any questions.
- You have the right to have a person informed of your place of detention and to have a solicitor informed of your detention.
- After six hours you must be either released or arrested.

If You Are Arrested

- Shout out a name to a Legal Observer or persons nearby so you can be located later.
- You have the right to know why - so ask.
- Note the numbers of the police officers.
- You do not have to give any information apart from your name and address. Giving your date of birth may speed up being released, but it is not legally required.
- You have the right to have a person informed of your arrest.
- You also have a right to speak to a solicitor free of charge. And remember that only a solicitor may visit you or speak to you whilst you are in custody.
- We advise you to contact a solicitor and to say "No Comment" to any questions until you have spoken to your solicitor. Don't write or sign a statement or a police notebook.

If You Witness An Arrest

- Note down the person's name (or a description). Find out what station they've been taken to if you can. Make a note of the exact time and place. If the cops are wearing numbers try to write them down too, as well as their descriptions and actions.

the third edition of "No Comment, the Defendant's Guide to Arrest is available at www.ldmg.org.uk, or for a real paper copy send a SAE with 2nd class stamp to No Comment, c/o BM Automatic, London WC1N 3XX

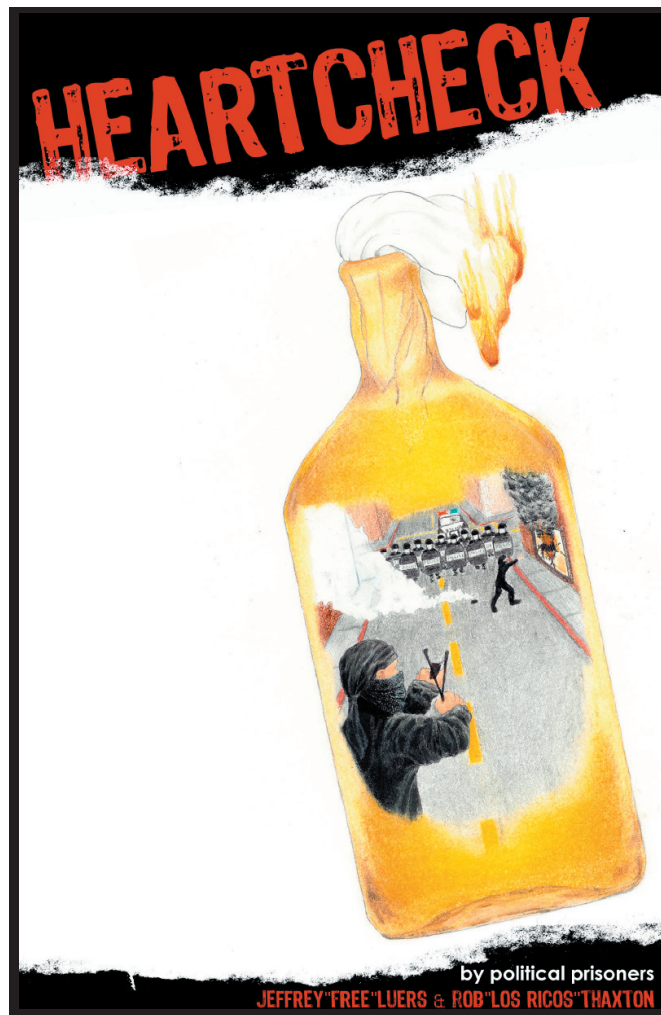
Appeal for information and personal accounts.

■ Are you or have you been detained in a British prison? What were your health needs during that time? What was your experience of how those needs were or weren't met? We are trying to put together a piece on prisoner health, to include issues of mental health, physical health, drug-related issues, sexual health, etc. please get in touch if you can help! usual adress, Exhibit (A)...

■ Eric Allison, Guardian newspaper's prisons correspondent, is appealing for information about HMP Rye Hill. As he said in a recent report : "quite clearly something is amiss at this prison. Therefore I am appealing to anyone

who has anything to say about the regime at Rye Hill to get in touch with me c/o The Guardian, 164 Deansgate, manchester, M60 2RR. We at Exhibit (A) would also be interested so if you can send a copy to us it would be much appreciated.

■ The Campaign Against Prison Slavery are holding pickets of Wilkinson's Leeds (Headingley) store in protest at the company's continuing exploitation of forced prison labour. For more information and to get involved contact them c/o PO Box 74, Brighton, BN1 4ZQ or check their website: www.againstprisonslavery.org



HEARTCHECK is a 40-page zine with new, unpublished writings and artwork by political prisoners Jeff 'Free' Luers and Robert 'Los Ricos' Thaxton.

From the introduction:

"With millions of people dying, the environment being poisoned and destroyed by consumerism, there really are only three kinds of people: the victims, the problem, and the solution.

This zine is dedicated to the latter. The time for rhetoric is over. The time for action has arrived. We hope that the writings contained within will begin a much-needed discussion on real solutions and alternatives sorely lacking in radical circles. We hope these words will only be the beginning of something much larger."

All proceeds from the sale of this zine will benefit both political prisoners. Show solidarity for these political prisoners and get a copy [or 10!] today.

Copies of the zine are available from re-pressed: www.re-pressed.org.uk

Prisoners should write to us at Exhibit (A) (see details below) and we will send a copy for free.

We only list prisoners who want us to list their details. We don't knowingly support anyone who informs, neither do we support child abusers, fascists, homophobes or sexists. We are London based but would like to hookup with everyone, everywhere. If you or someone you know would like to be listed we would love to hear from you. We welcome offers of help, ideas for action, information, enthusiasm, chocolate and flattery. Our email address is prisonisacrime@yahoo.co.uk. You can write to us at Exhibit A, c/- 56A Crampton Street, London SE17. Please GET IN TOUCH. www.prisonisacrime.org.uk

JULY 2005 PRISONER SOLIDARITY GROUP

This is a brief statement, agreed at a meeting in Edinburgh on the 7th July. It is addressed to the general public, to campaign groups, and to the mainstream media, and is intended to make clear our views on the recent wave of arrests and detentions.

During the recent protests across Scotland the police have arrested and imprisoned around 354 people. We support all the arrestees, almost two hundred of who are still waiting to be processed through the courts of Edinburgh, Glasgow, Perth, Stirling and Falkirk.

We would like to draw attention to specific abuses of police and judicial power:

- The use of powers under Section 60 of the Criminal Justice & Public Order Act 1994. Originally intended to be used to search for weapons, it has been used as a blanket authority to stop and search, including searching wallets and taking names and addresses.
- Almost two dozen people have been remanded in custody, including one aged 16 and one with a child.
- Bail conditions used as a deliberate tool of repression - enforcing an effective deportation from Scotland for many, and making life difficult for many others.
- Blocking the public from attending the sheriff's court. Apparently the Principal Sheriff has the power to deny access to court proceedings if there is a 'fear of serious disorder.' It is chilling how this has easily allowed the creation of secret political trials.

We hope to support all July 2005 arrestees over the next few months. Please get in touch if you wish to offer support. Writing a letter or a card to those detained makes a big difference. Any donations are also welcome, as money for prisoners is very tight.

July 2005 Prisoner Support Group, c/o 17 West Montgomery Place, Edinburgh, EH7 5HA
Email: july2005solidarity@yahoo.co.uk

NOTES

We support all those arrested during the anti-G8 protests in July 2005, whatever the reason the police have given for their arrest.

So far we have 354 confirmed arrests: over 130 arrested during the Carnival for Full Enjoyment on the 4th of July and 225 during the 6th of July.

Twenty two people have been refused bail and remanded in police custody.

As of the afternoon of the 7th, 198 people have yet to be processed through the courts.

Last Updated (Saturday, 09 July 2005)

Editors note : at time of going to press, we are aware of 24 people who are still in prison in scotland. please check www.indymedia.org.uk or www.g8legalsupport.info/ for the latest.

USEFUL INFORMATION

ACTION FOR PRISONER'S FAMILIES

APF run a helpline, which is open 10am-4.30pm mon-fri, 6pm-8pm mon-thurs & 10am-3pm on Saturday. The helpline number is 0808 808 2003. They also function as a national network of organisations supporting prisoners' families, and can be written to at: Riverbank House, 1 Putney Bridge Approach, London SW6 3JD. Finally, their website is: www.prisonersfamilieshelpline.org.uk.

BRIGHTON ANARCHIST BLACK CROSS

Brighton ABC is a prison abolition and prisoner solidarity group, part of the international ABC network. The Brighton group can be contacted via PO Box 74, Brighton, East Sussex, BN1 4ZQ, or www.brightonabc.org.uk. The international website is www.anarchistblackcross.org

CAMPAIGN AGAINST CRIMINALISING COMMUNITIES

www.cacc.org.uk

CAMPAIGN AGAINST PRISON SLAVERY

Group started by ex-prisoner Mark Barnsley to fight the exploitation of prisoners for cheap labour. Write to: PO Box 74, Brighton, East Sussex, BN1 4ZQ or visit their website: www.againstprisonslavery.org.

HAVEN DISTRIBUTION

Provide free books, pamphlets, magazines and more to prisoners. Their address is 27 Old Gloucester Street, London WC1N 3XX.

MISCARRIAGES OF JUSTICE UK

Campaigns for those who have not received fair trials according to law. Can be contacted at 22 Berners Street, Birmingham B19 2DR or via their website www.mojuk.org.uk.

THE PRISONERS' ADVICE SERVICE (PAS)

provide advice and information to prisoners in England and Wales regarding their rights...PAS take up prisoners' complaints about their treatment within the prison system on an individual and confidential basis, taking legal action where appropriate. P O Box 46199, London EC1M 4XA. Tel: 020 7253 3323

THE PRISON PHOENIX TRUST

Helps prisoners learn yoga while inside with visits from teachers and free books. Write to: The Prison Phoenix Trust, PO Box 328, Oxford, OX2 7HF.

SCHNEWS

For a weekly round-up of international news and direct actions, including 'crap arrest of the week' and much much more, contact SchNEWS, PO Box 2600, Brighton, BN2 0EF, England. They'll send it free to any prisoner, those on the outside should send stamps or try the website www.schnews.org.uk

ALSO...

Check out www.noborder.org they rock

WRITE TO...

JOHN BOWDEN

HMP Saughton, 33 Stenhouse Road, Edinburgh EH11 3LM

"Long-time prison resistor" (www.brightonabc.org.uk). "uncompromisingly anarchist and anti-prison" John is a great writer, especially interested in Irish history and politics.

CLARE BARSTOW

HMP Cookhamwood, Rochester, Kent ME1 3LU
"Framed for the murder of the woman she was caring for, who was killed while Clare was out. Due to confusion and fear, Clare did not report the murder and was done for it. Clare has been harassed by prison staff for involvement in writing about prison protests and condition" (www.fempages.org)

CIARAN COLLINS

JN1057 HMP Cornhill, Shepton Mallet, Somersent BA4 5LU

"29yr old lifer, served substantial time. Likes reading and receiving letters, into motorbikes. If anyone out there wants to write to ask any questions about me I'll endeavour to answer." Ciaran has set up the website prisonknowledgebase.co.uk, and is trying to "create connections between prisoners and the general public."

HARRY ROBERTS

231191 Clyde Wing, HMP Channings, Wood Denbury, Newton Abbot, Devon TQ12 6DW

68 years old. Harry has been inside for 37 years of them. He is one Britain's longest serving prisoners. Harry and two others were given life sentences in 1966 for shooting dead three unarmed policemen. Because cops lives are apparently more important than anyone else's, Harry is not being allowed a normal parole board review. Instead, the home secretary is conducting secret hearings at which Harry is not allowed to know accusations against him and therefore unable to defend himself or argue his case fairly.

ALI SHAH

CB5040 G-64, HMP Ryehill, Onley Park, Willoughby, Nr Rugby, Warwickshire CV23 8SZ

Appealing a sentence of 15 years. Has been inside since 1997. 38 yrs old. Works as representative for all "foreign nationals" in HMP Ryehill and studies with Open University.

JOHN SHELLEY

HMP Long Lartin, South Littleton, Evesham, Worcs, WR11 8TZ

Long-time prison activist, only too pleased to have like minded people to correspond with. 32 years old and from East London he is currently serving a 15-year sentence for armed robbery and a shooting. John has 4 years left to serve. He is a seasoned campaigner "mainly wielding a pen as a my sword."