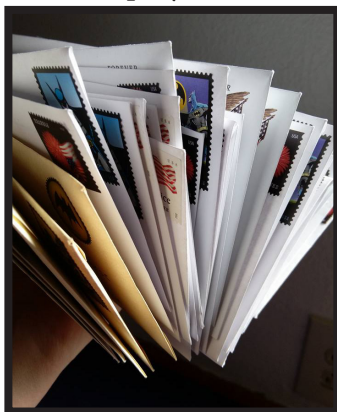


Welcome to the first edition of the Inside Out Newsletter!

We acknowledge the Traditional Owners of the land on which this newsletter is being produced and read. We pay our respects to Elders past and present. Sovereignty was never ceded.

We are a new Australia-wide grassroots group aiming to build a network of LGBTIQ (Lesbian, Gay, Bisexual, Trans, Intersex and Queer) people, sistergirls and brotherboys both inside and outside prisons. We want to create a sense of community across the walls, amplify the voices of prisoners and provide



access to information, community news and resources. We'll produce a new edition of the newsletter four times a year and mail it out free to prisoners who go on our mailing list. If you aren't already on it, just send us a letter with your address. If you

want to contribute artwork, poetry, letters or articles to the next edition, please send them to us. Or if you have ideas about something you would like to see in the newsletter, feedback or ideas for what our group could do, we would also love to hear from you. Thanks to Sam Wallman for the heading design!

Info for prisoners in Queensland

If you are in Queensland and want to contribute something to the newsletter, you should speak to your parole officer or Queensland Corrective Services

first. This is because the Corrective Services Act makes it unlawful to publish a statement from a prisoner (including someone on parole) without the permission of QCS. However, there are protections in the Australian Constitution about freedom of communication, so QCS will need to have a good reason to stop publication. Please send us your article with any correspondence you have permitting publication.

If you want free legal advice to get your voice heard, we recommend you contact Prisoners' Legal Service on the ARUNTA or write to them at PO Box 5162 WEST END QLD 4101

As far as we are aware, other states do not have these restrictions, however if you want to be certain you might want to check with a lawyer first.

Community News

International Trans Prisoner Day of Action and Solidarity

January 22nd this year was the first annual International Trans Prisoner Day of Action and Solidarity.



Trans Prisoner Public Forum - Brisbane, Australia

The day was initiated by Marius, a trans man serving a 22 year sentence in Texas, USA and quickly built momentum around the globe. On the day there were over 50 events across 8 countries.



Letter writing event - Albuquerque, United States

The events ranged from public forums, letter writing nights, vigils and fund-raisers. A zine (small homemade magazine) was produced featuring writing and artwork from trans prisoners around the world.

The organisers put out a statement that reads: *“January 22nd is a call to action against the system which seeks to erase our very existence. The survival of trans and other sex and gender minority people is not a quaint conversation about awareness, but a struggle for us to live in a world so determined to marginalise, dehumanise, and criminalise us – especially Black, brown, and indigenous trans people.*

We are discriminated against in every area of society including housing, healthcare, employment. Our

survival is often precarious and many of us survive by work which is also criminalised – making us even more of a target for police harassment and the crime of “Walking While Trans”.

Once incarcerated, trans people face humiliation, physical and sexual abuse, denial of medical needs, and legal reprisals. Many transgender people are placed in solitary confinement for months or years, simply for being trans. Trans women are usually placed in men’s prisons, where there is a massive increased risk of experiencing sexual violence.

Just as our lives are violently repressed on the outside, trans people experience extreme suffering and death within the walls of jails, prisons, youth facilities, and immigrant detention centres.

Trans Prisoner Day of Action on January 22nd is a day to acknowledge the experiences of trans and other sex and gender-minority prisoners. It’s about collaboration. It is about forging new relationships and dismantling the isolation of prison. It’s about resistance to state violence. It’s about solidarity between those who experience the violence of the system first hand and those for whom the state hasn’t come yet.”

Any trans and gender diverse people in prison who want to join us in collaborating for next year’s Day of Action and Solidarity, please let us know your ideas or send us artwork and writing for the zine. You can post to us at: Trans Prisoner Day, Po Box 2446, Footscray, Vic, 3011.

Community Organisation Profile: QLife

Who we are and what we do....

QLife is a national telephone and web chat service for people of diverse bodies, genders, sexualities, families & relationships (LGBTI people).

It is a free service that is confidential and community based, being delivered by volunteers and staff across the country. Australia has a long history of volunteer run gay and lesbian telephone counselling services, some of these services ran as long 40 years with little or no funding surviving on the support of passionate volunteers. Federal funding and hard work has made it possible for these services to work together and become QLife, a streamlined national service that still thrives due to the passion and commitment of fantastic and diverse volunteer pool.



Trans Prisoner Day of Solidarity Zine
Write to us if you want a copy sent to you.

Why people call QLife...

When you call QLife you know that you will be speaking to someone who is a member of the LGBTI communities, that means that you don't have to educate them about being LGBTI. Although we all have different life experience, Q-Life volunteers already have an understanding of what it can mean to be LGBTI. They also have a national referral database filled with LGBTI appropriate services and can help you access a range of services in your local area. Sometimes people call QLife to talk about challenging experiences, sometimes it is just to have someone to talk to. Inside out will be running a training forum for QLife volunteers in November, to help volunteers have a better understanding of the issues faced by LGBTI people in the prison system.

We receive calls about many issues including

- Coming out, gender and sexuality
- Isolation and loneliness
- Relationships of all kinds
- Support and referral to local services



QLife volunteers won the LIFE award for suicide prevention at the 2016 Suicide Prevention conference.

What QLife volunteers have to say...

A big part of the reason why I volunteer for QLife is because I want to reduce the isolation people feel in regards to their sex, sexuality and gender. I know that for some people, contacting QLife may be the only way they can access a service that is accepting of their diversity.

How to contact QLife...

You can contact QLife by phone, 3pm – midnight every day of the year. 1800 184 527



Reportback from Beyond the Bars 2016

Beyond the Bars is an annual 3CR community radio project dedicated to giving Aboriginal and Torres Strait Islander prisoners a voice. The project features radio shows broadcast live from six Victorian prisons during NAIDOC* Week 4-8 July 2016.

Beyond the Bars first broadcast in 2002, and this year celebrated 15 years on the airwaves. It has won several awards including the Human Rights and Equal Opportunity Radio Award in 2004 and more recently the Community Broadcasting Association of Australia Contribution to Indigenous Broadcasting award in 2013.

At Loddon Prison in central Victoria, Steve, a current prisoner, says: 'Thank you for coming in and having a wonderful time with us, and actually showing people care about brothers that are locked up. It means a lot to us.'

Beyond the Bars is one of the only live prison broadcasts in Australia and this year it gave voice to over 100 men and women. The broadcasts featured stories, songs, opinions and poems from within the Dame Phyllis Frost Centre, Barwon Prison, Fulham Correctional Centre, Marngoneet Correctional Centre, Loddon Prison and Port Phillip Prison.

*NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920s which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians.

NAIDOC Week is always held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements.

Writing and Artwork from the Inside



Just a Thought

27 years, alone in this concrete wilderness, although surround by many, never to share a moment of intimacy, Made to hide, something I'm not, all to conform in a word of fear, how I dream of being accepted by being myself,

Just a thought

Visually strong, Physically supreme, only a spiral away from the abyss, one more slur, hate filled sentiment, uneducated oafs. It hurts damn it, it really really hurts. Soon to live as one, harmony,

Just a thought.

Save me god, take it all away, my apologies, I fort, my thoughts are wicked, my heart tells not the truth, but wait, please, was I not made in your image? God the almighty, a homosexual, maybe even proud,

Just a thought.

Losing hope, my will is weakening, somebody save me, cure my pain, keep quiet, be a man, honesty is weakness, pounce as they will, if only the courage came out of me, not in this place, not ever, keep it to yourself, maybe one day,

Just a thought.

My eyes, the glare – it hurts, perspiring palms, foreign feelings, stay inside the box, routine, don't stand out, uniqueness will have you outcast. But it's too strong, I haven't the strength, go away, please go away, don't leave me, I'm so confused, say something...nah,

Just a thought

Today is your day, say it, tell him, no more hiding. Don't be stupid, things are good, you're too weak, they'll laugh, Status Quo. C'mon you coward, go for it, here you go, keep eye contact, stop blushing, take a chance, say it, say it say, it,

Just a thought

Wow, acceptance, No the insomnia must be allowing me to dream, this isn't real, it can't be, not for our kind, please don't wake up, he's so gorgeous, so vulnerable, so hmmm.... ! Could this really be? No, not in this place, not in this world, just go with it – take the chance,

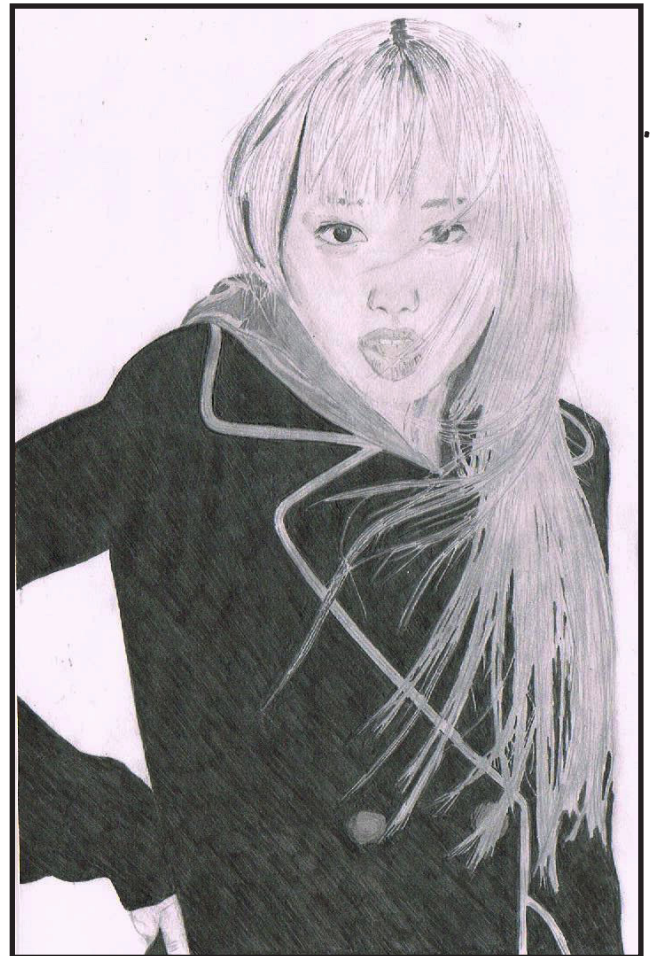
Just a thought

He's perfect, without fault, so much pain, mine, make it mine, we can share! Rewarded for courage, could this be it? Trust, this is foreign, wow, this is it, my hero's arrival. Boo Boo, angels do exist, do I deserve this, Yes, Yes I do, Never for granted, love, no turning back, all I've ever wanted, Sharing my happiness with the man of my dreams.

No longer just a thought!

By James Stephens

Inspired by Rory Vanderzeil



Artwork by Damien Linnane



A letter from Matthew

My name is Matthew. I'm 25, bisexual and have known since the age of 11, because that's when I started having feelings for my good friend Lachlen. So one after-noon I told him and he was surprisingly ok with it. Anyway, over these past few years, from age 21 to now, it's just been really difficult, especially still dealing with my Mum's death, then my foster Mum's death also not seeing my brother since 2012.



Reflections on the Offending Behaviour Program - 'Criminal Mind'

Many prisoners reading this will have done, or are waiting to undertake, an Offending Behaviour Program sometime throughout their sentence. Many prisons and institutions offer various programs for the many forms of offending by individuals while out in the community. Different programs targeting violence, drug theft and sexual offending – just to name a few – are designed to address the very triggers which shape our offending behaviour.

It is a well known fact that any program designed to dive into our personal lives gives any participant an unsettling feeling, as their way of living is scrutinised and the thought of change suddenly becomes more dire than the consequences of the offending itself. After all, offending tends to come easier to some than it does to others.

There is, however, an underlying factor with some treatment program participants in the form of their sexuality, especially those who are yet to step out from that proverbial 'closet'; where the thought of entering into a group or individual therapy session will create crippling anxiety for fear of being 'outed' and ridiculed. As a result there are some prisoners out there who would rather decline to enter into a treatment program and keep their sexuality a secret, than to undertake the program and address their problematic offending.

My advice to you – if you fit into this category – is to take the plunge into therapy and be the REAL you.

Personally, I have undertaken two similar offending behaviour treatment programs... the first treatment program (over 8 years ago) with my sexuality integrated as part of who I am. In comparison, I was astonished at the extra content I got out of the program. I believe that I had gained more insight into what drove my offending as every part of my life was brought into the open and in doing so gained every opportunity I could to address my offending behaviour. By not disclosing my sexuality I would not have been able to identify all of my true key triggers and surely continue along my offending cycle.

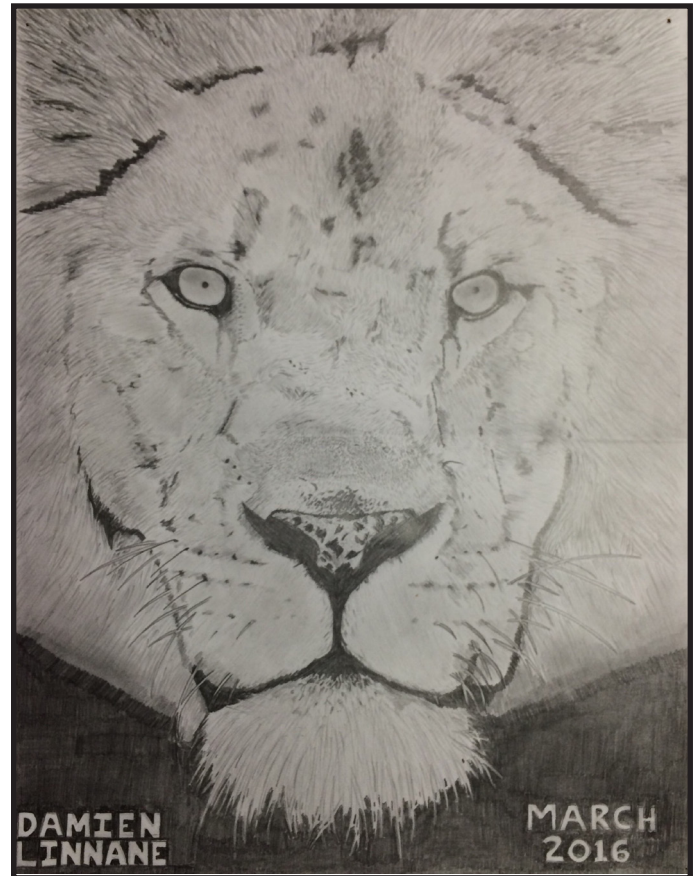
A surprise reaction to the disclosure of my own sexuality at the recent treatment program was that I had found other group participants felt more open to explore the context of their own sexuality, many of

who were also hiding it from their friends and family. I suddenly found myself within a group of people who were mostly just like me and had been hiding their true selves from everyone they associated with. I found that as disclosures were made the lines of communication grew and commonalities between participants helped us to feel more relaxed and supportive towards each other.

I also found that participants who identified as 'straight' could relate to LGBTIQ prisoner participants as they could connect with the relevant and complete life stories that were being explored. This can only be done in a truly honest and open group setting and will be of benefit to all participants involved.

So with this in mind, I invite all LGBTIQ prisoners who are currently participating or waiting to participate in a program designed to address offending behaviour to be open and honest about your sexuality within the therapy may also help to change the life of another LGBTIQ program participant struggling to find their place in the world.

Paul West



Artwork by Damien Linnane

Rory's Story

My name is Rory and I have been incarcerated since March 2016. This is my second time in prison. My first experience of prison was difficult, but in the long run, amazing. In Sept 2015 at 6:40am I woke to knocking at the door. Two police, they both asked for me and I told them that I was in front of them. They told me I was under arrest and had to come down to the station. Latter on that day I faced the judge and was sentenced to 6 months. At that moment I was shocked for a second and then I realised, well, there's nothing I can do now, so face it.

The first day in prison went really quickly. I had a few 'acquaintances' and started to feel comfortable, slightly. Anyway, the following day I was talking to some guys on the balconies and that was when I noticed someone walking/ doing laps of the yard. I looked at him and wondered who he is. Yes, him being muscley and being covered in tattoos had played a part in my initial interest. The following weekend I was on a visit with my mother. After the visit a few of us were placed in a holding cell to head back to our sector and in with us was James. He was pacing back and forth waiting to get out of the cell. At that time I was a bit intimidated by his size and his quick, staunch pacing. After 5 minutes of waiting, someone with a gentle voice asks me "Did you have a good visit?" I thought It was one of the other scrawny guys like myself, only to look up and see this amazingly handsome gentleman looking at me awaiting a response. I told him it was good and that the lady was my mother. He said "Aw, she looks lovely." By that time I was having a hot flush in wonderland from the sight of this man and I rudely ignored him but not on purpose. Them blue eyes and that smile, wow. I realised I hadn't said anything back and quickly replied with a flirty "thank you." He looked really happy when I asked him the same, he said it was fantastic and that he was with his little brother who he had not seen for a long time. So after we got back to the sector, I watched him a little more (creepily), and eventually stopped.... Eventually.

A few days later we got talking. We did some laps around the yard getting to know each other and this ridiculously big training machine, covered in tats.. is a big teddy bear, well, to me anyway... So after about a week of getting to know each other, instead of him being quiet and shy as he first came across, he is actually this hilarious clown!! So funny and really quick witted. After we started opening up to each other, he took it upon himself to pull me aside and

admit to me he was beginning to have feelings for me, in his words, he explained to me while he was red as a beetroot and proud as punch to tell me that he was feeling "smitten." I thought to myself "omg, omg, omg, omg, omg, OMG" Me? What? I can make people feel this way? (to quote Jenna Marbles, famous YouTube comedian) "What are this?" So from then on we got closer and closer and I eventually moved to his wing, spending every day together. Oh this is all after he did really cute things like... coming and seeing if I'm ok or if I have enough to eat, or I need anything on Buy Up. At that point I thought "What does this guy want? Please tell me that he doesn't want me to be his gaol b****h or something." But no, he didn't. He clearly wanted more (Relationship I mean!!). We spent everyday of my sentence together. I even put my mattress in his room from the first night I was there. Haha, we were in a wing where you don't get locked into your cell. Being with him every night taught me a lot about gaol and a lot about James. He is absolutely amazing. He is the balance in my life and the stitches to my heart, 100%

After about a month, I had feelings for James that I had never had for anybody before. He makes me feel new and valuable. So much so that I eventually told him I love him. Yeah, you may think that "it was a bit too soon." But No, I knew that I do. The look on his face was breathtaking itself. Wow!

The first day in gaol I had gone for an appeal, not knowing that I was to meet the LOML (Love Of My Life)... (haha that's how we refer to each other). So, on the 12th of November I walked into James' sell and he was.... on his knee, toward the back of the cell... his hair was slicked to the side and his top button was done up, T-Shirt tucked in. Holding this little foil ring. Red as a beetroot and diamond standard eyes. As though they were washed with 'Finish.' I looked at him and just flat out said "Yes!! Yes I do, I will, I love you. Yes yes yes yes!!!" Desperate? Noooo, I knew that we will work and I could never find anyone like him. (Really, he's put up with a lot of my sh*t) Haha!! Yes, James and I love each other to the end of the earth. We have been through hell and back, together, with other inmates and screws. They day I left for my appeal we cried together, like one of us was going to die... over the Top?! I say No, because in that period of time, James had done more for me that Anyone had done over my 6 year struggle... Struggle? For the past 6 years I have been an absolute Nuclear war-zone inside my own mind. Having anxiety, depression and OCD. All of which being impossibly severe. I have been trialed

and placed on more medication than a guinea pig. Seeing countless psychologists and psychiatrists. I have been stranded on Rory Island. ... James has got me through more than I thought possible. I had resigned myself to being destined to hopelessness. He really is my saviour. Anyway, I won't spill a sob story. In a nutshell, I have experienced hell. And up until I fell in love with James I never thought I would ever escape it. Hell being physically and mentally.

The day I left I had decided that I was going to ask the lawyers to "pull" my appeal because I honestly needed James more than I've ever needed anyone in my life. Yes, I can confidently say we are not in a co-dependent relationship. But James has given me love that I thought not possible. And for him, I have given him confidence and a "will to live" as he likes to say. No, that does not mean his is doomed to a worst case scenario. But James had resigned himself to a Number. A criminal. Nothing. I have shown that man that he is everything and that he has shown me that I can receive love and give trust to one who is most deserving of it (him). In a period of 11 months ... James and I have gone through Hell. But also, Pure Heaven.

When I got to court for the appeal the lawyers insisted I go through with the appeal and that it was "ridiculous" in their words. And that I should have never have been incarcerated. So I had to go through with it. I never thought I would be so sad to leave gaol. I lasted 4 months on the outside. Through thick and thin, James and I stuck together. Unfortunately during that time I had breached my bail and landed back in prison. People ask "Did you come back just to be with him?" My answer is No. I broke the law and had to face it. I was lucky enough to return to the same prison and same sector as James. During that time we had the chance to get to know each other. Even more. Yes, we know each other inside out, but there is always more to learn about others, we learn every day. So I had the privilege to be with the love of my life for 2 months. During that time we had our issues, we know how to love each other and we know how to push each other's buttons.

After another 2 months of being together I had caught something from the "segro" cell that I was placed in. Low and behold it was chickenpox. After a misdiagnosis of scabies and other skin infections. I was placed in the clinic. For 2 weeks during this time I was made to live like an animal, at the most. I use of a dustpan. I was ignored, passed off, made fun of, lied to, decimated... for 2 weeks in the cell the size of

a 'walk-in wardrobe.' After a week without darkness (the lights were always on), I was desperate to be sent back to the sector. The day after my pleas I was told I was being 're-classed' to another goal for medical transfer and that I would not return to where James was. I was devastated. Absolutely devastated.

I had wrote a letter to the 'officer' in charge of the sector, which myself and others see it as a very powerful, meaningful, heartfelt letter about... all my struggles. Everything that has happened to me over the years. How much James means to me and how much we have helped each other. How we have such little time with each other over the next 3 years. How much we love each other. How James has helped me in such a little time, over 6 years of medication for depression and psychology.. that he is my saviour. Honestly. The whole letter was ignored... because one man (officer) couldn't put aside his homophobic views and realise the importance of a human life. Not a gay man. A Human. In this case, 2 human lives. But because our DNA, our importance is disregarded and our ongoing issues, in and out of society, are swept under the carpet.



A letter from Dean

My name is Dean. I'm 22 years old and currently serving a sentence of 14 months in prison. I have identified as gay from the age of 12. It's been so tough for me. I've been the subject of homophobia most of my life.

Being in gaol is tough for me as I don't know many gay people to associate with. But not only that, I get treated poorly by other inmates. They seem to think I'm a sex toy by asking me for "starts" (blow jobs). I fear being in gaol so much.

I came across an advert inside a flyer (for "Inside Out") and after reading it I began to wonder if there are other young gay males like me who fear being in gaol. I then began to wonder if there was some way to organise "pen pals" in the hope of supporting each other through tough times like being in gaol.

It is so difficult and isolating in gaol however the thing that helps me to push through my dark days is that I know that I'm not alone with how I feel, that there is another gay person out there feeling the same thing.

My story



Stories and interviews from formerly incarcerated folks.

Hi my name's Lisa and I'm a Sistergirl from the Worimi people of Port Stephens. I identify as Sistergirl and trans. I'm 50 years old and am married with one child, who is nine.

Lisa, can you tell us a bit about your experience with the prison system?

I was first incarcerated when I was 14 and that was in a juvenile detention centre. I was already living as trans then and my experience was that it was very transphobic. They tried to take anything away from me that was feminine in any way, including cutting my hair off. And then I went on to be involved in drugs and alcohol and ended up being incarcerated when I was 18. I had a long history for the next 12 years in and out of prison doing short periods, whether it be 2-3 weeks or 6 months for fines and drug related crimes. It was really different from prison to prison on how my experience would be. A few times I was raped in prison. It was really hard to access hormone replacement therapy and feminine items like a pair of tweezers, female clothing or underwear. They would take things away and give me male underwear. It was really hard with other prisoners as well. You're really vulnerable a lot of the time and put in vulnerable situations. And when things did go wrong, such as rape or people standing over you, you couldn't tell on them because the repercussions would be even worse. I found that really difficult as well.

What do you know about the policies on transgender inmates and how have these impacted you and people you know?

From what I understand they're different from state to state. When I was in prison they didn't have a policy as

far as I was aware. I was never given a choice to which jail I went to, however I have been to both male and female jails. After an officer sexually harassed, and wanted me to take my clothes off in front of him (that was in a male jail), when I put in a complaint they put me in a female jail. I found it much easier, even pre-operative. There wasn't sexual harassment. Although there was a bit of a lack of understanding from the other prisoners. But I felt safe.

Some of the policies now are open to interpretation by whichever prison you go to and whoever the governor is. So a lot will depend on who you get and where you are, how you would be treated or whether they would implement the current policy correctly

Do you think Sistergirls and Brotherboys are particularly impacted by the prison system in Australia?

A lot of Sistergirls don't fit necessarily fit into what people would expect a trans person to look like. They may not have access to hormone therapy or things that people in the larger cities have access to. So they might go into a prison and not even be considered trans and a lot of them slip through the system and end up in general population and with no protection as well, and they can be exposed to a lot of harm.

You've done some support and advocacy around these issues, can you talk a little bit about what you've done and why?

I've done a little bit of stuff around the fact that Northern Territory corrections don't have any policy on transgender prisoners. And I've also done a lot of talks and radio interviews about my own experience in prison and talked about the lack of services. I have had a lot of friends who have died in prison and taken their own lives. I'm very passionate about speaking up and sharing my story about what happened to me.

What role do you think a project like Inside Out could be for queer and trans people in prison and why do you think it's important?

I just think that it's great to have something. In prison you just get nothing, there's no support, nothing. It would be a life line. I found it incredibly difficult, when the officer approached me and tried to get me to undress in front of him. I had no avenue for me, all I could do was put in a complaint that he had done



that. Their way of responding to that was to move me to another prison. I didn't feel like there was an avenue to get it out there or complain or someone to help me take it further. I really felt alone. I think just having someone there who can be there or an organisation that can back you up, or just be there to listen to you or get you the correct information. It makes the authorities pay attention.



What would you like to say to LGBTIQ people who would be reading this in prison?

Just hang in there. Stand up for your rights. When something goes wrong, ask for a blue form (or whatever they call it now, it's been a long time since I've been in prison). Reach out, talk to people. Make sure you go through the right avenues and stand up for yourself. There are people out here that will advocate for you. Just hang in there.

Feedback

Cut out and send us back the feedback form below to let us know what you think about Inside Out!



Sisters Inside's 7th International Conference on women's criminalisation and imprisonment will be held at Royal on the Park, Brisbane (19, 20 & 21 October 2016).

Why is it so difficult to imagine alternatives to the current system of imprisonment? What about building the kind of society that doesn't need prisons with the redistribution of power and income, and a decent sense of community that can support every member. This conference will explore these issues & more, in a friendly, stimulating environment. Keynote speakers include Angela Davis (USA), Kim Pate (Canada), Debbie Kilroy (Australia), 7 prominent Aboriginal women ... and a host of other national and international speakers over three days.

Women, Trans and non-binary people with lived experience of prison

Women, trans and gender non-binary people who have been in prison are encouraged to attend. This event is FREE if you have been in prison. Registration is crucial though so please complete the Special Registration Form on sistersinside.com.au and return to Sisters Inside by post: PO Box 3407, South Brisbane, Qld, 4101. Or phone 07 3844 5066



Inside Out Newsletter Feedback Form

Name (optional):

What did you like about the newsletter?

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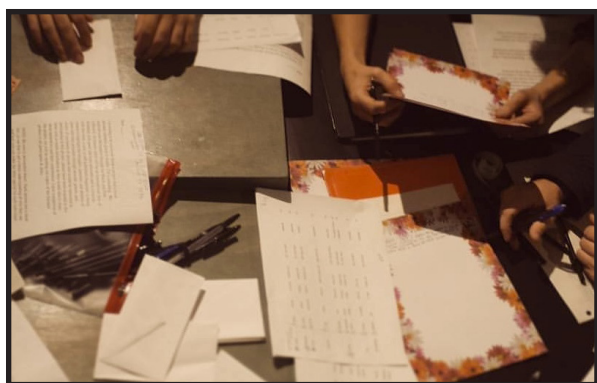
Anything you didn't like or think could be different?.....

.....

.....

More about Inside Out

Who is this newsletter for?



This is for our community. Lesbian, gay, bisexual, transgender, intersex, queer, sistergirl, brotherboy, 2spirit, takatapui, fafaine and many other diverse gender and sexual identities. You don't have to identify as one of these to receive the newsletter. You might be curious or questioning your gender or sexuality. You might just support the LGBTIQ+ community. You might have loved ones who identify as LGBTIQ+. This is an inclusive newsletter! Going on our mailing list doesn't mean having to identify in any particular way. Inside Out is primarily for people who are or have been incarcerated. This includes prison, juvenile detention centres and immigration detention (on-shore and off-shore detention). The newsletter will also be available to those in the community on the outside. However, the focus is in providing a voice for, and giving access to information to prisoners and former prisoners.

What do you want Inside Out to be?

We want Inside Out to be first and foremost lead by prisoners. If you have ideas about what the newsletter should include or ideas about what the Inside Out network should be, we would love to hear from you. Please let us know if you want us to publish your ideas so that we can create a discussion and build this project together.

Right now the newsletter is the main focus of the group. However, as we build more capacity we might be able to take on other projects. Please be aware that Inside Out does not currently have the capacity to provide support in terms of individual advocacy, legal advice, financial support or counselling. However the newsletter will always include a resource list outlining services in your state that can help with these matters.

Go on the mailing list

Let us know if you are not already on our mailing list and you want to receive this free newsletter. We will send you out a new edition every 3 months.

Contribute your artwork or writing

If you want to have your writing, articles, poetry, letters or artwork featured in the next edition of the newsletter, please send it to us at:

Inside Out
Po Box 2446
Footscray
Vic, 3011



Feedback Form continued

What else would you like to see in the newsletter?

.....

.....

Any other comments/ feedback?

.....

.....

☐ I'd like to receive the newsletter.
My address is

.....
.....

☐ I'm being released on this date:.....and I would like
to keep receiving the newsletter after that. Here is my
post-release address:

.....

Resource List

LGBTIQ - Friendly organisations that can provide support and other services

Queensland



**PRISONERS' LEGAL
SERVICE INC**

Advice and assistance on: parole applications, transfer applications, disciplinary proceedings, judicial review, respondents in criminal compensation applications, comparative sentencing, problems associated with classification and segregation, complaints about treatment and conditions in Queensland prisons (including discrimination matters), general advice regarding prison law, public interest cases, independent monitoring of the Qld Dept of Corrective Services. We also have financial counselling and a Safe Way Home Program to assist prisoners to gain access to gradual release. Prisoners can ring directly via the Arunta system. You can also contact PLS in writing or ask a correctional officer to arrange a referral or video link up. Or write to PO Box 5162 West End 4101



We provide legal advice and information to clients who have legal problems which arise from their identification as LGBTI and/or because they feel more comfortable in dealing with a solicitor with specific skills, interest and understanding of LGBTI legal issues and/or the barriers experienced by LGBTI peoples in accessing the legal system.
30 Helen Street, Teneriffe QLD 4006
Phone: 0401 936 232

National

Q-Life

A free national peer- to - peer telephone counselling and referral service. Sometimes it's about traditional counselling, but for many people it's about a welcoming conversation. 1800 184 527

New South Wales

Community Restorative Centre (CRC)

Specialist support to people on release from prison, and their families, aiming to reduce crime and break entrenched cycles of criminal justice system involvement.



CRC transitional projects work holistically with people to address the causes of offending, re-offending and recidivism. We work with people around issues that impact on post-release success, including; homelessness, social isolation, institutionalisation, drug and alcohol misuse, employment, education, family relationships, financial hardship, histories of trauma, as well as associated individual risk factors and behaviours.

CRC also provides; support to families of people in prison, assistance to people attending court; health promotion and cultural engagement through the Jailbreak Health Project; information and support to the community about the criminal justice system. It is important to note that CRC programs begin engaging with the client three months prior to their release.

Anyone can call the Telephone Information and Referral Service at CRC for information on how to make a referral to one of our programs (02) 9288 8700.

LEAP - Legal Education and Advice in Prison for women in NSW

Do you have legal issues relating to family law, child protection, domestic violence, sexual assault, victims support, discrimination or human rights?

You can see a lawyer for free legal advice face to face at Silverwater Women's (Mulawa), Dillwynia or Emu Plains Correctional Centres in NSW. Speak to your SAPO or welfare officer to make an appointment.

You can also call Women's Legal Service NSW on CADL #21 or Wirringa Baiya Aboriginal Women's Legal Centre on CADL #20 to speak to a lawyer.

You can ask to speak with a staff member who identifies as LGBTIQ.



Victoria

Victorian Association for the Care and Resettlement of Offenders (VACRO)

Support for individuals leaving prison, and families and children of offenders. Services include our Video Visits program, which facilitates video links between children and offenders where visiting prison may be difficult, and our Supporting Kids and Youth (SKY) program, which offers child-focused family therapy for those in contact with the criminal justice system. For more information or to access these programs, call VACRO on (03) 9605 1900.

The VACRO Women's Mentoring Program (VWMP) is a one-to-one program which matches female volunteers with women exiting prison or on community correctional orders. The relationship provides social support. To access this program you need to be referred through a correctional pathway. Women in prison can speak to the programs manager at the prison. Or if you are on a community correctional order, or parole, speak to your Corrections worker.



A state-wide advocacy and support service for women who have had contact with the criminal justice and/or prison system in Victoria.

We provide individualised support for women (with or without children) to address homelessness, drug and alcohol treatment and a range of other support and advocacy aimed at addressing the underlying causes of criminalisation.

The vast majority of referrals to Flat Out come from women themselves (self-referral) or with the support of a friend or professional in the community or prison.

If you are interested in support and advocacy with Flat Out, phone 03 9372 6155, Monday to Friday (except public holidays), 9am – 5pm and ask to speak to an Outreach Support and Advocacy team member.

South Australia

Shine



Got a sexual health question?
You can talk confidentially to a SHine SA nurse for free on the Sexual Healthline.
Call: 1300 883 793 Country callers: 1800 188 171 (toll-free). Mon – Friday, 9:00am – 12:30pm

You can contact the Sexual Healthline about any sexual health issue, including: Sexually Transmitted Infections, safer sex information, sexual difficulties, sexual diversity, sexual and gender identity, rights, responsibilities and the law, puberty issues, sexual abuse and assault counselling.

More organisations and resources coming up in our next edition. Let us know about any other organisations that you think should be listed here.

Prisoner Radio Shows

Doin' Time - VIC

Monday: 4-5pm on 3CR 855am

Locked In - QLD

Monday: 6-8pm on 4zzz 102.1fm

Prisoners and their families can write shout outs to; Locked In (crew)

4ZZZ Radio, P.O. Box 509

Fortitude Valley, QLD 4006

JailBreak - NSW

Tuesdays: 5-5:30am on 2SER 107.3

