

COVID 19

Prisoner Information

Thursday, 9 April 2020 (Edition 5)

Irish Prison Service

Let me tell you something you already know. The world ain't all sunshine and rainbows. It's a very mean and nasty place and I don't care how tough you are it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard ya hit. It's about how hard you can get it and keep moving forward. How much you can take and keep moving forward. That's how winning is done! Now if you know what you're worth then go out and get what you're worth. But ya gotta be willing to take the hits, and not pointing fingers saying you ain't where you wanna be because of him, or her, or anybody! Cowards do that and that ain't you! You're better than that!

- Rocky Balboa



Additional TV Package up and running!!

The Prison Service has added an additional TV Package that will allow each prison to stream a schedule of movies/tv shows to you!

The schedule will be decided by Prison Management in each prison.



Video calling

As you are aware, IPS is working towards putting in place a video calling facility in each prison. If you wish to book a video call, you must follow the steps below:

1. Fill out a form to identify one of the contacts on your phone list as your nominated contact.
You will need their email address
2. Your nominated contact will be contacted by the IPS to confirm that they are willing to accept a video call, to explain the process and to agree a suitable time slot for the call.
3. Your nominated contact will need to download the Cisco Meeting app on an iPhone/iPad
Or
Copy the video link provided into chrome browser on an android smart phone.



More information for your family is available at www.irishprisons.ie



Similar to a visit, the actual time of your video call each week will be confirmed to you by the Class Officer and will also be confirmed to your nominated contact. You will be escorted to a Waiting Area before the video call.

Important...

Video calls are limited to a **15 minute** duration
Your call should not be recorded or posted on any form of social media.

This will take time to organise, please be patient as we set it up at each site.



Bank Transfer Payments to You

Unfortunately some of your family members are still not putting the **Prisoner ID number in the Remittance box** when transferring money.
Please remind them to do so or the money will be returned to them and will not be available for you to spend.

NOTE: If your family or friends are having issues with the **IBAN** number when sending money, try entering it **both with and without** spaces on the payment.
If this does not resolve the issue – contact your bank.

an
post

The IPS is also working with **AN POST** to accept payments using **An Post BillPay Cards**.

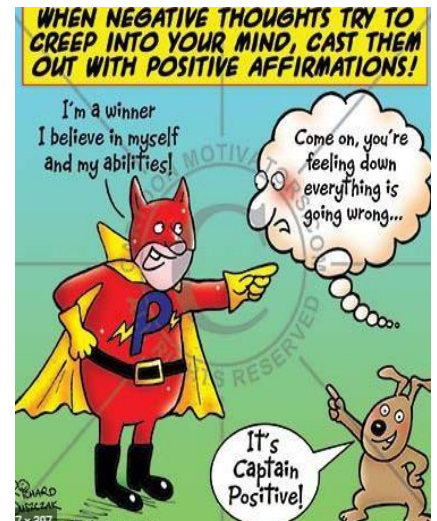
You can complete a form giving the **name and address** of the person who wants to send you money. They will be sent a card to bring to their local Post Office.

Forms will be available from your Class Officer.

Negative thoughts

What do I need to do to manage negative thoughts?

1. Know that it is normal to have them.
2. Use helpful thinking habits like;
 - Ask yourself what is most likely to happen instead of thinking the worst.
 - Ask yourself what is the expert point of view – the HSE, the doctors, the nurses etc.
 - You can't predict the future – stop trying to.
 - Things are seldom black or white, right or wrong. There are grey areas- no one is perfect, keep an open mind.
3. Write your thoughts down.



Why is it important for me to do this?

Thoughts are not facts and they tend to repeat over and over again.

When we are aware of our thoughts, we are better able to manage them and our stress levels.

Useful ways I can help my family through this crisis



1. Remind them to stay home unless they need essentials! It is the safest place for them
2. Advise them to trust reliable news sources – avoid social media scaremongering!!
3. Let them know there are services out there that can help if they are vulnerable.

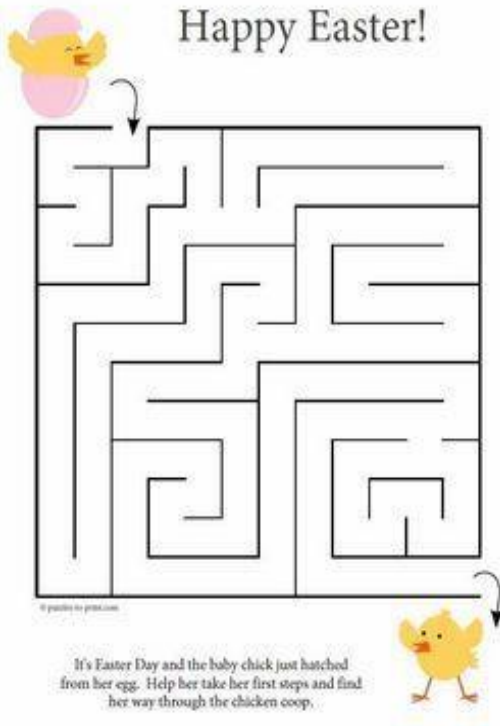
Organisation/Service	What they do	Contact details
Alone	Befriending Service for elderly	Tel: 0818 222 024 Email: hello@alone.ie
Merchants Quay Ireland	Deal with homelessness and addiction in Ireland.	Tel: 01 524 0160 Email: info@mqi.ie
HSE	Provides health information and advice to stop the spread of coronavirus.	Tel: 1850 24 1850 Website: www.hse.ie
Society of St. Vincent de Paul	Direct, personal assistance on a wide range of services.	Tel: 01 884 8200 Email: info@svp.ie
Citizens Information	Free, impartial information, advice and advocacy	Tel: 0761 07 4000
Money Advice Bureau	Free, confidential money advice & budgeting service.	Tel: 0761072000 Website: mabs.ie
GAA clubs	Currently offering support, delivering food and supplies to elderly, isolated people during Covid19	

Stress Busters!!

The Joke Box

I was going to tell you a joke about an egg...

... but it's not all it's cracked up to be.



Easter Sunday

Sunday following the first full moon after the Spring equinox

S	E	G	D	U	C	K	S	Y	D	Y	E	E	I
U	B	R	T	E	U	Q	U	O	B	S	A	R	C
N	U	A	E	E	T	T	A	A	L	S	C	H	D
D	N	T	S	E	E	T	E	I	T	H	I	P	R
A	N	I	D	G	N	E	D	E	I	C	S	A	S
Y	Y	T	C	U	N	O	R	L	K	P	T	R	N
R	T	U	H	H	F	I	D	S	R	E	E	A	A
A	E	D	Y	F	U	R	S	I	R	P	N	D	E
B	K	E	A	J	E	R	N	S	R	O	N	E	B
B	S	D	O	N	S	G	C	A	E	H	O	E	Y
I	A	Y	E	G	C	I	A	H	T	L	B	F	L
T	B	L	G	O	E	G	R	A	S	S	B	I	L
E	S	E	T	A	L	O	C	O	H	C	H	L	E
F	L	O	W	E	R	S	A	N	A	R	A	R	J



BASKET
BLESSINGS
BONNET
BOUQUET
BUNNY
CHICKS
CHILDREN
CHOCOLATES
CHURCH

DAFFODILS
DUCKS
DYE
EASTER
EGGS
FLOWERS
GRASS
GRATITUDE
HOPE

HUNT
JELLYBEANS
JOY
LIFE
PARADE
RABBIT
SPRING
SUNDAY

