



# Speak Out!

Volume 1, Issue 1

## A word from outside

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My time was very difficult over there. I was there almost 10 months inside. I came from Prison which I done also 8 months. Believe me life in Prison his better done in Detention. In Prison at least you know how many months or years you have to save, compare to Detention you won not know your time you will be doing over there. That is terrible situation to be in which I would not recommend someone to be in.

How did I deal with this situation? Everyone deals with things differently to others. Myself I was so focused in my faith and fitness every morning. I had to do some exercises and jogging to clear up my head, so I could start the day in good shape. It works for sometime. The problem started when they refused me my second bail. That was when my down fall started. I could not doing my fitness, not get sleep to much stress it was really a bad time for me till then I was released. I want to advise some detainees to focuses and not think nega-

tively. Always think positively and see yourself as free man not as detainee. I am pretty sure it will work for you. If you are faith person just try to read your Bible as Christian I will suggested you to read this passage everyday and personalised it if it possible for you: "2 Chronicle 14: 11". If you are a Muslim read your Koran or any books of your religion. Just try to read it everyday and you will see the result by yourself, it help me so much to have a calm in my heart and peace of mind.

About legal situation I will advice to work yourself on your case first even though you have a Solicitor. Concerning the bail hearing you can always go by yourself and win it. Most of Solicitor they will tell you to wait, wait and wait when

you are struggling inside. I myself I done it without a Solicitor and I won. I went for bail 3 times. First ones I went by myself they refused, second ones I went with solicitor they refused, third ones I went by myself and done it. I really believe you will do it also.

I will end this article by asking you to focus on positive only see yourself as free man not as Detainee.

**I wish you freedom as soon as possible that is what you deserve as human being not belong in detention centre.**

Ex-Detainee, Brook House

## England is My Home



I am living in England  
I class it as my home  
I went for bail, they  
Don't want to send me home.  
My family at home wondering  
When I will be home

They call me on my phone  
I said son I am coming home  
They call me on my phone  
My son getting dial tone

I start to cry, I said  
Son soon I will be home.

Anonymous, Yarl's Wood



Image from Brook House

Tasting the fear , burn, torture and hoping to see little ones.....

<p>Do you Know what burn taste like, Do you know what fear taste like, Do you know what emotion slide away taste like, Do you know what is tortured in mind and body taste like.</p> <p>I fear none but the ONE, If the One is on my side i fear NONE.</p>	<p>Everyday i taste the burn, fear and slide away emotion, And i wonder is my kids see part of my- self in them, What is my gin will do to them, surly they won't ***** like me.</p> <p>Torture of mind, me against the world goes on everyday of my current life, I'm not alone, there</p>	<p>are many like me, hidden away from the main- stream, Some are forcefully smug- gled out via CON AIR, accused of being Alien, to start a new life as a Native among Aliens, Some are left to fight &amp; carry on tasting the fear , burn, torture and hoping to see little ones.....</p> <p>Ruhul Anam, Morton Hall</p>
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Dedicated to  
Jimmy and  
other Tragic  
deaths in  
Custody.

**Justice for prejudice**

<p>Since your tragic death and dones nothing seems to have changed. The twisted bitter lies just seem to carry on.</p> <p>This is awful thorn of disguise. Thwarting the strong in the eyes. The young they scream, they die I watch their parent mourn.</p> <p>A thing I can't explain but grieve it to my grave. I'd taste the bitter truth. The tragic slaps of rain.</p>	<p>I said I can't explain. The British Justice way. They loose the slaves in chain but made us slaves with brain.</p> <p>I have two words to say about the justice game. As I would define the tragic facts of lies.</p> <p>Justice for the rich. Preju- dice for the poor.</p> <p>By Salamaveli, Morton Hall</p>
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**Shut up in here**

<p>Shut up in here Away from civilization Different faces, different nations</p> <p>Each one carrying their own crosses. Suffering many countless losses</p> <p>Lives are shattered, ripped apart, Others given a brand new start</p> <p>At times it gets too much to bear, then, suddenly, you turn around and cheer</p>	<p>Joyful that someone's been set free, one day soon, that'll be you or me</p> <p>Shut up in here, away from life's realities, many differ- ing nationalities</p> <p>Each bound up in so much strife, somebody's mother somebody's wife.</p> <p>Weighted down with a world of stress, needing to feel a loving caress.</p>	<p>Plucked like flowers to be thrown away</p> <p>Desperately throwing the wolves at bay.</p> <p>Shake you shoulders, stand proud and straight</p> <p>For around the next bend is your release date.</p> <p>Anonymous, Yarls Wood</p>
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## A DAY IN THE LIFE by Dave Lawton

My name is Dave Lawton and I'm the General Subjects Teacher at Brook House IRC. I have worked here since the centre opened and I work full-time, covering three mornings, five afternoons and two evenings each week.

I feel it is important that we offer detainees the subjects they want and we try to ensure that Education here, which is on a walk-in basis, is open to everyone. We offer English lessons at the centre so these take up a good part of my week. There are a number of other subjects available; the two most recent additions are baking classes, where you can learn how to make cakes, biscuits and scones, and cultural TV programmes followed by a dis-

cussion group – as far as possible with either the soundtrack or subtitles in other languages.

If anyone wishes to study Maths, French, Spanish, Italian or German, they can do so with me on a 1-to-1 basis. Some of our detainees have been able to achieve a high standard in these languages after starting from scratch and this is hugely rewarding for me as their teacher. Basic IT tuition is something that we are looking at for the future too.

With such a wide range of subjects being taught, it is hard to say what I do on a typical day. However, my day always begins with a check of my emails followed by the previous day's marking and preparation for the subjects being taught later in the day. This involves working out

a plan for each session that is broad enough to include something for anyone who may turn up at class. I am often asked to chase up certificates from previous centres and I also deal with any other educational queries the detainees may have. If it's a cultural TV day, the classroom will need setting up and if I am running the baking class, my day will involve a trip to the local supermarket on the way into work to buy the day's ingredients – once I have worked out what's on the menu, of course!

Alongside my regular duties, I am also quite heavily involved in the co-ordination of our cultural activities throughout the year so I spent a lot of time preparing for Black History Month in October. Now that is over, my thoughts are turning to the Christmas and New Year quizzes and we may even be looking at staging a play later in the year!

## Comment & Debate

When people are detained for one reason or the other the presumption is that it is for a short period of time after which a decision is expected to be made.

The situation at the moment is that detention and its purpose is totally taken out of the real context and meaning. The fact of the matter is that the people are detained for prolonged periods and this only destroys the fabric of the same society we want to be protecting.

The majority of the people detained are men and most of whom are family heads with wife and children. This means their livelihood depends on these men.

The truth inherent in this prolonged detention is that once the family is disrupted and this results in them suffering. This can be seen by children are behaving badly on the street.

The aggregation of financial and emotional loss causes this and I would like to ask; is it actually worth the pain?

For example, a man with wife and children caught in the process of working illegally got sent to prison, detained and eventually got deported leaving behind the wife and children. Many potent questions arise from here concerning the kind of future such family will face. The family will be

inherited by the society and because of the detention system it stretches the state.

My point is that as much as the government aims to solve a problem this should be balanced by ensuring that in the process it does not create further problems. My opinion is that, detention system should be reconstructed.

By Jim, Brook House



## Culture & Religion

“water mingles with water and the light merges with light, discarding their separate existence”

**Sikhism** is one of the five largest religions in this world, and is also, perhaps one of the newest, it came on the world scene in the fifteenth century. It was an endeavour by Guru Nanak Dev to create a universal religion. It is a union of all those who love God and serve humanity.

Guru Nanak’s concept respects people of all faiths irrespective of their creeds or way of worship. For example, Guru Nanak himself made friends with an untouchable, low caste Muslim named Mardana. They were friends

till death and Guru Nanak never once asked Mardana to renounce Islam.

Later the same principle was preached and practiced by the Gurus that followed Guru Nanak. Guru Granth Sahib Ji (The Sacred book of the Sikhs) fully reflects this principle.

Sikhism is a way of life, of self-discipline coupled with belief in the unity of God, equality of human beings, faith in the Gurus word and love for everybody.

The stepping stone for a Sikh is to accept the

existence of God and worship Him and Him alone with his tongue, his mind and his actions. A Sikh puts more trust in God than his relatives or his processions and acts in God’s name. Gradually he reaches a stage where as the Guru says “water mingles with water and the light merges with light, discarding their separate existence”.

Rickey, Brook House



Guru Nanak (1469-1539)

### How do you cope with detention?

I always say they can lock the lock but they can’t stop the clock. All of this is a life-changing experience that makes you strong.

It all makes a story, a history, that will always be there at the back of your mind. You can tell your story and you can learn from your story. By talking to people you can make changes. I know that this is true.

By Yusif Haway, former detainee from Tinsley & Brook House

Art work from Brook House



By Gibril whilst he was detained at Brook House

*In the name of Allah The Beneficent The Merciful*

Islam is built upon Five Pillars and since the month of Ramadan has been recently I am going to focus on the third pillar called **Saum** (fasting).

Ramadan is a period of extended fasting, this has been recommended as therapy by health professionals of most cultures, throughout history.

More than a billion Muslims throughout the world fast during the month of Ramadan. Fasting is the time to focus on your inner reflection, devotion to God, and self-control. It is a time of intensive worship, reading of Qur'aan, giving charity,

purifying one's behaviour and doing good deeds. It is a way of experiencing hunger and developing sympathy for the less fortunate and learning thankfulness and appreciation for God's. I consider people here in the western world lucky with all the favours God has given them, and there are millions in the third world who are needy. Take a look at current famine in East Africa, hurricane in Haiti, tsunami in South East Asia, etc. Fasting is beneficial to health and provides a break in the cycle of rigid habits or overindulgence. During Ramadan Muslims are not allowed to

eat or drink during day-light hours. Smoking and sexual relations are forbidden. At the end of the day fasting is broken with prayer and a meal called iftar. The good thing that we get from fasting can be destroyed by telling lies, slander, denouncing someone behind his back, false oath, greed or covetousness. These are offensive at all times but are most offensive during Ramadan. One of the Muslim's objectives in this month is to purify him/herself from ill characteristics that are within one.

Anonymous, Brook House

“The good thing that we get from fasting can be destroyed by telling lies, slander, denouncing someone behind his back, false oath, greed or covetousness”



“whilst you are in detention you are entitled to receive proper medical care”

**Medical Justice**  
seeking basic rights for detainees

## Medical Justice - Seeking basic rights for detainees

Medical Justice exposes and challenges inadequate healthcare provision to immigration detainees. They are a very small charity organisation that receives no government funding; and do not have the capacity to help many detainees on an individual basis.

Anybody held in immigration should be aware of their rights; whilst you are in detention you are entitled to receive proper medical care. Medical Justice has information on their website that outline detainee's rights. The fact that you are detained

should not deprive you of appropriate medical care.

There are Detention Centre rules that the medical centre has the responsibility to follow. Your medical care is firstly the responsibility of the Healthcare Manager and then the Detention Centre Manager.

In addition to the Detention Centre Rules, the government has also said that you are entitled to health care “equivalent to the NHS” (National Health Service) while you are in detention. For example, every NHS patient has the right to see his/her medical

records. If you want to see your records ask at the health care centre how you should apply and put your request in writing. You can also give consent for your solicitor and a private doctor to receive copies of your medical records. Copies of your medical notes will be charged for (£10) by the detention centre healthcare centre.

All the information above and much more can be accessed from Medical Justices

website

[www.medicaljustice.org.uk](http://www.medicaljustice.org.uk)

## **BiD** Bail for Immigration Detainees

Bail for Immigration Detainees is a small charity

that works with immigration detainees in removal centres and prisons to help them get released on bail. *Did you know that you can apply to an immigration judge for release on bail every 28 days?*

**What is bail?** Bail means a release from detention to an address that you give to the judge. If you are released you will have to

report or ‘sign’ to UKBA or at a police station quite often. You may have an electronic tag fitted as well.

If you have an immigration lawyer at the moment, ask them when they are going to make a bail application for you. They should be thinking about making bail applications for you on a regular basis, especially if you have been detained for a long time.

If you don't have a lawyer you can apply for bail yourself and BID

will help you.

To make your own bail application;

You don't need to know the law or legal words

You don't need any money

You don't need to speak English, you can ask for an interpreter

BID caseworkers will help you fill in the simple bail application form, advise you on accommodation and sureties, and tell you what to expect during the bail hearing.

BID continued.....

The bail hearing will be on a videolink from Brook House.

You can phone BID, write to us, e-mail us, or fax us.

We will need some information on your case, and then we will send you a pack of information, including the bail application form, and the form to apply for accommodation if you need it.

You will not need to pay BID to help you. Most of our trained legal advisors are new lawyers or law students who give up their spare time

to work with detainees.

BID can also give you more specialist advice if there is a problem getting a new passport for you, if you have been detained for a long time, or if you are separated from your children.

To contact BID: Telephone 020 7247 3590. Fax: 020 7426-0335. E-mail: [casework@biduk.org](mailto:casework@biduk.org)

If we cannot take your call immediately, please leave a message and we will call you back.



association of **visitors** to immigration detainees

## AVID – do you want a visitor?

Gatwick Detainee Welfare Group is one of many different groups across the UK who care about the welfare of detainees, and have a number of volunteers who come into detention centres to spend time supporting and helping them through their detention. These different ‘visitors groups’ all come together as part of AVID: the Association of Visitors to Immigration Detainees.

AVID is based in London and we work with all visitors groups- there are visitors groups in every single ‘immigration removal

centre’ across the UK. Up and down the country there are over 400 people who volunteer their time to visit detention. AVID helps those visitors by providing useful information, training, and support to volunteers. We also work with visitors groups to improve conditions and treatment, working for a fairer system for detainees.

We produce a ‘Handbook for Visitors’ which covers issues like asylum law and policy, legal and medical issues, and tips for visitors to detainees. A copy of this

handbook was sent to every detention centre and may be available in the library. This book could also be of use to detainees who are often looking for information and sources of help.

In recent years volunteer visitors have made a real difference in the lives of many hundreds of detainees. If you are moved from {Tinsley/Brook} to another detention centre you can contact AVID to help you find a visitor, like GDWG, to help you in that centre. Our website is:

[www.aviddetention.org.uk](http://www.aviddetention.org.uk)  
AVID

**All** organisations listed on this page are NGOs and are independent and not associated with UKBA or the Home Office.

## A New Detention Centre

Morton is run as a detention centre by NOMS, which is with all single occupancy, which suits me fine. This place is also very much open with in the establishment, as we are allowed to go to every unit other than induction unit, that bring a little change to my vision and get to socialise in a different place other than my own unit.

Lincoln college run's the education department which is a very good education department doing course like Web design, Esol, Clait, Digital design , unfortunately not many detainee attend the college, also there is a saloon here where detainee work under the supervision of professional of college and gain also certificate, Saloon is a relaxed place where we

are also allowed to colour our hair for £1. I enjoy the steamer for my head which makes me feel relax,

The Kitchen is a place where a lot of detainee are also working, Here detainee from each ethnic group with the history of cooking cooks food for us under watchful eye of kitchen staff, which allows us to get food according to our taste.

Also there is 2 astro, where outdoor sports such as Football, cricket and Basketball take place, Football is supervised who ever Cricket and Basketball is unsupervised.



There is an Internet Hub, which has Broadband, although normal social sites such as facebook is band, but we can do all other case related work on these. There is also a good quality of fresh air compared to other detention centres I have been in.  
Ruhul Anam, Morton Hall

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**Do you have something to say? Then Speak Out! GDWG (Gatwick Detainees Welfare Group) is working with people in detention to produce this newsletter and we hope we can produce another one.**

**We need your idea and thoughts. If you would like your comments, poems and art work, to appear in a future addition of Speak Out! Then please email us or call us on 01293 65 70 70**

[newsletter@gdwg.org.uk](mailto:newsletter@gdwg.org.uk)