

Language & Literacy demands of the Prison environment

Stewart Burkitt, Zoe Humphreys & Amanda Josling

Comparison between inmates Core Skills Assessment results and PIACC scores for Australian men.

	Pre 1 N	Pre1 R	Pre1 W	N 1	R 1	W 1	N 2	R 2	W 2
	%	%	%	%	%	%	%	%	%
Inmates	3.92	4.64	4.64	20.35	6.07	25.71	39.28	20	38.92
					Literacy			Literacy	
PIACC Men				18.7	14.2		30.7	29.8	

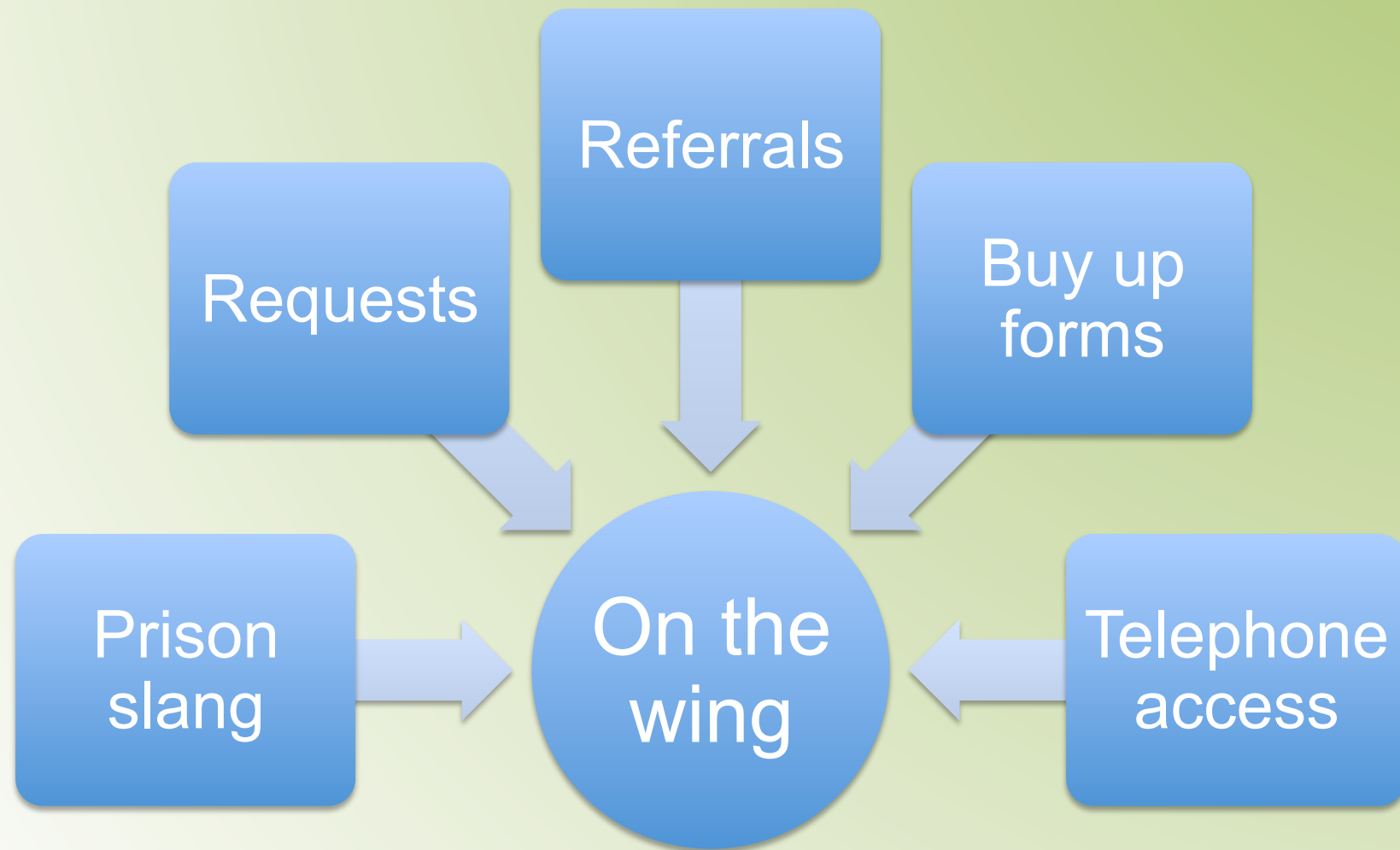
Reference:

Australian Bureau of Statistics, 2013, Programme for the International Assessment of Adult Competencies, Australia, 2011-2012 (cat. no. 4228.0). Australian Bureau of Statistics, Canberra

Percentage with Level 2 and below skills

	Numeracy	Reading	Writing
Inmates CSA scores	63.55	30.71	69.77
	Numeracy	Literacy	
PIACC Men	49.4	44	

Language and literacy texts and tasks

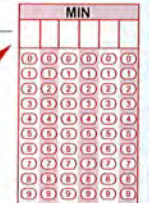


Male & Female CSNSW WEEKLY GROCERY BUY-UP

Name: _____
 Wing/Unit/Pod: _____ Date: _____
 Location: _____
 Signature: _____

INSTRUCTIONS:

- Use a **Blue** or **Black** pen **ONLY!!**
- Write numbers in boxes provided then mark oval corresponding to the number in each column
- Do not use red pen or felt tip pen
- Fill the ovals completely
- Do not fold or bend
- Make no stray marks



GBA	QTY	TOBACCO	UNIT
00001	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cigarette Filters - Super Slim Ranch	130's
00002	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Papers - Tally Ho	50's
00003	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Matches - Red Head 45s	box
00005	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Benson & Hedges Sp. Filter 16mg	25's
00007	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Lighter (Approved Centre only)	each
00008	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Horizon - Purple 12mg	20's
00023	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Horizon - Red 16 mg	20's
00341	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Horizon - Menthol	30's
00016	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Winfield - Blue Extra Mild 12 mg	25's
00018	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Winfield - Red Virginia 16 mg	25's
00022	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tobacco - Drum Regular	30g
00025	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tobacco - White Ox	50g
00026	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tobacco - White Ox	30g
00028	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tobacco - Winfield Blue RYO	30g

GBB	QTY	TOILETRIES/HYGIENE	UNIT
00459	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Baby Oil - J&J	200ml
00403	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Baby Powder - J&J	400g
00033	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Conditioner - Pantene	200ml
00035	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Conditioner - Herbal Essence	300ml
00036	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Conditioner - Sunilk	200ml
00411	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Conditioner - Dove	300ml
00037	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cotton Tips - Swisspers	50's
00039	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Deodorant - Dove Stick	40g
00040	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Deodorant - Speed Stick 24/7 Men	55g
00042	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Deodorant - Lady Stick	45g
00043	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Hair Brush - Spider Large	each
00412	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Hair Brush - Flat	each
00413	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Hair Combs - Side	each
00419	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Hair Elastic - Large	each
00045	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Moisturiser - Int. Care Vaseline	200ml
00047	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Nail Clipper - Toe Camo	each
00048	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Razor - Disposable Gillette	5's
00420	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Razor - Mach 3	each
00421	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Razor Blades only - Mach 3 4pk	each
00422	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Razor - Venus	each
00423	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Razor Blades only - Venus 4s	each
00050	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shampoo - 2 in 1 Turning Point	400ml
00051	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shampoo - Anti Dandruff	200ml
00053	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shampoo - Pantene	200ml
00055	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shampoo - Herbal Essence	300ml
00056	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shampoo - Sunilk	200ml
00424	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shampoo - Dove	300ml
00378	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shower Cap	each
00379	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shaving Brush	each
00058	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shaving Cream - Tube Men	65g
00059	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Soap - Medicated Sapoderm	3pk
00060	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Soap - Cashmere	4pk
00343	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Soap - Palmolive	2pk
00425	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Soap - Dove 4x100g	4pk
00426	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Soap Holder	each
00427	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Shower Gel	500ml
00428	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Loofa	each
00065	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Toothpaste - Whitening Colgate	110g
00066	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Toothpaste - Sensodyne	100g
00067	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Toothpaste - Extreme Clean Maclean	120g
00068	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Toothbrushes - Soft Colgate	each
00361	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Toothbrushes - Medium Colgate	each
00362	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Toothbrushes - Medium Colgate	each
00380	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Toothbrush Box	each
00429	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Dental Floss	each
00492	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Mouth Wash - Listerine, Alcohol Free	500ml

GBB	QTY	TOILETRIES/HYGIENE	UNIT
00431	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Polident Adhesive	60g
00062	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Steradent Tablet	30s
00432	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Lip Balm	each
00433	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Hand & Nail Cream	75ml
00046	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Nail Brush	each
00434	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Emery Board	6pk
00435	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Pumice Stone	each
00436	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Sorbolene Cream	100g
00437	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Clearasil Face Wash	150ml
00438	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Facial Scrub	150ml
00439	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Facial Toner	200ml
00440	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Moisturiser - Olay Face Lotion	150ml
00441	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Moisturiser - Dove Face Lotion	150ml
00442	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tissue - Facial 200s	Box
00381	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cotton Balls White - B/Gold	150s
00382	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Veet Hair Remover Cream - Sensitive	100g
00383	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Nads Hair Remover Creme	100ml
00460	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Hair Treatment Cream	90ml

GBE	QTY	HEALTHIER OPTIONS	UNIT
00066	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cola Coke Diet - can	375ml
00384	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Pepsi Max - can	375ml
00118	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tea Bag - Green Lipton	10pk
00127	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tea Bag - Camomile Twinnings	10pk
00128	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tea Bag - Lan-Choo	50pk
00129	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tea Bag - Jasmine Twinnings	10pk
00368	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Instant Drink Powder - Orange	15g
00369	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Instant Drink Powder - Lime/Lemon	15g
00160	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Asparagus - Spears B&G	340g
00161	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Baked Beans in Tomato Sauce - Heinz	220g
00162	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Baked Beans in Tomato Sauce - SPC	140g
00240	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Spaghettini in Tom Sauce & Cheese	220g
00175	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Champignon - tin	285g
00179	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Capiscum Diced - tin	125g
00181	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Corn - Creamed	125g
00385	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Corn - Kernels	125g
00386	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	3 Bean & Corn	150g
00254	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tonolysis - Whole Peeled tin	100g
00461	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Red Kidney Beans, tin	300g
00462	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Chick Peas, tin	300g
00197	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Milk - Long Life Skim	1ltr
00353	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Milk Powder - Skim tin	300g
00199	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Milk - Soy	1ltr
00255	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cupacoup - Pea & Ham	4's
00256	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cupacoup - Tomato	4's
00257	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cupacoup - Cream of Chicken	4's
00258	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cupacoup - Spring Vegetable	4's
00387	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cupacoup - Hearty Beef	4's
00388	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cupacoup - Chicken Noodle	4's
00389	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	U/Toby Quick Oats - Instant	10pk
00390	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Weet Bix Portion	30g
00463	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	All Bran Portion	50g
00464	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Sesame Seeds Bars	45g
00465	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Pumpkin Seeds	130g
00466	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Sunflower Seeds	225g
00226	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Salt - Lite Saka	125g
00243	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Spread - Hazelnut	220g
00496	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Salmon - Pink Paramount	210g
00224	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Salmon - Smoked J/West	125g
00467	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tuna - Lemon Pepper J/West	95g
00468	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tuna - Tomato/Basil J/West	95g
00229	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Sardines in Tomato Sauce - B/Gold	125g
00356	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tuna in Spring Water - B/Gold	185g
00375	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tuna in Chili - Sirena	185g
00187	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice Cake - Original	120g
00391	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice Cake - Sweet Chili & Sour Cream	195g
00275	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Biscuit - Rice Crackers Teriyaki	100g
00276	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Biscuit - Salada	250g
00281	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Biscuit - Vita Wheat Original	250g
00322	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Lolies - Fruit Drop Sugar Free J&J	50g

GBB	QTY	HEALTHIER OPTIONS	UNIT
00392	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Walnuts Santos	100g
00393	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cashews - Santos	150g
00394	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Almonds - B/Gold	130g

GBF	QTY	CULTURALLY FRIENDLY	UNIT
00494	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Terilla Wrap	6pk
00178	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Chinese Vegetables - tin	425g
00203	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice Vermicelli - Chang	250g
00376	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Noodles - 2 minute Beef Maggi	5 pk

GBF	QTY	CULTURALLY FRIENDLY	UNIT
00377	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Noodles - 2 minute Chicken Maggi	5 pk
00207	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Noodles - Bowl Beef	70g
00208	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Noodles - Bowl Chicken	70g
00209	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Noodles - Hot & Spicy Trident	85g
00210	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Noodles - Singapore Trident	85g
00398	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Wokka Hokkien Noodles	440g
00212	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Olives - Black	350g
00351	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Vine Leaves - Stuffed with rice	280g
00352	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Dates - Pitted	250g
00357	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Bamboo Shoots - tin	230g
00358	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Halal Meat - Chicken Luncheon tin	200g
00359	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Halal Meat - Corned Beef tin	340g
00360	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Hummus - tin	425g
00346	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice - Pre-cooked White	250g
00489	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice - Pre-cooked Brown	250g
00490	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice - Pre-cooked White 2X125g	2X125g
00491	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice - Pre-cooked Brown 2X125g	2X125g
00469	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice - Salaty	135g
00470	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice - Chicken/Vegetable	125g
00401	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice - Oriental Fried Rice	180g
00402	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Rice - Thai Green Curry	320g
00403	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Couscous Moroccan	500g
00404	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cupacoup - Asian Thai Curry	2's
00405	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cupacoup - Asian Laksa	2's
00406	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Baba Ghanough - tin	185g
00471	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Turkish Delight Bar	55g

GBD	QTY	CONFECTIONARY, DRINK & SNACK FOOD
00084	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cola Coke - can
00087	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Cola - Generic can
00098	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Creaming Soda - Generic can
00101	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Ginger Beer - Generic can
00104	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Lemonade - Generic can
00106	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Lemon/Lime Drink - Generic can
00108	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Orange Drink - Generic can
00111	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Sunkist Orange - can
00114	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Soda - can
00473	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Iced Peach Tea can
00474	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Iced Lemon Tea can
00102	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Drink Apple - Pop Tops 6 x 250ml
00103	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Drink Orange - Pop Tops 6 x 250ml
00119	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Chocolate Drink Powder - Cadbury
00121	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Milo - Chocolate
00475	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Nesquik Strawberry Drink Powder
00123	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Coffee - International Roast
00347	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Coffee - Bushells
00348	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Coffee - Little Nescafe
00476	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Mocha Nescafe
00192	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Milk - Long Life Full Cream
00196	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Milk Powder - Full Cream tin
00201	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Milk Sweetened Condensed tube
00163	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Macaroni & Cheese pack
00164	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Beef - Corned Hamper
00186	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Ham - Spam
00180	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Chocolate Topping - B/Gold
00230	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Sardines in Oil - B/Gold
00355	(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)	Tuna in Oil - B/Gold



INMATE TELEPHONE ACCOUNT ALLOCATION

Surname First Name MNI PIN

(Tick one option of the following)

☐ Change of PIN

☐ Add money (only if a new reception)

☐ Change Telephone Number

To change or add a number simply fill in the details in the box below. Provide up to ten (10) personal contacts only.

No.	Phone Number	Relationship	Last Name	First Name	Address
1					
2					
2					
4					
5					
6					
7					
8					
9					
10					

Provide up to three (3) legal contact numbers. These numbers will be checked for validity.

No.	Phone Number	Last Name	First Name	First Name & Office Address
11				
12				
12				

I authorise the deduction of \$ from my Private Cash Account for allocation to my phone account.

I acknowledge that my personal telephone calls may be monitored and/or recorded.

Inmate Signature

Witness Signature

Date

INMATE REQUEST FORM

CENTRE			
NAME	MIN	WING/POD	DATE

DETAILS OF REQUEST	REGISTER NUMBER	
--------------------	-----------------	--

[illegible]

SUPERVISOR RECOMMENDATION			
Name		Signature	
Position		Rank	
FORWARD TO			
Office		Name	
Position		Rank	

DECISION			
Name		Signature	
INMATE INFORMED	Yes <input type="checkbox"/> No <input type="checkbox"/>	Date	
Name		Signature	
Position		Rank	
INMATE ACKNOWLEDGEMENT		Signature	

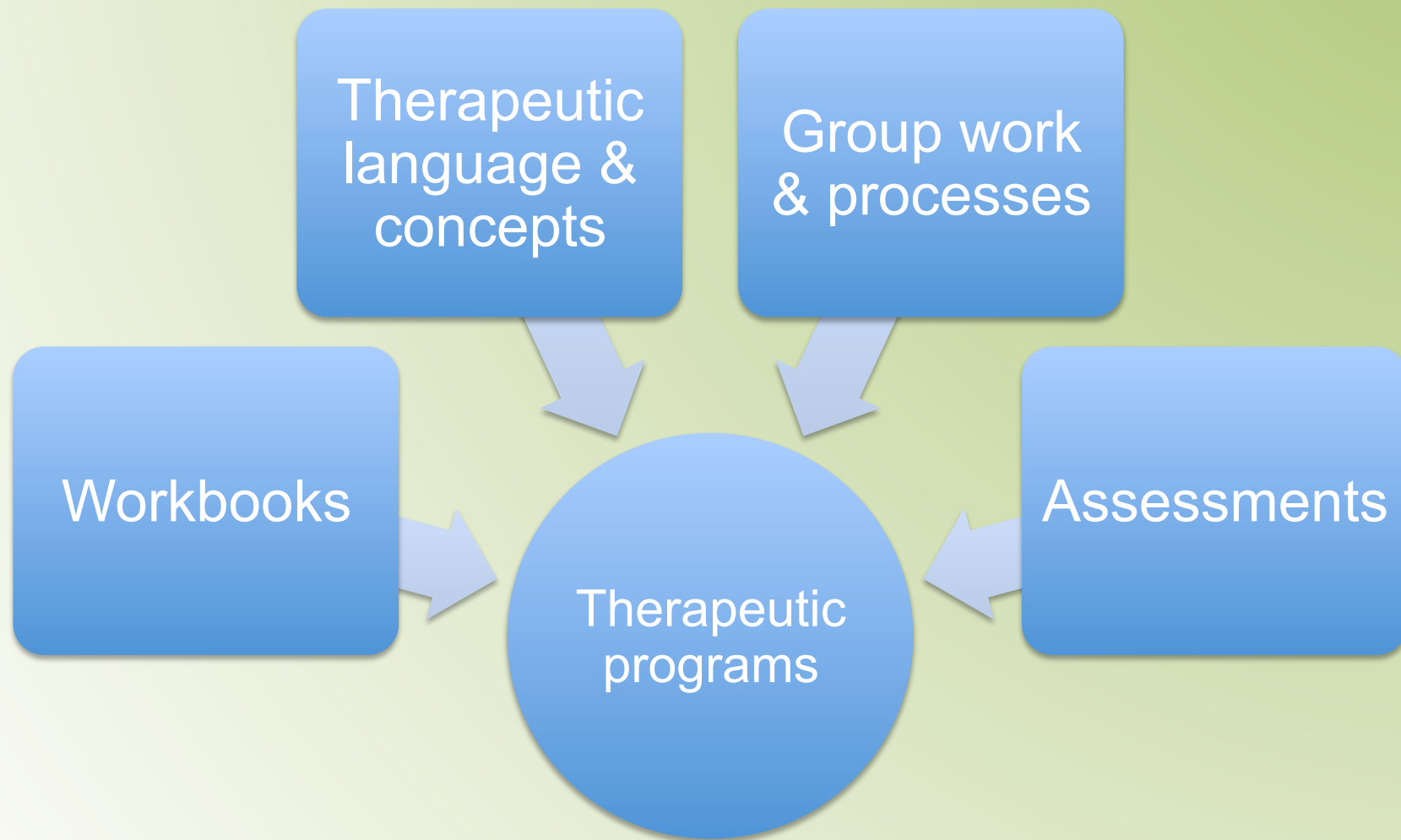
The request form is used for a wide range of purposes. Staff and other inmates often provide support for writing it.

Prison slang

“Learn new words so your friends on the phone think you are multilingual. “ (Anon. 2012 *Hotel Long Bay*)

- ramp – a cell (or Wing) search
- shiv – a homemade knife
- durry / bungler – a cigarette
- racehorse – a really thin cigarette (when asking someone for a cigarette)
- bluey – an inmate request form
- boneyard – protection inmates area
- tipped – transferred to another gaol (for disciplinary reasons)
- red light – warning to others (officers in the vicinity)
- boob – every kind of general issue or “free stuff you can get
- dog - someone who talks too much to officers

Programs and services



INTROUCDING SMART RECOVERY

Getting SMART Revised Edition, Sept 2009

WHAT IS SMART RECOVERY?

SMART stands for **Self Management And Recovery Training**. **SMART** is a program that promotes self empowerment by teaching people new techniques that can be used to overcome maladaptive behaviours such as gambling, substance abuse and criminal activity.

SMART promotes complete recovery from addiction and encourages people to live satisfying and fulfilled lives.

SMART Recovery is a 4 point program which aims to help people through the change process, providing insight and knowledge to each participant according to their particular stage of their personal journey to recovery.

The 4 points are:

1. Motivation to Abstain
2. Urge Coping Skills
3. Problem Solving Skills
4. Lifestyle Balance

SMART Recovery welcomes people who are using prescribed medications for the treatment of addictions—such as methadone, Buprenorphine, and anti depressants.

SMART Recovery uses a variety of psychology based recovery interventions including Cognitive Behavioural Therapy. The diverse recovery principles and methods will be taught in each session. This method of recovery promotes self directed change, and does not label participants as "alcoholics", "junkies", or "methadonians" etc.

SMART focuses on the changeable present and is directed towards a changed and better future. SMART does not concentrate or promote the excessive disclosure or the "war stories" of days gone by.

SMART provides support for people who are choosing to make positive changes in their thinking and lifestyle.



In prison and in the community, many people want to be freed from the imprisonment of an addiction.

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Where is SMART Recovery?	2
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Special points of interest:

2.1 Three behaviours in conflict: Fight, Flight, Flow

FIGHT: Aggressive Behaviour (I Win/You lose)

Expressing my feelings, needs and ideas at the expense of others; standing up for my rights but ignoring the rights of others; trying to dominate, even humiliate others.

- Hostile and self-defeating.
- Results in anger, self-righteousness, possible guilt later.

Belief: You don't matter.

Pay-off: Vents anger and achieves goals in the short-term.

Problem: Alienation from others; feelings of frustration, bitterness and isolation.

FLIGHT: Passive Behaviour (I Lose/You win)

Not expressing my own feelings, needs, ideas; ignoring my own rights; allowing others to infringe upon them.

- Inhibited and self-denying.
- Results in anxiety, disappointment, anger and resentment.

Belief: I don't matter.

Pay-off: Avoids unpleasant situations.

Problem: Needs are not met; anger builds up; feelings arise of low self-worth.

FLOW: Assertive Behaviour (I Win/You Win)

Express my feelings, needs and ideas. Stand up for my legitimate rights in ways that do not violate the rights of others.

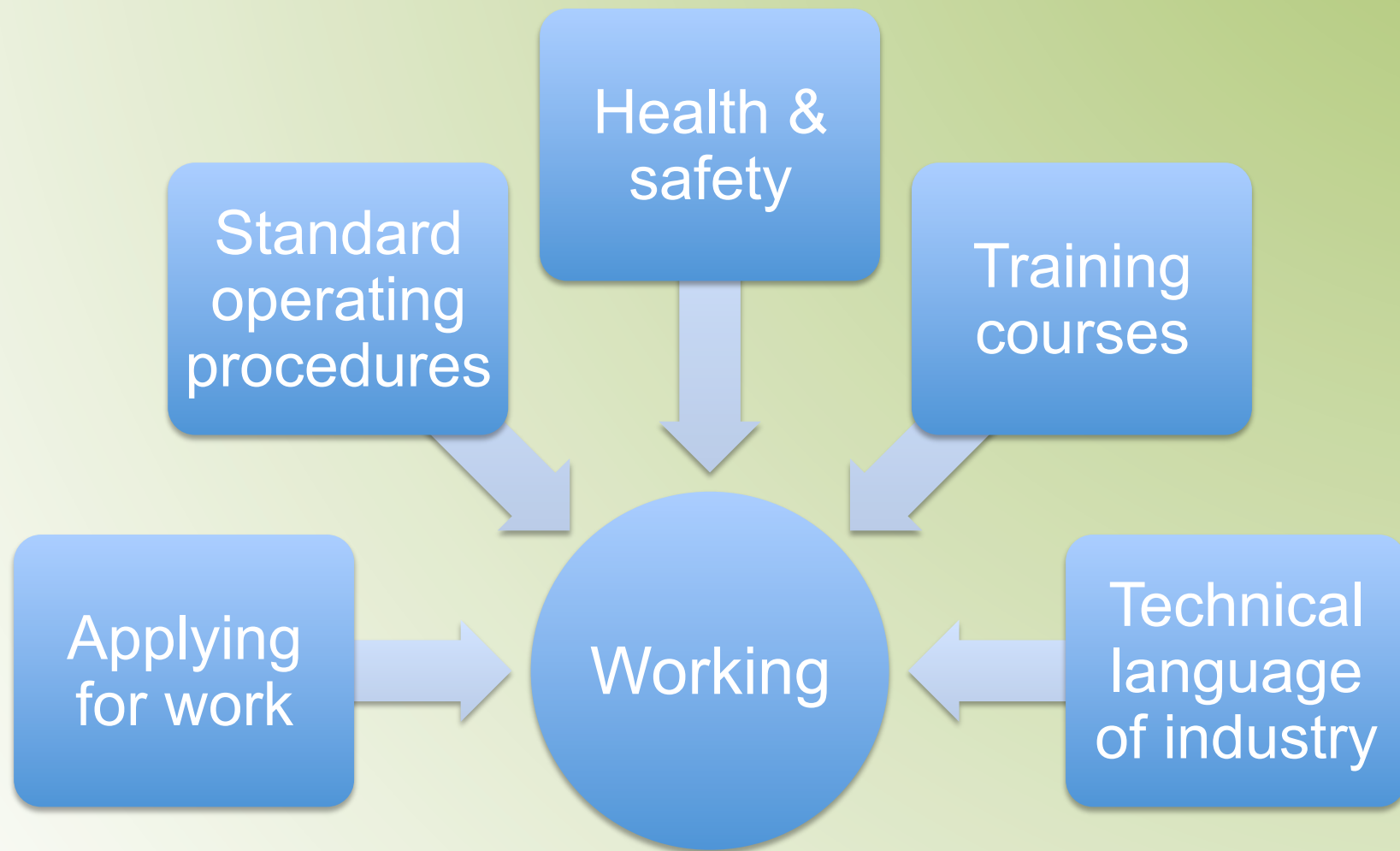
- Expressive and self-enhancing.
- Results in confidence and self-esteem.

Belief: We matter (I matter, but you matter too)

Pay-off: Achieves goals often. If this does not occur, there are feelings of self-worth which result from being straight-forward. Self-confidence improves and relationships become open and honest.

Problem: Distancing of self from others who feel discomfort in open relationships, who have difficulty expressing needs or who wish to dominate.

Workplace



Standard Operating Procedures for Working in Kitchens

Introduction

This procedure is for duties carried out within kitchens such as preparation of food, washing and cleaning, food storage, and taking out garbage. Procedure requirements that do not apply to the facility at which you are working should be ignored.

Personal Protective Equipment

- Gloves, rubber or PVC
- Sturdy full toe non-slip shoes
- Apron
- Hair net or cap

Other requirements

- Hair is kept neat and tidy - any long hair is tied back and under a cap
- Use sterilisation bacterial wash for washing hands
- Smoking is only allowed during your breaks and in designated areas only

Setting Up	Precautions
Report to supervisor and sign the attendance sheet.	Wash your hands several times each day. Every time you leave the kitchen or your hands become dirty, wash them again.
Wash your hands with soap and water or sterilisation bacterial wash to reduce the risk of spreading bacteria onto the food.	Be aware of where the fire extinguishers are located and the nearest exit points.
Put apron, rubber gloves, hair net/cap and full toe shoes.	Familiarise yourself with the instructions on the extinguishers but do not attempt to extinguish a fire unless you are competent to do so.
If you have not attended a demonstration of the kitchen work by the supervisor ask them to demonstrate the activities for you.	Be aware of the fire or emergency exits should they be required for an evacuation of the kitchen.
Do not start work without the supervisors approval.	Report all cuts or injuries to the supervisor and receive first aid treatment.

Performing Job	Precautions
General kitchen duties	Always wear rubber gloves and non-slip shoes. If doing work such as picking up rubbish or emptying bins ensure that your gloves are suitable. Do not lift any object that weighs more than 20kgs, always bend your knees when lifting any object.
Peeling vegetables	Always move the peeler or knife away from your body when peeling vegetables.
Cutting foods	Use non-slip cutting boards, not bench tops when cutting, dicing or slicing food.
Cooking	Ensure that all electrical cords for appliances are not in water or wet before switching on. Ensure that all electrical cords are in good repair and not split or broken. If cooking ensure that safety precautions are used when using hot oil or the stove.

Cleaning	Always wear heavy rubber gloves for cleaning. Before putting hands into soapy water ensure all knives and sharp objects are not in a position to hurt you. Ensure that all spills are mopped up off the floor immediately. Use caution with hot water, a high risk of burns exists. Ensure all spills on the floor are mopped up immediately. If floors are greasy or slippery, clean them immediately.
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Forklift Licence Assessment questions

Test 1

Name: _____ MIN: _____

Date: _____

- 1 You are required to inspect your forklift before use. Name at least four liquid levels that would form part of your inspection?

- 2 You are required to inspect your forklift before use. Name at least four parts which would form part of your inspection?

- 3 ★ What precautions should be taken by the operator when a leak in the fuel system is suspected or detected?

- 4 During your pre operational check, a hydraulic leak is detected. What action would you take?

- 5 During your pre operational check, you notice the Data Plate is missing or unreadable. What action would you take?

- 6 Under what circumstances could an operator make minor repairs, alterations or adjustments to a forklift truck?

- 7 If you noticed a crack in the heel of a fork arm would you try and repair it yourself?

- 8 A tyre is found to have low pressure. When would you attend to this problem?

- 9 What important function does a load backrest (load guard) perform on a forklift truck?

- 10 To protect the operator from falling objects, what should be provided on a forklift truck?

☐ Good ☐ Pass ☐ Fail

Examiner: _____

Legal Literacy

Legal Aid Website Legislation Sentencing Tables Legal Words Forms Search

LegalHelp in PRISON **Legal Info Portal** CORRECTIVE SERVICES NSW

Legal Visits In Prison Search: **Go**









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Finding information on

 Police & Courts <ul style="list-style-type: none">» Arrest and Bail» Going to Court» Defending yourself» Sentencing & Parole» And more...	 Family Law <ul style="list-style-type: none">» Access to kids» Care & protection of children» Separation & Divorce» Property division» And more...	 Money Matters <ul style="list-style-type: none">» Child Support» Debt & Bankruptcy» Fines and the SDRO» Victims compensation levy» And more...
 Legal Systems <ul style="list-style-type: none">» Australia legal system» How courts work» Prisoners & QPM» You & your lawyer» And more...	 Wills & Guardianship <ul style="list-style-type: none">» Funerals» Guardianship» Wills & inheritance» And more...	 Visas, Deportation & Transfers <ul style="list-style-type: none">» Interstate & International transfer» Visa cancellation & deportation» And more...
 Driving & Traffic <ul style="list-style-type: none">» Drink & drug driving» Drive whilst disqualified» Driver licences & points system» And more...	 Violence & the Law <ul style="list-style-type: none">» AVOs» Domestic violence» Sexual assault» Victims compensation» And more...	 Other Legal Problems <ul style="list-style-type: none">» Alcohol & other drugs» Employment & criminal records» Housing» Social security & Centrelink» And more...

You can get all this information in hard copy from your centre library. The information here is a guide to the law and the law changes a lot. If you are likely to be involved in legal action, you should speak to a **lawyer**.

Last updated: 29/6/2012

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The Legal Literacy Program

- 60% of Australians incarcerated did not complete year 10
- ***Barriers to justice are based on many factors that include:***
 - ***Low cognitive function***
 - ***Low literacy and***
 - ***Low comprehension levels***

Organisations participating are:

- ***Public Interest Advisory Council;***
- ***Community Legal Centres -Wirringa Baiya Aboriginal women's Legal Centre;***
- ***Legal Aid***
- ***Welfare Rights Centre –Centrelink disputes***
- ***Consumer Credit Legal Centre - money management***

Topics

- Topics are around areas that affect many lives:
- The legal system
- The criminal system
- Civil law
- Family law
- Access Employment, Education and Training

Questions ?

Thank you

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