



# Letters from the Inside

26 November 2018

The following extracts are from unprompted testimonials letters penned by ARWCF female inmates who have attended many of the RAW on the Inside workshops. The purpose of running these weekly lifestyle learning and education sessions is to help build a culture of hope and ambition for a better future. The feedback that we have received to date suggests that our objectives are well and truly being achieved.

## **Shannon**

---

*I have gone from feeling that I have nobody in the world to having endless numbers of inspiring people around me. I am taking the time to really enjoy people, give back and embrace everything RAW has to offer.*

## **Shannon**

---

*RAW made me realise that the world out there will provide me with satisfaction because the time in here has helped me discover where my passion lies. I know I wouldn't have had these encouraging 'a-ha' moments if RAW didn't exist.*

*We are having some awesome conversations in here which revolve around you - both individually, and with RAW as an organisation. It's all really positive, and there is so much gratitude pouring out of these women to you both.*

## **Nadene**

---

*I look forward to the RAW sessions each week and moving forward, for my change to inspire and empower the women around me.*

## **Nadene**

---

*RAW has been great for my soul. I feel so hopeful and inspired after the sessions; feelings I haven't felt since coming to prison. What you and Becs have developed is incredible, I am so proud to be involved in my small way. What you have introduced to us inside and outside... is JUST awesome!*

## **Patricia**

---

*I want you to know that you have brought HOPE into my life and to many others inside and out. You inspire us to live, something we have never done or been able to do especially for ourselves because our lives have always been about others' needs and wants. BUT RAW is our pathway to success and the dreams we have had forever to now become a reality.*

## **Jo Rose**

---

*As a long lagger, the introduction to RAW has been a Godsend. It is giving me a sense of direction and belonging and, it gives me hope going forward. I am so far away from parole at the moment but my connection to RAW strengthens me as I know I am benefiting from the association and it gives me a real sense of purpose.*

## **Shannon on Glen Sharkey**

---

*What choked me up the most was that there was this hugely successful person standing in front of us emphasising that no one person's worth is less than anyone else's and, that just for being human we have the same value as Meghan Markle. I found it immensely pivotal to have three remarkable people in one room that believe in us!*

## **Trish**

---

*I now finally believe that good things can happen and are happening to me and the other women thanks to RAW. Totally everything you represent and bring into our lives is special, kind and caring.*

## **Shannon**

---

*I know now that whatever happens going forward will depend on me. I have never had the options before as I didn't think that anyone would give someone with my criminal record a chance. I thought the only people that trusted me were old criminal associates and I couldn't climb out of that hole even though I hated being in it. I wanted to, and I tried, but my inability to get off drugs caused me to stumble and face plant every time. Thankfully I came to jail, and I have been able to restore my health. My clear head is so valuable to me, I have the strength to stay up now. Nothing will take me down so I am just left wondering how high I can soar!*

## **Shannon**

---

*I intend to work hard towards an amazing life prior to and on my release. I want to do things I have never done before and see where they take me. I envision meeting cool people, embracing opportunities and making stuff happen with high energy levels and excellent health. Life will be thrilling and, I thank the stars up above for the gift of RAW.*

## **Patricia**

---

*Annah, You are truly a "Godsend", an "angel" from above. Thank you for all the people that you have helped and continue to help. You bring nothing but JOY, HOPE, AND LOVE and happiness as well.*