

£4.00



**MY LIFE
NOW**

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“The day starts the same way it usually ends, with the sound of a screw at the door. First it's the jingle of the keys that disturb my dreams, then the clunk as the lock is turned, pulls me back to full consciousness.”

Cos, participating prisoner in My Life Now

“Everyone says they can't draw but if they think back and remember when they were very small and had crayons or chalk or even felt pens, we had no boundaries and everyone done it and expressed themselves. As we get older we become more focused on what we see and want. We become more selfish. In the end we try to get back what we already had at the beginning.”

Doug, participating prisoner in My Life Now

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Matthew Meadows is an artist and writer working in the criminal justice system.

Irene Garrow is currently writer in residence at HMP Swaleside.

10% of all sales will go to Victim Support.