

Almost 68,000 people went to prison last year, 344 died there, over 8,000 were recalled and for both prisoners and staff, prisons are less safe now than since records began - with more self-inflicted deaths, self-harm and assaults than ever before.

Surviving a prison sentence is what the Cell Companion is all about. Informed by those who have been there it provides answers to questions others can only guess at.

From reception to release, the book covers legal rights, housing, family, healthcare, personal injury, vulnerable prisoners, and it tackles the difficult issues too - like sex in prison, self-harm, avoiding gangs, extremism, the dangers of debt, bullying and the real danger of 'legal highs'.

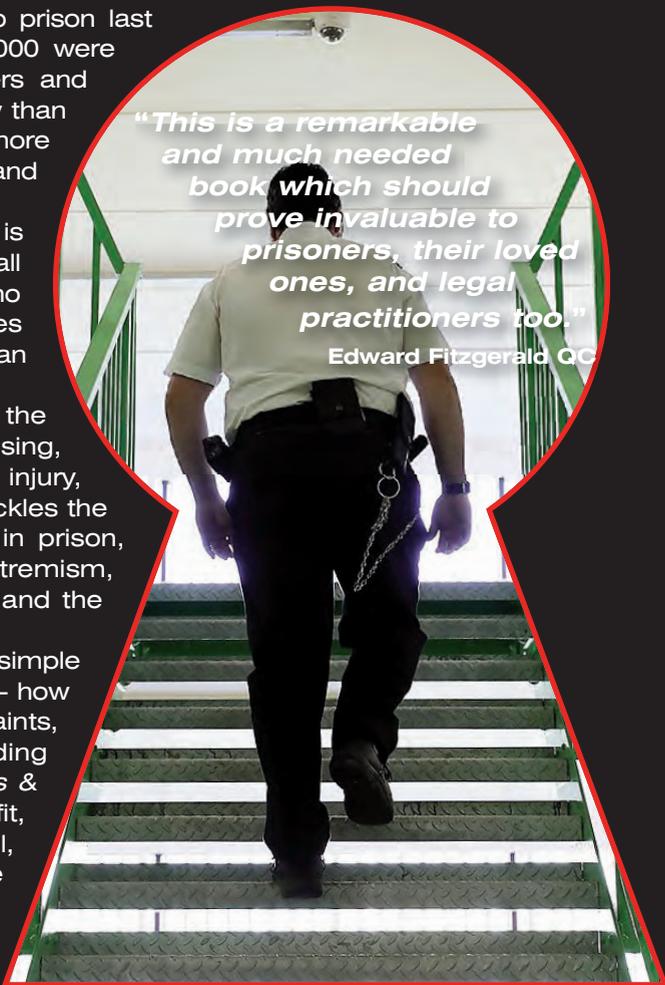
It provides valuable advice on simple things like getting things done - how to make applications / complaints, accessing education, offending behaviour courses, the snakes & ladders IEP system, keeping fit, letters, visits, phone calls, recall, adjudications, and much more too - going to prison or already there, this is the book for you and your family, friends and legal advisers.



MARK LEECH. From prison strip-cells and roof-top protests at one end of the scale, to being the Editor of The Prisons Handbook, the definitive 1,200-page annual reference book on the prison system of England and Wales, at the other, Mark Leech has travelled quite a journey. He served almost 20 years in 62 of Britain's jails and since his release in 1995 he has risen to become the country's foremost ex-offender expert on the policy and practice of the penal system. He is the Founder and former Chief Executive of UNLOCK the national charity for people with convictions, Editor of Converse the national prisons newspaper and a Fellow of the Royal Society of Arts. Outside of work his interests are in aviation; Mark is a qualified Helicopter Pilot.

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 Opening up the Closed World of Prisons

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"This is a remarkable and much needed book which should prove invaluable to prisoners, their loved ones, and legal practitioners too."

Edward Fitzgerald, QC

CELL COMPANION 2018



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Everyone's Guide To Serving & Surviving A Prison Sentence!

Mark Leech

In association with



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