

YOUR COURT APPEARANCE

When going to court, make sure you have the following:

- Bank account details and ATM card
- Phone/address book with relevant phone numbers eg. Lawyer, family members (write them down)
- A warm jacket – you may have to wait in the cells before being taken to prison and they can be very cold
- If you smoke, take an unopened (sealed) pack of cigarettes
- Enough money to make phone calls and buy smokes for the next ten days.
- Bring the names and phone numbers of your doctors and any prescribed medication you need to take
- Bring your Medicare card.
- Other paperwork such as receipts for storage, legal information.
- Take your ID in with you (driver's licence, birth certificate etc). This will be stored with your valuables if you go to prison. These will be helpful when you are released.

WHO CAN YOU TALK TO?

- If you need legal aid, call Law Access on 1300 888 529.
- If you need someone to talk to, ring Lifeline (24hrs): 13 11 14
- There are workers in the prison that are there to help. Talk to Welfare, the Chaplain, or other staff.
- If you have a probation or parole officer, you can talk to them about your options
- CRC offers advice, information, and referral to prisoners, ex-prisoners and their families. See contact details below.

The Community Restorative Centre (CRC) is a community organisation dedicated to supporting people affected by the criminal justice system, particularly prisoners, ex-prisoners and their families and friends. We offer personal and practical assistance such as counselling, accommodation, subsidised transport for prison visits, court support and information.

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changing lives
reducing crime

PREPARING FOR PRISON



**Suggestions for you
and your family**

**CRC
Community
Restorative
Centre**

HOUSING

Department of Housing:

- To avoid debt or losing your house, tell DOH what is happening & ask what options you have - 24 hr / 7 day phone 1800 629 212
- You may be able to pay reduced rent for a short time, or be priority listed when you are released from prison.

Private Rental:

- Tell your landlord about your circumstances. If you end the lease, you can try to get your bond back.

If you're buying your home:

- Talk to your bank about changes to your home loan repayments.

CHILDREN

- Will your children have to move house?
- Will they have to change schools?
- Do you want to discuss the situation with your child's teacher?
- Talk to Centrelink about what kind of Family Assistance is available to their carer.
- What are you going to tell your children?
- Do you want your children to visit you while in prison?

FURNITURE

- If you're going to be away for a long time, it might be better to sell your furniture.
- Otherwise, think about where you are going to store it. Is it going to be safe there? Make a list of what you own and who is storing it.
- What will you do about hire purchases?

VEHICLES

- Who will look after your vehicle and where will it be stored?
- Who will be liable for any fines?
- Whose name will it be registered in?

PETS

- If you have any pets, think about who is going to feed them. You may have to find them other homes.

UTILITIES

(gas, electricity, telephone,internet)

- Whose name are these accounts in?
- What is the best way to organise these accounts so that you don't get into debt?
- If you keep the bills in your name,contact the company about giving permission to someone else to act on your behalf.

EDUCATION

- Are you studying? Talk to your teacher.
- If you've been sentenced, you may be able to continue your course while inside. AEVTI/TAFE and other courses are also available in many prisons.

HEALTH

- You can ask to be put on a Methadone/Buprenorphine program in prison.
- If you are on a program, inform staff as soon as you arrive so your dose and maintenance continue in prison.
- If you're on medication, talk to your doctor. You may need to take your medication to court.
- If you are being held in the cells & need to see a doctor, talk to a staff member as soon as possible.

CENTRELINK

- You will not be eligible for any Centrelink payment while in prison.
- You must advise Centrelink what is happening to avoid having to pay them back later.
- Be aware that any Centrepay deductions will stop (eg. Rent, bills). Make other arrangements for these payments.