

Your Mum's day starts off in a way that might be like yours - eating toast or cereal for breakfast. After breakfast, it's time to have a shower and get ready for the day.

At about 9.00am, activities start. If the court has said your Mum must stay for a set time in prison (*so she is sentenced*), she will have been given a programme of activities. These may include:

- Working in the kitchen or laundry, or cleaning office areas.
- Taking steps to try to overcome a problem that makes life hard for her or those around her. *For example, some Mums need help with trying to stop using drugs or alcohol.*
- Learning more reading, maths, computer skills, painting and sewing.
- Job-related training. *For example barista training so when Mums leave prison they might be able to apply for cafe work.*



WHO DID
YOU
HELP
TODAY?

Trust (registered charity CC53191)

**Mothers
Project**



**CHRISTCHURCH
AIRPORT**



DEPARTMENT OF
CORRECTIONS
ARA POUTAMA AOTEAROA

This information has been approved by the Department of Corrections.

A day in the life of a Mum

at Christchurch
Women's Prison



This brochure was brought to you by
**Mothers
Project**

If your Mum is still waiting to be told by the court whether she needs to spend more time in prison and how much time (*so she is not sentenced*) she will have less planned activities.

She will split her day time between her room, a lounge area with other Mums, or an outside area.

Some Mums may leave Christchurch Women's Prison for work during the day, to make it easier for them to find a job when they return home. If any Mum leaves the prison during the day, she needs to go straight to work and then back to prison. She can't contact family or friends when at work.

The weekends are different to week days. Friends and family can visit with Mums on a Saturday or Sunday depending on the unit.



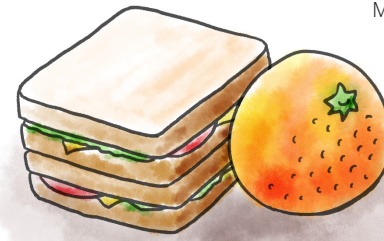
Lunch is usually sandwiches and fruit.

There are a number of different types of rooms at Christchurch Women's Prison.

Mums get to sleep in different rooms depending on why they are in prison, what their needs for help are, and how close they are to returning home.

While some Mums are in cells, others stay in houses. Some Mums do their own shopping, cooking and cleaning to help them prepare for returning home.

Every Mum at Christchurch Women's Prison has an assigned custodial staff member (*called a case officer*) that she will get to know. So there is someone looking out for your



Mum, who she can go to if she wants to talk, needs help, or has questions. There are also other people who your Mum can ask for help, like social workers, counsellors and nurses.

Dinner is usually served about 4.00pm, and is always a hot meal. After dinner, Mum will go back to her room where she can watch TV, listen to music, read, draw or write letters, until she goes to bed.

Your Mum will end her day in a pretty similar way to you - chilling out and then going off to sleep.

