

Time to Think

Open University Journeys in British and Irish prisons during the years of conflict, 1972-2000

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This audio appears in the OpenLearn course, *Coping with isolation: Time to Think*: <https://www.open.edu/openlearn/health-sports-psychology/coping-isolation-time-think/content-section-overview>

# Session 3 audio

Michael Atcheson

Well if you closed your eyes you weren’t in a cell, you know, the music took you to other places and it was fantastic. I have to say I still listen to it, not as much as I should but the whole reading the way the OU was laid out with the pictures, the art work, it did, you weren’t in the cell and you could lock yourself away for them hours. So, there was a bit of getting away from it all, with an education, it didn’t just sort of improve your mind, it gave you that opportunity to take yourself to other places.