

Time to Think

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

**Important**

Every effort is made to ensure the accuracy of this transcript, however no transcript is an exact translation of the spoken word, and this document is intended to be a guide to the original recording, not replace it.

In some cases, interviewees may have made changes to the transcript.

Personal/sensitive information regarding individuals who may be living has been removed from transcripts where necessary.

**Copyright and Permissions**

Rights owned or controlled by The Open University.

**All use of this transcript in part or in full requires prior permission from The Open University Archive.**

**This transcript must not be shared beyond Open University Staff without prior permission from The Open University Archive.**

Please contact university-archive@open.ac.uk to discuss possible use of the content.

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

CARÁL NÍ CHUILÍN

So I made these great quilts.

INTERVIEWER

Was it a way of switching off, the quilting?

CARÁL NÍ CHUILÍN

Oh, it still helps me. It absolutely was a way to switch off, but so, I still think, I just come from, like many communities, there has to be an outcome. Yes, you need a process but for me, you have to have an outcome. So I could walk round the yard, I could listen to music and my outcome is I felt nourished and felt it steadied me and I got a lot from it, but listening to music and quilting - the outcome was you have something to give onto someone else.