

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

Martina Anderson

And I suppose even though it was the study in terms of that, it was the space you had, was your cell, and Durham Gaol, the cells in Durham Gaol were the smallest I have ever seen, but the first thing I did when I went into Durham Gaol was to outstretch my hand and then almost tip myself as if flying from side to side and I touched the walls and that was the size, that was the breadth of the cells, but I went on and I did my foundation course and I got a distinction. They may have been able to physically imprison us but our minds were always active and outside of the environment that we were in.