

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

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.