

## LOOKING AHEAD TO 2017

On the 13<sup>th</sup> April 2017 a unique Event took place in HMP Grendon's Sports Hall

### BACO Awareness Event

The Event was the idea of and devised by two BACO Reps, Bob D wing & Kelvin B wing. The purpose was to give an opportunity for a meeting of BACO and Residents who had received support of any nature from BACO.

The Event was promoted and organised by Bob & Kelvin who were fully supported by:  
Current BACO Reps, in wing order lead by Rob – Nick A wing, Rob B wing, Eddie C wing, Aran D wing and Gary F wing.  
Previous BACO Reps - Gary A wing and Pat C wing.

Jamie Bennett gave a very generous and moving welcome to all attending the Event

The main aim of the Event was to enable two way exchange between BACO and the Residents. There were alternating brief speeches given by BACO and Residents:

#### BACO

Ted Vine gave a brief general history of BACO and the basis and cover of BACO's operations in Grendon today.

Three BACO members – On what being a Member of BACO means - Angela Miller, Milly Soames and Roy Collis

#### Grendon Residents.

To give any Residents who wished to an opportunity to speak about their experience of BACO. About 20 Residents spoke about their experiences with BACO, all expressed sadness and regret that Gill was unable to attend the Event

This was followed by a time to mix & mingle with refreshments

It was a very moving Event and difficult to sum up, for a wider and more personal view please do speak to any BACO Member who attended the Event and how it impacted upon them.

A highlight of the Event was a poem composed for the Event by Tom, B wing, "If.....Grendon"  
This in a great many ways sums up what BACO and Grendon stand for.

## LOOKING AHEAD TO 2017

### If.....Grendon

If you can walk the landings and be morally upstanding,  
And talk with Governor in your normal tongue,  
If you can speak your mind but find  
A better way to say it  
If you're man enough to say "I miss my mum".

If daily you can tackle harsh realities,  
Whilst holding tight to all your hopes and dreams,  
If you realistically gauge your own abilities,  
Whilst believing you bring something never seen.

If you can think outside the box you're being held in,  
And care what others think – but not too much,  
Get on with all and not just those you've gelled with,  
For every Starsky, alas, you get a Hutch!

If you can love yourself, but not be 'in love',  
Despite of and because of all your flaws,  
If you can find the strength to be vulnerable,  
And in the midst of the red mist – can pause.

If you can press 100kg down and up and down,  
But never be the type of guy who throws his weight around,  
If you can eat with 'Friends of Grendon',  
Without ending up with indigestion,  
If you can know for every answer,  
Comes at least another question,  
If you can sit with something now,  
That used to make you run,  
If you've exchanged rear and rage,  
For tears and a blank page,  
To write of the man you've become.

If you can own your crimes  
And use your time not be used by it  
If fail, succeed, rail through or bleed  
You're the guy who says."I'll try it"  
If you can keep it in  
While all around are spilling out  
If you've erased suppression  
Replaced with expression  
Then brother you're in with a shout!

If you don't let a bad situation define you,  
Then what a race you've run,  
The future is yours  
Full of hope, love and more, so much more  
You'll be a "Grendon Man", my Son.

*By Tom*