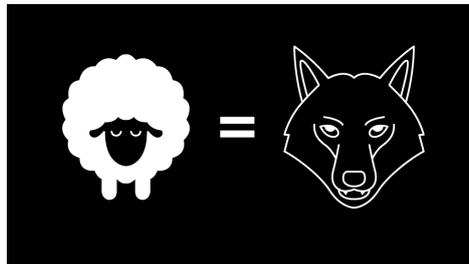


In this Hot off the press:

- Stories from daily practice
- Grateful and touched
- News
- Wanted

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STORIES FROM DAILY PRACTICE



TWO DIAMONDS

Our hero paces up and down along the local supermarket shelves and gets lost in a heavenly scene of absorbent flannelette cushions. The shelves are packed with delightful overindulgence that makes one happily haste towards the nearest toilet. The promise of "unique softness across a range of designs" should tempt you to cancel your holiday and stay home for a fortnight's diet of Movicol and citrus fruit and enjoy the exotic experience. The ultimate way to stick two fingers up at the sandpaper from the seventies primary school cubicles. The row of half height doors near the playground, the howling wind, the school pests performing empirical research on the concept of "privacy" by peeking under and over the top of the doors.

With 13 different prints you can gloriously give your toilet a distinctive character. Somewhat disgruntled, our hero contents himself with a soft pink flower pattern and a carnation blossom fragrance. He was looking for the skyline design with a soft musk perfume. A small packet then. This month will be coloured mildly.

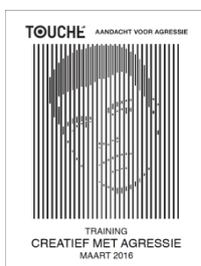
His satisfaction is due to a conversation he had with a prisoner who told him about the daily routines in prison. One of them concerns the distribution of (and sometimes begging for) water and toilet paper. This is what the necessities of life are reduced to. Sometimes the distribution is accompanied by a little dispute, bargaining or a tiny disagreement. And then another moment the brown-greyish recycled roll of toilet paper and the bottle of still water

are being delivered silently and unselfishly. In return the occupant of the cell thanks the silent distributor of these two diamonds in silence. Our hero then remembers the toilet at his grandmother's: an assembly point of wisdom, among which

Daar alleen kan liefde wonen,
daar alleen is het leven zoet,
waar men stil en ongedwongen
alles voor elkander doet.

Only there love can live,
only there life is sweet,
where one quietly and gladly
helps another in times of need

TRAINING IN GHENT PRISON



In samenwerking met



After a break we are back at Ghent prison this month. We lend a helping hand to our colleagues from de Rode Antraciet by offering them a training in “being creative with aggression”.

LETTER FROM PRISON

I am a forty-year-old man who had a good and normal youth. Under the influence of bad friends I started to get into mischief during my puberty years. The situation escalated around 23 years and I was sent to prison for the first time. That seemed cool. And then it went from bad to worse. After several detentions, this time I am serving a sentence for a

Crown Court case. I was impulsive, I had no fear and no sense of standards and I was arrogant. I felt like a criminal, but actually I was a loser. I failed everyone I cared for and made them sad. It sounds tough and cool to be a criminal, but it is not like that at all. At a certain moment, during my last sentence, I got into trouble in prison (fights, intimidations) and I subsequently was forced to attend aggression counselling. In the beginning, I was very sceptical (what can they do for me, for heaven's sake?). But from that moment a whole new world opened up for me. I started to listen how I could solve my problems in a different way. By talking about them in a quiet way. Through different exercises I have learned to temper my anger in certain situations, because solving your problems by means of violence or aggression is merely the easy way out. I enjoy a challenge every now and then and I started to tackle my problems in a different way. And do you know what? It works, but you have to be willing to change. I dare to say that, compared to who I was in the past, I have changed in a positive way now. But I do realise that I still have a long way to go. And I do know that I will reach my goal albeit by trial and error. If I had been coached by Touché before I committed offences, I most probably would not be writing this letter now. To conclude I have only one suggestion: find help in time and don't think you can solve all your problems on your own.

PRISONERS TEACH STUDENTS IN ORTHOPEDAGOGY AT OUDENAARDE PRISON - IMPRESSION BY A PRIVILEGED WITNESS



A detainee, who completely matched my idea of a prisoner, had a king-size Diesel watch. I noticed that immediately and it seemed very normal to me that he wore a watch. He looked at my Diesel watch and told me he liked it very much. Only some time later I realised: “damn, that watch he is wearing costs at least 300 euros. How could he afford it if he only earns 400 to 500 euros a month in prison? And is he supposed to own a watch, since he committed a crime? Can he receive such a ‘reward’? Can he own a product many other people cannot afford?” All these questions crossed my mind.

Some minutes later, I realised that 'they are human beings', with good and bad sides, just like me. Why should he not be allowed to have such a watch? If it gives him pleasure and joy during his detention period, why should he not? Alas, time does not run faster on a big expensive watch, but hopefully it gives him the impression that time does go by.



A second point that surprised me was how much attention was given to privacy and that we were not allowed to mention the names of the prisoners on any of our documents, nor could we make photographs. Yes, they did something wrong, yes, they were punished for that, but can we not communicate about it? Do we have to keep it secret? Would it not be helpful for them to talk freely about their crime?

Initially I hadn't thought about asking which offence they had committed. It did not seem relevant in the context of getting to know each other and in that way I was able to meet them without prejudices. To be honest, I was rather anxious that they would have prejudices against me, a weird youngster from outside who just came to participate in a session.



The prisoners were very nervous about the sessions they had to facilitate, just like any other (free) person would. It was nice to see how they beamed with pride after the sessions. A distinct twinkle brightened their eyes. Some form of thankfulness sprouted as well, because they had been able to make a useful contribution. The feeling that they were aimlessly drifting about the big endless sea on their own, disappeared for a moment. Suddenly they experienced a moment of moving in a certain direction and the sea seemed not endlessly vast after all.

Prisoners are normal, nice and smiling people. They are no monsters or beasts like the images I had in my mind. Prisoners can be shy, uncertain and they can be full of self-doubt. They are people just like you and I.

Thank you, Touché, for giving me the opportunity to attend your session, to see the inside of a prison, and above all, to get the chance to listen to prisoners.

Alexander



GUEST LECTURE TO THE UGENT PSYCHOLOGY STUDENTS



On Monday 7 March we headed for the Henri Dunantlaan to deliver a guest lecture to UGent psychology students. We talked about solution-oriented work and how touché puts it into practice. We told our story from different angles: a founder, an individual coach, a group coach and above all: some (ex-)clients and an 'expert by experience'. We concluded the lecture with the movie Binneninzicht (Insight Inside). And it was much appreciated: the students gave our lecture an average value of 8/10!



These are some of the students' reactions:

- It was very interesting to be introduced to a different way of tackling 'therapy' and it provided me with new insights and food for thought!
- Very fascinating lecture about what this not-for-profit organisation stands for. It was very interesting to get acquainted with this solution-oriented approach and with working with

detainees. The personal experience about how it is to be coached by the not-for-profit organisation was a definite plus!

- Very interesting to hear the voice behind the detainees. The video taught me about how reintegration works and how important it is to talk.
- The importance of dropping prejudices. Mind-broadening film. It was very courageous of the guest speaker to share his story.
- What I retain and want to remember is Touché's humane approach of people and how this way of working opens doors. The film was very touching as well.
- It has been very interesting for me to see how you work in a specific context and above all to see that you are building something to help people in this context. I will certainly remember that solution-oriented work is a vision/a basic attitude that you can apply to various contexts. In my future job, I want to work with the idea that you should ask people what they think they need and let them play an active role.
- Very interesting testimony, always touches the audience more than theory does or "stories about someone": in this way we see more than just detention. Beautiful project! I hope that this works for youngsters as well; in this way "problems" are tackled earlier.
- It was so captivating! Right from the start of my studies, I have been interested among other things in forensic work. This interest faded because there is little room for this subject in our training programme. Therefore it was very interesting to hear more about working with (ex-)delinquents. Your vision on the subject has whetted my curiosity very much. As I am still looking what the future can offer me, I might opt to move in this direction. Vzw Touché is an organisation I would like to know better in the future. To help people using their talents is something I fully support.

TOUCHE AANDACHT VOOR AGRESSIE
(RE-)INTEGRATIE, PREVENTIE EN HERSTEL:
DE PROJECTGROEP



Meanwhile we prepare ourselves for the next teaching experience, with even more cases and real life examples!

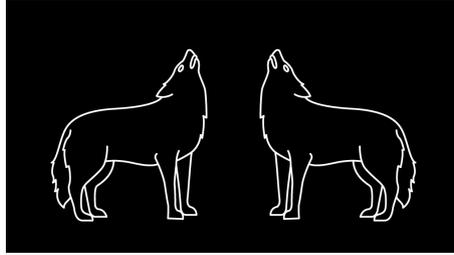
WE ARE TOUCHED AND GRATEFUL



to Luk, Hannes, Lieven, Tom, Marc, Hannelore, Nicolas, Magali, Ward, Alexander, Pauline, Johan, Elena and Melissa for the talent sessions, the sparkling stories, the splendid pictures, the solution-oriented two-day workshop, the supportive field project by Solvay-students, the pro bono consultancy by Accenture and all the networking by Ashoka!

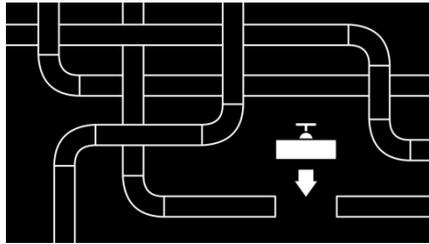


NEWS



Since January, **Siel** reinforces Touché as our brand new event organiser! The first result of her efforts can be admired on **24 June** at the Ghent Vooruit Ballroom. This second edition of **Café Touché** promises to be a sensational party once again! Save the date!

WANTED



Touché is looking for:

a **volunteer** for secretarial work / administration / reception duties / ICT-support. Is it you we are looking for? Let us know! info@vzwtouche.be.

[daredevils](#) & hero makers: service clubs or companies that have a heart for heroes. The sooner we find potential heroes, the more we can create together.



In the evening after school time, a young lad we both know wants to cycle back home, but finds his bike has been stolen. He furiously hurries towards a wandering policeman and fulminates against him. Foaming with anger he utters that he will knock all the culprit's teeth out. The policeman laconically answers: "Well, young man, you will have to learn how to box first".

This young lad is lucky that someone listened to his anger and pushed it into a constructive direction. Years later, we will know this thug as Cassius Clay, or Muhammad Ali.

Many young people are not that lucky and are faced with their anger every day. Sometimes they do not know how to handle it and get stuck into their aggression, waiting for an understanding ear.

Touché and its staff are that understanding ear for many people and we can help to channel the power behind aggression. We make Cassius Clays, in a manner of speaking.

We would like to appeal to you with our project. Because you as well - or other people you know – can help us create heroes. Since every single angry youngster who can be moved in the right direction, is a potential future flag-bearer.
