

## **OCDC Hunger Strike - Lindsay Jail Demands (Central East Correctional Centre - CECC)**

### **Exercise:**

1. We need access to training equipment: we have no access to weights at the Lindsay jail.

### **Food and Water:**

2. We need a healthier and more diverse menu: we had a regular menu that has been changed [as of May 25<sup>th</sup> at the Ottawa-Carleton Detention Centre]. We now get soggy sandwiches constantly. The fruits the jail gives us are often completely bruised and the bread moldy.
3. We need clean drinking water: people get sick and get rashes from drinking the water at the CECC.

### **Schedule:**

4. We need more access time: we get locked up at 6:30pm and a lot of our family members don't get home from work until after 6:30pm. We aren't able to speak to them.
5. The medication delivery hours must be later: we get meds around six o'clock. By the time we go to our cells, we are exhausted.

### **TV:**

6. We need more channels: we can only access to a few TV channels.

### **Phone System:**

7. We need the ministry to change the phone system: we're only limited to a \$60 phone card. Some of us are from out of town and even province, which means that a 20-minute phone call is \$18 or more.
8. We need the phone cards to be delivered by the jail in a timely manner: the jail is supposed to give us phone cards, but it takes up to six months before receiving one sometimes. Some of us get out before the jail provides us a phone card. We're not able to speak to our families for up to six months.
9. We need more phones: there's only three phones on a range of 32 people. It's difficult for everyone to use the phone daily.

### **Clothing:**

10. We need clean clothes: the clothes we received are dirty and soiled with other prisoners' blood.