

"Monday 22nd October 2012 . .

1. Sarah came to see me this morning - wonderful. Spoke to her for around 1 hour . . . I had written a quick short note to Saul early this morning asking for an update, which she took. [sketch of happy face] Also a com' to Calvert's and a copy of my letter to Dorset R.E. FCIB to Danielle and Craig. . . . So pleased to have her visit.! Gave her my health update. . . .
3. . . Atmosphere in the cell is tense. Praying for Saul to progress and for Dorset to stop his vengeance war on me."