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Ex-prisoner hits out at system

One of Australia's longest serving female prisoners Roseanne Catt has called for reform of the state prison system, saying there is no rehabilitation taking place.

Ms Catt, from Dapto, was released from jail in 2001 after serving most of a 12-year sentence for soliciting the murder of her ex-husband, Barry Catt.

Roseanne Catt claims during her time in prison she was abused and bashed by guards as well as inmates.

She says there is nothing corrective about corrective services.

"We see on our TVs that they are building all these new up-to-date gaols," she said.

"It doesn't change what is actually happening in there."

"You're totally isolated from the outside world, you're at everyone's mercy, if there is any inmate or officer that wishes to do whatever they wish to you, they can."