



A footballer named Jay Emmanuel-Thomas was jailed for bringing cannabis into the UK. His girlfriend and her friend helped, thinking they carried gold.



Emmanuel-Thomas played for Arsenal and Aberdeen. He lost his job with Greenock Morton after being arrested and tried to hide it by deleting messages.



He said he had tough times and made a mistake. He wrote a letter saying he hurt others and seeing his daughter in prison was hard.



Emmanuel-Thomas is now a criminal, not a footballer. He was promised £5,000 but his career is over. He was sentenced to four years in jail.