



Information and resources for families of prisoners and offenders

1. General information about prisons and the criminal justice system

The Outsiders

Four 'survival guides', published by Action for Prisoners' Families, with the titles: Sent to Prison, Telling the Children, Living with Separation and Preparing for Release. Download from APF's website: www.prisonersfamilies.org.uk or contact APF as above for free individual copies for family members.

Women prisoners' briefings – Your Children, Your Rights

These four guides, written by Rights of Women in collaboration with Action for Prisoners' Families, were written for women prisoners but the information in them on **adoption, parental responsibility, when families can't agree, and when social services are involved**, may also be useful for family members on the outside. Download them for free on APF's website or contact APF for individual free copies.

What shall I tell the children?

This Ormiston leaflet can be downloaded for free from the Ormiston website: <http://www.ormiston.org/wp-content/uploads/2010/08/What-shall-I-tell-the-children-re-branded.pdf>

Prison, drugs and you

This booklet is a helpful overview covering the treatment that is available in prisons, and the services available for the families and friends of prisoners. Available for £1.75 from **Adfam** www.adfam.org.uk/publications

Outside Help – practical information for the families of people in prison

Published by **Nacro** and **Action for Prisoners' Families** this handbag-sized book gives information on benefits, keeping in touch, release and resettlement. Single copies free to prisoners' and offenders' families from Action for Prisoners' Families **on request** info@actionpf.org.uk, 020 8812 3600.

Daddy's Working Away – A guide to being a good dad in prison is available from pact for £6.99. www.prisonadvice.org.uk

2. Projects

Barnardo's Kidszone is part of its ECHO service based in Devon and Bristol which helps children with a parent or carer in prison or elsewhere in the criminal justice system. It can help you if you have a parent, carer or partner in prison, live in Devon and/or have a child 0-19 years old. Its Kidszone has three project workers who work with children with a mum, dad or carer in prison. www.barnardos.org.uk/echo_kids_zone.htm

3. Storybooks for children

Action for Prisoners' Families:

APF has published three storybooks for children of various ages - **Tommy's Dad**, **Danny's Mum**, and **Finding Dad**. Tommy's Dad and Danny's Mum are picture books for younger children, Finding Dad is for the 9+ age range. **It's a Tough Time** comic/magazine is for the older child. Single copies of the above are **free to families** from APF info@actionpf.org.uk, 020 8812 3600.

Ormiston:

Visiting my Dad – a picture book outlining what it's like for children visiting their fathers in prison **£3** www.ormiston.org.uk

Visiting my Mum - a picture book outlining what it's like for children visiting their fathers in prison **£3** – to order see above

Commercial publishers:

Captain Fantastic is a Puffin story book written by Tom Palmer about how a young boy deals with his father's imprisonment. www.tompalmer.co.uk

Shine is a book written by Kate Maryan about a 12 year old girl whose mother goes to prison for a year. www.katemaryan.co.uk

3. Websites

- **Action for Prisoners' Families** www.prisonersfamilies.org.uk
- **AFFECT** – AFFECT provides services for the families of serious offenders and offers support groups to families in the south of England. www.affect.org.uk
- **E-mail a Prisoner** www.emailaprisoner.com enables families to send messages to prisoners in many UK prisons. Check on its website to see if the prison your family member is at has the service.
- **First time in Prison** – www.firsttimeinprison.co.uk this website was written by lawyers for individuals (and families) who are facing a first prison sentence.
- **Inside Time** – www.insidetime.org.uk – this website gives visiting and other information about every UK prison.
- **Nacro Resettlement Service Finder** – www.rsfinder.info. Information on housing, employment, education and training and other services in England and Wales for resettling ex-prisoners and supporting offenders in the community.
- **Pact (Prison Advice and Care Trust)** – www.prisonadvice.org.uk provides useful information on visiting and how visitors' centres can help families. Its film of what it's like to visit someone at Wandsworth Prison will be useful to families: http://www.prisonadvice.org.uk/vc_wandsworth?q=wandsworthfilm
- **Prison Chat UK** is an online community giving support to those who have a loved one inside the British prison system www.prisonchatuk.com

- **Prisoners' Families and Friends Service (PFFS)** www.pffs.org.uk – this London organisation offers a helpline (0808 808 3444), befriending, and support at court. The PFFS Families on Trial videos will be helpful to families at different stages of the criminal justice process: <http://www.familiesontrial.org/film4.html>
- **Prisoners' Family Voices** is a web-based community which gives family members the opportunity to talk to each other. <http://prisonersfamiliesvoices.blogspot.com>
- **Prison Service** The Prison Service website has a section where you can find out the location and visiting details about a prison and information about the Assisted Prison Visits Scheme, amongst other things www.hmprisonservice.gov.uk/adviceandsupport
- **Women in Prison (WIP)** www.womeninprison.org.uk – WIP supports and campaigns for women prisoners and ex-offenders. Freephone advice: 0800 953 0125.

4. Helplines

Offenders' Families Helpline 0808 808 2003 info@prisonersfamilieshelpline.org.uk
www.prisonersfamilieshelpline.org.uk

Prisoners' Families and Friends Service 0808 808 3444 info@pffs.org.uk
www.pffs.org.uk

SHARP (Support Help and Advice for Relatives of Prisoners) 01743 245365 for free help, advice and support.

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