



## Information and resources for families

### 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](http://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](http://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](mailto:info@actionpf.org.uk), 020 8812 3600.

## 2. 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](mailto: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](http://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

**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](http://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](http://www.katemaryan.co.uk)

## 3. Websites

- **Action for Prisoners' Families** [www.prisonersfamilies.org.uk](http://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](http://www.affect.org.uk)
- **E-mail a Prisoner** [www.emailaprisoner.com](http://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](http://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](http://www.insidetime.org.uk) – this website gives visiting and other information about every UK prison.
- **Nacro Resettlement Service Finder** – [www.rsfinder.info](http://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](http://www.prisonadvice.org.uk) provides useful information on visiting and how visitors' centres can help families.
- **Prison Chat UK** is an online community giving support to those who have a loved one inside the British prison system [www.prisonchatuk.com](http://www.prisonchatuk.com)
- **Prisoners' Families and Friends Service (PFFS)** [www.pffs.org.uk](http://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](http://www.hmprisonservice.gov.uk)

## 4. Helplines

**Offenders' Families Helpline** 0808 808 2003 [info@prisonersfamilieshelpline.org.uk](mailto:info@prisonersfamilieshelpline.org.uk)  
[www.prisonersfamilieshelpline.org.uk](http://www.prisonersfamilieshelpline.org.uk)

**Prisoners' Families and Friends Service** 0808 808 3444 [info@pffs.org.uk](mailto:info@pffs.org.uk)  
[www.pffs.org.uk](http://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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