



# Does Your Child have a Parent or Carer in the Criminal Justice System?

*Where to go for support and information in Bristol*

It can be a stressful experience when a parent, carer or family member is arrested and enters the criminal justice system. There can be lots of uncertainty and upheaval for you and your family during court appearances and until the final sentencing. This can impact on your children, your relationship, your family's finances and housing, your family's health and well-being.

**“The hardest things are that you’ve got to keep the house going, you’ve got to look after your children, financially you’ve got to be independent and then you’ve got to mentally support someone else when you need that support yourself... I want something back for me, but I haven’t got that.”**

Partner of a parent in prison

This leaflet provides information on where to go for help and advice in Bristol. For web links to any of the sites referred to see the reverse of this leaflet.

### Health and well-being

You can contact your **health visitor** or **GP** to talk in confidence about issues concerning your family's health and well-being. A child may struggle to come to terms with the sudden absence of

their parent and may need some support to deal with this.

### Family Support Services

Every Children's Centre in Bristol has a CAPO Champion, who has been trained to provide confidential support and advice to families with a loved one involved in the criminal justice system. Please contact the Children Centre below for information about your local Champion.

**Brentry and Henbury Children's Centre, Bristol,**  
BS10 6RG

 0117 9593800

### Barnardo's Bristol Children Affected by Parental

**Imprisonment Service** provides group support for parents and children affected by parental imprisonment. Contact the service for further information:

 0117 9580320

### Bristol Family Information Service

General information about services for families in Bristol.

 0117 357 4192

 [askcyps@bristol.gov.uk](mailto:askcyps@bristol.gov.uk)

 [www.1bigdatabase.org.uk](http://www.1bigdatabase.org.uk)

### Offenders Families Helpline

This organisation supports families of offenders through arrest, court and prison procedures

 0808 808 2003

## “The health visitor knows that dad is in prison... She is supportive.”

Parent

### Support for children

Sometimes it can be difficult for you to talk to your child about what is happening around them. They may want to talk to someone else.

**ChildLine** is a service for children and young people up to the age of 19 to talk to someone in confidence. All these options are supported by trained counsellors.

The following is available:

☎ 0800 1111

- 1-2-1 online chat
- email or use message boards

There are a number of resources to help you or your family to talk to your child (no matter what their age) about what is happening and help to explore their feelings about it.

**Sesame Street** has a free SMART phone APP or the following website: [www.sesamestreet.org/parents/topicsandactivities/toolkits/incarceration#](http://www.sesamestreet.org/parents/topicsandactivities/toolkits/incarceration#)

**Action for Prisoners and Offenders Families** has produced a booklet on telling the children:

[www.pelorous.totallyplc.com/public/cms/287/0/228/9751/The\\_Outsiders\\_Telling\\_the\\_children.pdf?realName=y2bNbu.pdf](http://www.pelorous.totallyplc.com/public/cms/287/0/228/9751/The_Outsiders_Telling_the_children.pdf?realName=y2bNbu.pdf)

### Keeping in touch

In addition to the changes in circumstances that your family experiences when a parent/carer has been imprisoned, you may have to negotiate the practicalities of keeping in touch with that parent/carer through visits if these are allowed, or through other forms of contact such as phone, email or letterbox contact.

### Prison Visiting

The booking of most prison visits is done using an online service.

Use the link below to book: [www.gov.uk/prison-visits](http://www.gov.uk/prison-visits)

### Assistance with travel costs for prison visiting

If you are a close relative of the prisoner and you are in receipt of certain benefits you may be able to get financial assistance for your visit to and from the prison.

For the application form visit: [www.justice.gov.uk/downloads/contacts/noms/assisted-prison-visits/apv-form.pdf](http://www.justice.gov.uk/downloads/contacts/noms/assisted-prison-visits/apv-form.pdf)

### Support at HMP Bristol and HMP Eastwood Park

If your family member is being held on remand or is serving a sentence at HMP Bristol or HMP Eastwood Park, Pact (Prison Advice and Care Trust) delivers the visit centre at HMP Bristol and can provide confidential support and advice for children and families at both prisons.

☎ 01179 244866

## **Prisoners' Families and Friends Service**

Delivered by Pact, this freephone helpline provides emotional support as well as practical advice regarding prison visits and keeping in touch, transfers, tagging and preparing for release.

☎ 0808 808 3444

## **Money Matters**

Turn2us and/or Talking Money can support you with money issues while your family member is serving their sentence and also upon their release. Citizens Advice provides information about housing, benefit claims and rights when a loved one is in prison.

## **Local support in Bristol**

IMPACT pathways is an online information hub listing local agencies that can support you with a wide range of needs linked to offending such as drugs and alcohol support services; housing on release; education, training and employment; mental and physical health.

## **Believe in children**



**Barnardo's**

[www.barnardos.org.uk](http://www.barnardos.org.uk)

Barnardo's Registered Charity  
Nos. 216250 and SC037605

17499dos16

## **Useful Links**

### **IMPACT pathways**

[www.impactpathways.org.uk](http://www.impactpathways.org.uk)

### **Turn2us**

[www.turn2us.org.uk/Your-Situation/A-prisoner](http://www.turn2us.org.uk/Your-Situation/A-prisoner)

### **Childline online chat**

[www.childline.org.uk/Talk/Chat/Pages/OnlineChat.aspx](http://www.childline.org.uk/Talk/Chat/Pages/OnlineChat.aspx)

### **Grandparents Plus**

For grandparents caring for their grandchildren

[www.grandparentsplus.org.uk/families-of-prisoners](http://www.grandparentsplus.org.uk/families-of-prisoners)

### **NextLink**

Domestic Abuse Support Service for women Bristol

<http://nextlinkhousing.co.uk/>

### **Citizens Advice**

Information about housing, benefits, health and complaints.

[www.citizensadvice.org.uk/la-w-and-rights/legal-system/prisoners/prisoners/](http://www.citizensadvice.org.uk/la-w-and-rights/legal-system/prisoners/prisoners/)

### **Talking Money**

[www.talkingmoney.org.uk](http://www.talkingmoney.org.uk)

☎ 0117 954 3990

