

# HMP & YOI Parc – 2018

## *‘Family and Significant Others Strategy’*





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## 1 Introduction & Terms of Reference

HMP & YOI Parc has over the last decade developed a specific strategy and model of family interventions that we believe makes a clear positive impact on prisoners in our care, their children, family and significant others.

The Parc Supporting Families model is an evidence-based approach that seeks to contribute to three key areas of ongoing concern and which in themselves represent our Terms of Reference for the strategy.

- A. Reducing the likelihood of reoffending.**
- B. Reducing the transference of intergenerational offending behaviour.**
- C. Offering information, support and guidance to families, children, and significant others.**

HMP & YOI Parc is committed to delivering the best possible family service to those in our custody and those family and significant others in their lives. We do not pretend to always get this right. We make mistakes. But we are honest about that and always strive to learn from things that do not go according to plan, or that we have missed completely. As such we welcome regular feedback from all involved, and conduct a series of customer surveys throughout the year, to try and capture the 360 degree experiences of everyone involved.

Fundamentally we acknowledge that we have both a professional and a moral obligation to support, guide, and help everyone in our custody with regard to their family, parenting, and relationship situation where it is safe and appropriate to do so, and likewise, that what we do in this regard can have significant positive impacts to children and families in the community.

Our Family Intervention strategy and model is built upon official research findings from respected British academics, charities, the Prison Service, Ministry of Justice, and other Governmental bodies, as well as numerous similar publications from international organisations and partners.

### **In particular, we are closely aligned with:**

- The 19 recommendations of the Lord Farmer Review – 2017
- The 46 HMIP Expectations for children and families – 2017
- The HMPPS 'Delivering Effective Family Practice' – 2018
- HMP & YOU Parc Reducing Reoffending Strategy – Annually
- Invisible Walls Wales research publication 2017/18
- Numerous local evaluations and research documents – 2010 ongoing
- Previous HMIP and MQPL inspection feedback.
- Internal Audit & Compliance reports.
- Intervention Team. G4S UK Prisons Family

HMP & YOI Parc closely follows the HMPPS Guidance notes with regard to what 'family' represents, as well as the precautions and safeguards we need to enforce, as such the following 3 points are endorsed by us directly from the HMPPS Guidance notes:





- A. **'Family** is defined as either a blood relative, legal or significant persons that a prisoner identifies as their next of kin. For care-leavers this may be someone that provides a statutory service, friend or associate. Many of those in custody will have experienced a non-traditional upbringing, with a range of adults having cared for them, and similarly those in custody with children may have other arrangements outside of a traditional family arrangement. It is important to accommodate all 'family' arrangements where they provide a constructive and supportive relationship for the prisoner and their family.
  
- B. 'We recognise that not all family relationships are positive. Family members may sometimes be the direct or indirect victims of a prisoner's offence such as domestic abuse. These individuals have the right to protection from their perpetrator and in all cases; permission should be sought from the victim and any relevant partner agencies before making contact. This will enable the victim/family unit to be supported in the community. E.g. Victim Liaison Officer or Local Authority Social Services.
  
- C. 'Other family or significant others may be enablers, contributing to their offending behaviour. Prisoners may be subject to harassment or restraining orders and the courts take primacy in how we manage familial and other relationships. We must therefore ensure that we prevent inappropriate contact.

***As a reflection of our commitment to this agenda, HMP & YOI Parc are extremely proud to be the only prison in the European Union that currently holds the 'Investors In Families' accreditation. Awarded in the House of Lords in 2016 by the Prison Minister.***



## 2 First impressions – The Susan Ellis Visitor Centre

For most people visiting the prison the first point of contact is at the visitor centre situated outside the prison entrance. G4S in partnership with a local taxi company funds a free shuttle bus service from Bridgend train station with a number of pick up / drop off points on route to the prison, to assist with the travel families have to make, especially taking into account those using public transport with children, babies, the elderly or those with disabilities. We have also brokered a fixed rate with the same company for taxis to and from the train station.

There are also a number of designated mother and baby, and disabled parking bays directly outside the visitor centre to assist with ease of access.



The visitor centre itself is operated in partnership with Barnardo's Cymru, who we have been working alongside with family interventions for over eleven years. We believe that with one hundred and fifty years' experience, Barnardo's have the specialist skills and staff best suited to working with children and families during what can be an extremely stressful time. So our Barnardo's team take care of all the booking in arrangements, along with being there to explain the visiting process in a child friendly manner, calm nerves, and help with any questions or anxieties, and we are proud to say that our most recent data capture evidenced 77% of the total establishment population as receiving visits from family and significant others, against the Prison Service national average of 48%.

### Services also include:

- Processing approved property hand-in's during the first visit.
- Café facility offering hot/cold drink and snacks before and after sessions.

- Toilet and baby change facilities – with disability access.
- An internal and enclosed external play facility.
- Information/advice/guidance leaflets and scrolling TV info.
- Lockable possession holders.
- Confidential support service
- Contact telephone number
- Range of child/family interventions.

*For further information and services provided in the visitor centre please refer to the guidance leaflet in the appendix.*

### 3 The Visiting Experience

In 2010, and in response to evidence from effective practice, as well as the United Nations Rights of the Child to visit a parent in prison (where it is safe to do so) the prison began a gradual overhaul of the visiting experience in order to become more family focused and friendly. This included building the covered walkway up to the visiting areas, the extensive external mosaic wall work welcoming families, as well as considerable effort that has gone into making all the visiting spaces colourful, clean, and relaxed. There are of course limits to this within a Category B establishment as security is always a major consideration for everyone's safety, however we feel strongly that we have made some major steps forward in creating a visiting experience that helps to generate positive visiting experiences.





**Our facilities include:**

- Café's in both main halls, serving hot food and drinks during every session
- Vending machines for alternative refreshments
- Change machine for money
- Play facilities and activities, with paid and volunteer child support.
- Baby change provision.
- Gender neutral, disability compliant toilet facility.
- Full disability access to all areas.
- Mobility scooters, wheelchairs, pushchairs.
- Mother and baby room for breastfeeding, and prayer/contemplation.
- 'Zen Garden' for quiet reflection during difficult family times.
- Family Intervention Lounges for a wide range of services/programmes.
- Drop down screen and audio for community presentation/events.
- High chairs and additional/alternative seating.
- All staff are fully trained in First Aid and Emergency First Aid.
- De-fib' unit, and multiple first aid kits, disabled access lift.





*For further information on the visiting experience please refer to the leaflets in the appendix.*

#### 4. Parc Supporting Families Gateway Communication for Families & Significant Others



For over ten years the prison has had a dedicated Parc Supporting Families team, comprised of directly employed staff and local volunteers. The purpose of PSF is to provide a gateway of appropriate communication between the prison and the community, for all prisoners in our care, including a dedicated PSF Officer for the Young person Unit. We strive to do this through a number of methods, including a dedicated phone line which includes a 24/7 answer service when staff/volunteers are not available. Every call is logged, and actions assigned to the appropriate department or individual. This phone line service enables family, friends and significant others to ring through with questions, concerns and worries, and obtain quick



answers from specially trained PSF team members. PSF also has a direct email box that can additionally be used for communications.

The PSF Team also conduct a family and significant other induction assessment on every person who comes into custody within the first week, to explain the range of services we provide, including the visits booking process, how the phones work, receiving and spending money, receiving clothing and property, letter writing, communicating with family, and the various family interventions, etc.

**PSF also explain and publicise the digital services available to families such as;**

- **Emailprisoner.com** – enabling two way exchanges.
- **Prison Voice Mail** – enabling voice mail to be left on a prisoner’s in-cell phone.
- **E-payments Service** – enabling prisoners to receive external digital money payments.
- **Skype Contact** – Specifically for the Young Persons Unit 



- ✓ The PSF Team work alongside the wider Family Interventions group to deliver a range of different family interventions to prisoners, their children and families. These mostly take place in the visiting areas and lounges, as well as on units and group rooms.
- ✓ PSF in partnership with other internal departments and external agencies, offer a wide range of parenting, relationship and family focused interventions and services, for prisoners, their Significant Others, children and community professionals, these include;
  - ✓ **Family Day Events**
  - ✓ **Family/Significant Other Lounge Visits**
  - ✓ **Fathers Inside**





- ✓ Family Man
- ✓ Fire Fighter For A Day



- ✓ Bathing Babies
- ✓ Parenting For Dads
- ✓ Language & Play
- ✓ Numeracy & Play
- ✓ Welsh & Play
- ✓ Scouts
- ✓ Learning Together Homework Club
- ✓ Duke of Edinburgh's Award Scheme
  
- ✓ Moving Parents & Children Together
- ✓ You Can Change
- ✓ Invisible Walls Wales
- ✓ Invisible Walls Accord
- ✓ Parent/Teacher afternoon (Children's Showcase)
- ✓ Teacher Awareness Workshop (IWA)
- ✓ Hidden Sentence Training (Barnardo's)

*For further details on these interventions, please refer to the interventions leaflets in the appendix.*



PSF support for those at risk of self-harm, and those who do not have family support/visits, including those with care-lever experience.



- ✓ PSF work alongside the Safer Custody Team to ensure family members have access to support men who are at risk of self-harm, through being invited where appropriate and consented to attend Family Review Forums, as well as focused events in the visits halls with **PAPAS** – Parc Assisting Prisoners Against Self-harm. These large events are scheduled to run twice a year, and designed to offer those with a current or historic history of self-harm, the opportunity to take part in an informative and enjoyable open session with internal and external providers of support services. The purpose being to offer useful and proactive help and guidance for men and their adult family members who may attend.
- ✓ Similarly, by analysing the prison population through a twice yearly data capture, as well as the daily PSF Induction for all new prisoners, we are able to identify men who do not have visits or family support for whatever reason, including those with care-lever experience, and offer some alternative help through our **CONNECT** programme, including approved International Pen Pal services, Official Prison Visitor Scheme, and community events in the visits hall. CONNECT schedule two annual events in the visits hall for men to attend on a voluntary basis, the purpose being to offer an enjoyable and helpful session, including internal and external agencies providing specific support services to those without visits or family contact.

## 5. Family Interventions Unit – ‘Parenting is not for cowards’ (Rob Parsons - ‘The 60 second father’)



HMP Parc was the first prison in the EU to design and open a Family Interventions Unit in 2010. Our 64 bed unit (T4) is specifically for men who have been identified as having a high need of support and intervention, with regards to their family situation, relationships, parenting, etc. Entry to the unit is dependent on passing through an assessment board attended by a number of relevant internal and where appropriate external staff. Decisions are made on a need and risk consideration basis, with all protective factors for the prisoner and family members assessed. All the men on the unit sign a compact committing to complete the interventions that they are assigned, and to abide by the strict rules of the unit, where being a **'Family Man'** is the model to aspire to.

#### **The Six Principles of the Family Man on the Family Interventions Unit:**

- 1) *The Family Man works, he saves and provides: Debt destroys families.*
- 2) *The Family Man is not a substance misuser: Drug and alcohol abuse have no place within the family.*
- 3) *The Family Man does not put crime before his children, his family or his freedom.*
- 4) *The family man appreciates, loves, protects and teaches the gift that is a child.*
- 5) *The Family Man has an Indomitable Spirit: When the odds are against him and his family, he never gives up and never walks away.*
- 6) *The Family man is willing to sacrifice his own wants and needs for the good of his family.*

The men on the unit are subject to drug testing and a clear commitment to progress is expected to be maintained. The unit is available to men with at least 4 months left to serve, and the average time on the unit

is around 8 – 14 months, with most leaving the unit through Home Detention Curfew, transfer to Open Conditions, or release at the end of sentence.

**6. Invisible Walls Wales.** *Winner of the Centre for Social Justice ‘Family’ award 2017*



One of the main themes of the Family Intervention Unit is Invisible Walls Wales service. IWW began in 2012 initially with BIG Lottery funding, and as from 2017 funded jointly by HMPPS and G4S. IWW offers long term mentoring support for the whole family including children, whilst in custody and for up to 10 months after release into the South Wales area. The family receive a single point of contact throughout this period, who will support, guide and assist with all relevant agencies, statutory and voluntary services, in order to help everyone move forward positively without crime or the impact of prison.

The **Invisible Walls Accord** project is delivered in partnership by Barnardo’s, and focuses specifically on enabling schools to become aware and equipped to support and help children and families affected by imprisonment.



*For further information on Invisible Walls Wales & Invisible Walls Accord please refer to the appendix.*



## 7. Partnership working & Stakeholder Engagement

HMP & YOI Parc work alongside an extensive range of external providers and partners, and PSF is extremely proud to have built up a powerful stakeholder engagement portfolio and reputation over the last decade.

All the services and interventions detailed in this strategy involve either directly or indirectly, partnership working. This includes formal contractual Service Level Agreements as well as informal arrangements built on mutually beneficial working relationships. This model enables us to develop and offer a broad, safe, and effective service delivery.

### Our PSF partners include:

Welsh Government

Local MP's/AM's

Social Services / Children's Services

Legal Services Commission

South Wales Primary & Secondary Schools

Team Around The family

Barnardo's Cymru

Friends & Families of Prisoners

Prison Advice Care Trust

Safe Ground UK

Emailprisoner.com

Children In Wales

Duke of Edinburgh Award Scheme

Wales Association of Voluntary Councils

Rotary International

Europris

HMPPS Wales

Welsh Local Authorities

South Wales Police

South Wales Fire & Rescue

Police & Crime Commissioner

Families First

POBL Group

Partners Of Prisoners

Care For The Family

Action On Addiction

Prison Voice Mail

NSPCC

Scouts Wales

CLINKS

Valley & Vale

Children of Prisoners Europe





International Coalition for Children with Incarcerated Parents

Wells Of Hope

Hanze University – Netherlands

University of South Wales

Cardiff University

Cardiff Metropolitan University



*For further information on our partnerships please refer to the appendix*

## 8. Family Feedback

PSF place a heavy emphasis on delivering and growing a service that is based on client feedback. To assist us with our efforts to stay in tune with what prisoners, their family, children, and Significant others are experiencing within our interventions and service delivery, as well as enabling us to remain responsive to matters relating to diversity and equality, we have developed a number of methods to capture client feedback. We then use a variety of resources, including university placement support to analyse and respond positively to the data, as well as to plan creatively for new innovations and services to enhance our provision.

- Twice yearly data capture on the prison populations visiting uptake and frequency.
- Data capture on prisoners not receiving visits, and analysis on reasons why.
- Prisoner feedback on the visiting experience.
- Family/children/Significant Other feedback on the visiting experience.
- 360 degree feedback on Family Day events
- 360 degree feedback on family interventions, individual and group.
- Visitor Centre experience data capture (Barnardo's)
- Visitor Centre daily feedback journal.
- PSF helpline – direct feedback logged.
- Written / emailed feedback logged.



- Formal Request & Complaints from prisoners.
- Formal Public Correspondence complaints.
- Various research/evaluation qualitative data capture throughout the year.



*HMP & YOI Parc fully acknowledge and endorse that... In November 1989 the United Nations General Assembly adopted the UN Conventions on the Right of the Child, in which Article 9, Clause 3 stipulates that as long as it is in the best interest of the child, it is a right for the child who is separated from one or both parents to maintain personal relations and direct contact with both on a regular basis.*

# Believe in children



## Barnardo's Cymru

### A helpful guide for children visiting HMP & YOI Parc



In partnership with



thewaterloofoundation\*

# **Introduction**

At Barnardo's we know what a difficult time it can be when someone you love goes to prison.

We have made this guide to give you information about what to expect when you visit HMP & YOI Parc. Hopefully it will answer any questions you may have, or will let you know who you can go to for help.

## Who can I talk to?

Barnardo's Family Workers are based in The Susan Ellis Family Visitors' Centre and are happy to talk to you and listen to any concerns you may have about you and your family.

You can also contact them by ringing their helpline: **01656 302817.**

**Look out for the green desk**



# Where do I go when I arrive at the prison?

The Susan Ellis Family Visitor Centre



This is where you will find the Barnardo's Family Workers and where you will book in for your visit.

There is a play area inside



and a playground outside.



## **Will I be searched?**

Reception staff will check your pockets before your visit. Make sure you don't have toys or sweets hidden away!

There may be dogs to give you a sniff but don't worry they are super friendly and very well trained.



Barnardo's Family Workers are happy to walk with you if you are feeling a bit nervous.

## **What happens after I've been searched?**



After you have been searched you will be taken up to the visits hall. It is a bit of a walk and it often rains in Wales so we recommend bringing a coat!

# The Visits Hall

This is where your visit will take place.



## What is a visit actually like?

Your family will have their own table to sit on. Dad will have to sit down but you can get up and play. You can give Dad a hug to say hello and goodbye.

# Food and drink during your visit



Grown-ups can take money on the visit to spend on refreshments. There is hot food available to purchase from the tea bar as well as drinks and snacks from vending machines.

# The play area in the Visits Hall



There are lovely staff and volunteers in the play area who will be happy to play games with you or help you with arts and crafts. Dad won't be able to come to the play area with you but you can take games and toys to the table to play with him.

# Where does my Dad sleep?



This is a picture of a cell, which is the name of a bedroom in the prison. This is where Dad will sleep. As you can see, there are pictures and cards on display: this is where your Dad will likely keep any letters, cards or pictures that you may have sent him in the post.

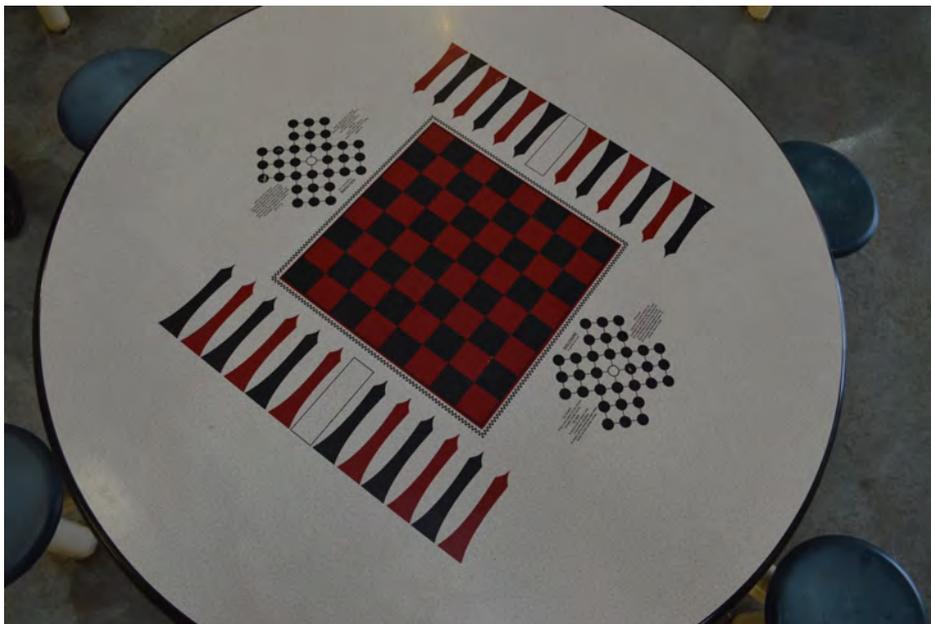
# Where does he work?



There are lots of jobs available to keep Dad busy and teach him new skills or he may study in the classroom - a bit like when you go to school.

There are beautiful gardens where Dad may work growing fruit and vegetables which are used in the canteen.

## Does he have time to exercise and play?



There is a gym that Dad can use to keep fit and healthy. He may also get free time to play games such as pool or chess.

# **How can I keep in touch?**

## **You can write letters to Dad**

Send them to...

HMP & YOI Parc

Heol Hopcyn John,

Coity, Bridgend

CF35 6AP

Make sure you include the name of the person you are writing to and their number if you know it

## **Or send Emails**

[www.emailprisoner.com](http://www.emailprisoner.com)

## **Useful contacts:**

HMP & YOI Parc Switchboard

01656 300 200

Barnardo's Family Workers

01656 302 817

Parc Supporting Families

01656 300 351

01656 302 813

We hope you have found this guide helpful, please remember that we are here to answer any questions that you may have, and if you need anyone to talk to we will always make time for you.



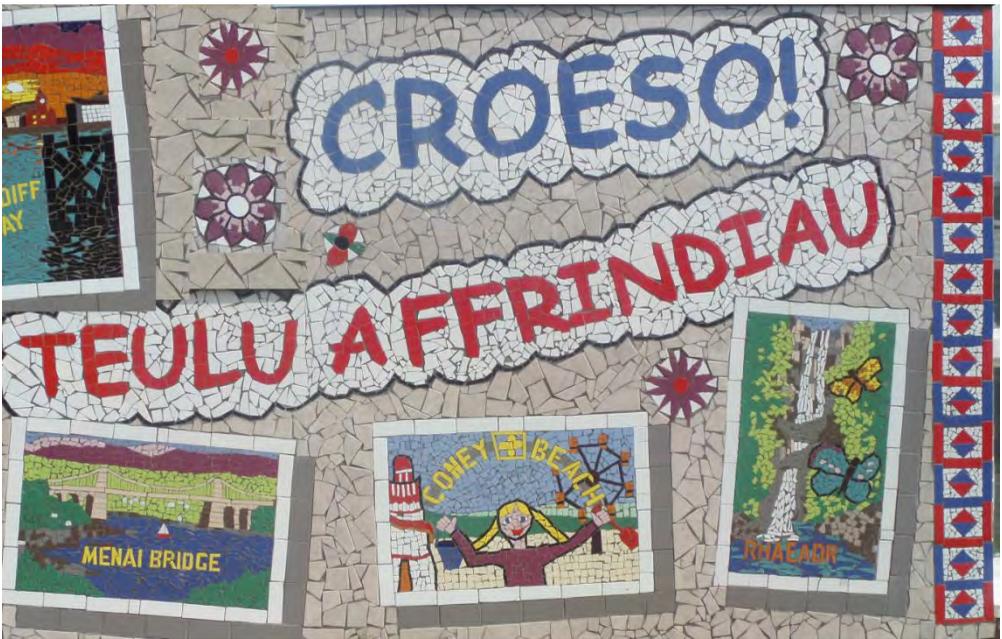
*'The Visitor Centre is named in honour of Susan Ellis, one of the founding cornerstones of Parc Supporting Families, who sadly passed away. Susan's passion and commitment in helping the children and families of those in HMP Parc will forever remain her legacy.'*

Credwch  
mewn plant



Barnardo's  
Cymru

## Canllaw defnyddiol ar gyfer plant sy'n ymweld â CEM a STI Parc



Mewn partneriaeth â



the **waterloo** foundation

INVESTORS  
IN FAMILIES

# Cyflwyniad

Rydym ni yn Barnardo's yn gwybod pa mor anodd mae'n gallu bod pan fydd rhywun rydych chi'n ei garu'n mynd i'r carchar.

Rydym wedi creu'r canllaw hwn i roi gwybodaeth i chi am beth i'w ddisgwyl pan fyddwch chi'n ymweld â Charchar EM a Sefydliad Troseddwyr Ifanc Parc. Gobeithio y bydd yn ateb unrhyw gwestiynau sydd gennych, neu y bydd yn rhoi gwybod i chi at bwy y gallwch chi droi i gael help.

## **Gyda phwy y galla i siarad?**

Mae Gweithwyr Teulu Barnardo's wedi'u lleoli yng Nghanolfan Ymwelwyr Teulu Susan Ellis ac maen nhw'n hapus i siarad â chi ac i wrando ar unrhyw bryderon sydd gennych amdanoch chi a'ch teulu.

Gallwch hefyd gysylltu â nhw drwy ffonio'u llinell gymorth: **01656 302817.**

**Chwiliwch am y ddesg werdd**



# I ble fydda i'n mynd pan fydda i'n cyrraedd y carchar?

Canolfan Ymwelwyr Teulu Susan Ellis



Yn fan hyn y byddwch chi'n dod o hyd i Weithwyr Teulu Barnardo's ac yn cofrestru ar gyfer eich ymweliad.

Mae yna ardal chwarae y tu mewn



a lle chwarae y tu allan.



## **A fydda i'n cael fy chwilio?**

Bydd staff y dderbynfa'n edrych y tu mewn i'ch pocedi cyn eich ymweliad. Gwnewch yn siŵr nad oes gennych chi deganau neu felysion wedi'u cuddio!

Efallai bydd cŵn yn eich arogleuo ond peidiwch â phoeni; maen nhw'n gyfeillgar iawn ac maen nhw wedi'u hyfforddi'n dda iawn.



Mae Gweithwyr Teulu Barnardo's yn hapus i gerdded gyda chi os ydych chi'n teimlo bach yn nerfus.

# Beth sy'n digwydd ar ôl i mi gael fy chwilio?



Ar ôl i chi gael eich chwilio bydd rhywun yn mynd â chi i'r neuadd ymweliadau. Mae'n eithaf pell i gerdded yno ac mae'n bwrw glaw yn aml yng Nghymru, felly rydym ni'n argymhell eich bod chi'n dod â chôt!

# Y Neuadd Ymweliadau

Yn fan hyn y bydd eich ymweliad yn cael ei gynnal.



## Sut beth yw ymweliad mewn gwirionedd?

Bydd gan eich teulu eich bwrdd eich hun i eistedd wrtho. Bydd yn rhaid i Dad eistedd ond gallwch chi godi a chwarae. Gallwch chi roi cwtsh i Dad i ddweud helo a hwyl fawr wrtho.

# Bwyd a diod yn ystod eich ymweliad



Mae oedolion yn cael mynd ag arian ar yr ymweliad i'w wario ar fwyd a diod. Mae yna fwyd poeth ar gael i'w brynu o'r bar te yn ogystal â diodydd a byrbrydau o'r peiriannau gwerthu.

# Yr ardal chwarae yn y Neuadd Ymweliadau



Mae yna staff a gwirfoddolwyr cyfeillgar yn yr ardal chwarae a fydd yn hapus i chwarae gemau gyda chi neu i'ch helpu gyda chelf a chrefftau. Ni fydd Dad yn gallu dod i'r ardal chwarae gyda chi ond gallwch chi fynd â gemau a theganau at y bwrdd i chwarae gydag ef.

# Ble mae Dad yn cysgu?



Dyma lun o gell, sy'n enw am ystafell wely yn y carchar. Yn fan hyn y bydd Dad yn cysgu. Fel y gallwch chi weld, mae yna luniau a chardiau ar y wal: yn fan hyn mae'n debyg y bydd Dad yn cadw unrhyw lythyrau, cardiau neu luniau rydych chi wedi'u hanfon ato drwy'r post.

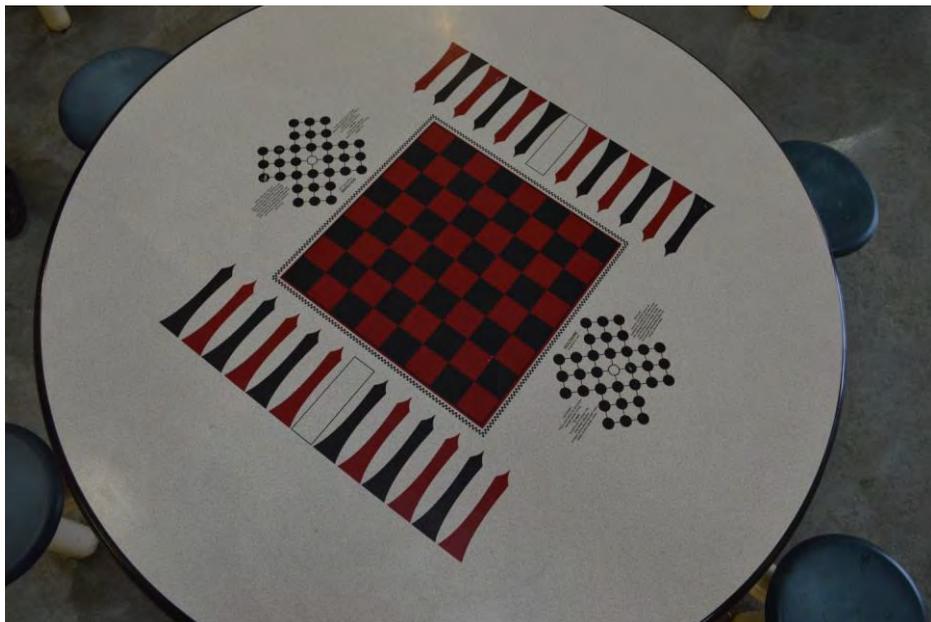
# Ble mae'n gweithio?



Mae yna lawer o swyddi ar gael i gadw Dad yn brysur ac i ddysgu sgiliau newydd iddo, neu mae'n gallu astudio yn yr ystafell ddosbarth – yn debyg i chi'n mynd i'r ysgol.

Mae yna erddi hardd lle mae Dad yn gallu gweithio i dyfu ffrwythau a llysiau sy'n cael eu defnyddio yn y ffreutur.

## A oes ganddo amser i wneud ymarfer corff a chwarae?



Mae yna gampfa y gall Dad ei defnyddio i gadw'n ffit ac yn iach. Gall hefyd gael amser rhydd i chwarae gemau fel pŵl neu wyddbwyll (*chess*).

# **Sut galla i gadw mewn cysylltiad?**

## **Gallwch chi ysgrifennu llythyrau at Dad**

Anfonwch nhw i...

CEM a STI Parc

Heol Hopcyn John,

Coety, Pen-y-bont

ar Ogwr

CF35 6AP

Gwnewch yn siŵr eich bod  
chi'n cynnwys enw'r person  
rydych chi'n sgwennu ato a'i  
rif os ydych chi'n ei wybod

**Neu anfonwch e-bost**

[www.emailaprisoner.com](http://www.emailaprisoner.com)

# **Cysylltiadau defnyddiol:**

Switsfwrdd CEM a STI Parc

01656 300 200

Gweithwyr Teulu

Barnardo's

01656 302 817

Cymorth i Deuluoedd

Parc

01656 300 351

01656 302 813

Rydym yn gobeithio bod y canllaw hwn wedi bod yn ddefnyddiol i chi. Cofiwch ein bod ni yma i ateb unrhyw gwestiynau sydd gennych chi, ac os ydych chi am siarad â rhywun, byddwn ni yma i chi bob amser.



*‘Mae’r Ganolfan Ymwelwyr wedi’i henwi i anrhydeddu Susan Ellis, un o’r hoelion wyth a sefydlodd Cymorth i Deuluoedd Parc, ond sydd bellach wedi marw. Ei hetifeddiaeth am byth fydd ei hangerdd a’i hymrwymiad wrth helpu plant a theuluoedd y rhai sydd yng Ngharchar EM Parc.’*

# Warm and Welcome

## Fuel Advice Service

**The Warm and Welcome fuel advice service offers guidance and support on a wide range of household fuel related issues for families using the Susan Ellis Visitor Centre.**

We aim to help the families to access a range of support services relating to fuel debt and energy efficiency. We will work with family members confidentially within the visitor centre, and if required within the local community.

The service is a Drop-In Facility which can offer:

- Fuel Debt Assistance
- Energy Awareness and Efficiency Advice
- Fuel Related Benefit Health Checks
- Support with Reading and Understanding Fuel Bills

Please contact:

[Claire.Hughes@barnardos.org.uk](mailto:Claire.Hughes@barnardos.org.uk)

Mobile: 07808735908



**Believe in  
children**  
 **Barnardo's**  
Cymru

in partnership with



*The ScottishPower*  
**Energy People Trust**

*Supporting Communities Since 2005*

# Gwasanaeth Cyngor ar Danwydd Cynnes a Chroesawgar

**Mae'r gwasanaeth cyngor ar danwydd Warm and Welcome yn cynnig canllawiau a chymorth ar ystod eang o faterion yn ymwneud â thanwydd yn y cartref i deuluoedd sy'n defnyddio Canolfan Ymwelwyr Susan Ellis.**

Ein nod yw helpu'r teuluoedd i gael mynediad at amrywiaeth o wasanaethau cymorth mewn perthynas â dyledion tanwydd ac effeithlonrwydd ynni. Byddwn yn gweithio'n gyfrinachol gydag aelodau'r teuluoedd hyn yn y ganolfan ymwelwyr, ac os bydd angen yn y gymuned leol.

Mae'r gwasanaeth yn Gyfleuster Galw i Mewn a all gynnig:

- Cymorth gyda Dyledion Tanwydd
- Cyngor ar Ymwybyddiaeth o Ynni ac Effeithlonrwydd Ynni
- Archwiliadau Budd-daliadau mewn perthynas â Thanwydd
- Cefnogaeth i Ddarllen a Deall Biliau Tanwydd

Cyswllt:

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Ffôn Symudol: 07808735908



**Credwch  
mewn plant**  
**Barnardo's  
Cymru**

mewn partneriaeth â



**The ScottishPower  
Energy People Trust**

Supporting Communities Since 2005



# Family Interventions Unit 2010

The Family Interventions Unit for male adult and young offender prisoners has a central focus of repairing, enhancing and taking responsibility for relationships, parenting and family, all of which have felt the impact of offending behaviour and imprisonment. It has a range of group and individual interventions that are tailored to risk and need in accordance with the Offender Management Unit and protective factors.

Almost every intervention involves direct working with their children and families. All child and public protection factors and restrictions are adhered to.

The range of interventions available includes: Fathers Inside, Family Man, Parenting For Dads, Moving Parents And Children Together, Home Work Club, Parent/Teacher events, Language and Play, Numbers and Play, Baby Steps, Rhyme Time, Scouts Wales, Fire Fighter For a Day, Duke of Edinburgh's Award Scheme, and of course Invisible Walls Wales.

The men on the unit need to have at least 4 months left to serve, and usually spend around 8-12 months on the unit. Most men are released from the unit. Since opening, we have graduated around 600+ men, and anecdotal local tracking suggest less than a third have returned to custody.

Working in partnership has led to the adapted replication of the FIU in HMP Maghaberry in Northern Ireland, HMP Altcourse - Liverpool, HMP Oakwood - Wolverhampton, HMP Erlestoke - Devizes, and two new FIU's in the Netherlands.



“HMP Parc worked with families to ensure they were involved in the rehabilitation and resettlement of prisoners. The approach was radical and innovative and probably the best we have seen in any prison.”

Her Majesty's Inspectorate of Prisons Published Report June 8<sup>th</sup> 2016: (Para 4.36-39)



## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

#### INVESTORS IN FAMILIES IN THE SECURE ESTATE



HMP Parc is the first establishment within the UK Secure Estate to receive the 'Investors in Families Charter Mark'. In order to gain this award, the prison had to evidence all the excellent work they do with prisoners and their families. Parc works in collaboration with a wide range of agencies and organisations to support families, and has fostered many positive working relationships, developing a shared perception of the role and remit of the prison which has greatly benefited the prisoners and their families. Family Interventions are currently working on a useful guide for prisons across the UK and even further.



Investors in Families assessment day in the Family Intervention lounge.



Founder of Investors in Families talking to a prisoner and his wife.

#### Generic evidence:

-  **Activity evidence 1 – Supporting Families**
-  **Activity evidence 2 - Preparing Fathers/Mothers for returning to Family Life.**
-  **Activity evidence 3 - Family Interventions in the Secure Setting.**
-  **Activity evidence 4 – Qualifications**
-  **Activity evidence 5 – Working with Community Partners**

#### Quote from assessor:

*"It was a very moving visit, which alone demonstrated how committed Parc is to working positively with families. The families were prepared to meet us, and talk frankly about their experience was further testament of the trust they have in Parc's staff"*



## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

#### INVISIBLE WALLS WALES

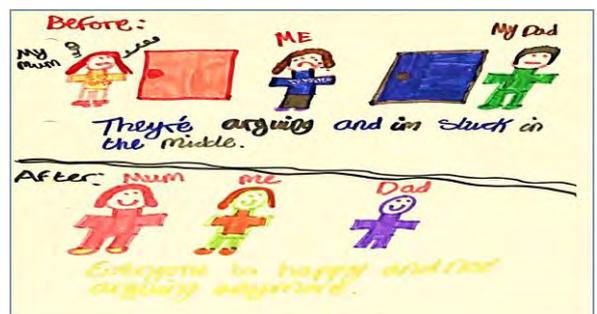
Invisible Walls Wales (IWW) was established in August 2012 with the help of BIG Lottery funds, and is now a service delivery jointly supported by HMPPS Wales and G4S. The IWW project team work closely with prisoners, their families and their children during the custodial sentence and for up to 10 months post release. Support is offered to the **whole family** through a package of interventions which include specialist parenting and relationship programmes, advice about family debt, training and education, housing advice and support, substance misuse, physical health and fitness and support in moving towards employment. IWW works in partnership with Bridgend Social Services and the POBL Group.

#### The three core aims of the project are:

- To reduce re-offending;
- To reduce intergenerational offending;
- To encourage community inclusion.



Bringing Families together



A Child's view – before and after working with IWW

#### How is support delivered?

A Family Integration Mentor (FIM) will be assigned to the person in prison and whole family, to deliver support from HMP Parc and out into the community. The FIMs will link in with substance misuse and employment, training, education & volunteering mentors, along with statutory services and schools. Support will be delivered to the whole family prior to release from Prison and for a period of up to 10 months in the community.

#### What other services are involved?

- Parc Supporting Families – delivering a wide and innovative range of whole family interventions.
- Social Services – clinical oversight on support being delivered by the project whilst supporting individuals, families and groups within the communities through a specialist IWW seconded social worker.
- POBL Group – delivery of Employment, Training, Education & Voluntary opportunities to families based in the community

*"IWW is a lifeline, if I have a problem, I ring [FIM], I can't praise IWW enough, it has been what we needed. If it wasn't for IWW, X would be lost in the system and would have no contact with his son."*

[IWW family participant]

## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

## FAMILY MAN



Family Man is a collective learning programme for fathers in prison, which uses family relationships as a vehicle for developing skills essential to education, training and employment, while challenging attitudes, thinking and behaviour in order to help reduce re-offending and intergenerational offending. The programme utilises drama, fiction, group discussion, games and written portfolio work to support students to develop and maintain their family relationships. Family Man is very different to Fathers Inside as it gives a family member the opportunity to be involved to create a SMART action plan for the student.



Dads deliver a play using the skills they have learnt.



A father trying to fix the damage he has done to his family.

#### Educational/Personal Development Outcomes:

- Develop and maintain family relationships
- Challenge attitudes and thinking
- Support ETE progression
- Enhance group work and communication skills
- Coordinate targeted support services and agencies
- Realistic goal-setting
- Contribute to desistance process
- Improve prisoner-staff relationship
- Improve basic literacy
- Consolidate positive identity
- Improve health and wellbeing

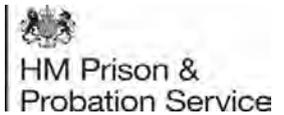
#### Qualifications gained on Fathers Inside:

- ✓ Agored Cymru Level 1 Family Relationships
- ✓ Agored Cymru Level 1 Team Working
- ✓ Agored Cymru Level 1 Skills Development

Qualifications gained since 2012: **328**

Quote:

*“The Family Man programme has made me much more aware of my bond with my family. It has also helped me to realize the damage my actions have caused to the whole family”*



## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

## FATHERS INSIDE



Fathers Inside is an intensive group-work programme for men and young men in prison focusing on parental responsibilities and children's education, development and wellbeing. The programme uses drama, fiction, group discussion, games and written portfolio work to enable students to develop a better understanding of their role as a father, while challenging attitudes, developing skills essential to successful resettlement, and contributing to desistance from crime.



A student on fathers Inside enjoying the Family Presentation with his daughters



Reunited at last! On the last day of the programme, a little boy who hadn't seen his father for 7 months.

### Educational/Personal Development Outcomes:

- 📚 Develop and maintain family relationships
- 📚 Challenge attitudes and thinking
- 📚 Support ETE progression
- 📚 Enhance group work and communication skills
- 📚 Coordinate targeted support services and agencies
- 📚 Realistic goal-setting
- 📚 Contribute to desistance process
- 📚 Improve prisoner-staff relationships
- 📚 Improve basic literacy
- 📚 Consolidate positive identity
- 📚 Improve health and wellbeing

### Qualifications gained on Fathers Inside:

- ✓ Agored Cymru Level 1 Parenting Skills
- ✓ Agored Cymru Level 1 Team Working

Qualifications gained since 2012: **230**

Quote:

*"I learnt about the different needs of my children and the importance of good communication, coping with different situations and how spending time with my children adds to everyone's overall happiness"*



## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

#### Baby Steps



Baby steps is an innovative antenatal educational programme for disadvantaged parents which aims at helping parents getting the best start, enabling them to build relationships and care for their baby.



**Proud parents who participated in the Babysteps programme, following the birth of their little boy.**

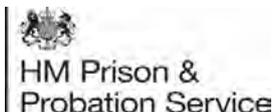
- The practicalities of parenting, labour and birth.
- Caring for and feeding a new baby
- Mental and physical health and wellbeing.

#### Outcomes / statistics

Baby Steps takes place over 9 sessions with a focus on the transition to parenthood, the relationship between the parents and the development of a positive relationship between parents and babies. The sessions are interactive and designed to build confidence and communication skills. The sessions cover:-

- Babies development
- Parent –infant interaction
- Relationships and support

The programme starts around the 28<sup>th</sup> week of pregnancy and consists of 6 sessions before birth and 3 sessions following birth. Sessions are run by the NSPCC, children service's practitioners and health professionals.



## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

#### CHILDREN'S SHOWCASE – PARENT/TEACHER EVENT

One of the gaps identified when working with families on Invisible Walls Wales, was how little the parents/carers of children affected by parental imprisonment link in directly with schools. In order to combat this, in 2014, HMP/YOI Parc hosted its first Parents/Teacher evening in the main visits hall.

Teachers were invited from all the schools involved with IWW children to bring along samples of the children's work and discuss this with mum, dad and child/children together. We learned that this was often the first time that some dads and mums in many cases had ever attended a parent/teacher event.

The first event was a huge success and a significant learning curve for parents and teachers. We now run these events annually.



Parent / Teacher evenings at HMP Parc, 2014 / 2015

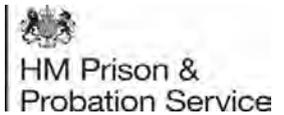
#### Feedback from the parent/teacher event

**"Since dad has come out there has been a real change in him (son) his eyes are brighter, he is cleaner, more effort seems to be made at home, his confidence has increased, now he enjoys school"** (School Teacher)

**"I have seen a marked difference in him (dad) and mum is happier too. They now do a lot as a family, they both come to school to support (daughter) together, everything just seems more positive. I think a big part of the change has been down to whatever intervention they have been receiving from yourselves."** (School Teacher)

**"She (child) has been brilliant, behaviour is brilliant and attendance is now fantastic, there has been a huge change in her behaviour this year compared to last year. Now she has a 97% attendance, the rate last year was around 58%."** (School Teacher)

**"I'm not scared anymore to talk to teachers about my son's work. I hated school and I've always stayed away because I thought the teachers would judge me. X is so happy that I've met his teacher."** (Dad)



## HMP & YOI PARC

## PARC SUPPORTING FAMILIES



### DUKE OF EDINBURGH AWARD SCHEME

Parc is the first prison to run the Duke of Edinburgh Leadership pilot programme. The programme is unique as it gives the Fathers an opportunity to gain a DofE Leadership qualification while mentoring their children/siblings through the different sections of the DofE Bronze Award. The fathers complete five modules and a portfolio in order to gain their DofE Leadership qualification.



Fathers and children working together to complete the Physical Section



Young people about to set off on their practice expedition. Covering 15km in two days.

### Outcomes / statistics

The DofE Leadership programme has many educational outcomes for the fathers and their children/siblings.

#### Skill Section Outcomes:

- Cookery skills
- Time Management Skills
- Leadership skills
- Agored Cymru Level 1 in Cookery
- Health and Safety
- Building better personal relationships

#### Expedition Training Outcomes:

- Important survival techniques
- Essential life skills
- Self – improvement skills
- Builds on self-esteem and confidence
- Team and relationship skills

#### Physical Section Outcomes:

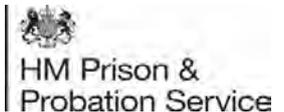
- Decision-making skills
- Problem-solving
- Planning skills
- Assertiveness and self-control techniques
- Leadership skills
- Health & Safety
- Building better personal relationships

#### Volunteer Outcomes:

- Mentoring skills
- Skills development
- Team and relationship skills
- Leadership skills
- Opportunity to apply skills learnt
- Self –management skills

### Qualifications gained:

- 3 x DofE Leadership Qualification (Fathers)
- 4 x Sectional Certificates Physical & Skills (Young people)
- 2 x DofE Bronze Award (Young people)



## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

#### FIREFIGHTER FOR A DAY

South Wales Fire & Rescue have been facilitating a Firefighter for a Day programme at HMP & YOI Parc since December 2015. The programme is available to those located on T3 & T4 units, and 12 places are normally allocated (6 from each wing).

During the mornings the staff will show those attending the:



involved.

- Total effects of Road Traffic Accidents.
- The causes of these.
- The effects of acts of Arson on the service and the general public.
- The effects that fire incidents can have on staff and victims and the families and friends of those



During the afternoon the participants will:

- Team build.
- Problem solve.
- Learn basic firefighting skill using charged hoses.

On April 8<sup>th</sup> 2016 this programme was extended to include prisoners and their children. Where the children and their fathers learnt:

- Home safety.
- Team building.
- Problem solving.
- Basic firefighting skills using charged hoses.





## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

## Language and Play (LAP) and Number and Play (NAP)

LAP/NAP are programmes aimed at supporting parents to communicate and play with their children, with the ultimate aim of improving pre-school children's language, communication and numeracy skills, as well as developing parenting skills.



Dad spending quality time with his child engaging with learning through play.

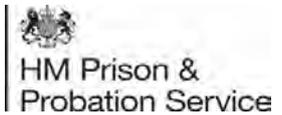


Children receiving certificates after completing LAP/NAP

### Outcomes / statistics

LAP/NAP is delivered by a member of the Parc Supporting Families team supported by volunteers. The sessions aims are to:-

- Enhance language development for 0-5 year olds.
- Encourage positive interactions between parents and young children.
- Help parents to explore ways of playing with, listening and talking to their children.
- Familiarise parents with phrases, rhymes and songs.
- Encourage parents to share books and stories with babies and young children.
- Develop understanding and confidence of parents.
- Lay a foundation for lifelong learning.



## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

## Learning Together Club

Learning Together Club was set up in Parc in 2008 and has delivered monthly programmes ever since. This initiative was developed to involve the Father as 'parental involvement' at that time was mainly focusing on the mother alone. The father has an opportunity to help his child/children with homework brought in from school. He can even write in their reading diary's, showing the teachers that dad can have an input even though he is in prison. The mothers/carers are not present for this intervention, thus allowing the prisoner and child quality time that they would not normally have the opportunity to have.



#### Educational Outcomes for prisoner:

#### Dads can support their children by:

- ✚ Developing listening, reading and writing skills
- ✚ Know more about learning styles and strategies
- ✚ Understand some educational jargon
- ✚ Know how to read/understand timetables/reports
- ✚ Talking to them about the world around them
- ✚ Encouraging them to chat and to listen to other points of view
- ✚ Reading with them and talking about the story and pictures
- ✚ Showing them how reading can help them find out about their hobbies and interests

#### Educational Outcomes for child:

- ✚ Supportive out-of-school learning environment
- ✚ Increased listening, reading and writing skills
- ✚ Students can participate in activities that develop their academic and social skills
- ✚ Enhances their learning and development skills
- ✚ Teachers can see fathers involvement
- ✚ Gives child/children undivided attention
- ✚ Children can show dad what they are studying in school



## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

#### MOVING CHILDREN AND PARENTS TOGETHER (M-PACT)



HMP Parc was the first prison to pilot the M-PACT programme in 2011 and has run regular successful programmes since. The programme supports children/young people aged 8-17, who have or who are experiencing the effects of parental substance misuse within the family. The programme offers a 'Whole Family Approach', working with parents and children from up to six families at any one time in different group combinations.



Young person's drawing about addiction.



Staff, volunteers and families on the final session.

#### Educational/Personal Development Outcomes for young people:

- Improved school behaviour, engagement and school attendance
- Better sleeping patterns
- Change in dietary habits
- Improved family relationships
- Builds self-esteem
- Cessation of prescribed medication
- Educating about physical hygiene
- Offending behaviour
- Reduces Anxiety levels

#### Educational/Personal Development Outcomes for parents:

- Reduction in parental substance
- Improvements in family communication
- Reduction in feelings of isolation and loneliness in children
- Parent is able give a better understanding to why they use
- Prolonged health benefits from reduction in chronic physical and mental ill health

The programme helps to repair the damage caused by substance misuse and enables the child to have a 'voice'. The extra benefits are families engaging with services and children having higher educational attainment. The M-PACT programme has a published evidence based evaluation through the University of Bath as well as a published social return on investment study.



## HMP & YOI PARC

### PARC SUPPORTING FAMILIES

# SCOUTS WALES



HMP Parc is proud to run Beaver Scouts for prisoner’s children. We teamed up with a local Scout Leader, who comes in weekly and works with Parc Supporting Families staff to deliver an hour of educational activities with an element of fun. The children gain a Scouts badge and certificate at the end of each group. Scouts runs alongside the evening visit and the parents get to enjoy some valuable quality time, which they may not normally get. We have also twinned our Scout Group with the Wells Of Hope Scout Group for children of prisoners in Uganda, and succeeded in several fund raising activities.



The children learning First Aid in one of the sessions



The young Scouts receiving their badges and certificates.

### Educational/Personal Development Outcomes:

Scouts develop skills including

- Time management
- Leadership skills
- Using initiative
- Planning
- Communication
- Self-motivation
- Cultural awareness

#### The Scout Motto:

Be Prepared!

#### The Cub Scout Promise:

I promise that I will do my best to do my duty to God and to the Queen. To help other people and to keep the Cub Scout Law.

### By being involved in Scouts, it can provide:

- Strengthening Families ties
- Fun
- Develop Interests and Skills
- Adventure
- Fellowship
- Diversity
- Positive Place
- Has Ideals

#### The Cub Scout Law:

Cub Scouts always do their best, think of others before themselves and do a good turn every day.





## Links to on-line News Reports, Videos and Feature Articles

<http://www.walesonline.co.uk/news/wales-news/inside-wales-biggest-prison-unprecedented-11147052>

Wales On Line, 6<sup>th</sup> April 2016 - Inside Wales' Biggest Prison: unprecedented access to prisoners and their families

<http://www.channel4.com/news/dads-behind-bars-teaching-inmates-to-put-kids-before-crime-parc-prison-andy-davies> - Channel 4 News – Dads Behind Bars

<https://www.youtube.com/watch?v=FPbfX4DtP70> - Invisible Walls Wales

<http://www.g4s.com/en-GB/Media%20Centre/News/2012/03/28/Big%20Lottery%20Fund%20Award/> - G4S Big Lottery Fund Award 28 Mar 2012

<https://www.biglotteryfund.org.uk/global-content/press-releases/wales/archive/120328-prison-helps-gavin-to-paint-a-bright-new-future> - Big Lottery Fund, 28 Mar 2012

<http://www.bbc.co.uk/news/uk-wales-17539577> - BBC News 29 Mar 2012, £3m to help stop HMP Parc prisoners re-offending

<http://www.walesonline.co.uk/news/local-news/parc-prisons-invisible-walls-project-2034876> Wales On Line, Parc Prison's Invisible Walls project given £3m 29 Mar 2012

<http://www.careforthefamily.org.uk/working-with-families/service-providers-2/how-can-this-work-for-me/prisons> - Care for the family, Prisons, Invisible Walls Project 2013

<http://www.theyworkforyou.com/whall/?id=2013-06-18a.188.0> Invisible Walls Rehabilitation Programme (HMP Parc) in Westminster Hall, 18<sup>th</sup> June 2013, Madeleine Moon, MP

<http://www.safeground.org.uk/family-matters-to-young-fathers-in-prison/> - Family Matters to Young Fathers In Prison, Safe Ground, 24<sup>th</sup> Jul 2013

<https://www.theguardian.com/society/2013/jul/23/family-important-young-fathers-prison> Family Matters to Young Fathers in Prison, Caspar Walsh, 23 July 2013

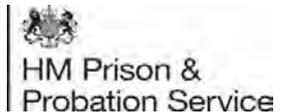
<https://www.positive.news/2013/society/13645/family-focused-scheme-offers-route-prisoner-rehabilitation/> - Positive News, 23 Aug 2013 – Family Focused scheme offers new route to prisoner rehabilitation

<http://www.butlertrust.org.uk/princess-royal-at-hmp-parc/> - HRH the Princess Royal at HMP Parc Feb 2014

<http://www.cherieblair.org/highlights/> - Cherie Blair at HMP Parc, 4 Mar 2014

<https://bigblogwales.org.uk/2014/11/13/families-reunited-through-invisible-walls/> - The Big Blog Wales, Families United Through 'Invisible Walls', 13 Nov 2014

<http://www.prisonerseducation.org.uk/keynote-speeches> – Prisoners' Education Trust Conference 2015



<http://www.bigissue.com/features/2069/invisible-walls-wales-big-issue-cymru-big-list-subscriber> The Big Issue, Oct 2015

<http://icpa.ca/library/w1-01-corin-morgan-armstrong/> - ICPA (International Corrections Prisons Association, 26 Oct 2015, Corin Morgan-Armstrong, Family: The Crucible of Rehabilitation

<http://www.bigissue.com/features/2069/invisible-walls-wales-big-issue-cymru-big-list-subscriber> - Invisible Walls Wales helps prisoners and their families, providing support advice and training in a range of areas; 2 Nov 2015

<http://www.g4s.uk.com/en-GB/Media%20Centre/News/2016/03/04/President%20of%20Malta%20visits%20HMP%20Parc/> - Maltese President in visit to South Wales prison, 4 Mar 2016

<http://www.walesonline.co.uk/news/wales-news/malta-wants-copy-parc-prisons-11006569> Wales on Line, President of Malta Visit to HMP Parc, 8 Mar 2016

<http://www.walesonline.co.uk/news/wales-news/inside-wales-biggest-prison-unprecedented-11147052> – Wales On Line, Inside Wales' biggest prison: Unprecedented access to prisoners and their families, 6 Apr 2016

<http://www.bbc.co.uk/news/uk-wales-south-east-wales-36502419> - BBC, Parc Prison: Children 'key to prisoner rehabilitation'; 12 June 2016

<http://www.safeground.org.uk/family-ties-at-parc/> - Safe Ground, Family Ties at Parc, 16<sup>th</sup> June 2016

[http://www.i-hop.org.uk/app/answers/detail/a\\_id/233/~invisible-walls-wales](http://www.i-hop.org.uk/app/answers/detail/a_id/233/~invisible-walls-wales) - i-HOP Invisible Walls Wales

<http://ccyd.org.uk/links/invisible-walls-wales.aspx> - Coleg Cymunedol Y Dderwen link

<http://www.lemosandcrane.co.uk/dev/resources/Corin%20Morgan-Armstrong%20PrisonerActionNet%20Presentation.pdf> - Lemos and Crane, Prisoner Action Net – CMA presentation

<http://www.senedd.assembly.wales/documents/s28124/Presentation.pdf> - Cross Party Group of the National Assembly for Wales, CAPI Cymru, IWW

<http://www.walesonline.co.uk/news/wales-news/teachers-going-prison-parents-evening-11960293> Wales On Line 30<sup>th</sup> September 2016 – Teachers are going into a prison for a parents' evening to be held behind bars

<http://www.walesonline.co.uk/news/wales-news/children-been-going-jail-duke-11957355> Wales On Line, 30<sup>th</sup> September 2016 – Children have been going into JAIL to do their Duke of Edinburgh awards with their inmate dads

## Why does Invisible Walls Wales exist?

### Effects on children:

- 6 out of 10 boys with an imprisoned parent will also be imprisoned in their lives.
- Suffering 'Adverse Childhood Experiences' such as a parent in prison or using drugs impacts on health, wellbeing and development, now and in the future.
- IWW supports coherent, functioning family units.

### Giving a reason to stay out:

- 72% of released prisoners return within two years.
- Research has shown a marked reduction in re-offending when there have been regular and meaningful family visits (MoJ, 2008).
- IWW Project Evaluation (2017) has found that focusing prisoners on their children and families provides powerful motivation to stay out.

### Working 'through the gate':

- Families face stress and disruption from a parent's release and adapting to the new circumstances.
- Prisoners often look forward to a better life in the community, but struggle with new responsibilities and resisting temptations of old friends and habits.
- IWW helps with preparing for release and provides support for up to 12 months afterwards.

## Who is eligible?

- At least one parent in prison who is motivated and willing to make sacrifices for the sake of their family (e.g. be willing to engage with family interventions).
- Release address in South Wales.
- Family and at least one child living in South Wales.
- Clearly identified need for 'whole family support'.
- Parents do not have Orders in place preventing contact with their children or each other.

*"IWW has changed me. All I want to be is with my partner and the babies. Without the project I wouldn't have this bond with the baby. It created a love I have never had for anyone like I love my daughter"*

**Invisible Walls Prison Participant**

*"It's amazing, like watching somebody flower. He wants to provide for his son and give him everything. He is a new man, a proper family man"*

**Invisible Walls Family Participant**



**Invisible Walls Child Participant**

For more information or referrals contact:

**IWW Service Delivery Manager:** Dave Allen

**Family Interventions Business Support Officer:** Mary Cooke

**Address:** HMP Parc, Heol Hopcyn John, Bridgend, CF35 6AP

**Phone:** 01656 300200

**Email:** [dave.allen@uk.g4s.com](mailto:dave.allen@uk.g4s.com); [mary.cooke@uk.g4s.com](mailto:mary.cooke@uk.g4s.com)

**Within the Prison:** Use CMS Console and search for IWW App



**Invisible Walls Wales** is for families affected by parental imprisonment who need support.

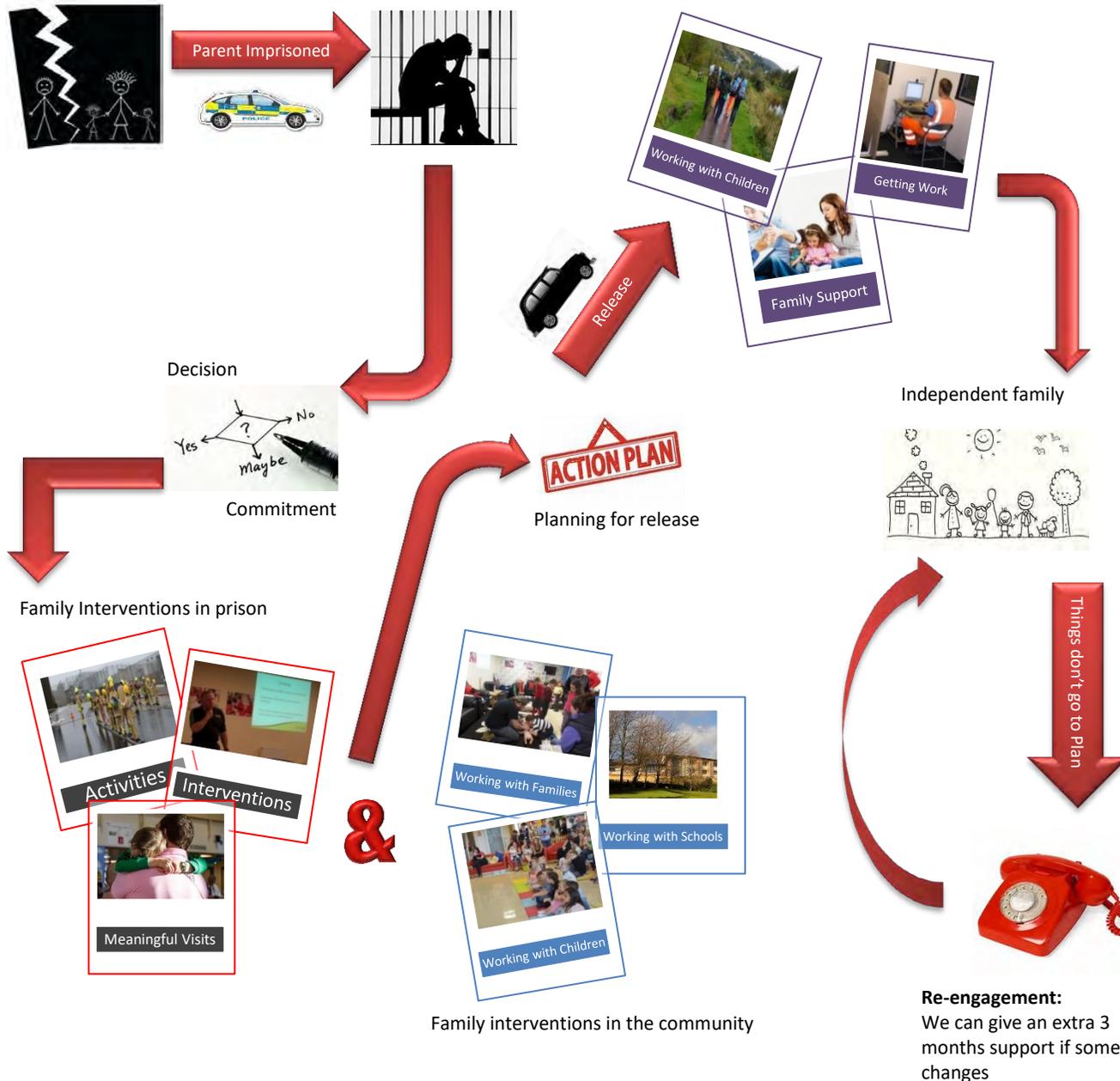
It offers each family a mentor, who will work with every family member, including the children.

Our work begins 6 months before a parent is due for release and can last for up to 12 months after.

Our aims are:

- To reduce chances of repeat offending by parents by keeping them focused on their children and family's needs.
- To stop children from following their parents into prison and to make sure they reach their potential.
- To help families to build a positive life within their community that will give them and their children a brighter future.

The IWW Journey



What tools do we use in IWW?

- In HMP Eastwood Park**
    - Individual mentor support
    - One to One Interventions
    - Support with visits
    - PACT support
  - In HMP Parc**
    - Individual mentor support
    - Fathers Inside
    - Firefighter for a Day
    - MPACT
    - One to One Interventions
    - Bliss for Babies
    - Family Man
    - Scouts
    - Duke of Edinburgh
    - Language & Play
    - Positive Parenting
    - Work on substance use
  - In community**
    - Individual mentor support
    - Education & employment support
    - Direct support to schools
    - Access to 'Invisible Walls Accord'
    - Support with substance misuse
    - One to one work with children
    - Family skills work (whole family)
    - Referrals to Family Group Conferencing
- Work continuing to develop the service in other prisons and organisations across Wales...





## THE FAMILY MENTOR SERVICE

- **Would you like to reach out to your family from prison?**
- **Do you want to make your family visits count?**
- **Do you want to make your children proud of you?**
- **Would you and your family benefit from one-to-one support in prison and for up to 12 months after your release?**

**If YES to these questions, you might be eligible for the IWW Family Mentor Service.**

### **Who can apply?**

- ✓ Are you from South Wales and returning to live there?
- ✓ Do you have at least one child also living in South Wales?
- ✓ Are you willing to work hard to become a better father?
- ✓ Would the mother or carer of your child / children work with us?

**USE THE CMS IWW APP OR ASK YOUR OFFENDER SUPERVISOR ABOUT IWW.**

# Invisible Walls Accord

## Hybu newid cadarnhaol

Lleihau stigma  
Addysgu cymunedau  
Cynyddu cyfleoedd  
Lleihau troseddu rhwng cenedlaethau

Mae pethau **anhygoel**  
yn digwydd pan  
fyddwch chi'n credu  
mewn plant.

**Credwch  
mewn plant**  
 **Barnardo's**  
Cymru

## Beth yw Gwasanaeth Invisible Walls Accord Barnardo's?

Bydd Prosiect IWA yn cefnogi plant oed ysgol  
yn ardal De Cymru sydd â rhiant neu frawd  
neu chwaer yn y carchar, er mwyn:

- Cynyddu lles emosiynol
- Lleihau ymddygiad niweidiol
- Cynyddu presenoldeb yn yr ysgol
- Lleihau gwahardd o'r ysgol

## Pecyn Cymorth Invisible Walls Accord

Ar hyn o bryd mae Gwasanaeth Invisible  
Walls Accord yn treialu pecyn cymorth mewn  
ysgolion, i gefnogi plant a phobl ifanc y mae  
un o'u rhieni yn y carchar.

Ar hyn o bryd rydym yn gweithio ar draws:

- Pen-y-bont ar Ogwr a'r Ystâd Carchardai
- Caerdydd a Bro Morgannwg
- Castell-nedd Port Talbot ac Abertawe
- Rhondda Cynon Taf a Merthyr

## Hyfforddiant Dedfrydau Cudd

Mae'r hyfforddiant yn ceisio codi  
ymwybyddiaeth am:

- Y system cyfiawnder troseddol bresennol  
a siwrnai'r troseddwr
- Effaith carcharu ar aelodau o'r teulu ac ar  
gymdeithas
- Y materion penodol sy'n wynebu plant  
sydd ag aelod o'r teulu yn y carchar
- Anghenion cefnogaeth y teulu a sut mae  
modd diwallu'r rhain drwy ddarpariaeth  
ac adnoddau statudol/gwirfoddol

Rydyn ni'n cynnig yr hyfforddiant hwn yn y  
gymuned i holl weithwyr proffesiynol a staff  
ysgolion.

## Y gwirionedd...

- Mae gan dros 200,000 o blant yng Nghymru  
a Lloegr riant yn y carchar Mae hyn ddwy  
a hanner gwaith yn fwy na'r rheini sydd  
mewn gofal a dros chwe gwaith yn fwy na'r  
nifer sydd ar y Gofrestr Amddiffyn Plant. (Y  
Weinyddiaeth Cyfiawnder 2012)
- Bydd rhieni 7% o blant y DU yn mynd i'r  
carchar cyn i'r plant adael yr ysgol. (Yr Adran  
Addysg 2003)
- Mae 10,000 o blant yn ymweld â  
charchardai'r DU bob wythnos. (Barnardo's  
2014, gwybodaeth a gafwyd o dan y Ddeddf  
Rhyddid Gwybodaeth)
- Mae dros ddwywaith yn fwy o blant yn gweld  
eu rhiant yn mynd i'r carchar nag sy'n gweld  
eu rhieni'n ysgaru. (Swyddfa Ystadegau  
Gwladol 2011)
- Roedd pum deg naw y cant o garcharorion  
wedi dweud eu bod wedi triwanta'n  
rheolaidd. (Y Weinyddiaeth Cyfiawnder 2012)
- Bydd 6 bachgen o bob 10 sydd â rhiant yn  
y carchar yn mynd i'r carchar eu hunain.  
(Ymddiriedolaeth Diwygio Carchardai 2011)
- Mae cael rhiant yn y carchar yn gallu cael  
effaith negyddol ar blentynod plant. (ACEs)

## Cysylltwch â:

Barnardo's Cymru  
19-20 Heol Llundain, Castell-nedd, SA11 1LE  
Ffôn: 01639 620771

Mewn partneriaeth â



Cefnogir gan



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

Rhifau Cofrestru Elusen Barnardo's 216250 ac SC037605

19397/CD/17

# Invisible Walls Accord

## Encouraging positive change

Reducing stigma  
Educating communities  
Increasing opportunities  
Reducing inter-generational offending

**Incredible** things  
happen when you  
believe in children.

**Believe in  
children**  
 **Barnardo's**  
Cymru

## What is the Barnardo's Invisible Walls Accord Service?

The IWA Project will support school age children within the South Wales area that have a parent or sibling in prison, to:

- Increase emotional well-being
- Decrease harmful behaviour
- Increase school attendance
- Reduce school exclusions

## The Invisible Walls Accord Toolkit

The Invisible Walls Accord Service is currently piloting a toolkit within schools, to support children and young people affected by parental imprisonment.

We currently work throughout:

- Bridgend & The Prison Estates
- Cardiff & Vale of Glamorgan
- Neath Port Talbot & Swansea
- Rhondda Cynon Taf & Merthyr

## Hidden Sentence Training

The training aims to develop an increased awareness about:

- The current criminal justice system and the offender's journey
- The impact of imprisonment on family members and society
- The specific issues facing children with a family member in prison
- The support needs of the family and how these can be met by statutory/voluntary provision and resources

We currently offer this training to all school staff and professionals in the community.

## The reality...

- 200,000+ children in England and Wales have a parent in prison. This is two and a half times the number of those in care and over six times the number of those on the Child Protection Register. (Ministry of Justice 2012)
- 7% of UK children will experience their parent's imprisonment before they leave school. (D of E 2003)
- 10,000 children are visiting UK prisons each week. (Barnardo's 2014, retrieved from Freedom of Information Act)
- More than double the amount of children are affected by parental imprisonment than by divorce. (Office of National Statistics 2011)
- Fifty-nine per cent of prisoners reported regularly playing truant. (Ministry of Justice 2012)
- 6 out of 10 boys with a convicted parent end up in custody themselves. (Prison Reform Trust 2011)
- Parental imprisonment can have an adverse effect on childhood experiences. (ACEs)

## Contact:

Barnardo's Cymru  
19-20 London Road, Neath, SA11 1LE  
Tel: 01639 620771

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

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