

## Contact Details

For more information regarding Invisible Lives or to make a referral please contact us using the details below:

**01268 558448**

**07947219802**

**[invisiblelives@barnardos.org.uk](mailto:invisiblelives@barnardos.org.uk)**

When a mother goes to prison only 5% of the children remain in the family home.



200,000 children and young people each year experience a parent being imprisoned

Children of prisoners are twice as likely to experience mental health problems



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

Barnardo's Registered Charity Nos.  
216250 and SC037605

Formally known as Barnardo's Essex CAPI Service



# Invisible Lives

## Child and Family Services

### A Guide for Professionals



Suffolk, Hertfordshire and Essex

# Invisible Lives

Invisible Lives provides specialist support to the most vulnerable groups of children, young people and their families when affected by; the criminal justice system, risk taking behaviours and hidden harms.

'She was very friendly and guided me in a way I didn't feel forced. I didn't feel judged' - 14 year old girl whose mother went to prison.

'Thank you for listening to me yesterday. It felt like a huge load off me' - mum of 2 children escaping DV - self referral.

Service users and Professionals quotes

**Boy 16 - Dad In Prison For Murder**  
"After speaking to you today my spirits have been lifted loads and I have put everything back into perspective - thanks loads."

"Facilitators were very knowledgeable and made the session interactive and very easy to participate in" - Professional who attended training.

# Services

## • **Child and Family Support;**

- Provides 1-1 support or group based sessions in the home and school for up to 8 sessions, with the potential for further support based on reviews and outcomes
- Whole family approach to support the child.
- Address fears, anxieties and worries of children and their families by building emotional resilience and positive mental health.
- Liaises with all organisations that may be involved to provide a seamless and transparent support package.
  - Support for families dealing with the shock, loss of a family member, isolation and the stigma of having a family member arrested, in court, in prison or/and coming back into the community.

## **Other Services Provided:**

- **School based Prevention and Intervention Programmes (Inc. Gangs, CSE, CCE, Knife Crime & Anti-social behaviour)**
- **School Mentoring**
- **Bespoke Professionals Training**
- **Offender Behaviour Courses**
- **Military Family Support**

**See separate leaflets for more information.**

(Some services are chargeable)