

But don't just take our word for it, listen to others who have been supported by us.....

"You listen to me and understand, you don't tell me what I should think!"

9 year old girl, dad in prison for gun offences

"I can't thank you enough for what you have done for me and my family, not sure where we would be without you"

16 year old girl, Mum in prison for robbery

"You helped me talk about everything and I am chuffed with that as I didn't think I would be able to."

8 year old boy, dad in prison for assault.

The Invisible Lives Child & Family Service works with children, young people and their families to offer advice and support when affected by imprisonment and the criminal justice system.

For more details call or email :

**01268 558448 or 07947219802
Invisiblelives@barnardos.org.uk**

Invisible Lives Child & Family Support

Are you a child or young person that has a family member who has been arrested, is due in court or is in prison?



Who can help? Who can you turn to?



Barnardo's Invisible Lives Can Help!

We Support Children & Young People Just Like You!

"I have lots of mixed up thoughts but have no one to talk to!"

"I feel so angry all the time"

Do you have thoughts and feelings like these?

"I miss my Mum"

"I get teased at school"

"is my Dad safe in prison?"

So what can we do to help ?

- ◆ One of our team will come to see you, usually at school
- ◆ Your support worker can help you to work through your thoughts , feelings and behaviours and we listen!
- ◆ We have lots of experience of the prison system and can offer advice



What we don't do!

- ◆ We do not judge you
- ◆ We do not make you talk about anything you are not comfortable with
- ◆ Say your wrong

