

# Contact Details

For more information regarding Invisible Lives, to make a referral or book a place on Invisible Lives Training please contact us using the details below:

**01268 558448**

**07947219802**

**invisiblelives@barnardos.org.uk**

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

'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.

**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 -*

'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.

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

Invisible Lives -Formally Barnardo's Essex CAPI Service

# Invisible Lives

## Child & Family Support



**Supporting children and families in the community when affected by parental offending**



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

Suffolk, Hertfordshire and Essex

## The Service

*Invisible Lives provides information, advice and support to children, young people and their families affected by parental\* offending behaviours or the Criminal Justice System*

### **Invisible Lives:**

- Supports children (aged 0-19years) and their families through the stages of arrest, court, imprisonment and release.
- 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.\*\*
- Provides a whole family approach to support the reduction of re-offending by way of strengthening relationships and maintaining family ties.
- Addresses 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.

\*"any key attachment figure for a child" including foster carers, and grandparents.

\*\*The child must reside in Essex (Outside of Essex, please call to discuss).

## The Service

*Invisible Lives provides a range of advice and support to professionals and families including:*

- Support parents/carers and professionals in identifying and responding to children's feelings with age appropriate services and support.
- Support for families dealing with the shock, loss of a family member, isolation and the stigma of having a family member in prison.
- Help and signpost families with debt management, benefit changes, housing issues and budgeting.
- To prepare children and families for their first prison visits.
- To support schools and early years settings with practical advice, support and worksheets when working with children and young people.
- Practical advice on Criminal Justice system from attending court, visiting a prison to claiming reimbursements for Assisted Prison Visits (APV) along with information about general and family day visits.

### **Who can refer?**

All agencies working with children including;

- Primary and Secondary Schools
- Youth Offending Service, Police, Probation and other criminal justice system
- Social Care and Family Solutions
- Self Referrals