

# MY VISIT



**FAMILY SUPPORT TEAM  
GUERNSEY PRISON**





This booklet has been put together just for you!

You have been given this because your parent or carer is in prison or has been at some point while you were growing up.



*There are likely to be other young people in your school or community who have a parent in prison. You probably don't know about it because people don't talk about it. The government say that as many as 7% of children and young people will experience having a parent in prison before they leave school - in Guernsey, that's 350 children aged between 11-16 years.*

Everybody's situation is different and you might feel strong emotions about what is happening to you. You may feel sad that your parent is in prison and miss them a lot, or you may worry how they are coping in prison. You may even feel angry with them for putting you and your family through this.

This booklet will help you understand what is going on and support you in getting through this tough time.

### **What will I tell my friends?**

You have nothing to be ashamed of – what is happening is not your fault.

What you decide to tell people is your decision.

**JUST REMEMBER:**

**YOU ARE NOT ALONE!**

You might be feeling upset, angry, confused, lonely, relieved, happy or nervous. It is normal to feel all these things. Sometimes you might feel lots of different emotions at once and it is ok to feel happy and sad at the same time.

**IT CAN HELP TO TALK ABOUT  
THESE FEELINGS WITH SOMEONE  
YOU TRUST!**

e o l u f h s i w r s k d t d  
v l p u b o s y e l u o a m e  
i t t i t y o a a t o h l e r  
s c a u n o l t h t i n g n a  
n e g a t i v e s e x n e b c  
e r s h s y o r y l n k r l s  
h u y t p i e n o t a r n l y  
e b i p i d l v a t l r d n d  
r c a t n i e v e t o i t o y  
p h v u i p l e a s e d u h g  
p e s d e d n u o w a d s g t  
a i u n c o m f o r t a b l e  
m d e t a r t s u r f t t r v  
d e r u s s a e r v a l u e d  
d e t n i o p p a s i d t i i



Can you find all these words associated with feelings in the grid above?

*anxious, apprehensive, disappointed, frustrated, glad,  
guilty, happy, love, lonely, misunderstood, negative,  
opinionated, pleased, realistic, reassured, scared, shy,  
uncomfortable, valued, wishful*

# VISITING YOUR PARENTS IN PRISON

A lot of people feel very nervous about visiting prison and this is sometimes because you don't know what to expect.

Before your first visit, why not visit this website on the computer, this may ease some of your fears.

[www.gov.gg/prison](http://www.gov.gg/prison)

If you can't access the internet you can come to The HUB where we have free internet and somebody to ask questions to.

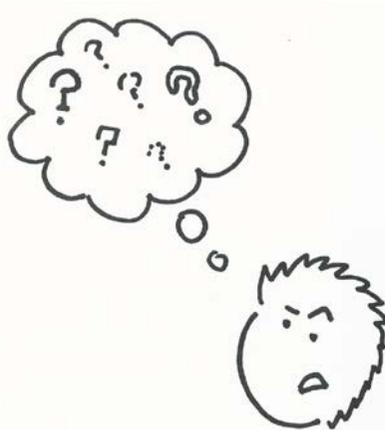
Hopefully this guide will answer some of the questions you might have but if you have any questions or worries at all, no matter how small you might think they are, you can contact:



**TEXT US: 07781 122 959**

**CALL US: 724421**

**FIND US: WWW.THEHUB.GG**

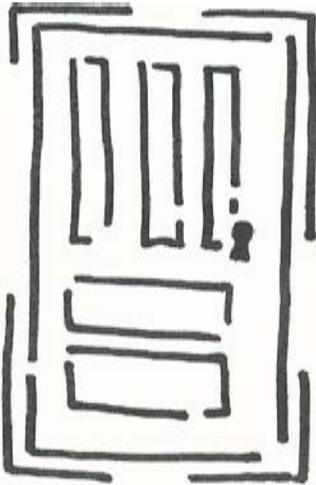


# MY VISIT

## A step-by-step guide to your visit:

- You will go through the main door and will be shown to the **waiting area**.
  - Here you will be asked to show some **ID** (identification) just so the officers know who you are. This could be a passport for example.
  - It is best to leave your phone and valuables with someone else but if you have any items then you will be asked to put them in a locker so they are safe. You can get a key from the hatch in the waiting room.

**Make sure you put everything in the locker.**



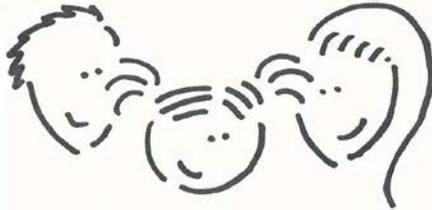
- You will then **lock your locker** and take the key with you.

- Next, the **prison officer will search you**. This is often the bit most people are worried about – but it is really quick and all they do is gently pat your arms and legs.
- Sometimes police dogs will be at the prison. Again, this is **nothing to worry about**.



- After your quick search you will walk down the corridor and out the building to the '**visit centre**' where your parent/carer will be.
- When you see your parent/carer you are allowed to give them a kiss or hug if you want.
- There is a small kitchen area where you can purchase a **drink or snack**.

- There are things for you to do with your parent in the room but it's fine if you just want to talk to them about how your week has been.



- The **toilets** are on your left as you walk into the building and you can use them at any time – just ask an officer and they will let you through.
- When it's time to say goodbye you will go back to the locker to collect your belongings and then go home.

If you want to send your parent/carer a letter in prison, use the stamped addressed envelope provided in this booklet. Just remember the prison may read your letter so make sure you don't share really personal things you wouldn't like someone else to read.

If you want to talk to somebody there are plenty of people out there who want to listen. It may be there is a teacher you particularly trust who you could share your thoughts and feelings with.

You could also contact:



The HUB is open for drop in during the week for information, advice and support.

If you can't make those times we can be really flexible and arrange a time that suits you. We can provide support over text and email or you can find us in your school or youth club.

Text: 07781 122 959

Visit: [www.thehub.gg](http://www.thehub.gg)



Childline offers confidential support to young people. Visit their website to find out more:

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



Offenders' families helpline provides up to date information and support.

[www.offendersfamilieshelpline.org](http://www.offendersfamilieshelpline.org)

[Guernsey Prison](#)

If you would like direct contact with the prison, please phone the main office on: 248376 and ask to be put through to the 'Family Liaison Officer' in 'OMU'.

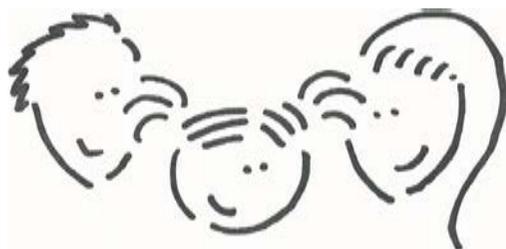
# Notes & Doodles:

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**FAMILY SUPPORT TEAM  
GUERNSEY PRISON**

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



This booklet was designed by **The HUB** and illustrated by a HUB service user, aged 15.