



voicing the needs  
of families affected  
by imprisonment

# **Families Outside Publications and Resource List**

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**August 14**

## About Families Outside

Families Outside is the only national charity in Scotland that works solely to support the families of people involved in the criminal justice system. We work to mitigate the effects of imprisonment on children and families – and consequently to reduce the likelihood of reoffending – through support and information for families and for the people who work with them.

Imprisonment can be a traumatic experience for families, and its impact is often significant and enduring. This can include:

- Risk to housing;
- Financial pressures;
- Problems in caring for children and the impact on the 16,500 children who lose a parent to imprisonment each year;
- Anxiety, distress and health problems;
- Rejection, stigma, and victimisation by neighbours and the community.

Families affected by imprisonment face a process of grief and readjustment throughout the course of arrest, trial, imprisonment and release. They often have difficulty getting the information and support they need to make them feel in control during periods of crisis and stress.

**All publications by Families Outside are catalogued in this list and are available free.  
This can be ordered from our head office or downloaded from our website.**

**13 Great King Street Edinburgh EH3 6QW  
Tel. 0131 557 9800  
[www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)**

Note: a postage fee may be charged for bulk orders of Families Outside publications. This will be agreed in advance.

## Practical Information – information sheets

Families Outside produces a number of handy information sheets that summarise specific issues that families affected by imprisonment may encounter.

- **Where to Go for Help**
- **Preparing for a Prison Sentence**
- **What to Expect When Starting a Prison Sentence**
- **Time in Custody**
- **Worried about Self Harm or Suicide**
- **Visiting Someone in a Scottish Prison**
- **Travel and Transport to Scottish Prisons and Help with Travel Expenses**
- **Visiting Prison with Your Child**
- **Talking to Children about Imprisonment**
- **Transfers**
- **When Someone is Convicted of a Serious or Sex Offence**
- **Information about the Sex Offender Register**
- **Integrated Case Management (ICM)**
- **Parole**
- **Home Detention Curfew (HDC)**

## Families Outside In Brief

### In Brief 1 – March 2005

#### **Prison without bars: The Experiences of Families Affected by Imprisonment**

This edition gives an overview of the impact of imprisonment on families.



### In Brief 2 – May 2006

#### **It's No Holiday – The Experiences of Young People Affected by Imprisonment**

This edition follows on from the launch of the "It's No Holiday" DVD material which gives an overview of the experiences of young people affected by imprisonment.



### In Brief 3 – November 2006

#### **Three Innovative Projects: Learning the Lessons**

This edition looks into three innovative projects that support families affected by imprisonment and reviews the lessons learned.



### In Brief 4 – February 2009

#### **Support and Information for Children Affected by Imprisonment**

This edition looks at the support and information for children affected by imprisonment giving an overview of the impact of imprisonment on children and the support they need.



### In Brief 5 – March 2010

#### **Prison Visitors' Centres: An Ongoing Debate**

This edition looks at the ongoing debate surrounding prison visitors' centres in Scotland.



### In Brief 6 – October 2011

#### **Prisoners' Families: The Value of Family Support Work**

This edition looks at how individual support for families of prisoners continues to show benefits and demonstrates the value of family support work.



### In Brief 7 – October 2012

#### **The Role of Schools in Supporting Families Affected by Imprisonment**

This edition looks at how schools can support children and young people affected by imprisonment



### In Brief 8 – August 2013

#### **The Financial Impact of Imprisonment on Families**

This edition looks at the financial impact on families when a family member is imprisoned.



### In Brief 9 – February 2014

#### **The role of family ties in desistance from crime**

This edition looks at families can promote desistance





### Who are we

An excellent summary booklet of the work of Families Outside.



### What can Schools do?

A resource for schools to support children affected by imprisonment.



### What can Health Professionals do?

A resource for professional to support children and families affected by imprisonment

## Children & Young Peoples' Materials

Families Outside has produced two booklets aimed at children and young people explaining what happens when a relative is sent to prison.



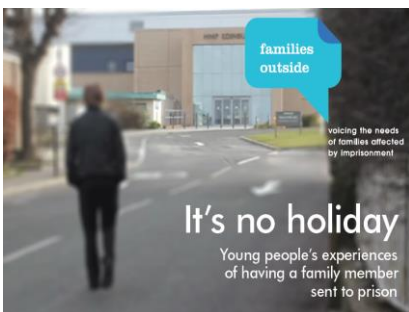
### Honest?

What happens when a relative is sent to prison - a resource for children 11 and under years of age.



### What's the Story?

What happens when a relative is sent to prison - a resource for children & young people 12+ years of age.



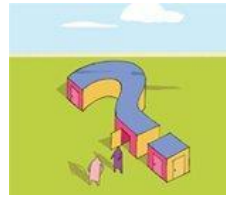
### It's No Holiday

This film was created in 2006 to help and support teenagers who may be affected by imprisonment of a family member. About young people's experiences of having a family member sent to prison, the film is an awareness raising and training resource which can be used with a range of audiences, from social work to school teachers, from police to lawyers. Originally a DVD, this has now been adapted to be a web based e-learning resource at the **Families Outside Vimeo account**. A postcard for the film is also available.



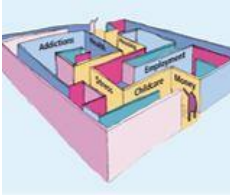
## At Court

Provides information and answers the some of the questions families may have when a relative or friend has been sent to prison.



## Extended Home Leave

Extended Home Leave is a short period of temporary release from prison for up to seven nights per month.



## Throughcare

Throughcare is the name of a range of services for prisoners and their families which start as soon as the person is sentenced, continue while they are in prison and then once they are released back to their community.

## Support and Information Helpline

Families Outside has produced a range of leaflets about the services we provide.

### Support & Information Helpline – Leaflets/Poster



This handy A6 sized leaflet illustrates just some of the potential problems families affected by imprisonment can encounter as well as providing contact information for the Families Outside Support & Information Helpline.

Families Outside also have posters, available in A4, A3 and A2 sizes →



### Support & Information Helpline – business card

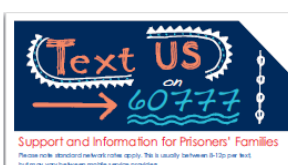
#### Support & Information Helpline

0500 83 93 83

(front cover also available in red)



### Texting Service – business card



### SMS Text Service

Text **Famout** to 60777 followed by your message.

## Support and Information Helpline reports

### Annual report

The annual Helpline report for 2013/1s is available on request.

### Biannual Statistics

The biannual statistics on calls to the Helpline from April 2005- September 2013 are available on request.

## Direct Family Support Work – leaflets & posters

**Posters & Leaflets** can be provided to inform prisoners and their families of what direct family support service is available throughout Scotland:

- Glasgow & Lanarkshire
- Lothian & Borders
- Fife & Forth Valley
- South West Scotland and North Strathclyde
- Tayside, Grampian, Highlands & Islands



## Direct Family Support Work – reports

The annual reports for Family Support Work dating back to 2008/09 are available on request.

## Bulletins

Families Outside produces a handy, regular news bulletin every quarter that summarises the work of the charity over the previous three months:

<b>April 2010</b>	<b>Family Values – Training Seminar</b>
<b>July 2010</b>	<b>Parliamentary Members Debate</b>
<b>October 2010</b>	<b>Family Support – Scotland Wide</b>
<b>January 2011</b>	<b>Support For Prison Visitors' Centres</b>
<b>April 2011</b>	<b>Family Friendly Prison Challenge 2010</b>
<b>July 2011</b>	<b>Families Outside 20<sup>th</sup> Anniversary Conference</b>
<b>October 2011</b>	<b>UN Committee on the Rights of the Child</b>
<b>January 2012</b>	<b>Successful Christmas Events in Prison</b>
<b>April 2012</b>	<b>International Focus on Children of Prisoners</b>
<b>July 2012</b>	<b>Winston Churchill Fellowship</b>
<b>October 2012</b>	<b>Focus on Education, Health and Family Support</b>
<b>January 2013</b>	<b>Doors Open at Addiewell Prison Visitors' Centres</b>
<b>April 2013</b>	<b>Mothers of Bedford Screening</b>
<b>July 2013</b>	<b>HMP Addiewell Family Fun Day</b>

## Annual Reports

The annual reports for Families Outside dating back to 2002/2003 are available on request.

## Research Reports



### Do Not pass go... Travel Links to Scottish Prisons

Report produced in 2007 on travel problems affecting families visiting Scottish prisons.  
Report author: Malcolm Higgenbotham.

*With thanks to Standard Life Assurance Ltd.*



### Teenagers with a Family Member in Prison

A study conducted in 2001 on behalf of the Scottish Forum on Prisons and Families.

Report authors: Cathy McCulloch & Colin Morrison.

*Funded by Diana Princess of Wales Memorial Fund.  
(photocopy available only)*

## Child Impact Statements

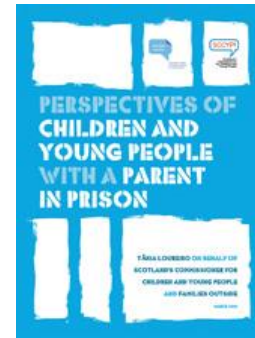
### Stage 1 – Child & Family Impact Assessments in Court Implications for Policy & Practice

Report produced in November 2009.  
Report author: Tânia Loureiro on behalf of Families Outside.

*With thanks to the Leonardo da Vinci Fellowship.*

### Stage 2 - Perspectives of Children and Young People With a Parent in Prison

Report produced in March 2010.  
Report author: Tânia Loureiro on behalf of SCCYP and Families Outside.

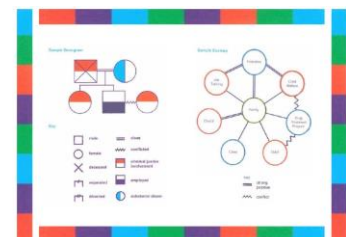


## Tools for Professionals

With kind permission of Family Justice (USA), Families Outside has adapted a some tools which help develop more positive engagement between professionals and the families they work with.

### Strength-based Genogram and Ecomapping

A pictorial display of a person's family relationships and medical history. It goes beyond a traditional family tree by allowing the user to visualize hereditary patterns and psychological factors that punctuate relationships. It can be used to identify repetitive patterns of behaviour and to recognize hereditary tendencies.



## Edinburgh Prison Visitors' Centre Survey

Two surveys of the Edinburgh Prison Visitors' Centre have been carried out by Families Outside:

### What Can I do To Get Into Jail to Be With My Dad?

A survey conducted in July 2006 which looked at the views and perceptions of needs from visitors to Edinburgh Prison's Visitors Centre.

## **Edinburgh Prison Visitors' Centre Survey of Visitors and Staff**

A survey of the visitors and staff carried out in January 2009 by Families Outside on behalf of the Robertson Trust Families Outside.

## **Other Research Papers**

### **More Than a Box of Toys: Experiences of Children and Young People Visiting Scottish Prisons**

Report author: Maureen Buist on behalf of Families Outside (formerly The Scottish Forum on Prisons and Families).

Date: 1997.

### **Children Visiting Prison: A Good Practice Guide**

Report author: Cathy McCulloch & Colin Morrison on behalf of Families Outside (formerly The Scottish Forum on Prisons and Families).

Date: 1998.

### **Prison Without Bars: Needs, Support, and Good Practice for Work with Prisoners' Families**

Report author: Dr Nancy Loucks on behalf of Tayside Criminal Justice Partnership & Families Outside.

Date: 2004.

### **The Tayside Family Project**

Report author: Dr. Nancy Loucks on behalf of Tayside Criminal Justice Partnership and Families Outside.

Date: 2004.

### **Moving On Renfrewshire Young Offender Throughcare Project**

Report author: Families Outside on behalf of the Robertson Trust.

Full reports and Executive Summary reports available.

Date: 2009 (½ Year Review);  
2009 (1<sup>st</sup> Year Review).

### **Evaluation of Artlink Central in HMP & YOI Cornton Vale**

Report author: Briege Nugent and Nancy Loucks (Families Outside).

Full reports available. Summary report for 2010 only.

Date: 2009 (First Evaluation);  
2010 (Second Evaluation).

## **Other Research Papers (contd.)**

### **Circle: Throughcare for Female Offenders**

Report author: Briege Nugent and Nancy Loucks (Families Outside) on behalf of the Robertson Trust.

Full reports and Executive Summary reports available.

Date: 2009 (½ Year Review);  
2009 (1<sup>st</sup> Year Review);  
2010 (1½ Year Review);  
2010 (2<sup>nd</sup> Year Review);  
2011 (2½ Year Review).

### **Circle: Throughcare for Male Offenders**

Report author: Briege Nugent and Nancy Loucks (Families Outside) on behalf of the Robertson Trust.

Full reports and Executive Summary reports available.

Date: 2010 (½ Year Review);  
2010 (1<sup>st</sup> Year Review);  
2011 (1½ Year Review).



### **Women Offender Pilot at the Willow Project: Report of the Evaluation**

Report authors: Briege Nugent, Tania Loureiro and Dr Nancy Loucks

Full reports and Executive Summary reports available.

Date: 2010

### **A Tool to Tackle Health Inequalities in the Families of People in Prison? Evaluating the Families Outside Family Support Worker Role from a Health Perspective.**

Report authors Liz Brutus on behalf of Families Outside

Full reports and Executive Summary reports available.

Date: 2011

### **The Role of Schools in Supporting Families Affected by Imprisonment**

Report author Sarah Roberts on behalf of Families Outside

Full reports and Executive Summary reports available.

Date: 2012

## **Families Outside Support & Information Helpline**

An independent support service for families and friends affected by imprisonment.

### **Freephone 0500 83 93 83**

Lines are open Monday to Friday (answerphone if not available)

If we are unable to answer your call, then please leave a message. We will return your call as soon as possible and will only say who we are if you are the one who answers the telephone. We will not leave a message with another person. If you prefer, you can e-mail [\*\*support@familiesoutside.org.uk\*\*](mailto:support@familiesoutside.org.uk)

Calls from mobile phones usually cost. This will depend on the agreement with your contract provider or if you are using a pay-as-you-go service. We can call you back if you don't want to use up your credit.

### **Texting Service (SMS) 60777**

To use this service text the word **Famout** followed by your query or concern to **60777**.

Standard network rates apply. This is usually between 8-12p per text, but may vary between mobile service providers.