

# Families Outside

Voicing the needs of families affected by imprisonment in Scotland

families  
outside

Bulletin – October 2014



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

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## TACKLING MONEY WORRIES & SERIOUS DEBT

### *New projects to help families cope with finances*

Some of the most marginalised families in Scotland who are most at risk of serious debt and money problems will be able to get help from sixteen new advice projects funded under the **Scottish Legal Aid Board's** Tackling Money Worries (TMW) programme.

Families Outside will have direct involvement in supporting families in four of the projects, working in partnership with **Shelter Scotland** and the **Citizens Advice Bureaux for Edinburgh, Parkhead and Motherwell & Wishaw**.

The projects are designed to help low-income families with children who are facing a change in their circumstances which places them at higher risk of debt and money problems. Each project will play an important role in finding long-term solutions to families' financial difficulties by dealing with their underlying debts. Of the sixteen project, six will focus on families affected by imprisonment. Families Outside is delighted to see recognition of this particular family group, which is all too often overlooked. There will be direct advice and help for families to deal with crisis debt issues as well as help with building money-management skills to support family life throughout early years and childhood.

The TMW programme aims to bring together quality debt advice providers and agencies that are already trusted by families in their community. It will also build lasting and effective connections that will benefit families longer-term. Funding of the projects has been made possible by Scottish Government approval for SLAB to spend up to £2.4m between October 2014 and September 2016 on initiatives related to the Child Poverty Strategy.



<http://www.easyfundraising.org.uk/fo>

**EASYFUNDRAISING**

<http://www.easyfundraising.org.uk/fo>

Support Families Outside for free when shopping online with over 600 retailers including Amazon, eBay, Tesco, Argos, Next, M&S, John Lewis, Debenhams, HMV, Vodaphone, Play.com, The Body Shop, Interflora, Comet, DELL and many many more...

## SOMETHING DIFFERENT FOR CHRISTMAS

Looking for fresh ideas for Christmas gifts this year? Did you know that only £5 gives a family member refreshments for one-to-one support in a relaxed and welcoming environment? That £10 enables families to receive support from a volunteer in prison for a week? Or that £100 ensures families receive the immediate support and information they need from our Helpline for a month? Take a look at these and other family-focused gift ideas at **Something Different For Christmas** - no wrapping required!

## HEALTHY HAPPY FIFE FAMILIES

Our Regional & Family Support Coordinator for Fife is now working alongside Fife Sports and Leisure Trust, to support families with inequalities to access physical activities for the whole family. The **Fife Sport and Leisure Trust** will issue the family with a leisure card that gives them access to a range of leisure facilities across Fife. We hope that the families we are working with, will use this extensively, keeping fit, being healthy and having fun!



## HOPE FOR THE HOLISTIC APPROACH

Families Outside recently received funding from EDF Communications to provide some of the families we support with aromatherapy massage. We are pleased to report that early feedback from this initiative is positive with clients seeing improvements in sleep patterns and also being able to switch off from overwhelming thoughts.

## ADDIEWELL VISITORS' CENTRE SURVEY

Families Outside and Sodexo Justice Services have been working together since January 2013 to provide a dedicated Visitors' Centre at HMP Addiewell which is focused on the needs of the visitors.

The Visitors' Centre has been operating for almost two years, and we wanted to ask visitors if they had used the facilities at the centre but also if they had any suggestions on how the centre could be improved. The survey consisted of twelve questions: six about travel, three about the Assisted Prison Visits Scheme, and three about the Visitors' Centre. 81 visitors completed the survey while one was completed by a professional, allowing us to gain a differing perspective of visiting the prison and the centre.

The full results of the survey are now available on our [website](#). You can click the image to read the report.



## ANNUAL REPORT 2013/2014

We are delighted to share our most recent annual report, as we have had much to celebrate over the last year. From last year's theme of 'Opening Doors', this year's report reviews the 'Next Steps' we have taken to build on our work and strengthen the ways we support and engage with families affected by imprisonment.



We hope you take the time to read about our developing work with schools; the continuing benefits of our Helpline; the increased demand for our direct support; our impact on policy and practice; and the increasing reach and impact of our training. Most telling, however, are the case studies, which show clearly how much the support from staff and volunteers at Families Outside means to families facing the daily challenge of life with someone in prison.

Please feel free to contact us with any comments or queries, and we look forward to continuing our work with you to support families affected by imprisonment. The report is available to view on our [website](#), or you can request a hard

## GOOD PRACTICE IN FAMILY SUPPORT

**Case 1:** Our Family Support Coordinator for North Strathclyde supported the father of a prisoner to apply for a Blue Badge (disabled parking), following recent treatment for throat cancer. The prisoner was the main carer for his father prior to his imprisonment, carrying out daily tasks such as cooking, cleaning, shopping, and walking the dog. Our Family Support Coordinator was also able to support the father to attend his GP and be referred occupational therapy for an assessment of his needs, enabling him to live as independently as possible in his own home. Providing this support and information enabled him to access services and support he was not previously aware of. This enhanced the quality of his life while providing his son with peace of mind in the knowledge that his dad was managing in his own home.

**Case 2:** Our Family Support Coordinator for South West Scotland supported the mother of a prisoner who was a repeat offender with addiction and mental health issues. The mum required support to enable her to understand her son's mental health and addiction problems and support him in his local community. As a result of the prisoner engaging with the New Routes mentor, he had been stable for a period of time, and his mother wanted to support her son to maintain his stability in the community. The Family Support Coordinator was able to link with the New Routes mentor and share information. This support provided the mother with the relevant and appropriate information with regard to her son's addiction and mental health issues. The relationship between mother and son benefited from this additional support, with the son able to secure his own tenancy and engage with the relevant support services in his community upon release.

## THE PRODIGAL DAUGHTER RETURNS

We are delighted to welcome back Michelle to the fore after her seven week stint in North America on a Winston Churchill Fellowship. Michelle's press release will be available soon on the [WCMT website](#) with a full report due in January 2015.

## PRISONERS' WEEK 2014 - BEHIND THE MASK

Most of us are adept at presenting ourselves to others in different ways. Sometimes it can suit to project a certain image. But behind the mask something very different may be going on. In the earliest theatres, actors performed behind masks, concealing their true selves to play a part.

In prison it's hard for people to be themselves with others, with prisoners, with staff, with family in the visits room. Others maybe only see the mask and don't pause to wonder what's behind it. Behind the masks are people. Prisoners Week invites us all to see one another for who we are. As we find the courage to be ourselves with one another may we journey towards more fulfilled lives and safer communities. This year **Prisoners Week** will run from 16 – 23 November 2014.



## ICE BUCKET CHALLENGE?

Families Outside's Chief Executive has taken part in a rather special version of the Ice Bucket Challenge. Taking her own slant on the online phenomenon, Nancy 'adapted' the test to the **Ice Bucket/Be Good Challenge**.



The video has received a lot of attention on our [Facebook](#) page and [You Tube](#), so please do watch it... through to the end!

And do you know what? With the amount of viewings the video has had, even a donation of just £1 per view would have funded an entire travel support service for families. Please **DONATE**. Thanks for giving!



## UNIVERSAL CHILDREN'S DAY

20 November 2014 it is Universal Children's Day.

In 1954, the General Assembly recommended that all countries institute a **Universal Children's Day**, to be observed as a day of worldwide fraternity and understanding between children. It recommended that the Day was to be observed also as a day of activity devoted to promoting the ideals and objectives of the Charter and the welfare of the children of the world. The Assembly suggested to governments that the Day be observed on the date and in the way which each considers appropriate.



Children of prisoners are a specific group included within the Convention on the Rights of the Child, and on 20 November we will be participating in **Universal Children's Day** on behalf of these often overlooked youngsters. What will you be doing?

## Families Outside

Support & Information Helpline

Freephone 0500 83 93 83

answerphone if not available

[support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk)

SMS Text Service 60777

Text **Famout** followed by your message

