



families
outside

voicing the needs
of families affected
by imprisonment



Silver Linings

IMPACT REPORT 2016–17

Families Outside is the only organisation in Scotland that works solely to support families affected by imprisonment.

With 2016 as our 25th Anniversary year, Families Outside is pleased to present the impact of our work – the ‘silver lining’ of the cloud imprisonment can place over the children and families left behind.

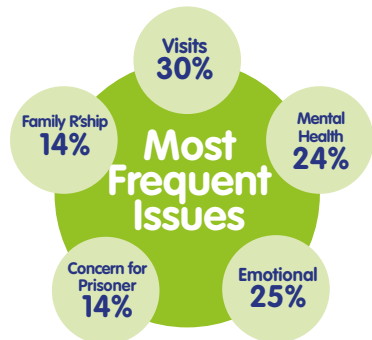
Helpline

The Families Outside Helpline, 0800 254 0088, provides impartial advice and support and is often the first port of call for families looking for help.



Regional Family Support Coordinators

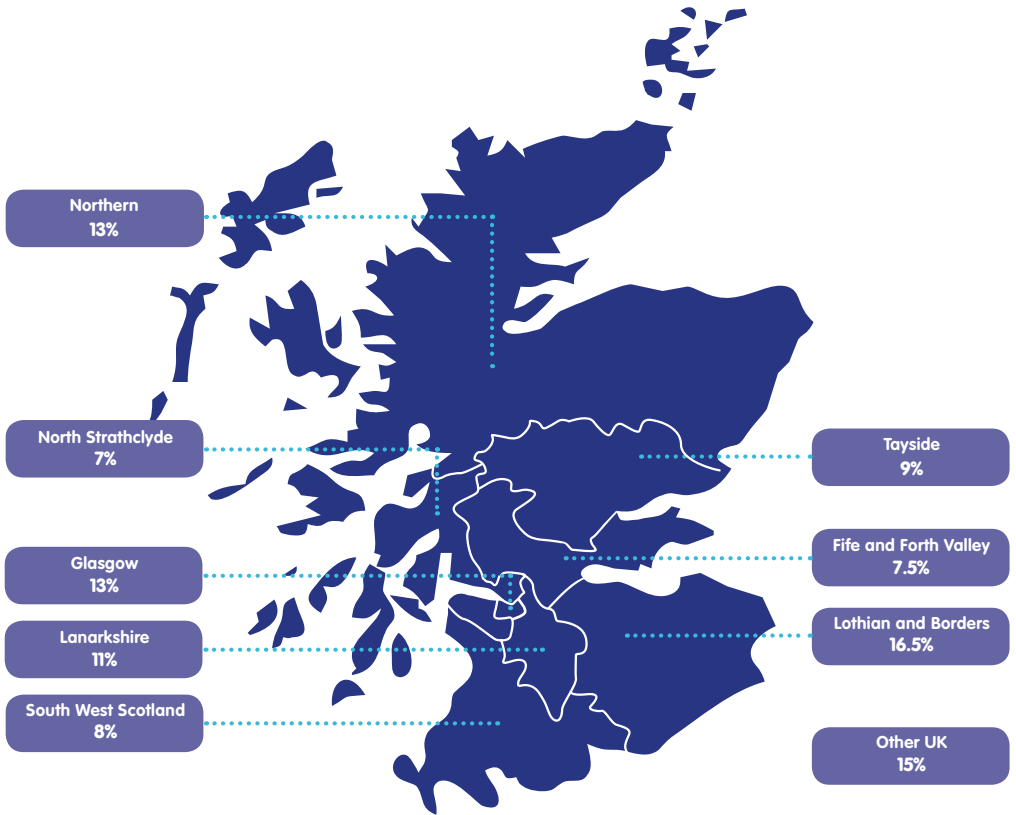
If family members require more in-depth support, our Regional Family Support Coordinators are on hand throughout Scotland and offer direct, face to face support until a positive outcome is reached.



"The 1:1 support I received from Families Outside, through both the Helpline and the Regional Support Coordinators, made me realise that I wasn't alone. It left me with a sense of security and now that I am able to cope my life seems a whole lot better."

Scotland-Wide Support

Families Outside's unique support covers the length and breadth of Scotland from the Borders to the Highlands and Islands. This map shows the % of families we have supported through both the Helpline and our Regional Family Support Coordinators across Scotland.



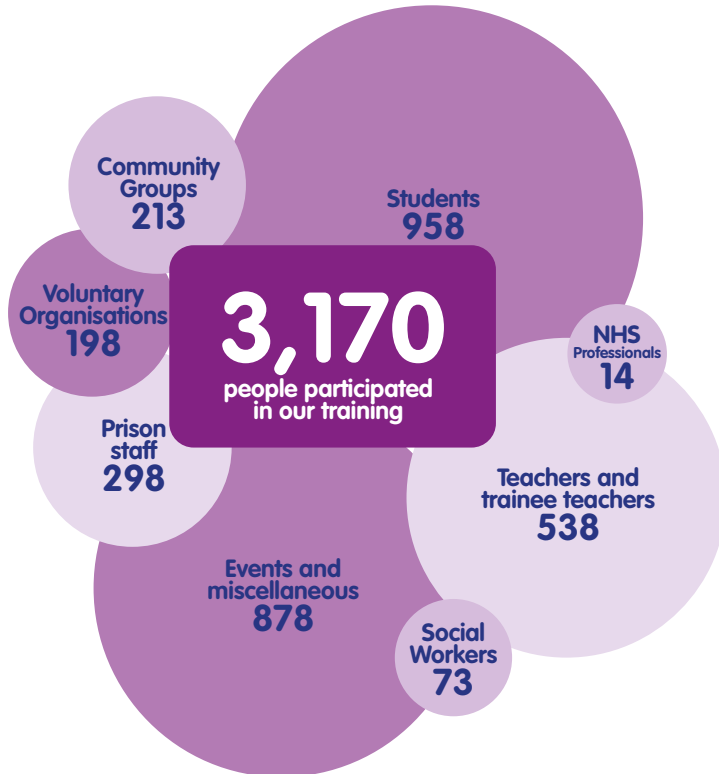
"I was suicidal when I contacted Families Outside, I felt isolated and had no self-worth – I could not cope with having given birth to a son whose behaviour had affected so many people.

I was able to speak openly to all of the staff at Families Outside, they were professional but 'human' giving me the time and space to share all kinds of emotions and thoughts without being judged. They gave me confidence, reassured me and eased my anxiety.

I cannot emphasise enough how the service literally saved my life and how it is a crucial life line to many other families in need."

Training

Families Outside provides a range of Training and Development opportunities to individuals and groups who come into contact with families affected by imprisonment. From prison staff and social workers to health care professionals and teachers, our bespoke training sessions increase the awareness of the issues and challenges families face and ensure that they receive the support they need.



"Exceeded expectations, was very informative and gave a real insight into the emotions children may experience during this time. Will encourage me to approach this issue in a more open way and to look at ways to support children in my class focusing on relationships."

Teacher CPD, HMP Grampian, 2016

New Resources

At Families Outside, we regularly create new and unique resources to respond to the issues families raise with us. This ensures that families and professionals have the information they need to address the many challenges imprisonment of a family member raises.



My Diary

My Diary follows the life of a young boy whose father is in prison. It shows the range of emotions children in this situation can feel, including fear, worry, guilt, isolation, and confusion, as well as the relief they can feel when the right support is available.

My Diary is available to [download](#) or [watch](#) on the [Families Outside website](#), and we are currently developing packs for teachers to use alongside My Diary in schools.



Picking Up The Pieces

Developed in collaboration with prisoners' families, Barnardo's Scotland, Edinburgh City Council, and Stop It Now!, Picking Up The Pieces provides support for families who have a relative convicted of a sexual offence.

A first for Scotland, and possibly the UK, Picking Up The Pieces has already been translated into three languages and is being used as far afield as Australia and New Zealand. For further information, or to [download](#), visit www.familiesoutside.org.uk.



The Families Left Behind

The [Families Left Behind](#) was created by four women in Fife, who either have a family member in prison or have direct experience of the justice system. Brought together by Families Outside and Fife Council, these women wanted to share their experiences so that others could learn from them and be aware of the support available.



Guidance and Resources for Schools in Supporting Children Impacted by Imprisonment

Developed by teachers for teachers, this latest [e-resource](#) is packed with links to books, film clips, and lesson ideas. The resource raises awareness about the issues children face when a family member is imprisoned, providing tools and helpful guidance for supporting children in the school setting.

"I just wanted to say thank you for this excellent, invaluable resource. It really opened my eyes to the unique challenges which children and young people encounter in this situation, and to what can change if they open up to just one trusted person. Thank you for sending it."

Child Poverty Action Group

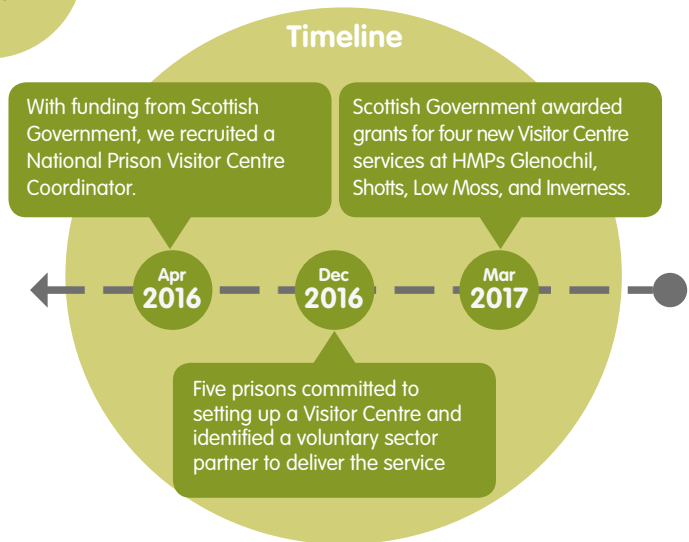
Visitor Centres

Prison Visitors' Centres are independent services which achieve positive outcomes for prisoners' families and friends and for prisoners themselves by

- improving the visits experience for people visiting their family members or loved ones in prison
- allowing families to access independent and impartial advice, information and support, which meets their needs
- voicing the needs of families affected by imprisonment to the prison they work alongside and other agencies



To accommodate our new role in national coordination, this service was successfully transferred to the Cyrenians on 1 April 2017.



"I would not have survived without you. You have made me realise that there is light at the end of the tunnel." Family member, Addiewell prison visitor centre.

Policy & Practice

We work with our partners developing research so that we can influence key decision- and policy makers at a local and national Government level.

Cross-Party Group on Children and Families Affected by Imprisonment

Convened by Mary Fee MSP, with Families Outside as Secretariat, the group focuses on the challenges families face and the actions the Scottish Government might take to alleviate these.

Children of Prisoners Europe

Working alongside a range of European partners through COPE, we seek to boost awareness and achieve new ways of thinking, acting and interacting on issues concerning prisoners' children.

Developing Research

Each year we conduct and publish research looking at issues such as the importance families have on reducing reoffending, creating a solid evidence base to influence policy and practice.



Scottish Sentencing Council

We met with the Council to discuss the role of the judiciary in recognising and addressing the impact of decisions in the adult criminal courts on the children and families left behind.

The Framework for Support to Families Affected by the Criminal Justice System

The Framework was shared on the Community Planning Partnership Knowledge Hub and through our active participation in key policy groups such as Child & Family Strategy Groups in every prison.

Scottish Prison Service (SPS) Family Strategy

Working alongside Barnardo's Scotland, we supported the SPS to develop a strategy that improves outcomes for prisoners, their families, and society as a whole.

Visitor Centres

Families Outside now hosts the National Prison Visitor Centre Coordinator in Scotland.

"Families Outside's unique service is paramount in supporting families and children affected by imprisonment. Their support in my role as a Member of the Scottish Parliament has allowed me to raise the issues affecting families and children with the Scottish Government and press for action to better support this extremely vulnerable group. Dr Nancy Loucks and all the staff at Families Outside are committed to supporting people and I will continue to support them in their work too." Mary Fee MSP

Working in Partnership

We work alongside numerous public sector and charity organisations to ensure that families receive the very best care and support. It is thanks to these partnerships that we continue to deliver unique projects that provide opportunities for families and children to have increased contact with relatives in prison.

In the last year, we have worked collaboratively with:



In Tune

Run in partnership with Vox Liminus, In Tune is a whole-family music making project that is currently situated in HMP Barlinnie and HMYOI Polmont. www.voxliminus.co.uk/in-tune

"In Tune has been good because [Dad] is coming home in two or three weeks, it's given him and [son] extra time together before he comes home and that's made a massive difference." Mum (Taken from Vox Liminis Website)



Dads Rock

Dads Rock is an Edinburgh organisation that focuses on learning through play. Running in HMP Addiewell through November 2016, Families Outside hosted informal workshops with mums and carers while dads rocked with their children.

"I am so grateful for Dads Rock because it means that my partner can bond with our new baby." Mum at Addiewell Visitor Centre.



KIN

The work we have been doing with Vox Liminus on KIN, an arts-based peer support group of young people aged 16-25, shows how valuable the empowerment of people with experience of a family member's imprisonment can be.

The launch of a video from KIN was a focal point of our 25th Anniversary event in May 2016 www.vimeo.com/167891363

"The KIN video is an excellent example of how to support and encourage young people to have their say in a powerful and informative way but that doesn't allow for their 'story' to be exploited and then retold as a 'professional experience story'." Feedback from Includem



Year of the Dad

The Scottish Government designated 2016 as the Year of the Dad, and we took part in a number of events to commemorate this. This included an art competition for children with dads in prison in which the child or the father started a drawing, and the other person finished it. We were delighted with the response to this competition and were pleased to award prizes to three of the families that took part.

Future

Families Outside is an ambitious and forward-thinking organisation. Our goal is to increase the awareness of our service and to reach more and more families at an even earlier stage.

To achieve this we will:

Launch a National Performance Framework for Prison Visitor Centres. This framework will allow Visitor Centres, and the prisons they work alongside, to:

- evaluate their services against a national benchmark,
 - drive continuous improvement, and
 - allow the Scottish Government and other funders to have confidence that all Visitors Centres are providing a high quality service which achieves positive outcomes for prisoners' families.
- work alongside Police Scotland and hold a national conference looking to improve support to families from the point of arrest.
 - work with the legal sector to ensure families are aware of the support available at the point of sentencing.
 - improve and develop further peer-led support for families. The first of these will launch in Dundee in early 2018.
 - develop a new, bespoke database to improve data collection and impact reporting. The new database will streamline our service provision and ensure that we are able to support more families via our Helpline and through our Regional Family Support Coordinators.
 - continue our work alongside NHS Greater Glasgow & Clyde to improve the experiences of children and young people when a parent is involved in the criminal justice system.
 - continue our work alongside the Prison Reform Trust to reduce the imprisonment of women.

"We could not have reached our 25-year milestone without a devoted and hard-working team of staff and volunteers as well as a tremendously well-qualified and supportive Board. We are also grateful for the continued interest and support of our funders; of the many agencies we work alongside; and especially of the families who share their experiences and expertise with us. We would not have come this far without you, and we hope our service continues to be the Silver Lining you deserve."

Prof Nancy Loucks OBE,
Chief Executive, Families Outside

"It's been another busy and successful year for Families Outside. Nancy and her team continue to deliver an excellent service to more and more families across Scotland."

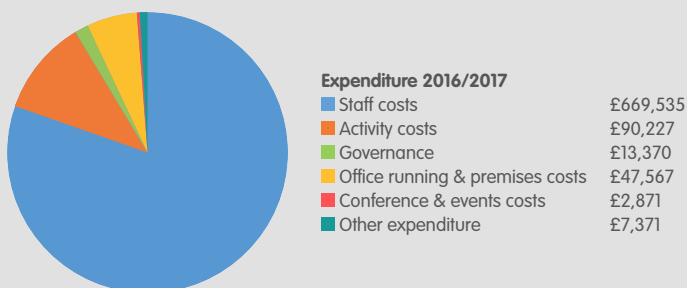
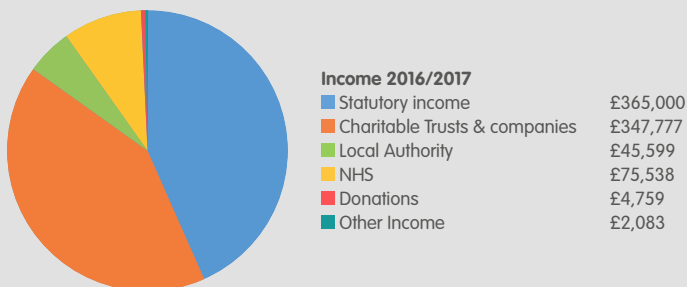
We welcomed some new members to our Board of Trustees as others reached the end of their terms of appointment. We have adopted a more strategic approach which aims to give the right level of support to Nancy and her staff while leaving them in the lead on day to day management and delivery of services. We finished the year in financial good health and with our reputation standing high."

Valerie Macniven,
Chairman, Families Outside

Finance

We have had another successful year at Families Outside, with an increase in our income of 27.4%. This allowed us to provide a new oversight role of visitors centres at prisons across Scotland, and expand on the direct 1:1 service we provide to families in the community.

We would like to thank the many organisations, charitable trusts, local authorities and statutory organisations, along with the many individuals who donated funds to Families Outside during the year. Without your help, we could not provide the support we give to families affected by imprisonment in Scotland.



Families Outside is the only national charity that works solely to support the families of people affected by imprisonment in Scotland. Our purpose is to improve outcomes for children and families affected by imprisonment so they can live healthy, active lives free from stigma and impediment.

For information and support:

Call our Helpline 0800 254 0088

Email support@familiesoutside.org.uk

Text FAMOUT followed by your message to 60777

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