

Useful resources

As well as the resources available on our website the following may be useful.

NICCO - One stop information advice service supporting all professionals to work with offenders' children and their families.
www.nicco.org.uk

Locked Out - a resource for children affected by the imprisonment of a family member. This can be downloaded for free at
www.prisonadvice.org.uk/locked-out

My Visit - A journal and booklet for children to help them understand how a prison visit works.
www.prisonadvice.org.uk/my-visit

Kyra's Story - A short, animated video about the experience of a young person visiting their parent in prison
www.prisonadvice.org.uk/kyras-story

Prisoners' families toolkit
www.youngsouthampton.org/workforce/

Visiting my Dad/my Mum
www.ormiston.org.uk

Inside Times contains information about visiting people in prison; procedures, opening times, directions etc. www.insidetime.org

Helplines

GOV.UK website - www.gov.uk

Prisoners' Families Helpline
<https://prisonersfamilies.org> or
freephone 0808 808 2003

Family Lives
<https://www.familylives.org.uk/>

Childline
www.childline.org.uk

How can schools and professionals get in touch?

If you are currently aware of (or working with) a young person who has a family member in prison and would like further information about the Nepacs youth project, please contact our youth project coordinator using the details below:

Aelred Robinson
Arobinson@nepacs.co.uk
07964 959959

To request a referral form, or to return a completed referral form, please contact:

youth@nepacs.co.uk

Once completed, we aim to respond to your request within three working days to discuss the next steps.

Be aware of the issues facing children and families of prisoners

There are lots of resources to help raise your awareness and understanding. 'Hidden Sentence Training' is a full day course and focuses on the impact of imprisonment on the family and how statutory and voluntary services can support young people and their families. We also offer 2.5 or 3 hour awareness sessions.

Contact Nepacs on **0191 3323810** for details or find out more on our website www.nepacs.co.uk



Find out more at
www.nepacs.co.uk

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nepacs

Supporting a positive future
for prisoners and their families



Youth Project

Supporting young people aged 8 to 17 years who are impacted by the imprisonment of a family member

Did you know...

- Around 312,000 children are impacted by parental imprisonment each year in England and Wales
- Research shows that children and young people would like to talk about their feelings around the imprisonment of a family member but are rarely asked
- More children experience parental imprisonment than divorce
- These children are more than twice as likely to suffer from mental health problems than their peers

What is available for children and young people through Nepacs youth project?

Youth zones

We provide special youth room facilities for young people aged 8 to 17 years visiting HMPs Holme House, Frankland, Northumberland and HMP&YOI Low Newton. These facilities are staffed on weekends and during school holidays and aim to provide:

- A safe and welcoming place for young people to interact with their peers whilst waiting to visit a loved one.
- A chance for young people to speak to one of our youth workers or volunteers to develop self-confidence and self-esteem.
- An opportunity to 'normalise' the prison visit as much as possible by engaging in social activities, such as games and arts and crafts.

Youth trips

We are funded by BBC Children in Need to provide monthly trips and activities for young people impacted by imprisonment across the north east. These activities include go karting, DJ workshops and visits to trampoline parks. The main purpose of our trips is to:

- Emphasise fun and enjoyment
- Create peer support networks
- Increase self-esteem and confidence by challenging young people to step out of their comfort zone.

Residentials

When? During the Easter and summer holidays.

What happens?

The youth project residential involves three days and two nights away from home at an outdoor activity centre in Northumberland.

Young people will take part in adventurous activities including zip wire, 3G swing and high ropes climbing, working together as a team to develop resilience and forge new friendships.

Is there any cost? No. All of our trips and residential activities are completely free although a returnable deposit may be required to secure a place for the residentials.

One to one support

For those young people who require more targeted support in coming to terms with the imprisonment of a family member, we offer a limited one to one service consisting of three one-hour sessions for children living in the north east. Sessions take place at school or a family support centre. For further information about making a referral, please contact the youth project team using the contact details overleaf.

Family days

Family days take place during school holidays across all of the north east prisons and youth project staff support these by providing age-appropriate activities and games for children aged eight and above. Family days are a special opportunity for young people to spend quality time with their loved ones over the course of a whole day.

The Nepacs youth project works closely with young people and families impacted by imprisonment to provide a positive and supportive experience during times of uncertainty and anxiety.

Through the dedication of staff and volunteers we strive to reduce isolation, improve self-esteem and provide young people with a voice and sense of increased citizenship.

"We both met through the Nepacs youth project and now we are really good friends"

"I have really enjoyed our 1:1 because you have been supportive and haven't just asked me lots of questions about my dad being in prison. I feel happy and it has been fun."

"This is the best trip I have been on! When is the next one happening?"

