

# Families Outside

families  
outside

## The Families Left Behind





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# Families Outside Writing Group

## Introduction

We are four women from across Fife, brought together by Families Outside and Fife Council's Family and Community Support Team to support each other through the experience of having a loved one in prison.

When we first came together in March 2016, we were all nervous. We didn't know each other, and some of us didn't say a word!

After our first meeting we decided to write this booklet together, with support from Fife Council's Adult Basic Education service, to help other people in the same situation.

Nobody knows what this is like until they go through it. Each of us had felt so alone. We wanted to meet other people who knew what our lives were like, and we wanted to be able to help.

We hope that with this booklet we can reach out and let other families know that it will get easier.



*Please note that this project has run in Fife, Scotland and the information in this booklet reflects our experiences. Procedures and support services may be different in other areas.*

## Initial Feelings



"I can't cope!"

These are some of the feelings that we felt when our family member was sent to prison.



Remember, your GP and support services are available if you are feeling like this; you should not try to cope on your own.



## Checklist - Things to Think About



*When a family member is sent to prison, you may feel alone, worried and hurt. With your situation in mind, read through the points below and think about which ones may be relevant to you, and if they can help you move forward.*

Contacting a  
support service -  
Families Outside  
0800 254 0088

Contacting the  
children's  
school

Speaking to  
your GP

Working out  
your finances

Do I need to do  
anything about  
my housing?



# Court



When you attend court your solicitor is the best person to advise you on any legal proceedings. The list of things below are more practical but would have been useful to us if we had known

*"I was a wreck at sentencing. I'm glad I took someone with me."*



- \* Prepare for a long day.
- \* There is no set dress code for visitors, so wear what you feel comfortable in.
- \* Take money with you.
- \* Depending on the court, there may be security at the entrance, similar to airport security.
- \* There will be a lunch break when the court is closed.
- \* Prepare for the press being there.



*"I felt intimidated by other people around the court."*

- \* Depending on which court, there may be a public gallery behind a glass screen.
- \* You will not be able to speak to the defendant if they are convicted and given a custodial sentence.
- \* Be prepared for any sentence.

*"We didn't think it would be a custodial sentence."*



## Children



*If you have children, this section could be useful and give you an idea of what to tell your children, and who to turn to. Here are some of the questions that went through our heads.*

### **What should I tell the children?**

I thought it would be best to tell the kids the truth about where their dad was. I was scared they would hear it from someone else, and I wanted to make sure the kids knew the truth and not gossip.

### **What ideas might children have about prison?**

My son was upset as he thought his dad's cell was much like they see on telly - metal bars on the window, itchy covers and no carpet. He felt much better when he knew his dad had his own things there and was comfortable.

### **Why did my dad ... ?**

Let them know the person in prison did something wrong and there are consequences, but they don't need to know details about the crime. Many children understand or have a good idea why the person is in prison. They need to know it doesn't make them a bad person - they are still capable of being a kind and loving parent.

*"The kids have had a lot of support from the school and special child workers. They're happy again, I'm happy again."*







*"My kids were worried and anxious about who was going to look after me and tidy the garden ... and do all the things their dad does."*

### **When can we see Dad?**

I was adamant I would never take my children to a prison - they didn't deserve to go somewhere so different. But after a few hard weeks it was the children who were saying, "Can we see Dad?" When children do not have contact with the imprisoned parent, it may have a negative impact on their behaviour. Keeping in contact can help maintain the relationship.

### **What do you say when your child is missing their parent?**

Tell the child it's okay to miss them and look at ways to help them. Let them know they can send pictures, write letters, speak on the phone and keep a memory book to show them when they are released. Talk to them about people they can share their feelings with and that it is good to talk. If there are things in particular they miss doing with that parent, look to see if you can be that person now or if there is someone else.



*Tell the people you think need to know i.e. school, social work, support workers. The support is there, you just need to ask.*

### **Is it my fault?**

Children sometimes feel they are to blame and feel insecure. Try to reassure them at all times. They will maybe feel angry, sad or might not feel they are able to talk about it at that stage. Tell them that it is OK to feel these things and that everyone will feel differently at different times.

## General Information About Prisons

### Who can I contact whilst my relative is in prison?

You can contact the Family Contact Officer at the prison. You can find their number on the prison website or you can contact Families Outside, free on 0800 254 0088.



*"We found the Family Contact Officers very helpful."*

### What do they do?

The Family Contact Officer can liaise with you throughout your relative's sentence. They can help with any concerns or issues you may have regarding your family member. They will have direct contact with your relative. You can arrange to meet with them prior to visiting.

Families Outside is a national charity and not part of the Scottish Prison Service. They support families who have a family member in prison.

They can listen to any concerns that you have and help you through this difficult time.

*"Families Outside were brilliant."*



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## What is a prison number?

Each prisoner has their own prison number. You will need this to hand in any belongings, clothes, and money etc. You will also need it to send in correspondence.

## How can I hand in property?

You cannot simply choose to bring in property. The prisoners will have to complete a form and tell you exactly what they have requested. There is an authorised list of items that the prisoner is allowed. There are different ways to get property to the prisoner, it is best to speak with the prison to see what systems they have in place. All items will be checked and approved before the prisoner receives them.



*"I went out to buy trousers for my husband but he wasn't allowed to keep them. There was a note saying no black trousers but I hadn't seen it!"*

## Can I send in mail?

Yes you can, make sure the prison number is on any correspondence. At some prisons you can send an e-mail to the prisoner with [e-mailaprisoner.com](mailto:e-mailaprisoner.com) – which is printed out and given to them, and for a small charge they can send you a reply via e-mail (again, may not be available at all prisons).

## Can I send in photos?

You may be allowed to send in photos, but please check with the prison before you do this. Apps like 'Freeprints' let you print for free. 'Touchnote' turns your photos into a postcard.

## Can I give the prisoner money?

Yes you can but not physically, the prisoner will have an account which they can access weekly. Each prison will vary on how much you can put in. You can pay this in to any of the prisons as long as you have the prisoner number. You can also send a postal order as long it is addressed to the governor and the prisoner number is on the back.

Prisoners can purchase items such as toiletries, cigarettes and snacks etc. This facility is available to them once per week. There is a limit to how much they can spend per week (usually £40). Please remember to only put in as much as you can afford after looking after yourself and your family on the outside. If a prisoner works within the prison they will be paid a small amount each week.



*"It was starting to cost me a lot. I had to explain to my husband that I couldn't keep giving him the maximum money each week. I had to prioritise the family."*

# Visiting A Prison

## How can I arrange a visit?

Visits are generally booked by the prisoner. Visiting times, and how many visits you can make per week, will depend on the individual prison. It is best to check on the prison website, or check with the Family Contact Officer. In most prisons you should arrive half an hour before your visit.

## What do I need for a visit?

You must take photographic ID to be allowed in to visit. These items will be accepted:

- \* Valid passport
- \* Photographic driving licence
- \* Citizen/Validate UK card
- \* Scottish Government issued buss pass

You will also have to take proof of address. This can be in the form of a utility bill, it will have to be dated within the last three months.



*"The security is like going through an airport check."*

## Will I be searched?

Yes, you will go through a security check. The SPS dog unit may be operating (sniffer dogs) – it is nothing to worry about, and you will be given instructions by the staff.

The security system is like an airport – you put your belongings in a tray, and it goes through a scanner. When you are searched it will be by an officer of the same gender as you.

### **What belongings can I bring with me?**

You can take a small amount of money to purchase refreshments during the visit and a locker key in to the visit. All other personal belongings can be stored in a locker. You will need a £1 coin or token to operate the locker.

At some prisons there will be a Visitors' Centre, run by an organisation other than the Scottish Prison Service. They offer support and information and often refreshments.

If you have a baby you can take essential items in to the visit. Check with the prison staff exactly what these items are. If you require medication during the visit, please speak to the Family Contact Officer before your visit.

### **How many people can visit at once?**

Up to 3 adults are usually allowed at any one visit. In some prisons there is no restriction on the number of children, but others may set a limit. Anyone whose name is not on the visiting list will be refused entry to the prison.

### **What should I expect when I go into the visiting room?**

You will be given a table number and that's where you have to sit during your visit. Visit rooms are generally like an airport waiting lounge.

### **Can a prisoner move about at the visit?**

No. Prisoners have to remain in their seat during the visit.



*"I worried that everyone would stare, but they didn't."*

**Will there be lots of other prisoners at the visit, and will they stare at me?**

Yes, there will be other prisoners there but no-one really notices you – they are focussing on their own visit.

**Can I buy food and drink?**

Only the visitor can buy food and drink for the prisoner during the visit. Some prisons have a little canteen, and others have a vending machine.

**What do the prison officers do during the visit?**

There are prison officers in the visiting hall. They are placed around the room. A couple of them will walk up and down the room. You should only hear from them once time is up.



*"I found my children coped better and were more relaxed and less tense when they knew they were going to a family visit."*

### **What is a family visit?**

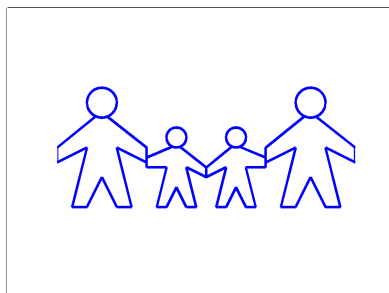
Most prisons offer family visits, though on occasion these may not be appropriate. If this is the case this information will be relayed to you by the prison.

Family visits are a lot more relaxed than normal visits. The prisoners are allowed to get up, move around, play and interact with the children.

These visits tend to be a bit quieter than normal visits.

There should be toys and activities available at these visits. If you would like to take a child's homework in for the parent to help them, please discuss this with the Family Contact Officer prior to the visit.

In addition to these visits, prisons will often have themed visits throughout the year for families.





## Health and Wellbeing

### OPEN UP



*You may feel that you are a burden to people, therefore keep a lot in. Never feel alone. There are always impartial support services available. If you can, arrange a counsellor. In some cases this can be done through your GP or workplace.*



## Taking care of yourself

### MEDICAL HELP

If you feel you are not coping, make an appointment with your GP.

### AVOID ALCOHOL OR DRUGS

It may seem good at the time but it will make you feel worse in the long term and can affect your judgement

### KEEP A ROUTINE

Try to keep your usual sleep pattern. You may have difficulty sleeping to begin with but try not to nap during the day. Avoid caffeine and heavy meals before bedtime.

### GET OUTSIDE

Do some form of exercise, like walking while listening to your favourite music.

### TAKE TIME OUT

Switch your phone off, don't use the internet, read a book, watch a movie, take a long bath, have some 'me' time, and relax!



*"Just remember, it may not feel like it at the beginning but it does get better!"*

## Media Attention



### BE PREPARED

It can be hard to read stories about your family member and personal circumstances, and quite often only bits of stories and fabrications of the truth are reported. Be aware that people may read what has been reported before you have a chance to tell the people that are important.

### HAVE A BREAK FROM SOCIAL MEDIA

If there is media coverage it may be best to stay off social networking sites, or at least make sure that they are private. Try not to read any comments, as these can often be written in a negative manner.

### NO COMMENT

You might find yourself approached for comments. Our advice would be to say "I have nothing to say."

### MAKE A COMPLAINT

Negative media attention can be devastating. The Press Complaints Commission exists to hold editors to account about what is written [www.pcc.org.uk](http://www.pcc.org.uk). MediaWise offers free confidential advice, [www.mediawise.org.uk](http://www.mediawise.org.uk)



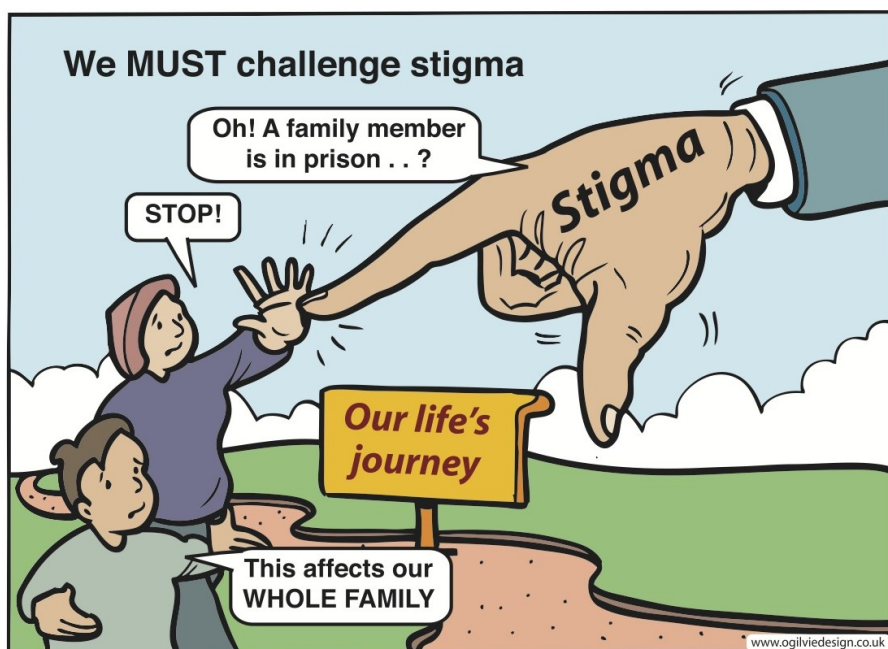
*It was awful, no one thinks of the family and how it will affect them, I was scared, anxious, frightened and angry. I hid myself away at the start*

## NOT EVERYONE WILL FEEL THE SAME

It is important to remember that people will have different opinions about what has happened. This is OK, and in time hopefully everyone will respect your feelings and choices.

## WHO TO TELL?

It is your decision who you want to tell, however, it could be useful to talk to your workplace about what is going on for you. They would be more understanding if you have to take time off if they know what you are having to cope with.



## Our Personal Stories



### Lorna's Story

One late evening in December 2014 is a day I'll never forget as that is the day that has changed my life forever and my family's lives. It all started on a normal Friday night, my older brother texted me asking if I was in. I knew instantly something was wrong as he never visits unless it's a birthday or Christmas. I thought my Mum had died. Nothing could prepare me for what was coming next.

My brother was physically shaking and I just sat in total shock after what he told me, but I just thought it was something stupid and it would blow over. We then went to my other brother's house where we were met by social workers, they wouldn't tell us anything other than my Mum had been arrested and charged. We did not know what the charges were but were told she would appear in court the following Monday. I was angry: she is a pensioner, and what was she doing in a police cell, over the weekend, with no medication or change of clothes? So I marched up to the police station where I was taken into a room and met with a police constable. Again we weren't told anything other than she will be in court first thing Monday morning, and asked if we could bring up her medication and change of clothes.

We spent the whole weekend asking so many questions, making up so many scenarios on what it could be, it became worse over the weekend due to lack of sleep. On the Monday, we turned up at court and sat, and sat and sat, nobody was telling us anything. We asked the receptionist

who said a judge hadn't been allocated yet and couldn't give a time. Eventually, on the plasma screens, I saw a number for a duty solicitor who I called. I spoke to their office and was given her name. I then went back to the reception and her name was called – twice! Then, over the tannoy, we heard for all weekend custodials to appear in Court 1.

We then sat for over 3 hours listening to each case. Eventually it was just us in the court in the public gallery, this man came up and thought we were the press, we explained who we were there for and we were told to leave as the hearing was a closed court. After what seemed like a lifetime, the same man came up to us and introduced himself as my Mum's lawyer and that she had given permission to discuss what had happened. After, both my older brothers were in tears and in state of disbelief. I was just stunned with shock, unable to take in what I was hearing.

Eventually, she was remanded in custody! I couldn't believe it, my Mum, who had never been in trouble before, was going to a prison. I felt like I was leading a parallel life. Eventually, after 2 weeks, and 4 days before Christmas, she was released on a bail appeal. The next 9 months were a living nightmare. My best friend's Mum had died at the same time, and I felt it would be so much easier if my Mum had died; we could grieve, re-build our lives without her and remember the good times, unlike the torn up family which it would become.

Quickly we contacted Families Outside which was mentioned by family member. They met up with us, and I felt so much better knowing that there was support there.

Then, it was time for sentencing, I'd convinced myself that she would come home and I bought her a return ticket for the train home. She didn't come home: she got 4 years and 4 months. I was hysterical, I sobbed all the way home on the train and what made it worse that it had hit the media before we got a chance to tell our family. I even got on the wrong train home. This has made me stronger and less judgemental, people can't understand why I have stood by her but at the end of the day, she is still my Mum and she is still a good Mum. We have lost friends because of this but do I care? No. They are not worth it and I haven't done anything wrong. Thanks to the support I have had, I am back to the happy go lucky, bubbly person that I used to be, with added extras!



*"It does get better and time is a great healer."*

## **Kate's Story**

My family unit was torn apart when my husband was arrested. I was told nothing about why he was arrested or anything, so I went to court and sat all day just to be told to leave the court as it was a private hearing.

I didn't know what was happening. He had to go back to court the following week – that's when he was told he had to do a 140 day lie down (on remand). When he called to let me know what he'd got, all I did was cry. I tried to do what's best for the kids and house. I had no clue what I was doing. It was really hard to keep a grip on things. I was travelling back and forth to prison since he was put in there. It was really hard to keep a clear head for the sake of the kids. The kids hated me as they didn't understand why I was allowed to go for a visit.

That day came, I was at the court, he was up in front of the judge. He was sentenced to ten years in prison. I'm now married to a sex offender, and I was a victim in my community for his crimes.

My heart fell. All I kept thinking was, "How am I going to cope?" as I always had him for help. I went on a meltdown, I didn't want anything. I finally plucked up the courage to get help as I wasn't really coping at all, so I sent an e-mail to Families Outside. Once they got involved they put me forward to different agencies.

Now I have a better relationship with my kids. I've managed to build a life for me and my children, and we all have a better relationship with him too. We are still a family unit, we are making it work. All of us are happy. I still have bad days, but I'm more settled because I know in my heart he'll be home soon.



*"Someone once told me it will get easier. I never believed them, but it does – time is a healer."*



## Stacey's Story

My story started on a late evening. There was a knock at the door in which a gang of policemen came to arrest my partner. He was taken away to the local police station and charged. He was brought back at midnight, and we were told to await a court date.

Two years later the police came to the door with a citation for him to appear at court in front of a judge. There were lots of trips to court in the run up to the trial.

The day of court came. This was the final time he would have to appear. He phoned me at lunch time to say he had spoken to the lawyer and he was definitely coming home that day. The last time we spoke on the phone was 1pm.

2pm the phone goes - it's a prison officer! From Perth Prison to say my partner had been taken there from court and he was given a 4 year jail sentence. Wow! Did my world just crumble? I thought I was hearing things. I broke down, my legs gave way as I fell onto the floor. The person who I had spent the last six years with I wasn't going to see again for four. How could this happen? Did they not know he had four kids at home and a partner with health issues? Does nobody care what we are going to do? I was crying uncontrollably.

That is when my life changed. The man from the prison gave me a number to call for help, advice and what to do next. I thought I can't do this myself: how can I look after four kids, a dog, run a house, cope with my disabilities and generally keep sane?

I thought my life had ended: how could I go on? Where do I start? Everything was so different, I wanted my life to end as that's what it felt like inside. I couldn't eat or sleep, just normal day-to-day stuff was getting a bit tough. I went to my GP a short time after my partner was sentenced, and the support from the doctor was great. She told me the way I was feeling was understandable for a person in my situation with the amount of stress and lifestyle changes. Things would be a little hard but would definitely be better in time. Things are still raw. What will I tell the kids? What will people think? Will people be talking about the family? People would stare and whisper when we would walk past, just what we needed when we were feeling vulnerable.

After a few tough months things settled down. Our family got slowly back on track. I stuck to a routine to make things as normal as I could. After a few months of living alone for the first time, I began to struggle with a few things. I felt so alone, felt worthless. That's when I realised it's okay to struggle a bit, anybody would. I felt so low I didn't think I had the strength to go on. The kids were lost. They were so upset. I got in touch with a few support agencies, and after a few months working together with them I can finally say life's looking up.

It's almost been a year now my partner has been in prison, and things have changed so much and all for the best. I have great support from a few charities. The kids have had a lot of support from the school and special child workers. They're happy again, I'm happy again. Our lives are so close to what they were like before. A lot has changed, and a lot for the best. At one stage I didn't think I would be able to come out of it at the other end.



*"Now I'm feeling normal again and look forward to when the day of release comes and we can get on with our lives and be a family again."*

## Jane's Story

*Jane's story shows how being involved in the criminal justice system has impacted on her and her daughter's lives. The following information is based on Jane's experiences and what she thinks would be useful for someone who potentially could be in her position to know.*

As I write this I am four months into my sentence which was a tag for a year and 300 hours community service. Yesterday I was back in court to change my address! How am I doing? Amazingly well if I am being honest.

A year ago I was on 120mg of morphine a day, a drug prescribed by the doctor for pain. I no longer take morphine, only paracetamol for pain. I am a stronger person. I think I am a better mum to my 16 year old daughter, who I put through hell. We love each other very much and not once has she ever blamed me for what happened. It has made us both very positive about life, what we want in life and the determination that we will get through this. We have had our moments; there have been many tears but also we have both got a wicked sense of humour, so our house is filled with laughter. We have just moved house – I think the publicity of my case made the landlord serve us with a notice to quit, the day after my sentence.

### **How is community service?**

I really enjoy it! Everyone says I look well. I think it's down to the fact I am in the fresh air every day, in all weathers. I have learned so much. I can now build a bird box for the mum to look after her chicks. I can paint better than I think. I am fitter than I have been in years through litter picking.

### **Having a tag - is it horrendous?**

The straight answer is no. I have my freedom. I can do what I want when I want but I am confined to the house from 7pm till 7 am. Which in my case suits me fine! There is plenty to do. All the things I never had time for I have time for now. You cannot see my tag and people who see it are shocked I have it but I do not let it spoil the freedom I have during the day.

### **What have I learned?**

Out of a horrendous situation can come some amazing surprises. I am going on to help others get through what at the time seems a very bad time. It was horrific but there are many people out there who can help you, and I am one of them. There are other things in the pipeline which will directly help others so hopefully people can make the right choices in life to avoid what I have been through.

## Home Detention Curfew



Home Detention Curfew, or a 'tag' as it is commonly known, is a scheme that allows certain prisoners to serve the last part of their sentence at home, or another suitable address, for up to a maximum period of 6 months.

When someone is on HDC they are given a curfew and not allowed out from the address between certain times. The Scottish Prison Service will make a full assessment on the offence and historic offences, and will only release people who are low risk.

The Criminal Justice Social Work department will make an assessment on the address, and if this is your address they will contact you. They will explain how this could impact you and anyone living in the house.

It is important to remember that Home Detention Curfew is not an entitlement and can only be granted if the person meets the criteria and passes a risk assessment, including home circumstances assessment.

Home Detention Curfew can also be given at court as an alternative to a custodial sentence.

### **What happens when you are told you will get a tag from court?**

You will be sent home from court to wait for G4S to come and fit your tag. They will come before midnight that day.

### **Will a G4S van pull up outside my front door?**

No, they are very discreet and professional.

### **What do they do when they come?**

They measure your ankle and fit the tag to you. They test the tag around your home to check that it works around the perimeter of your home and to make sure you can access everywhere in your home.

A Site Monitoring Unit (a black box) will be fitted in your home. The tag and box will be your responsibility – do not tamper with them.

### **What is the tag like?**

It's fitted to your ankle. You should be able to get a finger down the side of it, but there is no way it could fall off accidentally. The tag can be adjusted later if it is too loose or tight. If the tag goes off it makes a noise like a smoke alarm.

### **Can I go in water with the tag on?**

Yes. You might be asked to run a bath and put your foot in with the tag on to check this.

### **Will I see G4S regularly?**

No, once the tag is fitted they don't need to come back unless you breach your order, or move home etc.

### **Can everybody see my tag?**

It is easy to cover it up by wearing trousers or jeans.

### **Will the alarm go off at the supermarket?**

No. It won't activate any shop alarms.

### **How does the curfew work?**

The court decides the time of your curfew, for example 7 p.m. – 7 a.m. If you leave your home between these times G4S will automatically be alerted; you will have breached your order.

### **What about my garden?**

You have to stay inside your home as per your arrangement with the court. This means no putting the bins out or going out for a fag during your curfew time. Set your clocks by the time on the monitoring unit, as if you say your watch was slow this will not be accepted as an excuse!

### **What if there is an emergency?**

You will need to give evidence later, for example if you had to go to hospital they could phone G4S.

### **What's life like with the curfew?**

Live each day as it comes. Make sure you get out into the fresh air when you can. You're able to do what you want, as long as you stick to the curfew times. Remember the tag is there for a reason, and if you didn't have it you could be in prison. Try to stay positive and make the most of the time you can go outside.



*If you have any questions about having a tag you can phone G4S 24 hours a day on 0800 840 0783. Families Outside can help too with emotional and practical support 0800 254 0088.*

# Community Payback



## **What happens on the first day? What do I wear?**

You will be allocated a criminal justice social worker and will meet with them once you have been given your sentence. They will advise you which workshop to go to and you will agree days to attend. Be there in plenty of time. A normal day is 9.00a.m. to 4.45p.m. (7 hours 45 minutes). If you are late you could be sent home, and this will not count towards your hours.

Depending on the order, you will be given the appropriate items to carry out the task. If you are sent to a workshop you will meet your supervising officer and be given an induction covering health and safety, fire points and what to do in an emergency.

You will be put into a team of five other people on community payback with one supervisor in charge. If you have any problems, speak to your supervisor.

Keep a diary of the hours you do and which supervisor you were with and what you did. This keeps you right and lets you see you are doing the hours and getting somewhere!!

## **Will I be judged on my offence?**

Straight answer is no! Everyone is treated equally, fairly and with respect. Only the supervisor is aware of your offence. If you do not wish to discuss it, it's your choice.



## **Will the public know I am on community service by what I am wearing?**

As far as the public are aware you work for the local authority and can't be identified as someone on a community payback order.

## **What are the rules like?**

There are rules like any workplace, and you must abide by them. Carry out the work to the best of your ability. Mobile phones should be switched off!

Bring food for the day as you cannot go to the shop. There may be vending machines or cooking facilities, depending on the location.

Do not turn up under the influence of drink or drugs as this could have serious consequences for you. Your health and safety are important to the supervising officer. Wear the protective equipment provided.

If you are ill you will need to provide a medical certificate. Your supervising officer will tell you what is required.

The type of unpaid work/jobs you are likely to be asked to do include gardening, painting and decorating, clearing snow, and litter picking.

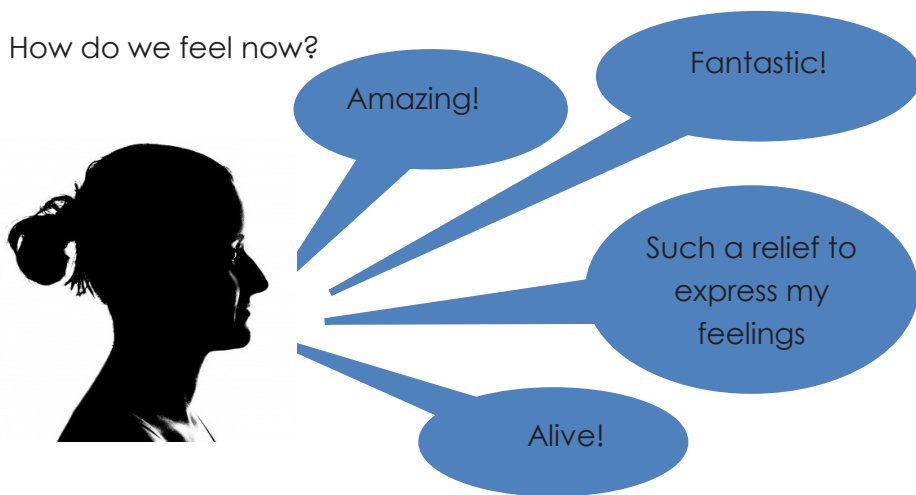
All the projects you are involved in help the local community.

## Final Reflection - Families Outside Writing Group

When we got together we didn't know each other. Four women brought together through the legal system. Four very different situations, four different endings waiting to be written.

Now, nearly twelve weeks in, we are good friends. We look out for each other and care what happens to each other. We will support each other through good and bad. We don't care what people think—that's what friends do. This is hard—we never said it would be easy. But we are four strong women, stronger than we ever thought we would be. We have got through this together. Whatever happens we will be there for each other.

How do we feel now?

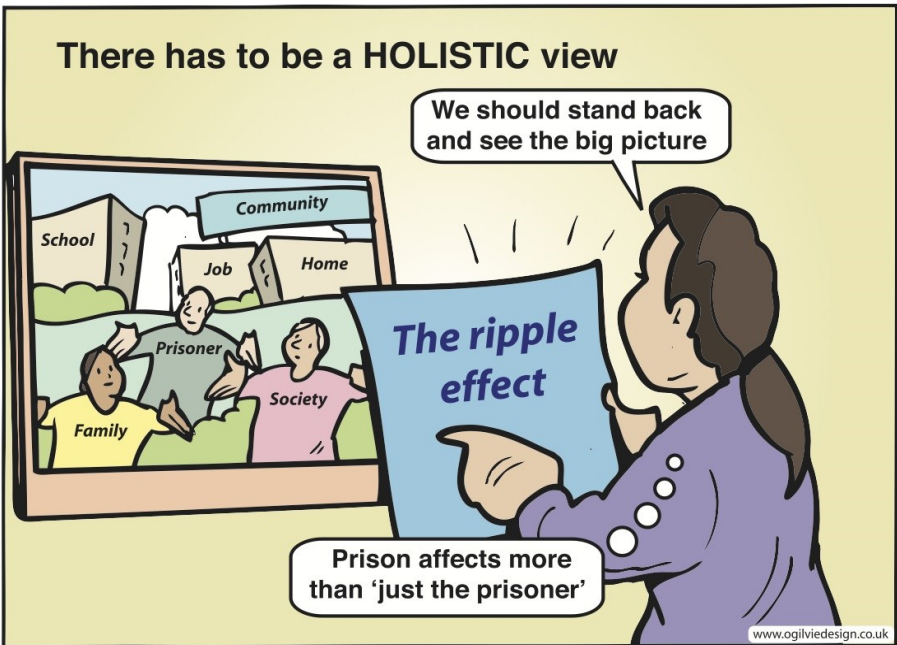


### **Thanks to:**

*Kerry Knox, Families Outside*

*Susan Carroll, Family and Community Support Team, Fife Council*

*Jane Norie, Adult Basic Education, Fife Council*



## Useful Contacts

Organisation	Phone number E-mail/website
<b>Breathing Space</b> Helpline to call if you need support and are feeling down	Tel. 0800 83 85 87 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a>
<b>Samaritans</b> 24 hour helpline if you are feeling down	Tel. 116 123 <a href="http://www.samaritans.org">www.samaritans.org</a>
<b>Citizens Advice</b>	<a href="http://www.citizensadvice.org.uk/scotland">www.citizensadvice.org.uk/ scotland</a>
<b>Step Change Debt Charity</b> Free debt management plan	Tel. 0800 138 1111 <a href="http://www.stepchange.org">www.stepchange.org</a>
<b>Women's Aid</b>	Tel. 0800 027 1234
<b>Families Outside</b> Support for families affected by imprisonment. Telephone helpline Mon – Fri, 9 a.m. – 5 p.m	Tel. 0800 254 00 88 <a href="http://www.familiesoutside.org.uk">www.familiesoutside.org.uk</a> e-mail: <a href="mailto:support@familiesoutside.org.uk">support@ familiesoutside.org.uk</a>

## Jargon Guide

**On remand** – this is when someone has been charged, but not yet convicted. If the person is refused bail they have to spend the remand time in prison.

**Bail** – this is free in Scotland (you don't have to pay a 'bond' to be released). There will be bail conditions, for example you must notify the courts if you change your address.

**On Licence** – If a prisoner is released on licence, they are obliged to comply with the licence conditions that have been set and are placed under the supervision of Criminal Justice Social Work. If the conditions on the licence are breached, they may be recalled to prison at any time.

**APVU** – Assisted Prison Visit Unit. If you are on a low income you can apply for help with travelling expenses for prison visits.

**ICM** – Integrated Case Management. There will be a meeting at the prison to discuss ongoing support for the prisoner. Family members can attend but only if they are invited by the prisoner.

**HDC** – Home Detention Curfew, this is the official name for an electronic tag.





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Families Outside Support & Information Helpline  
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[www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)

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

Text service: text **Famout** followed by your message to 60777

The experience of having a family member in prison can be extremely challenging for the family members left behind. This booklet, written by family members in Fife who are living through these experiences, offers support and information to others in this situation.

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We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC fund grant.

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