



Image courtesy of Children of Prisoners Europe

# BREAKING BARRIERS

Support for children and young people in Norfolk affected by having a parent or close family member in prison

## WHY BREAKING BARRIERS?

It is estimated that at any given time, up to 200,000 children in the UK are affected by having a parent or close family member in prison. This is more than the number affected by divorce.

## WHAT IS BREAKING BARRIERS?

Our *Breaking Barriers (Norfolk)* service offers **one-to-one support** for children/young people (aged 5-16) in Norfolk who are affected by the imprisonment of a close family member.

It is anticipated that the practitioner and child/young person will meet for **six sessions, taking place in school or a place where the child/young person feels safe**, with the possibility of extending these if appropriate.

If we feel that the child would benefit from further support, we will discuss referring on to other agencies that will best meet their needs.

## HOW DOES BREAKING BARRIERS HELP?

By providing a **safe space for children/young people to talk, play and express themselves**, we enable them to explore their feelings and come to terms with the emotional trauma of having a close family member in prison.

In this way, we help begin the process of breaking down some of the barriers which may prevent them from maintaining positive ties with that family member.

## SOME THINGS A CHILD OR YOUNG PERSON MIGHT BE THINKING...



## HOW CAN A CHILD OR YOUNG PERSON ACCESS BREAKING BARRIERS SUPPORT?

We take referrals from agencies that support children/young people, from schools, and from families themselves.

We are here to help. So, if you know a child or young person aged 5-16 years old living within Norfolk who has a parent or carer in prison and would benefit from support, please contact:

Paula Jordan, Senior Practitioner, Breaking Barriers Norfolk, **07787 404385** or [paula.jordan@ormistonfamilies.org.uk](mailto:paula.jordan@ormistonfamilies.org.uk)

Paula will make contact with the parent/carers for an initial assessment. If it is agreed that the child would benefit from the service, a pattern of regular sessions will be arranged.

## ABOUT ORMISTON FAMILIES

Ormiston Families is a leading charity for children, young people and families in the East of England.

**The Unite Programme** is about supporting children and their families who have been affected by offending behaviour to stay together.

This support may be through the services we offer to those visiting relatives in prison, through our Transforming Rehabilitation service for short-sentence prisoners and their families, or through our Breaking Barriers service for children affected by imprisonment.

As well as helping children and young people cope with the trauma of offending behaviour or imprisonment in the family, there is significant evidence that offenders who are able to maintain positive family ties are less likely to re-offend and that the cycle of offending within families is more likely to be broken.

## WHO TO CONTACT

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If you would like to know more about Ormiston Families, please visit [www.ormistonfamilies.org.uk](http://www.ormistonfamilies.org.uk) or email [enquiries@ormistonfamilies.org.uk](mailto:enquiries@ormistonfamilies.org.uk)



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