

This newsletter provides the latest news, information and updates on our work and progress. Feel free to get in touch with us if you have any stories you would like to share or for more information about the work we do.

What we do

Children Heard and Seen, is a charity that works to mitigate the effects of parental imprisonment on children, young people and their families.



We aim to provide quality services for children with a family member in prison. We presently support children of prisoners in Oxfordshire and we are extending our support across the Thames Valley area.

We are currently working with children and young people offering residentials, activities and mentoring.

For more information [visit our website](#)

Charity status

We are delighted to announce we are now registered with the Charity Commission. Our registered Charity number is 1157879



We are also now registered with HMRC for gift aid.

giftaid it

Newsletter Contents:

What we do	1
Charity Status	1
Activities	2
Virgin giving page	2
Some facts	2
Boiling point Challenge	3
Volunteering	4

Follow Us



Children Heard and Seen



ChildrenHandS

Activities

Recently we undertook our first residential with 12 children aged between 8 and 14 yrs attending.

They participated in a music video, please follow link below or click on the image to watch.

[You Tube](#)



Virgin Giving

We now have a charity page set up on Virgin giving making it even easier for people to donate or even do some fundraising for us.

If you would like to donate to us via Virgin giving click on the ['make a donation'](#) icon



Fundraising opportunities are also welcomed please [contact us](#) with any ideas or events that you would like to volunteer to take forward.

Some facts about Children of Prisoners

An estimated 200,000 children age under 18 are separated by parental imprisonment and on any given day.

Parental imprisonment is associated with negative school experiences such as

persistent truanting, bullying and failure to achieve in education.

These children are more likely to more likely to experience poverty, poor housing, social exclusion, poor physical health.

Children of prisoners are 3 times more at risk of committing Anti-Social Behaviour or delinquent behaviour.

65% of boys with a convicted parent go on to offend themselves. 60% of women in prison have children.

A prison sentence separates 17,000 children a year from their mothers.

25% of children with a parent in prison are at risk of mental health problems including depression, anxiety, eating and sleeping disorders.

Children of prisoners are also disproportionately represented among young offenders and the care population.



The Boiling Point Challenge

My name is Richard Taylor. I was born in London in the 1960s; typically Taurean. My early years were ordinary enough, although I don't remember seeing much of my father. Then, when I was roughly 4 years old, he disappeared entirely. My mother said he was away at work. I started to save sixpences for a chocolate machine that kept appearing whenever we visited. Later, I discovered that the chocolate machine was located inside Wormwood Scrubs.

Eventually, I was told that my father had been sent to prison, but only after he was released and in a very unclear way. Around the same time, I was shunted into a boarding school without warning. That was the final straw - I never really trusted my parents again.

I found the poor communication particularly offensive. Children are very accepting until they sense that they have been lied to, and at that point they become just another victim of the original crime. Yet the solution is so simple – just be open and talk. Allow children to be forgiving by keeping them in the loop.

In my case I was lucky enough to receive support from extended family, especially an uncle. If that had not been available, I feel certain that I would have generated headline news by now, for all the wrong reasons. Since that time, I have followed a varied career and currently specialise in Disaster Management, I am told I have a talent for anticipating events in challenging environments. When



I discovered that Children Heard and Seen was being set up, I immediately recognised its value and offered to help. In fact, I rather rashly agreed to complete a 'Boiling Point' challenge which involved completing at least two endurance events spanning 100 degrees Celcius in the shortest practical period. In practical terms, this involves participation in the following;

“Eventually, I was told that my father had been sent to prison, but only after he was released and in a very unclear way”

The 18th Off-Track Skiing World Championships, held in Finland, on the southern edge of Lapland. It takes place between 6th and 8th of February 2015. Participants must be able to orientate and ski up to 50km/10 hours per day with all the equipment necessary for sleeping in deep snow. The event is located just below the Arctic Circle - temperatures frequently go below -40C. For further details, see <http://tinyurl.com/6hqnpxp>.

The other event is the 30th Marathon des Sables, held in Morocco, North Africa. This event is ranked by the Discovery Channel as “the toughest footrace on earth”. It takes place between 3rd and 13th April 2015.

Participants must be able to orientate and run five and a half marathons (156 miles / 251 km) within 5 or 6 days. The event is located in the Sahara Desert - temperatures frequently go above +60C. For further details, see <http://www.marathondessables.com/en/#>

People sometimes ask me why I am doing this. The quick answer is anyone could do it. However, I happen to have an interest in survival and self reliance. I don't know if this reflects my experiences as a child, but I do feel that the risks posed by wilderness are nothing compared with the risks posed by childhood. Hence, my goal is to help Children Heard and Seen support children at the time when it is most required.

Children Heard and Seen would like to thank Richard for choosing Children heard and Seen as the Charity he is doing this challenge for.

All of the money that Richards raises will be going directly to the charity. [Click here](#) or on the icon below to sponsor him.



**Boiling Point
Challenge**



Contact Us

Children heard and Seen
PO Box 1589
Cowley
OX4 3JJ

Phone: 07557 339258

E-mail: info@childrenheardandseen.co.uk



We're on the web

www.childrenheardandseen.co.uk

Volunteering opportunities

Volunteering is a key strand of the support Children Head and Seen offers.

Volunteers will be committed to improving the lives of the children of prisoners and have understanding the difficulties the children face. There are many different volunteering opportunities.

This could include;

- Volunteer mentors
- Activity support volunteer staff
- Volunteer counsellors
- Volunteer drivers
- Family engagement volunteers
- Pro-bono work

Every Volunteer Mentor must be able to;

- Be 21 years of age.
- Submit an application, 2 forms of reference, a copy of a photo ID.
- Receive an enhanced Disclosure and Barring Check.
- Successfully complete an interview and selection process.

- Attend relevant training when needed or requested to do so.
- Be able to seek support and guidance from their Volunteer Supervisor.

If you are interested in becoming a volunteer, please contact us

