



**Children
Heard+Seen**



Children Heard & Seen

Impact Report

April 2021 - March 2022

**Supporting children impacted
by parental imprisonment**

Director's Comment

It has been another exhilarating year for Children Heard and Seen.

The last two years have seen major growth in our organisation. We introduced virtual services to continue working with families during lockdown - this meant making our support national. As we continue to reintroduce face to face offerings in Oxfordshire, Milton Keynes, Birmingham, and even new locations like Liverpool, national online support now forms a key arm of our service. Extending our reach in this way has not been without its challenges, and the number of new families being referred to us has continued to increase dramatically, putting strain on our small, but growing, team. I'm proud to say that our staff team has gone above and beyond in delivering exceptional support, adapting to challenges as they arose and responding to the needs of more children than ever before.

This year has seen the beginning of one of our most groundbreaking collaborations yet. Operation Paramount is an innovative new pilot being run with CHAS, Thames Valley Police, the Violence Reduction Unit, and Oxfordshire County Council to identify children when a parent is sentenced and provide an immediate offer of support to families. I hope that this marks the first step towards a national framework of identification and support for children with a parent in prison.

One of our main aims has always been to shine a light on the experiences of children with a parent in prison, and we put the child's voice at the very centre of everything we do. This year, Children Heard and Seen made major steps in developing learning surrounding parental imprisonment. We introduced specialised case workers to respond to the distinct and complex needs of families and collaborated with the Daily Express to launch the first national media campaign working to address the stigma faced by children with a parent in prison.

As the reporting year drew to a close, it was wonderful to see our hard work recognised at the Violent Crime Prevention Board Awards, where CHAS was awarded the Positive Impact Award, and I was awarded the Leading Innovation and Social Change Award.

It's so exciting to lead such an innovative and creative organisation that facilitates real change for children and their families impacted by parental imprisonment. It's important to acknowledge that none of this would be possible without the hard work and unwavering support of all the trustees, funders, staff, and volunteers who make this work possible. Our special thanks is owed, as always, to the families who we support.

Thank you.



Sarah Burrows

Director and Founder

Children Heard and Seen

Who We Are

Children Heard and Seen support children, young people and their families who are impacted by parental imprisonment. The charity was set up in 2014, with a focus on raising aspirations, improving **emotional wellbeing** and **breaking the cycle of intergenerational offending**. Whilst we are primarily based in Oxfordshire, the introduction of online support during the pandemic means that we now also offer online support to families across the country.

We are currently providing active support to

274

children with a parent in prison

Parental imprisonment puts children at risk

65% of boys with a convicted parent go on to offend in the future

25% of children are likely to experience mental health difficulties

They are more vulnerable to emotional problems arising from **shame, stigma** and **isolation**

They are more likely to **struggle in educational environments**

Our Support Package



One to one support with specialised staff for children to explore and understand their emotions surrounding their family member in prison.



Support for parents and carers around **communicating with children**, including ways to tell your child that their parent is in prison.



Volunteer mentoring to help children process emotions with a neutral person outside of the family home.



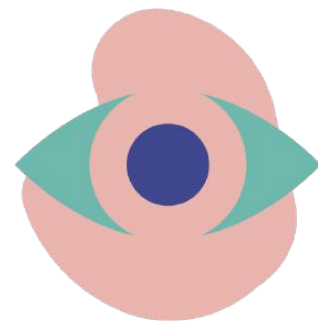
Activity groups for children to explore feelings and meet others in similar circumstances

Parenting support, online activities and activity days.

Families Supported: April 2021 vs Now!



Our Vision



Nationally speaking, research suggests 65% of boys with a parent in prison go on to offend. **However, this is not a predetermined outcome** for children with a parent in prison. Through offering trauma-informed support tailored to the needs and circumstance of each child, we can **break the cycle** of intergenerational offending and achieve better outcomes for families. Of the 700+ children we have supported since inception, only two have gone on to commit an offence. Many children we support experience improved school attendance and achievement, improved emotional wellbeing, self-esteem, and more.

Short-term success:

Reflected in the immediate improvements in emotional wellbeing that our support brings about in children.

Long-term success:

Children reaching their full potential academically and socially, alongside breaking the cycle of intergenerational offending.

Our Mission

To ensure children, young people and their families, affected by parental imprisonment can access **appropriate and timely support** during an incredibly difficult time.

To **formalise our learning** surrounding the experiences of children to build a strong evidence base for research led policy that results in the implementation of a national framework of identification and support.

To **raise awareness** regarding the experiences of children with a parent in prison to influence social attitudes and reduce feelings of stigma, shame and social isolation.

Kaylee's Story:

"We felt isolated, stuck at home and I had no confidence. The children's behaviour started to become a problem at school. We were referred to children's services who referred us to Children Heard and Seen. We now know that we are not alone.

3 years ago, I was a different person. It felt like my children's dad's criminal actions were my fault and we were facing shame and stigma. Now, I feel so much more confident. I've done a year at college and have a place at University. The children are thriving at school, making new friends and attendance is so much better.

Knowing that there are other people in the same position as us makes us feel so much better. Without Children Heard and Seen, I believe we would be stuck in the same cycle of parental imprisonment, and I believe my children would have probably gone on to offend themselves."



Over **2800**

1:1 support sessions delivered to children with a parent in prison!

1:1 Support

We continued to provide intensive weekly one to one support for children with a parent in prison with trained practitioners. Sessions provide an opportunity for children to talk about their feelings relating to having a parent in prison, develop strategies to manage complex emotions and understand the process of imprisonment by covering each stage of the custodial sentence.

"Children Heard and Seen have been an amazing support since we got involved with them, having a 1:1 session for my son that provides him a safe space to talk about things that have been troubling him has really helped! It has enabled him to process what he has previously kept locked in his head and build his confidence in opening up..."

Our 1:1 support aims to:

Capture the **voice of the child**.

Take a child-focused and **strength-based approach** that reminds children of positive influences.

Foster a greater **sense of self, sense of purpose and sense of belonging**, ensuring that children can believe that they can achieve and aren't defined by their parent's offence.

Recognise the complexity and breadth of lived experiences, as **no two children are the same**.

Provide a **safe space** to discuss the absent parent. This may be a topic that a child feels they are not able to discuss with their family.

Tailoring Support

We tailor sessions to the specific needs of each child and provide them with a safe environment to discuss difficult feelings and emotions on their own terms. We used Drawing and Talking sessions with young people, which is a non-intrusive and attachment based therapeutic intervention that allows the child to find a symbolic resolution to conflicts and for their trauma to begin to heal.

In a 1:1 session with her CHAS practitioner, a 12-year-old girl created the image below to show how Children Heard and Seen have supported her every step of the way. The young person said:

"I really like art. It allows me to be really expressive. When I am angry, I take myself away from the situation and just paint".



Group Work

This year, we continued to develop our peer support work and group work offerings for children with a parent in prison. These sessions address feelings of shame by showing children that **they are not alone**. In group activities, our qualified practitioners use creative activities to help young people explore complex emotions in accessible and indirect ways. For those situated further away and unable to access in-person activities, we have continued to provide **online support**.

150

In-person and online activity groups for children

200+

Children benefitted from our activity groups

450

Activity packs sent out to children

75

second-hand laptops provided to allow families to access online support

80

Peer support groups for adults caring for children with a parent in prison



Jake's Story:

Jake's mother got in touch with Children Heard and Seen because she was worried that Jake was becoming increasingly withdrawn. He was not opening up and talking to her or anyone about his feelings. In our initial discussion with the family, we invited Jake and his mother to come to one of our support groups, a safe space where children can meet others and talk about their experiences. Jake was willing to come. He was so overwhelmed at his first session that other children were talking about visiting their parent in prison and that they missed their parent that he began to cry. When he was asked why he was crying, Jake explained that he thought he was the only person experiencing this and couldn't believe that he had met other children who felt like he felt.

858

Volunteer
mentoring hours
given this year!

Volunteer Mentors

A Children Heard and Seen mentor is a caring and responsible adult volunteer who, in partnership with a child, develops a trusting relationship through which the child can seek and receive support and guidance. This year, we facilitated more mentoring relationships than ever before, allowing us to provide in person support to children living in Oxfordshire, Devon, Leeds, Reading, Sheffield, Tunbridge Wells, and farther afield!

Ryan's Mentoring Story:

"My mentor was a great help with an amazing mind set. I think he was a great help for me, he put a lot of time into me. If it wasn't for him, I don't think I would be here right now. He made me feel like I'm never alone he's such a strong minded individual. We did the physical aspect like boxing that I enjoyed very much and it helped get the anger out. We also had the other side where we would just go for a walk and talk about issues I had."

Current Mentors!



Mentoring activities this year have included boxing, indoor skydiving, coffee mornings, baking sessions, walks on the beach and more!



One morning in January, our day began when a 16-year-old girl whose sole caregiver had gone to prison, was referred to us. She had been **living alone** in the family home, without support. That same day, we identified an incredible **volunteer mentor** for this young person, who has similar lived experience and could offer support.

Mentors for Adults

We are currently exploring matching mentors with adults who care for children with a parent in prison. This has proven to be effective for families where we may be unable to offer direct online support to the child due to factors including age or complex needs. We source mentors to support the parent/carer to improve the wellbeing and environment within the family home in order to indirectly benefit the children.



Additional Support

Personalised Crib Sheets

Our specialist staff work with carers to create a highly-personalised resource that guides them through the difficult process of telling a child that their parent is in prison. This year, we worked with carers to produce these CRIB sheets for **over 25 families**.

Letter Templates



Finding the words to write to a parent in prison can be hard. This year, we built on our existing selection of letter writing templates to include 3 new Christmas designs and a new birthday design, to make the process of writing letters more accessible. This year, we provided letter writing templates to over **80 children** with a parent in prison.



Peer Support Groups

We co-facilitated **over 80 parent support groups** for carers to have the opportunity to meet others in a similar situation and form peer-support groups, aided by our trained staff. These included:

Raising Awareness: Group for carers to discuss ways to shine a light on parental imprisonment e.g. sharing tools and learning how they can write to their local MP.

Sexual Offences: Group for carers looking after children with a parent in prison for a sexual offence.

General Peer Support: Weekly themed group for carers to come together and discuss topics that are important to them and share experiences.

Christmas Comfort: Session on Christmas Day for carers to make sure they have someone to talk to who understands their experience.

"Just coming once to this group has made me feel better! Knowing that I'm not the only person going through this and that there are people just like me who I can talk to without fear of being judged and knowing that they understand what I'm going through"

Family Blogs

One of our core aims is to **raise awareness** surrounding experiences of parental imprisonment and encourage families impacted to have their voices heard. To meet this aim, we began two new blog series this year. These included:

A Parent's Story:

Created by those caring for children with a parent in prison that we have supported. The series aims to shine a light on the harms experienced by children and families when a parent goes to prison, and highlight the benefits that providing good support can bring. The series continues to grow, and this year, we published **16 new entries!**

Hidden Voices:

Created by adults with lived experience of parental imprisonment. By sharing these hidden voices, we hope to show how the impacts of parental imprisonment can stay with people well into adulthood, whilst also highlighting the positive things young people can go on to achieve.

Specialised Support

Our long-term assessment of the needs of children shows large-scale **systemic change** is necessary in the way the government responds to them. Our goals do not centre purely on scaling up the charity to offer support to more children, we also advocate for more systemic change by **shining a light on the difficulties experienced by children with a parent in prison**. Our long-term goals involve introducing a series of specialised and innovative posts to develop learning surrounding the experiences of children with a parent in prison where influenced by particular factors.

Sexual Offences Post

In April, we secured multi-year funding from The Esmee Fairbairn Foundation to support children who have a parent in prison for sexual offences.

We currently support **45 children** with a parent in prison for sexual offences.

We delivered a workshop to **30 helpline workers at Stop it Now**, who offer support for individuals who have viewed indecent images online. These workers now have our contact details to refer families for support.

We have run **12 weekly peer support groups**, co-facilitated by a parent that we support for carers looking after children with a parent in prison for sexual offences.

In February, we published **first of its kind research** exploring the distinct challenges faced by children with a parent in prison for sexual offences.



Mother in Prison Post

In July, we secured funding to launch an innovative new project providing **direct support** to children with a mother in prison.

We are currently working with 11 families impacted by maternal imprisonment, with a total of **21 children**. Since the project began in June, six new families have been referred to us with mothers in prison.

At the beginning of the project, we produced a **snapshot report** of the experiences of the children currently being supported who had a mother in prison.

Children Heard and Seen contributed **23 anonymised case studies** of maternal imprisonment (alongside 2 practitioner interviews) to Crest Advisory's study, published in October 2021.

We published three **blog posts written by fathers** looking after children who have a mother in prison. These blogs can be accessed here:

[William's Story](#)

[Adrian's Story](#)

[Fred's Story](#)

Moving Forward

Next year, we will consolidate our existing specialised support offerings and aim to introduce new posts to offer targeted support to families impacted by **domestic abuse/ homicide** and families where children are being looked after by **grandparents** as a result of parental imprisonment.

Summer Residential



This year's Summer Residential at Hill End was a resounding success. 150 family members attended, travelling from as far as **Cornwall, Manchester, and Leeds**. The children who attended had a fantastic time, taking part in bug hunts, campfire socials and more, connecting with nature and building strong bonds with other children in similar situations to their own. Many who attended had previously accessed our online activity groups and one-to-one support during the pandemic. The residential offered the children an opportunity to meet and **connect with their new friends in person**.

18

volunteers supported us in making the residential so special for children who attended, helping to run activities, cook meals, paint faces, give talks and more. **Thank you so much!**



Bug Hunt!

HOPE Education Officers ran a bug hunt with children at the residential. The wet weather meant that children saw lots of slugs and snails, alongside three different types of ladybirds, shield bugs and lots of spiders! It was fantastic to see the joy of the children as they connect with nature



Thames Valley Police Talk

One of the highlights the weekend was a visit from two **Community Police Officers**. They spoke to our young people to show them that they can achieve anything that they want to. During this session, an 8 year old boy had the confidence to put his hand up and talk about his father's imprisonment for the **first time**, in front of the other families.



What a Year it's Been!

Summer Activity Programme

We ran 13 in-person activities for children during our Summer programme, including sessions in **Oxford, Witney, Milton Keynes, Reading** and **Liverpool**. For Milton Keynes children, we hosted a picnic & games session in the park, which involved an art activity making Superhero hand puppets to allow children to creatively explore ideas surrounding their own strengths and superpowers, improving feelings of self-worth. In Oxford, we hosted BBQs at Hill End, a visit to the Natural History Museum, and also collaborated with Active Oxfordshire to run a gymnastics session for children we support.



Halloween Bonfire Night

We launched **Operation Paramount** at a Halloween/Bonfire Evening hosted by us at Hill End in early November. The event was attended by over **50 family members** who we are supporting, as well as representatives from the police and other major players in the pilot.



2021 Christmas Party

Our socially distanced Christmas party went ahead in December at Hill End and was attended by **over 120 children and family members**. This was a fantastic opportunity for children with a parent in prison to safely come together and understand that they are not alone. Our donors at Blake Morgan LLP provided **personalised Christmas gifts for every single child that we support**. For children who attended the Christmas party, this gift was given to them by Santa, in the festive grotto we created on site.

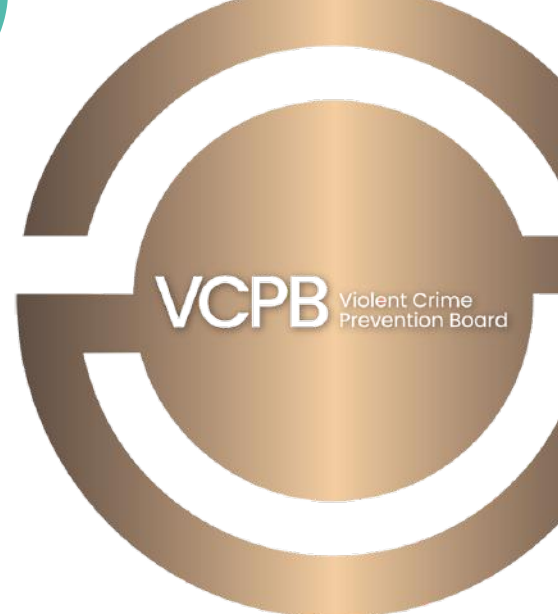
Valentine Wellbeing

We hand delivered Valentine's Wellbeing packs to **130 families** that we support across the country. Each pack was accompanied by a handwritten card with a personalised message from either the family's CHAS worker, or a volunteer who hand delivered the package. The packs are designed to show families that they are valued and cared for by their local communities at a time when they may feel isolated and alone. Deliveries were also an excellent way to match children with potential **volunteer mentors** across the country.

"Thank you so much. It's not often I'm lost for words but I was when I opened this parcel. Things like this is what makes you stand out as a charity. We all have individual struggles and different circumstances but I know every one of us feels so valued and supported by you."



Violent Crime Prevention Board Awards 2022!



The VCPB Awards seek to recognise people and organisations that make a difference within our communities. In March, Children Heard and Seen were delighted to be nominated at and attend the VCPB Award Ceremony in London and be surrounded by so many other fantastic individuals and organisations working with common goals and interests. We were also joined by **family members** that we have supported as well as members of our **volunteer team**. We were so grateful that our work in supporting families was recognised and rewarded with **two awards** on the night! Here is what the VCPB had to say:

Positive Impact

Children Heard and Seen



"Children with a parent in prison are an invisible group that the winner of this category cares deeply about and supports them to identify and fulfil their potential. The work led by this organisation supports a solid foundation of relationship building enabling children to have a safe space to articulate their feelings and views."



Leading Innovation and Social Change

Sarah Burrows - CEO and Founder

"The winner of this category is the CEO of a charity that provides support and interventions for children with a parent in prison. Many nominations were made for this individual which is testament to the commitment and authentic care received by users, peers, and professionals alike."



Family Testimonials

We put the voice of the child at the centre of everything we do, and encourage families to shape our support by providing feedback via online surveys and consultations. This feedback allows us to gain a better understanding of how our services are experienced, and to adapt in order to maximise our positive impact. Here is some **feedback** given to us by families about our support:

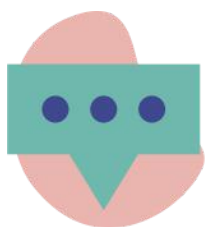


"Since my son has interacted with CHAS, he feels like he isn't the only child in the world this has happened to and he feels as though he has joined a community with **no judgement, just support.**"

Bonnie, mother of 2 children.

"I feel as though Children Heard and Seen have really taken the time to understand what my children and I need in order to heal, and the support has been **tailored to meet our needs** as a family."

Claire, mum of 5 children.



"My children really enjoy the art groups. They get so excited when they get their art packs through the post. **It's something to look forward to and see other faces while having fun.**"

Victoria, mum of two children.

"Children Heard and Seen have been amazing, not only providing support to my son, but **connecting me with other parents who are going through the same struggles as me.**"

Mother of 3 children.

"My daughter, Emma, has had a CHAS **volunteer mentor** for nearly two years now. Every week, she looks forward to meeting her mentor on Zoom. Emma trusts her mentor and has become so confident at expressing her thoughts and feelings. We are so lucky to have that safe place for her to be able express how she feels."

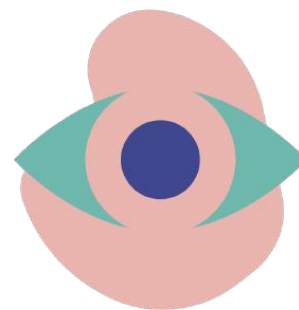
Suzie, mum of 3 children.

"I've attended the parental support groups in the evenings, and being able to talk about my situation to people that understand and aren't judgemental felt like a **weight off my shoulders.** I hadn't really spoken to anyone in the same situation before and it was heartening to receive support, advice and compassion."

Adrian, father of 2 children.

Strategic Partnerships

This year, we continued to develop our strategic partnerships. We built relationships with new partners to pursue our organisational aims of supporting children impacted by parental imprisonment and having their views and experiences reflected in policy. Here are just a few examples of our collaborations this year:



Operation Paramount

We have partnered with **Thames Valley Police**, **Thames Valley Violence Reduction Unit**, and **Oxfordshire County Council** to launch a pilot initiative helping to deliver rapid support to children with a parent in prison. For the first time, the VRU will have access to Ministry of Justice data that allows them to identify children of individuals who are sent to prison. When a child is identified, the family is contacted and offered a referral to support provided by Children Heard and Seen. We hope that the pilot will mark the first step towards a **national framework of identification and support** for children with a parent in prison. The pilot has two main aims:



1

To develop an accurate identification process for children affected by parental imprisonment using partnership data

2

To develop a referral structure between Thames Valley Police and Children Heard and Seen to support children affected by parental imprisonment.

Launching Operation Paramount resulted in a significant amount of media attention, and our work was featured on TV on [BBC South](#) and [ITV News](#). We were also featured on BBC Radio Oxford, BBC Radio Berkshire, Jack FM, and in the Oxford Mail. During the week of the launch, **17 new families from across the country referred themselves to us** as a result of this coverage.

Crest Advisory

In October, Crest released a new report which included information from **23 anonymised case studies** of maternal imprisonment, alongside 2 practitioner interviews provided by CHAS. The report, **Counting the Cost of Maternal Imprisonment**, examines the cost of female imprisonment for two particularly vulnerable groups; mothers who are imprisoned and their children.



Graphic created by Crest using information from case studies provided by Children Heard and Seen.

Strategic Partnerships - 2

Joanna Simpson Foundation



We launched an exciting new partnership with JSF to shine a light on the experiences of children impacted by **domestic violence/homicide** and parental imprisonment. Moving forward, we hope to work with JSF to create specialised resources, conduct new research and advocate for children with this experience.

Kerry McCarthy MP

We partnered with Bristol East MP, Kerry McCarthy, who spoke in the House of Commons to request the current Children's Minister to meet with us to discuss the support needs of children with a parent in prison. Kerry has facilitated meetings with the Children's Minister and the Minister of State for Prisons and Probation, helping us to put parental imprisonment on the radar at the highest level.



Centre for Social Justice

We continued our collaboration with the CSJ, conducting and transcribing interviews with 37 children as part of their **Prison and Family Report**. In March 2022, we attended a roundtable event hosted by the CSJ, and supported two carers that we work with to share their experiences and have their voices heard.

Children of Prisoners Europe (COPE)

We remain a member organisation of COPE and networked internationally with other organisations working on behalf of children impacted by parental imprisonment..



Media

We raised awareness through speaking in **podcasts, radio** and **TV interviews**, including:

BBC Radio Oxford Oxford Mail BBC South ITV News BBC Look North

Voice of the Child podcast Jack FM Legal Women Journal

And many more!...

Daily Express - Break the Cycle Campaign

In January, the Daily Express worked with us to launch a media campaign called Break the Cycle, raising awareness surrounding parental imprisonment. We were a significant contributor to the launch article and the campaign plans to conduct **interviews with families** we support for future articles. Hopefully the Break the Cycle Campaign will **drive change** and address the **shame and stigma** faced by young people with a parent in prison.



Support + Activities Partnerships



We cannot thank everyone enough who supported Children Heard and Seen over the last year in providing support to **over 300** children across the country. We are only able to recognise some of our supporters here, but without every single person and organisation who stands alongside us, our work would not be possible.

Children
Salon

Natural
History
Museum

Oxfordshire
Play
Association

5 Aside
Chess

**THANK
YOU!**

Cherwell
Gymnastics
Club

Mother's
Union

Oxford
Food Hub

Everton
Football
Club

Strawberry
Fields
Liverpool

LUSH

Oxford
Playhouse

Hill End

Our main office site remains at the Hill End Outdoor Education Centre in Oxford, where we have also hosted events including the Summer Residential, Christmas Party and Halloween Bonfire night.

Little Inventors

Provided books to be completed in online activity sessions and featured us on their website.



Student Social Workers

This year, **9 student social workers** began their 70-100 day placements with us, delivering **essential support** to children with a parent in prison. Students have been recruited from across the country, including Oxford Brookes, University of Essex, University of Manchester and Liverpool John Moores University.

Reading Schemes

We are currently partnered with two organisations to deliver sessions and workshops focused on improving reading skills and confidence in young people we support.

Reading Pals

Provide shared reading experiences, bringing relationships closer together while enjoying a book and reading. These sessions also aim to improve reading ability and confidence.

Give-A-Book

Provide emotional literature that can be sourced for children individually based upon their circumstances and need. These books are provided to mentors and mentees to open-up discussions.



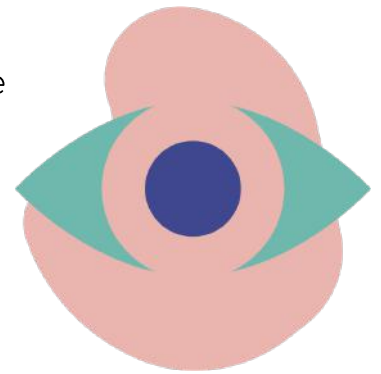
Research and Learning

Mother in Prison Snapshot

In July, we produced a snapshot report of the current experiences of children with a mother in prison who we support. The paper will provide a baseline that we may refer to at the end of the **Mother in Prison Post's** first year.

Early Identification Report

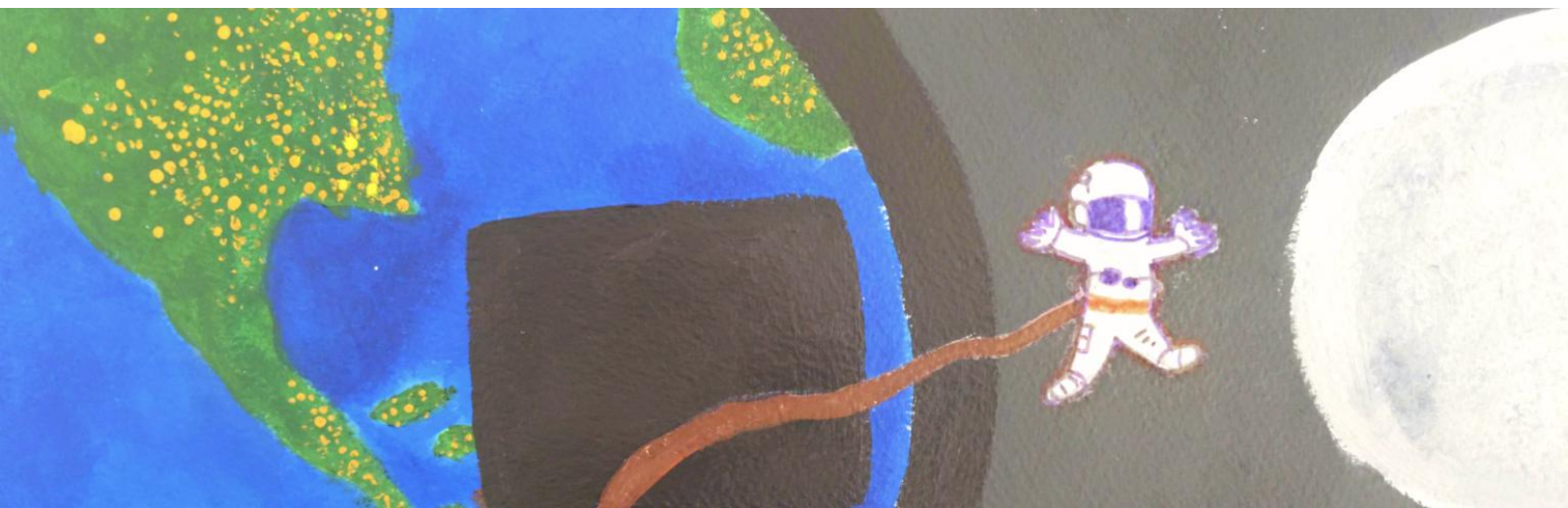
We interviewed forty families (**a total of 93 children**) supported by the charity. We collected data on the time elapsed between the imprisoned parent being sentenced and their family receiving support. The goal of this research was to determine if earlier identification would have made a positive impact on children.



Sexual Offences Report

“Thank you for this. It is so difficult to get recent published material on this subject so many of the papers are out of date and do not deal specifically with parents in prison”

In February, we published a **landmark report** exploring the distinct challenges faced by children with a parent in prison for sexual offences. Ultimately, the report explores how the nature of the offence can disrupt a young person's sense of identity, whilst community backlash and the threat of vigilante violence forces many families to change homes, schools, or even their names. The report has been shared with a range of professionals working with children, including social workers, youth workers, teachers and more in the hopes of informing how they respond to the challenges faced by children with a parent in prison for a sexual offence. The paper has also been distributed to all student social workers at University of Manchester and labelled as **“essential reading”** for the insight it provides into these experiences.



Fundraising

Thank you HMP Doncaster, The Oxford Flotation Centre, MotherFibre, Church of St James the Great, and everyone who fundraised for CHAS this year!

Volunteers

This year, our service benefitted from the support of more volunteers than ever before. The work of volunteers forms a key pillar of our ability to effect positive change in the lives of young people, be it through our **volunteer mentor** scheme or through facilitating **online groups and activities**, providing admin and data support, and much more.

1870

Volunteer hours given

204

Group sessions supported

36

Active volunteers

12

New mentors recruited

In September 2021, we hosted a BBQ at our Hill End Office for over 20 local volunteers for them to come together and feel part of a larger team. Food was generously provided by Oxford Food Hub.



[Join our
volunteer
team!](#)

Funders

Our work is unique, and as such, we do not fit into most conventional funding streams. We are reliant on **innovative funders** that can understand the impact of parental imprisonment on children. We are so grateful to all of our supporters for their continued generosity and we are committed to ensuring our income is used effectively and responsibly. This year, we have been so lucky to be supported by such a wide range of fantastic donors, including:



Funding - Moving Forward

We are eager to identify and support more children impacted by parental imprisonment, but to do this we need to access additional funding. The costings below would enable us to identify and support **100 children** with face to face support over one year.

£12,000

Group work/activity days
(total hire of venues, resources and equipment)

£28,000

35 volunteers
(inc. recruitment, training, support + expenses)

100
Children

£36,000

Full time Case Worker
(salary and on-costs + expenses)

£36,000

Full time volunteer coordinator
(salary and on-costs + expenses)

The total cost for the identification and support for 100 children would be £112,000 for a year. We want to break the generational cycle of offending for children that we support by consolidating our existing services and developing our specialised provisions.

To support and achieve the outcomes outlined above for **one child** for one year would cost **£1,120**.

What your support could buy...

£75

CRIB Sheet

A **trained practitioner** works with a carer to create a **highly personalised resource** to help them tell the child that their parent is in prison in the least traumatic way possible.

£250

1:1 Support

Provides a child with a parent in prison with weekly 1:1 support with a trained practitioner for **eight weeks** to understand their circumstances and support children before they reach a point of crisis.

£400

Peer Support

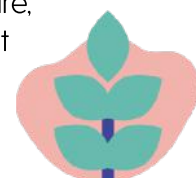
Funds a peer support group for **12 children** with a parent in prison, working with children to understand that they are not alone and building a sense of purpose and belonging.



£10000

Summer Residential

This amount would pay for the total cost of a 3 day Summer Residential, for **over 100 family members** to connect outdoors and **reduce isolation**. Cost includes site hire, food, transport and outdoor activities.





Thank you!

We'd like to say a big **THANK YOU** to everyone who has supported Children Heard and Seen this year. Your support has allowed us to support more children than ever before. From specialising our existing support offerings to launching an innovative identification pilot, we are incredibly proud of the positive impact that we have had this year in supporting families. As a charity with such a small staff, we are very proud of the scale and reach of our work this year. Although our team has grown, we are still a small organisation with the current equivalent of **8 full time staff members**.

Whilst we take this opportunity to celebrate the success of our organisation in supporting children over the last year, it is important to remember that our work is far from over. In the coming year, we hope to push for real systemic change in the way children with a parent in prison are identified and supported at a national level.

With your support, we look forward to meeting new challenges head on in pursuit of our core aim of supporting children with a parent in prison.

To find out more about the work that we do and see how you could get involved to support children impacted by parental imprisonment, please visit:

www.childrenheardandseen.co.uk



**Children
Heard+Seen**

Telephone: 07557 339258

Email: info@childrenheardandseen.co.uk

Children Heard and Seen
Hill End Camp
Eynsham Road
Cumnor
OX2 9NJ

www.childrenheardandseen.co.uk



[@ChildrenHandS](https://twitter.com/ChildrenHandS)



[Children Heard and Seen](https://www.facebook.com/ChildrenHeardandSeen)



[@childrenhands](https://www.instagram.com/childrenhands)



[Children Heard and Seen](https://www.youtube.com/ChildrenHeardandSeen)

Children Heard and Seen
Registered Charity no. 1157879

© Children Heard and Seen 2021. All rights reserved.
No part of this publication may be reproduced,
stored in a retrieval system of any nature, or
transmitted, in any form or by any means including
photocopying and recording, without the prior
written permission of Children Heard and Seen, the
copyright owner.