

Did you know?

65% of children who have a parent in prison engage in delinquent/anti-social behaviour.

July 2016. Issue 4

Children Affected by Parental Imprisonment Essex CAPI Service

The Essex CAPI Service was established to provide information and advice to professionals using an integrated approach to families of offenders, to ensure children achieve and realise their potential. The service has five key outcomes: Training to professionals, Steering Groups, Family support and partnership work with the Military Correction Training Centre (MCTC) Colchester and HMP prisons and other agencies to discuss support and services available for families in the community.



CAPI Celebrates!!



2015/2016 has been extremely successful for the Essex CAPI Service with additional funding for joint projects with Chelsea Football Community Foundation and partnership working with a high number of agencies to offer support to children, young people and their families along with school based groups and individual sessions for children and young people. We have seen a massive increase in referrals and delivered over 8 hidden sentence courses and 20 workshops to professionals.

The CAPI team has grown in numbers including the opportunity to have Angie, a student social worker which has enabled us to expand the services and provide further workshops outside of Essex under the i-Hop umbrella (read Angie's story on page 2).

This year sees the service continuing to grow with funding for new projects, more single point of contact (SPOC) leads established and an increase in attendance at the CAPI Steering Groups.

Click [here](#) for the VF Summary document for full details on services and support provided during 2015/2016

CAPI Team Head To The Palace

On Thursday 12th May the Essex CAPI Team along with many other Barnardo's staff, volunteers and key supporters attended a royal garden tea party at Buckingham Palace, one of Barnardo's key 150th anniversary events. A fantastic day was had by all and even the sun shone all day.



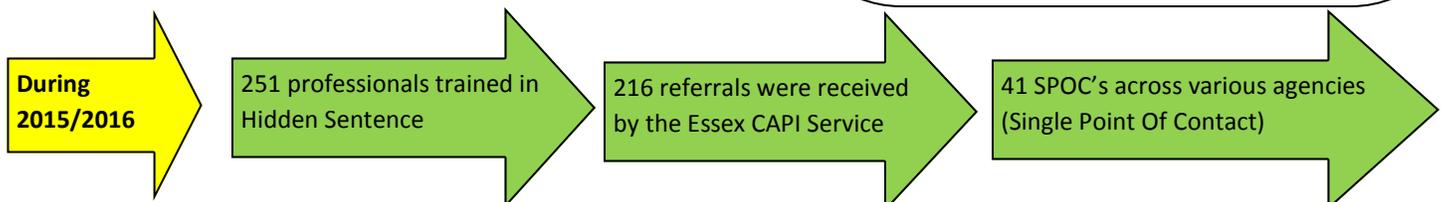
From left to right, Angie (student social worker), Ros (Family Support) and Suzanne (Team Manager)



Sarah
 (Administrator)



Ros & Caroline (Family Support)



Message From Liz Martlew Chair Of South Essex CAPI Steering Group

The two aspects that have framed my experience of CAPI has been first the enthusiasm and professionalism of the team and second how my knowledge and understanding has constantly been challenged.

When I first became involved in CAPI, I knew there was a hidden problem. Schools had flagged that they were aware of an increasing number of children & families of offenders who were isolated, either by lack of support or because they did not want to divulge their situation through fear of being negatively judged. As a partnership, we were not sure how we could address the problem, but then we heard about CAPI and our South Essex Partnership was born!

The hidden sentence training, which by the way I highly recommend, revealed some startling statistics on the number of children affected. It also brought into sharp focus the hurdles the families must face emotionally, socially and monetary; quite simply the offender is facing the consequences of their action but the families too face a 'sentence'.

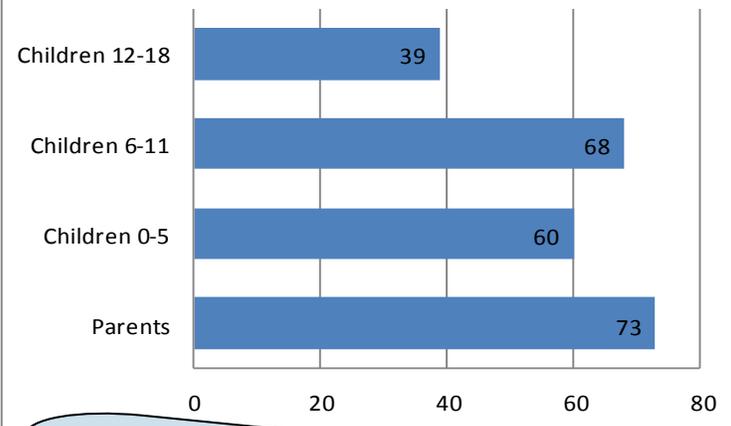
I talked above about the enthusiasm of the team and it is through their expertise and commitment that we are now developing a network of SPOCs (single point of contact) across schools and partner agencies. SPOCs are the point of contact for their colleagues for advice and signposting information. More importantly, CAPI is about reaching out to families and SPOCs provide an extended range of access points by which families can ask for help.

The CAPI Project has grown and diversified and is constantly bidding for additional funding. This means that staff are often juggling their time between bid writing, promoting the project and working with families, but the focus is always on the families.

The CAPI project has many challenges ahead, but with the team's expertise and enthusiasm together with partners support, they can be overcome.

Breakdown Of Individuals Supported Within 73 Total Referrals Received

(1st Apr 15 to 31st Mar 16)



'I've never been able to talk about this before, not even to my friends. Now I feel so much better after talking to you'.

Young pregnant mum of 1, victim of DV

Student Social Worker Angie's Experience With The Essex CAPI Service

My placement began in Dec 2015 and was made to feel part of the team from day one. I didn't know what to expect at first but with full training and a supportive team, I couldn't wait to get stuck in!

I have worked with a diverse range of families and faced many challenges. I have attended many different meetings where my professional opinion mattered and was taken into account. I have researched different support networks for families and helped secure funding.

I praise the CAPI service for their dedication to families and their hard work to make a positive difference to families struggling with the impact of imprisonment.

I have thoroughly enjoyed my time here and it felt more like a hobby than work. With amazing staff and satisfied families I couldn't have asked for a better placement.

I recommend future students and volunteers to get involved as I promise you won't be disappointed! I wish all the CAPI team all the very best for the future.

Children & Young People's Plan

Children Affected by Parental Imprisonment has been recognised as a one of key vulnerable groups in the new plan- We are really pleased to see the challenges and issues faced by children, young people and their families around parental offending has been recognised and would like to thank members of the CAPI Steering group and other professionals who were engaged with the consultation and promoted this key area. Essex CAPI Team

http://www.essex.gov.uk/Your-Council/Strategies-Policies/Documents/YOUNG_PEOPLES_PLAN.PDF

<https://www.youtube.com/watch?v=657XUhM1hbM>

Referring to the Essex CAPI Service couldn't be easier!

Click [here](#) for the link to the form and email it to essex.capi@barnardos.org.uk

Once received we will call you to discuss it further or call 01255 688467 / 07947 219802 for more information!

****NEW PROJECT****
Girls Inspire—Straight Talking



We are pleased to announce that we have been successful in securing funding to launch an exciting new project for young girls 11-14 years old across Essex. The Girls Inspire—Straight Talking project will be run in five secondary schools over 6 weeks. The course will look to address early offending and negative choices. Topics will cover raising young girls self esteem, valuing yourself and making positive choices along with discussions around CSE, the criminal justice system and substance misuse.

The Girls Inspire project is planned to start mid September. For more details or to discuss how your school maybe involved, please call Suzanne Page at Essex CAPI on 07807194589

'I just didn't know what to do in this situation, I feel so much better already knowing what you can do to help'
Mother of 4 whose partner is on remand

Hidden Sentence Training

This is a free, one day training course for all professionals whose work brings them/could bring them into contact with prisoners' families.

It explores the impact of imprisonment on the family, provides an understanding of the family's journey through the criminal justice system, and provides a range of strategies and resources to help the professional to improve their own practice in order to support a prisoners' family.

Dates for the next training courses are:

20th Sept **Beehive CC Colchester**
13th Oct **Colchester**
8th Nov **Beehive CC Colchester**

To book your place or for further information please Contact Sarah via email essex.capi@barnardos.org.uk

SPOC—Single Point Of Contact

'Single Point Of Contact' (SPOC) are leads for children, young people and their families affected by offender behaviour and/or imprisonment – offering support for the identified individual within an organisation, attending quarterly practice updates, training as well as group meetings alongside other SPOC's.

We currently have 24 SPOC's in South East Essex and 17 in North East Essex. SPOC networking meetings are held quarterly and guest speakers have recently included: The Change Project Essex (a project for perpetrators of high risk domestic violence) and ADFAM—Families drugs and alcohol.

The hidden sentence training now includes a more comprehensive account of the SPOC charter and role of the SPOC to increase engagement with more agencies and widen the network of SPOC's.

FREE resources are available to SPOC's including a 'handbook for schools developing good practice' which is normally priced at £10.

SPOC Network meetings

6th July	Basildon	15:00—16:30
17th October	Colchester	13:30—15:30

'I like seeing you, you are helping me and I like that'.

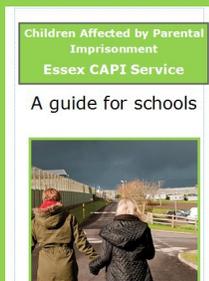
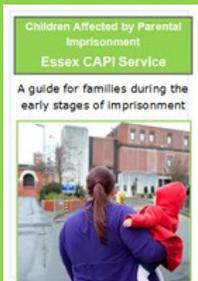
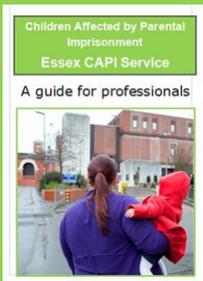
14 year old boy with older sibling in Youth Offending Unit

HAVE YOU LOOKED ON THE I-HOP WEBSITE?

i-HOP is a one-stop information and advice service to support all professionals in working with children and families of offenders.

<https://www.i-hop.org.uk/>

[Click here for our leaflets ! \(Ctrl & click\)](#)



Chelsea Football Club Foundation

In total since the project began we have seen 120 children through 10 schools who have benefited from exploring the concept of prison, consequences of crime and their thoughts and feelings of a loved one going to prison.

