

# About Spurgeons Children's Charity

Spurgeons Children's Charity is one of the UK's leading children's charities, supporting vulnerable and disadvantaged children and their families for 150 years. As part of this, we aim to improve the lives of those affected by a parent being in prison.

Our prisoner and family support services across England allow children to visit their loved ones in a friendly environment and our mentoring and support programmes give young people the chance to reduce negative behaviours and build a better future.

Phone: 01933 412412

Email: [info@spurgeons.org](mailto:info@spurgeons.org)

Web: [www.spurgeons.org](http://www.spurgeons.org)

## Prisoners' Families Helpline

Tel: 0808 808 2003  
Web: [www.prisonersfamilies.org](http://www.prisonersfamilies.org)

## Help with Prison Visits

Address: PO Box 17594, Birmingham, B2 2QP  
Tel: 0300 063 2100  
(Monday to Friday, 9am to 5pm)

Email: [HelpwithPrisonVisits@justice.gov.uk](mailto:HelpwithPrisonVisits@justice.gov.uk)  
Web: [www.gov.uk/help-with-prison-visits](http://www.gov.uk/help-with-prison-visits)

## Email a prisoner

Web: [www.emailaprisoner.com](http://www.emailaprisoner.com)

## Government information for visiting somebody in prison

Web: [www.gov.uk/staying-in-touch-with-someone-in-prison/visiting-someone-in-prison](http://www.gov.uk/staying-in-touch-with-someone-in-prison/visiting-someone-in-prison)

## Parole board hearings

Web: [www.gov.uk/leaving-prison](http://www.gov.uk/leaving-prison)

## The Prison Advice & Care Trust (pact)

(a charity that provides practical and emotional support to prisoners' children, families, and to prisoners themselves)  
Web: [www.prisonadvice.org.uk](http://www.prisonadvice.org.uk)

# A guide to... supporting a child visiting a parent in prison



## Prison visits

Visiting their parent in prison is a great way for a child to keep in contact and deal with the separation. You might want to do some research before the first visit, so you can prepare the child.

You may like to visit the prison on your own first. Each prison runs visits differently, so it's a good idea to find out what to expect when taking a child or children along. Things to find out include:

- **Are there play facilities in the visitors' centre?**
- **Do they have refreshments on sale? Can you take your own?**
- **Is there a better time to bring children along?**
- **Is there anything for older children to do?**
- **Can the child touch their parent and move around?**
- **What facilities are there for pushchairs, nappy changing and feeding?**

### **Don't force a visit.**

If a child doesn't want to go don't force them. Instead talk to them about why they feel that way.

### **Explain what prison is like.**

Tell them about security measures, searches, locking doors, people in uniform, sniffer dogs etc. Tell them the visit might have to be short.

### **Try not to miss school.**

Where possible keep visits to out-of-school hours, weekends or holidays. If you have to go during school time, be sure to talk to the school about it first.

### **Plan your journey.**

Know how you're going to get there. Keep it as relaxed as possible, especially if it's a long journey. Pack favourite toys, books or games to take with you, along with drinks and snacks. Be sure to choose small toys as you will need to pack these away into a locker before entering the prison for your visit.

### **Give them special attention.**

When they see their parent, let them have time to talk about their news, ask questions, share their thoughts and feelings. Reassure them they can stay in touch by letter or phone until the next visit too.

### **Support them afterwards.**

Each child might react differently after a visit. They might need to talk or perhaps they become quiet, angry, frustrated or change their behaviour. Comfort them and talk to them about how they're feeling.



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