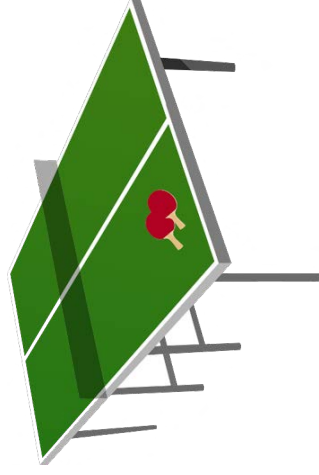


Other activities

- There are a whole range of other things that your dad might do when he's not working.
- He might go to the gym to keep fit and healthy.
- Most days there is chance to spend time with his friends.
- Everyone has access to fresh air and exercise.
- Sometimes there are other activities like council meetings, arts and crafts, quizzes, table tennis or pool.



Useful contacts

Families Outside Support and Information Helpline:

0800 254 0088

Text service: text Famout followed by your message to 60777

E-mail: support@familiesoutside.org.uk

Childline: 0800 11 11

Child Law Centre Under 18s Helpline:

0800 328 8970

NSPCC 24-hour Child Protection

Confidential Helpline:

0808 800 5000

Assisted Prison Visits Unit:

0300 063 2100

Other Local Children's Social Work

Departments:

Contact details can be found on-line.

Life for my dad

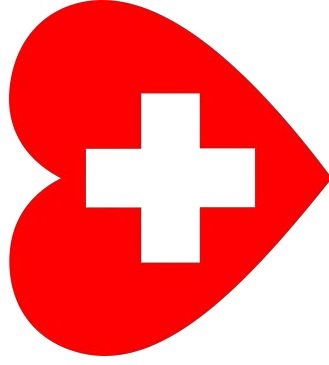


Advice and guidance for children with a father in prison

This guide was produced by men in custody, children who have experienced parental incarceration, the Lancashire Violence Reduction Network and Lancashire and South Cumbria Prisons

Who will look after my dad?

- Your dad is being well looked after.
- There is a dedicated team of staff to provide care for everyone.
- There are prison officers, governors, nurses and many other people who all care about ensuring your dad is well looked after.



Daily life

- There is a timetable that tells people where they need to be and when - this is called a 'regime'.
- Most people get up quite early in the morning and go to work.
- After work everyone returns to their room to eat lunch.
- In the afternoon people often go back to work.
- At the end of the day everyone will go to the wing to eat their evening meal and spend time with their friends.
- A wing is an area of the prison where your dad will have his room.

Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							



Work

- Most people in prison have a job that they go to everyday to earn money, just like they do at home.
- There are lots of jobs that you dad might do.
 - Some examples are:
 - Woodwork
 - Plastering
 - Laundry
 - Cleaning
 - Cooking
 - Education

