

Families Affected By Imprisonment (FABI) Project

INTRODUCTION

Circle's FABI Project aims to '*minimise the impact of parental imprisonment on children and families*'. We are funded to work in the following areas: North Lanarkshire, South Lanarkshire, West Lothian, Fife & Forth Valley, Tayside and Clackmannanshire & Stirling.

To achieve the project's aims, our Family Outreach Workers adopt a strengths-based and solution-focussed approach in all of the work that they undertake with the children and families they support. This approach allows family members to build on their existing strengths, rather than deficits, and in partnership with the whole family they can be empowered to identify strategies to promote positive change.



Some examples of the wide variety of interventions that we carry out on a day-to-day basis are:

- Understanding the impact of parental imprisonment
- Working with trauma, loss and abuse
- Strengthening family relationships
- Parenting and direct 1:1 work with children
- Advocacy and participation
- Therapeutic counselling

BENEFICIARIES

The children and families who are supported by this project will be dealing with a variety of challenging circumstances such as experiences of trauma, financial adversity and homelessness. The project aimed to support 100 – 120 families in 2018/19 and over the year supported:

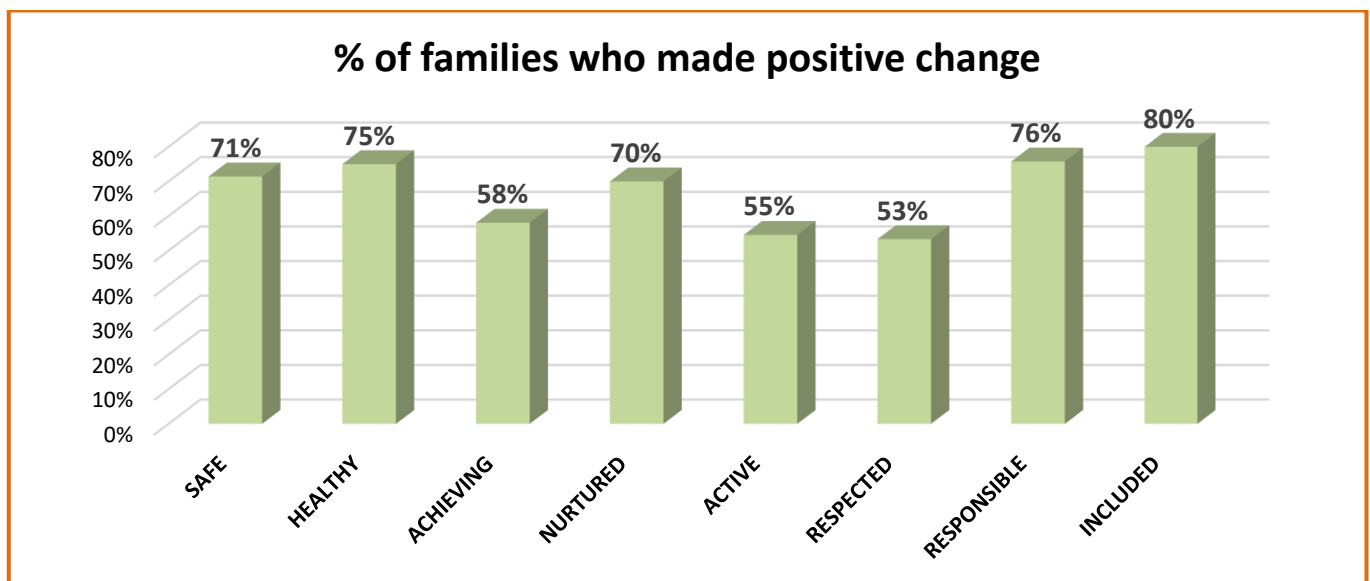
	Addiewell	Shine Public Social Partnership (PSP)	Women's Outreach Team (WOT)	Women's Outreach Service (WOS)	Hub-based work	TOTAL
Families	20	55	34	15	13	137
Parents/carers	35	60	34	16		145
Kinship carers		2				2
Children	31	79	68	16		194
TOTAL no of family members	66	141	102	32	13	341

OUTCOMES

Circle works alongside family members to identify their specific support needs and concerns, enabling them to work towards improving their health, wellbeing and resilience.

We use the *Getting it right for every child* (GIRFEC) approach which supports children and young people to grow up feeling loved, safe and respected and to realise their full potential. At home, in school or the wider community, every child and young person should be Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included. These SHANARRI indicators are what we use to measure the progress made by the families we support.

Across the Addiewell, Shine and WOT services, there were 53 families for whom service ended in the year, of which 37 have reported outcomes where positive change was made. This is further detailed below:



The positive outcomes experienced by families supported by this project include:

- Improved understanding of the impact of their behaviours, e.g. offending
- Reduction in offending behaviour
- Increased access to assertive addiction and therapeutic support services
- Improvement in family relationships
- Improved emotional wellbeing
- Improvement in families' financial circumstances

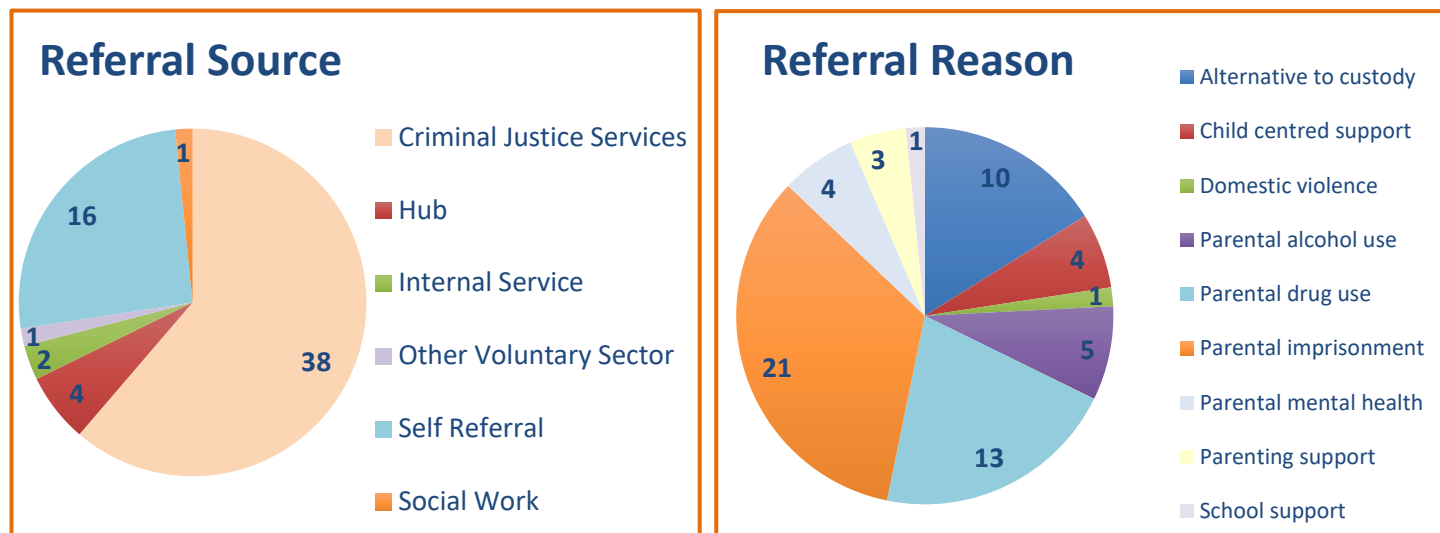
"Helped with confidence and going to meetings/appointments. I can now stand up for myself and engaging with my CPO (community payback order) and community service. This wouldn't have happened without worker's help and support with everything." (Parent)

Our new Women's Outreach Service (WOS), in partnership with Addictions Support & Counselling (ASC) became operational at the end of October 2018 and supports women and their families who are affected by parental substance use. Development of the service has been established quickly with 15 families receiving support. Of these 15 families, six have reported outcomes where there has been the opportunity to identify positive changes at this early stage of support.

The Women's Development Worker based across two of South Lanarkshire's Hubs has worked with 13 women since July 2018 offering weekly group work focusing on improving women's pathways. Outcomes have been recorded with positive change being experienced by the women.

REFERRAL TYPE AND REFERRAL REASON

62 families were referred to either FABI's Addiewell, Shine or WOT service in 2018/19 from a variety of sources and for a number of different reasons as outlined in the charts below:



Over the same three services, 53 cases were closed this year with length of involvement ranging from two to 263 weeks. The average length of involvement was 58 weeks.

COMMUNITY CONNECTIONS

Circle's work is rarely done in isolation. The children and families we work with often experience a wide variety of challenges that require a number of organisations and individuals to work together to help them find their own specific solutions.

"A great service for females lost in communities with no support. Keep up the good work" (Social Worker)



Circle's FABI Project has six services providing support to families across ten local authorities in Scotland. Partnerships exist with HMP Addiewell, ASC, SHINE Women's Mentoring Service, South Lanarkshire Council and Women's Aid in regards to the direct provision of services. Relationships with other agencies is vital in ensuring families are able to access timely support that reflects their individual circumstances. Agencies/services that the FABI Project has worked closely with in 2018/2019 are from a very wide range of statutory and third sector services including Recovery Café and Hubs, Women's Justice

Services, Addictions Services, Criminal Justice Social Work, Throughcare Support Officers, Children & Families Social Work, Venture Trust, Housing, Mental Health Services, NHS, Financial Support Services, Solicitors, Community, Counselling Services, Advocacy Services and clothing and food banks.

Furthermore, Circle actively shares experience and knowledge with charity partners, academics and politicians. Circle's FABI Project has also participated and contributed at key events over the last year. These have been important in highlighting the work of FABI services and evidencing the impact and difference FABI support makes. Some examples of this are:

- Justice Committee Visit
- Evaluation Launch of Women's Outreach Team
- MSP visit with Margaret Mitchell
- Voluntary Action North Lanarkshire (VANL) Reducing Reoffending and Victim Support Network Forum (Presentation)
- Prison Fellowship Annual Conference (Presentation)
- Bellshill Community Council (Presentation)

The FABI Project are represented at the Cross Party Group for Children and Families Affected by Imprisonment. We have contributed towards the extension of the Farmer Review by highlighting the importance of whole family support for women leaving prison and returning to their families and communities.

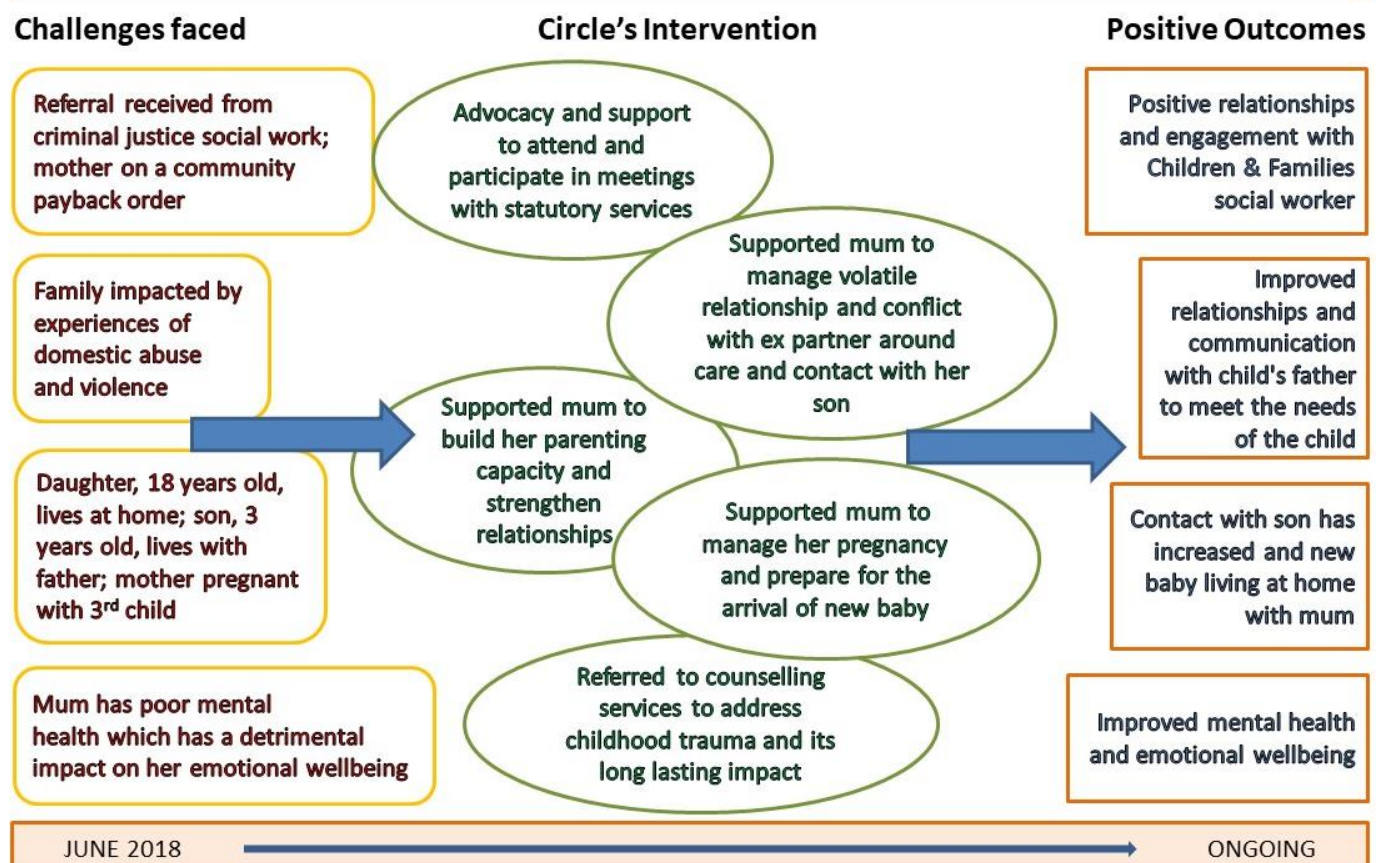
FABI co-facilitated two days' training as part of CJVSF's Collaborative Programme (Adult Induction) and Shared Learning Programme (Working with Families). The FABI team took part in a range of training last year including four members of the team participating in an eight-week Mindfulness Programme and two members of the team participating in Caledonian System Training.

FUNDING

In 2018/19 the project received funding from Henry Smith Charity, National Lottery Community Fund (Investing in Communities), Clackmannanshire & Stirling ADP, South Lanarkshire Council and Scottish Government (SHINE and Caledonian System), all of which contributed to eight Family Outreach Workers, two Addictions Counsellors, one Senior Family Outreach Worker and one Project Manager.

CASE STUDY

In 2018/19 we supported 137 families; here is an example of the work we did with one of them...



PROJECT DEVELOPMENT PLAN FOR YEAR AHEAD

The FABI Project aims to continue to consolidate and enhance upon existing service delivery in supporting children, young people and their families. The project aims to support between 115 – 140 families over the course of the next year.

We hope to strengthen relationships with SODEXO in forward planning for the delivery of its service in supporting fathers and their families from HMP **Addiewell**. This will be embedded further with successful funding from Robertson Trust to be confirmed in June 2019.

FABI will remain as a partner agency in providing support to women and their families as part of the **Shine Women's Mentoring Service**. It is positive that the Scottish Government have provided an additional year of funding to ensure the continuation of the service.

The **WOT** service is waiting on a decision from Henry Smith Charity for funding to enable it to continue operating in North and South Lanarkshire. The evidence from the external evaluation was incredibly positive with value placed on the impact of the support provided. It is our aim to build upon the positive achievements of the WOT service and secure additional funding to sustain and strengthen the service.

The **WOS** service has been operating in Clackmannanshire & Stirling for six months and has established positive partnerships across statutory and third sector agencies. It is to the team's credit that they have developed the service in a short space of time and are already providing support to 15 women and their families. The forthcoming year will focus on strengthening relationships with partners in Clackmannanshire & Stirling with sustainability planning identified for the service beyond 2020.

The **Caledonian System** service became fully operational in March 2019. The year ahead will see the Children's Worker further strengthen the relationships with the Caledonian Delivery Team and engage in direct support of children in addressing the impact of domestic abuse. As partners with South Lanarkshire Council and Women's Aid, we will be reviewing and evaluating the impact of this integrated service with the aim of funding continuing beyond March 2020.

There are opportunities that are already being explored with plans being implemented to ensure these are progressed in the forthcoming year:

- Funding secured from South Lanarkshire Council for one part-time Family Outreach Worker in establishing and developing support for women involved with criminal justice
- Participation in, and contribution to, the development of Community Justice Scotland's *The Framework for Smart Justice: Strategic Commissioning Framework*.

"I feel I now have the support I need in my life to move on with my life and stop offending"
(Parent)



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