

Prisoner Perspectives

Time for Families

A charity that supports family life by strengthening relationships.



Time
for
Families

Building Stronger Families

Government research has shown that strong family ties lead to reduced re-offending: Time for Families' courses are highly effective at strengthening the family relationship.

We have been working in prisons for over five years. We understand the importance of security and ensuring participants follow prison rules.

If you are interested in having *Time for Families* help strengthen your Children and Families work, then contact us on:



"Thank you for such a wonderful course. It's given me so much hope and definitely changed my outlook in life. It's changed me and saved our relationship"

"I've learned that I need to listen to what my partner says - her point of view, especially in conflict. She's more likely to back off than tell me what's wrong."

"I've learned that I need to stop thinking the worst and start trusting more."

"I think doing this course has helped me and my partner a lot in many different areas of our relationship. I have a better understanding of who I am and what my role is in our relationship."

HMIP - BRIXTON REPORT 2006

"The work carried out to maintain relationships between prisoners and their families in the 'Time for Families' workshops was impressive and had clearly benefited those who had participated in this scheme."

Courses to strengthen the relationships between prisoners and their families

Positive impact on the Children and Families' Pathways

Reducing re-offending after release



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Building a future for prisoners by strengthening their families

STRONG FAMILY TIES LEAD TO BETTER OUTCOMES:

- Reduced re-offending
- A home to go to
- Better chances of a job on release
- Better quality of life in prison



A prison term often leads to family breakdown. Nearly half offenders lose contact with their partners during the sentence.

Our courses strengthen the relationship between a prisoner and their partner. We work in both male and female prisons, strengthening the family relationship.

We bring the partner or other family member into the prison so they can work together to strengthen their relationship.

If prisoners have family ties that matter to them, then they are less likely to re-offend and more likely to find employment.



BUILDING STRONGER FAMILIES

A six day programme for prisoners and their partners

It consists of three modules:

Communicating

- How to encourage positive communication
- How to show love (appropriately in the prison context)
- Managing conflict
- Forgiveness and moving on

Parenting Together

Tackles one of the key problems – how to bring up children together.

- Promoting positive behaviour
- Parenting styles
- Managing challenging behaviour

Handling Money Together

Money is a major source of breakdown in relationships as well as being a problem for both prisoners and their partners.

- How to talk about money
- Budgeting and handling money
- Managing Debt



HOME TOGETHER

A one-day workshop for prisoners and their partners preparing them for release

The workshop gives them an opportunity to talk through some essential issues before the prisoner comes out and the relationship begins to buckle under the strain.

Topics include:

- Work
- Money
- Relationship with partner
- The practicalities of living together
- Relationship with children
- Avoiding re-offending

The workshop is based around the DVD “Homeward Bound.”*

Home Together will improve the chances of successful resettlement after prison.



* “Homeward Bound” - an Action for Prisoners’ Families DVD.