

The logo for nepacs, featuring the word 'nepacs' in a lowercase, sans-serif font. The letters are colored in a gradient from green to blue.

Supporting a positive future  
for prisoners and their families



## Youth Project

Supporting young people aged 8-17  
who are impacted by the  
imprisonment of a family member

### Did you know...

- Around 312,000 children are impacted by parental imprisonment each year in England and Wales
- Research shows that children and young people would like to talk about their feelings around the imprisonment of a family member but are rarely asked
- More children experience parental imprisonment than divorce
- These children are more than twice as likely to suffer from mental health problems than their peers

# 1:1 listening support and guidance for young people living in Northumberland, Tyne and Wear who are affected by the imprisonment of a parent, sibling or grandparent

## What is the service?

Nepacs youth project work directly with young people in the north east who are experiencing difficulties due to the impact of having a parent, sibling or grandparent in prison.

A trained Nepacs youth worker can provide a minimum of three one-hour sessions to provide therapeutic support for a young person to help them express how they are feeling about their experiences, linked to the imprisonment of a family member. The sessions also provide reflective activities and the chance to answer questions to help reduce feelings of anxiety and uncertainty.

## Who is funding the project?

Nepacs has received funding from Northumbria Police and Crime Commissioner (PCC) (from their supporting victims fund) to work with young people across both Tyne and Wear and Northumberland from July 2020 to March 2021.

A key aspect of this funding award is that there is recognition of the impact of parental imprisonment and the negative consequences this can have on the young person in the future if support is not provided from an early stage.

Nepacs are aware that a large proportion of children who have a family member in prison undergo a 'hidden sentence' and so the need to reach out to schools to support those who would benefit from 1:1 support is vitally important.

## How can I refer a young person?

A young person must be aged 8–17 to access the 1:1 service and you can contact the youth project coordinator directly on the details below to request a referral form:

Email: [youth@nepacs.co.uk](mailto:youth@nepacs.co.uk) Mobile: 07964 959959

Find out more at [www.nepacs.co.uk](http://www.nepacs.co.uk)