

Welcome to MyTime: An information sheet for Parents / Carers.

We are a service that supports children and young people (CYP) who have a parent in prison. We also support CYP before a parent has gone to prison if it is likely the parent will go into custody and we also support CYP after a parent has been released.

CYP are supported in **Peer Support Groups** which normally take place in the community, evenings, weekends and school holidays. Sometimes the groups are to enable CYP to discuss their feelings and consider coping strategies. Sometimes the groups are just for fun. Both help to build resilience in CYP.

CYP are sometimes able to access **1:1 Mentoring** which is delivered by trained students or volunteers. 1:1 sessions most commonly take place in school. This service depends of mentor availability.

All staff, students and volunteers will have an enhanced DBS check.

Code of Conduct.

We have asked our parents and carers what they need to feel comfortable, safe and supported. This has formed our code of conduct which is below:

1. Everyone has very different experiences of statutory services (such as the police, social workers, teachers, prison workers). We want you to be able to share these experiences freely with one another as we recognise it helps to talk, but also, we ask that everyone is mindful that experiences are very diverse and to respect this.
2. Support groups can be quite costly to set up. We know how busy you are but we kindly ask parents and carers to do their best to communicate with MyTime if your children can attend or not. This helps practitioners know how many children they will be supporting / catering for in advance.
3. It can be quite difficult for parents /carers to drop off and pick up their children at the support groups because of the stigma of having a family member in prison. It is therefore kindly asked that parents /carers do not ask one another about the nature of any crimes committed. This can be very uncomfortable for those who might not want to talk about it and not know what to say if directly asked. Additionally, many children do not know the nature of their parent's crime so it is vital that such conversations are not overheard or inappropriately shared. Staff, students and volunteers must also adhere to this.
4. We are reliant on parents and carers to tell us what helps or hinders their child's healing. Please do tell us if there is something we can do more / less of / not at all in our sessions so that your children are as happy and comfortable as possible. We want and value your honesty.

