

# CHILDREN HEARD AND SEEN ONLINE SUPPORT

VIRTUAL SUPPORT IN LOCKDOWN

July 2020

## WHAT WE DO

Children Heard and Seen support children, young people and their families who are impacted by parental imprisonment. We strive to support their needs, listen to their concerns and ensure that their voices are heard.

**We are currently able to take new referrals and offer online support for children and families with a parent in prison.**

## OUR COVID-19 RESPONSE

COVID-19 has introduced a range of obstacles for us to overcome, mainly how we can continue to support our already isolated families whilst maintaining social distancing. When lockdown began, **we moved our support systems online**, offering a range of **new and modified services**, including:

- Support groups for parents worried about their partner in prison
- Activity groups for children to keep them occupied and engaged
- Online 1:1 support for children worried about their parent in prison
- We also **broadened our support to families across the UK**, as many of the other support services had not remained open.

## ONLINE GROUPS

Online support has been hugely popular. Each day more families are accessing online services and we are now running at least **20 groups per week**, including:

- author **Danny Lee** reading his book '**Finding Dad**',
- a **family fitness** group,
- arts and crafts, family cooking lessons,
- up-cycling group for parents,
- young people's panel and Youth Advocates,
- **group for partners worried about a child's parent in prison**,
- weekly drop in groups and coffee mornings.



If you know a family that would like support, please email us **info@childrenheardandseen.co.uk** call us on **07557339258** or send us a private message on our Facebook