



Opening Times

Hull

Monday / Tuesday / Friday

9.30 am – 4.30 pm

Wednesday & Thursday

11.30 am – 7.00 pm

For times and locations in East Hull and the East Riding, please contact us at:

**CDP
61 Spring Bank
HULL HU3 1AG**

Tel: (01482) 225868

Fax: (01482) 580025

www.challengingdependency.co.uk

The Council for Dependency Problems

*Company No.2533486
Registered Charity No. 1002636*



Challenging Dependency

ARE YOU AFFECTED BY DRUGS

Is someone you care about, whether in your family or a close friend, on remand or in prison, suffering from addiction to drugs? Are you worried about them or the impact on you or your family?

Then talk to:



saFFron

Supporting and Advising **F**amily and **F**riends, **saFFron** is CDP's service to help families in **Hull and East Yorkshire**, where drugs and imprisonment are having a real impact on their lives.

INTRODUCTION

When a family member is remanded in custody or given a prison sentence, it can be a traumatic and confusing time for everyone. Where drugs are involved, the problems can seem even worse. There will be things to sort out and come to terms with, including the shock and distress that you may be feeling.

The information in this booklet will help you to understand the process and legal requirements of prison visits and offer help and support to families, partners and friends.

Page 3 tells you about CDP's **saFFron** service. Pages 4 and 5 have general information about visiting someone in prison, which you may find very helpful if this is your first experience. Page 6 has contact information for other organisations that may be able to support you. Page 7 has notes on drug services available in prison and CDP's contact details are on the back page.

A Parents View

"My first experience of prison visiting came as a result of my son's substance misuse. Coming to terms with my son's behaviour and chaotic lifestyle, along with the guilt, shame and stigma attached to drug use and the huge impact it had on my family was difficult. I felt isolated, with no support. I was sent a visiting order and a sheet of paper informing me of times and procedures to arrange visits; plus the rules of what you are and are not allowed to take into the prison. No-one forewarned me of the rigorous and often invasive security checks that are the everyday routine of prison visiting".

This booklet is a guide CDP's services and what to expect if you visit a loved one or friend in prison.

DRUG SERVICES IN PRISONS

There are two sources of help for prisoners with drug problems while they are inside prison. These are medical services and drug treatment and counselling services. Your family member or friend is likely to be offered access to these services, if they declare that they have a dependency problem. These notes will help you to be able to discuss the options available to them.

Medical Services

All prisons have general medical services for prisoners and most have a specialist team for drugs, but not all of them. If your prison has one, then it is essential that your family member or friend declares that they have a dependency problem. The medical team can only help them if they do.

If they do, then they will be assessed by a doctor or a nurse. The intervention that they are given will be based on their clinical needs. Please note that the way that medical services are provided for prisoners with drug problems is going to change in April 2007.

Drug Services

These services are provided by CARAT teams. The CARAT service (Counselling, Assessment, Referral, Advice and Throughcare) was established in 1999 as a universal drug treatment service in every prison establishment across England and Wales. CARAT services are a major element of the Prison Service Drug Strategy.

Prisoners can be assessed by a CARAT team, given advice about drug misuse and referred to appropriate drug services. CARAT workers may also offer counselling and group work to prisoners who want to stop misusing drugs.

OTHER SOURCES OF SUPPORT

These are some other organisations that may be able to help and support you, while your loved one is in prison.

The Prisoners' Families Helpline

A free and confidential service for anyone who is affected by the imprisonment of a close family member or friend

Call free on **0808 808 2003**

Mon to Fri 10.00am - 4.30pm and Mon and Tues 6pm - 8pm

<http://www.prisonersfamilieshelpline.org.uk/>

Action for Prisoners' Families

National federation of services supporting families of prisoners

Telephone **0208 812 3600**

<http://www.actionpf.org.uk/>

Government web site: Crime, Justice and the Law

Lots of information on support for families, visiting prisons, financial help, human rights, etc

<http://www.direct.gov.uk/CrimeJusticeAndTheLaw/PrisonAndProbation/>

The Citizens Advice Bureau

Wide range of practical advice. See your telephone directory for local offices and telephone numbers, or use their web site

http://www.adviceguide.org.uk/index/your_rights/legal_system.htm

***Note:** These contact details are given in good faith, but CDP is not responsible for any support or information that these organisations may or may not provide. You must make your own decisions about contacting them and using their services.*

saFFron

saFFron is CDP's service to help families in Hull and East Yorkshire, where a member of the family or a close friend suffers from a dependency on drugs, alcohol or other substances. It stands for Supporting and Advising **F**amily and **F**riends. The service works to enable families and friends to sustain the gains made by a family member whilst in treatment or in prison.

Some families feel that they are not always well informed about drugs and treatment services. The CDP has a range of information that is accessible free of charge.

Many users have reported that their recovery was faster once family and friends had received help for themselves and learned how to be more supportive.

The type of support that we can provide will depend on how the drug use affects you. It may mean accessing group support or simply having someone to talk to on a one to one basis.

Group support helps to share experiences and difficulties and problem solve. People usually feel more positive about their situations, in a friendly and relaxed atmosphere. We have groups at various locations in Hull and the East Riding.

One to one support is available to people who, for whatever reason, feel that they can not access groups.

**Helping yourself is not selfish,
if it enables you to support your loved one**

All support work is confidential and free of charge

VISITING PRISON

Once a relative or friend has been convicted or placed on remand, they will be taken to a reception prison. However, they may later be moved to another prison in the area (see map, below). Visiting arrangements in each prison may vary and how to book a visit and what times you can visit may not be the same). Each prison has a Family Contact Officer who has a specific role to offer support and help to families and assist with any queries you may have.



What you can take into a prison

Personal Possessions:

Lockers will be supplied for you to place your personal possessions in, e.g. wallets, purses, mobiles phones, bags etc.

Only loose change and a locker key will be allowed through to the visiting area. There is a charge for a locker (usually £1.00) which is refundable at point of exit

What to expect at a visit

Prison visits can often be a daunting experience and all visitors will be searched as a condition of entry. The security checks are sometimes invasive and rigorous, but are in place to protect both visitors and prisoners. You will experience some or all of these:

Oral Search	visual search of the mouth
Rub Down Search	physical search of head and body
Scanning	visitors will be scanned through a metal detector and possessions will be x-rayed
Passive Dogs	these highly trained dogs (also known as sniffer dogs) detect illegal substances. They are not aggressive in any way.
Baby Milk	will need to be tasted in the presence of a prison officer
Infant Nappies	nappies may be searched. It is advisable to take a change of nappy with you

Identification required for every visit

Either One of the following:

- Passport, EC Identity Card
- Benefit Book
- Driving Licence
- Senior Citizen Bus Pass

Or Two of the following are acceptable:

- Birth/Marriage Certificate
- Rail/Bus Pass with photograph
- Cheque Book/Credit-Debit card
- Trade or Student Union Card
- Foreign or Residents Card
- Library Card
- Rent Book
- Proof of Age Card

Notes:

Visitors on a low income can claim travel expenses. Forms are available at the Prison.

Entry **not** allowed in the final **30** mins. of the allotted visiting times