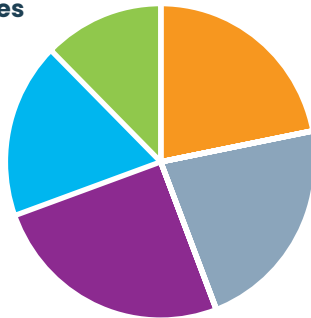


Breaking Barriers 2021-22

From April 2021 to March 2022, we have supported **183 children and young people who are affected by the imprisonment of a close family member. We have delivered a total of 2045 supportive interventions.**

The split of our beneficiaries across each county:

- Suffolk
- Norfolk
- Essex
- Cambridgeshire
- Bedfordshire



Alexa's Story

Situation: Alexa's daddy had been imprisoned for domestic abuse offences. Sometimes Alexa wanted to cut up photos of him, and at other times she would say that she missed him and hated her mum. She was struggling with angry outbursts and separation anxiety, particularly at bedtime. Alexa's mum referred her and her older sister to the service after being given the details from the domestic abuse service that was supporting them.

Solution: Our practitioner, Suzy, initially met with Alexa at home. They played games and Suzy found out all about what Alexa liked to do. Suzy met Alexa for a further 7 sessions at school. They used craft activities to talk about how Alexa was feeling – making a feelings jar and worry monster that Alexa can continue to use. Suzy and Alexa used Playmobil figures to think about 'safe adults' and how grown-ups are there to look after Alexa.

Success: Mum reported that Alexa's bedtime routine significantly improved and that she was having far fewer angry outbursts. Their relationship had improved, and Alexa seemed much more at ease with her emotions.

Alexa's mum said, *"I can't thank you enough. She said she missed Daddy but without the rawness."*

"With your help we learnt that it was ok to talk about Daddy in prison and that they aren't as scary as we imagined. Thank you for all yours and Debbie's help."

Goal Highlights

Nearly half of all children and young people wanted to improve their wellbeing or self-esteem.

96% improved against this goal.

One young person said, *"You helped me to control my anxiety a lot more, and I don't feel I need my hood up at school."*

Key Achievements:

96% improved their emotional wellbeing*

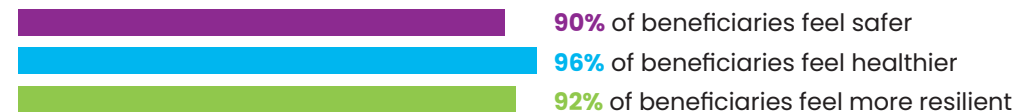
94% improved their behaviour*

93% improved their knowledge of prison*

82% improved their relationship with their imprisoned relative*

*% calculated from those who have set and reviewed a goal with this focus

Results from End of Service Questionnaires:



Our plans for 2022-23...

- **More families supported** – We aim to increase our provision to 70 children and young people per county.
- **Wider reach** – We will work with parents as well as children to make sure strategies can continue to be used once our support has finished.
- **Branching out** – Children and young people tell us that they would like to have support at home, or to go out and walk and talk, so we will be thinking differently about how and where we can deliver sessions.
- **A new county** – Building on this success, we hope to launch the service in Hertfordshire.