

CAPO Resources List 2025/26

(Compiled in August 2025)

BARNABDO'S

Through conversations with the Bristol CAPO Champion's network, this list has been complied in age range to suit pre-school (2-4), early school years (5-10) early teens (11-15) and late teens (16-18). The use of the resource will depend on the circumstances, understanding and individual needs of the CYP. There are some repeated resources between each age groups as some are appropriate for multiple age groups.

This list is by no means exhaustive as different and new resources are always becoming available and there is so much out there. However, it can be used as starting guide. We hope you find it useful.

Key Resources

PACT - [Who we are - Prison Advice and Care Trust](#)

Childline Parents in Prison - [Parents in prison | Childline](#)

Prisoner Family Helpline - [Prisoners' Families Helpline](#)

Govt help with cost of prison visits - [Get help with the cost of prison visits - GOV.UK](#)

Map to each prison with a PACT member contact - [Prison Advice and Care Trust](#)

2 - 4 years

Description of resource	Link
<p>Spurgeon's Animated Support Guide</p> <p><i>This is designed for a parent to explain to a child the different elements of the arrest, court, prison, release. It gives examples of what might happen and how the best model will help support the child</i></p>	<p>Are you supporting a child with a parent in prison?</p>
<p>PACT Resources for CYP</p>	<p>Children & Young People - Prison Advice and Care Trust</p>
<p>Video showing how to use the child assessment tool</p>	<p>https://vimeo.com/1031065632?from=outro-local</p>
<p>The different versions of the assessment</p>	<p>https://prisonreformtrust.org.uk/project/women-the-criminal-justice-system/child-impact-assessment-project/</p>
<p>PSS booklet for CYP about the processes of having parent in prison</p>	<p>https://s3.amazonaws.com/online.pubhml5.com/vqpd/bahj/index.html#p=36</p>
<p>Parts of this video could be used with a young child especially Ruby</p>	<p>https://www.youtube.com/watch?v=aKdXilTyC5k</p>
<p>Prison my parents and me</p>	
<p>Booklet to complete with children</p>	<p>https://childrenheardandseen.co.uk/wp-content/uploads/2022/12/Families-Outside-My-Story-digital-1.pdf</p>
<p>Children heard and seen Booklet about visiting prison</p>	<p>https://childrenheardandseen.co.uk/wp-content/uploads/2022/12/Families-Outside-My-Visit-digital.pdf</p>

Book about why daddy is away

<https://www.prisonadvice.org.uk/media/sbxd20mu/while-daddy-is-away-digital.pdf>

Prison Visits Booklets (Barnardo's Guernsey HUB) Advice guide to visiting a parent in prison under 11

[660 - Gurnsey Prison Vist Booklet Under 11s.pdf](https://www.prisonadvice.org.uk/media/sbxd20mu/while-daddy-is-away-digital.pdf)

Omiston booklet to complete with child abut a visit to a parent in prison

<https://www.nicco.org.uk/userfiles/downloads/258%20-%20My%20Special%20Book%20-%20Dad.pdf>

Barnardos booklet about a visit to fill in with a child

<https://www.nicco.org.uk/userfiles/downloads/5afa9bf581bc5-parenting-matters.pdf>

5 - 10 years

Spurgeons Animated Support Guide

This is designed for a parent to explain to a child the different elements of the arrest, court, prison, release.

It gives examples of what might happen and how the best model will help support the child.

[Are you supporting a child with a parent in prison?](#)

Children Heard and Seen Letter Templates

<https://www.nicco.org.uk/userfiles/downloads/67585642a3aa8-chas-letter-template-5-2021-combined-1.pdf>

Childline Parents In prison

[Parents in prison | Childline](#)

PACT Resources for CYP

[Children & Young People - Prison Advice and Care Trust](#)

Video showing how to use the child assessment tool

<https://vimeo.com/1031065632?from=outro-local>

The different versions of the assessment

<https://prisonreformtrust.org.uk/project/women-the-criminal-justice-system/child-impact-assessment-project/>

Flip book about having a parent in prison

<https://heyzine.com/flip-book/beb2d759ee.html#page/2>

A point of View – Luke's Short View

[A Point of View - Luke's short film! - Children Heard and Seen](#)

Time matters resources list for children including books and support

<https://www.timemattersuk.com/resources/>

<p>Advice guide to visiting a parent in prison under 11</p>	<p><u>660 - Gurnsey Prison Vist Booklet Under 11s.pdf</u></p>
<p>Advice guide to visiting a parent in prison</p>	<p><u>660 - Gurnsey Prison Visit Booklet.pdf</u></p>
<p>PSS booklet for CYP about the processes of having parent in prison</p>	<p>https://s3.amazonaws.com/online.pubhtml5.com/vqpd/bahj/index.html#p=36</p>
<p>Parts of this video could be used with a young child especially Ruby</p>	<p>https://www.youtube.com/watch?v=aKdXilTyC5k</p>
<p>Booklet to complete with children</p>	<p>https://childrenheardandseen.co.uk/wp-content/uploads/2022/12/Families-Outside-My-Story-digital-1.pdf</p>
<p>Children seen and heard booklet for CYP</p>	<p>https://childrenheardandseen.co.uk/wp-content/uploads/2022/12/PSS-Dont-Worry-Book-Proof-5-1.pdf</p>
<p>Children heard and seen Booklet about visiting prison</p>	<p>https://childrenheardandseen.co.uk/wp-content/uploads/2022/12/Families-Outside-My-Visit-digital.pdf</p>
<p>Omiston families project breaking barriers - Shows cyp what it might be like to work with someone who helps cyp who have a parent in prison</p>	<p>https://www.youtube.com/watch?v=DBpa4EbAZhE</p>
<p>Omiston booklet to complete with child abut a</p>	<p>https://www.nicco.org.uk/userfiles/do</p>

visit to a parent in prison

[wnloads/258%20-%20My%20Special%20Book%20-%20Dad.pdf](https://www.nicco.org.uk/userfiles/documents/258%20-%20My%20Special%20Book%20-%20Dad.pdf)

Barnardos booklet about a visit to fill in with a child

[https://www.nicco.org.uk/userfiles/do wnloads/5afa9bf581bc5-parenting- matters.pdf](https://www.nicco.org.uk/userfiles/documents/5afa9bf581bc5-parenting-matters.pdf)

11 - 15 years

<p>Prison Visits Booklets (Barnardo's Guernsey HUB) Advice guide to visiting a parent in prison</p>	<p><u>660 - Gurnsey Prison Visit Booklet.pdf</u></p>
<p>Childline Parents In prison</p>	<p><u>Parents in prison Childline</u></p>
<p>PACT Resources for CYP</p>	<p><u>Children & Young People - Prison Advice and Care Trust</u></p>
<p>Video about having a parent in prison</p>	<p><u>https://vimeo.com/70948115</u></p>
<p>Video showing how to use the child assessment tool</p>	<p><u>https://vimeo.com/1031065632?from=outro-local</u></p>
<p>The different versions of the assessment</p>	<p><u>https://prisonreformtrust.org.uk/project/women-the-criminal-justice-system/child-impact-assessment-project/</u></p>
<p>Video showing young people talking about having a parent in prison</p>	<p><u>https://vimeo.com/70948115</u></p>
<p>Flip book about having a parent in prison</p>	<p><u>https://heyzine.com/flip-book/beb2d759ee.html#page/2</u></p>
<p>Family member in prison</p>	<p><u>Family member in prison - What to expect on Vimeo</u></p>

A point of View – Luke's Short View

[A Point of View - Luke's short film! - Children Heard and Seen](#)

PSS booklet for CYP about the processes of having parent in prison

<https://s3.amazonaws.com/online.puhml5.com/vqpd/bahj/index.html#p=36>

Article and interview with young people about having a parent in prison

<https://www.bbc.co.uk/programmes/articles/5MFkpn9fKI7lHrp6Dcbmc1/my-mum-went-to-prison-when-i-was-15>

Prison my parents and me programme originally on the BBC 2016

<https://www.youtube.com/watch?v=aKdXilTyC5k>

Booklet for young people with a person in prison

<https://childrenheardandseen.co.uk/wp-content/uploads/2022/12/5ad4850cb565e-action-for-prisoners-families-young-peoples-booklet.pdf>

Children seen and heard booklet for CYP

<https://childrenheardandseen.co.uk/wp-content/uploads/2022/12/PSS-Dont-Worry-Book-Proof-5-1.pdf>

Omiston families project breaking barriers - Shows cyp what it might be like to work with someone who helps cyp who have a parent in prison

<https://www.youtube.com/watch?v=DBpa4EbAZhE>

Radio one interview with YP about having a parent in prison

[https://www.youtube.com/watch?
v=F1KLWOc6VpM](https://www.youtube.com/watch?v=F1KLWOc6VpM)

Families outside booklet explaining about what it is like to have a parent in prison and the different aspects.

[https://www.familiesoutside.org.uk/c
ontent/uploads/2012/03/WhatsTheSt
oryMar2012web.pdf](https://www.familiesoutside.org.uk/content/uploads/2012/03/WhatsTheStoryMar2012web.pdf)

16 - 18 years

<p>Radio one interview with YP about having a parent in prison</p>	<p>https://www.youtube.com/watch?v=F1KLWOc6VpM</p>
<p>Booklet for young people with a person in prison</p>	<p>https://childrenheardandseen.co.uk/wp-content/uploads/2022/12/5ad4850cb565e-action-for-prisoners-families-young-peoples-booklet.pdf</p>
<p>Prison my parents and me programme originally on the BBC 2016</p>	<p>https://www.youtube.com/watch?v=aKdXilTyC5k</p>
<p>Article and interview with young people about having a parent in prison</p>	<p>https://www.bbc.co.uk/programmes/articles/5MFkpn9fKI77lHrp6Dcbmc1/my-mum-went-to-prison-when-i-was-15</p>
<p>Time matters resources list for children including books and support</p>	<p>https://www.timemattersuk.com/resources/</p>
<p>Video showing young people talking about having a parent in prison</p>	<p>https://vimeo.com/70948115</p>
<p>PACT Resources for CYP</p>	<p>Children & Young People - Prison Advice and Care Trust</p>
<p>Family member in prison – What to expect.</p>	<p>Family member in prison - What to</p>

[expect on Vimeo](#)

Prisoners Families Helpline. Provides a lot of information on the process from remand, first days, release

[Prisoners' Families Helpline](#)

<https://www.nicco.org.uk/userfiles/documents/197%20-%20More%20than%20just%20surviving.pdf>

62. Picking up the pieces - Support for families of people convicted of a sexual offence

[Picking Up The Pieces](#)

What Can You Do? - If someone you know has been accessing indecent images online

[What can you do?](#)

Families outside booklet explaining about what it is like to have a parent in prison and the different aspects.

<https://www.familiesoutside.org.uk/content/uploads/2012/03/WhatsTheStoryMar2012web.pdf>

Resources for CAPO champions /adults /parents evolving practical needs and advice.

Description of resource	Link
Channel four report about fathers on a parenting course	https://www.youtube.com/watch?v=3tWp3e440QE
Barnardos advice page	https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/children-with-a-parent-in-prison
PACT Prisoner Family Helpline Prisoner Family Peer Support Group Map of prison with a PACT member contact Some resources for YP	Who we are - Prison Advice and Care Trust
Govt Help with Cost of Prison Visits	Get help with the cost of prison visits - GOV.UK
Help with the cost of prison visits	729 - Help-with-the-cost-of-prison-visits.pdf
Benefits information – Partner in prison	Receiving Benefits While Your Partner is in Prison Turn2us
What shall I tell the children?	What shall I tell the children re-branded Layout 1
The Families Left Behind Advice for families who have been affected by offending of an adult/parent	Families Left Behind
The Families Left Behind leaflet about the	https://www.familiesoutside.org.uk/

<p>process of arrest/court /prison visits and lived experience for the partner left behind with or with out children</p>	<p>content/uploads/2016/10/Families-Outside-Families-Left-Behind-40pp-WEB.pdf</p>
<p>Talking to children when a parent has been arrested/convicted with regard to child abuse material on the internet</p>	<p>https://www.nicco.org.uk/userfiles/downloads/874%20-%20Talking%20to%20children%20about%20a%20parents%20conviction%20re%20online%20child%20abuse%20material.pdf</p>
<p>Every family resources map arranged in arrest/court/prison/release</p>	<p>https://everyfamily.org.uk/wp-content/uploads/2023/07/Mapping-of-Services-FINAL-23.pdf</p>
<p>Prison chat UK – advice about arrest/court/prison/release</p>	<p>Prison Chat UK P C U K – Supporting those with a loved one inside</p>
<p>Visiting Prison</p>	<p>Visiting.prison leaflet</p>
<p>Does Your Child Have a Parent, Grandparent or Carer in Prison?</p>	<p>5ac4c12cb4126-790-dp-5705-cop-leaflet-final.pdf</p>
<p>Being a carer</p>	<p>5afb12c4432f-being-a-carer.pdf</p>
<p>What Can You Do? - If someone you know has been accessing indecent images online</p>	<p>What can you do?</p>
<p>Supporting a child with a close relative in prison</p>	<p>https://www.nicco.org.uk/userfiles/downloads/720%20-%20Supporting-</p>

	<u>a-child-with-a-close-relative-in-prison.pdf</u>
More than just surviving ... The Criminal Justice System, a guide for families and carers	https://www.nicco.org.uk/userfiles/downloads/197%20-%20More%20than%20just%20surviving.pdf
The Outsiders - Preparing for release	<u>The Outsiders Preparing for release.pdf</u>
Release date	https://www.nicco.org.uk/userfiles/downloads/724%20-%20Release-Date.pdf
Spurgeons Specialist Resettlement Support	<u>BTWBTG Help for Released Prisoners UK</u>
Prisoners Families Helpline. Provides a lot of information on the process from remand, first days, release	<u>Prisoners' Families Helpline</u>
Tracks -A resource for the resettlement of Foreign National Prisoners (FNPs)*	<u>Welcome to Tracks</u>
Abbreviations and Acronyms used in the Criminal Justice System.	https://www.nicco.org.uk/userfiles/downloads/075%20-%20Abbreviations%20and%20Acronyms%20used%20in%20the%20Criminal%20Justice%20System.pdf

Advice for prisoners

Description of resource	Link
Going to Court	<u>721 - Going-to-court.pdf</u>
The Outsiders - A guide to adoption for women prisoners	<u>Guide to Adoption AW:Layout 1</u>
NEPACS - First time in prison?	<u>https://www.nicco.org.uk/userfiles/downloads/5b5af71b00318-nepacs-first-time-in-prison.pdf</u>
HMIP Expectations of Children and families	<u>Microsoft Word - Expectations for publication FINAL.doc</u>
Fatherhood Institute	<u>Fatherhood Institute Resources - NICCO</u>
The Outsiders - When Social Services are involved - Guide for women prisoners	<u>Public Law AW:Layout 1</u>
Court to custody booklet	<u>https://www.nicco.org.uk/userfiles/downloads/195%20-%20Court%20to%20Custody.pdf</u>
Being a Parent: A leaflet for parents in prison	<u>Being a Parent leaflet.09.05</u>
Prison reform charity with many different resources	<u>https://prisonreformtrust.org.uk/about/</u>

