



# Outlook

## **My relative is going to be released in a few months time. Can PFFS help me prepare for this?**

Having someone come home from prison can mean a huge readjustment, especially if they have been away for a long time. Knowing what to expect can help enormously, and so PFFS has arranged for regular sessions at the Swan Centre which are particularly aimed at people whose family member is soon to be released.

This usually takes the form of a guest who will come and speak to the group about topics such as relationships after release, home visits by the probation service, drugs and alcohol issues and resettlement.

## **Once my relative is released, does that mean I can no longer get any support from PFFS?**

Absolutely not! Because we realize that people need support to adjust to the inevitable changes that will occur when a partner or son comes home, we hold regular meetings for people after release. We call them Outlook meetings. They are held weekly, on a Wednesday from 12 noon – 3pm with lunch available. Outlook meetings include workshops on subjects of concern to families of newly released prisoners, such as benefits, employment, housing and rebuilding family relationships. Outlook members value the chance to talk about any problems they may be experiencing as they readjust to having their family member back home, and to keep in touch with friends from the Swan Centre.

We are also happy to talk things through with people on the telephone and refer them to other agencies for more specific help, such as relationship counseling if this is needed.

## **Why can't I keep coming to Swan Centre?**

People whose family member has been released have different issues to deal with than those people whose relative is still

inside, especially those at the beginning of a long sentence. We feel it more appropriate for people to meet with others at the same stage as they are, rather than mixing the two.

## **Is Outlook only open to former Swan Centre members?**

No. It is open to any woman who needs support and friendship following the release of a family member.

## **Can I bring my ex-prisoner to an Outlook meeting?**

No, it is for women only.

## **Can I bring my children?**

Yes – but bearing in mind we do not provide a crèche and so you are responsible for your children while they are at the centre.

## **When I attended Swan Centre I used to claim my fares. Can I still do this when I come to Outlook?**

Yes, if you need to claim your travel expenses to Outlook, you are more than welcome to do so.

## **For how long after release can I keep attending Outlook?**

For as long as you need the support, although we envisage people attending for about six months to a year after the release date.

## **What happens if my partner goes back inside?**

You would be more than welcome to come to Swan Centre meetings, and/or request a home visitor.