

Help For Prisoners Inside and Out

A Comprehensive guide to services and advice for those in detention or recently released

Along with useful services and advice for their families.

This guide covers the thirty two counties along with detailing

Some information for people held in detention overseas.



Antrim.

Look under Northern Ireland

Armagh.

Look under Northern Ireland

Carlow.

No services listed

Cavan

No services listed

Clare.**Bushy park** (Clare care)

Residential Treatment centre offering treatment for addictions including alcohol and drugs.

Bushy park House, Bushy park, Ennis, Co Clare

Phone: 056 684 0944 Fax: 065 684 0450

Email bushyparkhouse@clarecare.ie

[Website: www.bushypark.ie](http://www.bushypark.ie)

Cork.**Churchfield Community Trust**

Training centre providing programmes to address anti-social attitudes and behaviours. Individual programmes are tailored to need, ability and capacity and include woodwork, horticulture, painting, computers, cookery, cookery, metal work, mechanics, literacy, sport and leisure

107-109 Knockfree Avenue, Churchfield, Cork City, Co Cork

Phone: 021 421 0348 Fax: 021 421 0034

Email cctrust@eircom.net

[Website: www.cctrust.ie](http://www.cctrust.ie)

Cork Alliance Centre

Provides individual and group counselling, resettlement and referral support to offenders and families of ex-offenders.

Robert Scott House, 6 Patrick's Quay, Cork City, Co Cork

Phone: 021 455 7878 Fax: 021 455 7880

Email: corkalliancecentre@eircom.net

[Website: www.corkalliancecentre.com](http://www.corkalliancecentre.com)

Cuan Mhuire Farnanes

Cuan Mhuire provides a residential treatment programme for drugs, alcohol and other addictions.

Farnanes, Co Cork

Phone: 021 733 5994 Fax: 021 733 6377

Email: farnanes@cuanmhuire.ie

[Website: www.cuanmhuire.ie](http://www.cuanmhuire.ie)

Fellowship House

A support service for addicts in early recovery.

Fellowship House, Spur Hill, Doughcloyne, Togher, Cork City, Co Cork

Phone: 021 454 5894 Fax: 021 434 4471

Email: fellowship@eircom.net

[Website: www.taborlodge.ie/](http://www.taborlodge.ie/)

Grattan House Project

A multi-disciplinary initiative developed to deliver programmes and interventions to address serious offending behaviour by higher risk offenders under Probation Service supervision in the Cork area.

Grattan House Project has a skills training centre and provides addiction counselling, assessment and referral service for Probation Service clients.

St Nicholas Church, Cove Street, Cork City, Co Cork

Phone: 021 483 6700 Fax: 021 484 5146

Email: liz.grattanproject@gmail.com

Matt Talbot Adolescent Services - Day Treatment Centre (YPP)

Day programme reducing offending behaviour through appropriate interventions, for young adult males with substance misuse problems working with Probation Service (YPP) referrals.
Rock view, Trabeg Lawn, Douglas, Co Cork
Phone: 021 489 6400 Fax: 021 489 6419
Email: infotrabeg@mtas.ie
Website: www.mtas.ie

Matt Talbot Adolescent Services - Cara Lodge Residential Treatment Centre (YPP)

Residential addiction treatment for young adult males with substance misuse problems working with Probation Service (YPP) referrals.
Ahiohill, Enniskeane, Co Cork
Phone: 023 883 9000 Fax: 023 883 9590
Email: infocaralodge@mtas.ie
Website: www.mtas.ie

St. Nicholas Trust.

Support group for prisoners and Their families. Helping with a fresh Start. Phone: 086 176 8266.
086 176 8267.
Email: stnicholastrust@gmail.com
Website: www.stnicholastrust.ie

Tabor Lodge

Offers treatment for a range of addictions including alcohol, drugs, gambling and food.
Ballindeasig, Belgooly, Co Cork
Phone: 021 488 7110 Fax: 021 488 7377
Email: taborlodge@eircom.net
Website: www.taborlodge.ie

Westview Day Centre (YPP)

Day centre programmes for under 18's in fulfilment of orders under the Children Act 2001. Westview House, 17 Audley Place, Cork. Phone: 021 450 2112 Fax: 021 450 9877
Email: liz.walsh@foroige.ie

Derry.

Look under Northern Ireland

Donegal.

Abhaile Aris

Working with ex – republican prisoners.
22 Meadowbank, Long Lane, Letterkenny County Donegal. Phone: 074 912 8610
Email: abhailearis@eircom.net
Website: www.abhailearis@eircom.net

Down.

Look under Northern Ireland

Dublin.

Adventure Sports Project (YPP)

The Adventure Sports Project provides an adventure sports and youth work programme for young people.
School on Stilts, Rutland Street, Dublin 1
Phone: 01 836 33965 Fax: 01 855 0065
Email: aspyouthproject@gmail.com

Aftercare Recovery Group

An abstinence day programme for those in recovery from drug addiction.
48 Seville Place, Dublin 1
Phone: 01 855 7611 Fax: 01 855 7611
Email: tkacrg@gmail.com
Website: www.acrg.ie

Ana Liffey Project

Provides counselling, support and other services, based on a harm reduction approach, for drug users in the community and in prison, and for their families
48 Middle Abbey Street, Dublin 1
Phone: 01 878 6899 Fax: 01 878 6828
Email: marcuskeane@aldp.ie
Website: www.aldp.ie

Ballymun Youth Action Project

A community based addiction recovery support service providing therapeutic advice and services for young people and community education on drug abuse.
Horizons Centre, Balcurris Road, Ballymun, Dublin 11
Phone: 01 842 8071 Fax: 01 846 7901
Email: info@byap.ie
Website: www.byap.ie

Bridge Project

The Bridge Project Ltd is an interagency initiative developed to deliver programmes and interventions to address offending behaviour, reduce re-offending and support the settlement and re-integration of ex-offenders in the community.

Unit 3 Business Centre, 124 Parnell Street, Dublin 1

Phone: 01 878 0901 Fax: 01 878 0896
Email: manager@bridge.ie

Clondalkin addiction support programme. (CASP)

Community prison liaison worker,
And post release group.
Phone: 01 616 6750
Website: www.casp.ie

Care after Prison (CAP)

Carmelite Community Centre,
Homeless action plan,
56 Aungier Street Dublin 2.
Phone: 01 472 0793
Email: info@careaftprison.ie

Candle Community Trust (YPP)

Training centre providing programmes to address anti-social attitudes and behaviours. Services include; a training workshop, a drop in day centre (12-15 and 15-21 age group), educational and personal development programmes and one to one counselling
PO Box 1145, Lynch's Lane, Ballyfermot, Dublin 10
Phone: 01 626 9111/2 Fax: 01 626 9379
Email: cashe@candletrust.ie
Website: www.candletrust.ie

Coolmine Therapeutic Community

Long established provider in Greater Dublin area of residential and non-residential drug rehabilitation programmes for males and females. Coolmine TC also provides family support service and day induction centre, educational outreach service, prison in reach, assessment, and counselling and aftercare services.

Ashleigh House, The Stables, Damastown, Dublin 15

Phone: 01 640 4087 Fax: 01 640 4085
Email: info@coolminetc.ie
Website: www.coolminetc.ie

Crinan

A community based drug treatment facility and multi-disciplinary support service providing multi-disciplinary treatment and rehabilitation for under 21 year olds.
72 Sean McDermott Street, Dublin 1
Phone: 01 855 8792 Fax: 01 855 2320
Email: info@crinanyp.org
Website: www.crinanyp.org

Daughters of Charity Community

Services (YPP)

A multi-disciplinary centre providing a wide range of children and young persons' programmes and services including a pre-school nursery for young children, a school for older children at risk, a community training workshop for early school leavers and an adult and community education project for adults seeking to return to learning.

8/9 Henrietta Street, Dublin 1

Phone: 01 887 4100 Fax: 01 872 3486

Email: info@doccs.ie

Website: www.doccs.ie

Educational Trust

The Educational Trust is a cross border initiative providing educational advice and guidance for ex-prisoners.

Block 3, Grove Court, Grove Road,
Blanchardstown, Dublin 15

Phone: 01 660 2870 Fax: 01 660 2864

Email: headoffice@paceorganisation.ie

Website:

www.paceorganisation.ie or Website:
www.niacro.co.uk

Fusion CPL

Prison Links project working with offenders with addictions in custody and in the community.

Cherry Orchard Health Centre, Cherry Orchard Grove, Dublin 10

Phone: 01 623 1499 Fax: 01 623 1518

Email: info@fusioncpl.ie

Website: www.fusioncpl.ie

GROW

A community based mental health self-help, support and care organisation providing in-reach services in prisons.

Grow National Support Office, 6 Forrest

Mews, Forrest Road, Swords, Co Dublin

Phone: 01 840 8236 Fax: 01 840 8244

Email: info@grow.ie

Website: www.grow.ie

Guild of St Philip Neri

The Guild of St. Philip Neri is a conference of the Society of St. Vincent de Paul dedicated to befriending and providing personal support for prisoners and ex-prisoners in the Dublin area.

St Vincent De Paul, 91-92 Sean McDermott Street, Dublin 1

Phone: 01 855 0022 Fax: 01 855 9168

Email: info@svpdublin.ie

Website: www.svp.ie

Le Cheile (YPP)

Le Chéile is a nationwide project working in partnership with the Young Persons' Probation division of the Probation Service providing mentoring for young people in trouble with the law. Le Chéile recruits, trains and supports volunteers from the community to act as mentors to young people who are under the supervision of the Probation Service.

24 Tivoli Terrace South, Dun Laoghaire, Co. Dublin

Phone: 01 214 4350

E mail: info@lecheile.ie

Website: www.lecheile.ie

IASIO

The Linkage Programme is a nationwide joint initiative between IASIO and the Probation Service delivering job placement, work experience, employability and on the job training, education, apprenticeship placement services and community services for ex-offenders and persons referred through

the Probation Service, providing a benefit to individual, to employers and to the community.

Block 3, Grove Court, Grove Road,
Blanchardstown, Dublin 15
Phone: 01 866 2722 Fax:
Email: prichardson@iasio.ie
Website: www.iasio.ie

Matt Talbot Community Trust

Adult training centre providing programmes to address anti-social attitudes and behaviours. Participants benefit from key worker support and access to training/education (FETAC), personal development, drug addiction courses, and communication skills. All participants must be drug free. Rear of Assumption Church, Kylemore Road, Dublin 10
Phone: 01 626 4899 Fax: 01 623 4021
Email: info@MattTalbot.org

Merchants Quay Project

Established provider of residential and non-residential drug rehabilitation programmes for males and females. Merchants Quay Project works on the harm reduction model of practice and needle exchange and medical services, accommodation, family support services, accommodation and prisoner support services.
4 Merchants Quay, Dublin 8
Phone: 01 679 0044 Fax: 01 679 3738
Email info@mqi.ie
Website: www.mqi.ie

PACE

PACE Training for Employment Project provides an education and training project for adult male offenders leaving custody and offenders on Probation Service supervision.
PACE Priorswood House provides accommodation and related services for adult men with specific needs and risks

leaving custody or on Probation Service supervision.

Block 3, Grove Court, Grove Road,
Blanchardstown, Dublin 15
Phone: 01 823 1000 Fax: 01 823 1022
Email: headoffice@paceorganisation.ie
Website: www.paceorganisation.ie

Restorative Justice Services

Developed in partnership with the Probation Service and the local community, RJS provides a range of restorative justice programmes to Courts, the Probation Service and the wider community in pre and post sentence interventions.

Village Green, Tallaght, Dublin 24
Phone: 01 451 5022 Fax: 01 451 5025
Email: office@rjs.ie Website: www.rjs.ie

SAOL Project

provides a community based training, education, skills and resettlement programme for women in the North Inner City community in treatment for drug addiction. 58 Amiens Street, Dublin 1
Phone: 01 855 3391 Fax: 01 855 3395
Email: admin@saolproject.ie
Website: www.saolproject.ie

Tallaght Probation Project

A multi-level and multi-disciplinary training centre providing programmes for adults and young people to address anti-social attitudes and behaviours. The programme includes FETAC modules, key working, supported progression, taster activities and outdoor pursuits, group work, a broad range of certified educational modules and personal development.
Courthouse Square, Westpark, Tallaght, Dublin 24. Phone: 01 427 0600 Fax: 01 427 0649
Email: project@tpp.ie

Tivoli Training Centre

Tivoli TC is a newly rebuilt and redeveloped multi-level and multi-disciplinary training centre providing programmes for adults and young people to address anti-social attitudes and behaviours. Tivoli TC will include FETAC modules, key working, supported progression, outdoor pursuits, group work, a broad range of certified educational modules, personal development and will host a range of other services. 24 Tivoli Terrace South, Dun Laoghaire, Co Dublin
Phone: 01 284 1028 Fax: 01 280 2699
Email: info@tivolitrainingcentre.ie
Website: www.tivolitrainingcentre.ie

Tower Programme

Training centre providing programmes to address anti-social attitudes and behaviours, personal development and skills training for young people on probation supervision or at risk of offending in the Clondalkin area. Cusack House, St Mark's Lane, Neilstown Road, Clondalkin, Dublin 22
Phone: 01 623 6230 Fax: 01 623 6237
Email: info@towerprogramme.ie
Website: www.thetowerprogramme.org/

Trail

Accommodation and resettlement services provider for high risk offenders. 12-13 Berkley Street, Dublin 7.
Phone: 01 830 8335 Fax: 01 830 8335

Tus Nua

Tus Nua, managed by DePaul Ireland, provides residential accommodation, resettlement and support service for female ex-offenders with particular needs leaving custody at the Dochas Centre or on Probation Service supervision. 136 Nth Circular Road, Dublin 7
Phone: 01 453 7111 Fax: 01 453 7551

Tus Nua email: depaul@depaulireland.org

Website: www.depaulireland.org

WHAD (YPP)

WHAD deliver programmes to 14-18 year old males at risk or on probation, focusing on crime and its consequences, and drug misuse. The programme offers social skills training, individual key worker support, and activities (social and outdoor) as alternatives to criminal behaviour. Orchard Community Centre, Cherry Orchard Grove, Dublin 10
Phone: 01 620 9160 Fax: 01 626 2799
Email: whad@eircom.net

WRENS (YPP)

WRENS is an innovative community based outreach programme providing a range of support, development and related services for women and families of offenders or with members at risk of offending in the Killinarden area. Killinarden Enterprise Park, Killinarden, Tallaght, Dublin 24
Phone: 01 466 4260 Fax: 01 466 4291
Email: info@kdppg.ie
Website: www.kdppg.ie

Fermanagh.

Look under Northern Ireland

Galway.

Ballinasloe Training Workshop

Multi-disciplinary training centre providing programmes to address anti-social attitudes and behaviours and working to re-integrate ex-offenders as full participants in the life and work of the local community
Canal House, Harbour Road, Ballinasloe, Co Galway
Phone: 090 964 3231 Fax: 090 964 4273
Email: canalhouse@eircom.net

Dochas don Oige (YPP)

A community based training project working with young adults in the Galway city. The training centre providing programmes to address anti-social attitudes and behaviours catering primarily for the needs of young people at risk and offenders in west side of Galway city

Liosban Industrial Estate, Tuam Road,
Galway, Co Galway

Phone: 091 77 0887 Fax: 091 77 0899

Email: dochasgalway@eircom.net

Tuam Community Training Workshop

A training centre providing programmes to address anti-social attitudes and behaviours as well as training and education for ex-offenders in preparation for employment or further training in the area. Vicharschoraland, Tuam, Co Galway
Phone: 093 28 115 Fax: 093 25 67
Email: tctc@eircom.net

Kerry.**Kerry Adolescent Counselling (YPP)**

A counselling and support service for adolescents at risk and their parents.
Balloonagh, Tralee, Co Kerry
Phone: 066 718 1333 Fax: 066 718 1353
Email: info@kerryadolesentcounselling.ie
Website:
www.kerryadolescentcounselling.ie

Kildare.**Athy Alternative Project**

Training centre providing programmes to address anti-social attitudes and behaviours. The programme offers group work, anger management, carpentry, literacy, computers, soccer training, etc.
Community Service Centre, Nelson Street,
Athy, Co Kildare
Phone: 059 863 2354 Fax: 059 8632067
Email: billyaap@eircom.net

Cuan Mhuire Athy

Cuan Mhuire provides a residential treatment programme for drugs, alcohol and other addictions.
Cuan Mhuire Athy, Milltown, Athy, Co. Kildare
Phone: 059 863 1493 Fax: 059 863 8765
Email: athy@cuanmhuire.ie
Website: www.cuanmhuire.ie

Kilkenny.**Aislinn (YPP)**

Aislinn provides a 12 step abstinence based residential programme for adolescents and young people for the treatment of alcohol, drug and or gambling problems.
Ballyragget, Co Kilkenny
Phone: 056 883 3777 Fax: 056 883 3780
Email: breda@aislinncentre.com
Website: www.aislinn.ie

Kilkenny Employment for Youth

A community training workshop for young people (16-25 years) with additional provision for Probation Service referrals who need help to change anti-social behaviour as well as achieve access to employment and further education.
Garden Row, Off High Street, Kilkenny, Co Kilkenny
Phone: 056 776 2774 Fax: 056 775 1144
Email: key1@eircom.net

Laois.

No services listed

Leitrim.

No services listed

Limerick.

Bedford Row Project.

Support for families and prisoners.
Reintegration service and counselling
service's available.

Phone: 061 315 332

Website: www.bedfordroe.ie

Ceim ar Cheim (YPP)

Training centre providing programmes for
young people from 15-25 years who may
be clients of the Probation Service or at
risk of offending to address anti-social
attitudes and behaviours.

Unit 5 Shannon Development Units,
Knockalisheen Road, Moyross, Co Limerick

Phone: 061 322 122 Fax: 061 322 203

Email: slatteryelaine@gmail.com

Website: www.ceimarcheim.org

Cuan Mhuire Bruree

Cuan Mhuire provides a residential
treatment programme for drugs, alcohol
and other addictions.

Bruree, Co Limerick

Phone: 063 90555 Fax: 063 90955

Email: bruree@cuanmhuire.ie

Website: www.cuanmhuire.ie

PALLS

A newly established centre providing
programmes for ex-offenders referred
through the Probation Service to address
anti-social attitudes and behaviours and
progress to employment in partnership
with the Limerick Regeneration.

Unit 2, Docklands Business Park, Dock
Road, Limerick, Co Limerick

Phone: 061 608 180 Fax: 061 608 187

Email: jenniferhannon@palls.ie

Southill Outreach (YPP)

An innovative outreach training and
education initiative for young people
involved in truancy, at risk and anti-social
behaviour and substance abuse in the
Southill community.

The Factory, Southside Youth space,
Galvone Industrial Estate, Limerick, Co
Limerick

Phone: 061 603 002

Email: info@southilloutreach.ie

Longford

No services listed

Louth.

Cox's Demesne (YPP)

A multi-disciplinary centre providing
programmes including intervention and
support to address behavioural, anti-social
attitudes and education problems among
young people at risk and/or out of school.

The House, 15-16 Oakland Park, Dundalk,
Co Louth

Phone: 042 933 0432 Fax: 042 933 1599

Email: coxscycp@iol.ie

Mayo.

No services listed

Meath.

No Services listed

Monaghan.

Ex – Pac, ex - prisoner support services,
Unit 3, Market Street Monaghan.

Phone: 047 72 132

Northern Ireland.

Support in prison and after release.

Housing advice

www.housingadvice.org/advice-prisoners

Going in to prison

www.housingadvice.org/advice-prisonersgoing-prison

After release

www.housingadvice.org/advice-prisoners/support-prison-and-after-release

Tipperary.

Aiseiri Cahir

Aiséirí provides a residential treatment programme for drug, alcohol and other addictions.

Townspark, Cahir, Co Tipperary

Phone: 052 741 166 Fax: 052 744 2250

Email: infocahir@aiseiri.ie

Website: www.aiseiri.ie

Nenagh Community Reparation

A restorative justice initiative developed between the local community and the Probation Service with the objective to minimise repeat offending by confronting the offender with the impact of the crime on others and in particular, the victim.

Connolly Street, Nenagh, Co Tipperary

Phone: 067 415 65 Fax: 067 415 65

Email: ncrp@eircom.net

Tyrone.

Look under Northern Ireland

Waterford.

Ceim Eile (Aiseiri)

Aiséirí provides residential treatment for drug, alcohol and other addictions. Ceim Eile provides a progression route.

1 Glencarra, Ballybeg, Waterford, Co Waterford

Ph : 051 370 007

Email: gwhelan@aiseiri.ie

Website: www.aiseiri.ie

Job Sampling Initiative

Provides education and training, mentoring, work preparation and personal development to males and females aged 18 to 23 years on Probation Service supervision or at offending risk.

St Brigid's Family and Community Centre, 37 Lower Yellow Road, Waterford, Co Waterford

Phone: 051 371 830 Email: info@wap.ie

Website: www.wap.ie/job-sampling-initiative.aspx

TREO

A community based training project working with young adults in the Waterford area. TREO offers educational, social and vocational support to its participants while challenging their offending behaviour.

34 Tycor Business Centre, Tycor, Waterford, Co Waterford

Phone: 051 379 740 Fax: 051 379 740

Email: admin@treoportlairge.ie

Website: www.treoportlairge.ie

U-Casadh Project

U-Casadh Project is an inter-agency initiative to support the re-integration of ex-prisoners and ex-offenders back into employment and community life in Waterford.

Cairdeas Building, Belmont, Ferrybank, Co Waterford

Phone: 051 841 740 Fax: 051 853 153

Email: stephen@ucasadh.ie

Westmeath.

Stepping Out Athlone

Multi-disciplinary training centre providing programmes devised to meet the needs of persons referred by the Probation Service who have been engaged in offending, or drug and alcohol abuse, in preparation for training and open employment.

National Learning Network, Belhavel, Golden Island, Athlone, Co Westmeath

Phone: 090 644 1267 Fax: 090 647 9290

Email: steppingout@eircom.net

Wexford.

Aiseiri Wexford

Aiséirí provides a residential treatment programme for drug, alcohol and other addictions.

Roxborough, Wexford, Co. Wexford

Phone: 053 914 1818 Fax: 053 914 6004

Email: wexford@aiseiri.ie

Website: www.aiseiri.ie

Cornmarket Project – Wexford Local Development

A multi-disciplinary centre providing programmes to address anti-social attitudes and behaviours including intervention and support programmes, one to one counselling, group work and a structured day programme.

Old County Hall, Spawell Road, Wexford, Co Wexford

Phone: 053 915 5800 Fax: 053 912 1024

Email: pdelaney@wld.ie

Website: www.wld.ie

Wexford Centre Project (YPP)

A residential centre in Wexford providing social, recreational, training programmes and facilities for youth from the Dublin North Inner City at risk of further offending.

5/7 Upper O'Connell Street, Dublin 1

Phone: 01 888 1075 Fax: 01 855 7207

Email: wexfordcentre@eircom.net

Website: www.wexfordcentreproject.com

Wicklow

No services listed

National services.

Citizens Information, Leaving Prison.

Important information available at

<http://citizensinformation.ie/justice/leaving-prison.html>

PACE.

Block 3, Grove Court, Grove Road Dublin 15.

Support services and temporary Accommodation for homeless men Recently released from prison.

Phone: 01 823 1000

Email: headoffice@paceorganisation.ie

Prisoner's families' information line

www.pfi.ie/info.html

Probation Service

www.probation.ie

Irish Council for Prisoners Over Seas.

ICPO

Columba Centre

Maynooth

Co. Kildare

Ireland

Phone: 353 1 505 3156

Fax: +353 1 629 2363

Email: icpo@iecon.ie

Twitter: [@ICPOprisoners](https://twitter.com/ICPOprisoners)

ICPO

50-52 Camden Square

London NW1 9XB

England

Phone: +44 207 482 5528

Fax: +44 207 482 4815

Email: prisoners@irishchaplaincy.org.uk

Information regarding leaving prison

The needs of those leaving prison in Ireland vary considerably. If you have served a short sentence, you may be able to resume your pre-prison life without any great difficulty. If you have served a long sentence however, you may need considerable help to re-integrate into society. Your crime and your time in prison may mean that you have lost your job. Family relationships may be damaged or changed and you may have to start a new

life. You may also be subject to various restrictions due to your criminal background. This document provides an overview of the services and supports available in Ireland to help you.

Both before you leave prison and following your release you may be able to get advice from the Probation Service. The service funds a range of community based projects which may be able to assist you return to education, training or employment.

Finding accommodation

Your first requirement after leaving prison may be finding somewhere to live. You may be able to return to your family home or you may need to look for new housing options. If you already have a home, you may get help with paying the mortgage. If you live in rented accommodation you may get Rent Supplement. There are various services available for people who are homeless, for example you may apply for local authority housing.

If you are under 18 years, you should register with the social worker in your Local Health Office.

Sex offenders

If you have been convicted of certain sex offences you may be subject to restrictions after you leave prison. For example, you may be required to provide information about where you are living and where you intend to travel. This is generally known as being on the sex offenders register. You may also have to tell certain prospective employers that you are a sex offender.

Finding a job

If you are unemployed, you may get help in finding a job from the Department of Social Protection. You may need to get a Personal Public Service Number if you do not already have one. Education and Training Boards provide training services.

Health Services

Depending on your income and circumstances following release, you may be eligible for either a medical card or a GP visit card. Application forms for a medical card or GP Visit Card are available online.

Application forms for a medical card or GP Visit Card are available online or from your Local Health Office. Staff in your nearest health centre or Local Health Office can help you fill out the forms and answer any other questions.

Unless you have a medical card or GP Visit card, visits to your GP are not free. People with certain long-term illnesses are entitled to prescribed drugs and medicines for that illness free of charge. This is part of the Drugs Payment Scheme.

People suffering from certain long-term illnesses are entitled to get the drugs and medicines for the treatment of that illness free of charge. This is called the Long-Term Illness Scheme.

Education

You may wish to avail of various educational opportunities. You should contact your local Education and Training Board to find out what classes are available locally or contact specific educational institutions for information on adult education.

Income

You may qualify for a social welfare payment if you are unemployed or unable to work. You should go to your local social welfare office for further information.

Social welfare payments that may be available to you include Jobseeker's Allowance (formerly Unemployment Assistance), [Disability Allowance](#) or [Supplementary Welfare Allowance](#). The Supplementary Welfare Allowance scheme may also help you with certain once off or urgent costs - for example, if you need help to get furniture.

Depending on the number of social insurance contributions you have and the length of time you spent in prison, you may qualify for [Jobseeker's Benefit](#) (formerly Unemployment Benefit) or Illness Benefit (formerly Disability Benefit).

If you have problems managing your money, you should contact the [Money Advice and Budgeting Service \(MABS\)](#).

Information for Prisoners and their Families

IPRT is an evidence-based advocacy organisation, which achieves reform through campaigning and influencing policy.

It is extremely important to our work that we hear from prisoners, their families, and others, about issues that are affecting them. This greatly informs our work. Contact details for organisations which may be able to offer assistance are included [below](#).

You can read about our work in the area of prisoners' families here: [*"Picking up the Pieces": The Rights and Needs of Children and Families Affected by Imprisonment.*](#)

Information on Prisons

A wealth of information is available on the Citizens Information website (www.citizensinformation.ie), including:

- [Sentencing](#)
- [Admission and Placement](#)
- [Prisoners' Rights](#)
- [Prison conditions](#)
- [Prison medical services](#)
- [Prison education services](#)
- [Sex Offenders Treatment Programmes](#)
- [Remission and Temporary Release](#)

See also information under the various headings below:

Visiting Prison

Links to visiting times and requirements for each prison, and a short video explaining the visiting process for families.

"Picking Up the Pieces": The Rights and Needs of Children and Families Affected by Imprisonment

This IPRT research report details the rights, needs and experiences of families and children of prisoners. It follows extensive consultations with children, families, support services and relevant agencies.

The role of schools in supporting families affected by imprisonment

A report has been published by Scottish charity 'Families Outside' on the role which schools may have in supporting those families affected by imprisonment.

Deaths in Prison Custody: Information for Families & Others Affected

A booklet designed to provide some information about what may happen after a person dies in prison and what the law requires in these circumstances. It also includes details of organisations who can provide further information and/or assistance in dealing with this time of grief.

Prison Rules

Prison Rules set out the various conditions in prisons in Ireland, including: admission, registration, accommodation, visiting rights, health, discipline, education, etc.

MentalHelp.ie web directory

A new resource from Mental Health Reform, www.MentalHelp.ie, is a guide to the services and supports.

Advice and Assistance

Contact details for organisations that provide advice and/or assistance to prisoners and former prisoners, and their friends and families

Your Rights as a Prisoner | READ & LISTEN

'Know Your Rights – You're Rights as a Prisoner' aims to help prisoners understand the rights they have while in prison. It is written in everyday language. It is available in booklet, audio and translated versions.

Supporting Families of Prisoners

This article, by Sharon Harty of CASP, was first published in 'Changing Ireland'. The article outlines tips for community activists and those working with families of prisoners.

Children's Book: 'The Night Dad Went To Jail'

A children's book, by Melissa Higgins, designed to help children understand what is happening when a family member goes to prison.

Storybook Dads: maintaining family bonds

Storybook Dads is a project run in prisons which helps maintain the vital emotional bond between prisoners and their children by helping offenders to record bedtime stories on CDs and DVDs: "Keeping families together helps to reduce re-offending by up to six times."

Leaving Prison

Useful publications

What now? Useful things to know before and after your release is a booklet published by the Department for Social and Family Affairs.

'Out the Gap' - A Practical Guide for Former Prisoners in the Cork - Kerry - Waterford region is published by the Post Release Education Service, Cork Prison.

Information is also available on the Citizens Information website:

Support Organisations.

Community Employment Programme

The Community Employment Programme has provision for those who have been in prison. The eligibility criteria is as follows: Ex-offenders aged 18 years or over and referred by the Probation Service; Ex-offenders aged 18 and over, not referred by the Probation Service and in receipt of Jobseekers Allowance or Jobseekers Benefit for a period of one year or more. Time spent as a prisoner is regarded as reckonable when considering duration unemployed

Supporting Families of Prisoners

By Sharon Harty of CASP, first published in 'Changing Ireland', issue 29.

Although the circumstances can vary, family members' reactions to their loved ones or partners being sent to prison can be similar. Some partners can be living in dread of this happening whilst for others it comes as a complete shock. For some it isn't a new experience.

REARING CHILDREN WHEN A PARENT IS IN PRISON

Many arrests take place in the home. This can be very traumatic, especially if children are present.

Even very young children and babies who do not understand what is happening will be affected, because they may pick up on anxieties and emotions of the adults in their lives and subconsciously know that all is not well.

Older children may be just as traumatized, especially when their friends get to hear about it.

Children may worry about where their parent(s) are. Will she or he be coming back? They may also feel they are in some way responsible for the person being sent away. If some of these fears can be dispelled, then the children will be happier and more content.

There are no easy ways to get children to talk about their fears and anxieties. Some suggestions are:

Make time to listen to children, allow them to ask questions and make time for tears and anger. They will feel valued and you will hear a lot.

Respect them as individuals – no matter what age they are they have their opinions which should not be ignored.

Be honest and open with them.

Share your own feelings. If you are upset – say so. If you are angry, explain why. Don't exclude them by saying nothing.

Seek advice – contact local family support / youth services for support in dealing with children and referrals to appropriate services, if necessary.

Children are bound to ask questions that will have to be dealt with, and it is usually better to tell them the truth, explaining it in a way that they will understand. But some parents decide to tell the children that the person has gone away to work or to hospital. This can be difficult to maintain for long, especially if you want to bring them to visit the prison. A very small child may believe that the prison is a hospital or a factory but the older they grow the more difficult this pretence will be to maintain. Other children at school may tell your child the truth anyway. It would be more hurtful coming from them than it would be from you and you won't be there to support your child and explain the situation and help him or her come to terms with it.

Some children with a parent in prison may start becoming babyish, fretful, clingy, isolated, anxious, attention seeking or aggressive. Children will cope best if given love, understanding and time to express themselves.

Some children however may be perfectly comfortable with the facts of imprisonment and may even bring it up at inappropriate moments, something that parents need to be prepared for.

Mothers with partners in prison can be tempted to compensate their children for the loss of their father by spending more than they can afford on birthdays and Christmas. Similarly, they may spend more than they can afford on things for their partner in prison. They might also hide from their partner the extent of their debts for fear of causing anxiety. However, some women may feel they are better at managing money without their partner, especially if their partner had an alcohol or drug problem.

CHILDREN VISITING PRISON

Some family members of people in prison may prefer not to bring children with them on a first visit so that they can adapt to a potentially stressful situation for the first time by themselves, and then assess how the children might cope if brought on the next visit. On the other hand, you may feel that it is important that the children see their family member and may find the meeting reassuring after all the recent traumas.

If you do decide to take children, it is a good idea to prepare them for being searched by practicing 'standing like a tree'.

Most children show some form of behaviour which is not normal for a child as a result of a parent being sent to prison. Pre-visit behaviour can include sickness, irritability, excessive quietness or over excitement.

Older children and teenagers can get fed up with some aspects of visiting, in particular searches and the sitting around. Teenagers can be too self-conscious to be open with their families when others are present. Take the opportunity to go to the toilet or get a drink so that a teenage visitor gets time alone with their parent

and the opportunity for more private conversation.

Don't force the young person to come on the visit and don't make them feel guilty if they do not want to go. Encourage them to keep in touch through letters.

MAINTAINING FAMILY LIFE

If your partner is in prison, it can be easier following release if the imprisoned partner is kept involved with all aspects and responsibilities of family life and changes taking place on the outside while they are in prison.

PRISON IS TOUGH ON RELATIONSHIPS

When a partner enters prison, the family becomes a one parent family and must adapt to a new way of life, including one parent looking after the children on their own, keeping in touch with the imprisoned partner and visiting the prison. Some partners believe that they have to be strong for their children and that it is unfair to burden their partner with the harsh reality of what it is like to cope on the outside without them. It can be felt that the prisoner is powerless to solve these problems from inside the prison.

It can be tough maintaining a relationship with a partner in prison and it can be even harder if there were problems in your relationship before your partner entered prison. The first visit or two may feel overwhelming because you will have so many practical things to talk through.

However, there can be comfort in looking forward to the visits, to know that in spite of the separation you can still see each other and share things together. Visits can be the high point of the week for

prisoners. Good visits can comfort and sustain both partners until the next visit.

Undoubtedly, some couples will run into difficulties, as do some when neither one is in prison. Maybe the partner did not know about their partner's activities before being convicted and this may result in feeling betrayed and a lack of trust.

SHAME AND GUILT

For some families, the nature of the offence is a source of shame, in particular sexual abuse offences and other violent crimes, though it can go across the board.

It is very difficult for some families to cope if there has been newspaper and TV coverage of the case and the sentence. Children especially can find this very disturbing, and some women partners feel a great sense of guilt, as if the offence was somehow their fault.

Other families report being harassed by neighbours, or getting anonymous abusive phone calls and notes pushed through their letterbox. It may be useful for individuals and families in this situation to keep a record of dates and events. If a situation requires the involvement of the Garda or the local authority, a dossier of events would be very helpful.

It is normal for family members of people in prison to feel angry, let down, disappointed and ashamed. These feelings are normal and family members should try to remember that they are not guilty – no matter what other people think or say.

PRACTICAL ISSUES

After the shock of the guilty verdict, family members may be faced with other issues

such as money problems and transport to the prison, in particular, if the prisoner was on bail rather than being remanded in custody.

In most cases, the prisoner's solicitor will be able to pass on information to families regarding which prison s/he is being sent to.

The first visit to the prison can be worrying and frightening:

- Going through different doors that are locked behind the person.
- Visitors are asked to leave everything behind in a locker and only take the locker key and a small amount of cash in your hand.
- All visitors including children and babies will be searched. They are patted down and a small hand metal detector (like those at airport security checks) will be held close to each person and passed over and around them.
- As part of the search process, visitors are asked to stand in line with other visitors. The drug detection dog will be walked on a leash along the line. It lets the handler know if it detects something which might mean that the person indicated has had recent contact with drugs.
- Those caught with drugs in their possession can be brought immediately to a Garda station and formally charged for this offence. Apart from the legal and moral reasons, the presence of the drug detection dog can be used as a reason for a visitor to refuse to carry in drugs for a prisoner.

If a visitor refuses to be searched, they are refused entry to the prison.

It can be an unnerving experience and can make some people feel like they have done something wrong. It is important for visitors to remember that everyone feels like this and the officers are only doing their jobs.

CAREFUL WHO YOU TALK TO

If you are feeling lost and need to talk to someone, it can be tempting to discuss your worries with someone in the same 'boat'. However, it is advised to be a little careful until you know them better. Gossip travels fast within the prison and if you tell something to the partner of a prisoner, she may repeat it to her partner and it may get back to your partner, perhaps being misinterpreted along the way.

It can be helpful to speak to someone outside the family, someone whose feelings you don't have to feel responsible for.

If you are a family member of someone in prison and would like to speak to someone in confidence, you could ask to speak to the welfare services attached to the specific prison you are visiting. In the Dublin region, there are a number of prison links workers whose contact details are available through the Local Drug Task Forces. Local community development initiatives or family support services may also be able to offer support and guidance in relation to this issue.

CASP IN BRIEF

Clondalkin Addiction Support Programme (CASP) is a community based addiction treatment service which was founded in 1995, when it was set up by members of the local community in response to the high usage of illegal drugs in the area.

From its initial home in Quarryvale Co-operative and Quarryvale Community Centre, CASP developed a range of programmes focussing on the broad range of individuals affected by addiction. CASP provides a holistic community based service focusing on the physical,

psychological, social and spiritual needs of drug users and their families in North Clondalkin.

The service is open from 9.30am to 9pm five days a week, and on Saturday and Sunday mornings for medication.

Sharon Harty is a Community Development Worker with CASP.

Contact info: T. 01-6166750. W: www.casp.ie Address: Clondalkin Addiction Support Programme, Muriel Boothman Centre, Ballyowen Meadows, Fonthill Rd, Clondalkin, Dublin 22

SERVICES PROVIDED LOCALLY BY CASP

- Outreach
- Community Development
- Detoxification/Maintenance Programme
- Healthcare
- Counselling
- Family Support
- Day /Evening Programmes
- Aftercare/Recovery Programme
- Holistic Care, Acupuncture and Healing
- Mentoring
- Community Prison Liaison
- Respite
- Needle Exchange Service
- Food, hygiene, health and referral service to those who are homeless
- Training and development Through the CE scheme

CASP have developed an information booklet for parents, partners and family members of people in prison which includes common questions about the prison system and how it operates. Please phone CASP: 01 6166750 for copies.

Advice and Assistance

The following organisations provide advice and/or assistance to prisoners and former prisoners, and their friends and families.

NATIONAL

Prisoner 'Listening' Schemes

The Samaritans provide a support service in six of Dublin's seven prisons. The Samaritans have also set up listener schemes in three Dublin prisons: Mountjoy, Arbour Hill and Wheatfield. Prisoners who wish to use the listener scheme contact a member of staff between 8pm and 8am. The listener and his fellow prisoner are then brought to a listening suite, a neutral room where they can talk uninterrupted and unsupervised. The system is entirely confidential.

Prisoners' Families Infoline | www.pfi.ie

Unfortunately, the Prisoners' Families Infoline is no longer available. However, the website still provides lots of useful information for prisoners' families, including a FAQ page: www.pfi.ie/info.html

Probation Service | www.probation.ie

An agency within the Department of Justice, Equality and Law Reform, which assesses and assists former offenders in the community and works with offenders in prisons and detention centres. It also provides information for prisoners and their families.

IASIO | www.iasio.ie

IASIO (Irish Association for the Social Integration of Offenders), formerly run as a project of BITCI, is the only national community based organisation for adult offenders in the criminal justice system with a specific focus on alternatives to both offending and re-imprisonment. IASIO provides direct services to offenders both in the community and in all Irish prisons, including the Linkage Service, the Prison GATE Service, and the Resettlement Service.