



Family Connections

Connecting Families through Video Visits

families
outside

supporting
families affected
by imprisonment



Do your family and friends have a phone or tablet that will be suitable for video visits? Do they have the data required to maintain contact? Do they need help to stay in contact?

We know that video visits will be challenging for some due to the cost of electricity, wi-fi or data. Some family and friends might find the video visits more complicated than others.

We are here to support your family or friends to make sure they have the right equipment, information and digital confidence to stay in touch with you!

Tell your families and friends to:

Call our Helpline 0800 254 0088

Email support@familiesoutside.org.uk

Text FAMOUT followed by your message to 60777

Visit www.familiesoutside.org.uk

Families Outside is the only national charity in Scotland that works solely to support children & families affected by imprisonment.

Our purpose is to improve outcomes for children and adults affected by imprisonment so they can live lives free from stigma and disadvantage.