



# Annual Report 2021-22





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Dear friends of the Centre for Fun and Families (CFF),

I'm delighted to introduce our annual report which outlines some of our major achievements in what has been an outstanding year for CFF.

Our successes have been made possible by you - the young people and families who we work with, supported and guided by our skilled and dedicated team; the core staff, sessional workers, peer mentors and board of directors. A big thank you to everyone involved.

We were very pleased in April 2022, when Lindsay Woodward was promoted from her Service Director role, into the Chief Executive Officer (CEO) position. The organisation is in excellent hands! This followed Jayne Ballard's decision to retire after being with CFF for over 20 years, in the latter years as CEO. Thank you Jayne for your dedication and compassionate leadership. We wish you many happy years ahead.

This is my final introduction to an annual report, as I too will be stepping down as Chair in November 2022. Thank you everyone, it's been a blast!

Warm wishes and enjoy the report,



Liz

Liz Mair  
Chair of the Board of Directors



Hello everyone,

It's an honour to take up the position of CEO, and I'm looking forward to strengthening the charity and, with the support of our Board, staff team and volunteers, taking us into the next phase of CFF's development.

As we emerge out of the pandemic, we are seeing the impact the events of the previous two years has had on our young people's mental health and behaviour - disruption to schooling and difficult transitions between primary and secondary schools, isolation from support networks of friends and family, worries about health and loss of friends and family. We are seeing higher levels of school avoidance, self-harm, feelings of isolation, more referrals for anxiety and depression, with many of those referrals being of a higher level of acuity than before the pandemic.

I'm proud to work with a fantastic team who are committed to supporting young people and their families. This year we have developed new ways of doing this, adding 1 to 1 services to our well established groupwork portfolio. We endeavour to stay connected to the needs of the people we support, adapting and updating our services as their needs change.

I'm looking forward to our future together.



Lindsay

Lindsay Woodward  
Chief Executive Officer (CEO)



## What we do

- Young people's groups
- Parents/carers groups
- Early Years groups
- Young people/family 1-to-1 and wellbeing services
- 1-to-1 in school clinics for young people
- Facilitator training for professionals



# Young people's (YP) groups

Project manager  
Stacey Chambers

## Overcoming Anxiety

For YP 11-16 years

Supports YP to manage their anxiety, develop a better understanding of their triggers and how they can better manage it day to day.

Format:

Face to Face: x8 2 hour sessions

Digital: x8 1 hour sessions

## Managing My Anxiety

For YP 11-16 years

Supports YP to better understand their anxiety and develop a better understanding of how they can manage difficulties and improve their wellbeing.

Format:

Digital: x4 1 hour sessions

## Managing My Mind

For YP 11-16 years

Supports YP to manage their mental health and develop a better understanding of how their mental health impacts their life. Developing skills that can improve their mental health and wellbeing.

Format:

Digital: x4 1 hour sessions

## Positive Minds

### Grounded

For YP 11-16 years

Supports YP to manage their mental health and develop a better understanding of how their mental health impacts on their relationships with others and how they can better manage their mental health difficulties.

Format:

Face to Face: x8 2 hour sessions

Digital: x8 1 hour sessions

## Grounded

For YP 11-16 years

Supports YP who are struggling to manage their anger and frustrations, which impacts on their relationships with others. Exploring tools to help improve communication and build better relationships with others.

Format:

Face to Face: x7 2 hour sessions

Digital: x6 1 hour sessions

# Parents/carers groups

Project manager  
Henry Charles

## Fun and Families

For parents/carers of children aged 3-11 years

A safe, friendly and relaxed course for parents to share similar difficulties to work together to solve problems. Increases parents understanding of how behaviour is learnt and why it repeats, understanding children's "normal" behaviour and typical developmental stages. Helps parents understand how they can improve behaviour.

Format:

Face to Face: x7 2 hour sessions

Digital: x6 1 hour 15 min sessions

## Living with Teenagers

For parents/carers of YP aged 11-16 years

A safe, friendly and relaxed course for parents experiencing behaviour and communication difficulties with their teenagers. The group recognises that parents are the real experts on their own teenager, while giving the opportunity to share experiences with other parents. Supporting the development of skills in coping with, and managing behaviour.

Format:

Face to Face: x7 2 hour sessions

Digital: x6 1 hour sessions

## Positive Minds Living with Teenagers

For parents/carers of YP 11-16 years

Helps parents understand and manage their YP's mental health, how their mental health impacts on their relationships with others and how they can better manage their mental health difficulties.

Format:

Face to face: x7 2 hour sessions

Digital: x6 1 hour 15 min sessions

## Supporting Your Anxious Child

For parents/carers of YP 11-16 years

A safe, friendly and relaxed course for parents whose YP are experiencing anxious feelings. Increase understanding of anxiety and how it may effect YP's behaviour. Exploring the link between thoughts, feelings and behaviour and offering practical parenting strategies to enable parents to support their YP to overcome their anxiety.

Format:

Face to Face: x8 2 hour sessions

Digital: x6 1 hour 15 min sessions

## Helping My Anxious Child

For parents/carers of YP 8-18 years

Supports parents/carers to better understand anxiety and how it affects children and young people. Time to explore a range of strategies to help young people better manage their anxiety.

Format:

Digital: x1 90 min session

# Early Years groups

Project manager  
Kate Harris

## Young Parents Starting Well

For parents aged 25 and under, with a child under 2 living in Leicester

Strategies to help parents cope better and informal chats about the good and difficult things about being a parent, how to be the parent you want to be, looking after ourselves, dealing with any difficult feelings and how to support babies' and children's learning behaviour.

Format:  
Digital: x8 1 hour 15 min sessions  
Face to face: sessions coming soon

## Wellbeing in Pregnancy Starting Well

For pregnant families under 25 in Leicester

Everything that pregnant parents want to know about to have a healthy pregnancy, both physically and emotionally. Eating well and keeping active as well as ways to cope with worry, stress and anxiety during pregnancy and how to bond with baby.

Format:  
Face to Face: x4 2 hour sessions

## Teen Parent Pathway

For teen parents and teen parents-to-be in Leicester

A tailored service that could include support around relationships, parenting, benefits, debt and money management, housing, isolation, low level mental health support

Format:  
Face to face: a bespoke package of support that include 1:1 or group support

## Teen Bumps to Babies

For pregnant teens and their families in Leicester

A series of interactive sessions especially for teens. Providing information and support about preparing to become a parent, bonding and attachment, labour and birth, infant feeding, emotional changes and baby care.

Format:  
Face to Face: x4 2 hour sessions  
Digital: x6 1 hour 15 min sessions

## Babies Learning Together

For teen parents and their babies in Leicester

Weekly rolling programme delivered in conjunction with Children's Centre staff. Activities to encourage learning and development, socialisation, as well as an opportunity to deliver physical and mental health messages and support to parents.

Format:  
Face to Face: weekly 2 hour sessions



# Young people/family 1-to-1 and wellbeing services

Project manager  
Hattie Allen

## 1-to-1 service for young people in Blaby

For YP aged 11-16 years in Blaby (school referrals only)

Our Psychological Wellbeing Practitioners (PWPs) complete an assessment and up to 4 additional 121 sessions with YP who are experiencing anxiety, worry, low mood, self-esteem and confidence issues.

Format:  
Face to face: 45min sessions in schools

## Wellbeing Service

For YP aged 8-18 years

Low-level universal support for YP and their families. Each YP has a 45 minute assessment with a PWP and menu of options are then available depending on need and age range: 1-to-1s/family 1-to-1s, Managing My Anxiety/Mind workshops, Helping My Anxious Child workshops, Crafternoons (arts in mental health workshops), volunteering opportunities and influencers group.

Format:

Digital: 1-to-1s/family wellbeing sessions: 45 mins  
MMA/MMM: x4 1 hour sessions, HMAC - x1 90 min session. Crafternoons: x1 60 min session. Influencers group: focus groups to contribute to CFF's product and marketing development

# Facilitator training for professionals

Project manager  
Henry Charles

## Parenting Groups Facilitator Training

For professionals working with parents/carers

This training covers the necessary skills, tools and materials to deliver our inspirational parenting programmes: a real advantage to any practitioners working with families.

Format:  
Face to face: 2.5 days training, £359pp

## Grounded Facilitator Training

For professionals working with YP

This training covers the necessary skills and materials to deliver our Grounded programme to teenagers who are experiencing difficulties with behaviour, communication and relationships with peers and people in authority.

Format:  
Face to face: 1 day training, £149pp

# Our brand, vision and purpose

## Our emotional connection

Our brand spirit

Families are at the heart of us.

## Our ambition

Our vision

To help families build the best future and to put the fun back into family life.

## Our purpose

Our reason for being

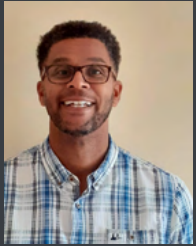
To help families make a positive change to the mental health and wellbeing of young people, parents and carers through evidence-based group work.

## Our values

How we work with each other and you

Empowering | Inclusive | Collaborative

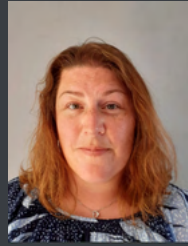
## Meet our core team



Henry  
Project Manager



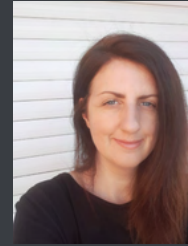
Sandhya  
Senior Finance  
Officer



Kate  
Project Manager



Stacey  
Project Manager



Lindsay  
Service Director



Liz  
Chair of the  
Board



Terry  
Director and  
Treasurer



Annie  
Director



Natasha  
Director



Hattie  
Psychological  
Wellbeing  
Practitioner



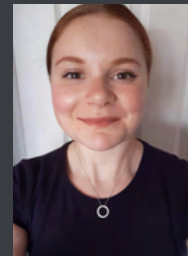
Beatrice  
Administrator



Jayne  
CEO



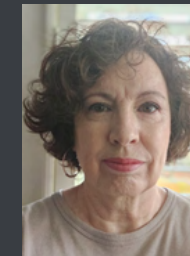
Helen  
Parent Volunteer



Daisy  
Psychological  
Wellbeing  
Practitioner



David  
Vice Chair of the  
Board



Moria  
Director



Julie  
Director



Pete  
Director

## Meet our directors

# Meet our sessional workers

In business, it's important to find people you can count on. Our pool of sessional workers go above and beyond to continue to support CFF year after year.

It's a great privilege to work with them all, they are a great addition to the team and we couldn't do what we do without each and every one of them.

It's been another busy year, and their dedication and hard work hasn't gone unrecognised. Their tremendous efforts during the pandemic, and as we continue to transition out of a difficult period, has been incredible.

The support they give to families has contributed to our success. Every one here at CFF values them and their contribution.



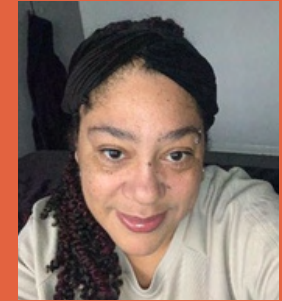
Claire



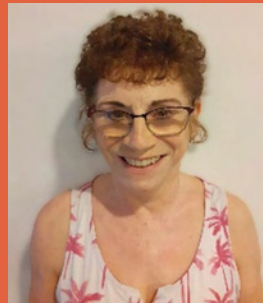
Colette



Donna



Michelle



Doreen



Julie



Jude



Kate



Lauren



Rob



Stephanie



Sue



## Our work with young people and families

# 2021-22 at a glance

## Group work

We delivered 100 group work programmes and workshops supporting 764 parents, carers, young people and children. Our whole family approach means that for some families we were able to work with parents/carers and their young person at the same time, which gave an added boost to intervention.

Intervention	Number Delivered
Fun and Families	1
Living with Teenagers	6
Positive Minds - Living with Teenagers	6
Grounded	2
Positive Minds - Grounded	8
Overcoming Anxiety	20
Supporting Your Anxious Child	22
Managing My Mind	4
Managing My Anxiety	8
Helping My Anxious Child	3
Crafternoon	1
Teen Parents - Babies Learning Together	7
Bumps to Babies	6
Wellbeing in Pregnancy (Starting Well)	3
Young Parents Starting Well	3
<b>Total</b>	<b>100</b>



## Our work with young people and families

# 2021-22 at a glance

## One to one work

Our Psychological Wellbeing Practitioners (PWPs), delivered two projects – a Wellbeing Service with one-to-one support for young people or family wellbeing sessions (parent, young person plus PWP) and a project in secondary schools in Blaby District. One to one support was provided to 70 young people, as follows:

One to one support	Number of participants
Wellbeing Service – one to one support for Young Person	22
Wellbeing Service – family wellbeing session	17
In-school one to one support	31
<b>Total</b>	<b>70</b>





## Our training

We delivered three Accredited Parenting Training events and four Grounded training events, training a total of 79 practitioners. In addition to our open access training sessions, we had three commissions from Bournemouth, Christchurch and Poole Council and tailored an Accredited Parenting Training event for the Somali Parents Community Association (SOCOPA) as part of a joint project with them.

Over 90% of respondents rated our training as excellent or very good.

Future dates can be found on [our website](#).

## Feedback

### Parenting Group Facilitator Accredited Training

"Good sessions with useful tools and methods for working with young people. Good to use in group sessions as set out or to use specific sessions in groups or in 1:1 situations."

"We will be able to use parts of these sessions in our individual and group work with young carers."

"Really enjoyed learning. The training was well balanced and everyone able to participate."

### Grounded Facilitator Training

"Very interesting, informative and educational piece of training. Well delivered, staff were very approachable, knowledgeable and comfortable to engage with."

"Thank you for the training, it was good to receive the knowledge but also how to put it in practice when running the group myself."

"I really enjoyed the training. Everyone was so friendly and I felt I could contribute without fear of judgement. Trainers were fab too."

"This course was really well facilitated and delivery was good. I found this training really interactive which I enjoy."

# Teen Parent Pathway

**For parents-to-be and parents aged 19 and under and their babies in Leicester City.**

This pathway supports teenage parents, teenage parents-to-be and their families through their transition. It provides key health messages about having a healthy pregnancy, baby care and child development. It aims to reduce the social isolation of parents and their babies.

## **We delivered:**

- Two digital Bumps to Babies groups (17 attendees)
- Four face-to-face Bumps to Babies groups (58 attendees)
- Weekly Babies Learning Together sessions (23 parents/carers and 19 babies)

Bumps to Babies evaluations show the knowledge and confidence of all parents-to-be and supporters (such as grandparents) has risen in all areas: becoming a parent, labour and birth, Infant feeding and baby care. 19 of the 23 parents who attended Babies Learning Together had previously attended Bumps to Babies and returned to attend Babies Learning Together once their babies were born, confirming the pathway model is effective. 100% of parents who attended the Babies Learning Together sessions said they felt less isolated as a result of attending.

## **Feedback**

“I wouldn’t have attended antenatal classes with older parents in. I would have felt I didn’t fit in. I felt comfortable in these sessions, learnt a lot and feel more confident to look after my baby when she comes.”

“When I think back to the Bumps to Babies now I’ve had my baby it helped me a lot. I felt more confident doing lots of things because we’d talked about them like feeding, car seat safety and sleeping.”

“Attending the weekly Babies Learning Together got me out of the house, got me communicating with others and definitely helped me to feel less isolated, especially after what we had just been through (the lockdown). It really helped me build my self confidence. I made new friends and so did my baby. I think she developed quicker because of the group and so got the chance to interact with other babies her age. I didn’t want her to be lonely either. She perhaps wouldn’t have been able to do that if it wasn’t for the group.”

The Babies Learning Together sessions were a new addition to the Teen Parent Pathway Project this year.

They were developed to address the many comments from the teen parents accessing 1-to-1 support and Bumps to Babies sessions, as well as observations from professionals about the social isolation teen parents and their babies and children face. Reflecting back over the year, the sessions have definitely met that need. They are co-delivered by Child Development Workers from Early Help, and this dynamic has brought many positives to the group, individual families and the service as a whole.







# Starting Well Leicester

**For mothers and their infants in Black, Asian or Minority Ethnic (BAME) communities and areas of deprivation in Leicester.**

This project aims to reduce health inequalities amongst mothers and families during pregnancy and in the early years, to contribute to a joined up pathway of support complementing existing statutory provision and to give babies the best start in life.

## **We delivered:**

- Two specialist groups for young parents aged 25 and under
- Three face-to-face Wellbeing in Pregnancy groups (19 attendees total, 14 completed)
- One digital and two face-to-face Young Parents Starting Well groups (17 families total, 10 completed)

100% of parents-to-be who attended session two of Wellbeing in Pregnancy reported it had given them tools to manage difficult feelings. 100% of parents-to-be who attended session four of Wellbeing in Pregnancy reported that the activities helped them to consider what being a parent of a new-born baby might be like. 100% of the parents surveyed at the end of Young Parents Starting Well groups said they felt more confident about their parenting skills.

## **Feedback**

“Really enjoyed coming here. Got me out of my comfort zone and I learnt a lot of new things.”

“I really enjoyed and learnt how to deal with my emotions. I realised how my feelings can affect my behaviour and how important it is.”

“This group was really nice, it was nice it was about the mums and gave time to think about being a parent.”

From listening to young parents and young parents-to-be, it is clear they value the sessions being aimed at them. They spoke about feelings of isolation and feeling judged for being young, but said the sessions give them a chance to come together and make connections. They felt we provided a safe environment away from any judgement and criticism. Feeling stressed and anxious can effect a parent’s ability to be physically and emotionally available for their infants. The sessions support participants to understand and manage these difficult feelings and will in turn help them to be the best parents they can be.

# Blaby Schools 1-to-1s New!

**For young people (YP) aged 11-16 attending a school in the Blaby District Council area.**

This project aims to support young people on a 1-to-1 basis who are struggling with low level mental health difficulties such as anxiety, low mood, low self-esteem and/or self-harm.

## **We delivered:**

- 1-to-1 sessions with 31 YP
- Sessions at the Winstanley School, Bosworth Academy and Countesthorpe Academy.

100% of the young people who completed their 1-to-1 sessions stated that they had learnt tools to help them manage their mental health. 100% reported that their knowledge of mental health had improved since attending the sessions. 92% reported that they generally felt more positive about themselves since attending the 1-1 service.

## **Feedback**

“Attending the sessions has made me realise that there are other ways of coping with emotions.”

“Very helpful! I feel a lot better about my problems and how to manage them.”

“Talking and checking in with someone was really helpful.”

Delivering sessions within schools has made it easier for young people to attend and stay engaged. The service has been valued by all schools. Delivering a 1-to-1 service is a new venture for CFF, made possible by the addition of Psychological Wellbeing Practitioners within the team. It has complemented our groupwork offer splendidly.

# Wellbeing Service

New!

For young people aged 8-18 and their parents and carers, living in Leicester, Leicestershire and Rutland.

This service is for young people who are struggling with low level mental health difficulties such as; anxiety, low mood, low self-esteem and self-harm. The service offers a range of interventions including 1-to-1s, groupwork and creative workshops.

## We delivered:

- 70 assessments
- 22 1-to-1s
- 17 family wellbeing sessions
- 23 Helping My Anxious Child sessions
- 5 Managing My Mind sessions
- 7 Managing My Anxiety sessions
- 6 Crafternoon sessions
- 13 Making Every Contact Count referrals onto other services.

100% of young people who have completed an intervention through the Wellbeing Service stated that they had learnt new tools to help them better manage their mental health. 95% of parents who accessed the service reported that they feel more confident in supporting their young person to deal with their mental health. The “Taking your Thought to Court” tool was said to be the most helpful by the majority of the young people who accessed our service.

## Feedback

“I have really enjoyed talking to someone about how I have been feeling, I find it hard to open up so this has been good for me.”

“I really enjoyed the sessions- has been very helpful- thank you!”

“We have made such huge progress since doing these sessions- my daughter has become much more confident and home life is much better!”

The amount of referrals received for 8-10 year olds and their level of need was surprising, but highlights the lack of statutory provision for this age group. Supporting primary-age children with low to moderate mental health is so important to prevent their mental health deteriorating further and impacting on family relationships and life changes. We are proud that CFF now has a 1-to-1 service, clearly something that is much needed within the community and continues to receive great feedback.



## Managing My Anxiety New!

**For young people aged 11-16 living in Leicester, Leicestershire and Rutland.**

This project aims to support young people who are struggling with low level mental health difficulties such as anxiety, low mood, low self- esteem and self-harm.

### **We delivered:**

- One workshop via Zoom. Eight young people attended. All eight YP completed the four sessions.

100% stated that their knowledge of mental health had improved since attending the workshop. 100% stated that they had learnt new tools to help them manage their anxiety since attending the workshop. 87% stated that they felt more positive about themselves since attending the workshop.

### **Feedback**

“Thank you, I found it really useful!”

“I liked the ice breakers and meeting new people.”

“I’m going to miss this group, thank you!”

The majority of the young people on this workshop stated that they had school related anxiety, and as facilitators we were able to tailor our examples and focus on this as a topic. Even though this was a four-week online group, the young people were very supportive of each other and this enabled a very open and non-judgmental environment for the young people to share their experiences.

Seeing the before and after scores of this group makes us proud of how much they have achieved in a short space of time.

# Early Intervention Service

**For young people aged 11-18 years and their parents/carers, living in Leicester, Leicestershire and Rutland.**

This project delivers groupwork interventions as part of the Early Intervention Service alongside Relate and ADHD Solutions. The focus is groups for YP who are experiencing difficulties relating to anxiety or poor mental health. YP and their parents/carers both receive an intervention.

## We delivered:

- 19 Overcoming Anxiety workshops (147 attendees).
- Seven Positive Minds Grounded workshops (41 attendees).
- 19 Supporting Your Anxious Child workshops (148 attendees).
- Six Living With Teenagers workshops (35 attendees).

We have been delighted to return to the majority of our groups being delivered face to face, post lockdown. 86% of YP and parents/carers stated that their needs were met, 80% said that they would recommend our services to friends and family and 71% reported an improvement in their mood and/or their ability to cope with daily emotions.

## Feedback

"I learnt that talking about my mental health is helpful and better than keeping things to myself."

"I learnt that what people see is not what is always going on in the inside."

"Holding on to my emotions can make things worse - good to talk about it instead."

"Excellent course, great to meet people with kids going through the same issues. I found it to be a great help and I believe that my child has too"

It has been another extremely busy year supporting YP and their parents/carers. We have seen the need for support increase as well as the level of support increasing from 'low' to include 'moderate' mental health needs. This service, provided by a partnership of charitable organisations, is an essential part of the local NHS offer for children and YP mental health.

## Early Help in Leicester City

**For parents/carers of young people aged 3-16 years, who live in Leicester City.**

This project provides groupwork intervention for parents/carers in Leicester, where their YP may be displaying challenging behaviours or experiencing difficulties managing anxious feelings. It supports parents to develop practical strategies to feel more confident in their parenting role and supporting their YP.

### **We delivered:**

- One Fun and Families group for parents of 3-10 year olds (eight attendees).
- Four Living with Teenagers groups (27 attendees).
- Three Supporting Your Anxious Child groups (26 attendees).

73% of parents/carers reported a reduction in their young person's depression Revised Children's Anxiety and Depression (RCAD) scores and 55% reported a reduction in their young person's panic and obsessions/compulsions RCAD scores. 60% of parents experienced a reduction in the number of difficulty/problem behaviours exhibited by their young people and 56% stated that their confidence as parents has increased.

### **Feedback**

"I don't want my parenting to be the same as my parent's was, I want to break the cycle, so I am glad I did this course."

"All parents should attend these groups, I feel less angry as a parent, my son is now accepting boundaries around his use of his games console."

"I've learnt lots of strategies to help me with my grandchild."

Parents and carers that have attended the groups over the past year have enjoyed the opportunity to meeting and sharing personal experiences with other parents in similar situations.

A number of the parents/carers that attended the sessions have had complex needs to manage in relation to their child/young person and also for themselves. There have been a number of barriers for them to deal with in order to attend sessions. With the support of CFF and other members of the group they have been able to overcome them.

CFF's facilitators' passion and commitment to supporting parents makes the sessions both highly informative and fun. Parents and carers are always keen to return to the sessions, quickly feel comfortable to share their personal experiences and offer support to one another within the sessions and after the group has finished.

Throughout the past year strong links have been maintained between CFF, Leicester City Council staff and professionals in other local organisations to generate referrals into the groups. Long may this partnership working continue.





# Living with Teenagers in the county

**For parents/carers of young people aged 11-16 years, Living in Leicestershire.**

This project provides parents/carers with advice and strategies to support their teenage YP's sometimes confrontational and challenging behaviours.

**We delivered:**

- One face-to-face Living with Teenagers (LWT) group (11 attendees).

78% of parents/carers have experienced a reduction in the number of difficult/problem behaviours exhibited by their young person, 56% stated that their levels of parental stress have decreased and 44% reported an improvement in their relationship and communication with their young person. 81% of parents/carers completed the LWT group and 100% said that they would recommend this group to another parent or carer.

## **Feedback**

"I have really enjoyed this course. It has definitely helped me to modify my behaviour to get different behaviour from my child. It has reassured me to hear others experiences."

"This course has given me a sense of perspective. I am trying to be more empathetic too. Bits of understanding about things such as triggers have really prompted me to reflect. Thank you. I very much appreciate having had this opportunity."

Over the period of the group we were really impressed by the extremely high level of attendance from parents/carers and how committed they were, especially as they all had busy life styles, live within the County and a number of them had to travel a long distance to come to the sessions.



They enjoyed learning practical strategies they could practice at home with their young people in between sessions.

Parents/carers had the opportunity to consider the importance of and how they might look after themselves better, in order to reduce their stress levels. We looked at CBT, stress curve and had general discussions about how they might improve their own sense of wellbeing in the face of some of the day to day challenges they might face bring up children/teenagers.

The majority of the parents/carers had a lot in common as they had adoptive young people/teenagers living with them. A number of the parents were experiencing really challenging situations at home coupled with some of the complexities that can come with a teenager trying to make sense of their place not only in the wider world, but with their adoptive parents and families. We gave parents the time to discuss these issues as the opportunity to share and support one another was incredibly valuable. Being able to skilfully flex the program timings to accommodate the needs of attendees is what sets us apart.

Parents/carers spoke of how attending the sessions had helped them feel less alone/isolated. In between sessions some of the parents had met or been in contact with one another to offer support and friendship. At the end of the group the parents set up a WhatsApp group so that they could continue to support one another.





## Somali Community Parents Association (SOCOPA)

For SOCOPA workers to receive training to deliver the Living with Teenagers groups within the Somali community in Leicester.

These groups are to be offered to Somali parents/carers of YP aged 11-16 living in Leicester.

This project enables CFF to work in partnership with SOCOPA to assist families within the Somali community, to reduce some of the tensions that exist between parents and their young people.

### We delivered:

- One Parenting Group Facilitator accredited 2.5 days training (seven attendees).
- One Living with Teenagers group (18 attendees).
- One LWT group delivered by SOCOPA workers, supported by CFF project managers between sessions.

100% of those who attended the Parenting Group Facilitator training said they would recommend the training to a friend, 100% said the training session would help them improve outcomes for families and 83% said they rated their knowledge of ways in which they could encourage participation in parenting groups as 'very good'.

### Feedback

"I shout less and I see my child doesn't like shouting - they know now that I can show different parenting styles."

"I used to make small issues big, but not now."

"I don't have to call my children all the time or repeat myself."

"I'm clearer about what I'm asking my children to do. Learn to speak with respect to my children and use eye contact so they know I am serious."

CFF were approached by SOCOPA as they recognised there were issues between parents and their teenagers that were impacting the wider community.

A grant from Leicester City Council's Early Help Innovation Fund enabled this to become a reality, offering the training and subsequent joint group delivery and support. The partnership working between the two organisations continues to be a success.

[Watch the ITV News coverage of the groups.](#)

## Children in Need

For young people aged 11-16 years living in Leicester, Leicestershire and Rutland.

The project aim is to deliver workshops and groups to support young people with their mental health.

### We delivered:

- Two Managing My Anxiety workshops (17 attendees).
- Two Managing My Mind workshops (16 attendees).
- Two Grounded groups (15 attendees).
- One Overcoming Anxiety group (14 attendees).
- One Positive Minds Grounded group (8 attendees).

Of the 76 young people who have attended the groups, 90% have reported improvement in school attendance, 62% reported a reduction in arguments and 83% reported a reduction in hassle with the police and anti-social behaviour (ASB). 93% reported an increased understanding of anxiety/mental health, 72% reported an increased ability to manage their anxiety/mental health.

### Feedback

"Thank you, I learnt about stress and how to deal with it better and I don't have to just shout, I can talk to people about how I'm feeling now."

"I struggled to see any positives but now I understand the different thinking traps I can fall into, I stop myself and recognising that I'm now able to change negative thoughts into positives, even if only small positives, it's made me feel happier and I have a reason to live again."

A peer mentor commented "It's so good to be out again, the group has helped lift my mood, I'm now thinking of applying to be a support worker. I now have the confidence to show employers that my personal journey has helped me be the person I am today."

One parent fed back "I didn't think S would stay, especially after the first session and her refusing, but I don't know what you did with them but she loved it and couldn't wait to go each week. We have seen a massive improvement in her mood and we feel like we have our happy, carefree baby back".

The digital workshops continued to be well attended this year and a high number of young people preferred the digital sessions to face to face. It's great that CFF can offer both digital and face to face interventions.

This project moves into its final year and it continues to be well received by young people, the overall numbers are on track and the benefits to the young people are not only seen in the quantitative data but also the qualitative feedback collected. The young peoples' confidence grows more and more each week and facilitators enjoy making a positive impact to the young people and their lives.

The peer mentors play a key role in helping us to support the young people in the group. They share their own personal journeys and how CFF has helped them. This is so powerful within the sessions, it's amazing that they benefitted so much that they want to give something back and want to continue to support CFF as a volunteer.



## Managing My Anxiety in Thomas Estley Community College

For young people aged 11-16 attending Thomas Estley Community College in Leicestershire.

The project aim was to deliver a Managing My Anxiety workshop.

### We delivered:

- One digital Managing My Anxiety workshop (12 attendees total, 10 completed).

78% of the YP who attended the workshop made improvements in their understanding of anxiety, 67% increased their ability to manage their anxiety and 78% felt more positive about themselves as a result of attending.

### Feedback

"I enjoyed the sessions and I learnt a lot that will help me manage my anxiety, I'm really glad I did it"

"I liked that we didn't have to speak, we could just use the chat function and I felt comfortable sharing things within the sessions."

"I feel less anxious now and I will use the resource pack to help me when I need it."

All 12 young people were engaged in the workshop and although it was digital and we had no cameras to see them, the young people felt very comfortable sharing personal experiences and were keen to learn. The school was experiencing a high level of need to support students with anxiety. Those identified to attend would have struggled to attend a face to face workshop so this was ideal. The group took place in the school day, with the support of school staff and it was such a great success that the school are hoping to commission more work in partnership again soon! The young people engaged really well within the sessions and used the resource pack in between sessions. There was an opportunity for the students to meet the facilitator at the end of the sessions when she visited the school - a big step for a lot of the students and very well received.

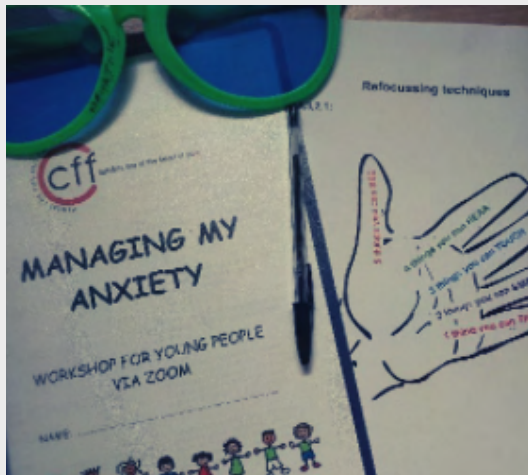
## Managing My Anxiety in Leicester, Leicestershire and Rutland

For young people aged 11-16 living in Leicester, Leicestershire and Rutland.

The project aim is to deliver two Managing My Anxiety workshops.

We delivered:

- Two Managing My Anxiety workshops (15 attendees, 10 completed).



100% of the young people who attended the workshop developed a better understanding of their anxiety, 90% increased their ability to manage their anxiety, 70% felt more positive about themselves after attending, 100% would recommend it to other YP and 100% highlighted that they had learnt new things that would help them in the future.

### Feedback

"I now have plenty of tools to help me, it's been fun!"

"I liked the stuff about challenging negative thoughts, which has really helped me stay positive."

"I feel I can now focus less on my worries and redirect myself in order to stay positive."

The digital workshops are very popular with a lot of anxious young people, with the option not to have their camera on. We use icebreaker activities to help young people to relax as it allows the workers to engage them into using the chat function to interact. They are then open to use the chat to share personal information about their struggles with anxiety and although we can't see them, the young people still interact well digitally. The resource packs give them the information they need not only within the sessions and to complete between sessions, but also to use again in the future if they need to.



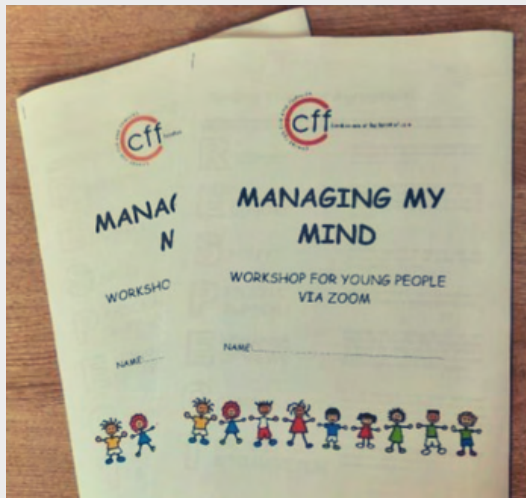
## Managing My Mind in Leicester, Leicestershire and Rutland

For young people aged 11-16 living in Leicester, Leicestershire and Rutland.

The project aim is to deliver one Managing My Mind workshop.

### We delivered:

- One Managing My Mind workshop (4 attendees, 4 completed).



100% of the young people who attended the workshop developed a better understanding of what mental health is and how it effects their mood. 75% increased their ability to manage their mental health difficulties, 75% felt more positive as a result of attending the workshop and 100% highlighted that they learnt new things that would help them, and that they would recommend it to other YP.

### Feedback

"I enjoyed the sessions and I learnt about fight, flight, freeze and how adrenaline helps your body."

"The icebreakers were really good."

"I liked that we didn't have to speak about anything that we didn't want to, it wasn't as scary as I thought it was going to be."

This funding allowed us to offer more Managing My Mind workshops to young people across Leicester, Leicestershire and Rutland who were struggling to manage their mental health. These small pots of funding allow us to reduce the waiting list for other services, especially as the pandemic continued to have a negative impact on mental health and wellbeing again this year.



# Five-year plan

This was year 2 of our 5 year plan, known to us as Strategic Bridges. The actions were categorised into three themes – Growth, People and Profile. Here’s a summary of the successes from this year:

## Growth

- New products – 1 to 1 work in schools
- Fundraising activities – London marathon runners
- New training commissions – Bournemouth, Christchurch and Poole Council
- Review of training products started
- CFF office space reconfigured following review
- New partners – Somali Community Parenting Association

## People

- Standardised processes
- Staff wellbeing calendar of events
- Recruited eight sessional workers, review of sessional worker training, remodelling of sessional staffing
- Recruited four new Directors and developed a Director’s induction
- Implementation of sub groups of the Board to audit and strengthen overall Governance of the organisation.

## Profile

- Equity Diversity and Inclusion learning sessions
- Reviewed service user journey through website & restructured to improve experience
- Freelancer doing social media and graphics
- Presented at regional conference x2
- Nominated peer mentor for local award

# Finance

Financially, 2021/22 has been a more difficult year for CFF, with a total income of £410,626.



We have developed some new funding relationships this year to support our charitable activities and deliver our strategic plans for growth. This has enabled us to design new products, adding 1 to 1 support to our current groups and workshops portfolio. We continue to follow the route map outlined by our strategic plan which focuses charitable expenditure on priority areas and growing our voluntary income base.

CFF's monthly finance meetings are chaired by Terry Moore (Treasurer). Sandhya Keshav (Senior Finance Officer) prepares the reports for these meetings to enable financial oversight. Following the finance meetings, Sandhya reports to the staff meeting and Terry reports to the full Board of Directors each quarter. We review our financial policies annually. Project Plans are reported quarterly to the Board of Directors, ensuring Directors remain fully briefed on all key projects and contracts.

# Fundraising

Many thanks go to Natasha Sond, Director, who has been the driving force behind our event fundraising this year.



## London Marathon 2021

We were lucky enough to have four wonderful runners representing CFF for this year's marathon. Ryan Biddles was our man in London, taking part in the historic race alongside thousands of other runners. Up in Leicester, at the same time, Roma and Jake Sond and Jarrad Singh completed the marathon distance around Rutland Water as our 'virtual' marathon runners. We inspired by our runners who trained hard and smashed their personal goals. Collectively the team raised £7,851!

## Thaliwal and Veja Solicitors Bradgate Park Sponsored Walk

Thank you to Thaliwal & Veja Solicitors for hosting a fun filled sponsored walk at one of Leicester's most iconic landmarks. Lots of laughter, conversations and selfies were taken! Thank you to local businesses Celerica and Paradigm Wills and Legal Services for sponsoring the event, raising £1,144!





**Thank you to  
our funders in  
2021-22**

- BBC Children in Need
- Blaby District Council
- Department of Health and Social Care (Starting Well)
- Hastings
- Lloyds Bank Foundation for England and Wales
- Leicestershire County Council - SHIRE grant
- Leicester City Council - Early Help and Early Help Innovation Fund
- Leicester, Leicestershire and Rutland Integrated Care Board
- Martin's Trust
- Tesco Bags of Help
- The Card Factory

**Centre for Fun & Families Ltd**

Telephone: 0116 223 4254

Email: [centre@cffcharity.org.uk](mailto:centre@cffcharity.org.uk)

Website: [www.cffcharity.org.uk](http://www.cffcharity.org.uk)

Address: 177-179 Narborough Road, Leicester LE3 0PE

Company Number: 06763165

Charity Number: 1128547

