



## Standing in the Gap Trustees' Annual Report

From 1<sup>st</sup> Oct 2022 to 30th September 2023 (Year 6):

Charity registration number: 1174627

Charity address: Ferndown House, Milton Road, Bloxham, OX15 4HD

### Table of Contents

Objectives and Activities.....	2
Achievements and Performance.....	2
As a charity:.....	2
Through the Support we offer: .....	3
Managing Anxiety .....	3
Our new Managing Anger workshop .....	6
The Managing Grief project .....	8
Managing Educational Transitions.....	8
Starting School .....	9
Preparing for Secondary School.....	10
'Don't forget the kids' our 121-support pilot.....	12
What TLC is:.....	12
What TLC isn't: .....	12
What will TLC involve? .....	12
Is there a cost? .....	13
Additional information.....	13
Financial Review.....	18
Governance and Management Structure, .....	19

## Objectives and Activities

Standing in the Gap is an early intervention mental health charity helping pre-school and primary school children manage big emotions, such as fear, anxiety and anger. We are based in North Oxfordshire. Standing in the Gap support children emotional wellbeing by providing a range of facilitated workshops and support for children and families. Our values are integral to the way we work: We build emotional wellbeing with kindness, using empowering partnerships in a safe and professional manner motivated by our Christian faith. We are a local charity with an international footprint.

The latest statistics show us that 1 in 6, 5-16 years are likely to have a mental health problem. That equates to five children in a classroom of 30 (Mental Health of Children 2020). Research also tells us that in the last three years the likelihood of young people having a mental health problem has increased by 50%, and 34% of those who get referred into NHS services are not accepted for treatment (Waiting in line The Children's Society 2021). Coupled with more than two thirds of young people preferring to access mental health support without going through their GP there is a huge need for evidence based early intervention as provided by Standing in the Gap.

The objects of Standing in the Gap are to assist in the identification, Early Intervention, treatment and support of children experiencing mental health difficulties:

To promote and protect the mental health of children up to the age of 11 through the provision of psychotherapeutic counselling services.

To advance the education of parents, teachers, school governors and school support staff in all areas relating to mental health issues experienced by children up to the age of 11, by the provision of professional training, support services and information.

As a charity we have agreed a trustee policy and procedure which encompasses the six duties of a trustee, as described by the charities commission. All of our trustees sign up to this [policy](#) and agree to work within the framework.

## Achievements and Performance

### As a charity:

One of our key decisions in Year 6 was to update our website. The original website domain was [www.sitgap.org](http://www.sitgap.org), which we set up in 2017 when the charity was started. We were concerned that the website was giving people mixed messages around our name and at times we were being miscredited as 'sitting' in the gap. Following much discussion, we decided to move onto the domain [www.standinginthegap.uk](http://www.standinginthegap.uk) which was much clearer.

The website host was updated, and all trustees were given new up to date email addressed [@standinginthegap.uk](mailto:@standinginthegap.uk) We agreed to update all marketing and information leaflets as they came up for renewal.

As part of the update, we updated our main Leaflets for professionals and families and added in the new programme logos.



Following long discussions at trustee board level, In May 2023, we decided to start charging families £5 for a family ticket for the workshop, with the option if payment was inhibitory in any way, then families could request a free place. We have had a number of families apply for free places, alongside a large number of families still happy to attend our workshops.

### Managing Anxiety

We have designed workshops around 'Managing Anxiety' which draws on National Institute for Health and Care Excellence (NICE) guidance and are recommended by local GPs, School Health Nurses, Teachers and CAMHS professionals. They feature our two cartoon elves, which are used to explain the psychological and physiological impacts of emotions and hormones on children's bodies and to show techniques for managing anxiety. The session is aimed at children aged 4-11 years and their parents.

Research from Co-Space 2021, carried out by Oxford University, indicates that there has been an increase of up to 35% of children showing mental health distress following Covid lockdowns. Primary aged children (4-11 years) were more significantly impacted than secondary school children. Children with Special Educational Needs and Neuro disabilities, those from low-income or single adult households have continued to show elevated mental health symptoms throughout the pandemic, with higher levels of behavioural, emotional, and restless/attentional difficulties.

The workshop looks at:

- What is anxiety?
- What does anxiety feel like?
- What are the thoughts and feelings around Anxiety and does that impact on how we manage anxiety?
- How we can understand our children as unique individuals and help them build a toolbox to manage Anxiety
- What things can help manage Anxiety?
- Our 3-step plan to Manage Anxiety (we go through this in detail and introduce interventions and tools)
- For parents- what else can help? (Improving self-esteem, giving praise that doesn't make your child anxious and catching your child doing something good)
- For parents- what does and doesn't help manage your child's anxiety and where do I go if we need more help?

The workshops feature our two cartoon elves, which are used to explain the psychological and physiological impacts of emotions and hormones on children's bodies and to show techniques for managing anxiety. The elves are also part of our spotting challenge throughout the workshop giving the children something to spot, as we go through.

The workshop is supported by a resource pack, available from our online shop:

[www.standinginthegap.uk/shop](http://www.standinginthegap.uk/shop)

The workshop is aimed at children aged 4-11 years and their parents, this can either be online or in person at a local Primary School. It is a foundation level course using NICE guidelines recommendations to support children in Managing Anxiety. As part of the talk, we clearly state it is a foundation course, and some children may require additional support to manage their anxiety.

During year 6 we had two grant funded projects and a gap in funding. The initial funding from Sanctuary ran from Feb 2022 through to January 2023. After the project report was submitted, I spoke at length with Sanctuary housing who offered to part fund the Managing Anxiety project from April 2023. Following discussion with the trustees it was agreed that Standing in the gap would fund the Feb and March Managing Anxiety sessions from our unrestricted funds. In March 2023 Sanctuary informed us that they would no longer be able to fund the Managing Anxiety project. The project costs were £3120 for 12 months and this was funded from a grant from the Brian Souter foundation (£3000) and Standing in the Gap unrestricted funds (£120).

The workshops were promoted through our website, Facebook, our 1100+ mailing list, through information packs sent to schools and emails sent to parents via schools. The majority of the workshops were provided online, as we had received good feedback from families that the online format enabled them to feel more relaxed in their own homes, while getting useful information. It also allowed them the opportunity to talk about the information shared as we went along, which wouldn't have been possible during a face to face sessions. It also was less anxiety provoking for children, as if they are very nervous, we allow them to have their cameras off during the workshop. Families are encouraged to personalise the information and talk between themselves at various parts of the session and then feedback via the chat option.

We designed bespoke fliers to advertise the talks either online or via the schools. We also improved updated our Managing Anxiety logo:



Do you have a child aged 4-11 years that gets anxious and worried?

*Are you unsure what can help and don't want to make it worse?*

Come along to our Managing Anxiety workshop for you and your child that covers:

What is anxiety and what causes it?

What techniques help manage the wobbles?

What is normal regarding anxiety?

**After attending this workshop:**

100% of parents would recommend it.

100% of parents felt more confident in managing their child's anxiety.

96% of parents felt more confident about knowing when their child would need more help with their anxiety.

Standing in the Gap is an early intervention mental health charity, helping pre-school and primary school children manage big emotions, such as fear, anxiety, anger and grief.

We build emotional well-being with kindness, using empowering partnerships in a safe and professional manner motivated by our Christian faith.



For more information scan the code or follow the website link

#### HOW TO BOOK FACE TO FACE OR ONLINE SESSION:

- Please follow the link or QR code and book 1 ticket per family group, through our website <https://standinginthegap.uk/managing-anxiety-workshop>
- Prior to the session we will contact you and give you information for joining a zoom session.
- An accompanying resource pack containing all the information from the workshop is available at [www.standinginthegap.uk/shop](http://www.standinginthegap.uk/shop)



Family tickets could be booked on Eventbrite, access available through our website: Once tickets were booked, an email prompt was sent out 48 hours, 10 hours and 2 hours before the session giving joining instructions.

In total during Year 6 we had 69 children and parents go through our Managing Anxiety workshops. We evaluate all our workshops, and the following responses can be seen:

When we asked parents:

**Do you feel more confident in managing your child's anxiety after the workshop?** 100% of parents said Yes.

**Do you feel more confident on knowing when your child would need more help with their anxiety?** 100% said yes.

**How would you rate the Managing Anxiety workshop?** 74% said Excellent 26% said Good.

When we asked if you would recommend it to another parent? 100% said Yes,

When we asked them **why they would recommend it** parents told us:

"Useful points made and how to deal with things."

"Really informative and reassuring, I feel supported not isolated."

"An easy-to-follow process to help your child go through life".

"Good overview of causes and feelings and ideas for tools"

"Because the host was brilliant and explained everything".

"This was very informative, not too long and fun for the kids".

"It's really helpful in making things clear - clear steps to identify and small steps to reduce the anxiety".

"Some simple strategies we can put to use" "very practical".

"Great stories for the children to follow and aid understanding".

When we asked parents if they had any comments about the workshop, they told us:

"Thank you, services, like this are what make a difference".

"A lovely workshop, it was made to feel fun as well, giving lots of general information on how we can deal with everyday problems"

"It's tailored to all ages; the slides were clear and easy to understand. Sam was very engaging".

When we asked parents what had stuck out to them most from the talk, they told us:

- The practical examples (this was the most recorded answer)
- The strategies and the dos and don'ts
- Breathing techniques
- How to measure anxiety- using the wobbly scale

We asked parents to complete a Likert scale asking how prepared they felt to manage their child's anxiety before and after the workshop. All parents moved along the Likert scale and felt that attending had improved their preparedness.

In summary it can be seen that attending the Managing Anxiety workshop did have value for parents and children and improved how prepared they felt to manage the anxiety felt, in 98% of those who attended.

## Our new Managing Anger workshop

Following receiving funding in Year 5 we designed the new and exciting Managing Anger workshop. An evidence-based worksheet based on Cognitive behavioural therapy (CBT) principles and solution focused therapy principles aiming to help children and parents on their journey to managing anger effectively. We designed a short cartoon film, narrated by Sam Game and created by Rebecca Arnabaldi which pictorially helped explain the balloon model of anger to children.

The workshop looks at:

- What is anger?
- What's the difference between good & bad Anger.
- What does Anger feel like- early warning signs?
- Our balloon and our bomb models of anger
- The 5 steps to Managing Anger
- What makes us unique?
- Build your anger toolbox- practical interventions to add to the toolbox.
- Designing your bespoke Managing Anger plan.
- 

The workshop was launched in May 2023 as an online only workshop. Between May and the end of September 28 parents and children attended our workshops.

New fliers were created and widely shared on social media, through mailouts and through our network of schools and professionals.



The flyer features the 'STANDING in the GAP' logo on the left, which includes the tagline 'Helping children 0-11 manage BIG emotions'. To the right is the 'Managing Anger in 4-11 year olds' logo with social media icons for Facebook and Instagram, and the website 'WWW.STANDINGINTHEGAP.UK'. The central text asks if the parent has a child aged 4-11 who gets angry and if they are unsure what to do, inviting them to the online workshop. A diagram shows four topics in speech bubbles: 'About our 5 steps to Managing Anger', 'Understand your triggers and early warning signs', 'How to create an Anger toolkit that will work for you', and 'How you are unique'. A pink starburst labeled 'NEW WORKSHOP' is next to these. Below the bubbles, it states that an accompanying resource pack is available at [www.standinginthegap.uk/shop](http://www.standinginthegap.uk/shop). At the bottom, a blue box describes Standing in the Gap as an early intervention mental health charity helping pre-school and primary school children manage big emotions like fear, anxiety, anger, and grief, building emotional well-being with kindness and empowering partnerships in a safe and professional manner motivated by their Christian faith.

STANDING in the GAP  
Helping children 0-11 manage BIG emotions

Managing Anger  
in 4-11 year olds  
WWW.STANDINGINTHEGAP.UK

Do you have a child aged 4-11 years who gets angry?  
Are you unsure what to do and don't want to make it worse?  
Come along to our online Managing Anger workshop for you and your child and learn:

- About our 5 steps to Managing Anger
- Understand your triggers and early warning signs
- How to create an Anger toolkit that will work for you
- How you are unique

**NEW WORKSHOP**

An accompanying resource pack containing all the information from the workshop is available at [www.standinginthegap.uk/shop](http://www.standinginthegap.uk/shop)

Standing in the Gap is an early intervention mental health charity, helping pre-school and primary school children manage big emotions, such as fear, anxiety, anger and grief. We build emotional well-being with kindness, using empowering partnerships in a safe and professional manner motivated by our Christian faith.



For more information scan the code or follow the webs to link

### HOW TO BOOK A PLACE ON THE WORKSHOP

- Please follow the link or QR code and book 1 ticket per family group, through our website: <https://standinginthegap.uk/managing-anger>.
- Prior to the session we will contact you and give you information for joining a zoom session.



We also created a new resource pack, which contains.

- a 60-page comprehensive Managing Anger workbook, including all the information from the workshop, which can be personalised and completed by the parent and child. It also contains a series of QR code links to other Standing in the Gap relevant resources and films.
- A managing BIG feelings diary- to log progress and using solution focused therapy principles help children move forward managing anger.
- A selection of our laminated worksheets© including:
  - Five steps to managing Anger framework- which gives the framework for the management programme.
  - Tips for Good anger
  - A bookmark using the traffic light intervention.
  - How do you feel today?
  - Managing my Anger Plan



This is available online via our shop: [www.standinginthegap.uk/shop](http://www.standinginthegap.uk/shop)

We do get evaluations completed after each workshop; it is too early for a full data analysis, but the initial feedback is really promising:

**Do you feel more confident in managing your child's anger after the workshop?** 100% of parents said Yes.

**Would you recommend this workshop to another parent?** 100% said yes.

**How would you rate the Managing Anger workshop?** 43% said Excellent 57% said Good.

When we asked them **why they would recommend it** parents told us:

"This is an informative and easy to follow session with useful tips on helping your child manage their anger. I would highly recommend it."

"The information was giving in a straightforward, concise way. A lot of useful tools and strategies for helping both children and parents deal with anger in a more positive and constructive way."

“Really good information, child friendly. Sparked some really interesting conversations with the children, enabling us to feel more confident bringing up these issues”.

### The Managing Grief project

We set up the Managing grief section on the website in Year 5 <https://standinginthegap.uk/managing-grief>

In Year 6 we had over 3100 clicks onto our website looking for child mental health information.

### Managing Educational Transitions

Standing in the Gap have been delivering parts of the educational transitions talks since 2019. The talks have been updated and adapted as we have received evaluations from parents and students.

The two talks that make up the project are called ‘Starting School’ and ‘Preparing your child for Secondary School’ both of which help children and parents successfully transition across educational settings. The workshops are recommended by local schools, GPs, School Health Nurses, Teachers and CAMHS professionals. They feature our two cartoon elves, which are used to explain the psychological and physiological impacts of emotions and hormones on children’s bodies and to show techniques for managing change effectively.

The 2023 School transitions workshop project ran from April to September 2023 the project aim was to educate and inform both parents and children around Starting School or transitioning to secondary school and to prevent a build-up of anxiety. We do know, from research, that if we can assist with the educational changes of starting school and starting secondary school we decrease anxiety, improve emotional wellbeing and help the students and parents to manage these significant changes effectively. All these should improve educational enjoyment for the students.

The project aimed to work with six primary schools and one secondary school (The Warriner) Three of the primary schools: William Morris, Dashwood Academy and St Leonards had worked with us in 2022. We emailed and contacted the schools’ multiple times but unfortunately two of the primary schools did not engage with the project at all. We therefore continued with the four primary schools who did engage: William Morris, Dashwood Academy, St Leonards and Harriers.

We then provided 5 open sessions to any parents in the area, leading to a total of 15 talks:

Of the agreed talks: Six were Starting School talks and 9 were Preparing for Secondary school talks.

We liaised with each school individually and offered for the first time an evening session online or an afternoon face to face session at school, which had been what we had offered in 2022. All the schools went for the online sessions as they wanted to make them as accessible as possible to families and felt by offering an evening session it was more accessible to parents who were working. One school, Dashwood Academy had the Starting School talk as an online session but at 10am

Each school then received a bespoke flier with a QR code for parents and students to join the specific talk on a suitably agreed date, which we linked with when the local transition days were occurring for pupils.



The information about the open talks was shared with emails out to all schools, nurseries and children's centres. We emailed through our mailing list and also via our professional networks, health visitors, school health and GPs. The open talks were also advertised on Eventbrite and through our social media channels.

We pulled together a patchwork of funding to run the project from Sanctuary Housing (Main contributor) Magic Little Grants, Bloxham Parish Council, and a private donation.

## Starting School



This talk is aimed at parents whose child are starting school for the first time. So, the majority of children were 4 years old.

Bespoke fliers were sent to each participating school with a QR code on so parents could join the closed zoom session. These were sent out by school or given to parents at the welcome to school sessions they were running. We negotiated dates with each school to ensure the talks were at the optimum time for their school and the parents.

Of the six sessions, 4 were aimed at specific schools and 2 were open sessions. 5 were in the evening, so both parents could attend, and one school session was at 10am once parents had dropped children at preschool, interestingly this one had the largest uptake, potentially due to school reminding parents on the morning when they dropped their children off.

In total 21 parents attended the Starting School talk, 9 of which were Sanctuary residents.

We evaluate all our talks and when we asked parents:

**How would you rate the talk?** 100% of parents said Excellent.

**Would you recommend this talk to another parent?** 100% said yes.

When we asked them **why they would recommend it** parents told us:

*"It was really helpful and informative".*

*"It gave excellent information to dealing with emotions in four-year olds".*

*"It was clear, well presented and engaging".*

*"It was thorough, thought provoking, practical and really helpful".*

When we asked parents what had stuck out to them most from the talk, they told us:

- Building self-esteem (this was the most recorded answer)
- Using the pizza massages (this promotes positive therapeutic touch which raises endorphins and lowers the stress hormone cortisol)
- Remembering to praise the positives.

- The stress bucket and opening the tap (this is covered in a part about understanding why children can have a melt down over what seems to be the littlest of things).
- What's normal for four-year old's.

We asked parents to complete a Likert scale asking how prepared they felt before and after the talk. All parents moved along the Likert scale and felt that attending had improved their preparedness.

### Preparing for Secondary School



This talk was aimed at both Year 6 students and their parents, in total 316 parents and students attended. 27 of these were Sanctuary residents.

Of the 9 talks offered: 4 were linked with specific Primary schools, 2 were linked with The Warriner School and 3 were open talks for parents anywhere in the UK, advertised via Eventbrite.

Bespoke fliers were sent to each of the primary schools to allow parents to participate and students to join the closed zoom sessions. For the secondary school a closed Eventbrite link was set up as the talk was offered over two different evening to improve uptake.

In total 127 Year 6 students attended and 210 parents. This year was interesting as we got more parents attending, potentially as it was online in the evening. We also had a number of separated parents ask how to both log on, so they both had the relevant information, which was again really encouraging.

When we asked parents and students:

**How would you rate the talk?** 56% said excellent, 42% said good and 2% (1 family) said OK.

**Did you feel this talk was useful for your child to attend?** 98% of parents said yes, 2% (1 family) said No.

**Would you recommend this talk?** 100% said yes.

When we asked **why you would recommend it**, we had the following responses:

*"It was especially helpful in today's digital world for children".*

*It was clear and informative about what to expect".*

*"It gave us things to think about we hadn't thought of".*

*"Digestible information and resources"*

*"The workshop was very informative, and Sam gave a great deal of reassuring advice. She was calm, honest and helpful. My son is definitely feeling calmer about his transition and cannot wait for next week."*

We asked parents to complete a Likert scale asking how prepared they felt before and after the talk. All parents moved along the Likert scale and felt that attending had improved their preparedness.

After the talk year 6 students told us:

- They felt less worried (30%)
- They felt less anxious (16.2%)
- They felt less nervous (32.4%)



- They felt more prepared (41%)
- They had less questions (19%)

All these improvements will decrease the impact of change on the Year 6 students and enable them to integrate into the secondary school setting quicker. This in turn prevents emotional unrest and potential mental health problems such as anxiety therefore helping to improve their longer-term educational outcomes. This also shows that we met our project aim which was to educate and inform both parents and children around Starting School or transitioning to secondary school and to prevent a build-up of anxiety.

When we asked about any other comments parents or students wanted to make, we got the following responses:

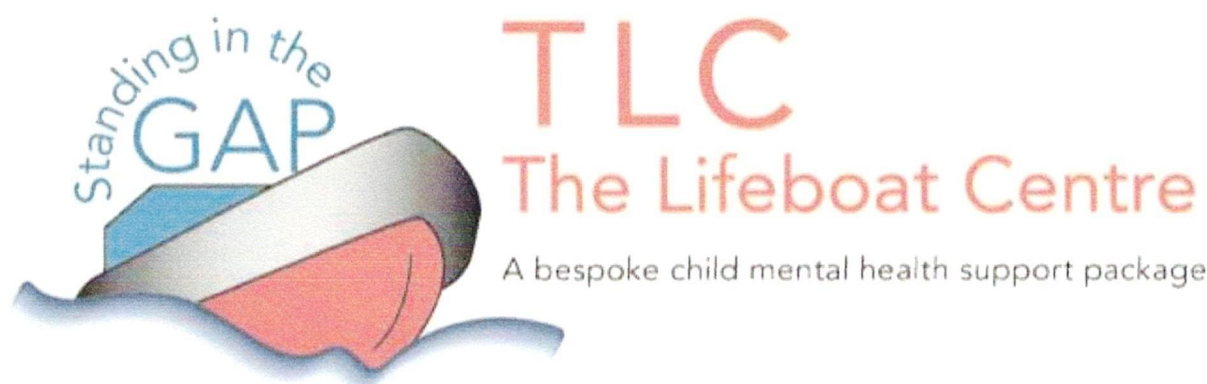
*"Thank you for being so clear and upbeat. My son says it was very helpful".*

*"Fantastic session - so lucky to have joined this. Some really good tips and tricks and very reassuring"*

*"Excellent workshop for both students and parents. Thank you so much. Working in a secondary school myself, as a parent and staff member, I can see just how much mental health support is absolutely essential for our younger generation. Your support is appreciated."*

*'Don't forget the kids' our 121-support pilot.*

We set up the Don't forget the Kids project in Year 5 and in Year 6 we looked at how we could revamp and update it. Following much discussion, we rebranded it to The Lifeboat Centre (TLC)



The Lifeboat Centre (TLC) is our programme of additional support for children and families. We all need a bit of help and support at times. Our children can struggle to manage their feelings which often comes out in difficult behaviour. We know that big feelings, for whatever reason, can become overwhelming and make life difficult for the whole family.

The Lifeboat centre (TLC) uses the same principle as a lifeboat, we come out and support you when you are struggling and there is a problem. We work with you to get back to firm ground by providing one-to-one bespoke support for children and parents. In the same way as a lifeboat comes out and changes the course of a situation, that's what we want to do and how early intervention is so effective in improving outcomes for children.

What TLC is:

- A Bespoke support package for families when they need it. We want to work with families before they hit a mental health crisis.
- It involves both parents and children- we work with both, as both of you need to understand what's happening and what you can do to move forward.
- We can support children struggling with overwhelming feelings such as fear, anxiety, anger and grief.

- We also understand the key benefit of sleep (for everyone) and can assist emotional wellbeing issues with evidence-based support to help everyone get a good night's sleep.
- Short term support to get you back onto safe ground (like a lifeboat) We offer a maximum of up to six sessions

#### What TLC isn't:

- Long term therapy
- For just the parents or just the child, it's really important to us that we work with both of you.
- A way to get a diagnosis (if you need a diagnosis you need to go through your GP to be referred to the appropriate specialist service).
- A magic wand to improve things! To change behaviours and manage big feelings, getting you back on firm ground you will need to make changes. Following an initial assessment, you will need to follow the recommendations and interventions we will talk you through if you want to see progress.

#### What will TLC involve?

To start with we complete an initial assessment with the parent, normally online, to give us an idea of what the issues are and the family makeup. We also use the My Star Outcome Star to measure impact and show progress.

Following the initial assessment, we will agree a bespoke wellbeing plan and arrange further session and interventions as needed.

This is an educational and evidence support based package, which we will ask you to review and tell us how you have found things.

We will ask you to be honest on what's going on, so we can help. What you tell us will be confidential unless there is a concern around safety.

#### Is there a cost?

The need for child mental health is HUGE and we do need highly educated professional staff to offer the level of care we feel is appropriate to you and your family. If you saw someone privately to support your child's mental health, it normally costs from £125+ per session!! We are very aware that for the majority of parents that isn't achievable. We really feel-good support for families shouldn't be about how much they earn. We do have a small grant for this work, so ask if you find it useful, and are able to, that you make a donation to enable us to continue to support families.

We have exciting plans in year 7 to develop our TLC programme and reach more families.

#### Additional information

Each year the trustees and Clinical Director have an Away day, at the end of the financial year, which reviews the previous year's strategic plan on a page and monitor progress. Following which we then set the next years strategic plan (Y7).

In reviewing how we progressed against the Y6 strategic plan the following can be seen. We colour coded as Green completed, yellow partially completed/ in progress and red not completed.

Section	Achieved or added to further Strategic plan
<b>Our Operational priorities</b>	
Complete production and resources and get Managing Anger workshops up and running monthly	Completed 1 <sup>st</sup> workshop May 2023



	Up to end of Aug 28 parents and children have been through this workshop
Develop and create downloadable resources for sleep	Not completed In early discussion with Emma Speilman-videographer Also, Mel added a name she had had contact through a professional training who may be interested in helping us do videos etc- Sam to explore.
Deliver monthly Anxiety workshops	Sanctuary grant ran until Jan 23- told us they could fund from April 23- Standing in the Gap funded Feb and March Sanctuary said no funding- funded April. Achieved funding from Brian Souter Trust which funded the Anxiety talks from May 23- April 24 In Y6 total 68 parents and children went through our Managing Anxiety session
Deliver the Managing Educational Transitions programme from April to July	Completed 5 open sessions, 10 sessions for 5 schools. Overall, 337 parents and children attended the workshops. Finalised report to be completed by end of Sept for Sanctuary housing.
Continue the DFTK/ 121 sessions with families offering targeted one to ones for children and families. Consider rebranding the sessions and reapplying for ongoing funding as the pilot finishes	This has progressed well. Four families were supported this year. This has been rebranded to become TLC (The Lifeboat Centre) a bespoke package to support families.
<b>Governance and Organisational Development</b>	
Using our values as we develop our team to include Trustees, advisors, Volunteers, Prayer partners and staff.	This has progressed well. Not got any staff yet but hopefully in the future.
Recruit two more general trustees to join the Standing in the Gap team	Completed- Michelle Jemade and Debra Elwyn joined the group
Link the annual report with a video presentation showing our impact on families and our growth	Not achieved The annual report was submitted on time (July) but later than ideal. New framework in place to ensure this improves.
Continue to have a strong framework of policies and procedures to ensure safe and effective governance of the charity.	Strong framework now Better layout of the newer policies- using new format



<b>Communication</b>	
Have a clear communication strategy to help families get the right information at the right time. Link with our communication plan/ website and leaflets.	We have a communication plan- Georgie was helping to write the prayer and praise updates. Sam writes and sends out the rest of the communications. We have updated the website to <a href="http://www.standinginthegap.uk">www.standinginthegap.uk</a> We have updated the leaflet
Use social media effectively to share our messages.	Georgie started this and then it faltered. Sam has now set up a new Instagram account which she is populating with support and advice from Emma Spielman. Plan to develop this more.
Communicate our key messages through our leaflets (need a new leaflet) and the website using the same graphics.	We updated the leaflet and have updated all the graphics for each workshop which look good.
Create and communicate a clear 'How can you help?' Framework which we can use on our website, leaflets and fliers.	This was completed and we have a 'How can you support us' jigsaw, on our leaflets, in our website and in our workshops.
<b>Empowering Partnerships</b>	
Relaunch the focus group to obtain valuable opinions in from a range of people to give feedback and opinions on child mental health issues.	Not completed
Continue to grow and develop the Prayer partners network and have another Prayer & Praise celebration in Oct 2023	The prayer and praise network has continued to grow. We now have 33 emails for prayer partners.
Build closer links with partnering schools.	This has had some success- we are well linked with St Leonards and Dashwood and William Morris. Although the head of St Leonards has just left the school.
Build our network of linked churches- adding 3 new churches this year.	We currently link with Bloxham Baptist church (our mission month was April 2023) We linked with St Francis- Sam delivered a talk to them on 19 <sup>th</sup> March 2023 Andy made links with the Barford St Michael church through the family service. We receive the collection from the 5 <sup>th</sup> Service.
Being open to opportunities to develop partnerships.	Ongoing
<b>Fundraising (this underpins what we do)</b>	
Continue to apply for and win grants to provide operational programmes.	We have received grants from a good range of places.



Encourage a mixed economy of:	
Sales of resources	Total Sales this year:
Fundraising events	We linked with Bloxham Primary school fair and raised £53. We had a cake and hunt for the elf session in April and raised £72. Collins Aerospace had a fun day and donated £190.91
Donations	One off donations continue via the website and by personal contacts. We agreed in April to charge for the workshops a nominal fee of £5 plus offer a free place as needed. Regular donations- these continue. We offered a £2 to support child mental health option which added a new recipient. (via church event)
Voucher scheme	Not set up as yet
Non-monetary donations	Smile Amazon was stopped by them. We moved to Easy Fundraising- at present we have 7 supporters which is not good- we do need more. Recycle for Chairty is progressing well
Wills and legacies	Sam has got the link for setting up Free wills to support Standing in the Gap but wants to trial the process first before recommending it to families.
Use the sleep download option as a pilot funding stream.	Not completed.

Following the review, we set the new strategic plan for Year 7 (Oct 2023 to Sept 2024)  
See below



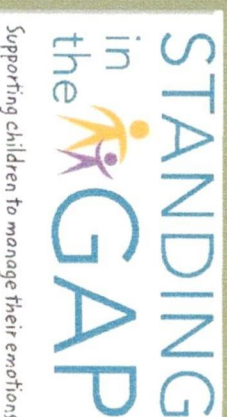
## Standing in the Gap: Y7 Strategic Plan Oct 2023-Sept 2024

**Our Mission:** To **Support** children and families by providing the tools to build emotional well-being and good child mental health.

**Our Vision:** That every child will be emotionally healthy and flourish.

In entering our **seventh** year as a charity we aim to embed our **Values** in all that we do. Our values are:

We **support** and promote **emotional well-being** and **good child mental health** in a **safe and professional** environment through **empowering partnerships** by acting with **kindness and understanding**.



### Our Operational priorities:

- Run monthly online Managing Anxiety and Managing Anger workshops.
- Explore downloadable options for accessibility to workshops and online videos/resources.
- Set up a Supporting good child mental section on the website.
- Continue with the TLC pilot project and secure more funding for this to continue.
- Deliver the Managing Educational Transitions programme from April to July.
- Target the local secondary schools to run the Preparing for Secondary School workshop at Wykham Park, Warriner, BGN, NOA, Chipping Norton, Futures Academy, Chenderick.
- Get fliers into every house in Bloxham for child mental health week (5-11<sup>th</sup> Feb)

### Governance & Organisational Development

- Using our values as we develop our team to include Trustees, Advisors, Volunteers, Prayer partners and staff.
- Recruit up to two more general trustees to join the Standing in the Gap team.
- Create greater resilience within the team particularly around graphics and marketing.
- Continue to have a strong framework of policies and procedures to ensure safe and effective governance of the charity.
- Have an annual budget, operations plan and communication plan that form a coherent framework for the years activities.

### Communication:

- Have a clear communication strategy to help families get the right information at the right time.
- Ensure we are on the right directorates/ links.
- Develop our social media presence.
- Improve/ Update our leaflets/ banners/posters/ website to show our core principles.
- Increase local awareness of what we do as a charity.

### Empowering Partnerships:

- Continue to grow and develop the Prayer partners network and have an annual Prayer & Praise celebration linked to child mental health week.
- Build closer links with local children's centres, nurseries and schools.
- Embed our church networks.
- Being open to opportunities to develop partnerships.

### Financial support (this underpins a lot of what we can offer)

- Continue to apply for and win grants to provide operational programmes.
- Encourage a mixed economy of Sales of resources, donations (regular and one off), fundraising events, voucher system (launch in 2023/4) non-monetary donations (Easy Fundraising and Recycle for Charity) and wills/legacies.
- Ongoing review of when to charity for services.



## Financial Review

The total funds received this year were £16,389. Our Restricted income included grants from Sanctuary Housing, Brian Soutter fund, Bloxham Parish Council and Magic little grants. Participating schools also contributed to the costs.

The finalised accounts were presented to the trustees and agreed and signed off by the finance trustee Michael Rafferty. Also submitted to Charities commission.

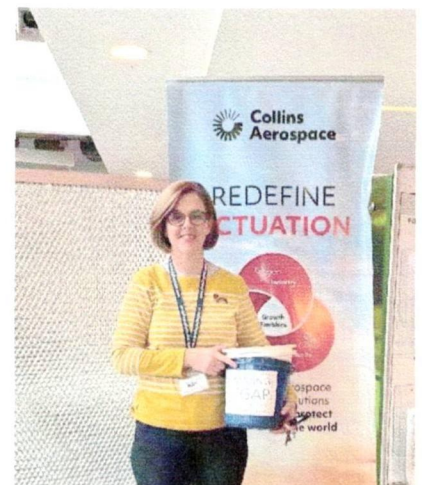
We improved our liaison with local churches and delivered information sessions at Bloxham Baptist Church, St Francis Church and Barford church. All agreed to be community partners with us and join our prayer networks.

We enjoyed more local fundraising events through a stand at [Bloxham Primary school](#) summer fayre, where we had a lot of fun engaging with families, sharing what support we can offer and knocking cans over! We raised a fun filled £53.



We partnered with the [Collins Aerospace Banbury site](#), as their charity of choice for their family fun day hosted in July 2023. They threw

sponges at managers and raised a fantastic £192.





We also had an [All-age treasure hunt](#) looking for our elves on 23rd April.



This was great fun, we had a good number of people pop in, enjoy scones and jam and find the elves.



Overall, we raised £73.



## Governance and Management Structure,

Standing in the Gap is a Charitable Incorporated Organisation

Trustees are selected in accordance with the [trustee policy](#) and procedure-

### The charities' organisational structure

At Standing in the Gap our team is made up of interlinking groups: Trustees, Advisors, Volunteers and Prayer Partners.

[Our trustees](#) are drawn from a wide range of professional backgrounds but all have a passion to see improved mental health for children. We also have Sam our founder and Clinical Director who is part of our trustee board. Sam is passionate about child mental health and supporting families before they hit crisis.

[Our Advisors](#), we define these as individuals with a *specific* area of expertise or knowledge who we could tap into at *specific* points for *specific* information. This year they have been invaluable in giving us advice around charity procedures, IT and fundraising.

[Our Volunteers](#) are fabulous individuals who can help us with things such as: Laminating resources for our work packs; helping make up packs; Supporting us at talks- setting up the rooms/ showing people where to go/ giving out leaflets etc. Supporting us at fundraising events.

[Our Prayer partners](#) purposefully pray and support us at the annual prayer and praise celebration in October each year. They receive quarterly updates from us on how things are progressing and points for prayer. As a charity based on Christian principles, we know the power of prayer is real. We work with people of all faiths and none.





Trustee Name	Office	Dates acted if not for full year
Andrew Bird	Chair	Full year
Michael Rafferty	Finance trustee	Full year
Bobbie Brown	Safeguarding trustee	Stepped down in Jan 2023
Georgie Knight	Trustee	Full year
Melanie Rogers	Took over as safeguarding trustee	Joined in Dec 2022
Executive Director on the trustee board		
Sam Game	Clinical Director	Full year

No funds are held by custodian trustees for Standing in the Gap.  
There are no exemptions for disclosure.

## Declarations

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

<b>Signature(s)</b>		
<b>Full name(s)</b>	Michael Rafferty	Sam Game
<b>Position</b>	Trustee	
<b>Date</b>	26/11/23	

# Standing in the Gap Reg no: 1174627 finalised accounts for Year 6 (Oct 22 to Sept 2023)

## Finalised accounts for the financial year ending 30th September 2023

Receipts	Unrestricted	Restricted	total 2022/2023
<b>Voluntary receipts</b>			
Donations from individuals	5140	0	5140
Donations from community groups	1000	0	1000
Gift Aid recovered	1304.5	0	1304.5
<b>Total Voluntary Grants received</b>			7444.5
Bloxham Parish Council	0	500	500
Sanctuary	0	3000	3000
Magic little grants	0	500	500
Brian Soutter trust	0	3000	3000
Contributiosn from schools	0	750	750
<b>Total Grants Received</b>			7750
<b>Grants Held</b>			
Digital	0	0.71	0.71
Managing Anxiety Project	0	1531.13	1531.13
TLC	0	1578.56	1578.56
Managing Anger	0	4847.5	4847.5
Managing Grief	0	0	0
<b>Total brought over</b>			7957.9
<b>Activities for Generating funds</b>			
Fundraising events	318	0	318
Give as you live	15.18	0	15.18
Amazon Smile (fund closed in 2023)	33.55	0	33.55
Easyfundraising	28.3	0	28.3
Recycle4charity	175.05	0	175.05

M44



Online sales through shop	439.42	0	439.42
ticket sales (Eventbrite)	158.92	0	158.92
Interst on CAF account	25.88	0	25.88
<b>total income</b>	<b>8638.8</b>	<b>7750</b>	<b>16388.8</b>

Total Held			24346.7
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Payments			
Professional fees	5413	9017.15	14430.15
Royalties	75.5	0	75.5
Materials for resource packs etc	614.36	0	614.36
IT Costs	390.96	100.72	491.68
Safeguarding	145	0	145
Office and General Admin	475.55	0	475.55
Mobile Phone	128.94	116.94	245.88
Training	127.2	0	127.2
Insurance	393.68	0	393.68

total spend	7764.19	9234.81	16999
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Net income/spend in year			-610.2
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closing balance 30/9/23			15,243.76
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Accounts compiled and presented to Trustees on 18th Nov 2023

Signed:	Date:	26/11/2023
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Michael Rafferty  
Finance Trustee