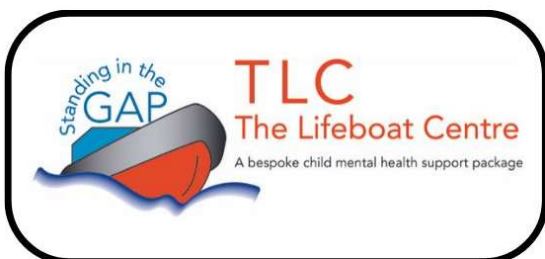




# 2024-25 Annual Report (Year 8)



# Introduction

Welcome to our 2024-2025 annual report. This year is our eighth as a charity and we have continued to develop and support children and families. In November 2024 we reached a milestone with over 1000 parents and children having attended our Managing Anxiety workshop. We have now directly supported 3972 parents and children since we started as a charity.

We have expanded our amazing team of trustees, advisors and volunteers who support us and without who we couldn't provide the support that we do. Thank you to all those who have supported us in whatever way this year. We do appreciate you.

*Kind Regards*



## Objectives and Activities

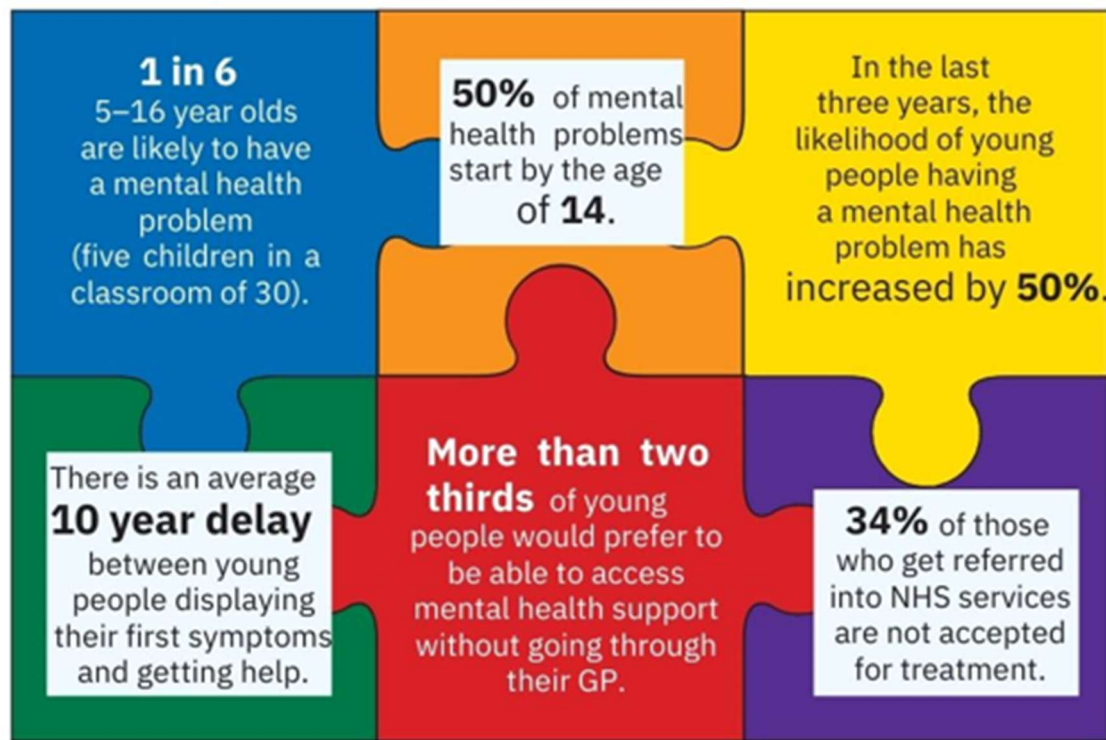
Standing in the Gap is an early intervention mental health charity who help preschool and primary aged children manage BIG emotions such as fear, anxiety, anger and grief.

Our mission is to support children and families by providing tools to build emotional wellbeing and good child mental health

Our vision is for all children to be emotionally healthy and flourish.

Our values are integral to how we work: We support and promote emotional wellbeing and good child mental health in a [safe and professional](#) environment through [empowering partnerships](#) and by acting with [kindness and understanding](#).

## The current picture of child mental health in the UK:



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.

## Achievements and Performance

As a charity:

Our team:

Our trustees are drawn from a wide range of professional backgrounds and are all passionate to see children's emotional wellbeing and mental health improve. We did see some change during the year as Jonathan Game, Marelize Bott and Dean Hughes joined the trustee board and Micheal Rafferty stepped down as a trustee at the end of September 2025 .

**Jonathan Game** brings 20+ years of working with charities and designing and managing ever increasingly sized projects. With an MBA and a passion for growing charities through strategy, frameworks and clear processes, Jonathan is also passionate about supporting and enabling families to raise emotionally healthy children.

**Marelize Bott** is an experienced accountant, business woman and entrepreneur. Marelize has provided invaluable assistance to hundreds of business owners handling their

bookkeeping, accounting and taxation requirements. Marelize is keen to use her expertise to help Standing in the Gap grow and meet its full potential support families.

**Dean Hughes** brings his professional skills of risk management, project management, fundraising and innovation frameworks. He can code and has worked in Sales and Consultancy. Dean describes himself as an 'out of the box' thinker with lots of ideas and a passion to help others. Dean has a wide network of contacts and has worked with companies growing them from the small to much larger organisations and is keen to help Standing in the Gap grow.

This year Rebekah Arnaboldi has joined us as our Animation Co-ordinator and Katie Delbrooke-Jones as our Recycling Co-ordinator.

## Our Prayer Partners:

As a charity built on a Christian ethos we know the power of prayer. Our [prayer partners](#) receive quarterly updates and purposely pray for our work. Each year we have an annual prayer and praise celebration as we launch the Children's mental health week. We work with children and families of all faiths and none.

In 2024-25 we partnered with the following churches, along with many other Christians who pray for our work.

**St Francis Church**



**Bloxham**  
**BAPTIST CHURCH**  
loving Jesus • loving people

BANBURY | **COMMUNITY**  
CHURCH



## Our Community Partners:

We continue to have great ties with schools and children's centres and worked in partnership with the following:

- William Morris School
- Dashwood Banbury Academy
- The Grange Primary School
- Rissington Primary School
- The Sunshine Centre
- The Warriner School
- Wykham Park and Futures Academy
- North Oxford Academy

We have given talks about what we offer and built good partnerships with:

- Banbury LCSS
- 0-19 NHS Health Services in Oxfordshire
- The Banbury Rotary Club
- We have attended several networking events, which have been really useful to build awareness of our work.



# The impact of our Programmes:

By the end of September 2025, we have directly supported 3972 parents and children through a range of different projects since we started as a charity in 2017.

## Managing Anxiety Workshops



This year we hit a milestone with over 1000 parents and children attending this workshop:

**A further 55  
parents &  
children attended  
the online  
workshop taking  
the total to 1045**

**100% of parents  
felt more  
confident at  
managing anxiety  
AFTER attending  
the workshop**

**100% parents  
would  
recommend the  
workshop to  
another parent**

When asked how they rated the workshop: 74% of parents rated it as excellent, 26% of parents rated it as good.

When we asked parents about the Managing Anxiety workshop they told us:



**Really clear, easy to access  
information that makes  
dealing with anxiety feel  
like less of a huge  
mountain to climb.**

**I found it valuable to explore alternative  
methods for helping my children manage  
their anxiety more effectively.**

**Gives you ideas on new  
techniques and how to  
work with your child. Tells  
you what doesn't help,  
also. Reinforces what you  
should or shouldn't do.**

The online Managing Anxiety workshop is advertised via flyers, newsletters, information to local schools, on social media and through Eventbrite. We have a lot of local families attend who hear about us through schools, GPs and School health advisors. We also had families attend from Yorkshire, Kent, Belfast, Wales and the USA.

## Managing Anger workshop:



This is our newest workshop, which started in May 2023. It is rapidly becoming our most popular workshop. Flyers, information to local schools and GPs, on social media and via Eventbrite advertise this workshop to families.

**A further 87  
parents &  
children attended  
the online  
workshop taking  
the total to 185**

**100% of parents  
felt more confident  
at managing their  
child's anger AFTER  
attending the  
workshop**

**96% parents  
would  
recommend the  
workshop to  
another parent**

When asked how they would rate the workshop: 57% of parents said Excellent, 39% said Good. No one felt it wasn't helpful.

When asked why they would recommend it parents told us:



**informative, with good resources - easy to follow and  
for the parent and child to engage with together - we  
can continue build from this level at home**

**Clear and easy to understand and feels  
doable. It makes you think more, and you're  
not the only one feeling like it.**

**I liked that it talked to adults and children. A lot  
of reading / material is aimed at parents only**

## Educational Transitions project

We know that children undertake key transitions as a rite of passage, but if these do not go well it can significantly impact their mental health and educational attainment. To help positive transitions we run a series of talks to support children and families. This year we had our biggest impact to date with an amazing total of



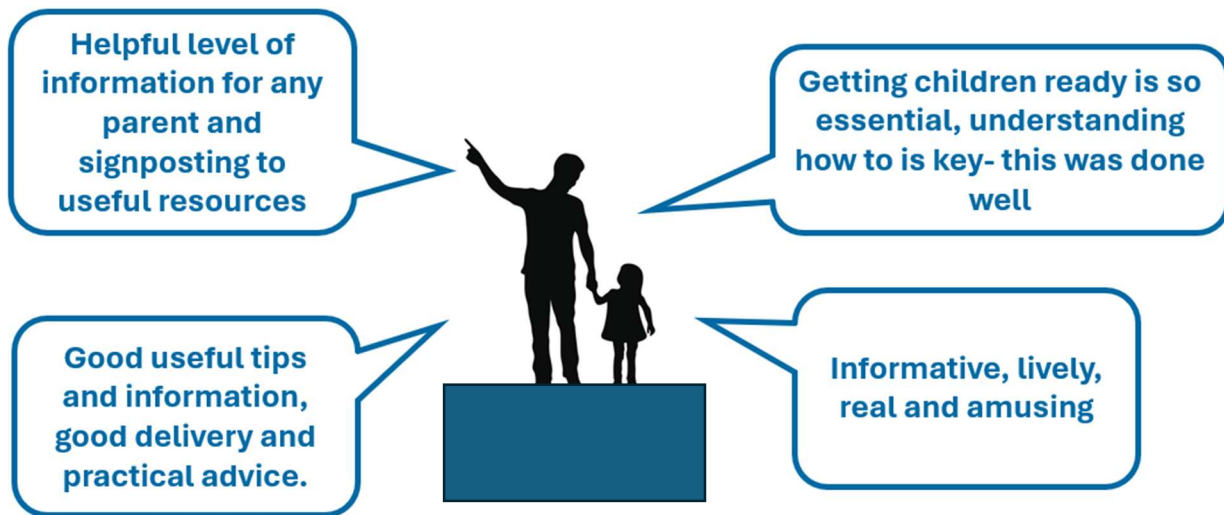
In our Starting Primary School talks:



This year we worked with Harriers Banbury Academy, Dashwood Banbury Academy, William Morris Primary School and The Sunshine Centre. Making this our most successful year to date.



When asked why they would recommend parents told us:



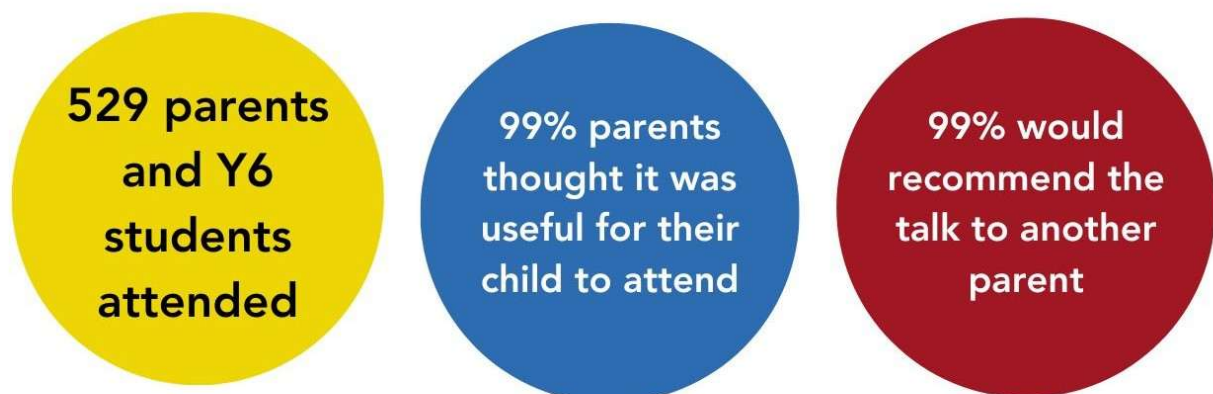
Other feedback included:



In our Preparing for Secondary School talks:



This was our biggest uptake on these talks to date. We expanded and worked with four secondary schools; The Warriner, North Oxfordshire Academy, Wykham Park and Future Academy and Chenderit school. We met with each of the transition leads and ensured that the two talks offered to each secondary school were bespoke to them. All families were invited to the talks before they had their transition days at the new secondary schools.





When asked why they would recommend it, parents told us:

**I learned a lot from it and it was helpful to reassure my anxious child**

**Good to know what will happen on the transition days and how to prepare my child**

**Very informative and excellently delivered. Made us chat through topics we've not yet thought about! Thanks so much!**

**It was very good at explaining some emotions surrounding the transition and how we can positively address them. It was reassuring and broke down the anxiety around this time**

Year 6 Students after the talk, told us:

**45%**  
now felt less  
anxious about  
the change  
coming up

**19% felt more  
prepared**

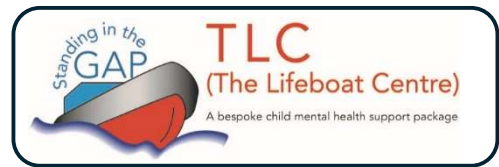
**18% had less  
questions**

As one of our most established partners we worked with The Warriner school and Michael Rafferty, one of our trustees, delivered tutor group quizzes where parents and students could come together have fun at a quiz and also meet others who were joining The Warriner.



These raised £220 and connected a lot of families in this significant transition.

## The Lifeboat Centre, our TLC programme

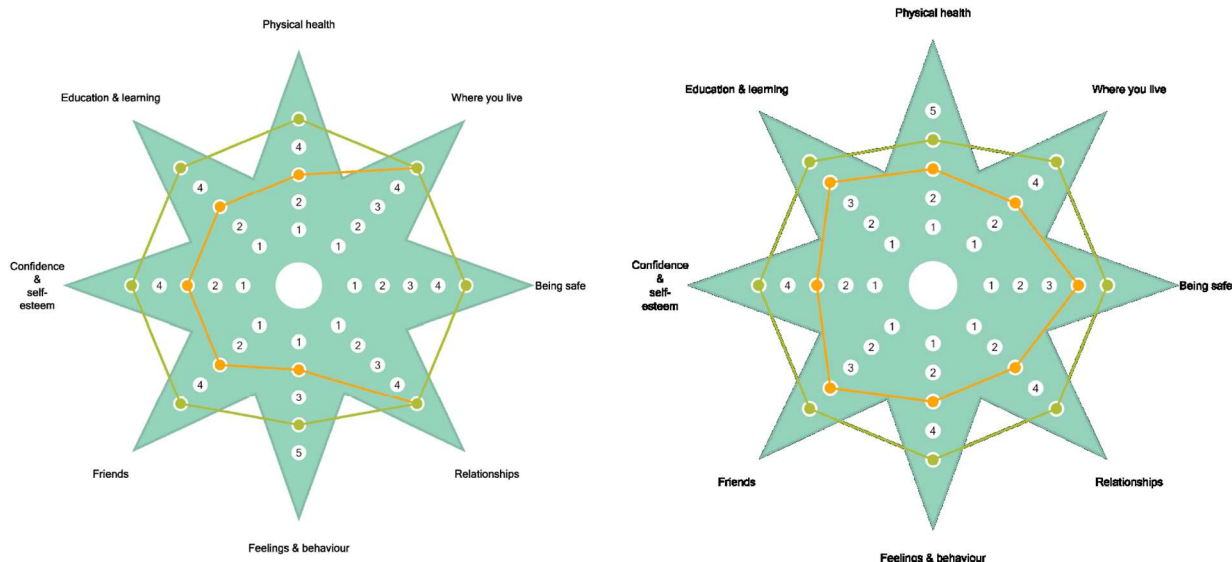


The Lifeboat Centre (TLC) is our programme of additional support for children and families. TLC uses the same principle as a lifeboat. We come out and support you when you are struggling and there is a problem. We work with you to get back to firm ground by providing one-to-one bespoke support for children 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 show how early intervention is so effective in improving long-term outcomes for children.

Each child and parent work together to complete an Outcome Star called 'My Star' at the beginning and end of the TLC support programme. The star shows the strengths and also what areas need working on. The My Star is an impact measurement, and when it is repeated at the end of the support, it demonstrates the impact or improvement brought about by the TLC programme.

The outcomes, each point of the star, are measured on a 5 stage Journey of Change from 1, big concerns, through to 5, things are good. Ideally we would like all children to have a reading of 5 in all areas across the star. The points of the star are the eight areas of a child's life, four of which focus on how well other people look after them: physical health, where you live, being safe and relationships. The remaining four look at how the child is managing: feelings & behaviour, friends, confidence & self esteem and education & learning.

Below are two My Stars from families we have completed work with this year. The stars are completed collaboratively with the children and parents and the children do enjoy seeing the progress they have made, having this as a picture helps reinforce the impact the work they have done.



As it can be seen each of the My Star readings are unique to the child, in the same way that each of the families we work with is unique. Comparing before and after shows that all the children have made progress and the TLC programme does have an impact on their emotional wellbeing and child mental health.

At the end of TLC each child also receives a 'well done' certificate highlighting the work we have completed with them and the progress they have made.

Following our TLC programme, we ask parents to complete an evaluation, allowing us to continue to keep learning and adapting our programmes. All parents rated the support as 5/5 and told us:

**The TLC support was invaluable and totally life-changing! It makes you, as a parent, realise what little things you can do to help your child, which make such a big difference.**

**It has made a 90% shift to our family life: from very difficult to enjoyable. We want our son's emotional and mental health to be good, but we absolutely needed to change his behaviour too. Standing in the Gap has enabled us to do both those things. He is so much happier going to school now and his behaviour at home has improved. massively as a result.**

**It's almost impossible to sum up how incredibly important Standing in the Gap has been for our family, with all other doors being closed to us because of my daughter's young age. The support has been invaluable and has helped our family immensely. It is heartbreaking how little support there is for young children who experience mental health difficulties and without the service Standing in the Gap offers my daughter would have fallen through all of the gaps and been left to suffer unaided.**

**The TLC programme taught us incredible skills and has really kick started my daughter's chances at recovering from the traumatic events she has experienced. I will never have the words to describe how truly invaluable the support of Standing in the Gap has been for our family!**

**TLC was a supportive and safe place where we, both parents and children, were able to learn to understand and manage our emotions. It gave us practical strategies to handle difficult feelings and helped me support my child in a positive way. TLC gave us the same language to discuss our issues and have someone who could listen.**

## Frameworks 2 Flourish

Having developed our TLC programme to support families and delivered this with families for the past 2 years, we have been able to review what is working and what areas need further development.

The TLC program has a fantastic impact on families who are ready for the intervention and helps to develop lifelong skills within both parents and children. Our My Star has been able to show both impact and change with the families we have supported. TLC also aids communication and boundaries. However, it requires a 'buy-in' from families. They need to attend the sessions, complete the homework, and then email over the information before the next session. It also needs to be at the right time for families.

What our data is showing us is that some of our more complex families aren't potentially ready yet for that level of support, and the other complexities in life are taking up their time and energy. To help families become ready or move further along the road to benefit from support such as TLC, we have developed our Frameworks 2 Flourish programme.

Frameworks 2 Flourish is a parent self-completed online assessment, followed by a consultation and advice as to which area to focus on first. Through discussion, we highlight what areas need adjustments and how to bring in adequate frameworks to allow the parent to flourish. We know that how parents cope has a significant impact on their ability to parent and promote their children's mental health.



Following each Frameworks 2 Flourish consultation, advice and a bespoke plan is given including homework for the parents. A review is planned in for 2 weeks. This enables a whole household approach to be taken to supporting children's mental health. (report: <https://www.local.gov.uk/publications/whole-household-approach-young-peoples-mental-health-must-know-guide-local-councillors> )

This gives us multiple bespoke pathways to support families. To determine which pathway is best, any family requiring assistance will be sent and asked to complete the Initial Information Form. Following completion, this is screened by a competent practitioner who allocates the family to the relevant pathway for support.

## Prayer & Praise Celebration

Each year we kick off Children's Mental Health week with our Prayer and Praise Celebration. This year it was at on Sunday 2<sup>nd</sup> Feb at The Chapel in Bloxham and we showed our latest impact film: <https://www.youtube.com/watch?v=qQ2T7UFmc9g&t=1s>

Sam shared at Banbury Community Church that morning and 12 people (including children) who had no previously attended our Prayer and Praise celebration came along to support.



We are working on our church partnership proposals and aim to increase the number of churches we partner with in future years.



## Children's Mental Health Week: (3<sup>rd</sup>-9<sup>th</sup> Feb 2025)



Each year, we prepare material to share with families during Children's Mental Health Week. This year, we created exciting content to help children build their self esteem. We know that low self esteem is linked with children's mental health problems so we wanted to give parents and carers tools to raise their children's mental health.

This material aimed to encourage children that they are each unique, precious and special. That each of us has three different aspects that when combined make us unique. These are: Physical traits, our likes and dislikes and our personal qualities or characteristics.

For children in preschool and key stage one they watched the 'There's only one ME' film and focused their discussion on completing a worksheet.

For children in key stage two they watched the 'I am Unique' film, which builds on the same principles as the other film, but just in more depth.

All the material was readily accessible via our website: <https://standinginthegap.uk/childrens-mental-health-week-2025>

Sam created the films this year and went for a more interactive option and invited 7 of the children we have worked with to send us voice notes and share their personal characteristics. Only two responded, but it's been great to have their help. One of the girls 'B' was very nervous when we started working with her, since engaging with TLC she's now the school's mental health ambassador and doing great. We also had several other children who agreed to provide us with voice overs. All children who have participated will be sent a Thank you/ Well done certificate thanking them for their help which they can have on their wall.

Vikki Evans, our media advisor, wrote us a press release and circulated it to local media. Sam was contacted by the BBC who sent a reporter to watch the Dashwood Academy assembly and interviewed their mental health champions. Sam appeared live on the BBC Oxford breakfast radio show during the week, telling everyone what support we offer. Sam was also interviewed and appeared on Heart radio.

This year we worked with:

- Dashwood Banbury Academy: 4 of their charity champions had made things to sell in lunch breaks and the whole school were invited to wear Yellow. In total they raised £186.81. We sent them a thank you certificate for the whole school and then specific named certificates for the 4 charity champions who had the stall and spoke to the BBC reporter.
- Harriers Academy: they used our material and during the week raised £81 from a non-uniform day, they also received a thank you certificate.
- Rissington Primary school: also used our material and had a non-uniform day and raised £237.15. They also received a thank you certificate.

In Summary it was an excellent week, and we raised a lot of interest, a lot of children watched the films, and we raised a total of £504.96

We released the two children's films: 'I am Unique' and 'There's Only One ME', along with the parent film on raising Children's self esteem, to our YouTube channel and had over 50,000 views on YouTube, which was exciting. We increased our YouTube subscribers to 255 on our channel.

Standing in the Gap 2024-25 Annual Report [www.standinginthegap.uk](http://www.standinginthegap.uk)

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## Events

This year we were involved in two Christmas tree festivals: Bloxham Christmas Tree festival and The Hill. Debra Elwyn, trustee, did a fabulous job with the Boys Brigade and together they made elf baubles, which were lovely and used to decorate our trees.

The Bloxham Christmas tree festival ran from 6-8<sup>th</sup> Dec 2025:



The Hill Christmas Tree Festival ran across the end of December, and our tree was part of their enchanted forest, advertising to the local community the support we offer.

Our elves adorned the tree and we were able to leave our banner up for the whole event.



### Reggies Run:

One of our families, Reggie and his mum Niki, who went through our TLC programme decided to do a fundraising event to show their appreciation. Reggie did a sponsored run for us on Sunday 6<sup>th</sup> July, in really terrible rain and raised £390, which was amazing. We made him a certificate to say thank you which he could take to school and show everyone



## New initiatives

Over the years our 'cuddle stones' have been very popular as a transitional objects to help support children with Anxiety. These use the psychological concept called 'Holding in Mind' where the big person puts lots of love and hugs into the heart and then gives it to the little person when they are not together. That way if the little person gets worried and concerned they can take out and hold the heart and know that they are loved and thought about. Initially we got these from Kenya but over the year this logistically got too complicated. After much research we replaced them with our new 'Love in the Gap hearts' which can be used whenever we are away from a loved one and are now available from our online shop

<https://www.standinginthegap.uk/shop>



We adjusted the name to 'Love in the Gap hearts' so they can be used for anyone with whom you can't be present. One family contacted us to tell us they had used them with an elderly relative who had been struggling in the hospital and had received much comfort through the heart, knowing it had been given with lots of love.

## Finance and Grants

We have diversified our income streams to help us remain stable and grow: We received grants from the following organisations to support our work.



Supported by



**Bloxham**  
Parish Council

**Bloxham Feofees**

We also received a big grant from Well Together which was used to support TLC, and the online workshops.

We received financial support from St Francis church as their community partner and we received a contribution from schools towards the Managing Educational transitions programme.

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While our support from grants was down this year on previous years, due to increasing number of charities applying for funding. Our regular donors was up to an all time high of £5190.

We saw our sales from online shop drop to £727 potentially in response to the economic uncertainty as our workshop ticket sales and attendance were higher than previous years at £398.

Our total income this year was £22,630, this is a drop from the previous year, as the economic climate has made it harder to obtain grant funding, with more charities battling for the same amounts. We made the decision to use a freelance bid writer to assist us in the process and several of the trustees went on fundraising training and created our case for support to assist with the applications. We are waiting to hear how these progressed. The accounts are available for review through the Charities Commission.

We continue to employ our Clinical Director, Sam Game, 2 days a week and have set up the appropriate mechanisms and policies to support this.

## Governance and Management Structure,

Standing in the Gap is a Charitable Incorporated Organisation

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

Trustee Name	Office	Dates acted if not for full year
Michael Rafferty	Finance trustee	Full year stepped down Sept 2025
Georgie Knight	Trustee	Full year
Melanie Rogers	Safeguarding trustee	Full Year
Debra Elwyn	Trustee	Full year
Michelle Jemade	Trustee	Full Year
Jonathan Game	Trustee	Joined in Nov 2024
Marelize Bott	Trustee	Joined in April 2025
Dean Hughes	Trustee	Joined in June 2025
Corporate trustee	N/A	
Sam Game	Clinical Director	Full year

No funds are held by custodian trustees for Standing in the Gap.

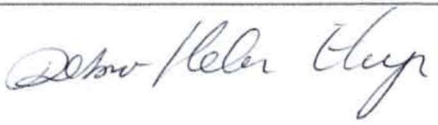
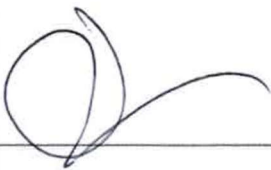
There are no exemptions for disclosure.

## Declarations



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

Signed on behalf of the charity trustees:

Signatures		
Full names	Debra Helen Elwyn	D HUGHES
Positions	Trustee	Trustee
Date:	21/3/2025	21/3/26

# Financial Activities

Standing in the Gap

For the year ended 30 September 2025 (Year 8)

Account\	2025	2024
<b>Income</b>		
<b>Donations and Legacies</b>		
Donations through Justgiving	268 97	822 11
Easyfundraising	17 59	44 89
One off donors - not known to us	0 00	104 05
One off donors- Known to us	2 086 00	925 51
One of donation Pay it forward	0 00	13 55
Recycle4charity	166 05	136 10
Regular donor NO gift aid	90 00	1 110 00
Regular donors	5 099 64	3 975 28
Workshop ticket donations	0 00	27 00
<b>Total Donations and Legacies</b>	<b>7 728 25</b>	<b>7 158 49</b>
<b>Charitable Activities</b>		
Fundraising event - organised by us	401 81	534 81
Fundraising event organised by others	104 90	0 00
Gift Aid Claim	1 705 44	1 324 62
Grants- restricted	4 450 00	12 282 89
Grants- unrestricted	5 000 00	3 000 00
Managing Educational Transitions school contributions	950 00	1 595 00
Mental Health week school activity donations	487 15	128 00
<b>Total Charitable Activities</b>	<b>13 099 30</b>	<b>18 865 32</b>
<b>Other Trading</b>		
Sales in person- events	285 91	208 73
Sales in person- known to us	28 50	5 90
Sales paid online Tshirt/ hoodies	10 00	50 00
Sales via online shop	727 12	1 379 53
Services to other organisations- private workshops	200 00	600 00
Services to other organisations- schools workshops	120 00	0 00
Services to other organisations- TLC paid package	0 00	750 00
Workshop tickets- Anger	205 00	93 87
Workshop tickets- Anxiety	122 44	122 23
Workshop tickets- Preparing for Secondary School	46 00	30 00
Workshop tickets- Starting Primary School	25 00	75 00
<b>Total Other Trading</b>	<b>1 769 97</b>	<b>3 315 26</b>
<b>Investments</b>		
Interest Income	32 71	28 16
<b>Total Investments</b>	<b>32 71</b>	<b>28 16</b>
<b>Total Income</b>	<b>22 630 23</b>	<b>29 367 23</b>
<b>Expenditure</b>		
<b>Employee Cost</b>		
Anger Project Staff payment	0 00	1 365 00
Anxiety project staff payment	0 00	1 960 00
Contractor payment	0 00	5 430 00
Managing Educational transitions project staff cost	0 00	490 00
Pensions Costs	667 92	500 96
Restricted grant staff payment TLC Pilot	0 00	1 852 80
Salaries	22 939 56	5 618 24
<b>Total Employee Cost</b>	<b>23 607 48</b>	<b>17 217 00</b>
<b>Sales Costs</b>		
Direct materials for packs	322 45	570 61
Direct materials T shirts/ hoodies	9 50	133 97
direct materials- ink to print packs	54 30	270 03
Direct materials- love in the Gap hearts	0 00	7 99

Postage of sales	140 20	158 64
<b>Total Cost of Sales</b>	<b>526 45</b>	<b>1 141 24</b>

### **Administrative Costs**

Admin- insurances	475 48	473 76
Admin- Eventbrite subscription	66 00	18 00
Admin- fees and subscriptions ICO	40 00	40 00
Admin- Fliers, posters and bookmarks	77 76	156 54
Admin- general postage	31 20	2 74
Admin- Star online registration	125 00	125 00
Admin- Stationary	10 87	32 48
Advertising & Marketing	78 00	0 00
Bank Charges CAF Bank	40 00	60 00
Fundraising events costs	49 75	459 74
Fundraising- Regulator fee	60 00	50 00
Governance	68 26	12 95
Governance Room rent	50 00	10 00
Governance- leaving gift for trustees	0 00	40 00
HMRC payments	0 00	1 313 85
IT Subscription	103 70	321 11
IT- hardware costs inc mobile	24 48	824 13
IT- web hosting and domain names	283 20	283 20
Leaflet production (cost)	119 00	0 00
Liberty Account charges	0 00	186 48
Mobile- sim cost	60 00	93 16
Royalty Payments	136 20	49 90
Safeguarding DBS Fee	37 50	50 04
Safeguarding registration fee	159 00	150 00
Training- Staff	55 47	0 00
Travel expenses	3 00	0 00
Xero accounting charges	119 04	1 92
<b>Total Administrative Costs</b>	<b>2 272 91</b>	<b>4 755 00</b>

<b>Total Expenditure</b>	<b>26 406 84</b>	<b>23 113 24</b>
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<b>Surplus on Financial Activities</b>	<b>(3 776 61)</b>	<b>6 253 99</b>
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**Accounts reviewed and verified by trustees at AGM on 22nd November 2025**

Marelize Bott

22/11/2025

Signed by \_\_\_\_\_ on \_\_\_\_\_

Signature:  \_\_\_\_\_

Finance Trustee