



headroom

YOUNG PEOPLE'S CHARITY

Annual Report

20/21



Who we are

Headroom is a new independent Charity, founded in April 2020, formally registered on 20th August 2020 to provide therapeutic support to local young people 11- 25 yrs old and their parents and/or carers.

They are:

- Suffering poor mental health
- Victims of trauma and high number of Adverse Childhood Experiences
- Often neurodiverse with either diagnosis or traits of Autism, ADHD, ADD, Dyslexia, Dyspraxia, high Anxiety
- Demonstrating dysfunctional, challenging and /or aggressive behaviours
- Experiencing difficulties with and rejection from family and mainstream schools
- Vulnerable to educational and social exclusion
- At high risk of exploitation and offending behaviour.



Our Support

Our support is based on a systemic approach and our team has a particular specialism in working with clients with issues listed above, often suffering from historic or current domestic abuse at risk of developing long term mental health issues.

The decision to respond to this need was informed by local services identifying increasing pressures on families linked to COVID 19 pandemic restrictions, and it's ongoing aftermath. Including impact on young people's mental health alongside recognition of the impact of the decline of local youth based services, in particular therapeutic services.

Our vision is to engage these hard to reach young people, build rapport through a range of styles including "walking and talking" using creative and sometimes non verbal approaches to invite meaningful and honest reflection and exploration of what needs to change and break dysfunctional cycles of behaviour. To restore stability and support emotional resilience enabling young people to thrive and achieve their full potential.

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Our Objectives

To launch and establish Headroom Young People's Charity as a provider of high quality therapeutic services for young people and their parents and carers

To target young people aged 11-25 and their parents who suffer from multiple and complex issues resulting in stuck situations and chaotic, dysfunctional home environments.

To work closely with referring local agencies inc. Children's Services and schools to bring a therapeutically informed approach enabling the Team around the family to better understand how best to support and meet the needs of the family and together achieve breakthrough progress where previously interventions had failed.

To use our 18 years of expertise delivering anger management counselling to educate young people and parents alike how to improve their emotional intelligence, resilience and management in the home and beyond, hence reducing child to parent domestic abuse, anti social behaviour and address the isolation inherent in angry y/p.

We target families with children with behavioural management issues attempting to stay in education by working with school to assert realistic and achievable plans for each y/p to ensure they attend successfully and achieve.

We aim to arrest family breakdown bring stability and sense of safety inside the family home and in doing so address the vulnerability of children and y/p to the draw of local gang related activities and consequent offending behaviour.

We promote the importance of mental well being of parents and carers

To promote understanding of the impact of learning disabilities and support parents dealing with the impact of Autism and other forms of neurodiversity in growing adolescents.

Our Accomplishments vs Our objectives

1 Target vulnerable young people & parents facing a range of disadvantages.

Our various referrers have understood well who our support is aimed at and we have been able to accept almost all 80 + referrals with the exception of 2 so far!

2 Impacting on stuck and or escalating situations at home with regard to dysfunctional and often violent behaviour between family members.

Out of the 24 families we have worked with, challenged by these issues, 21 have seen either a massive improvement or a halting altogether of aggressive behaviours and chaotic lifestyles. The remaining 3 we're still working with.

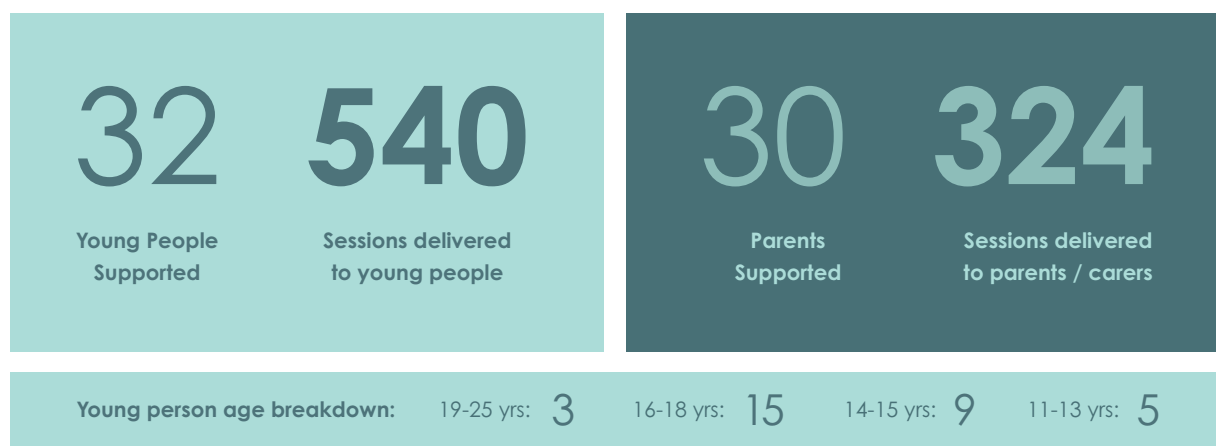
3 Work closely with referring agencies where we are part of a multi agency team around a young person and their family.

We enjoy positive working relationships with all local schools and organisations and believe our involvement with 11 local schools and colleges has informed more realistic, detailed and better supported plans to support families that need reliable and appropriate advocacy.

Our Results

Young people

Parents



We've directly supported 32 young people, delivering 540 sessions as well as 30 Parents delivering 324 sessions during our first year, initially seen via video link or telephone, then, as lockdown eased we began face-to-face sessions again. We're still offering all 3 types of counselling to ensure we remain as accessible as possible to both young people and parents alike.

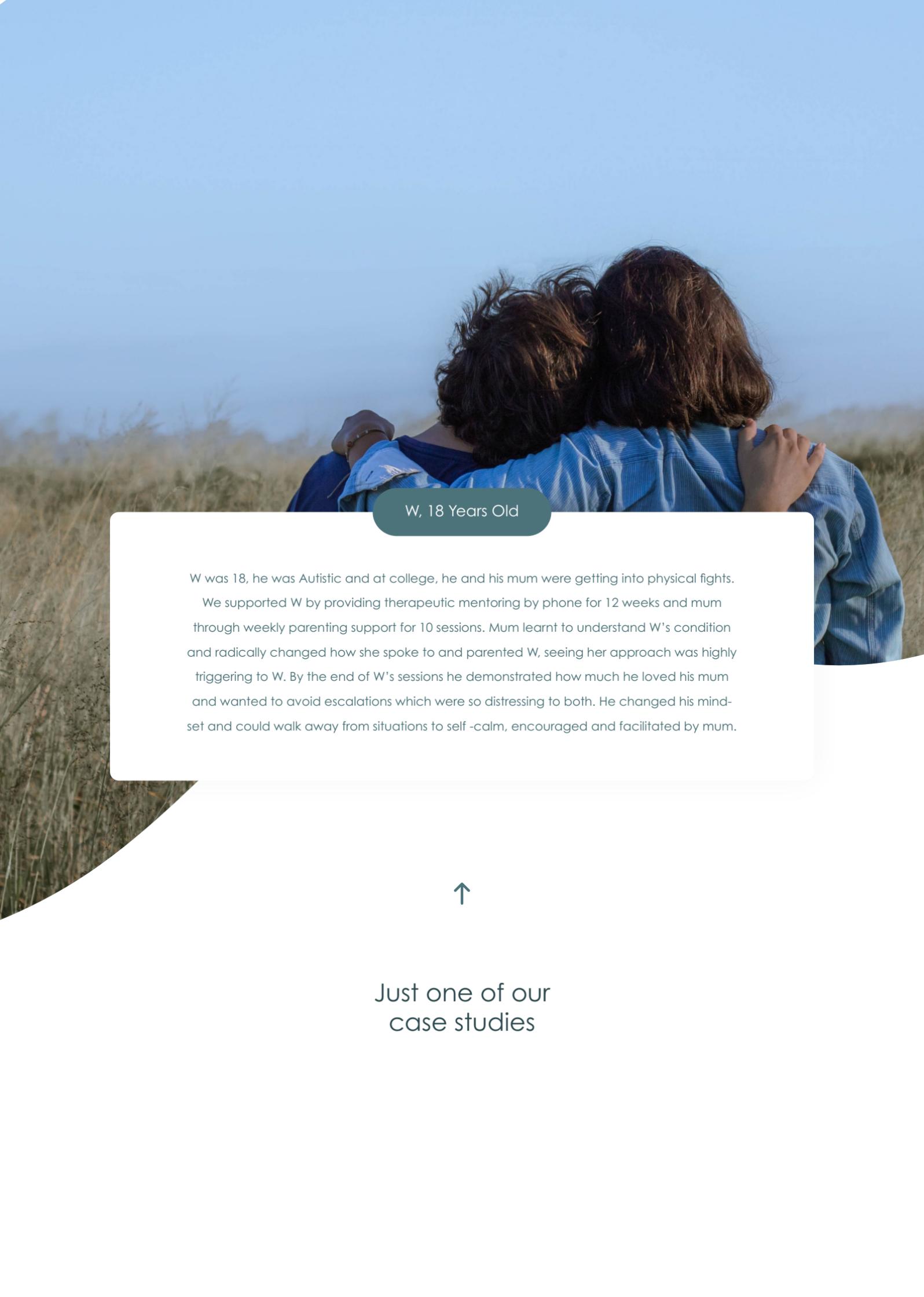
Evidence of Success

We gather a wide range of data from those referred to us through our assessment process and ongoing regular evaluations with y/p of the support we provide.

The evidence below is from work delivered either directly to the y/p or through parenting support provided directly to those caring for adolescent children. We also provide simultaneous support to both adolescent and parents, maximising our input.



Promoting the need to protect parent's mental health by offering not just parenting support but counselling support as well to support those challenged with their own issues that are impacting on their ability to be the parents they want to be for their teenagers.



W, 18 Years Old

W was 18, he was Autistic and at college, he and his mum were getting into physical fights.

We supported W by providing therapeutic mentoring by phone for 12 weeks and mum through weekly parenting support for 10 sessions. Mum learnt to understand W's condition and radically changed how she spoke to and parented W, seeing her approach was highly triggering to W. By the end of W's sessions he demonstrated how much he loved his mum and wanted to avoid escalations which were so distressing to both. He changed his mind-set and could walk away from situations to self -calm, encouraged and facilitated by mum.



Just one of our
case studies

Quotes from those we have supported this year

“

My OCD ruled my life. Now I know where and how it all started and what happened to me I've started to feel differently about stuff, things are definitely getting easier.

V, 14 years old

“

I think I get myself more now, I know what I need to do and I don't have to fight everybody's fights for them anymore, I just can't be bothered.

K, 21 years old

“

I'm actually ok with being Autistic, I hated it when I first found out, and I think that was why I was so angry all the time. This(support) makes me think about myself differently and I've learnt I've just got to pace myself and not over do things.

V, 14 years old

“

I really liked talking to my counsellor and just feel better for getting stuff off my chest, now when I feel I need support I don't panic, I just ask myself what would my counsellor say to do, and then I do it.

K, 21 years old

Quotes from parents on next page



More Quotes from those we've supported

“

I think you're the only one I've spoken to in years that really gets this, I can't believe I didn't realise what the issues were, but it explains so much. Your help has made a massive difference in the house, almost no meltdowns and I've learned to stop stressing about everything and making things worse for him.

Parent to Son (15 yrs) with traits of Autism & ADHD but no diagnosis

“

I'm so glad school gave us your details, I was really struggling to know what to do about this situation, I was exhausted and J refused to see anyone. We've lowered our expectations for the moment, stopped pushing her and are working more closely with school, and I feel they understand more now. We've come up with a more realistic routine and I feel more in control of our situation and how best to respond when things get tough.

Parent to Daughter (16 Yrs) with Serious Anxiety

“

I used to dream of escaping, I was so lost. I've learnt so much about my son's needs, and had amazing support with the school too, I know they think I was just a troublesome parent. We've changed the way we do things a lot and I think everyone's benefited from more structure and less chaos at home, I can't thank you enough.

Parent to Child (12 yrs) with traits of Autism & ADHD

Data Analysis

What requirements?

Enabling us to identify future trends and needs of our clients, skill up in preparation where needed, and identify our areas of strengths.

Secure Contracts with Schools

What type?

Providing schools with accessible specialist therapeutic services to increase timely interventions for those struggling to attend school. To increase the proportion of funds we raise ourselves and reduce reliance on grant making organisations.

Goals for the next year

Reduce waiting time for most vulnerable individuals

How?

We must prioritise increasing the fantastic Headroom team so we can offer more support, faster, to those who need it most.

Increase Provision

How?

Through targeted fundraising to remunerate our therapists for more hours and attract more skilled therapists and mentors to meet the growing demand.

Impact & Value

Greatest impact of our work this year has been working with families and young people with various forms of neurodiversity, this can include conditions such as severe anxiety, Autism, ADHD, ADD, ODD, Dyslexia and Dyspraxia. Of the 60 families referred to us 24 had some form of these conditions in the adolescents in the family and sometimes their parents too. These conditions can often be missed or not emerge until adolescence, and can be much misunderstood, and so those caring in caring roles are often challenged to know how best to support this vulnerable group

As a charity Headroom specialises in both understanding and supporting those who are struggling with these issues and have demonstrated we really get it when it comes to improving y/p's self-awareness, self-determination and self-advocacy.

24 young people either directly or through working with their parents have benefited from our specialist support. This means Young People are able to understand themselves and their specific needs, their capacity, make some key changes to their lifestyle, learn to function at a pace that's sustainable, feel safe and perform in school, college or at work. They also start to understand when they need to step away from activity that drains them.

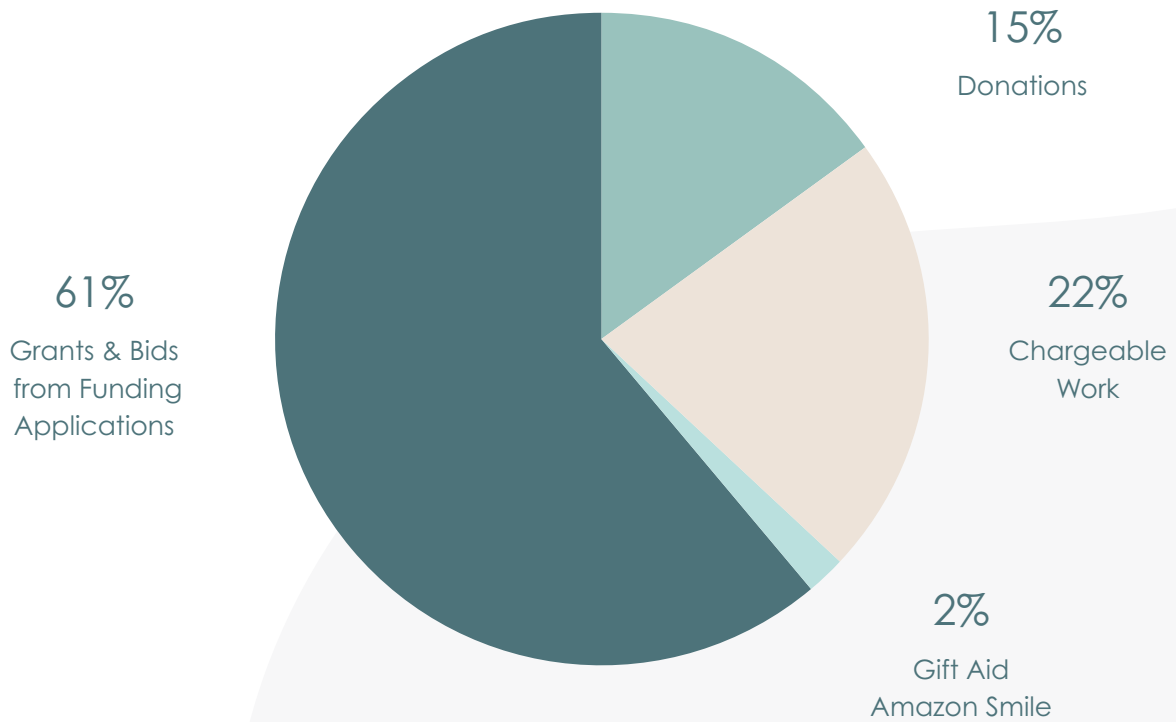


Key Takeaways

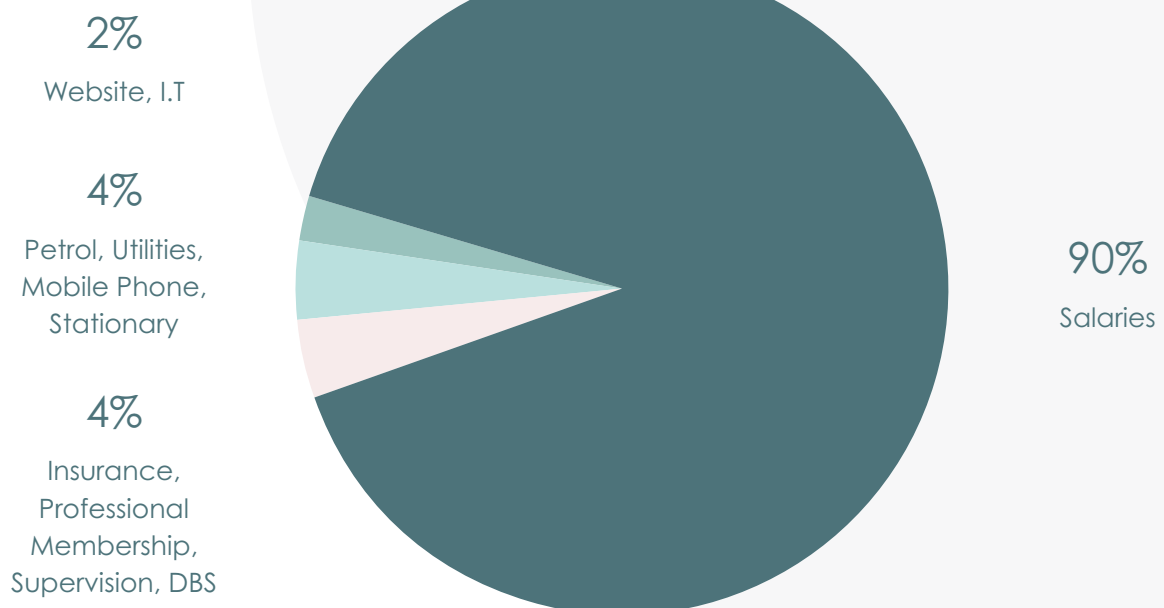
- A proven track record of quality therapeutic services for young people with invaluable support for their parents
- Highly experienced team all of whom have been working therapeutically with these client groups for over 10 years.
- Committed to a multi agency approach to therapeutically inform processes around families with complex needs.

Financial Breakdown

Total Income: £19,125



Total Expenses: £13,734



Teams

The Headroom Team



Petronella Antemis

Qualified Children's & Adolescent's Counsellor



Sue Evans

Operations Director, Specialist Anger Management & Parenting Support



Steve Glaister

Qualified Counsellor & Therapeutic Mentor



Emma Henry

Young People's Counsellor & Anger Management Specialist



Ruth Harrison

Placement Parents Counsellor



Gemma Ward

Placement Young People's Counsellor



Nicole Asghar

Placement Young People's Counsellor
Specialising in Neurodiversity

Trustees



Ivan Whitmee

HR, Policies & Procedures



Rebecca Williams

Marketing, Systems, Website, Social Media



Simon Mahony

Therapeutic oversight, Safeguarding



Sue Hickey

Finance & Accounts



Brian Hickey

Data Support

Support

Volunteer Support



Youth Volunteer

Olivia Critchley

As part of her Duke
of Edinburgh Award



Voluntary Web Design & Development

Oli Evans & Curtis Williams

Agitate Digital Ltd



Accounting Support

Saraya Taylor

Donators & Funders



Police Crime Commission



7 Stars Foundation



Magdalen Hospital Trust



Fleet Rotary



Rushmoor Rotary



Waitrose



Arnold Clarke Foundation



Fernhill School



3 Counties Windows



Ross Evans



Jan & Julian Messent



L & C Brandts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Headroom Young People's Charity

1190834

Receipts and payments accounts

CC16a

For the period
from

1/8/2020

To

31/07/2021

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	3,366		-	3,366	-
Chargeable work	4,160		-	4,160	-
	-		-	-	-
Grants	-	11,600	-	11,600	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	7,526	11,600	-	19,126	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	7,526	11,600	-	19,126	-
A3 Payments					
Salaries	-	12,078	-	12,078	-
Utilities	-	800	-	800	-
Insurance	-	122	-	122	-
Cost of Charitable activities	-	1,238	-	1,238	-
IT and website	-	855	-	855	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	15,093	-	15,093	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	15,093	-	15,093	-
Net of receipts/(payments)	7,526	- 3,493	-	4,033	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	7,526	- 3,493	-	4,033	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds				
		1,961	3,500	-
		-	-	-
		-	-	-
	Total cash funds	1,961	3,500	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets				
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets				
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use				
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities				
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
S. Hickey	S. Hickey	6/5/22