

# BRIDGE THE GAP IMPACT REPORT

**2021**





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# INTRODUCTION

**Bridge the Gap Child Mental Health CIC is a multidisciplinary organisation supporting children, families and schools with mental health support and emotional education.**



Bridge the Gap Child Mental Health are a non-profit organisation founded in 2017, with the aim to support the mental health of children and young people in a proactive way by utilising emotional literacy and relationship focused strategies, therefore helping to reduce the need for secondary mental health services. They aim to empower parents and teachers with information that counts around child development, mental health and emotional literacy. As a team we ensure that families have a safe space to be heard. We pledge to reflect and evolve in line with evidence-based strategies and current research in order to continue to support our community.

Our statistics and feedback have provided us with the evidence that our services are very much needed. We are sadly within a mental health crisis and children are at the heart of it. Within the UK 1 in 7 children are experiencing a mental health illness and our children and adolescent secondary services within the NHS are saturated. We have long wait lists and high rates of self harm and suicide in children. We need to make a difference and quickly.

By introducing our service at Bridge the Gap to a young audience, to schools and to parents alike, we are evidentially making that difference. We hope to continue making a difference - to create a monumental wave into a curriculum that encourages our young people to talk, be aware of and manage their own mental health.

# MESSAGE FROM OUR TEAM



**"Research shows us that our young people need an emotional education. Bridge the Gap make that happen."**

Bridge the Gap have a vast knowledge base around the areas of mental health, child development and emotional literacy. With a variety of professions making up our diverse team, we aim to see school staff and families continue to feel empowered by our training, knowledge and skill set in the area of emotional literacy and mental health.

Schools have continued to comment on how incredibly important it is to deliver and embed emotional literacy within school curriculum. It not only increases confidence and raises self esteem in our children, but is proven to reduce mental health illness and disorder in the future. We have received outstanding feedback from schools, organisations and parents we have trained over the last 4 years and they have continued to support and nurture a positive relationship with us, booking further training and child mental health support going forward. Our ethos is written throughout every intervention we share with children, parents and schools;

*You matter, you are loved, you are not alone.*

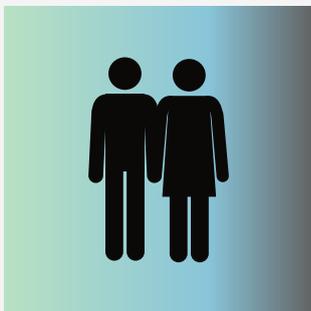
# OUR VISION

Bridge the Gap Child Mental Health CIC has supported at least 3000 parents, 35 schools and 2000 children in the last year alone. We have worked closely on bespoke projects with 7 other organisations focusing on mental health support and education for families and schools. Our priority is to ensure children gain an emotional education in order to reduce the likelihood of developing mental health illness.



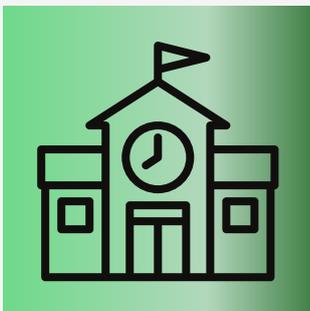
## **1. Provide emotional education to 500 children**

"To reduce stigma around mental health and empower children with the skills to manage their own wellbeing."  
Actual intervention: Provided emotional education to 2010 children and young people.



## **2. Empower 1000 parents and carer's to support their child's mental health**

"To empower parents with knowledge to support the mental health of their children and thus limiting the development of mental health illness"  
Actual intervention: Empowered 3014 parents/carers



## **3. Embed emotional education within curriculum at 20 schools**

"To support schools in embedding emotional education within curriculum through training, group and one to one provision."  
Actual intervention: Supported 35 schools, training 800 school staff in emotional education, connection and co-regulation.

# MEASURING PROGRESS

At Bridge the Gap we use case studies, testimonies and outcome measures (numbered data) to monitor progress and outcomes for the children and young people we work with. We also take this information from school staff and parents. See the table below for information on the key performance indicators that we measure, and the following pages for testimonies that we have gathered from different sources.

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## Key Indicator

## Activity / Project

## Data / Outcome

Provide emotional education to 500 children

Supporting several children through our private one to one service, through school groups and interventions. Creating free resources that can be utilised at home and school.

- Provided emotional education to 2010 young people
- 100% of children stated they enjoyed the sessions
- 100% stated they learnt something helpful about emotions or self esteem

Empower 1000 parents/carers to support their child's mental health

Parent/carer focused empowerment workshops, online platform courses through schools and privately. Telephone assessment calls.

- Empowered 3014 parents/carers through online and direct, face to face support.
- 98% said they felt they could better support their child's mental health as a result

Embed emotional education within curriculum at 20 schools

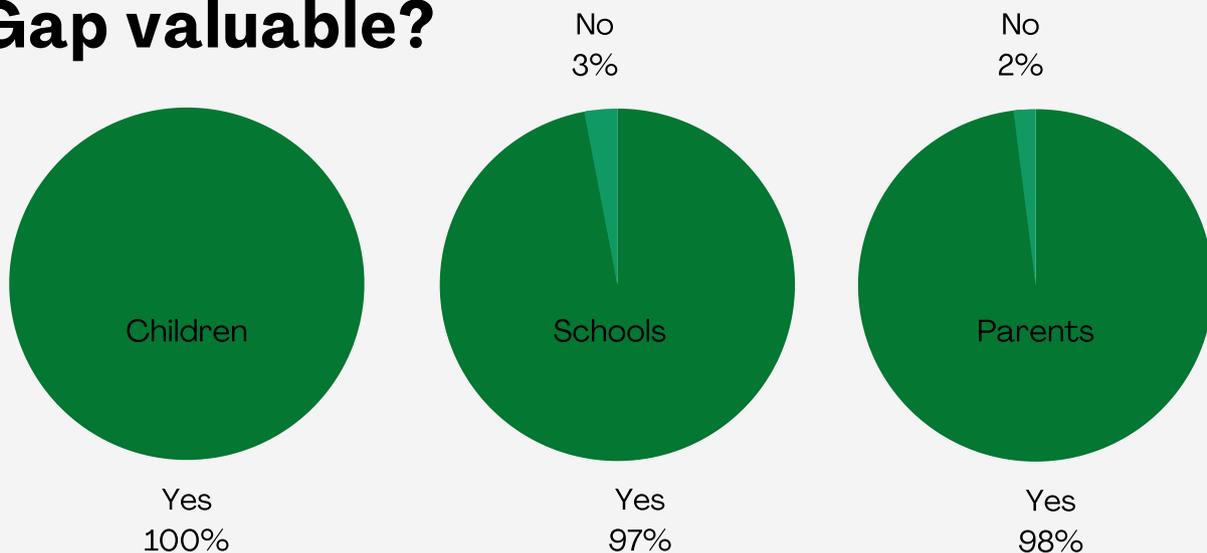
School training on emotional literacy and connection and co-regulation. Whole School Mental Health online platform. Free resources to support emotional literacy in schools.

- Trained 800 school staff
- Supported 35 schools with their mental health and emotional education provision.
- 97% of school staff found the training beneficial

"The support we have received from Bridge the Gap has been invaluable at all times and even more so during a global pandemic. We have seen an increase in pupils' willingness to speak to trusted adults and each other in group sessions. The children have been able to form close relationships with their peers. 1:1 sessions have targeted some of our most vulnerable children and have given them a safe space to talk and share. The team at Bridge the Gap are so knowledgeable, kind and open. Their advice is always tailored to individuals and families. We look forward to working with the team again in the next academic year aiming to reach more children, more families and our staff too."

*Lucy Clarke, Wellbeing Lead*

## Have you found support at Bridge the Gap valuable?



"The course that Nikki and Jennifer delivered was hugely empowering and gave us such a great understanding around behaviour and what this is actually communicating in more depth. Through this we have reflected and changed a huge amount of our parenting which has been a massive change within our household. We will forever remember to 'Embrace the Chaos!' and 'Meet chaos with calm'. E has developed a much deeper understanding around her emotions, and we have seen a huge change in how she manages her anger in particular following your sessions. We have really valued your input at Bridge the Gap in all ways, the biggest change for us in E has been the improvement in her self-esteem."

**100%**

**Children felt they learnt something helpful about emotions and/or self esteem in Bridge the Gap sessions.**

# TESTIMONIALS

"Thank you so much for your support over the last few months, we can always rely on you to be at the end of the phone or email if we have a concern about our daughter. We did not know where to turn and what to do before we came across Bridge the Gap. We found the parent sessions one to one with Jennifer incredibly useful and we continue to use these whenever we feel we need a refresh around reflecting on our parenting."

**The children all came away with a variety of new skills and strategies that will support their social and emotional wellbeing in the future.**

**Wellbeing Lead, Hardwick Primary**

**I have really enjoyed seeing Bridge the Gap because I feel that I can talk about anything and we have had lots of fun like baking, doing grounding activities outside and learning about emotions in a fun way.**

**Child Age 10 years**

**Without the ability to work in partnership with Bridge The Gap, many of our children, families, and indeed staff, would not be able to get the right support, at the right time, that helps them to keep navigating through times in their lives that can be emotionally difficult.**

**Wyndham Primary School**

# NEXT STEPS

Bridge the Gap are already creating huge change for children, families and schools in the area of emotional health and wellbeing. We aim to continue to offer this support to reflect the ever growing need within our society for our young people. The below KPI's are in place for 2022.

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## **Emotional Literacy for children**

- Supporting 1000 more children with skills to support their mental health long term.

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## **Emotional Education for schools**

- Working with a further 30 schools to embed emotional education in curriculum and continuing to develop valuable free resources.

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## **Empowering Parents**

- To empower a further 800 parents/carers with education and advice to support their child's mental health

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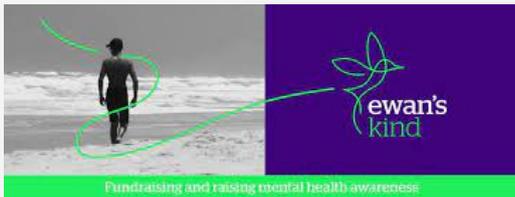
**In 2022 we aim to continue the vital work we have already done in supporting our community with emotional health and education. We are a relationship focused organisation that both families and schools have benefitted with support from over the last 4 years.**

# ACKNOWLEDGEMENTS

Thank you to our range of loyal partners who continue to support the brilliant work we do at Bridge the Gap.



Sunshine Support



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Derbyshire



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Thank you to all the amazing organisations that have supported us through funding for Bridge the Gap this year:

Sam's Superhero's, Ewan's Kind, National Lottery, Derby County Community Trust, Foundation Derbyshire, Sylvia Waddilove Foundation, Comic Relief. We couldn't run our organisation without your continued support. Thank you

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