



IMPACT REPORT

2022



BRIDGE THE GAP

Child Mental Health C.I.C.

TABLE OF CONTENTS

At a glance

About us

What we do

Challenges

Values

Voice of our community

Projects

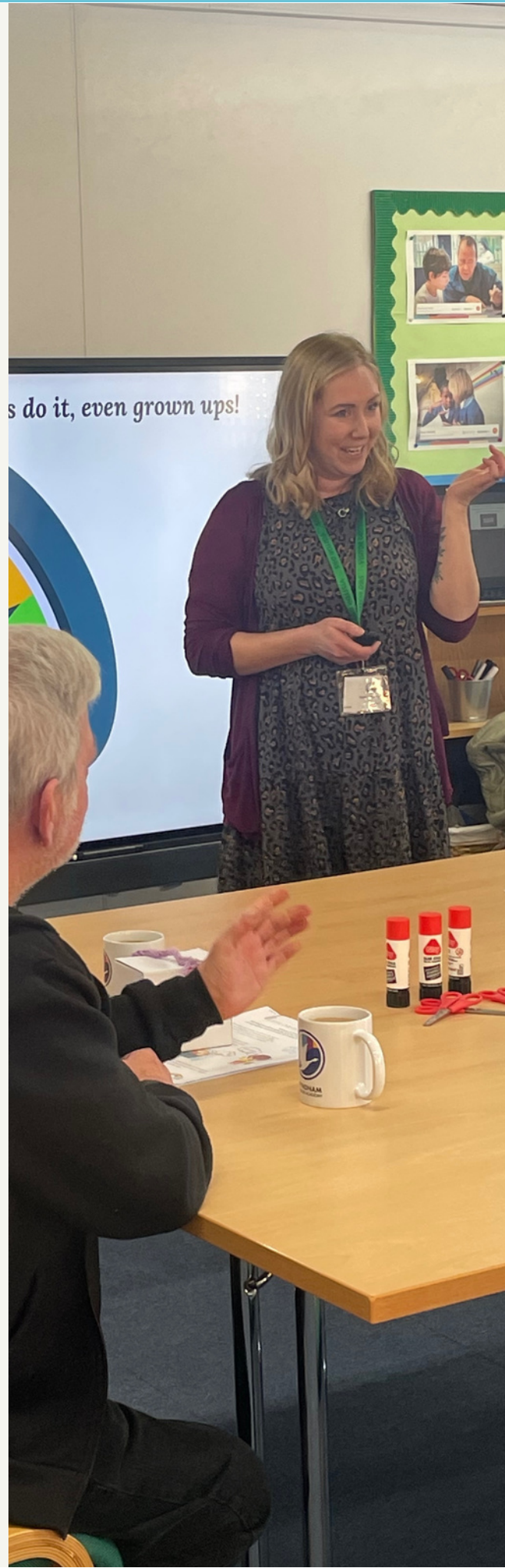
Case study

School support

Parent and child

Next steps

Acknowledgements



AT A GLANCE



704

Children directly supported through emotional literacy



81%

of children said that the group support helped them to engage with school.

85%

of children said they felt less frightened of their difficult emotions after 12 weeks

2137

Parents supported through various sessions, courses, webinars and drop ins

95%

of children said they have improved their knowledge around emotions in 6 weeks during 1 to 1 sessions



ABOUT US

2017

Jennifer Wyman creates 'Bridge the Gap' child development for parents.

2018

Nikki Webster joins Bridge the Gap and it becomes a social enterprise.

2019

Bridge the Gap becomes a C.I.C. and creates a city emotional health hub.

2020

Team expanded and widens offer of emotional support to children and parents.

2021

Bridge the Gap develop a whole school emotional education curriculum.

2022

Bridge the Gap enhance and expand their community provision.



OUR MISSION STATEMENT

"We want all children to know that they matter, they are loved and they are not alone".

Ultimately we want to save lives by advocating for, and delivering, relationship focused, emotional literacy based early interventions to make early mental health support accessible.



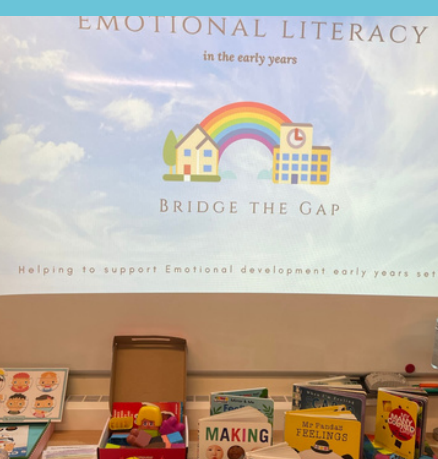
92%

of children improved
their ability to talk
about difficult
emotions.



86%

of teachers believed
that the group
sessions positively
impacted the pupils'
learning experience



Bridge the Gap Child Mental Health C.I.C. is a non-profit organisation that provides mental health support to children and young people in the local community. The organisation has been operational as a C.I.C. since 2019 and has seen a steady increase in the number of children and young people accessing its services. This impact report highlights the positive impact of Bridge the Gap Child Mental Health C.I.C.'s support services for the year 2022.

Impact on Children and Young People:

Bridge the Gap Child Mental Health C.I.C. has positively impacted the lives of children and young people in the local community. The organisation has provided 1:1 mental health support, delivering over 1584 emotional literacy sessions to 191 children in 2022. Of these 96% of children stated they have improved their knowledge around emotions and felt better equipped to cope with them.

The organisation's support has helped children and young people in various areas, including anxiety, low mood, coping with anger, low self-esteem, trauma, and behavioral issues. The support provided by Bridge the Gap Child Mental Health C.I.C. has been crucial in improving the mental health and well-being of children and young people in the local community.

Impact on Families:

Bridge the Gap Child Mental Health C.I.C.'s support services have also positively impacted the families of the children and young people who have accessed its services. The organisation has provided support to 2137 parents through a variety of sessions, these include: parent webinars, parent 1 to 1s, telephone assessments, parent empowerment sessions, Mindful Monday drop in and online parent training. Our sessions are there to build confidence, empower, learn and create a safe space for parents to explore. The organisation's support has also helped families build stronger relationships with their children and has led to improved communication and understanding. Families have reported feeling more confident in supporting their children's mental health needs, which has had a positive impact on the overall well-being of the family unit.

Impact on the Local Community:

Bridge the Gap Child Mental Health C.I.C.'s impact goes beyond the children and families it directly supports. The organisation's presence has raised awareness of the importance of mental health support for children and young people in the local community. Bridge the Gap Child Mental Health C.I.C. has also collaborated with other local organisations to provide mental health support to children and young people, helping to build a more comprehensive network of support for children and young people's mental health needs.



WHAT WE DO

We are committed to improving the mental health of children living in the city of Derby, local statistics show us that.....

We work to do this in the following ways:

- To work holistically with a child and the network around them, putting positive relationships at the centre of our interactions.
- To support children with their emotional literacy development through evidence based emotional education and support.
- To support schools to have better access to mental health professionals and quality emotional literacy resources, with appropriate supervision when needed.
- To empower parents and professionals with up to date information and training around all aspects of child development that, when supported, lead to better long-term mental health outcomes.
- To safeguard children at all times by recruiting a multi-disciplinary team with appropriate Level 3 safeguarding qualifications and fully enhanced DBS checks.
- To deliver a non-clinical, child friendly service that takes into account the voice of the child allowing them to feel like they matter, they are loved and they are not alone.



CHALLENGES

We have faced challenges this year

- Insufficient funding to cope with the ever increasing demand around child mental health concerns.
- Increasing costs.
- Lack of awareness: there is still a significant amount of stigma surrounding mental health, which can prevent parents from seeking early, proactive help for their children.
- An increase of children in risky and vulnerable situations causing a need for more highly qualified clinicians in service.
- Facing barriers when secondary child mental health services become fragmented, with coordination more challenging between different providers and services. This can lead to gaps in care and confusion for families trying to navigate the system.

How we continue to attempt to overcome these barriers:

- Developing a business sponsorship package so that local business owners can make a difference to children in their city.
- Researching the gaps in provision in the city and applying for appropriate pots of funding available locally and nationally.
- Recruiting a volunteer coordinator to train new volunteers to deliver proactive emotional literacy based sessions around the city.
- Attending community buildings and events to ensure that we are building and improving relationships with other services, schools and families.
- Training our team to be equipped to face the ever increasing need to support children who are at risk of harm.
- Asking for regular meetings with secondary services, collaborating when needed.

OUR VALUES



WE ARE KIND

We show kindness and are empathetic to the members of our community, in person, in schools and online



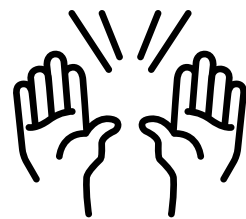
WE ARE AUTHENTIC

We stay true to ourselves and our beliefs whilst respecting other people's values. We use our voices and advocate for changes that we believe in.



WE ARE ADAPTABLE

We embrace change and adapt to the needs around us. We are reflective practitioners.



WE MAKE IT HAPPEN

We plan well, stay organised and communicate effectively. We speak with our team to share ideas and to ask for support.

I have learnt lots about what an emotion is, that I can talk to my mum about them and that its okay to feel angry, worried and upset.

My sessions have helped me when feeling angry and getting to sleep.



I now know the importance
and how useful it is talking to
someone.

I have learnt that mindfulness
and wellbeing is important
and you should tell someone
how you feel when you have
difficult emotions so they
don't get bigger.



I have learnt that my emotions will not stay forever when I feel sad or anxious. I have learnt lots of things to help me like breathing and making a mind map to help me. I can take little steps and not rush. I am more confident and I can do things that I want to do.

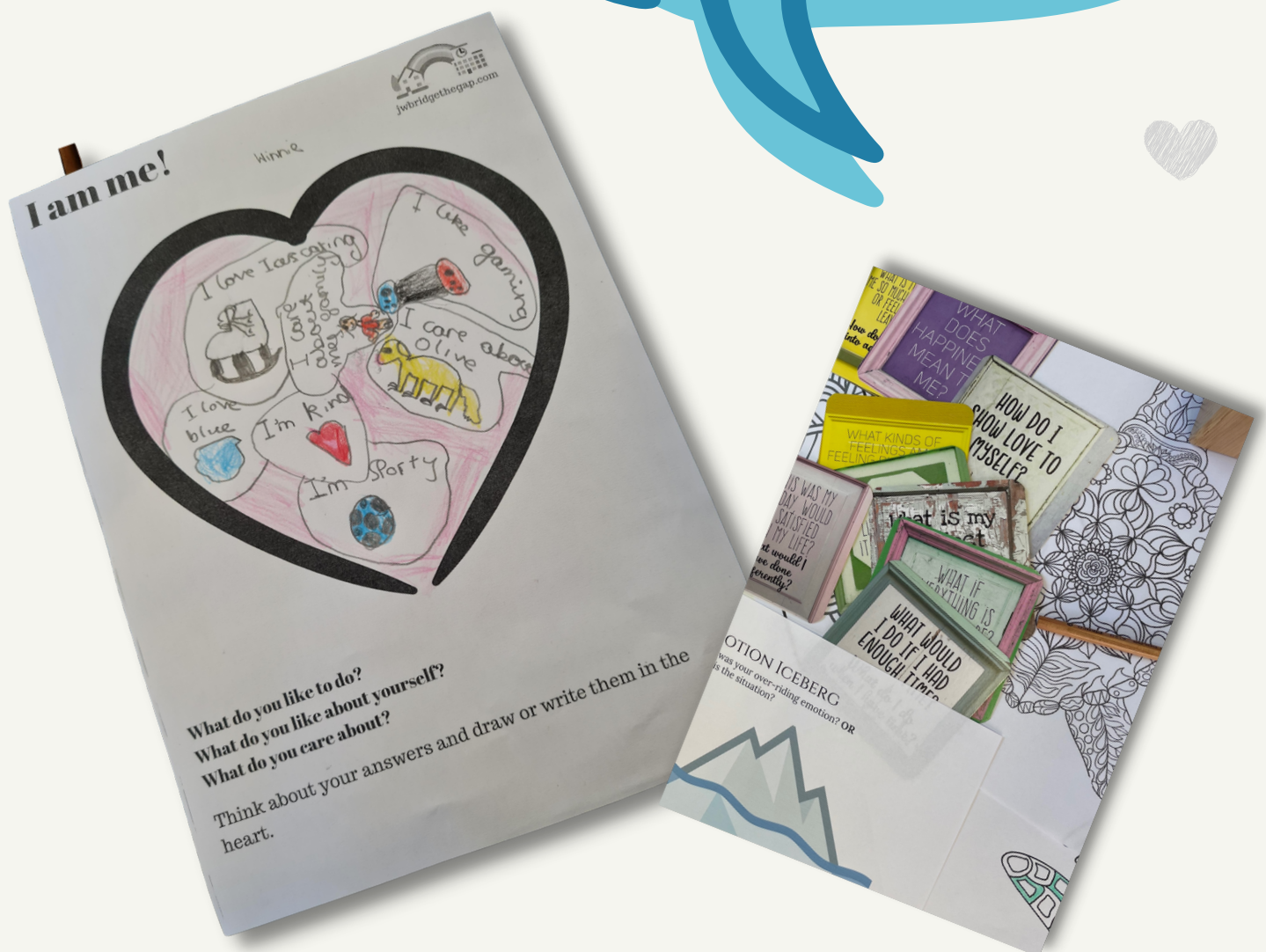
The support my child has accessed has helped with emotional and understanding in our family. It's helped to create a more positive confident child. It's somewhere my situation is understood, somewhere to talk, be accepted. Very important to me.

“
Alone, we can do
so little; together,
we can do so
much”
”




A marked change is my 11yr old daughter has bought about a huge decrease in anxiety and worry and an increase in confidence and calmness.

He has seen far happier after a session and in general I feel his mood has improved as well as his understanding of himself and others.



PROJECTS

	DETAILS	OUTCOME
1 to 1 sessions for Children	We have Delivered over 1584 emotional literacy sessions to 191 children. These sessions have been delivered either in our hub or through schools. They allowed children to talk and learn about their emotions, build coping strategies and build a relationship with a safe adult.	<ul style="list-style-type: none">• 96% of children stated they have improved their knowledge around emotions.• 85% of children said they felt less frightened of their difficult emotions after 12 weeks
Parent and Child Sessions	These sessions allow parents and their child to explore different topics in a relaxed environment that helps empower both the child and adult. These sessions have been delivered in schools and in our hub, delivering to 340 parents and 340 children.	<ul style="list-style-type: none">• 84% of parents improved their ability to to talk about difficult emotions with their child.• 100% of children improved their ability to use coping strategies.
Parent support	Throughout the year we have supported 1797 parents through various sessions, these include: parent webinars, parent 1 to 1s, telephone assessments, parent empowerment sessions, 'Mindful Monday' drop in and online parent training. Our sessions are there to build confidence, empower, learn and create a safe space for parents to explore.	<ul style="list-style-type: none">• 75% of parents wellbeing has been improved since attending mindful• 100% of parents improved their confidence in supporting their child whilst regularly attending Mindful Monday.
Group support	We have delivered emotional literacy group sessions to over 188 children children from reception to year 6, within schools and at our hub. These sessions focus on various emotional education topics such as exploring emotions, self esteem, growth mindset, coping strategies, mindfulness and support systems.	<ul style="list-style-type: none">• 100% of children found the activities beneficial• 88% of children said it helped them outside of school• 87% of Parents/carers noticed that their child seemed happier within themselves following the support



Bridge the Gap has helped me loads since being diagnosed with an eating disorder. I enjoy my weekly sessions with Nikki because she makes me feel safe and calm. I love having some quiet time to chat and craft in the Dream Room. Having an eating disorder is very scary and Nikki is helping me to learn about my feelings and emotions. Bit by bit I am developing my self esteem and getting better.

"In October 2022, my own family's home life was turned upside down when my neurotypical 10 year old daughter was diagnosed with an eating disorder. Although specialist medical support was quickly put in place to aid her recovery, it quickly became apparent that there was a significant gap in the NHS treatment pathway to support with her emotional well-being in an age appropriate way.

During our darkest days following her diagnosis, Bridge the Gap were able to swiftly offer a safe space for my daughter to attend weekly 1:1 sessions in their beautiful centre. She was made to feel welcome with open arms and has benefited tremendously from learning about and exploring her feelings, emotions, behaviour and much more. I have no doubt in my mind that Bridge the Gap have played a pivotal role in her recovery - and will continue to do so for the foreseeable future. My family will be eternally grateful for all that they have done in helping our daughter to gain back her childhood, health and happiness."

CASE STUDY

Sophie is 14 years old and was referred to us by her local GP, to access support after her family fled a difficult, traumatic event in another city. Sophie has severe OCD (obsessive compulsive disorder) symptoms and anxiety which have a huge impact on her day to day life. She struggles to trust professionals due to having been let down by numerous organisations and services.

Following 3x 1:1 sessions at Bridge the Gap Sophie felt safe enough to share that she was sexually assaulted leaving her feeling scared and panicked on a daily basis. She attempted to end her life. Sophie reported that through the building of a safe relationship with Bridge the Gap she began to trust professionals again and to talk through her suicidal thoughts.

Through continued 1:1 support at Bridge the Gap Sophie has managed to now return to school, start a new dance class in order to make friends in her local area, and reports she feels safe and finally feels hope for the future.

“
Hope can be an
opportunity for us
to process events
that seem
insurmountable.
”



SUPPORT IN SCHOOL

"Bridge the Gap have worked with some of our children over the last few months either in small groups or one to one. They have also run a series of workshops for parents around social, emotional and mental health issues in young children.

The 12 week programme we had initially was a funded initiative but it was so beneficial to our pupils that we paid for a second series of sessions out of an extremely tight budget. We were so impressed with the way they helped our children, we just had to have them back!"

"The children grew in confidence in the sessions, they spoke more openly about their feelings and how they could self-regulate. Young children find it hard to express their feelings and the team did this skillfully through games and engaging activities."

“
Powerful early
intervention can
change the path of
a child's journey,
raising aspirations
and improving long-
term outcomes.
”



TRAINING TEACHERS

We have delivered training to both teachers in schools, and beginning teachers at Derby University and East Midlands Teacher Training Partnership. Our primary focus has been on helping to develop children's Emotional Literacy development and supporting teachers understanding on what behaviour is, how it presents and how that links to mental health and sensory needs.

We support teachers to make small changes that can have a big impact on child mental health, school community engagement, behaviour and inclusion.

"It is always a real treat to work with Jennifer, Nikki and the team at Bridge the Gap and we thank them for their support of our beginning teachers. The fantastic sessions for both our undergraduate and postgraduate primary education programmes, delivered in person here on campus, have helped to build our beginning teachers' knowledge and skills. Enhancing understanding on the importance of promoting emotional literacy and supporting children with trauma-informed practice is key to building reflective, compassionate professionals, empowered with the knowledge to make a real difference - they do this so well!

Jennifer and the team have always been inspiring, informative and engaging and feedback from sessions is always so positive, thank you so much for your time and investment in the teachers of our future generations! Looking forward to working with you again soon!"

Julia Trickey

Senior Lecturer in ITT/E, University of Derby

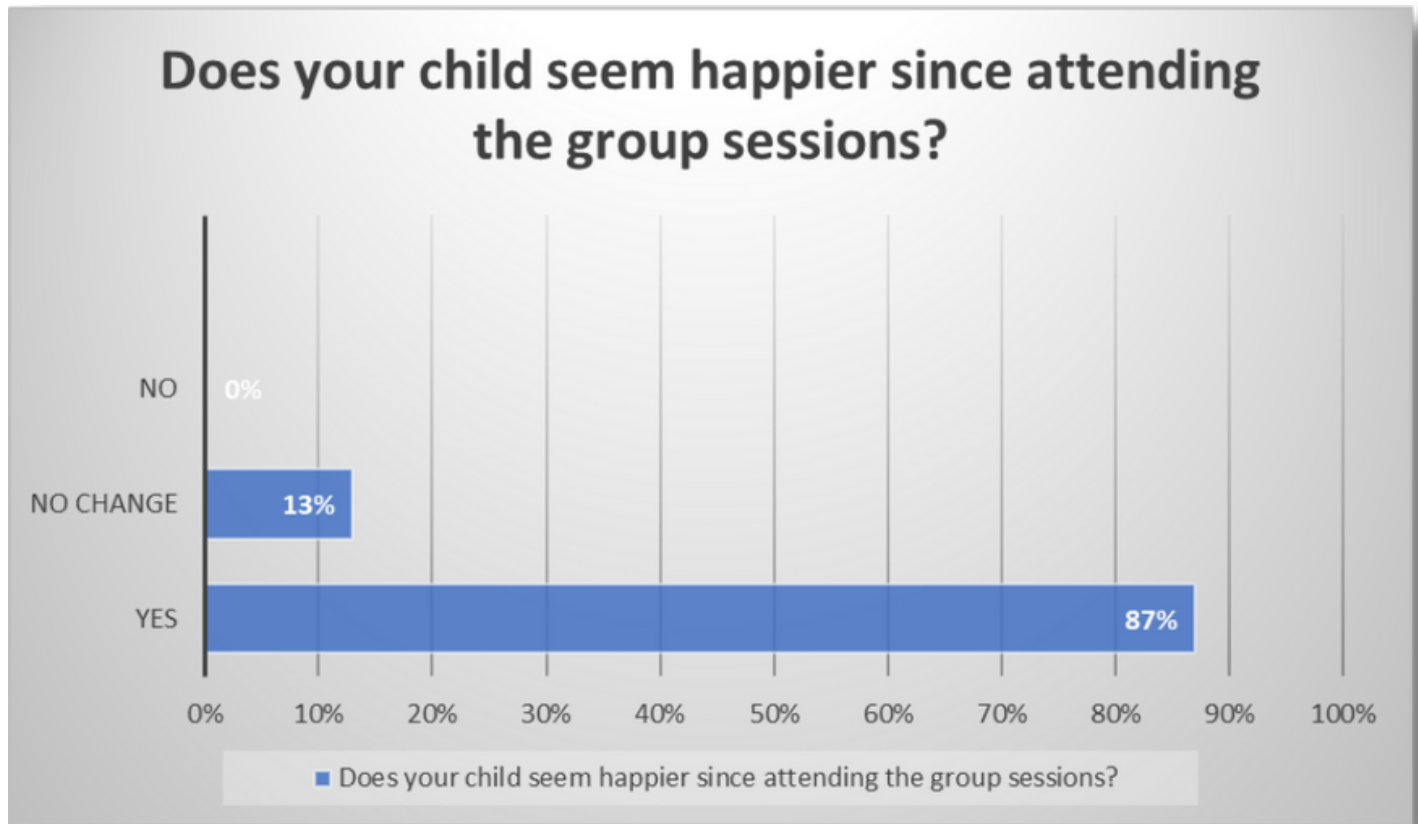
Thanks for your lively and well presented session - I really enjoyed listening.
Thank you so much, Very thought provoking!

Will feedback what a great work shop it was. One of the best the Trust has offered.
Thank you so much!

This has been really interesting and thought provoking. Makes me want to investigate different ways to create our behaviour policy. Thank you, this was full of fabulous advice that really got me thinking.



SCHOOL ENGAGEMENT



83%

of teachers felt that the group activities decreased the pupils' risk of exclusion

86%

of teachers believed that the group sessions positively impacted the pupils' learning experience

83.3%

of parents gave the
sessions a rating of 10
out of 10

PARENT AND CHILD SESSIONS

Funded by Rolls Royce



83.3%

of children gave the session a 10 out of 10

IN JUST 4-WEEKS

Parents and their children attended a creative based, emotional literacy course to explore:

- Anger and self esteem
- Bereavement
- Anxiety, behaviour and self esteem
- Anxiety, anger and self esteem
- Introduction to emotions.

91.6%

of children improved their ability to talk about difficult emotions

100%

of children improved their ability to use coping strategies to help manage difficult emotions

Rolls Royce kindly gave us £8,000 to deliver our Parent and Child emotional Literacy based course in schools, we were also able to deliver two parent empowerment sessions. Parents attended to learn and ask questions about how to support emotional development and mental health at home.

We over delivered on this project by also delivering one further run of the course at our hub on Friar Gate in Derby and delivered a session for parents who have children currently self-harming.



NEXT STEPS

Each year we set out to be reflective, sustain the service and to reach the community so that Bridge the Gap is seen as accessible for as many families, school and children as possible.

In **2023** we are focusing on this community work by committing to:

- Recruiting and training more volunteers to deliver group Compassionate Craft sessions in schools, community centres and at our hub.
- Recruit and access funding to train a minimum of 3 volunteers in a level 3 mentoring qualification with a trauma informed approach. We would like to then offer this as a subsidised 1:1 service to children.
- To build on our community outreach work by delivering Emotional Literacy Storytime's in local libraries and schools, this is to support emotional development and also to help children to identify Bridge the Gap as a safe space.
- To develop our business sponsorship programme further to encourage businesses to get involved with our organisation and make a difference to children in the city.
- To access green space.
- To access funding for staff that are able to support with continued funding and coordinating and administrative roles that ensure we continue to safeguard all children in our service as it grows.

Our Aims for 2023

Supporting Children 1:1	Supporting Schools	Supporting Community	Supporting Parents
<i>321 more children supported through 1:1's</i>	<i>15 more schools supported</i>	<i>120 more children seen in community groups</i>	<i>1201 more parents supported</i>
<i>3852 sessions</i>	<i>210 children supported in groups in school</i>	<i>60 children supported through HAF</i>	<i>351 individual parent sessions</i>

ORIGINAL VIDEO CONTENT



Bridge the Gap Child Mental Health

Bridge the Gap Child Mental Health...

youtube.com



SCAN ME



FREE RESOURCES

SCAN ME



SCHOOLS

SCAN ME



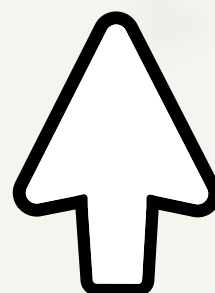
**ONLINE
BOOKING**



CLICK HERE



CLICK TO FOLLOW

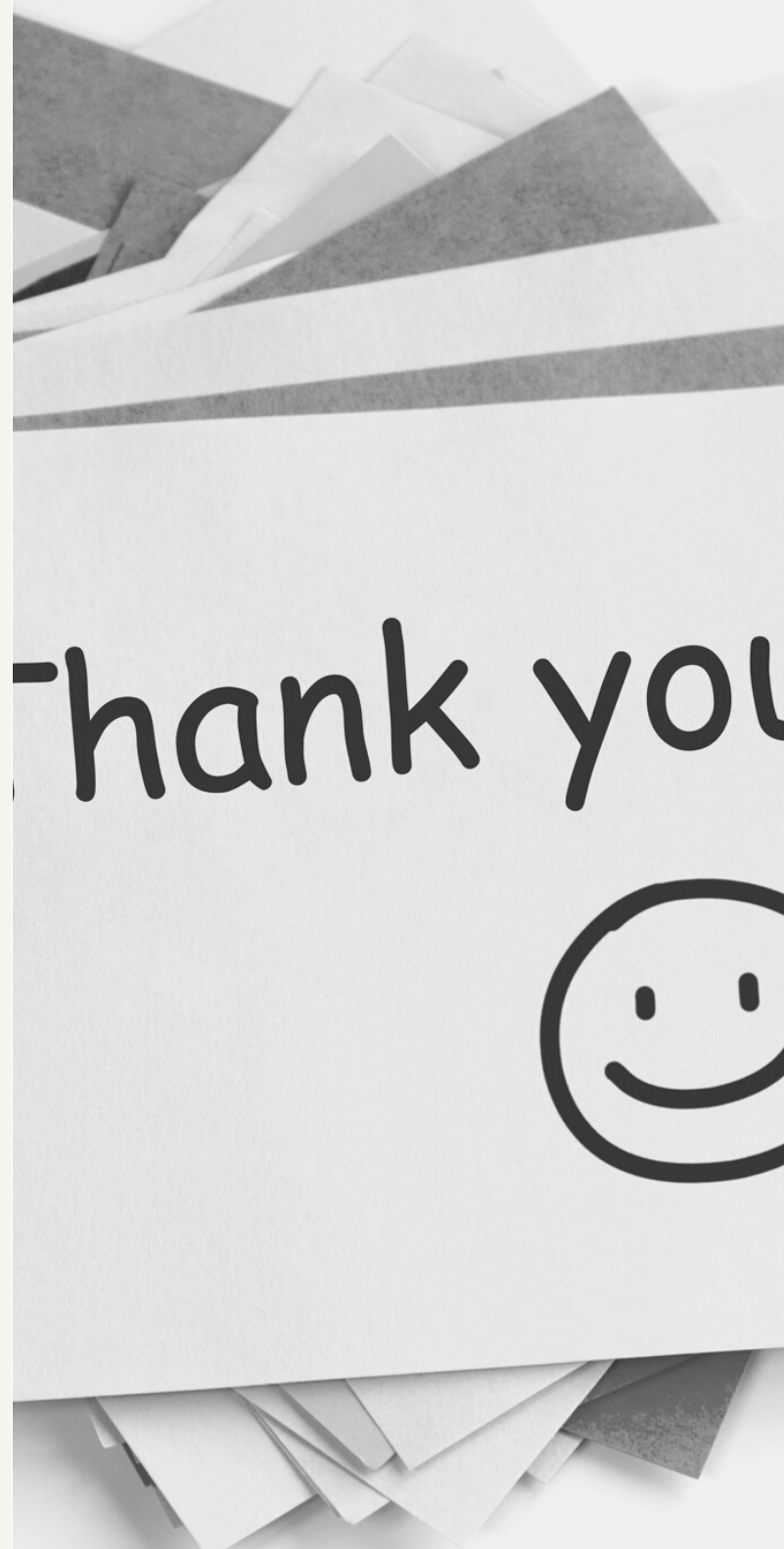


BRIDGE THE GAP

ACKNOWLEDGEMENTS

Bridge the Gap Child Mental Health C.I.C. would like to thank the following for supporting our valuable work in 2022.

TESCO
Community Grants



We thank you for your continued support in our programs.



Bridge the Gap Child Mental Health C.I.C.

45 Friar Gate

Derby

DE1 1DA

www.jwbridgethegap.com

info@jwbridgethegap.com



BRIDGE THE GAP

Child Mental Health C.I.C.

45 Friar Gate

Derby

DE1 1DA

www.jwbridgethegap.com

info@jwbridgethegap.com

01332 600827