

# Impact Report 2020



## BRIDGE THE GAP

### Child Mental Health

Our vision: "To reduce stigma around mental health and to limit children's need to access secondary mental health services."

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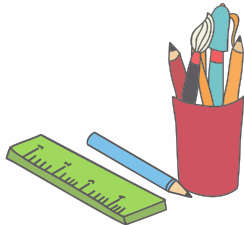
[www.jwbridgethegap.com](http://www.jwbridgethegap.com)

# Bridge the Gap Child Mental Health Ltd

## Our Impact



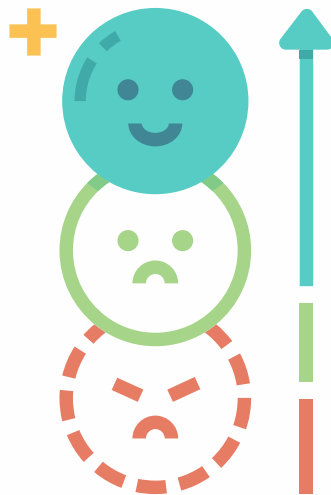
Over 1,500 school staff trained in emotional literacy and supporting children's mental health



Support to over 1000 children and young people



26 schools have accessed our services

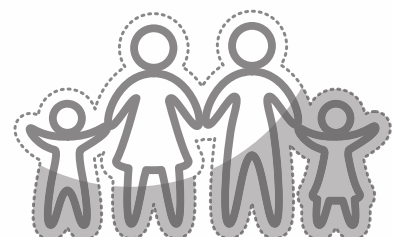


**100% of children who attended sessions with Bridge the Gap rate an increase in their ability to understand and manage their emotions**

**97% of parents we have supported would recommend our courses to other parents**

98% of parents felt they came away with ideas that would improve the mental health of their child

**Support to over 2000 parents**



# Our Story



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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.

Founder, Jennifer Wyman has worked in early years for over 23 years and it was this passion for child development that led to her to discover a passion for emotional literacy, it sent her on a path to independently research how different strategies could help parents achieve better long-term outcomes for their child's mental health.



At the age of 8 years old Jennifer developed a chronic anxiety disorder after a family accident, this shaped her other experiences as she grew; there was no mental health support for children back then, which makes the heart of Bridge the Gap very much, being the support that her own family wishes they'd of had.

As a parent, it is the things that we all wish our parents would have known, and that we ourselves would have been told about raising children in this modern age. It's having a safe space to reflect and feel supported.

In 2019 the team grew; experienced mental health nurse, Nikki Webster was brought on as a Director and as the teams Senior Mental Health Lead, Bridge the Gap can now offer more 1:1 clinical support as well as having a team of people who have regular input into their workshops and programmes.

Bridge the Gap aim to empower parents and teachers with information that counts, the knowledge that we didn't know we needed until we knew it, they aim to ensure that all parents 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.

## Thank you to our partner organisations



# Bridge the Gap - Our Story

Bridge the Gap have managed to establish and secure a stable, sustainable organisation that is beginning to have a huge impact within the community we live in and beyond. We hope that we can continue this journey in supporting our community well into the future.

We now work into **5 different counties** across the midlands and the recent move to online services has now meant our reach and impact is even further.

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 8 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 as young as 8 years old. 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 essentially 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.



# Our Vision - Schools



"To reduce stigma around mental health and to limit children's need for secondary mental health services."

Bridge the Gap will aim to deliver training and support to at least a further 60 schools, across the country by the end of 2021. We hope to see teachers and school staff continue to feel empowered by our training, knowledge and skill set in the area of emotional literacy and mental health.

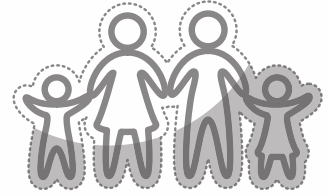
In our delivery to schools so far, teachers have continued to comment on how incredibly important it is to deliver and embed emotional literacy within school curriculum. It not only increases confidence and raises self esteem in our children, but is proven to reduce mental health illness and disorder in the future.

We have received outstanding feedback from schools we have trained over the last 3 years and they have continued to support and nurture a positive relationship with us, booking further training and child mental health support going forward.

"Since our partnership with Bridge the Gap began almost a year ago our provision for supporting children's mental health and well-being has been enhanced significantly. In some ways, being able to refer children to someone with a level of expertise beyond our own was the missing piece in the jigsaw and what has followed is a level of support which helps us to identify, nurture and engage children from their earliest years all the way up to Y6 - and hopefully beyond. On top of this, they will be hosting parent/carer workshops throughout the year for those who might need some extra guidance with their child(ren) at home. These have been incredibly popular already which indicates a clear need for this kind of intervention. All in all, we feel that we now have the whole package in place to support children's mental health and wellbeing and I only hope it continues for as long as possible."

**Ian Johnson, Headteacher, Markeaton Primary School, Derby**

# Our Vision - Parents



" To empower parents with knowledge, supporting the mental health of their children and limiting the development of mental health illness"

Bridge the Gap have supported over 2000 parents in empowering them with knowledge to support their children's mental health and emotional development. Our vision is to support at least a further 2000 parents by the end of 2021.

We deliver this much needed support in a variety of ways:

**FREE individual support sessions**

**FREE or low cost parent webinars**

**Parent workshops**

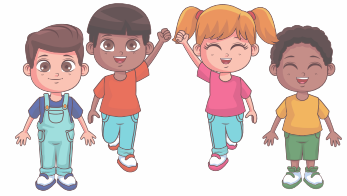
**Parent and child emotional health classes**

Research shows that when parents are equipped with the knowledge and tools to support their child's mental health, there are direct increases in independence, self esteem and confidence. Bridge the Gap wish to continue to develop and deliver long-term, effective strategies to support parents.

"Just attended a session on supporting children with anxiety with Bridge the Gap. It was brilliantly informative, offering strategies that could be used and implemented easily and with little cost. Both ladies were happy to answer any and all questions, even staying after the event to answer still more questions. Would definitely recommend their services."

**Jolene Carter - Parent and Educator**

# Our vision - Children



"To reduce stigma around mental health and empower children with the skills to manage their own wellbeing."

Bridge the Gap have supported hundreds of children so far, our vision is to support thousands more.

With our recent success in gaining funding from the National Lottery Community Fund we plan to run more Emotional Health workshops for children and their parents to have a space to explore emotion and start conversations off around how to look after our mental health.

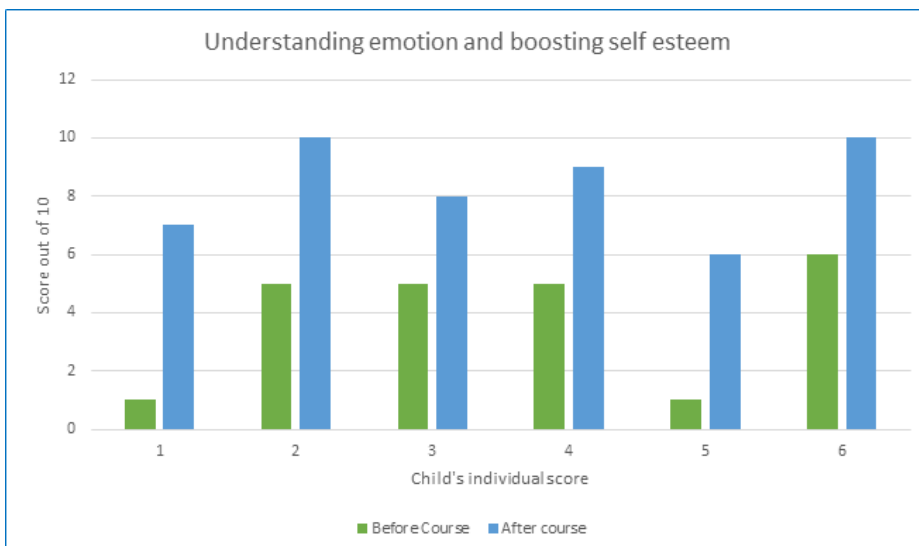
We currently deliver the following to support children from age 4 - 19 years:

**1:1 sessions**

**Emotion and self esteem courses**

**Free webinars & social media support**

**Emotional Health workshops**



"I feel like I am not the only one who gets worried now"  
Child aged 9

"I know more about what to do when I feel angry"  
Child aged 8 years

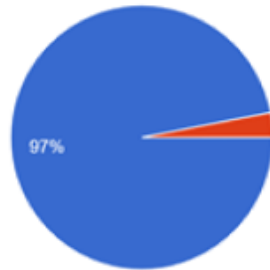




# Our Impact

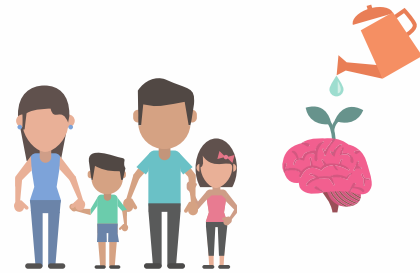


Would you recommend this course to colleagues?  
33 responses



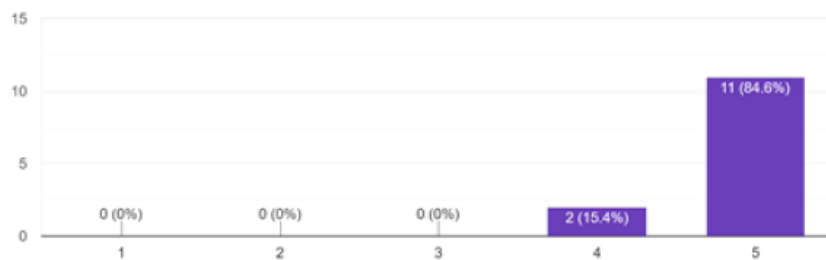
● Yes  
● No

## Emotional Literacy training for teachers



## Parent anxiety workshop

What is your overall assessment of the event? (1 -sufficient, 5 - excellent)  
13 responses



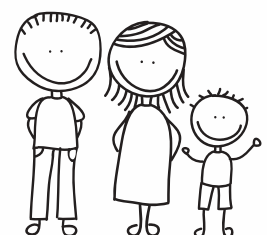
Would you recommend BTG?  
11 responses



● Yes  
● No

## Supporting children's mental health workshop

"I love Bridge the Gap. I have received such helpful, knowledgeable and reassuring advice from them. Really personal and thorough service." Parent



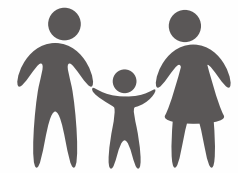
# Our Impact



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"Jen and Nikki offer a much needed fantastic service for desperate parents!! Ive attended 3 sessions of theirs the last one being today parent wellbeing went in completely exhausted, mentally and physically, and left feeling uplifted and in a much better frame of mind. thank you totally recommend to anyone!" - Parent

**"My son attended 4 sessions with Alex doing expressive creative sessions and he is always so excited to attend and has started to open up more and express himself in ways he has struggled to do so before, thank you so much for offering these sessions to children and families they are so important and very much welcomed ♥" - Parent**



"I have attended a couple of workshops and the content is delivered in an empathetic and easy to understand way. I fully recommend their services" - Parent

"This service is vital to the well-being of our children. I attended an emotional literacy workshop for parents and the information has been so helpful to me. Jennifer is very knowledgeable and passionate about delivering the service. I strongly believe Bridge the Gap services should be provided as part of school well being teams." - Teacher

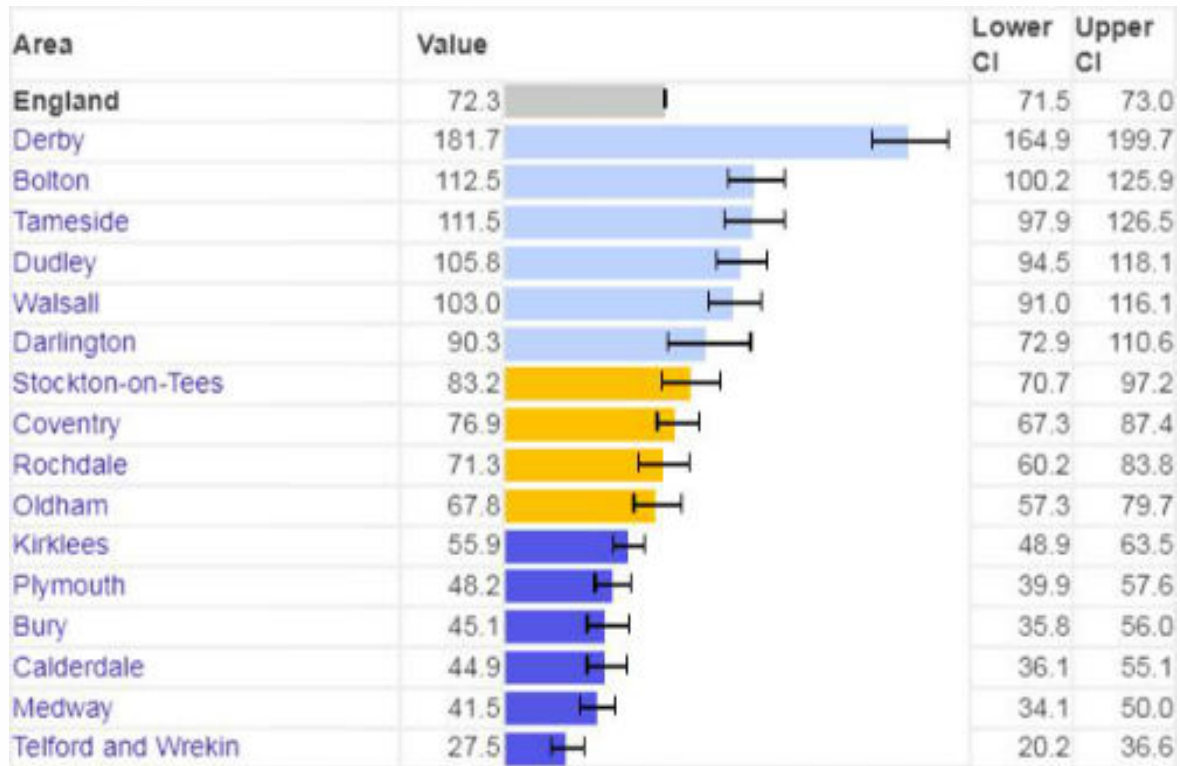
Absolutely AMAZING, I'd still be feeling lost and helpless if I hadn't of made the move to attend these workshops (understanding anxiety, emotional literacy, parent well-being). Each one I have taken something away from it and have even been able to implement it into mine and my family's daily life to invest in our future. Jen and Nikki are so inspiring, welcoming and exceptionally helpful. Thank you for sharing this information with us as parents, so we can then help our children. Something I will be forever grateful for. Please never stop what you're doing, it's fantastic. ☐

**"There aren't words to describe just how brilliant Jen and Nikki are. They deliver informative, down to earth training with practical every day tips that have already helped both myself and my daughter. We both now have relaxation toolkits and activities to help us when we feel anxious! I really hope I can attend more of their sessions in the future. Thank you so much guys!" - Parent**

# Why it is important that we continue our work at Bridge the Gap



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Source: Calculated by Public Health England: Risk Factors Intelligence (RFI) team using data from NHS Digital - Hospital Episode Statistics (HES) and Office for National Statistics (ONS) - Mid Year Population Estimates.

The above graph demonstrates that the area of Derby is much below the national average in England for supporting and managing mental health needs.

According to Public Health England (2018) hospital admissions for self-harm are significantly higher than the national average

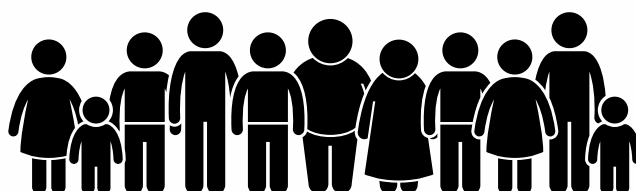
## Our Community Needs Mental Health Support

# Statistics for Derby - why we need to continue the work at Bridge the Gap

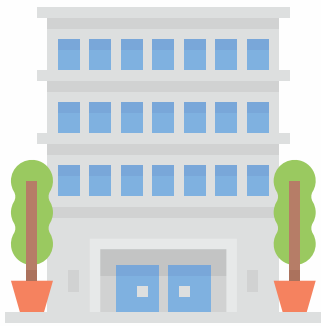
**In each of these areas, Derby falls below average in relation to the rest of England:**



- Child poverty (24.9% of children aged 0-15)
- Excess weight in Year 6 (36.8% of children aged 10 - 11)
- Looked after children (76.5 per 10,000 <18 population)
- Children in need due to abuse, neglect or family dysfunction (75.2% of children in need)
- 16-18 year olds not in education, employment or training (4.8% of 16-18 year olds)
- First time entrants to the youth justice system (424.6 per 100,000 population aged 10-17)
- Socioeconomic deprivation (27.8 overall IMD score 2015)
- Living in 20% most deprived areas (34.6% of population IMD 2015)
- First time offenders (239.3 per 100,000 population)
- Re-offending levels (29.4% in 12 month cohort)
- Homelessness applications - total decisions made (6.9 per 1,000 households)
- Estimated prevalence of opiate and/or crack cocaine use (14.2 per 1,000 population aged 15-64)

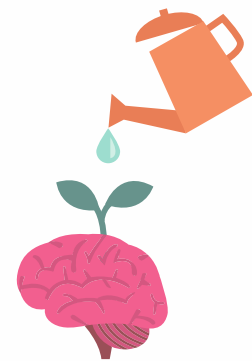


# Our Future Plan - at a glance



**An emotional health centre** in the heart of the city of Derby, providing holistic and therapeutic support for all children and their parents/carers.

**National support online** to schools, parents and children in the form of webinars, online courses and social media support for our young people, parents and school staff



**Bridge the Gap Ambassador training scheme** - where schools can access evidence-based, high quality training in emotional literacy and mental health support by our highly skilled team. This will support staff, parents and children alike in schools across the Midlands



**Supervision to teaching staff** to promote mental health and wellbeing.

**1:1 support to children** delivered by a team of mental health professionals across the UK



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# Our Future Plan



## Emotional Health Centre - Derby

**"A centre for children and their carers to access within the heart of the city."**

To provide a holistic programme of care for children between 0 and 19 years to include the following:

- Mother and young child(ren) support groups
- Creative expressive therapies timetable - drama, art, dance, yoga, essential oils workshops, relaxation classes.
- Parent and children emotional health workshops
- Clinical supervision for school staff
- Training/workshops for teachers, parents and children
- Counselling and therapy access
- Support groups and listening services
- On site shop for emotional literacy and mental health products

## Bridge the Gap Ambassador Training

**"To provide schools access to high quality training in order to embed emotional literacy and mental health support within the curriculum."**

Training for school staff delivered by Bridge the Gap training team to include the following:

- 1 years training
- Attendance at 6 training provision sessions by Bridge the Gap in different areas of mental health and emotional literacy
- Supervision quarterly for staff in attendance of the training
- Six observation sessions to all staff for delivery of 1:1 and group support to children
- CPD qualification

# Funding



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In order to support our community, and beyond, we rely heavily on the kind support of our followers in donating to our service. We also have a small team of volunteers who support us in fundraising opportunities for our much needed service.

We have recently been awarded some funding from the National Lottery to continue our Emotional Health Workshops. We are incredibly grateful for this funding as it means we can continue to deliver these much needed workshops which support the mental health of children and their parents/carers.



There is still a great need for funding through our service in order to deliver the following essential services:

- Small group sessions for children delivered by a community mental health practitioner
- Parent support; listening and advice service
- Emotional health workshops
- Drop down days for schools where pupils can speak with members of our mental health team for support

**If you would like to support us with funding please do get in touch**



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