



Registered company number: 06380082 (England and Wales)

Registered charity number: 1129513

Impact Report

1st May 2022 to 30th April 2023

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1. Exec Summary

2. The Landscape – Children and Young People Mental Health

Kids Inspire was founded sixteen years ago to fill gaps in mental health provision for children and young people (CYP). Since then, we have been aiming to adapt the support, following the children's needs and being informed by the latest developments in research and practice of neuroscience, trauma and therapy. This year, our team has reflected on the journey from a local charity to a countywide provider of mental health support and specialised therapeutic interventions to thousands of disadvantaged and traumatised children and their families.




An example of this is how we developed our Talk Together programme to address different levels of needs, from early intervention to complex trauma. This approach remains an appropriate and effective service for the stage of complex recovery that we have entered in the wake of Covid-19.

We now see our community establishing a new normal in the post pandemic period and navigating the rising costs of life's basics. This has continued to put pressure on the wellbeing of all family members. The Childrens Society's Good Childhood report 2022 finds that "85% of parents and carers...[are] concerned about the impact of the cost-of-living increases on their family or household in the next year". We know that children are sensitive to the wellbeing and emotional capacity of their parents. A 2022 NHS CYP mental health study has found that children had an increased likelihood of a probable mental health disorder if their households were unable to afford to keep the house warm enough, unable to buy enough food, or who have had to use a food bank.

Kids Inspire has continued to see a demand for mental health support higher than pre-pandemic levels, as well as increased complexity in how children/young people present and what concerns them. This is echoed by findings in a 2022 ONS study which finds that depressive symptoms in adults (age 16 +) are still higher (16%) than pre-pandemic levels (10%), and an NHS study which finds that CYP with a probable mental disorder has remained stable but higher than pre-pandemic, from 1 in 9 in 2017 to 1 in 6 in 2022.

This past year has also seen the continuation of Russia's invasion of Ukraine and the ongoing support being rolled out for Ukrainian guests in the UK, who are having to manage the experience of displacement. 2022-23 saw all Kids Inspire teams responding with characteristic resilience and creativity to this ever-changing landscape.


Sources:

-  [Link to ONS report on cost of living and depressive symptoms](#)
-  [Link to Children's Society Good Childhood Report 2022](#)
-  [Link to NHS report on Mental Health of Children and Young People in 2022](#)

3. 2022/23 in numbers

Support and Therapy beneficiaries

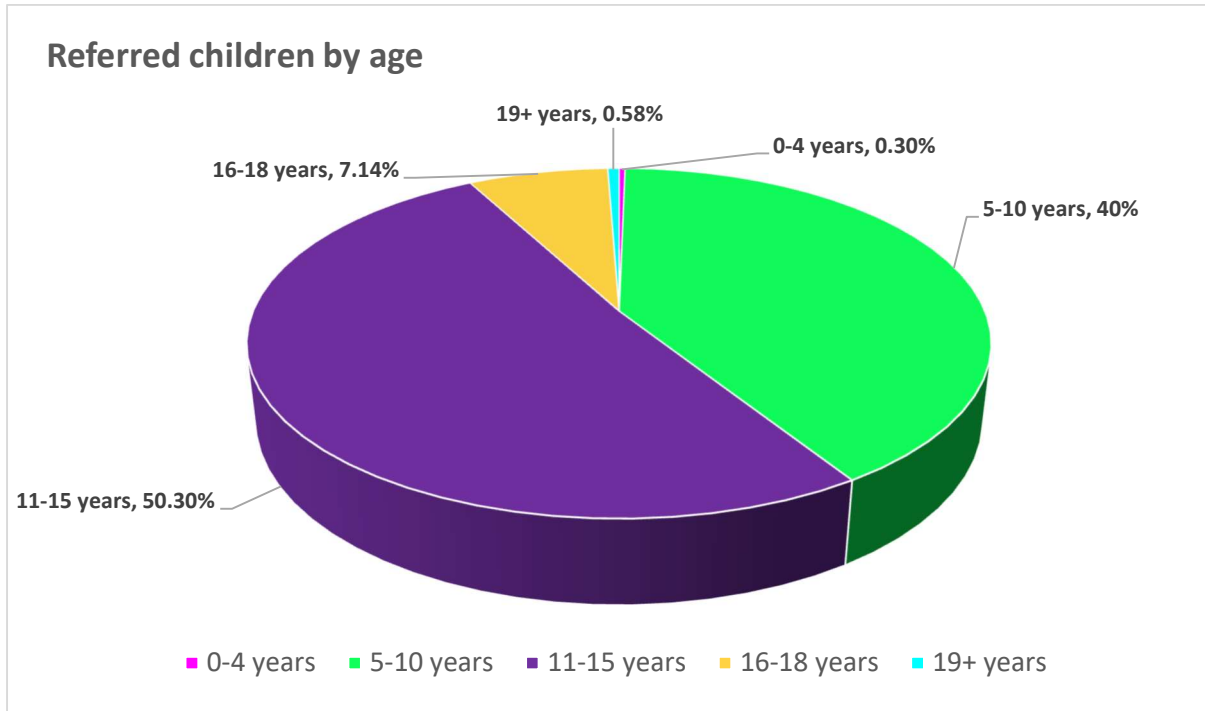
From **1555** newly referred CYP (an average of 31 referrals per week), a total of **4023** CYP and their families received a service:

-  Primary beneficiaries: **2509** individuals were offered intensive treatment plans.

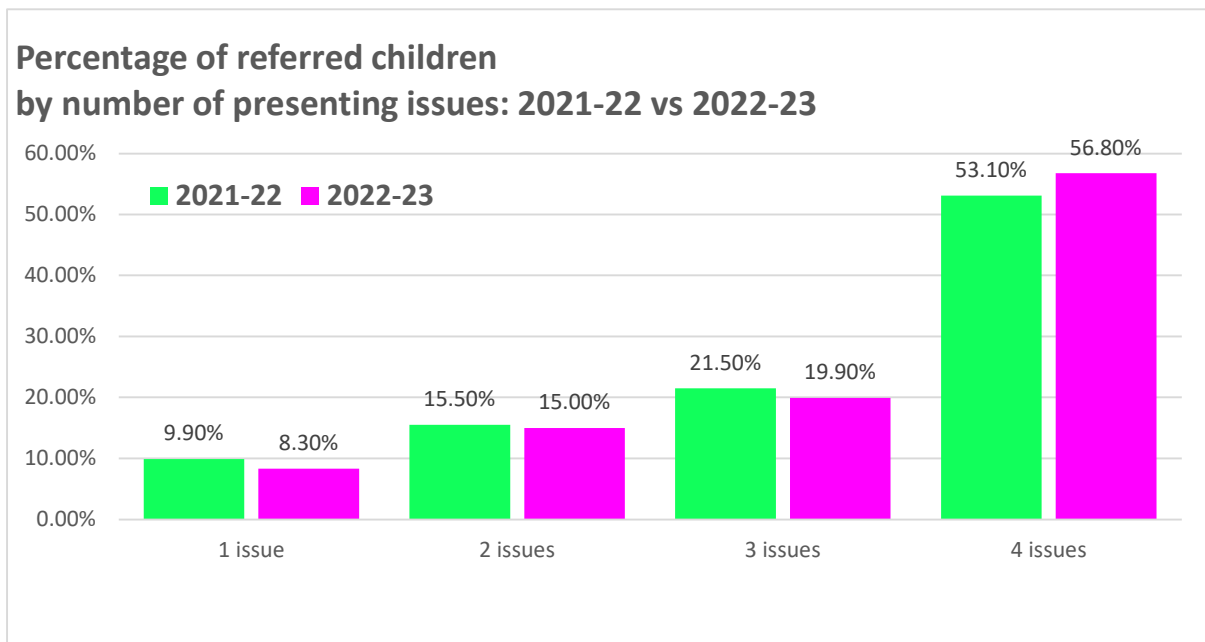
👤 Secondary beneficiaries: **1514** individuals received brief/initial consultation and/or benefited by the family treatment plans.

Ages of referred child

90% of our service users are aged between **5-15**.

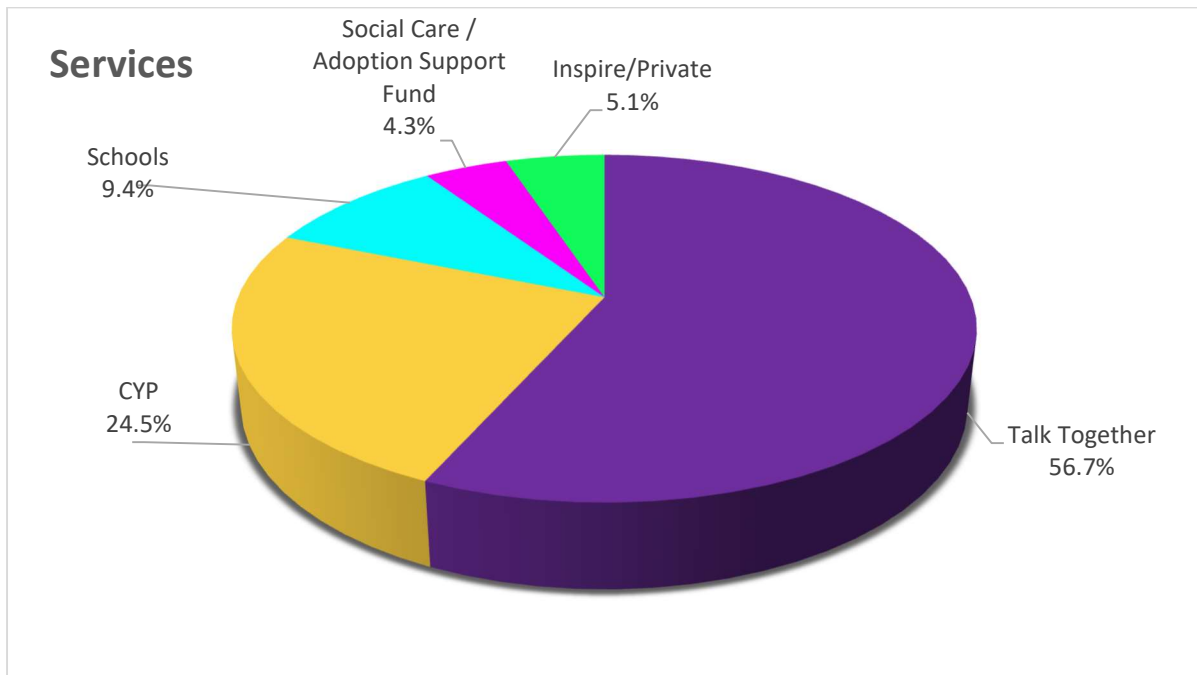


Percentage of referred children by number of presenting issues: 2021-22 vs 2022-23



56.8% of referred children have 4 or more presenting issues, a **7%** rise on last year. The number of presenting issues offers an indication of case complexity and is backed by more sophisticated data on our database.

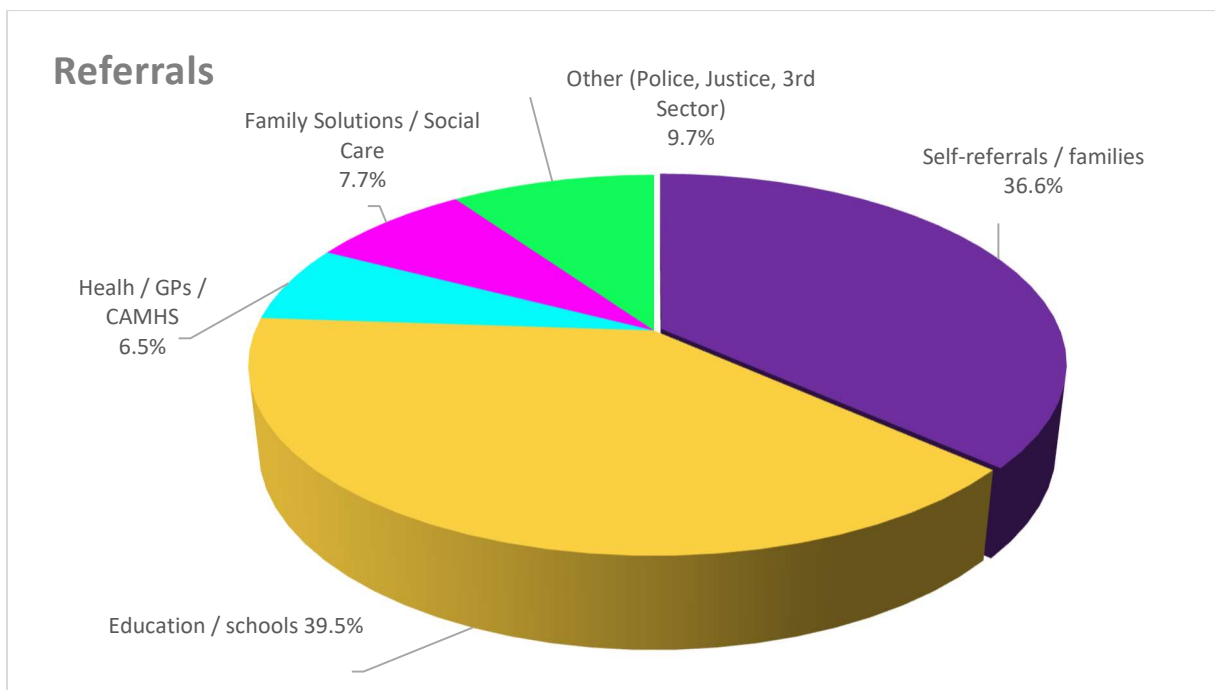
4. Services








- 👏 **56.7%** of service users are under our Talk Together programme, comprising: early intervention and groups (Level 1) **75%**, trauma (Level 2) **18%**, and complex trauma (Level 3) **7%**.
- 👏 **24.5%** of our service users are under CYP Specialist support (CCG).
- 👏 **9.4%** school projects
- 👏 **4.3%** Social Care / Adoption Support Fund
- 👏 **5.1%** Inspire Wellbeing Service / Private / other

5. Referrals

This year an almost equal number of referrals have come directly from families and schools.



-  Self-referrals/families: **36.6%**
-  Education/schools: **39.5%**
-  Health/GPs/CAMHS/: **6.5%**
-  Family Solutions / Social care: **7.7%**
-  Other (police, justice, third sector): **9.7%**

Most of our referrals come from individuals themselves and schools, as a result of our outreach and community engagement activities and our established trusted relationships with our service users. This year, referrals from schools increased from 33% in 2021-22, to 39.5%. This is likely to correlate with the full opening of schools following the pandemic lockdowns, and the rise in students emotional and behavioural difficulties that schools are consequently seeking support for. KI has strong and long-established working partnerships with local schools that means young people can access help that enables their learning to be supported by their emotional wellbeing and mental health improvement. Similarly, a regular flow of referrals from the Local Authority and Social Care is linked to our established contracts and partnerships within the sector.

We continue to build and maintain relationships in the community resulting in families feeling confident to contact us and discuss their needs for support. Our website is kept up to date with information about projects and our referral process, to increase the ease with which support can be accessed. When their needs meet criteria for our funded projects, we process their shared information for a clinical decision on the best treatment plan we can offer. In some cases, the initial consultation will result in appropriate signposting to the relevant service (other organisations, social care, CAMHS etc).

6. Geography

This past year we have maintained an established presence across Essex while expanding in other areas. Our Community Engagement Team have undertaken invaluable work in reaching out and establishing connections in new areas where a level of need has been identified. Service needs have also been identified in neighbouring Suffolk, where plans are in motion to roll out a suite of support.

Table showing percentage breakdown of referred children by geographic area

Quadrant	% Based on all Referred Children
Mid	36.66%
North	26.37%
South	21.86%
West	11.32%
Out of Essex	3.8%

7. Diversity: understanding our context

Table showing percentage breakdown of referred children by ethnicity

Ethnicity	% Based on all Referred Children	2021/22 Impact Year
White British / White other	42.2%	65%
All other ethnic background	57.6%	36.6%
Prefer not to say	0.2%	1.4%

While Essex is an ethnically diverse county, the population of Chelmsford, where Kids Inspire is based, is 88.5% white (white British and white other). This homogeneity reflects the county-wide 85.1% for the same group. Both are a higher proportion than England and Wales as a whole, at 81.7%. Collectively, all other ethnic groups account for 11.5% of the population of Chelmsford, lower than the county-wide 14.9%, and nationwide 18.3% (2021 Census data).

This year, our Community Engagement Team have made inroads and links within the areas of Thurrock and Grays. These areas are identified as having high need and low access to support. We know that there is a large and growing gap between the most and least deprived districts in Essex, and that in Thurrock as a whole 54.4% of households have up to 4 dimensions of deprivation; the national average is 51.7% (Changes in the Index of Multiple Deprivation for Essex: IMD 2019).

The Community Engagement Team, which has been expanded in the last year, are proactive in facilitating opportunities for conversation within the community. Their feedback is instrumental in helping us to know and understand the social context of the communities we aim to support and incorporate learnings into our service. With gaps in need ever growing, it is an ongoing challenge for Kids Inspire to respond to and connect with hard-to-reach communities and make sure that our services are reaching, and are accessible, to those most in need.

The EDI forum set up in 2022 by Kids Inspire for professionals within Essex-based non-profit and charitable organisations continues to meet quarterly. This provides a space to talk about equality, diversity, and inclusion, and is an opportunity to learn, share and support one another.

After a positive response from staff about inhouse EDI training, further training was arranged with Neil Young from the Sunflower Network in March 2023 around issues relating to sexual and gender identity. This was open to and attended by staff from teams across the organisation, reflecting a whole organisation desire to develop understanding and knowledge in this area.

Table showing percentage breakdown of referred children by religion or belief

Religion/Belief	% Based on all Referred Children
Atheist	0.064%
Buddhist	0.12%
Christian	8.36%
Jewish	0.12%
Muslim	0.12%
No Religion	15.4%
Other	28%
Prefer not to say	1%

Table showing percentage breakdown of referred children by gender

Gender	% Based on all Referred Children	2021/22 Impact Year
Female	54.3%	54%
Male	45.4%	44.3%
Not stated	0.3%	1.5%

Disability

35% of referred CYP reported disability, additional needs and/or neurodiversity.





Including: Autistic Spectrum, ADHD/ADD/ODD/SPD/OCD, Tourette's, tics, SEN, dyslexia/dyspraxia/dyscalculia, speech and language difficulties, visual impairment, hearing impairment, somatic syndromes, medical conditions.

Of these CYP reporting additional needs, **93%** have identified neurodiversity. This increase may be understood in the context of more robust and nuanced data collection of our CRM system.

Referrals citing a disability, additional needs and/or neurodiversity have increased by **34.6%** in the last year. In recognition of this, and of the need for valuable specialist knowledge, a role for a therapist with a neurodiversity specialism was created. A parenting support group with a neurodiversity focus is also being set up as part of our suite of parenting groups.

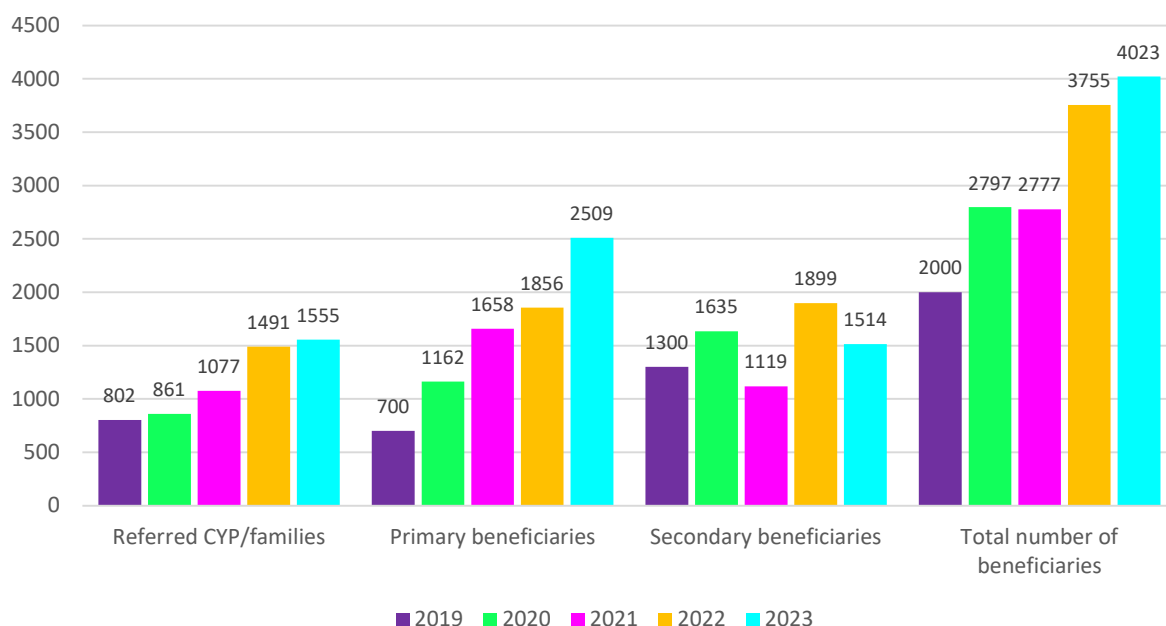
8. Comparison with Previous Impact Reports

Referral and Beneficiary Numbers: 5-Year Comparison

-  Referrals – **4.3%** increase
-  Total beneficiaries - 7.1% increase
-  Primary beneficiaries – 35% increase
-  Secondary beneficiaries – 20% decrease

	2019	2020	2021	2022	2023
Referred CYP/families	802	861	1077	1491	1555
Primary beneficiaries	700	1162	1658	1856	2509
Secondary beneficiaries	1300	1635	1119	1899	1514
Total number of beneficiaries	2000	2797	2777	3755	4023

Referral and beneficiary numbers: 5-year comparison



Referral and Beneficiary Numbers: 2-year comparison











Presenting Issues	Clinical Impact data 2022-23	Previous Impact data 2021/22	Increase / Decrease between reporting years
Abandonment	0.3%	No data	N/A
Abuse: neglect-physical-emotional-sexual	5.3%	4.4%	+ 24.2%
Aggressive Behaviours	9.0%	8.3%	+ 12.9%
Anger problems	33.8%	26.8%	+ 31.5%
Anxiety	80.8%	61.4%	+ 37.1%
At risk of going on part time/exclusion	0.5%	0.3%	+ 75%
Autistic Spectrum Disorders/traits	6.6%	4.6%	+ 50%
Bereavement	11.7%	8.2%	+ 49%
Broken Family Connections	0.9%	0.8%	+ 16.6%
Bullying	9.8%	6.8%	+ 49%
Challenging Behaviour	11.1%	15.2%	- 23.4%
Conduct problems	0.5%	0.8%	- 41.6%
Conflict within the family	0.3%	No data	N/A
Covid anxiety	3.0%	4.5%	- 29.8%
Difficult or traumatic experience(s)	18.7%	14.7%	+ 32.9%
Domestic abuse: witnessed or experienced	9.6%	8.8%	+ 14.5%
Drug use	1.0%	0.6%	+ 66.7%
Eating issues	11.0%	11.8%	- 2.8%
Emotional Distress	33.1%	41.4%	- 16.6%
Feelings of numbness	5.0%	3.2%	+ 66%

Gender issues	1.2%	2.3%	- 48.5%
Health issues	6.4%	8.6%	- 21.8%
Issues with family	33.5%	31%	+ 22.3%
Issues with friends	24.8%	22.3%	+ 16%
Low mood	37.1%	28.4%	+ 36.4%
Low self-esteem	35.6%	31.3%	+ 18.6%
OCD traits	0.8%	0.1%	+ 1200%
Parent/carer's health issues/young carer: physical/emotional	8.3%	6.6%	+ 30.3%
Phobia	4.3%	3.4%	+ 34%
Risky behaviours/criminal behaviour	8.4%	3.0%	+ 188.9%
Self-harm	15.9%	12.5%	+ 32.8%
Sleep issues	8.5%	10.5%	- 15.3%
Social isolation	0.6%	1.5%	- 54.5%
Suicidal thoughts	9.1%	8.2%	+ 14.6%

Based on our data comparison, we are noticing an increase in young people struggling, post-pandemic and lockdowns, with:

56.8% of referred children have 4 or more presenting issues. This is a **13.2%** increase from the last year.

With increases across the spectrum of presenting issues, analysis of our referral data for this post pandemic recovery period shows that young people are experiencing an increasing number of difficulties and a sustained difficulty in others, such as eating issues, for which referrals jumped up in the previous year.

-  OCD traits
-  Anxiety
-  Eating Issues
-  At risk of going on part time / exclusion
-  Autistic Spectrum Disorders / traits
-  Risky / criminal behaviours
-  Drugs use
-  Feeling of numbness
-  Bereavement
-  Bullying

Significant increases around CYP at risk of exclusion or on part time timetables may reflect the nationwide trend of CYP struggling to reengage with school following the disruption to education by the pandemic. We know from talking to young people, schools, and parents that many of the CYP KI support report anxiety around attending school, or are disengaged from education. Many children and YPs missed out on key transitions, such as primary to secondary school and college to university. Not only have CYP missed out on this rite of passage, but their families have too. While there is national debate about educational catch up by extending school days, social and emotional skills and good mental health will always impact on a young person's capacity to engage with their education. If this isn't in place, we cannot expect our young people to thrive in the ways that we hope.

The Lost But Not Forgotten Report (Centre for Social Justice January 2022) reports on the 100,000 children severely absent from school after the lockdowns were lifted, and highlights the magnitude of this issue. Significantly, the report shows the children most at risk of not returning to school were the most socially vulnerable. We know that school can provide a safe haven for many children, where teachers and key staff can monitor and check in with vulnerable students.

“Schools with the most disadvantaged intakes were 10 times as likely to have a whole class worth of severely absent pupils in Autumn 2020, compared to schools with the most affluent intakes.”

A rise in referrals relating to drug use and criminal / risky behaviours, and CYP reporting feelings of numbness, may further alert us to a cohort of young people struggling to safely self-regulate. Families have been under immense pressure over recent years, and are now also managing cost of living difficulties, leaving parental capacity stretched.






Issues relating to social isolation however have decreased. This may be understood in the context of families being able to reconnect more robustly with their support networks and CYP being able to fully access their social and educational networks.

Overall, the referral data reflects the turbulence of post-pandemic life, and the complexity in rebuilding a new normal.






Source: [Link to Centre for Social Justice’s January 2022 report “Lost but not forgotten: the reality of severe absence in schools post-lockdown”](#)

9. Delivery Outputs

Activities Per Project

-  Talk Together – 33.74%
-  CYP Support – 22.95%
-  Social Care/ASF – 16.66%
-  Schools projects – 22.95%
-  Other – 7.18%

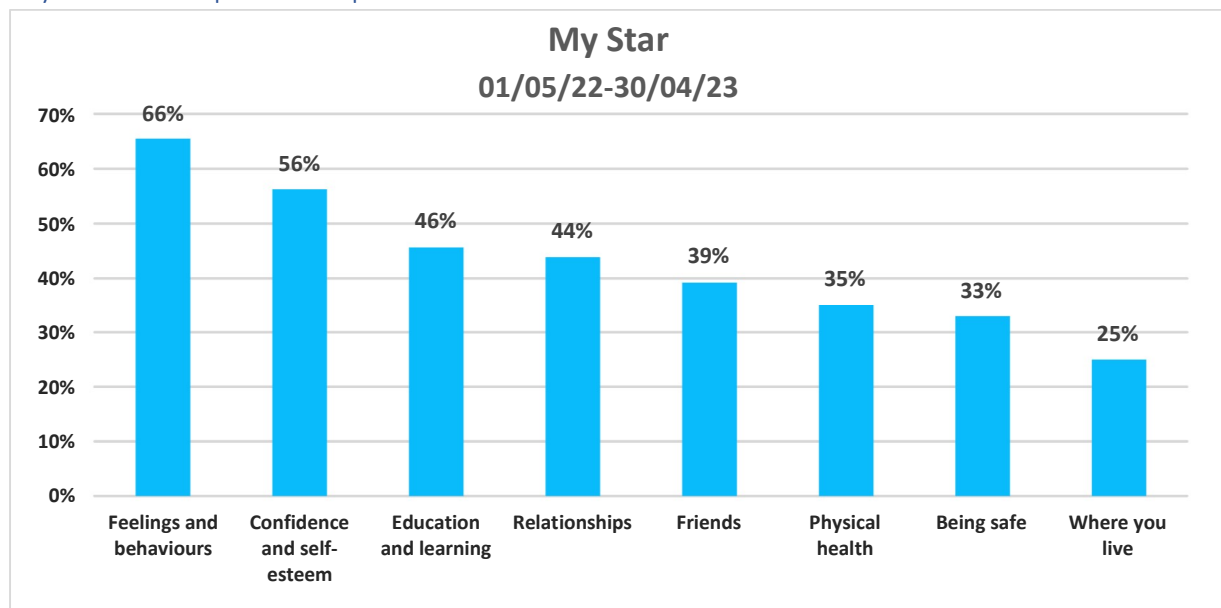
Activities Breakdown

-  Referral screening and initial assessment – 2552 hours (7%)
-  Sessions and meetings- 11,566 hours (31.5%)
-  Ongoing admin support – 20,641 hours (56%) (or 2750 hours 7.5% which is minus ‘calls’)
-  Quality assurance (evaluation, safeguarding, case management/supervision) – 1,917 hours (5%)
-  Total = **36,681** hours

10. Outcomes Star Analysis

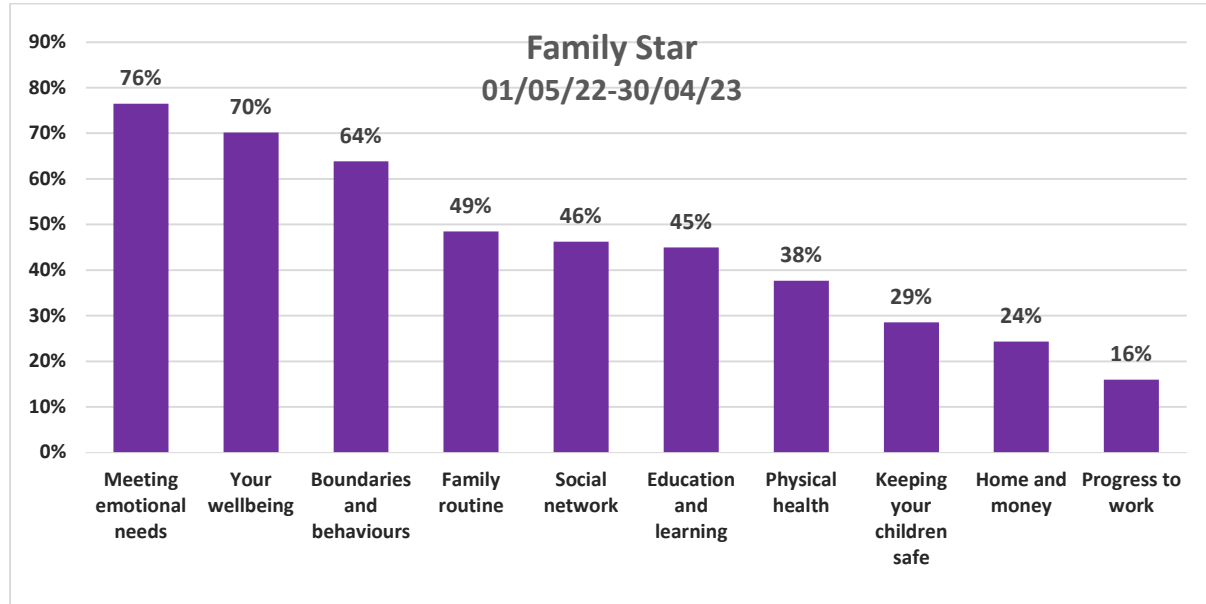
The Outcomes Star continues to be an effective tool to monitor and evaluate clinical outcomes. The graphs below show the percentage progress made in each outcome area, for all clients, within the reporting period. This data is based on comparing self-evaluated figures that are captured at the beginning and end of interventions, which the therapist supports the service user to complete. The My Star shows data for children and young people, the Family Star for parents and carers. Both indicate that engagement with a therapeutic intervention, which in the main focuses on areas of emotional regulation, trauma processing and self-esteem, results in notable concomitant improvements across other areas of clients’ lives.

My Star self-reported improvements



The My Star outcomes show that the interventions our young service users engage with have mainly impacted areas such as emotional regulation, self-esteem, school and family. This reflects our understanding and common experience from working with CYP that a young person who is more self-aware and able to emotionally regulate is better able to engage meaningfully with their education, their family, and peers.

Family Star self-reported improvements



As with the My Star, the Family Star reflects that the interventions parents and carers engage with tend to most significantly impact their capacity to self-regulate and manage the needs and behaviours of their child or children through effective boundaries.

In conjunction with this, our experiences with families tells us that parents and carers who feel able to self-regulate and hold meaningful and consistent boundaries create the relational conditions for their child/children to feel validated, safe, and able to communicate openly with trusted adults. The

corollary of this is the mitigated likelihood that their child / children will engage in risky behaviours and have a diminished sense of connection to themselves and their community.

This echoes a core value of Kids Inspire, that by keeping the child at the centre, whilst supporting the whole family, we can ensure that the impact of our support is as long-lasting as possible.

11. Case Study

M's story

'M' (aged 11) experienced living in a chaotic, volatile, and unpredictable home environment, where there was a threat of physical violence, and the presence and use of alcohol and drugs. 'M's relationship with her father had broken down, and her mother's partner was an unsafe presence in her life. Concerns were raised relating to self-harm and suicidal thoughts, with 'M' speaking about killing herself and using alcohol. She was described as having low self-confidence, low self-worth and being socially isolated in school. There was also concern that 'M's experiences may increase her vulnerability to influences from external peer groups, to grooming and accessing content online via social media forums that would exploit her vulnerabilities. Furthermore, 'M's' forthcoming transition to secondary school signalled a period of potential increased vulnerability and social isolation.



20 sessions of 1:1 weekly creative therapy were provided, with sessions taking place in school.

'M' was initially anxious and reluctant about beginning therapy again, as she had previously experienced therapy as distressing. It took some time for 'M' to build and trust the relationship with the therapist. Through the work, she was increasingly able to express her identity, find her voice and be seen and validated.

'M' became taller in posture, her levels of self-care improved as did her confidence and sense of identity. 'M' also developed her own voice. She was able to build a more robust social network in school and transition confidently into secondary school. This may also serve to mitigate the potential of her seeking validation in spaces that are harder for her mother or school to monitor.

Significantly, 'M' was able to engage meaningfully with therapeutic support and could say that, if she needed therapy in later life, she was comfortable and confident to attend again. As well as signalling a degree of healing in her experience of therapy, this positive experience may enable her to find support in healthy ways when future emotional challenges arise.

Feedback from 'M' and her mother:

-  'M' said: I will always be grateful for what you have done to help me. Thank you
-  'M's mother said: Thank you for all you have done for 'M'. I really appreciate your hard work. 'M' has come a long way working with you and I can't thank you enough for your support and time.

12. Impact Beyond Clinical

Training

2022-2023 continued to see the delivery of external training to professionals, key workers and parents. Our bespoke training sessions and consultation are informed by child development theories, neuroscience, nervous system resilience and trauma resolution.

Over 11 dates, we trained a total of **569 participants** (amounting to 2090 delegates over the past 5 years).

Understanding and Supporting Children and Young People Impacted by Trauma

- 👏 467 participants attended this training across 6 dates.
- 👏 99% of participants that attended this training would recommend the training to others.
- 👏 How much did this training help you to understand the subject of trauma? Average score: **8.4/10**
- 👏 How much did this training help you to understand the reasons for the behaviour of children impacted by trauma? Average score: **8.4/10**
- 👏 How much did this training increase your confidence to support a child who may have experienced trauma? Average score: **8.1/10**

Trauma informed practice - case consultation

- 👏 23 participants attended this training across 3 dates.
- 👏 100% of participants that attended this training would recommend the training to others.
- 👏 How much did this training help you to understand the subject of trauma? Average score: **8.3/10**
- 👏 How much did this training help you to understand the reasons for the behaviour of children impacted by trauma? Average score: **8.3/10**
- 👏 How much did this training increase your confidence to support a child who may have experienced trauma? Average score: **7.9/10**

Help the Helper

- 👏 79 participants attended this training over two dates.
- 👏 100% of participants that attended this training would recommend the training to others.
- 👏 How much did this training help you to understand the subject of trauma? Average score: **8.1/10**
- 👏 How much did this training help you to understand the reasons for the behaviour of children impacted by trauma? Average score: **7.9/10**
- 👏 How much did this training increase your confidence to support a child who may have experienced trauma? Average score: **8/10**

Participants' Feedback

- 👏 Trainer was excellent, very knowledgeable and provided answers to all the questions with ease.
- 👏 I feel more confident in being able to self-regulate and therefore support others to do the same.
- 👏 It was pitched at just the right level to provide understanding and also enthusiasm to discover more detail. I found the references very helpful plus the visuals were clear and simple. Delivered in an inclusive and supportive way.
- 👏 The ability to look beyond a young person's 'behaviour' and to look at the reasons why.
- 👏 This course has given me an excellent understanding of how best to support children that have experienced trauma using knowledge of the brain, body, and sensorimotor systems.
- 👏 I found the terminology and language used particularly helpful as it was straight forward and clear. I also found the analogy video on the land of ice and the land of fire very useful in understanding what support may be needed during hyper or hypo activity and how any disruption narrows the river.

Community Engagement in Chelmsford and Thurrock

Between May 2022 to April 2023, we reached out to 335 children, young people and their families through various community engagement activities. One of the big highlights was the Queen's Platinum Jubilee Garden tea party event in June, which was also supported by *our amazing volunteers* and three of our Voice Ambassadors. Please [click](#) here for our news on this event.

With the help of a dedicated team of volunteers, *over 500* Christmas hampers, and *1615* Christmas gifts were delivered to families across Essex during our annual Christmas Appeal.

In addition to the FREE community engagement events the team have delivered across Chelmsford, we have also been looking at how to support the unitary authority of Thurrock, which we have identified as a large area of need.

Chelmsford

The Community Engagement Team, along with some of our Voice Forum Ambassadors have helped the team deliver over 60 hours of FREE community projects in the most deprived areas of Chelmsford in the last year, along with the Lunch Club events held at Hargrave House.

The aim of our events is to bring families together and talk about what Kids Inspire do and how they help children, young people and their families. We believe that early intervention in the community is impactful, and the team often use creative play to engage the children at our events.

The team have more recently been delivering short interactive assemblies to some primary schools in the Chelmsford District, focusing on discussing how children can manage their wellbeing. The children also gave the team examples of how they already do this, like talking to friends, listening to music, stroking their pet, talking to an adult and even doing yoga.



Josh, one of our Voice Ambassadors, giving a young child some support and reassurance at Lunch Club – Forest School in April.

Thurrock

The team have spent the last year identifying the needs and gaps in terms of mental health support for children and young people in Thurrock, and engaging with Thurrock agencies and residents to identify what support is already in place and what impact Kids Inspire can make. As a result, the team have been working closely with other partnerships, particularly in Grays, a central diverse town in Thurrock with large pockets of deprivation and a large demographic of young people. We were able to deliver Christmas appeal gifts and hampers to children of Seabrook Rise Estate, an estate of high deprivation and anti-social behaviour. We were also able to deliver some Christmas appeal gifts and hampers to a refuge in Thurrock.

The team has established a relationship with Thameside Primary in Grays who, following successful funding bids, are now able to refer students identified as at risk of criminal or anti-social behaviour.



In February, the team also delivered a FREE “Make your own Valentines card” event in Grays for Valentine’s day and as part of children’s mental health awareness week. At this event, 40 children engaged with us and make cards for their loved ones.

Our VOICE Youth Forum

Account by our Community Engagement Officer

The Voice ([link to further information on The Voice](#)) is facilitated by the Community Engagement Team and has been running since 2018.

Our forum continues to be a really important step-down service for our service users who have previously attended therapy and/or mentoring. Our Voicers have often experienced negative peer friendships and/or social isolation and attending The Voice is an opportunity to build confidence, create positive experiences and engage in positive friendships with their peers. Our Voicers know they are coming into a safe environment, where they can freely unload to their peers and discuss topics that are important to them. They are happy to voice different opinions to one another and healthily challenge each other if they disagree.

Key stats for The Voice

- 👏 Voice meets fortnightly in Chelmsford (in term time)
- 👏 Age range currently 14 – 21 years
- 👏 We have 7 females and 5 males currently in our Voice membership
- 👏 Of these, 6-8 members are consistently attending each session
- 👏 We have 2 Voice Ambassadors, both neurodivergent, who support us with events and social media content (telling their stories)
- 👏 2 have left us in the last year as they have built up their confidence and social networks

Highlights of achievements from Voice members

- 👏 One of our Voicers, Joseph, aged 13 at the time, completed a live interview with Chelmsford Community Radio in October 2022 to discuss his journey with Kids Inspire and his mental health. Listen here (around 17 mins 20 secs in): <https://m.mixcloud.com/chelmsfordcr/monday-citytalk-171022-chelmsford-community-radio/>
- 👏 4 of our members have felt safe to openly disclose to their peers that they are Neurodivergent, showing a big shift in feeling empowered to disclose this.
- 👏 One of our Ambassadors, Josh, supported Kids Inspire during Anxiety Awareness month with a social media post talking about his journey and how Kids Inspire mentoring has helped him manage his anxiety. Watch Josh’s inspiring video: <https://youtu.be/jZYqa9grZyc>
- 👏 Our 2 Ambassadors Josh and Amelia have supported us at a few events raising awareness of Kids Inspire and how Kids Inspire and The Voice has helped them.



One of our Voicers, Gwen (left), feeling empowered to helm a sailing boat on a recently donated sailing experience day. Amelia (right, middle) one of our Ambassadors supporting our drop in event with some of our other amazing volunteers!



When we asked some of our members recently how attending The Voice has supported them, they responded:

- 👏 *“Sociable”*
- 👏 *“Saved my Social Life”*
- 👏 *“Helped me gain confidence”*
- 👏 *“Warm and Energetic”*
- 👏 *“Connectivity”*
- 👏 *“Comfort”*
- 👏 *“Inspiring”*

This shows us how much the Voice is positively impacting on their lives and continues to be an important step-down service for Kids Inspire.

Volunteering

We continue to be supported by an ever-growing team of wonderful volunteers, without whom we would not be able to reach the number of people we do, with the impact we have. Here are the many ways they have supported Kids Inspire this past year:

Volunteer numbers and hours

- 👏 Mentoring: 78 individuals / 2809 hours
- 👏 Lunch Club: 21 individuals/ 84 hours
- 👏 Christmas Appeal: 107 individuals / 483 hours
- 👏 Market stall / vintage selling / Pre Loved: 22 individuals/ 1635 hours
- 👏 Fundraising events: 9 individuals / 70 hours
- 👏 Head Office support (admin, finance, fundraising, gardening, driving): 6 individuals / 535 hours
- 👏 Board of Trustees: 9 individuals/288 hours
- 👏 Community Engagement: 3 individuals / 39 Hours
- 👏 Sailing day: 5 individuals / 47.5 hours
- 👏 Chelmsford Singers Concert: 3 individuals / 10.5 hours
- 👏 Jubilee event: 4 individuals / 20 hours
- 👏 Board of trustees: 9 individuals / 285 hours
- 👏 Total of **302** volunteers and **6305** volunteering hours

External Comms

In the last year, over **83,607** individuals visited our website – which is a **71%** increase from the year before. There is a positive balance of the web pages being looked at, with some individuals visiting to find out how to access support, while others are visiting to find out how they can be involved with

Kids Inspire. In addition, across our social media channels, we engaged with 44,396 people, reaching new audiences which grew (collectively) by over 10% in the year.

13. Overall Impact

- 👏 Clinical (therapy, mentoring, groups, consultations) – **4023** beneficiaries
- 👏 Community engagement and outreach activities (including training) – **3019** individuals reached
- 👏 Volunteering, support and fundraising events – **302** involved
- 👏 Total of **7344** individuals.

14. What's next?

- 👏 2023-23 has seen KI continuing to respond to an ever changing landscape of need.
- 👏 The post pandemic period has brought KI to reflect on a challenging few years, to integrate learnings, and to orientate ourselves to the future and where the greatest need lies.
- 👏 The rise in referral numbers, and increasing complexity we have seen CYP presenting with indicates that help and support is still very much needed, and what's more it being asked for.
- 👏 We continue to keep the child at the centre of our work, while thinking about how we can empower the family system around them, nurturing capacity to emotionally regulate.
- 👏 Outreach work in Thurrock and Grays continues to develop.
- 👏 We continue to develop new and established relationships with other agencies and services, in order to have a strong sense of our social context and so that those who need Kids Inspire can find out about us and access support.

15. How you can support us – fundraising information

a) Donate

Kids Inspire help local children and young people to reclaim their lives and to rebuild their future. Please consider giving a gift to support our work today.

By making a regular gift of a monthly donation to Kids Inspire, you will have an incredible impact on our work. You can support as an individual or a business. Visit: www.kidsinspire.org.uk/donate for more information or email fundraising@kidsinspire.org.uk

b) Fundraise

There are many ways you can help to raise vital funds for the children, young people, and families we work with. You can fundraise with your friends, family, or club, at school or at work, or through an organised event.

Vital funds and awareness raised by our supporters means so much and we are so grateful to everyone who has chosen to fundraise for us. Previous supporters have raced along inflatable courses, hosted curry nights and baked a lot of cake all to raise vital funds.

We have a range of fundraising resources, whatever activity you choose – along with several events, including challenges to sign up to – and can help you maximise publicity and reach your target. The possibilities are endless, and we are here to support you with how you might be inspired to fundraise in support. If you have a wonderful idea of your own to raise funds for Kids

Inspire large or small, party or paint, drive or dive, please get in touch and we will help you to help improve the mental wellbeing of children, young people, and their families in Essex.

c) [Become a corporate partner](#)

Our corporate partnership scheme is an exciting way for an organisation to fulfil its Corporate Social Responsibility objectives, whilst making a real difference to the lives of children, young people, and families. Become a Corporate Partner by making a regular donation or sponsoring one of our events or services or by encouraging staff to raise money. We offer several options, such as charity of the year, event sponsorship, team building challenges or volunteering, for partners. Find out more: <https://www.kidsinspire.org.uk/corporate-partnerships>

d) [Other ways to give](#)

There are many other ways to support us and our work: through a gift in your Will; a gift in memory of a loved one; or donations to mark a special occasion such as a birthday or wedding. We can arrange payroll giving, or why not take a look at our [Amazon wishlist](#), where gifts include items that will help us to operate a little more smoothly, as well as sensory toys for creative therapies.

e) [Sign up to our newsletter](#)

Our monthly newsletter keeps you up to date with everything that is happening at Kids Inspire. Sign up from our homepage to get information direct to your inbox www.kidsinspire.org.uk