Meet The Team

- Part time Outreach Bereavement Practitioner
  - Sarah Moakes

- Full time Manager
  - Jay McGuiness – Patron

- Full time Bereavement Coordinator
  - Paula Drummond

- Part time Service Support
  - Caroline Chittell

Aims and Objectives

1) Accessible: “Tailored services to meet the needs of our service users.”
   - To provide information and advice for bereaved children, their families and other agencies easily accessible.

2) Trusted: “We aim to be transparent as an organisation and in the choice of services that we offer.”
   - To continue to provide training to users and professionals.

3) Caring: “A compassionate and caring team dedicated to achieving our vision and supporting those that need us with warmth and respect.”
   - To provide information on the range of bereavement services to both service users and professionals.

4) Efficient: “We believe in clear and demonstrable outcomes that demonstrate the change we are making.”
   - To make information and advice for bereaved children, their families and other agencies easily accessible.

Who we are

- Welcoming new staff
- Jay McGuiness – Patron

What we do

- Outreach & Volunteers
- Why we do it

- Outreach Bereavement Practitioner
  - Sarah Moakes

- Manager
  - Jay McGuiness – Patron

- Volunteer Coordinator
  - Amanda Brett

- Service Support
  - Caroline Chittell

- Outreach & Volunteers
  - Helen Leach

- Full time Bereavement Coordinator
  - Paula Drummond

- Part time Administrator
  - Jane Ward

Chair’s Report - Jo Butler

I am immensely proud to present this year’s Annual Report. The Children’s Bereavement Centre is focused on providing quality support to children, young people and their families when they most need it. The charity has a fantastic mix of enthusiastic and professional staff and volunteers, who ensure we continue to deliver services where and when it is needed most.

We have made some significant changes and developments over the past twelve months, based on the strategic goals identified in 2013/14.

Children’s Bereavement Centre has grown in terms of services offered and has made some recent changes that will ensure the organisation is more robust and fit for purpose in the future.

- Change of space to a occupancy building
- A bespoke monitoring and evaluation system, enabling the organisation to effectively capture it’s outcomes more effectively for the first time this year
- Volunteer Coordinator post, developing the use of clinical volunteers in outreach
- More opportunities to develop community fundraising and corporate support, including the design and implementation of a corporate funding pack. In terms of delivery numbers, we are increasing year on year; providing 885 in the previous year, this has been achieved through good management and planning and continual innovative thinking around how we can meet the needs of children across the county.

Our vision is that ‘Every family will have access to high quality support following bereavement or loss’ to achieve this vision, we have developed core values for our organisation that breeds a culture of positivity and light within an organisation that is often working with tragedy.

1) Accessible: “Tailored services to meet the needs of the people that need us. We are flexible in our delivery and in the choice of services that we offer.”
2) Trusted: “We aim to be transparent as an organisation and in the choice of services that we offer.”
3) Caring: “A compassionate and caring team dedicated to achieving our vision and supporting those that need us with warmth and respect.”
4) Efficient: “We believe in clear and demonstrable outcomes that demonstrate the change we are making.”
5) Caring: “A compassionate and caring team dedicated to achieving our vision and supporting those that need us with warmth and respect.”

I am sure the next twelve months will bring its usual mix of challenges and success but feel we are in a better position than ever to tackle any issues that arise.

It remains for me to thank the team, whether you are paid staff, volunteer support workers, community volunteers or a bag packer, we couldn’t do any of this without you. I would like to particularly praise and thank Amanda, who works tirelessly and professionally at all times. To the rest of the management committee, my sincere thanks for your dedication to your roles and the Charity. I look forward to another successful year.

Thank you.

Aims and objectives

- To provide, maintain and expand a thriving family bereavement and loss centre.
- To create a safe, non-threatening environment where children feel they can express their feelings.
- To make information and advice for bereaved children, their families and other agencies easily accessible.
Treasurer’s Report - Simon Shaw - Trustee


The charity’s main source of income continues to be received from grants and trusts totalling £136,081 (2014 £83,351) representing 44% of our total income (2014 54%), £18,717 (2014 £18,808) of our income is from statutory sector funding and £51,343 (2014 £62,174) from donations and fundraising.

Our largest sources of income continue to be £68,342 (2014 £45,131) from the Big Lottery Fund and £17,688 (2014 £19,768) from Newark & Sherwood Clinical Commissioning Group. We continued to be supported by a variety of other trusts and organisations as shown by the full accounts.

We continue to be grateful to all other organisations and individuals who have supported the work of the charity in the past year.

Our largest item of outgoings is staff costs £136,081 (2014 £124,819). Office and other costs of the charity were £59,755 (2014 £51,343) from grants and trusts and £17,688 (2014 £18,808) of our income is from statutory sector funding.

Our largest item of outgoings is staff costs £136,081 (2014 £83,351) which the trustees consider are necessary to secure the long term success of the charity.

I have been another year of great change, growth and development at the Children’s Bereavement Centre. We are now settled in our new premises on Kings Road. It is a building that is loved by the families that access our service as it offers a warm and non-clinical setting as well as being conveniently located. This year we have also had the wonderful addition of our “Pop Up Me Not” garden thanks to the support of Newark Castle Rotary. The project to develop the garden was led by Shona Hatton, Landscape Architect (now of the name “Forget Me Not”) as this flower is a symbol of remembrance, love and hope. Since the completion of the garden children have been able to carry out balcony releases in memory of their loved ones, plant memory flowers, take part in activities such as graffiti art and sit in quiet reflection surrounded by scented plants. The garden is a very welcome addition. Our business approach has included developing a more robust business model to sustain us long into the future, to develop brand recognition and communication and to further develop our volunteer and outreach strategy.

In response to this our Corporate Pack was launched in October 2014 and we set up a clear strategy to approach large businesses from across the whole of the county for support in 2015/16. This added a much needed new funding source and is proving very successful. Our corporate fundraising strategy also enables us to develop our brand recognition across the wider community ensuring that more people are aware of our services existence and are able to access it when they need to. The Children’s Bereavement Centre Volunteers Coordinator has been continuing to drive the outreach project forward. It has now been in existence for 16 months with outreach venues now well established with a 22 young people and their families in these locations.

Consequently the Children’s Bereavement Centre have seen another significant rise in service delivery this year of more than 20% showing the great need for this service.

We have supported 511 children and young people and their families this year delivering 1885 one to one sessions, carrying out 304 assessments, providing 15 Peer support Group sessions and an annual bereavement workshop for 22 young people.

Our new monitoring system launched in 2013 now demonstrates the positive impact that our work has had. 22 young people and their families who access the service, helping us to demonstrate to the health sector the true value of our intervention and ensuring we secure future contracts. Our focus at the Children’s Bereavement Centre is always on quality, from the recruitment of highly skilled staff and volunteers, to the training and development we provide along the way. The families that access our service in the midst of profound grief or loss deserve the best support that we can provide helping them to find a way forward and begin to look to optimism for the future. This is what drives each and every one of us at the Centre from staff to volunteers and trustees, all determined to make a real difference.

I am always in awe of the wonderful support that we receive from our community, from the individuals who choose to jump out of planes for us, run marathons, hold bake sales and support us in so many more ways, the list is endless, to the companies that fundraise for us continually throughout the year. We are immensely grateful for all your support as without you we would not be able to provide this valuable service.

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The staff and volunteers have been a huge support to me and their commitment and dedication is inspiring. The Executive Committee have also been a continuing support to the Centre enabling the charity to continue to grow and provide this valuable service to the children, young people and their families at the heart of all our decisions. I would like to extend my grateful thanks to Jo Butler, Chair of the Executive Committee for her support this year and look forward to working with her and the Executive committee in the coming year.
Patron - Jay McGuiness

I can’t believe a year has passed since I wrote my last update, and what a year it has been for the Children’s Bereavement Centre. Not only has a new member of staff been taken on at the Newark base but they have also continued their amazing work in the wider community by a further new member of staff who now works for the outreach services in Mansfield and Kirkby in Ashfield.

When it comes down to it, the extra support is vital, it’s about supporting children, young people and their families and helping them to understand and cope with some of the most challenging times they may ever face.

If that support can be extended to other communities close to Newark, it’s going to make a huge difference to those who may not have had access to the services that are offered before. There have been many positive changes at the Centre, everyone has settled into the new premises and thanks to everyone who helped get the ‘Forgive Me Not’ garden completed, I even helped plaster the walls! This is a lovely, peaceful area where anyone can sit, chat or play whilst attending the centre.

The events, including family fun days and workshops, held for the children and their families continue to bring people together. The annual bereavement camp still offers children the chance to receive support whilst being able to share their feelings and thoughts with others who are going through the same difficult times as themselves.

The Christmas Castletown Service is a beautiful time to be able to reflect on those we have lost yet to still look forward to spending time with our families and friends in this special but difficult time of the year.

Having seen last year’s Annual Report and read the stories from service users and volunteers about their experiences of their time at the Centre, it has made me yet again realise why I am so proud to be the Patron of the Children’s Bereavement Centre. I could see for myself the measurable difference that their support has made and will continue to make in these people’s lives. I would like to thank the staff, trustees and volunteers for all the hard work and passion that they put into what they do, it’s helping real families in a tangible way.

I would also like to thank the community and corporate fundraisers who due to their hard work and commitment have ensured that there is still a safe haven for those children and families who have suffered a bereavement or loss.

It has been a privilege for me to be able to play a small part in this wonderful charitable work and as always I wish the centre, the children and their families and all those who support them all the best for the future.

Welcoming New Staff

Sarah Moskos
Outreach Bereavement Practitioner

Having joined the team in March 2015 I have been able to provide both initial family assessments and one to one therapy sessions with children in our new Outreach venues. These have been facilitated in Mansfield and Kirkby in Ashfield at venues within the community. This has enabled our service to reach people who may not previously have been able to access support because of their locations or situations.

It is great to be part of this growth for the service and to have the opportunity to work on a one to one basis with the children and seeing the benefit it can bring is a genuine privilege.

Helen Leach
Bereavement Practitioner

“My role mainly consists of providing one-to-one sessions with the children and young people who access the Centre and will include having first contact with families during assessment meetings. I intend to offer an integrative approach to my clients, tailoring support to suit the needs of each individual child/young person. I am very much looking forward to supporting many children and young people in the future.

During my time here I have received the same level of welcome and support as I have seen extended to all the children and families who visit the Centre and I am truly looking forward to being part of a team who deliver essential services compassionately, to those experiencing loss and grief.”
**What We Do**

**Divorce and Separation**
We support children and young people when their family dynamics change through divorce or separation. We encourage children and young people to discuss their feelings both positive and negative about what is happening using age-appropriate materials.

**Support for schools**
We provide advice, guidance and practical support following the death of a pupil or staff member. The schools can also access literature in the form of a school pack which includes a list of appropriate books for children of different ages.

**Workshops and Activities**
Children need to understand they are not alone during their grieving. They can be creative and have fun with others who understand how they are feeling.

**Peer Support Group**
The aim of the group is to create an environment for young people between the ages of 12 and 18 where they feel safe enough to share their experiences of loss with each other whilst also enjoying activities and workshops.

**Bereavement Camp**
The 2 day camp is for children and young people between 5 and 18 where they take part in creative, adventurous and therapeutic activities. This helps them to build confidence and self-esteem whilst sharing their feelings with others, therefore feeling less isolated.

**Training**
We provide specialist training for schools and professionals in how to help children through bereavement and loss.

**Volunteers**
Our volunteers undertake many different roles within the charity, including working with the children, fundraising and helping with activity days. The volunteers who work with the children will have taken part in our vigorous training programme and will then work at the centre and outreach sites.

**Peer Support Group Camp 2014**
Our seventh residential bereavement camp took place in this year. 32 children between the ages of 5 and 18 spent two days taking part in adventures and therapeutic activities. To help the children through the 2 days 18 trained volunteers focused on the models of Derbyshire to support them through many emotional workshops and to take part in the team building exercises, including abseiling and zip wires.

All the children are placed in age related groups with others who have experienced similar losses, this helps them to process their difficult feelings and grief as they have others with them not only to support them but also who feel similar feelings. Over the 2 days many lasting friendships are made not only between the children but also from the parent carers who meet each other at the graduation ceremony. The 2 days finish with a balloon release by the families in remembrance of the person they have lost.

**Bereavement Camp 2014**
The Peer Support Group is where young people aged between 12 and 18 can share their feelings and emotions, with support from staff and volunteers, in a safe environment. They meet twice a month where they take part in therapeutic workshops and fun activities to encourage self-esteem, raise confidence and build friendships. The activities include drumming, graffiti, cooking, physical fitness and ways of keeping themselves well. Many of the young people who meet also do volunteering for the Centre, which includes bag packing, which believe it or not they really enjoy! They also have a special outing each year and this year they had a trip to the studios and location where Emmerdale is filmed, they were shown around all the sets and introduced to some of the actors, a great day was had by all.

**It means a lot to me to be able to share my thoughts with people my own age**

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**Candlelight Service**
Our third annual community Candlelight Service took place on the 12th December 2014 at Newark Parish Church. This year’s theme was based on gifts, which focused on the gifts of friendship, love and support. Over 300 people attended including many current and past service users and their families plus members of the local community. Children who attend the centre sang, played instruments and read poems. Local musicians played acoustic guitar and the saxophone and the choir from the Cotgrave Primary School sang festive hymns. Candles were lit in memory of loved ones and as Christmas can be a difficult time for bereaved families time was given for quiet reflection to enable them to remember them. Following the service hot chocolate and mince pies were served to everyone by our volunteers.

The Candlelight Service was sponsored by Bakewell: HSBC Newark, Reflect Recruitment, Ultimate Print Pattersons Carpets and Duncan & Toplis.
We would like to thank the Reverend Stephen Morris and the staff of Newark Parish Church for enabling us to hold the service there.

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E(nny's Mum Amanda and I had been separated by such a placid and quiet little girl. It was just under a year later that Emily's behaviour changed.

Amanda died) she'd express her grief in her way and when she and I was told the following morning when two of her friends would have on us all, especially our precious little girl. There was instant immense relief it wasn't Emily, then the devastating realisation Amanda had gone and the impact it would have, and after a while we actually started to do things as a family despite us not all being together so Emily knew she had us both in her life in the best way we could.

I know we may need them now processing my dad's death one step at a time. We are both know that when we need them help and advice is no more than a phone call away. I know we may need them again as Emily grows up, but this time I'm not afraid.

As with most breakups, Emily always came first for us both, and after a while we actually started to do things as a family despite us not all being together so Emily knew she had us both in her life in the best way we could.

On the 29th October 2013 Amanda tragically passed away from a seizure attack. She'd put Emily to bed, read with her, said goodnight and that's the last time Emily would see her Mum again. I was told the following morning when two of her friends came to see me at work. I knew from their faces that something terrible had happened; and naturally assumed as Amanda wasn't there it was something to do with Emily. There was instant immense relief it wasn't Emily, then the devastating realisation Amanda had gone and the impact it would have, and after a while we actually started to do things as a family despite us not all being together so Emily knew she had us both in her life in the best way we could.

I know we may need them now processing my dad's death one step at a time. We are both know that when we need them help and advice is no more than a phone call away. I know we may need them again as Emily grows up, but this time I'm not afraid.
Outreach & Volunteers

Our volunteers continue to play a vital role within the charity. Some volunteers give their time to help with fundraising and events, which is essential in order for the charity to continue to provide the high standard of services we offer, while other trained volunteers work directly with the children and their families.

It is evident from our referrals that there is a great need for our service across the Nottinghamshire area, therefore I am delighted to report that we have outreach venues in Mansfield, Southwell and Kirkby in Ashfield whilst Basestall and Radcliffe form part of our future plans. This will enable us to meet the needs of the clients in our or nearer to their own communities at a time when they are experiencing emotional distress. This service is still in its infancy, however expanding the availability of our service will also mean more families can access the unique support we offer regardless of finance or transport issues.

The Children’s Bereavement Centre provides specialist training courses, where volunteers learn how to provide appropriate support for the children and young people who are affected by pre-bereavement, bereavement or divorce and separation. Further training is given to volunteers who attend the 3 day residential camp. Suitably qualified volunteer counsellors can also provide bereavement support to the parents/carers if they need it. This means the whole family can receive support which is vital to their emotional health and wellbeing.

Our bereavement and loss training is available to other organisations such as schools, health workers and other professionals.

Throughout my time at The Children’s Bereavement Centre I have really enjoyed my role as a volunteer and have felt appreciated and supported.

The experience of working with such inspirational children has changed my life. As a volunteer I feel like part of a happy family that just continues to grow.

Volunteer helpers and fundraisers.

We would like to take this opportunity to thank all our wonderful volunteer helpers and fundraisers. Without their great will, time and generosity we would not be able to provide the events that the children and families so much enjoy. These include the Family Fun Day and the Candlelight Service. These wonderful people spend many hours how painting, making sandwhiches, bag packing, standing on market stalls and a multitude of other things in order to help the children and families who use our services.

Camp Volunteers

Every year these volunteers give up 2 days annual leave to attend the Bereavement Residential and a further day for the training. We are so fortunate to have a team with such a wide range of skills and knowledge that they not only enhance and make the experience of the Residential such a success, but also help many children and young people further process their losses so that they can begin to look to the future with renewed hope.
A BIG THANK YOU

We would like to take this opportunity to thank all those who have supported the Centre their help enables us to continue to provide the services the children and their families so much deserve.

A big thank you to our funders:-

Big Lottery Fund
Boots Charitable Trust
Henry Smith Charity
Lloyds TSB Foundation for England and Wales
Newark and Sherwood Clinical Commissioning Group
Nottinghamshire County Council

Trusts:
Clara E Burgess
Jessie Spencer Fund
J N Derbyshire Trust
Lady Hind Trust
Thomas Farr
Star Trust Ltd

Corporate Funding:
TDX Group – Nottingham
Fraser Brown – Nottingham
Ringrose Law – Newark
Barstays Corporate – Nottingham

Community Funding:
DB Wood – Nottingham
Stacythorpe Power Station
W H Smith
Santander Foundation
Lloyds Community Fund

Fundraising:
Thank you to everyone who fundraised for us and to those who made individual donations this year. We appreciate your kindness and generosity and without your support we would not be able to continue to help bereaved children and their families. The help we receive from local businesses and the community, including schools, is overwhelming – you help to change lives.

These include:
Auda - Newark
Bakkavor Desserts
Caledonian Modular Ltd
Castle Cuisine
Charles Lawrence
Duncan and Toplis
Flowserve
Hopkins Solicitors
HSBC – Newark
Influence Landscape Architects
National Citizens Service
Newark Satellite Rotary Club
Newark Castle Rotary Club
Newark Round Table
RAF Cranwell
Ruddington Grange Golf Club
Seventy Seven Motors
Southwell Golf Club
Southwell Lions Club
Waitrose

Ways to donate
Visit our Website:
www.childrensbereavementcentre.co.uk
Text: CBCN14 to 70070
Just Giving
Virgin Money Giving
By cheque made payable to: Children’s Bereavement Centre
www.easyfundraising.org.uk/cbcnewark

To discuss fundraising ideas with a member of the team please call: 01636 551739

What we have achieved 2014/15

531 Total children and adults supported
(Breakdown of: 459 children and 72 adults)

Delivering:-
264 Family Assessments
88 Pre-bereavement support sessions
1885 One to One support sessions
324 Play Therapy sessions
46 Filial Therapy sessions
215 Adult Counselling sessions
15 Peer Support Group sessions
22 Attended Two Day Bereavement Residential

290 Telephone advice and support calls
330 Service users and members of the public
who attended our Candlelight Service

74 School and Health Care Professionals
attended our Bereavement Training

52 Volunteers consisting of 27 Volunteer
Bereavement Support Workers and 25
Community Volunteer Support
Workers supported the Centre

Adults Assessed From 1st Assessment to Final Assessment
1st April 2014 - 31st March 2015

Areas of Improvement

100%
75%
50%
25%
0% Health

Improvement Chart

Areas of Improvement

Managing Mood
Physical Health
Identity and Self Esteem
Trust & Hope
Religions Addictive Behaviour

Feeling & Behaviour

Safety

Areas of Improvement

Improvement Percentage

30% 20% 10% 0%

Children Assessed From 1st Assessment to Final Assessment
1st April 2014 - 31st March 2015

Areas of Improvement

100%
75%
50%
25%
0% Health

Improvement Chart

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Areas of Improvement

Improvement Percentage

30% 20% 10% 0%
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