



BEYOND  
THE HORIZON



# ANNUAL REPORT 2023/2024

We help children, young people and families  
who have been affected by loss, bereavement,  
divorce or separation and domestic abuse

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# Jenny Graham Chief Executive Officer

We helped  
**307**  
families



In 2023-2024 we worked hard to sustain the continued growth we have made over the last few years. As always, our brilliant team have shown their commitment and passion for our mission. It is this dedication that strengthens the organisations resilience and drives us forward.

This year we celebrated our 20th birthday and hosted an event that saw faces from the past and present come together to recognise our achievements and to say thank you to anyone and everyone who has played a part in the charity's story. We look forward to the next 20 years!



We also made important investments in our infrastructure this year, improving our IT systems and expanding our administrative capacity. These steps were essential for our long-term sustainability, easing some of the demands on the CEO role and enabling a stronger focus on strategy and funding.

As we enter 2024-2025, we recognise the challenges ahead. We are aware of the funding crisis affecting our sector and the huge increases charitable trusts and grant givers are seeing in the number of applications they receive, which will inevitably affect us.

For this reason, it is crucial that we continue diversifying our income sources to sustain the level of service we provide to children and families. Each year, the complexity of the lives of those who seek our support increases. We are now working with children for longer periods than ever before. Families have told us that they highly value our model of multiple, varied projects within the charity, allowing us to provide tailored interventions that meet children's changing needs over time.

Whilst being the CEO of a small charity comes with its challenges, I am hugely rewarded by reading all of the positive outcomes reports and feedback that children and families give us about the differences we have made to their lives. It is this that fuels our passion and strengthens our resolve to keep doing what we do, knowing our work truly makes a difference.



# About us

## Charitable objectives and activities

The Charity's objects are to relieve the distress and/or to protect the good health of children and their families who have experienced bereavement, domestic abuse or relationship breakdown.

The Charity undertakes the following activities in order to fulfill its objectives:

- Counselling
- Play Therapy
- Child Parent Relationship Therapy and Parent Support Sessions (The Penguin Project)
- Art Therapy
- Family Sessions following bereavement (The BEAR project)
- Therapeutic groups for children
- Crisis support, advice and training to schools and other professionals

All aspects of our delivery are informed by the views and wishes of the children and young people we support. We listen carefully to those we are supporting and adapt our services in response.

Our therapists travel to the communities where children and young people are based, seeing them within a mile of their own home. This means the service is accessible to all regardless of financial position or ethnic and family background and situated locally. We offer appointments in and out of school time to maximise the opportunities for young people to access our support.

Our parent support sessions take place online and over the phone, and our child parent relationship therapy, and heart to heart programmes are delivered across the city.

## Who we are

We are a committed team of counsellors, play therapists, art therapists, volunteers, administration staff, students on placement and board of trustees.

Our therapists are fully qualified and registered with either a counselling or play therapist qualification. They are highly experienced and understand the impact of trauma and the compassionate and consistent responses needed to promote recovery, and build resilience and good mental health and wellbeing.

We offer child parent relationship therapy, parent sessions, and heart to heart sessions, providing support after the child has experienced trauma. These programmes are designed to strengthen the relationship between the child and their care-giver by teaching therapeutic parenting techniques.

## Why we do what we do

At the time of referral to us, children are often described as aggressive, destructive, socially isolated and anxious. Those referring them (parents/carers and teachers or other school staff), are concerned about their mental health, risk taking behaviours, suicidal ideation and self-harm. They are often at risk from exclusion from school, sexual exploitation, county lines and anti-social behaviour.

We support many children who are in kinship care (live with grandparents or extended family members) who often present with attachment difficulties and developmental trauma. Our outcomes measures capture evidence of the impact of our work and the differences that our support makes in terms of positive change and recovery for children. Children end therapy with increased confidence, self-esteem, resilience and are less isolated, anxious and are able to deal with their trauma or loss in a healthy way.

"It helped me that my therapist knew what had happened to me in my life and that she understood my feelings"

child/young person

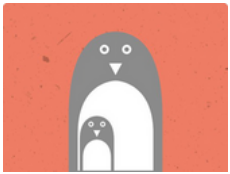


# Our achievements

We responded to 507 new requests for support during the year, higher than in 2023 (425) and higher than any other point in our history.

We are proud to have supported 307 children/parents during the year. 237 of these received a therapeutic intervention (172 children/young people, 60 parents/carers and 5 teachers).

## The Penguin Project



Our Penguin Project is now an established service with a rolling programme of CPRT therapeutic training workshops for parents/carers (child parent relationship therapy) and CTRT for teachers (child teacher relationship therapy) and individual parent support.

A designated Penguin Project administrator was appointed to assist our Penguin Project Manager with the facilitation of therapy programmes across the city, to support parents' understanding of their child's needs after trauma and loss.



Penguin Project parent/carers quotes





## Heart to Heart

**We piloted our first Heart to Heart course in Billesley and worked with five families over the six weeks of the summer holidays.**

Heart to Heart is a group programme that supports families by providing information around relationship building skills and giving them an insight into theory that underpins play therapy and counselling. We also give out materials to support parents to spend quality 1:1 time with children at home throughout the holidays, for example small craft kits.

The focus of the group is to build up a positive, fun and respectful relationship between the parent and child. This in turn builds trust and helps families be able to communicate with each other more effectively, as well as bringing playfulness, joy and fun to the relationship.

Families who were referred onto H2H were those who had finished 1:1 therapy and would benefit from family support; those who have completed CPRT (Child Parent Relationship Therapy) or Parent Support and felt they wanted something more; those who are still in 1:1 therapy on school contracts but parents wanted some ongoing support over the summer holidays.

Over the course of the summer holidays, we worked with parents to make sure we were able to provide the best possible experience. This included adapting activities to be suitable for the ages present, providing a sensory/chill out area for if young people got overwhelmed and providing taxis if needed to support families to be able to attend the sessions.





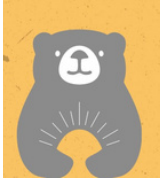
Parents' feedback showed that they really valued the sessions and felt that they had gained a better understanding of their child. This included insights into how their child communicates, how they respond in different situations, and what might trigger frustration or anxiety.

"Yes I did see some changes. We try to be more open about how we are feeling, and ask about how we are feeling with each other. Using emotional check-ins and being more aware. The kids really embraced it and got really stuck in which was lovely to see."

"I feel that it has helped me become more patient and listen to my child more".



# The BEAR Project



We revised our BEAR project and secured funding to continue delivery of the project for another 12 months.

We have continued to deliver our BEAR project, supporting children and families together after the death of a loved one.



## Our goals

**We made good progress against all of our goals for this year:**

- We increased the capacity of our therapy team and increased the number of appointments available
- We developed and delivered therapeutic groups for children after domestic abuse with funding from Birmingham City Council
- We began to develop our schools support package and have offered Child Parent Relationship Therapy to three schools in the city
- We continued to support the mental health and wellbeing of our team by providing consistent supervision and opportunities for identifying difficulties. We have worked hard to carefully balance workloads and responded with additional external support and CPD opportunities
- We continued to develop our Equality, Diversity and Inclusion plan
- We held two large consultation events for Children and Young People with shared lived experience
- We began work with our youth panel, BTH Ambassadors, to develop a fundraising pack for schools
- We recruited an additional office administrator to support the growth of the Penguin Project
- Recruited a Business Administrator to support operations.

# Our achievements in numbers

**507**



new requests  
for support

**227**



new referrals  
accepted

**307**



beneficiaries  
supported in a  
year

**237**



individuals received  
therapeutic  
intervention

**26**



bereaved children  
supported with their  
parent or carer  
through our BEAR  
project

**60**



parents  
supported  
through CPRT or  
parent support

**130**



children received  
one to one

**16**



children  
supported in a  
group

**17**



professionals  
were supported  
through groups

**“I hope other children  
get to access this, it  
has been brilliant”**

Parent/carers

**“I feel calm, safer  
and more  
confident”**

child/young person

# Our impact

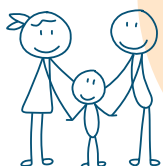
By providing therapeutic spaces for children and young people within their own communities, encouraging our beneficiaries to collaborate and lead where possible, supporting parents/carers in responding to their child's needs and championing the needs of children by providing support and guidance to other professionals, we can achieve the following outcomes for children and young people:

- Improve the relationships that children have with those around them, reducing isolation
- Helping children manage trauma and loss in a healthy and sustainable way
- Increase children's confidence, self-esteem and resilience
- Improve the overall mental health and wellbeing of children and young people

Our outcomes this year show that after one to one therapy and family sessions...

**84%**

of children felt less isolated and had started sharing their emotions and experiences with those around them



**84%**

of children had higher self esteem



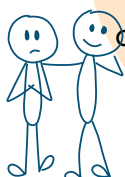
**87%**

of children had increased resilience



**84%**

of those who had therapeutic intervention showed a reduction in concerns regarding their mental health



**88%**

of children had improved school attendance





**"He's much more confident than before the sessions started he is more independent and happier to go to school"**

One to one parent/carer

**"I get on better with my friends and I can concentrate more"**

One to one child/young person

## **Our outcomes from our Child Parent Relationship Therapy courses and Parent Support sessions show:**

**83%**

of parents reported reduced conflict in their relationship with their child

**89%**

of parents reported improved closeness with their child

**83%**

of parents reported an overall improvement in their relationship with their child

**78%**

of those attending the course or having parent support sessions, showed an improvement in their mental wellbeing (measured on the Warwick Edinburgh Wellbeing Scale).

**"It has helped being around others who are in the same boat and the non judgmental environment."**

CPRT parent/carer quote

**"We are quicker to reconcile. We have had fun times together and are building trust".**

CPRT parent/carer quote

**"It has shown that I'm not alone and given me proactive tips for connection that have helped."**

CPRT parent/carer quote

## FROM OUR CHAIR

**I am really pleased to have this opportunity to reflect on the continuing success of Beyond The Horizon and to express gratitude to all involved.**

This has been another year of growth, increasing the number in the BTH team and expanding project work, thus improving our effectiveness towards meeting our mission of positively impacting and enhancing the lives of children and young people affected by complex loss, bereavement and domestic abuse.

We are deeply grateful to all of our supporters and donors for their generosity. Your continuing support, financial backing and encouragement in recognising the critical work we do has enabled our continuing stability and growth.

The many stories we hear of those we've helped motivate and inspire us to continue our work through the collective efforts of the whole team. Together, the team has made real differences to people's lives. The ability to adapt and make changes in facing challenges speaks to our collective strength and resolve. Thank you for all your unwavering commitment and passion in making such lasting impact for the young people and their families with whom we work.

We are very fortunate to have Jenny Graham as a Chief Executive Officer who leads the charity with incredible commitment and enthusiasm. Her leadership and professionalism ensure continuing high standards and service impact throughout, alongside establishing happy and effective working team relationships. Thank you so much, Jenny.

I also thank the Board of Trustees for their continuing Involvement and oversight in supporting the decision-making processes of BTH. ensuring that the charity continues to be well led and governed. Trustees are essential in bringing a wide range of experience and skills to assist management. Meeting quarterly as a full Board and occasional working groups, we discuss reports and projects, deliberating across all aspects of the charity, including finances, legal aspects, approvals, policies and procedures.

Looking ahead, we remain committed to reinforcing our reach and impact, building on this year's successes. We are committed to using every donation wisely in striving to maximise positive service impact and ensuring a healthy, sustainable future. Together, we can continue to make a lasting difference.

With warm regards and heartfelt thanks,

**Alan Clee**

Chair of Trustees



# Case Studies



**Anna:** Play Therapist

## **Identity and belonging:** the importance of advocacy

**Nine year old Sam\* was referred for play therapy by school, following concerns about a change in behaviour at home. He was becoming more defiant and ruder towards his carers, who he had a good relationship with. Over the next few months his behaviour at school also deteriorated with frequent dysregulation, conflict with peers and fights.**

Sam had been placed with long term foster carers, due to mum's substance misuse and mental health difficulties.

Sam, who is White British, had built up a strong loving relationship with his carers who are British Asian, and in the past had expressed a desire to begin practising their faith. Social workers, however, had been wary of this, concerned about helping him stay connected to his roots.

In therapy Sam repeatedly explored identity through role play, games, and sand play. He subconsciously processed how he saw himself and how he wanted to be seen by others, with a strong theme of wanting to belong.

Sam passionately articulated his strong desire to be able to make his own faith choice. I was able to advocate for Sam at his foster placement review, helping professionals to understand the importance of valuing and respecting the faith choices of a child, as much as an adult.

Through an open discussion, professionals were able to see this as a natural opportunity for the client to develop his own beliefs, within the context of a loving family and to increase his sense of belonging within the wider community. On being told that he would be allowed to visit the family's place of worship and begin faith teaching at home, the client was speechless; finally, someone had listened and understood.

\*names have been changed





**Caroline:** Counsellor/Play Therapist

## Building Resilience Through Play

**Adem\* was the eldest of four children. The family moved to Birmingham to escape domestic violence, separating mum from her support network. Stepdad reported that Adem frequently appeared tearful but could not speak about why he was upset.**

### Play Therapy

School reported that Adem appeared quiet but put this down to the fact that he was new to the school. At first, he appeared timid and uncertain. Over the weeks, I observed changes in Adem's behaviour. He remained timid at the start of sessions but soon engaged in creative activities. His intense focus on drawing suggested a need to express his feelings and thoughts through art.

Once a month I meet with my clinical supervisor to discuss my clients, this ensures that I am working ethically and assists me in finding new ways to work with my clients. During one of my meetings, I shared with my supervisor how I had been feeling about this client and realized my own hesitancy to be more directive stemmed from worries about pressuring him.

We explored strategies to enhance our connection, such as me copying his drawings. This approach transformed our relationship. By positioning Adem as the teacher and myself as the learner, his confidence grew, and he became more eager to attend sessions and share his thoughts and feelings.

Adem shared about his relationship with his birth father, there appeared to be lots of unknowns in this discussion and also unknowns about why he was living in Birmingham.

I discussed the importance of children knowing the reason behind the move with my clinical supervisor. However, this conversation needed to come from mum.

## Family Reviews

Through a meeting with mum I learned more about the family's ongoing challenges. I advised mum on the importance of reiterating the reasons behind the family's move to help her son process the information. We explored ways she could do that by role playing sentences to say to her son. I explained to mum that it is normal for children that have witnessed abuse to constantly ask questions regarding the incidents, they do this to understand.

**Dr Daniel Siegel suggests that a helpful way for children to process a situation is to retell the story with the help of a supportive adult, including the painful and frightening experiences. Doing this can help the child to understand the event and heal from the trauma which in turn allows the child to become stronger and more resilient.**

“As parents become more aware and emotionally healthy, their children reap the rewards and move towards health as well.

Dr Daniel Siegel

”

## Endings

Despite the family's ongoing challenges, including living in temporary accommodation and family mental health issues, Adem showed significant progress. He became more confident, talkative, and engaged, although still with some delayed responses. These changes were recognised by both his mother and his teacher.

## Conclusion

The family continues to face difficulties, but Adem has a supportive mum and stepfather, a loving family, and a school aware of their situation. Although ending therapy is always challenging, it is important to recognize the progress made and the support systems in place.

Therapy is not intended to be a lifelong endeavour but a means to build resilience. While some children may require ongoing support, it is crucial to focus on the initial therapy goals and the progress achieved. Adem now has a supportive environment in which to continue his development, even as the family navigate their challenges.

\*names have been changed



**Joy: Counsellor**

## **Learning to manage big emotions**

**Joy has been a child therapist with us since 2019. Recently she has been supporting a young person called Joe\*. Joe is 12 years old, in year 7. He was feeling very anxious and was struggling to attend school.**

Joe and I met a couple of times in school but this was proving difficult for him as he had previously stopped attending altogether.

We came up with the idea of moving the sessions to a community venue to see whether he would attend, and thankfully he did. We met up every week. He took part in activities that he chose and we played lots of games together.

Joe started to open up and share some of his background which included domestic abuse. He was having difficulty understanding relationships within his family and was struggling with anxiety.

By the time I finished working with Joe he had decided that he did want to go to school again. He wanted to go to a smaller school that better suited his needs. I liaised with both schools and social care. A plan was put together for Joe. He was given an EHCP (education, health and care plan) which gave him special educational support in his new school.

Because of partnership working we were able to give Joe what he needed. He can make a new start and look forward to a new school in a more appropriate setting for him. His counselling sessions have equipped him with tools to be more able to manage his emotions, especially during his school transition.

\*Names have been changed



# Our BTH Ambassadors

On Saturday 21 October 2023 we held an activity day and invited any children and young people who have been past service users. This was a day where they could reconnect, take part in lots of fun activities, eat pizza and provide their invaluable input to help shape our charity.

Out of this group we have drawn a small but very committed group of young people who really help to shape BTH's work, these are our BTH Ambassadors.



All the young people who came have received services from BTH.



This is Ruth, our Therapy Services Manager and the BTH Ambassadors Coordinator, leading parachute games.



The day also gave a chance for young people to reconnect with their therapists, and make new connections with one another.



Anita, one of our Art Therapists, led creative activities, focused on the theme of 'journeys'.



BTH Ambassadors helping us to think about ways to fundraise.

Most recently they have helped us interview for our new Penguin Project Administrator and our Business Administrator.

# Financial review

## Summary

The accounts for the year show net income of £13,862 for the year (2023: £36,875). The total income amounted to £366,211 (2023: £325,051), whilst expenditure for the year amounted to £352,349 (2023: £288,176).

Certain grants have been given for specific purposes and these are shown as restricted funds, however 36% (2023: 47%) of our total income for the year was unrestricted.

Based on the expected income and expenditure levels, Trustees consider that the Charity has adequate resources to maintain its ongoing work.

## Reserves policy

The calculation of the required level of reserves is an integral part of the Charity's planning, budget and forecast cycle. It takes into account:

- Risks associated with each stream of income and expenditure being different from that budgeted
- Planned activity level
- Organisational commitments

During the year, the trustees have reviewed their reserves policy which is as follows:

- The charity requires free reserves to cover 3-6 months of its annual budgeted core costs, not covered by secured income, of around £52,000- £104,000.

Unrestricted reserves at the end of year amount to £123,216 and from this the trustees have designated £37,309 to cover committed costs. Therefore, our free reserves for the year (after deducting £1,181 spent on fixed assets) are £84,726 which represents just under 5 months of annual budgeted costs not covered by secured income.

The charity's free reserves are therefore in line with policy.

Trustees will review this policy annually and the level of reserves will be reviewed throughout the year.

## Statement of financial activities

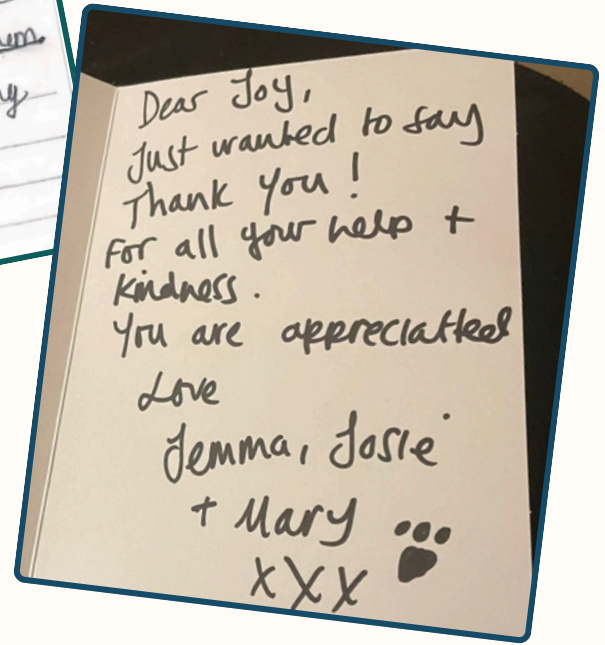
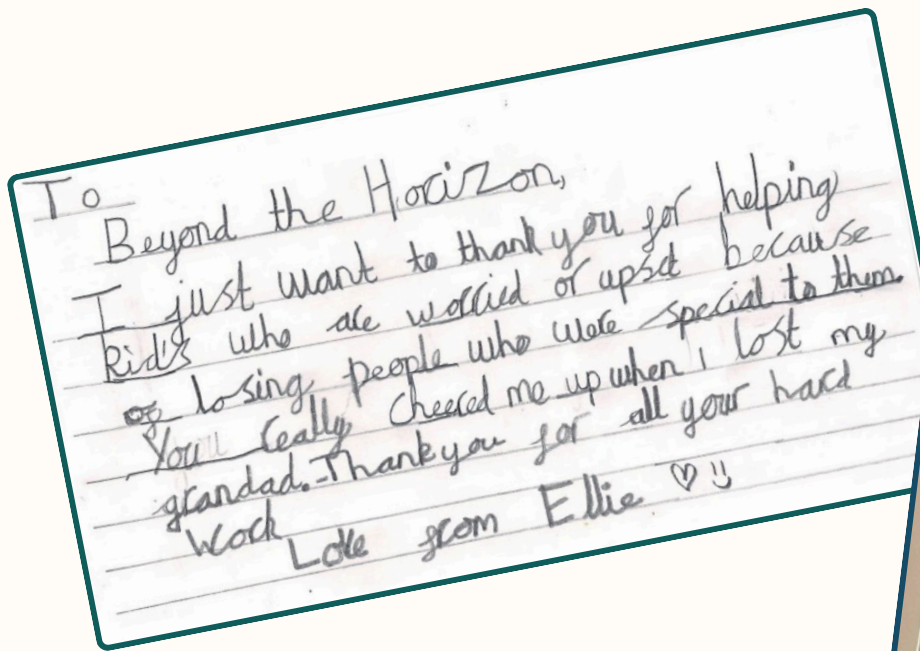
Income:	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Donations & legacies	1	76,337	155,910	232,247	218,670
Charitable activities	2	50,618	77,057	127,675	105,205
Investments		6,289	-	6,289	1,176
<b>Total income</b>		<b>133,244</b>	<b>232,967</b>	<b>366,211</b>	<b>325,051</b>
<b>Expenditure</b>					
Costs of raising funds		16,008	-	16,008	19,278
Charitable activities		104,228	232,113	336,341	268,898
<b>Total expenditure</b>	3	<b>120,236</b>	<b>232,113</b>	<b>352,349</b>	<b>288,176</b>
<b>Net income and net movement in funds for year</b>		<b>13,008</b>	<b>854</b>	<b>13,862</b>	<b>36,875</b>
<b>Reconciliation of funds:</b>					
Transfer of funds		-	-	-	-
<b>Total funds brought forward</b>		<b>110,208</b>	<b>6,779</b>	<b>116,987</b>	<b>80,112</b>
<b>Total funds carried forward</b>		<b>123,216</b>	<b>7,633</b>	<b>130,849</b>	<b>116,987</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure is derived from continuing activities.



## Thank you cards from families and children we have supported



# Governance

## Trustees

Alan Clee (Chair)  
Scott Dale  
Rev Paul Nash (Vice Chair)  
Fidelis Navas  
Elaine White (resigned 25 January 2024)  
Vicki Hook  
Carmen Butler-Hunter  
Janet Douglas

## Bankers

Unity Trust Bank plc  
Nine Brindleyplace  
Birmingham  
B1 2HB

## Independant Examiner

Karen Hanlan, ACA, ACIE  
Karen Hanlan Independent Examiner  
Limited  
1 Saracen Close  
Ettington, CV37 7SZ

## Address

Charity Number: 1155755  
Holy Cross Centre  
Beauchamp Road  
Birmingham  
B13 0NS

# The year ahead

## Our plans for the year ahead include....

- Secure funding to continue all of its existing projects
- Finalise our Equality Diversity and Inclusion plan
- Fundraising
  - Produce a Fundraising Pack to help increase our community fundraising and regular giving
  - Hold an annual fundraising event
  - Finalise and implement our Fundraising strategy
- Plan and secure funding for a Parent/Carer Counsellor role
- Develop our client database to increase the efficiency of the monitoring of our services
- We will do all this whilst continuing to prioritise the mental health and wellbeing of our team.

**“You were very calm and you didn’t criticise me or make me feel bad. You were trustworthy, it was nice not to feel judged. I was nice to have someone who’s just said, I’ve got you, I’ve got your kids, and then you’ve followed through and done what you were supposed to do.”**

**“It’s nice you’ve recognised all parts of the family not just the children and you’ve supported all 4 of us. You’ve helped to put us back together as a family.”**

# Thank you to our funders

We would like to thank all of the donors and grant making trusts that have supported us this year...



During this financial year we received grants and donations from the following:

- Baron Davenport's Charity
- Bentley Motors
- Birmingham City Council, DAC grant
- Birmingham Hospital Saturday Fund
- Children In Need
- Claverdon Fields Charitable Trust
- Comic Relief
- Cornerstone
- DMF Ellis Charitable Trust
- Edward & Dorothy Cadbury Trust
- Edward Cadbury Trust
- G J W Turner Trust
- George Fentham Birmingham Charity
- Grantham Yorke Trust
- Henry Smith
- Lillie Johnson Charitable Trust
- Richard Kilcuppe Charity
- Roger & Douglas Turner Charitable Trust
- Report of the Trustees (continued)
- Sir John Middlemore Charitable Trust
- Sir John Middlemore Charitable Trust
- Skipton Building Society
- Tesco Community Fund
- The Eveson Trust
- The George Henry Collins Charity
- The Grimmitt Trust
- The James Tudor Foundation
- The John Avins Trust
- The Joseph Hopkins and Henry James Sayer Charities
- The Leathersellers' Foundation
- The Masonic Charitable Foundation
- The National Lottery Community Fund - Reaching Communities
- The Patrick Trust
- The Postcode Lottery
- The Roughley Trust
- The Saintbury Trust
- The Sheldon Trust
- The Sir Jules Thorn Charitable Trust
- The W E Dunn Trust

We would also like to thank our individual donors for their continued support.

Thank you to our  
incredible fundraisers.

We appreciate every  
penny raised!



Friends and family of Jason Dutton  
held a charity match in his memory

Max Leviston ran a triathlon for us



If you would like to get involved in fundraising for us please get in touch!  
We will help you in any way we can. Whether it's promoting the event, sending you  
a t shirt or collection buckets. Just let us know!





**BEYOND  
THE HORIZON**

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