



NSPCC
JERSEY

Six Month Update Report for the Association of Jersey Charities

Dear Committee,

I am delighted to share this report which looks at how your incredible £10,000 grant has positively impacted children and families in Jersey over the past six months. The last 2 years have been some of the most challenging times we have ever endured, requiring us, where possible, to virtually adapt our services to allow us to still be there for children and families in a time where they've needed us most. Despite the challenges, thanks to you, we have been able to continue to support Jersey's children and families through the toughest times. In the period between 1st September 2021 – 31st January 2022, with thanks to your support, we worked directly with **40 children** and **116 adults** through our therapeutic and recovery programmes, both face-to-face and virtually.

I hope that you'll find this report an insightful and inspiring read and feel proud of the incredible impact you have had on the lives of children and families. On behalf of all of us at NSPCC Jersey, we are so grateful for your generosity and support.

Pregnancy in Mind (PiM)

Pregnancy in Mind (PiM) is a preventative group work programme for parents-to-be across Jersey who are experiencing, or at risk of, mild to moderate anxiety and depression during pregnancy and the first year after birth.

Up to **1 in 5 mums** and **1 in 10 dads** experience mental health problems during pregnancy and after birth, which can have a lasting effect on children as stress chemicals produced by women suffering from depression or anxiety can affect their unborn child's development. PiM has provided a crucial lifeline for parents in Jersey, particularly during lockdown restrictions, where expectant parents were stripped of the usual support networks, leaving them isolated and feeling robbed of a normal pregnancy.

I really enjoyed the program. I was apprehensive at first about the idea of admitting my stress and my fears. The group did make me feel very comfortable and I appreciated the calm environment. The different things and tips were very helpful, and the information given was very helpful. Crafts were a great way for the group to bond on a more personal level which made it far more trusting sessions and ore open. Thanks for the past 6 weeks.

Father, PiM Jersey

The programme has been running from our service centre on Stopford Road in St Helier since 2019 however, the restrictions imposed as a result of COVID-19 inevitably affected the logistics of delivering PiM in a face-to-face setting. When the pandemic hit, we had to rapidly adapt to delivering our programme virtually, ensuring we could still be here for expectant parents who needed mental health support. **Within the space of a week, virtual PiM was therefore established to provide a COVID-safe way of reaching parents.**

As restrictions were eased, we were able to return to a face-to-face delivery but due to the success of the virtual delivery, we have continued to offer this as an option to parents. This blended approach will remain as we move forwards, providing more flexibility and allowing us to reach those that may otherwise not have attended a face-to-face session. Thanks to you, in the past 6 months, we worked with **112 parents-to-be**, either virtually or in person, helping them cope with the ups and downs of pregnancy.

Letting the Future In (LTFI)

“

When we first met, all our hope had gone. Now we can see how much our daughter has grown in strength and confidence. I can now imagine that she will flourish and can be happy like any other child. The work the NSPCC have done has brought our daughter back to us.

Mother of a daughter who used the LTFI service

”

Letting the Future In (LTFI) is a ground-breaking therapeutic intervention programme created and run by the NSPCC that helps children and young people (between the ages of 4 and 17) who have been sexually abused to rebuild their lives. It is an evidenced based programme that is grounded in an understanding of trauma, attachment and resilience. LTFI uses play therapy to help children overcome the trauma of their abuse and go on to live a full and happy life.

Talk therapies are not always a suitable model for children, especially young children. LTFI focuses on communicating in an age appropriate way that empowers children to find their voice and a language to explain their trauma and find a way to move forwards. Our highly-trained practitioners work closely with

children on a one-to-one basis for between six to 12 months (up to 30 face-to-face sessions), using creative activities such as art, drama, music, storytelling and messy play, to help them express thoughts, feelings and emotions that are not always easy to put into words. Parents and carers are offered additional sessions, including some with their child, as they play an important role in helping their child to recover. When possible, we will also work with siblings of the abused child, ensuring the whole family is being supported and can recover together. With your support, in the past 6 months we have been working with **15 children** through our Letting the Future In programme.

Seeking Solutions

As you may have seen in the news, child mental health services are under immense pressure. Young people experiencing mental health issues face long waiting lists and often must be in crisis before they get the help they need. **Seeking Solutions offers a lifeline of short-term support to those who need it.** Our practitioners work with children and young people to deal with problems affecting their life, happiness and wellbeing, such as bullying. With your support, we have been able to work with **29 children** through Seeking Solutions in the past 6 months.

Although the service won't replace the role of long-term therapeutic support, Seeking Solutions is allowing us to explore the benefits of briefer forms of support to help with young people's emotional wellbeing. The sessions are led by the young person, working with a practitioner as well as their support network, such as a parent, carer or someone they trust, to improve their confidence, skills and strengths. A parent of a child who has accessed Seeking Solutions in Jersey said, **"my child is more calm and understands their feelings when they are upset"**.



Photos of our Jersey Service Centre, which houses a team of 8 children's services practitioners, who work to deliver all three of our services to children and families.



Looking Forward

In April this year we launched our new, ambitious ten-year strategy which focuses on involving many more people in keeping children safe.

No one thing can predict abuse. But we know that children growing up in homes where there is poverty, domestic abuse, substance misuse or mental health problems are at a higher risk of abuse and neglect. We know that these factors have been heightened in families across Jersey during the pandemic, and combined with the existing strain on services, the implications for children are worrying. We can't achieve the level of societal change we want, and need, alone. Now is the time to act, together.

Over the next ten years we will focus on three impact goals we believe will make the biggest difference to children's lives:

- 1. Everyone plays their part to prevent child abuse**
- 2. Every child is safe online**
- 3. Children are supported**

Focusing on these goals and through the collective power of our staff, volunteers, supporters and partners, and our 100 years of experience; we will move closer to achieving our vision of putting an end to child abuse.

Thank you, AJC, for standing with us in our fight to protect children, prevent abuse and give every child a happy and healthy every childhood. We continue to be grateful for your ongoing generosity and support. Whatever the future holds, together we can be there for children.

Ella Mayne
Philanthropy Manager Jersey
E: ella.mayne@NSPCC.org.uk
T: 02037729592 M: 07710117318