



JULY 2022

NEWSLETTER

KidsAid is a registered charity, No. 1167852



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WELCOME TO KIDSAID NEWS!

Healing the Hurt
Empowering Families
Creating Change



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WELCOME

FROM REBECCA CASWELL-FOX!
DIRECTOR OF KIDSAID



Dear friends,

A huge thank you to all the generous organisations, volunteers, and people like you that enable us to continue creating positive and sustainable change to empower families and give young people the opportunity to move forward with their lives and meet their full potential.

As we approach our 15th year since inception, families need our support now more than ever. Currently we are providing long-term therapy to 150 young people, and across Northamptonshire, referrals to young people's mental health services are estimated to have increased by 200% since the start of the pandemic.

Nationally, it is thought that 1 in 6 children and young people aged 6 – 19 years have a probable mental disorder, and more than 1 in 3 children and young people are exposed to at least one potentially traumatic event by the age of 18.

KidsAid continues to respond to the increasing need for child-led therapeutic support and remain committed to supporting vulnerable young people and families who do not have access to other services or have the financial means to fund therapy themselves.

We do this with the help and kindness of supporters like you, whose funding supports the provision of long-term, evidence-based therapies to children, young people and their parents.

Over these next couple of months, we will be rolling out a project across secondary schools in Northamptonshire to support young people struggling from social isolation. Thanks to funding received by the Western Power Distribution Community Matters Fund, we will be able to deliver 12 weeks of group psychotherapy to 5 groups of young people, who will be encouraged to explore healthy coping mechanisms

to support their mental health and create a safe space within their school to connect with their peers and strengthen their support system.

We will also be partnering with local charity, NGAGE, to deliver mental health support for young people who have been through trauma and are struggling with addiction.

And with thanks to our friends at Crick Software, DeType and Persimmon Homes, we are super excited to share that our two therapy rooms will be having a big refurb.... watch this space!

As our service continues to develop and grow, our mission to safeguard children so that early life trauma does not become a lifelong burden continues.

On behalf of all of us at KidsAid, my sincere thanks for your continued support. Without the kindness of supporters like you, the work we do wouldn't be possible.

With my best wishes,

A handwritten signature in black ink, appearing to read 'Rebecca Caswell-Fox'.

Rebecca Caswell-Fox,
Charity Director.



LILY'S EXPERIENCE

All names and identifying information have been changed in the below case study to protect and maintain client confidentiality. Consent to write this has been granted by the child and their parent/carer.

Lily was 7 years old when KidsAid started working with her. She was referred to us by her school to provide therapy for the trauma she had experienced during the early years of her childhood.

Lily was removed from her mother's care in 2016 after neighbour's alerted Police that a child was hurt and had been left at home on their own. Lily would have been aged 4 years at the time. The reason for the alert arose after she had hurt herself trying to escape the family home through a smashed window and in the process had got a piece of glass embedded in her ankle.

When Lily was taken to the hospital, she alleged repeated significant physical chastisement including the use of implements, witnessing repeated domestic violence between Mum and her ex-partner and being left alone to fend for herself. Lily was also unclean and malnourished. At the hospital Lily shared that there were days when she wouldn't have enough food to eat and would go hungry. It took an incredible amount of courage for Lily to speak about what she had been through with hospital professionals, however her fear of going home was so overwhelming that she had felt safer in the uncertainty of her future.

Since being removed from her mother, Lily was placed in Foster Care. Several placements had broken down during the past 3 years which added to Lily's anxiety and distress. As placements broke down, she was moved from home to home and with that she was also placed in various schools within the county, which meant that she had found it difficult to focus in class, to trust adult professionals and to sustain friendships with her peers.

At point of referral Lily had just been settled into a long-term foster placement with her carer, Mandy. Mandy and the school Family Support Worker advised in the assessment that Lily often presented as angry and volatile and displayed varying levels of distressing behaviours where she would be disruptive in class, would hurt herself and others and was unable to pay attention on something for more than a few minutes at a time. At point of assessment, she had recently been removed from most classes and placed in the school's nurture room. Following KidsAid' assessment it was recommended that Lily have 30 weeks of art therapy sessions. KidsAid funded 20 of these sessions, whilst the other 10 were funded by Lily's school. The aim of the sessions was to give Lily a confidential space to safely work through the traumas she had been through with her therapist and to express herself using creative art and play.



During the first few sessions Lily was withdrawn and reluctant to engage. It took her some time to feel comfortable to make art and to build trust in a new adult, her therapist. However, as sessions continued Lily grew more confident and she began to move more freely around the space and by session 6 she was using materials independently and began to develop trust in the therapeutic relationship by testing what was safe and not safe to bring to the sessions through the communication and vulnerability of her artwork.

As Lily became more expressive her sessions became messier. Sometimes she would flick paint up the walls and cover herself and while she remained respectful of her therapist, she did at times attempt to push boundaries by asking her therapist (sometimes telling her) what to do in the room. At this time Lily also began to make verbal links between the images she was creating and her feelings; as she painted she began to feel able to revisit some of her traumatic experiences so that they could be contained into the sessions and her art making.

Endings appeared to be difficult for Lily, she was always pleased to see her therapist however she would become upset and angry both at the start of the session if she felt it had started late and also when it came to the end of her session. Despite Lily's initial preoccupation with time and things/people coming to an end she and her therapist managed to have a very positive ending together where she had worked hard to really express her thoughts and feelings around some big questions and the trauma she experienced as a young child.

Lily spoke about the positive effects of being able to "leave" her painful memories with her therapist so she did not have to carry them with her anymore. Therapy with KidsAid enabled Lily to label her feelings easier and have the freedom to express herself in a space where she would receive neither judgement nor punishment.

Since having therapy, KidsAid have received feedback from Lily's school to say that she is now able to control her temper and better regulate her emotions which has led to her being able to re-join her class and build positive relationships with her peers. Lily also continues to thrive now that she is settled in her placement with Mandy.

It has been our privilege to witness Lily's growth over the past year.





EARLY HISTORY

On a cold November evening in 2007, six like-minded people gathered around a kitchen table in Hardingstone village near Northampton bemoaning the lack of any - or any effective - support for children suffering from a mental health crisis or the fallout from a traumatic incident.

The group included a head teacher, a social worker, a consultant paediatrician and a family lawyer: all of whom had encountered children who had been abused, neglected, bereaved or bullied and who struggled with the aftermath for months, even years afterwards.

Anecdotal evidence and some early research data demonstrated that creative therapy via play, art, and music could significantly improve outcomes for traumatised children - so why was there none available via the NHS or in schools?

All agreed that we should set up an organisation to deliver therapy, and hit upon calling it KidsAid. A quick Google check revealed that the only existing "KidsAid" was in the USA - so we registered the name there and then and set about the tortuous process of acquiring charitable status for the new venture.

It was clear within weeks that there was a significant unmet need in Northamptonshire and that we would need to find premises from which to operate. Our first home was in a busy GP practice on the Barrack Road in Northampton, and this, needless to say, led to a large number of referrals: children who failed to meet the exacting criteria required for intervention via CAMHS but who nonetheless were in desperate need of therapeutic help.

Our first major financial boost came in 2011 with a £50,000 donation following the BGC Charity Day when we were happy to be chosen as a recipient charity. This was swiftly followed by a first donation from BBC Children in Need.

But because we receive no government funding, we are entirely reliant upon the generosity not only of major foundations, but also the hundreds of individual donors whose kindness and fund raising activities kept us going during often difficult times for smaller charities.

In September 2011 we held our first KidsAid Conference at St Andrews Hospital: welcoming such illustrious speakers as Professor Sir Al Aynsley Green, former Children's Commissioner for England, High Court Judge Mr Justice Hedley and Julia Samuel, Psychotherapist and founder of the Child Bereavement Charity.

2011 was a key year for KidsAid, because Countess Spencer became our patron. This led to two further conferences being held at Althorp House - again attracting such diverse speakers as TV personality Nicky Campbell, Lord Nicholas Wilson, former Justice of the UK Supreme Court, Dr Martin Newman, Consultant Child and Adolescent Psychiatrist and Northamptonshire's Chief Constable. On each occasion the conference was chaired by Alistair MacDonald QC, now a High Court judge and the brother of the current KidsAid Chair Hellie Wright.

Although financially KidsAid's fortunes have waxed and waned, the demand for our services increases year on year..... so we were ecstatic to receive a letter from BBC Children In Need in 2020 awarding us almost £100,000. This was following a chance encounter with Simon Antrobus, Chief Executive of CIN who happens to hail from Northamptonshire and who encouraged us to make another application.

Without doubt there have been turbulent times over the last 15 years! But now we find ourselves in 2022 with financial security and more importantly the ability to - almost without exception - help all children who refer or are referred to us for help. We are blessed with loyal, hardworking staff, dedicated therapists and a talented and diverse Board of Trustees.

I couldn't be more proud of what KidsAid has become since those tiny beginnings.

by our founding Trustee,
Joy Pinkham

CHARITIES OF THE YEAR!

Northamptonshire Law Society

The Northamptonshire Law Society are going to be supporting KidsAid this year. We are so grateful to have the support from Northamptonshire Law Society and are excited to see where our partnership this year leads!

The Northamptonshire Law Society is a voluntary organisation. It is independent of the Law Society of England & Wales. It exists to provide a focal point for solicitors in the county.



Crick Software

Crick Software are raising money for us to purchase furnishings & toys for our therapy rooms!

In 1993, John Crick harnessed his years of teaching experience to develop the literacy support tool he felt the educational software market was lacking - Clicker. Since then, the company and its products have gone from strength to strength; versions of Clicker are currently used in thousands of schools around the world, and the program has been translated into 10 languages.



Protest ES Ltd

Protest ES Ltd raised £200 from a work cake sale!

Protest ES Ltd are leading safety experts providing Commercial Electrical & Fire Safety services, nationwide.



CHARITIES OF THE YEAR!



Quest Employment Northampton

Quest Employment visited clients and made a run down Abington Street with a cake that they baked themselves to raise some money for the KidsAid!

KidsAid are pleased to announce that the cake slices raised a total of **£110!**

If you would like to donate and support please follow this link:

<https://www.justgiving.com/fundraising/ques>

With its roots dating back to the birth of Quest Employment in 1993, the Northampton branch has been pivotal to Quest's evolution since the very start. Whilst having undergone evolutions itself over recent years, the branch now sees its strongest team to date, combining exceptional customer service, pinpoint organisation and dynamic positive relationships.

So far Quest Recruitment have raised a massive **£945** from fundraising activities.

Square Media

We are excited to say that Square Media are going to be long term supporters of KidsAid. They recently reviewed KidsAid social media content and give guidance on how to enhance this further.

Square Media have given KidsAid a brand identity and this started with revamping our 'menu of service' booklet. In the future they are going to support KidsAid by designing their fundraising booklet. We can't wait to see this!

Square Media is a fully outsourced marketing department. From logo design to Video Production and from Website Design to Bespoke Software & Apps, Square Media can deliver your entire marketing strategy.

Square Media hosted a BBQ, which was a great success and they raised **£335!**



OUR SUPPORTERS

Weston Favell Shopping Centre

Honest Library raised a whopping **£8,545.30!**

The Honest Library is located next to Customer Service desk outside WHSmith, you can discover a wide range of books available for you to take and swap, in return for a donation of what you can afford!

Waitrose Wootton donated a huge **£375** to KidsAid!

Every Waitrose shop shares up to **£1,000** between three local charities every month!

Rotary Rokart

The Rotary Club of Nene Valley have organised Rokart for 6 years. This year's final on April 5th produced a record performance and a record amount of money for local charities.

The winners from the 10 heats competed in the final in a 2-hour endurance race that was fast, competitive and very well driven. The winning team, the very experienced Goldstar racing, completed 291 laps, the highest number since the events inception in 2016. They were only 8 seconds ahead of the young Silverstone UT College team who also completed 291 laps. Third place went to newcomers Professional Finish with 289 laps.

The trophy for overall winner was presented to Goldstar by the Mayor of Northampton Councillor Rufia Ashfaf who said "she had discovered a little gem of fun and excitement on her doorstep in St James at the Indoor Karting Centre".

The Rotary Club of Nene Valley raised money for three local charities, KidsAid, the Lewis Foundation and Cynthia Spencer.

Rotarian Neil Hufton explained "The real fun and excitement in the event comes from the diversity in the teams that enter. Anyone from novice to regular Go Karters can enter the heats although clearly the more competent race it out in the final. We have had fantastic support from across the community with teams from the legal community, Northampton hospital, local villages, family businesses and of course the larger firms who might enter several teams.



OUR SUPPORTERS

Crysalys Foundation

Crysalys Foundation donated these gorgeous Star Cuddle Cushions to our therapy rooms!

The Crysalys Foundation is a new national Registered Charity. Their purpose is to reduce disadvantage for children and families and improve the effectiveness of charities. Their main focus is reducing, preventing, mitigating and treating childhood trauma.



YOUNG SUPPORTERS

Evie

Meet our superstar supporter, Evie!

Evie is getting stuck into training for her next KidsAid challenge. She will be raising money for KidsAid by climbing the height of the Burj Khalifa (the world's tallest building) TWICE! Non-Stop!

We are so grateful for your dedication and support Evie; we look forward to hearing more about your progress over the coming weeks and cheering you on!



Harry

Harry donated £5 of his pocket money to KidsAid. He asked for this money to go towards paying one of our therapists. Harry said "he would like children to feel happier".



A WEEK IN THE LIFE OF A KIDSAID THERAPIST



Carla is a KidsAid therapist and she would like to share a usual week with us! By Carla Mangan

Monday

On a Monday I support children & young people who have been excluded from school. Therapy is delivered to these children & young people either from our therapy rooms or remotely through video calls, using Zoom.

I also use Zoom to provide therapies to parents and carers on a Monday, who have limited flexibility or no access to transport. Working with parents gives them the opportunity to process their own trauma which improves their parenting. Our therapies for parents and carers can also help them to gain an understanding of their children's feelings and learn how to respond effectively to their behaviours, which strengthens their relationship.

Tuesday

On a Tuesday I work between Northampton and Banbury. On this day, I see children and young people from their primary and secondary schools.

Each young person I work with has their own therapy tool kit, catered to meet their age and individual interests. Each therapy kit contains art supplies, creative activities and fidget toys.

I also have my own therapy kit which rotate and clean with activities, paints, games, clay, musical instruments and a sand box. Bringing in a variety of items to children & young people's sessions offers them variety each week.

Wednesday

I provide therapy for four children in their primary schools across Northampton on a Wednesday. Due to their young ages, the therapies I provide to these children incorporates a lot of play as this enhances their ability to communicate, explore and understand their feelings and experiences.

Thursday

On a Thursday I visit schools in the Kettering and Corby area of Northamptonshire, where I work with young people in secondary schools.

A couple of my clients seen on a Thursday are supported with CBT (cognitive behavioural therapy) to help them to identify, confront and reverse some of the unhealthy thoughts and patterns of behaviour that they are struggling with.

Friday

On Friday mornings I provide attachment and family therapy sessions for children and their parents, who have their sessions together. I enjoy these sessions as it is wonderful to see the attachment between parents and their children growing each week.

On a Friday afternoon I carry out clinical admin. This includes carrying out assessments, holding therapy review meetings with parents and schools and ensuring my clinical notes are up to date.



OUR IMPACT

NUMBER OF CLIENTS SUPPORTED

2019-20	2020-2021	2021-2022
74	82	242

What a child has said

I like coming to my sessions, they were helpful and supportive. I am going to keep the memories of creating the fun times and will do a book on what I liked about our sessions. Art makes me feel calmer. I have learnt some positive stuff.

What a school has said

"A" had a good relationship with his therapist. We have seen a difference in "A"'s general attitude, he seems happier in himself and has built positive relationships with his peers.

What a parent / carer has said

Originally, I made just the one referral to KidsAid for my daughter. But when I spoke to the team, they also picked up that my other child was struggling as well and that I also needed some help for what we had all been through. We each had 6 months of support with our own therapists. All of them were lovely. We still have our tricky days but we know how we can help ourselves and each other now - we have been given tools that really help us in day to day life. My daughter is doing well in school again and we have been able to finally move forwards after a very difficult couple of years. Thank you to everyone at KidsAid -what you do is so special.



YOUR DONATIONS CAN MAKE A REAL DIFFERENCE!

£30

£30 will provide a child with their own therapy tool kit

£40

£40 will fund an individual therapy session for a child

£1200

£1200 will provide a child with six months of therapy

£1600

£1600 will provide a family with 20 weeks of therapy

£2000

£2000 will provide 12 weeks of group therapy sessions for six children or young people

MEET OUR SOCIAL MEDIA VOLUNTEER, JULIA!

She looks after the content on our social media channels, helping people to learn more about what we do at KidsAid.

Julia grew up in Northampton, and has recently moved back to buy her first home. As a professional writer, she felt that supporting our online content would be the best way to get involved.

What do you do for KidsAid?

I'm trying to help get the word out about the amazing things KidsAid does for children and young people. So I set aside about a day a month to check in with the team online, see what the charity's been up to lately and what's ahead, and then write up and schedule the posts for each of the social channels. I also donate some of my salary each month through Payroll Giving.

What made you want to support us?

KidsAid is a proper local charity. It's part of the community I live in, and it's using all its might to change the lives of local kids who are going through a hard time. I know the last few years have been particularly bad for mental health, and for children in difficult circumstances. I'll do anything I can to help out - and since I'm a writer and have worked in digital, I felt like I could add something to the charity's social media profiles.

What would you say to anyone who wants to get involved?

Whatever your charity, I don't think there's ever been a more important time for us all to pull together and help each other out. Whether it's a bit of money, sharing knowledge, or just helping out with your free time. It's so rewarding and I know that, with KidsAid, it goes so far.

Check out our social media content by following:

- The KidsAid Foundation on Instagram and Facebook
- Kids Aid UK on Twitter and LinkedIn

There are so many ways to volunteer or raise funds for KidsAid. If you want to help out, just get in touch with us at info@kidsaid.org.uk



WAYS TO SUPPORT US!

We're honoured and proud to support our local children and young people. Could you help us by making KidsAid your Charity of the Year 2022? As a local charity, any support from the local business community helps us. Charity of the Year, Amazon and Easy Fundraising

Did you know that supporting us is as easy as typing 'smile' into your browser?

Go to smile.amazon.co.uk and, with every purchase, Amazon will give us some money.

It doesn't cost you a single penny. But every time you check out through Amazon, they send a little something from their pocket to ours.

Thank you to all our lovely supporters who already shop through Amazon Smile - every single penny makes a difference!

KidsAid therapy rooms would love to have some of these items from our Amazon wish list https://www.amazon.co.uk/hz/wishlist/ls/2UD40WX3KKU9Q?ref=wl_share!!

Planning a purchase? Raise money for free!

With #easyfundraising you can give a free donation to KidsAid every time you make a purchase! Just start your online shopping at easyfundraising, then shop as normal. Retailers will then make a small donation to your chosen cause to say "thank you".

KidsAid

We understand that times are tough, so we'd be extremely grateful for your support

YOUR SUPPORT HELPS SO MANY

We're facing financial challenges too. If you can, please help us continue delivering valued activities and services.

local LOTTO

Please support the lottery

Just £1 a week

WIN up to £25k

PLAY NOW:
Go to www.local-lotto.co.uk
and search for: KidsAid



EVENTS AND CHALLENGES



Northampton Half Marathon!

Sunday 25th September 2022 Starting at The Guildhall and finishing at Delapre Country Park!

To book your place visit:

www.gobeyondchallenge.com

then select KidsAid as your chosen charity!

Northampton Half Marathon (13 miles) Age restriction from 17. Reach the target of £100 and you'll receive your ticket! (Normal cost pre-entry £34 and on the day £40).

Northampton Half Relay (Three people completing the 13 miles together) Age restriction from 16. Min 3 participants. Reach the target of £160 and you'll receive your tickets! (Normal cost £54).

Northampton Size 6 (6.9 miles) Age restriction from 17. Reach the target of £75 and you'll receive your ticket! (Normal pre-entry cost £25 and on the day £30).

Michelle who works at Protest ES Ltd and her partner Tim have both signed up for the Northampton Half Marathon and will be running for KidsAid. If you would like to donate and support please find a link below.

Charity Abseil

KidsAid first abseil on Saturday 29th October 2022, at the National Lift Tower based in Northampton, which is a staggering 418 feet and the largest abseil tower in the world!!

To see what it will feel like please have a look at the drone footage: <https://fb.watch/dbAFX72vaF/>.

It costs £100 per person to abseil therefore KidsAid will pay £50 and then we ask that you pay £50. You then just need to raise a minimum of £250 to complete the abseil.

For more information, please visit <https://www.nationalabseilteam.co.uk/faqs/> for frequently asked questions.

If you would like to take on this thrilling challenge, please could Charlotte on: info@kidsaid.org.uk

For more information, please visit <https://www.nationalabseilteam.co.uk/faqs/> for frequently asked questions.

Good luck and thank you from all the children/young people, parents/carers who will be supported by KidsAid! The work KidsAid do could not be completed without your fundraising!!

