



NOVEMBER 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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NORTHAMPTONSHIRE LAW SOCIETY

Annual Awards

The team were invited by the President of NLS, Jabeer Miah, who has chosen KidsAid as his Charity because he feels passionate about supporting local children in need. Jabeer recently became a father, which has highlighted the importance of emotional development and providing a safe space for children going through difficulties.

During the evening, KidsAid shared a presentation to highlight the importance of our work in providing creative psychotherapies for children, young people and families who have suffered trauma. The team also discussed ways in which law firms and solicitors can get involved with our vital work.

During the evening KidsAid signed up six supporters to complete abseils down the Northampton Lift Tower on Saturday 29th October 2022. We also raised an incredible £492.50!

Thank you to everyone at Northamptonshire Law Society for your kindness and support. We are so grateful!

KidsAid had an amazing evening! A lovely welcome, great food, and amazing company! Thank you, Jabeer, and to everyone else involved!



OUR SUPPORTERS

Crick Software

Crick Software raised money by having a staff cake sale for us, as you can see, they are great bakers! Lorraine and Charlotte attended (this is the hard part of the role), and we can confirm that they were delicious. So far this year, Crick Software has raised £817 which we have used to purchase furnishings & toys for our therapy rooms!

The team have also redecorated our therapy room, which now looks so lovely and bright! Thank you so much, our friends!

Protest ES Ltd

Michelle from Protest ES Ltd and her partner Tim took part in the Northampton Half Marathon. They both did an amazing job and KidsAid really appreciate the funds they raised. Both their companies have matched funded - which is amazing as their support has gone even further! Thank you to all who supported them.

Quest Employment Northampton

Quest Employment fundraised for KidsAid by completing a Tough Mudder! The team did a series of obstacle courses and mud runs. They did a great job and KidsAid is so grateful for their ongoing dedication and support.

Heinrichderek

Heinrichderek are one of KidsAid's biggest supporters! So far this year, Director Peter has pledged in our Big Give Campaign, he has run the Northampton Half Marathon, and more.... It is thanks to supporters like Peter that KidsAid can continue our work. We look forward to many more fundraising events together!



OUR SUPPORTERS

EMR Northampton



EMR has given a donation to fund individual therapy kits for 30+ young people. Our therapy kits are made bespoke to each client we work with and include a range of arts, crafts and play resources to use in their creative or play therapy sessions. This support is already making a huge, positive impact for the young people accessing our service.

James Kennet, Operations Manager at EMR Northampton recently shared:

“Childhood trauma is something that affects an increasing number of young people and left unrecognised it can have detrimental impact on individuals as they transition into adulthood. The sessions KidsAid provide help to stop this becoming a reality, allowing children to deal with any trauma they have experienced. We are proud to be able to support this vital work and look forward to hearing of the positive impact that our partnership will have on the lives of young people”.

Thank you EMR. Your support is already making a huge, positive impact for the young people accessing our service.



Square Media



Square Media produced this lovely newsletter. This means so much to us and it means we can celebrate our supporters and keep you all up to date with our work. Thank you to the Square Media team!

We are truly thankful for all you are doing to support KidsAid.



OUR SUPPORTERS

ACS Recruitment

ACS Recruitment have two very brave employees who are Abseiling down the Northampton Lift Tower on Saturday 29th October for us. The team will be with you cheering you on! We cannot wait to share this moment with you!

Photo-times Photography

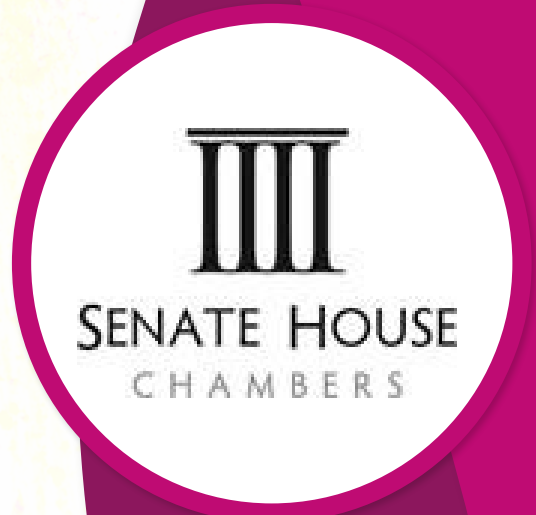
Elise from Photo Times Photography has kindly volunteered to abseil down the Northampton Lift Tower for KidsAid in October. Elise has shared that she has lived with mental health difficulties since her teenage years which lead to her suffering with anorexia. As Elise has lived with a life-changing trauma through adulthood she has said that she can understand how difficult it is to come to terms with trauma:

"As an adult it's hard enough to deal with, but when a child has to process these life events with little or no life experience, and potentially no safe person to call upon to help them come to terms with what has happened, it is heart-breaking. Everyone should be given support and a safe space to process life events and allow them to have time and the tools to deal with whatever life has thrown in their path."

In addition to supporting KidsAid, Elise wants to use this abseil experience to prove to herself that despite her own fears she can still do things outside of her comfort zone to help other people. Elise has shared that she has spent many years being physically careful and not pushing her physical boundaries for fear of things going wrong, but now she wants to release her fear and live again! Well, this is a very big first step in that direction and the KidsAid team will be with you every step of the way, cheering you on. You are AMAZING!

Senate House Chambers

Senate House Chamber have four members of staff who will abseiling down the Northampton Lift Tower for KidsAid this month! Wow! Thank you so much for your support.... We look forward to seeing you on the 29th October!



OUR SUPPORTERS

Weston Favell Shopping Centre, The Park Café Abington, The Entertainer and Zoomania recently donated vouchers to our raffle in Abington Park. Thank you so much to you all!

Harpole WI

A massive thank you to the Harpole WI for supporting us and raising an amazing £300! You are such a lovely group of ladies, and we are so grateful for your support!

Mawsley Community Primary School

Thank you so much to Mawsley Community Primary School and to everyone involved for your very kind donation of £78.63! It means so much!

Royal Antediluvian Order of Buffaloes Club

Thank you for the continued support from Royal Antediluvian Order of Buffaloes Club and for holding a collection tin on their premises and weekly bingo sessions. They have raised an amazing £110.47 for KidsAid. Without supporters like you the work we do wouldn't be possible.

Reaper Squad

The Reaper Squad raised £70.12 for KidsAid at a recent event! Thank you for your ongoing friendship and for all the smiles you bring to everyone's faces!



OUR SUPPORTERS

Persimmon Homes

Persimmon Homes did a fabulous job for KidsAid – thanks to them, we have new flooring in our two therapy rooms! The flooring looks amazing... and is a lot more practical for us when cleaning up glitter and glue!

Priyesh – our wonderful supporter and friend

"I support KidsAid by donating to the charity every month. KidsAid is aligned to my personal values of holistically improving the quality of young people's lives. Drawing on my own life experiences, I know how important it is for people to have someone to support them during difficult times. I am incredibly passionate about the emotional, mental, and physical wellbeing of our younger generation. It means a lot to give to this cause and I believe that with more support we stand a greater chance of our younger generations thriving in the future".

Northampton College Public Services

We are super grateful to Northampton College Public Services who recently held a car wash fundraiser for us! This event was lead by an enthusiastic group of students who raised an impressive £200!

Thank you to all involved!



OUR SUPPORTERS



Peak Empower

KidsAid are absolutely delighted to share that we are collaborating with Peak Empower over a 3-year period to deliver a combination of therapy and wellbeing activities to local families! We are incredibly grateful to National Lottery Community Fund who has made the project possible, by awarding our charities with £50K. We couldn't deliver this project without their support.



Northants Community Aid

A huge thank you to our friends at Northants Community Aid who are funding a 6-week program of group therapy to support NGAGE's service users. We are so grateful to Northants Community Aid for their ongoing kindness and support to our charity.



Northamptonshire Community Foundation & Avon

Northamptonshire Community Foundation & Avon have granted KidsAid £6,000 which is being used to fund a project for mothers of children we work with who have been through domestic violence.

Supporting parents alongside the children we work with is an essential component to stabilising the family system around the child, improving outcomes, and bringing about positive and long-lasting change. Thank you to NCF and Avon for making this work possible.



OUR SUPPORTERS

Northampton Community Foundation Annual Awards

KidsAid are absolutely thrilled to announce that KidsAid has been shortlisted by Northampton Community Foundation for the Edge Award in recognition for our "outstanding contribution to the county". The team are looking forward to attending the awards ceremony in December.



West Northamptonshire Council

KidsAid have received a £350 donation from the West Northants Council Covid Support Fund. This will be used to support unfunded referrals. Any help with funding is always appreciated as we continue to receive an unprecedented number of requests for help. Thank you WNC.



The Wilson Foundation

We cannot thank The Wilson Foundation enough for your donation of £10,000 to KidsAid! This funding will be used to provide vital therapy sessions for local children in need. Thank you for the support you provide to charities and community groups across Northamptonshire - it really does make all the difference.



THE BIG GIVE CAMPAIGN

This year, KidsAid has applied to take part in the Big Give Christmas Challenge, the UK's biggest online match funding campaign. We're hoping to raise vital funds for our project Therapeutic Support for Children & Young People.

As part of our application, we needed to gain supporters to make promises of funding, called 'Pledges', which will be used as match funds to double online donations made to our charity during the campaign. Our target was £5,000 in pledges which we achieved with thanks to the incredible support from the following local businesses!

- Slinn Residential
- Addison Print
- Wilson Browne Solicitors
- Archways Real Estate
- Key conveyancing
- Keystage housing
- Sos property
- Horts Estate Agents
- Heinrichderek
- Manju Mital
- Hevey

Just recently KidsAid found out that we have secured an additional £5,000 in match funds via a Champion (sourced by the Big Give). How amazing!!!

The next challenge is to raise £10,000 during the week of the 29th of November noon to the 6th of December noon. This will give us enough funding to provide 500 free psychotherapy sessions, helping to close the gap with the lack of local provision available. With this funding we will be able to help 50 young people who have been through trauma such as abuse, neglect, and domestic violence to lead healthier and more fulfilling lives.

Our fundraising plans for the week of the Big Give Christmas Challenge:

- Fashion show on Thursday 1st December at Towcester Town Hall, 7pm-9pm, £5 a ticket
- Christmas fare on Saturday 3rd December at Milton Malsor Community Centre, 10am-2pm. Entry fee: Adults £2 and children free. If you would like a stall, please get in touch.
- Pop up shop on Friday 2nd December at Northampton Grosvenor Centre

If you would like to fundraise or donate during this week, please contact our Fundraising Coordinator, Lorraine: lorraine@kidsaid.org.uk.

We hope that everyone will give generously during this week to help us reach our target and enable us to continue providing the support we all feel so passionately about.



MEET THE TEAM

CATHRYN OUR CLINICAL LEAD



Cathryn: "I am a BAPT Registered Play Therapist and also KidsAid's Clinical Lead. Being a Play Therapist has enabled me to support children who are struggling by facilitating play experiences where children are able to psychologically distance themselves from their trauma to allow them to have 'felt safety'. Much of what I do in the play space is to support the child through co-regulation and consequently the child learns much-needed self-regulation skills.

A Play Therapist also acknowledges and validates a child's feelings and responses to situations they have experienced and helps the child to make sense of their world at the pace the child feels comfortable with. It is a developmentally appropriate therapeutic intervention allowing children to regress where needed to and to have experiences they may have missed through disrupted childhoods.

My work at Clinical Lead is to ensure that at KidsAid we are working ethically and within the realms of the competency levels of our therapists. With the support of other staff members, I help to improve and extend our delivery of services, so we are able to meet the needs of many more children and families.

Both roles give me an immense amount of satisfaction and I love being able to make a difference."

Our Impact

"We at the Abbey Primary have been accessing KidsAid for the last year. We have referred 8 different pupils for different reasons. Most of these children have suffered trauma in their lives. Some that have suffered loss, some have high levels of anxiety, depression, or behavioural issues.

The therapy sessions with KidsAid have been vital for these children and have had a huge impact. After completing sessions, they have been noticeable happier, calmer and are now in a position to regulate their emotions and have the resilience to cope with life's challenges.

They have improved wellbeing and better relationships with adults. School staff and parents have seen a marked difference in their confidence and emotional well-being.

These children also have improved relationships with peers and now have the confidence to building firm friendships. We could not support these vulnerable children and achieve the best possible outcome for them without the support from KidsAid."



EVENTS AND CHALLENGES

NORTHAMPTON HALF MARATHON

Our team of six runners started from the heart of our town centre outside of the Guildhall, before running through Northamptonshire's beautiful countryside, and reaching their destination at Delapre Abbey.

Each of our runners were incredible! All completed the race - they did us so proud!

Goody bags and sweets were provided for our fab team of six!

Donations received so far is £1,140.99... and counting! Thank you to our runners, and to everyone who sponsored and supported them We are super grateful for your support. If you want to support us next year, please save the date as Sunday 24th September 2023.

ABINGTON PARK FUNDRAISER

KidsAid had a great fundraising day in Abington Park. We had a raffle, tombola and children's games - all with the fab Lincoln Noel entertaining us on his piano. Thank you to everyone who came along to support us.

ABSEILING NORTHAMPTON LIFT TOWER

KidsAid have a fantastic team of 20 supporters abseiling down the Northampton Lift Tower on Saturday 29th Octobe! If you fancy a challenge, you are very welcome to book for next year when we will be going again on Saturday 17th June 2023!



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

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 2023? As a local charity, any support from the local business community makes a huge impact to the work we do, and how many local families we are able to support each year.

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!

We would love to add some of these items to our KidsAid therapy rooms for our families to enjoy... please check out 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.

Please support the lottery

Just £1 a week

WIN up to £25k

local LOTTO

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

