



**BEYOND
THE HORIZON**



ANNUAL REPORT 2021/2022

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

"I have seen a huge positive change he is the old confident [child's name] and is happier and gets on better with his family and friends and he is now talking about it more when he is struggling and he copes and can manage so much better."

Parent/carer

"He is much calmer and much more able to communicate how he is feeling. He is able to talk about his experiences more quickly and ask for support."

Parent/carer

Confident, professional, compassionate

Jenny Graham, Chief Executive Officer, reports

3

About us

Charitable objectives and activities
Who we are
Why we do what we do

5

Our achievements

Adapting our delivery
Our achievements in numbers

7

Our impact

Analysis of our outcomes measures

10

From our chair

Alan Clee, Chair of trustees, reports

11

Case studies

Ukrainian refugee families
Child Parent Relationship Therapy
Therapeutic social skills group
The Penguin Project
The BEAR Project
Working in partnership

13

Financial review

Summary
Statement of financial activities

19

Governance

Trustees
Bankers
Independent examiner
Charity registrations

21

The year ahead

22

Thanks to our funders

24

hope

Confident, professional, compassionate

WE HELPED
293
FAMILIES

Jenny Graham Chief Executive Officer



2021-2022 was a year in which we focused on strengthening the growth we had already made to our team and our work during the pandemic, and I am pleased to say we did this.

We wanted to ensure that we came out of this difficult period in a stable position with the confidence that we could respond in the same professional and compassionate way to our beneficiaries as we have always done. We approach 2022-2023 with this confidence.

During the year 293 families (child and/or parent carer) accessed our services, the highest number of families we have ever supported in a year.

Having offered online therapy since the start of COVID, by the end of March 2022 all of our services were once again delivered face to face. Our consultation with children and young people highlighted the importance of in-person, child led sessions in their own community settings. We have flexed and adapted quickly and have again proved our resilience and determination.

As ever, I am proud of our wonderful team. They support, celebrate and champion each other and are whole heartedly committed to doing all that they can to ensure the best possible outcomes for children and families. Their insight into the lives of the children, parents and professionals they support inform our strategy and direction and I am extremely grateful for their expertise, knowledge and support.



The views of children and families are the foundation on which we learn how to respond to the changing needs of our community and this year we established our youth panel, BTH Ambassadors, who are helping us to ensure that the needs and opinions of children and young people are at the heart of all we do.

As ever, the demand for our services is always more than we can meet. There is less capacity across mental health services in the city (statutory and voluntary) than before the pandemic and even greater need since.

Our strategy for 2022-23 considers maintaining our core service whilst planning for a manageable level of growth. This will allow us to increase the number of referrals we accept and develop our family support project (The Penguin Project), deepening our impact by sharing our learning with parents/carers, school staff and other community organisations.

We are hopeful that 2022-2023 will be a positive one. With the fantastic support of our funders, we have some stability once again, enabling us to explore different income streams and future partnerships.

Once again, I want to thank everyone who plays any part in supporting us as a charity. After another challenging year we really wouldn't be in the position we are without everyone pulling together as they do. I feel incredibly privileged to work alongside you all and feel excited about the year ahead.

About us

Charitable objectives and activities

The objectives of the charity as described in its constitution: To relieve the distress and/or 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 fulfil its objectives:

- Counselling
- Play therapy
- Child parent relationship therapy and parent support (The Penguin Project)
- Art therapy
- Family sessions following bereavement (The BEAR project)
- Group programmes for children affected by domestic abuse
- Bereavement groups for children
- Crisis support, advice and training to schools and other professionals.

Our services have been adapted so that they can be delivered online if required. Face to face sessions are held in schools and community venues across Birmingham and as near to where the child lives as possible.

The services we provide to children are child-led. 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.



Who we are

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

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

We offer child parent relationship therapy and parent sessions, providing support after the child has experienced trauma. These programmes are designed to strength 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, teachers, Social Workers, GPs, CAMHS services) are concerned about their mental health, risk-taking behaviours, suicidal ideation and self-harm. They are often at risk of 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 healthy way.

"The support that BTH provides is excellent, from office to counsellor, everyone is kind, thoughtful and sensitive"

Parent

"He is a much happier boy, he kept his sessions going for as long as he needed. He is in a good place to move into secondary school. He has much improved. The service really made a difference."

School

Our achievements

Adapting our delivery

Having offered online therapy for the first time during the COVID 19 pandemic, 2021-22 saw **95% of children and young people** opting to resume in-person sessions again. Once again therapists offered support to children at school and in community venues across Birmingham.

Our BEAR project could be delivered in family's homes once again and Child Parent Relationship Programmes could be delivered in-person too.

Our office resumed its normal operations with staff being able to share office spaces and work alongside each other once again.

Increasing our capacity

In 2021-2022 we accepted **226 new referrals** which is the highest number we have ever accepted. During the year we worked with **233 children and young people** and **30 parents/carers** received support through the Penguin Project.

Alongside increasing our therapy team, we have also increased our office team and have embedded the new processes established during the COVID 19 pandemic.

The Penguin Project



This year we developed the Penguin Project further. We offered Child Parent Relationship Therapy to more parents/carers through our own referral pathway and through two school communities. We offered more individual parent support sessions with a therapist helping parents to explore their understanding of their child's needs whilst processing their own responses to grief, loss and trauma.

"I feel much closer to my daughter, I have a better understanding of her. I am able to respond to her in a more positive manner and she feels more able to share her feelings with me."

Penguin Project parent

"It helped me to set boundaries with my family, and state how I was feeling, creating a more open and trusting relationship with them."

Child/young person

The BEAR Project



We were successful in our application to Children In Need to extend this project for a further three years. This project offers support to families together after the death of a loved one.

School groups



We supported **34 young people** in school groups, following the death of another pupil. We offered fortnightly sessions with friends and peers who were grieving and allowed them the time and space to process and share their experience together.

Birmingham and Solihull Bereavement Pathway

We have continued to work alongside CRUSE and Edwards Trust as part of the Birmingham and Solihull Bereavement pathway, which was established in May 2020, and have supported a total of **104 children** through this pathway to date. We will continue to work alongside these organisations to maintain a clear understanding of the capacity across the city of bereavement support services.

BTH Ambassadors

This year we established our Youth Panel, BTH Ambassadors, (made up of previous service beneficiaries), who meet bi-monthly, to collaborate on activity planning and monitoring the effectiveness of our service. As well as helping to plan our Remembering Day, they carried out a consultation with children and young people about the service they had received and about their experiences as a young person living with loss. The panel are helping to inform the decisions we make and the planning we do.

Remembering Day

In March 2022 we held a Remembering Day to coincide with the second anniversary of the first COVID 19 lockdown. Families of children who we had supported who were bereaved during the pandemic were invited to come together to remember their loved one. There were a range of creative and remembering activities that they could do alongside fun and self-regulating activities and a story corner. Families who came to the day were thankful to have been able to spend time with others who had experienced similar loss and grief in the last two years.



"Today was absolutely well needed. We need to come together and celebrate our loved ones in a healthy way!"

Remembering Day participant

Our achievements in numbers



374
new requests
for support, a
43% increase
on last year



226
new referrals
accepted, a
63% increase
on last year



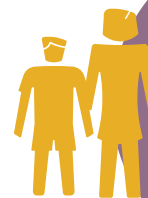
293
beneficiaries
supported in
year, a **34%**
increase on
last year



263
individuals
(children and
parents) received
a therapeutic
intervention



233
children and
young people
received a
therapeutic
intervention



161
children and
young people
received one to
one therapy



38
bereaved children
were supported
with their parent
or carer through
our BEAR project



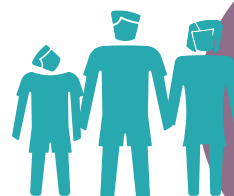
34
children were
supported in a
group at school



30
parents and
carers received
Parent Support
or Child Parent
Relationship
Therapy (CPRT)

"I was able to actually speak about things that were a bit heavy to put on someone else. I'd feel bad telling my friends things like that. When you talk about it, it is easier to think of rational solutions, it's easier to help rationalise the situation. It makes you actually think about it."

Child/young person



34
children attended
our Remembering
Day with their
family

Our impact

We monitor the effectiveness and impact of our service and changes in the lives of those we support using recognised tools alongside measures we have developed ourselves.

These help us to capture outcomes aligned with our charitable objectives and the outcomes we hope to achieve:

- For the child or young person to develop healthy ways of managing grief and loss
- To improve confidence, self-esteem and resilience
- To strengthen relationships with family members and peers, reducing isolation
- To reduce concern around the child's or young person's mental health.

Analysis of our outcomes measures shows...



From our chair

"Being brave isn't the absence of fear. Being brave is having that fear but finding a way through it."

Bear Grylls

Alan Clee Chair of trustees



Being brave is one of our values, for which I have chosen this quote. Once again, we have had to prove our mettle during another year that has proved immensely challenging and increasingly uncertain in many ways, locally, nationally and worldwide. I am immensely proud of how brave and successful we have been in facing and tackling new and emerging fears and challenges with creativity, professionalism and compassion.

Crucial to our sustainability and growth is our Chief Executive Officer, Jenny Graham, whose caring leadership and thoughtful and astute management helps achieve and secure funding and service continuity and growth. We have much for which to thank her and her team in ensuring that the high standards and inclusivity of our service operate with passion and commitment, despite the huge demands often faced.

Well done and thank you to everyone for everything you do to support each other and the young people and families with whom we work.

I am pleased that we are resuming face-to-face trustee/CEO meetings once again, further reinforcing the strong and trusting relationship between CEO and board.

As chair of that board, I am delighted to work with such an active and knowledgeable group of people, whose participation is varied and wide-ranging, overseeing and approving budgets and finances, ensuring compliance and ethical operational policies and procedures, helping with interviews and approving appointments, supporting management and decision-making, and attending trustee meetings, sub-committee meetings, impromptu conversations and social events.

It is my pleasure to thank all of the trustees for contributing such a broad range of expertise and commitment in ensuring Beyond the Horizon continues to be well led and governed. While we warmly thank and bid farewell to retiring trustees Sara Walton and Sajda Butt, we are delighted to welcome new colleagues Janet Douglas and Carmen Butler-Hunter and look forward to working with them.

Beyond the Horizon continues to grow and develop through the generosity and support of funders and supporters. We thank you all for helping protect and embrace this vital frontline service for which there is an ever-growing demand.

Despite any further fears and uncertainties that may arise in the year ahead, we remain encouraged and optimistic of continuing forward, being realistic in making the best decisions we can, and finding our way through whatever presents itself.

NEW TRUSTEE **CARMEN BUTLER-HUNTER**



I am a qualified, practicing solicitor with experience in the fields of health and safety, housing law and civil litigation and I am delighted to have recently become a trustee for Beyond the Horizon.

My goals are to contribute towards encompassing an inclusive, forward thinking and connected culture. I have successfully delivered workshops, briefings and training programmes for board, executive and colleagues across a multi-complex organisation.

I have always been able to build relationships with customers, stakeholders and industry wide colleagues

alike. I am diligent, hard working, understanding and have experience in teaching and training. My focus is on continuous improvement and learning from lessons.

Working with Beyond The Horizon is an excellent opportunity for me to support an organisation who deliver great service in all situations, particularly during the Covid 19 pandemic, when the team had to rapidly adapt the delivery of the service.

I am excited to bring my skills and experience to my role as trustee with BTH.

NEW TRUSTEE **JANET DOUGLAS**



I am the Founder and CEO of Feed My Creative CIC, a multi award winning social enterprise who works with young people and adults demonstrating ways to be more sustainable with fabrics with a community focus.

My aims are to reduce waste, create more sustainable communities, inspire creativity through craft workshops focused on using recycled fabric and materials, and providing the opportunity for people to talk about common issues and/or experiences, stress, anxiety bereavement etc, while being creative.

I have over 32 years of design experience and 11 years of qualified teaching experience within secondary schools and alternative provisions.

As a parent whose child was supported by Beyond the Horizon 15 years ago, I have realised that grief for a child is very different to grief as an adult, and some of my experiences could be of some help with the work BTH do. I used my creativity as a release and therapeutic tool which has been invaluable for my son and I.

I can offer my skills to children and families, and although I am not a bereavement counsellor, I am an empathetic parent who has and is still managing a traumatic loss nearly 19 years later.

I am looking forward to being part of the wonderful BTH team and assisting in any way I can.

Read about our values on our new website...

www.beyondthehorizon.org.uk/about-us/our-values

I wonder how many of these values you can see mentioned in this report?

Case studies*



Ukrainian refugee families

One of our contract schools made a referral to Beyond the Horizon for a family who had arrived in the UK after fleeing from Ukraine. Two children (aged 8 and 5) and their mother were referred for support. The family had hid in their basement

at the beginning of the war before coming to the UK leaving everything they knew behind them. They were living with an Aunt and cousin.

The children had 6 sessions where they could explore their thoughts and experiences creatively. Their older cousin agreed to act as an interpreter.

On my second visit to the family there were more family members present. Another aunt and her children had arrived from Ukraine. There were now four children taking part in these sessions and four adults.

During sessions I observed how the family worked together as a unit to ensure all of the children were cared for and every adult had a role to play in the house.

Each week when I arrived the children and the adults were all sat on the floor waiting for me. They engaged in all of the activities I had brought for them to do and shared a great deal about what they missed about home, which included their father, their home, their pets and a cherry tree.

One of the children's mothers shared with me that she felt scared at times and wasn't sure why. In one session I shared a therapeutic story with the family that demonstrates the impact of trauma on the body and suggests some simple strategies for regulating and calming. The adults also said that they were finding it hard to respond to the children's questions about when they are going home. Together we were able to think about how they might respond, acknowledging with the children how much they are missing home and how hard it is that they can't go home but admitting that at the moment they don't know when it might be possible.

This was a very different piece of work for me and I was initially unsure about how I was going to support the family, especially when there were more children than were referred (and more adults) and there was a language barrier. A creative and flexible approach was needed to respond to this family's needs. Through the sessions I was able to appreciate the importance and resilience of a family being and working together.



Child Parent Relationship Therapy

One of Beyond the Horizon's (BTH) visions is to increase parent participation within the work we do and to support parents in becoming the agent of change for their family. Thus, having lasting therapeutic gains and having a ripple effect to others in the family and having a positive impact on an increased number of people's mental health. One way we are doing this is through the engagement of parents in our Child Parent Relationship Therapy (CPRT) groups.

This year I have had the opportunity to run two CPRT groups. One participant that particularly sticks with me was a mum who showed dedication and commitment to her daughter by attending all 10 sessions. Even when she had Covid she attended via Zoom. The mum also asked for further input regarding regulating ideas to support her daughter.

Both mum and daughter were white British. Mum had two children and the focus for the CPRT work was her 8-year-old daughter. Mum had first got in touch with BTH due to her daughter struggling regarding the separation of herself and the children's dad. Mum seemed to be her daughter's secure base and was excited to learn new skills and conduct special playtime sessions with her daughter.

Some of the daughter's presenting behaviours and areas of concern for the mum where: frequent hand washing and toilet use; not wanting to stay away from mum; separation anxiety going into school; not sleeping in her own bed; ordering, repetitive and ritual behaviours; regular stomach-aches and headaches.

Mum hoped to learn how to support her daughter with the regulation of her anxiety and to have a positive impact of her daughter's confidence and independence. Mum also wanted her daughter's relationship with her father to be more positive.

Via weekly special playtime sessions with her daughter – on the same day, at the same time, in the same room at home – mum was able to create an environment that fostered consistency, safety, predictability and containment. Her daughter had time with her mum to explore her feelings and thoughts through the metaphor of play. Mum was able to implement skills of reflective responding that allowed her daughter to feel understood, accepted, and met with empathy. Mum and daughter shared fun, laughter, and playfulness. During the CPRT sessions we reviewed videos of mum and daughter's special playtime sessions supporting growth in mum's skills and offering a supportive reflective space.

Towards the end of the sessions the daughter was able to spend two weekends away from mum and have a good time. The daughter was able to use her special playtime sessions before and after this time away from mum to process feelings of abandonment. Mum was also able to encourage dad to build on his relationship with his daughter in a non-judgmental accepting way sharing skills she had learnt in the CPRT group.

Mum gave the following feedback at the end of the CPRT sessions:

“CPRT has been hugely beneficial, providing me with a deeper insight as to how to support my daughter. Being in a group, meant I could share experiences with other parents and not feel isolated in my concerns. My daughter has greatly developed in her self-confidence, self-belief, and self-worth. She thoroughly enjoys the special playtime, and we will continue with it now the course has finished.”

The standout results from BTH’s progress questions where the daughter’s growth in resilience which mum scored her daughter 2 out of 10 at the start and 7 out of 10 at the end and her growth in confidence which mum scored her daughter 4 out of 10 at the start and 8 out of 10 at the end.

The score from the Filial Problem Checklist showed that mum viewed her daughter more positively at the end of the CPRT sessions showing increased parent empathy. With the overall score of problematic behaviours decreasing from 100 to 66 out of a total possible score of 324.

I am excited to see the support BTH offers to parents and families grow and become more established next year.



Therapeutic social skills group

One of BTH’s contract schools requested support for a child in year 4, we will call him John, with a diagnosis of Autism and ADHD. As a result of his social processing difficulties, the child found it hard to build and maintain friendships; particularly struggling to interact with unfamiliar children. The school requested a 6-week social skills group. Keen that there was equality in the group, I suggested they identify a few other children with social needs; and so, five boys from years 3 and 4 were invited to join the group, all with difficulties in social skills and friendships.

There are many different approaches to group work, which I considered. I chose a directive structure as it was a short, fixed term intervention, yet with a therapeutic approach which accepted each child as a whole person and valued freedom for the group to explore activities in their own pace and direction.

On arriving at the first session, all the children were excited and keen to take part, despite being nervous; it seemed they were all ready and wanting this chance to connect. However, checking in during the first session, showed how unused they were to taking note of their own emotions, let alone paying attention to the feelings of others – key skills in friendships. A simple art activity at the start of each session helped them learn to be present in the room, pay attention to themselves and then to be ready to be open to others.

Session themes included: meeting new people, healthy and unhealthy friendships, understanding each other, how our feelings affect our behaviours, strengthening friendships and celebrating together. The children enjoyed playing and learning together, through many games, role play, discussions, sand trays and story.

Over the weeks, being away from the expectations of habitual behaviour in class, they each began, gradually, to try out different ways of being and interacting. It was lovely to see the children building friendships, having fun and showing genuine care for each other. Despite this progress, it became clear that some of the children had levels of need that were higher than could be addressed within a short, or group work intervention. Discussing these with staff enabled us to identify and prioritise these needs, with two children later starting one-to-one play therapy.

In feedback, each of the children had made progress: John's teacher reported he had become more confident with peers and has stronger friendships with a small group in his class; another child had become more able to compromise and show social independence; another developed empathy and was now able to begin responding to the needs of others.

I too learnt from the experience, as I do from every client I work with, and look forward to taking these skills into any future group work projects.



The Penguin Project

A father was referred for Parenting Support following the sudden, unexpected death of his partner six months previously. He has two children, aged 4 and 8 years old. From the first session, it was clear that he was still very much grieving himself, but he was also concerned about his children's well-being and behaviour following the death of their mother.

His eldest son was becoming more challenging and getting into trouble at school, whilst his youngest son was struggling to talk about his mother at home and he was worried that he might forget his Mummy. He wondered how to help keep memories alive without dwelling on the past.

The extent of Dad's own grief and emotional distress was acknowledged as he had not been able to share this yet with anyone. We discussed ways he could access bereavement support, reflecting that if he has an outlet for his own emotions he is much more likely to be able to emotionally attuned and available to his children. We talked about who Dad might want on his support "team" so did not feel quite so alone.

Dad said he was concerned about being either too permissive or too punitive with his children. We talked about how he might respond calmly and empathically whilst setting very clear expectations about his behaviour in order to help his children feel he understood the depths of their emotional distress, whilst at the same time also addressing the challenging behaviour and making it clear how he wanted them to behave.

We reflected on the busy routine of clubs and activities that had helped the family cope over the last six months but Dad also identified a need to carve out space with the children at home, without demands and distractions, just to enjoy relaxed time together, and to create space for thoughts, feelings and memories of Mum to bubble up and be shared. We thought about ways he could help them share memories of their mother as a family.

Dad did not feel the children needed further therapy at this stage. His own bereavement counselling was underway as we closed these sessions. He was very grateful for the support offered by BTHC saying:

"I can relate to you and talk to you... you understand... you know what'll be helpful. You've given me things to think about and do which help."

"[The overall intervention was] fantastic."

"I'm incredibly grateful for the support you have given me."



The BEAR Project

Support was requested for a mom and her three children (all under 12) through the BEAR project following the death of the children's father, their step-grandfather and their uncle all within a few months of one another.

The BEAR sessions take place at the family's home and when I arrived, mom was present with the three children as well as other family members (maternal grandmother an aunt and her daughter). Following introductions, it was apparent that the impact of these separate deaths had had a huge impact on each family member.

During sessions we explored the roles of each family member that had died. We talked about what it was like for each of them when these important people were alive and used lots of creative materials to help them think about this. This created a connection for all of the family members and they were able to focus on some of the smaller things that they had forgotten and this felt important for them. We then talked about how it was different now that they had gone and where each family

member felt impacted by their loss. Mum was able to share how she felt that she had put her grief on hold whilst she concentrated on looking after everyone else.

The family found it helpful to focus on the support that they had now and spent time thinking about this creatively with paper chains, connecting emotions to who they might go to if they were feeling a certain way. Through sharing memories, the family were able to grieve together, normalising talking about the sadness and sense of loss that they felt.

This family very much benefited from just stopping their every day life and activities and focusing on their loss and grief. There were a lot of changes within the family dynamics and it was hugely important to take some reflection time.



Working in partnership

Milo is 6 years old. He was referred by school because his father died last year. During therapy his therapist became aware that his mother has mental health needs which were previously being managed with drug and alcohol use.

By the time the referral was made to Beyond the Horizon, social care were involved. This referral required joint working with social care and school as a team to ensure Milo received therapy for bereavement and had access to nurturing sessions.

Milo was struggling to go to sleep at night and spoke of his love for dad and missing the relationship they had. Milo attended weekly therapy sessions over several months. Despite difficulties in communication due to changes of social workers, his therapist attempted to ensure Milo had a secure base in addition to the support of the school pastoral lead.

Regular communication with his mother was also a key part of the process. Milo enjoyed the selection of arts and crafts and was very creative in using his imagination for storytelling to express his inner world. At the end of therapy, Milo's mum reported that he was sleeping much better after months of late nights. School reported a more settled and happier child around the building.

"He is more confident and can talk about his emotions and feelings."

School pastoral lead

Financial review

Summary

The accounts for the year show net expenditure of £56,062 for the year (2021: Net income of £63,131) largely due to emergency COVID funding ending. The total income amounted to £191,514 (2021: £252,005), whilst expenditure for the year amounted to £247,576 (2021: £188,874).

Certain grants have been given for specific purposes and these are shown as restricted funds, however 56% (2021: 34%) 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 however, further funding needs to be identified in the next financial year in order for the charity to achieve its plans.

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 and comment as follows:

- The charity requires reserves to cover 3-6 months of its annual budgeted core costs
- Unrestricted reserves at the end of year amount to £74,689 and from this the trustees have designated £22,138 to cover committed costs.

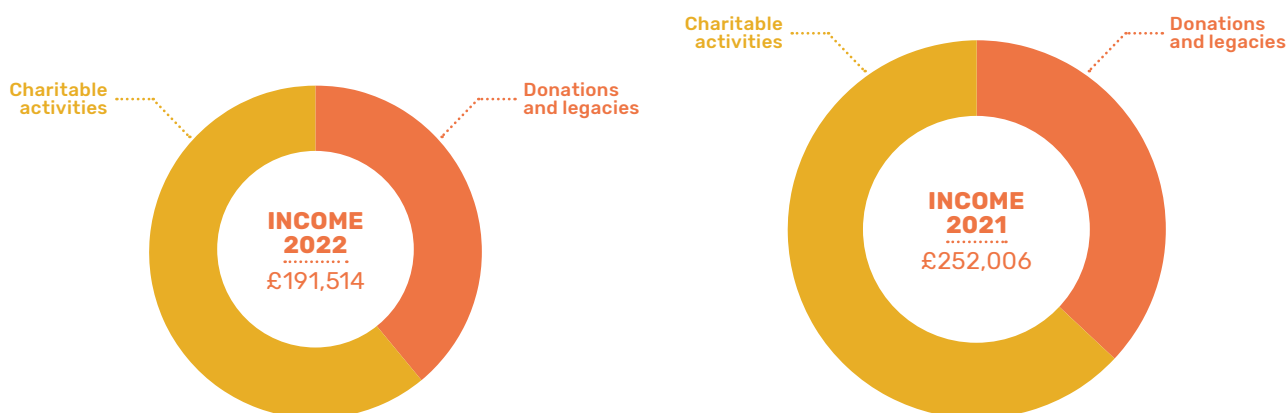
Therefore our free reserves for the year (after deducting £3,425 spent on fixed assets) are £49,126 which represents 6 months of budgeted operating costs.

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

Statement of financial activities

			2022	2021
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income				
Donations and legacies	49,844	25,750	75,594	92,154
Charitable activities	56,845	59,075	115,920	159,852
Total income	106,689	84,825	191,514	252,006
Expenditure				
Costs of raising funds	7,023	-	7,023	6,024
Charitable activities	130,840	109,713	240,553	182,851
Total expenditure	137,863	109,713	247,576	188,875
Net (expenditure)/ income and net movement in funds for year	(31,174)	(24,888)	(56,062)	63,131
Reconciliation of funds:				
Transfer of funds				
Total funds brought forward	105,863	30,311	136,174	73,043
Total funds carried forward	74,689	5,423	80,112	136,174

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.



Governance

Trustees

Alan Clee (Chair)
Toby Arrowsmith (Treasurer)
Carmen Butler-Hunter
Scott Dale
Vicki Hook
Janet Douglas
Rev Paul Nash (Vice Chair)
Fidelis Navas
Elaine White

Bankers

Unity Trust Bank plc
Nine Brindleyplace
Birmingham
B1 2HB

Independent examiner

Karen Hanlan, ACA, ACIE
Karen Hanlan Independent Examiner Limited
12 Waterloo Close
Wellesbourne
Warwickshire
CV35 9JG

Charity registration

Charity number 1155755
Holy Cross Centre
Beauchamp Road
Birmingham
B13 0NS



“My daughter has progressed a long way since she started her sessions. She felt very supported by (therapist) and was able to put in place the strategies needed to be able to manage her feelings. I believe that without the sessions she wouldn’t be where she is now and I’m so very grateful for the help she had.”

Parent/carer

"He is much calmer and much more able to communicate how he is feeling. He is able to talk about his experiences more quickly and ask for support."

Parent/carer

"He is more confident and happier, his learning has improved, and his friendships have grown. Thank you for your time and your patience."

Parent/carer

OUR NEW ADMINISTRATOR **AASMA RASUL**



I am a new member to the Beyond The Horizon Team, joining in December 2021.

For me it was a new challenge coming from a legal and banking background. I have always wanted to work somewhere I can make a difference to help someone, which is why I chose to work for Beyond The Horizon.

I have enjoyed my role here and enjoy working with the Team. I loved helping out on the Remembering

Day in March 2022 and meeting some of the families that I speak to from the office, and to see the children that the Counsellors help.

I am a mother of three, two boys and a little girl, which is my favourite job of all.

I enjoy reading, walking and spending time with friends and family. I am always on the go and love coffee to keep me going. I have made new friends for life at BTH.

"(Therapist) has had a very positive impact on (child's name) and has been able to make a very positive relationship. He is usually very closed off when speaking to professionals and easily feels patronised. (Child's name) had a very positive attitude about his meetings with (Therapist) and I am very grateful that she was able to take the additional steps by speaking to myself and the Social Worker so that she would be able to acknowledge the best way possible for (child's name) to feel at ease opening up with her."

Parent/carer

EVA MITCHELL FINANCE OFFICER



I started with Beyond the Horizon December 2021 as Finance Officer.

I have worked in finance for over 30 years mainly for charities and not-for-profit organisations such as Malachi, the RAC, the BBC and the National Governance Association.

I am very much enjoying my role and have been made to feel very welcome within the team.

I am proud to be using my years of experience for a charity whose staff I can see putting their heart into the service they provide to children and their families in Birmingham.

"I think the openness and honesty I have been able to express with my counsellor has allowed me to grow and learn about myself. I feel so much stronger and self aware."

Child/young person

"It was the understanding and patience with my daughter that really helped. These things take care."

School pastoral lead

RUTH WILTON THERAPY SERVICES MANAGER



I have enjoyed all my roles at Beyond the Horizon, first as a student and newly qualified volunteer counsellor (2013-16) and then as a staff counsellor (2016-2020). It was a new challenge and a privilege to become Therapy Services Manager in November 2020 and to help the charity I love working for as it grew and changed.

It has been a more varied and diverse role than I had thought it would be, which also sometimes means I feel pulled in lots of directions! There is always something different that needs doing. Some of the best bits are being able to connect with so many different members of the team and see all the individual things everyone is doing to support families. I also get to talk to lots of parents through doing triages for our one-to-one cases,

to hear how things really are for families and to be a step in their Beyond the Horizon journey.

Working on illustrations for the website and coordinating the website design from the Beyond the Horizon side was definitely a lovely experience. It launched in Autumn 2021 and I'm still proud of what we achieved! Our Remembering Day in March 2022 was also a really special time and it was wonderful to work together as a whole team to care for families in their grief.

Setting up Parent Support sessions, helping deliver CPRT courses, lots of admin, managing the waiting list!! Supporting staff, getting to see one-to-one clients myself, occasionally make slime, meet with our great youth panel Beyond the Horizon Ambassadors and even water the office plants... it's definitely not boring!

The year ahead

One to one play therapy, art therapy and counselling for children and young people

We will focus on securing funding so that our therapy for children can continue at existing levels (as a minimum) in the longer term. We aim to increase the number of referrals we accept and are planning for a manageable level of growth over the next 12 months. This will include the recruitment of additional therapists.

The Penguin Project

We want to extend the reach of this project, expanding the service to run more CPRT groups in a range of settings and providing more parent support as part of our core offer. We hope to include offering school staff and other professionals working with children the opportunity to learn the skills used in therapy through CPRT courses, support sessions and workshops. We want to help our wider community understand the behaviour and responses needed to help traumatised children. A first step towards achieving this will be the recruitment of a project manager to oversee and develop the service.

BTH Ambassadors

We will continue to develop BTH Ambassadors, focusing on recruitment of new members as well as championing the voices of our existing panel members and ensuring that their suggestions are fed into delivery and planning.

Monitoring systems

We are developing an evaluation database which will make the collection and analysis of our outcomes data much more sophisticated and easier to report.

We will continue to develop our data management systems to ensure better analysis of our client data in terms of demographics. This will enable us to identify gaps in delivery of services to specific communities as well as have a better understanding of our existing client groups.

Looking after the wellbeing of our team

We will continue to prioritise the mental health and wellbeing of our team who hold the distress and traumatic stories of children and families. We will provide opportunities for sharing together and ensure that we are listening and responsive to their needs and concerns.

Equality, diversity and inclusion

We will develop our equality, diversity and inclusion plan. We know that there is more that we need to do to understand the communities we work with, where there are communities that are underrepresented and how we can best support different communities.

We want Beyond the Horizon to be an aspirational place to work or volunteer and to have a skilled and diverse team.

"With CAMHS so oversubscribed, and little face to face contact available to our primary aged pupils, this service has consistently met the needs of some of our most vulnerable pupils."

School

"Thank you, you taught him a lot of positive things, he enjoys seeing you when he doesn't want to see other professionals. You were very supportive and listened to us. You were a good role model to him and positive experience."

Parent/carer



"I have seen a huge positive change he is the old confident (child's name) and is happier and gets on better with his family and friends and he is now talking about it more when he is struggling and he copes and can manage so much better."

Parent/carer



Thank you to our funders

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

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

- The Richard Kilcuppe Charity
- BBC Children In Need
- Masonic Charitable Trust
- The Henry Smith Charity
- Claverdon Fields Charitable Trust
- Warwickshire Freemasons
- The Eveson Trust
- Postcode Local Trust
- The Edward and Dorothy Cadbury Trust
- National Lottery Community Fund – Reaching Communities
- Souter Charitable Trust
- The Grantham Yorke Trust
- Water Orton Bingo
- Freemasons Relief Chest
- Olton Golf Club
- Envision
- Holy Cross Church
- Alan Clee

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



www.beyondthehorizon.org.uk

visit our website
**to make a
donation**

hope



**BEYOND
THE HORIZON**

Holy Cross Centre
Beauchamp Road
Billesley
Birmingham
B13 0NS

0121 444 5454

admin@beyondthehorizon.org.uk

[@BTH_Charity](https://twitter.com/BTH_Charity) [@BTHCharity](https://www.facebook.com/BTHCharity)

www.beyondthehorizon.org.uk