



**BEYOND
THE HORIZON**



ANNUAL REPORT 2022/2023

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

Strength, resilience and passion

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Strength, resilience and passion

WE HELPED
283
FAMILIES

Jenny Graham Chief Executive Officer



2022-2023 was a year of growth for our projects and services and once again I am so proud of the year we have had and the strength, resilience and passion of our team.

Our Penguin Project is now embedded into our core services and we are offering support to more parents/carers and other professionals than ever, allowing us to deepen the impact we can make to children's lives.

We have been so fortunate to have some amazing people do amazing things to raise money for us this year. You can read about the wonderful Jade later in this report, but I would like to thank Olton Golf Club and the family and friends of Jason Dutton who have raised a considerable amount of money for us this year. We have some fantastic regular donors too, who quietly donate from one month to the next, I just wanted to say a massive thank you to you all.

This year was our busiest yet in terms of the number of requests for support we received, highlighting the increasing need across the city and struggles that families have in accessing appropriate mental health support for their children.

We are thrilled that we have been successful in securing some longer-term funding again from the National Lottery Community Fund, Henry Smith Charity and from the Leathersellers (who have funded us for the first time this year).

The future looks bright once again, we are looking forward to delivering our projects and extending our work with parents/carers, some more group work with children and young people together and building on the progress our BTH Ambassadors have made in representing the voices of our young beneficiaries.

In October 2023, Beyond the Horizon has existed in Birmingham for 20 years! This milestone feels like such a huge achievement. We are so grateful to so many people who have supported and been a part of us along the way. We have supported thousands of children and young people across the city and on their behalf, I extend a huge thank you to anyone who has played a part in Beyond the Horizon's past and present.

About us

Charitable objectives and activities

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

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

- Counselling
- Play therapy
- Child parent relationship therapy and parent support sessions (the Penguin Project)
- Art therapy
- Family sessions following bereavement (the BEAR Project)
- Therapeutic groups for children
- Crisis support, advice and training to schools and other professionals.

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.

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

Our parent support sessions take place online and over the phone and our child parent relationship therapy programme is delivered across the city.

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.

"I liked the openness of the sessions and how I felt no pressure or judgement about how I felt or what I said. I have grown a lot as a person and learn not to invalidate myself and that it was OK to be selfish sometimes."

Child/ young person



Our achievements

We responded to 425 new requests for support during the year, higher than in 2022 (374) and higher than any other point in our history.

We are proud to have supported **283 beneficiaries** during the year. 241 of these received a therapeutic intervention (182 children/young people and 59 parents/school professionals).

The Penguin Project



During this year the Penguin Project, our work with parents/carers, was really embedded as part of our core service. We recruited a manager to oversee the delivery the project and established a rolling programme of Child Parent Relationship Therapy programmes at different locations in the city offering this and/or parent support sessions to support parents understanding of their child's needs after trauma and loss.

We are extremely pleased to have received some longer-term funding from the National Lottery Community Fund to expand this project further.

"She is speaking to me more – she is more open and telling me more about the things that are upsetting her."

Penguin Project parent/carer

"You've given me ideas of dealing with my grief which have helped with her grief."

Penguin Project parent/carer

"There's a lot more boundaries – I've put in reasonable boundaries with him about how to speak to me, not just 'don't speak to me like that'."

Penguin Project parent/carer

"It helped the children in understanding their feelings and that its okay to feel sad and that its important to keep talking."

BEAR Project Parent/carer

"The sessions had a really positive impact on me and my child - it has helped my child to feel more confident and to be able to open up about his feelings and not to hide them away."

BEAR Project Parent/carer

The BEAR Project



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

Support to schools



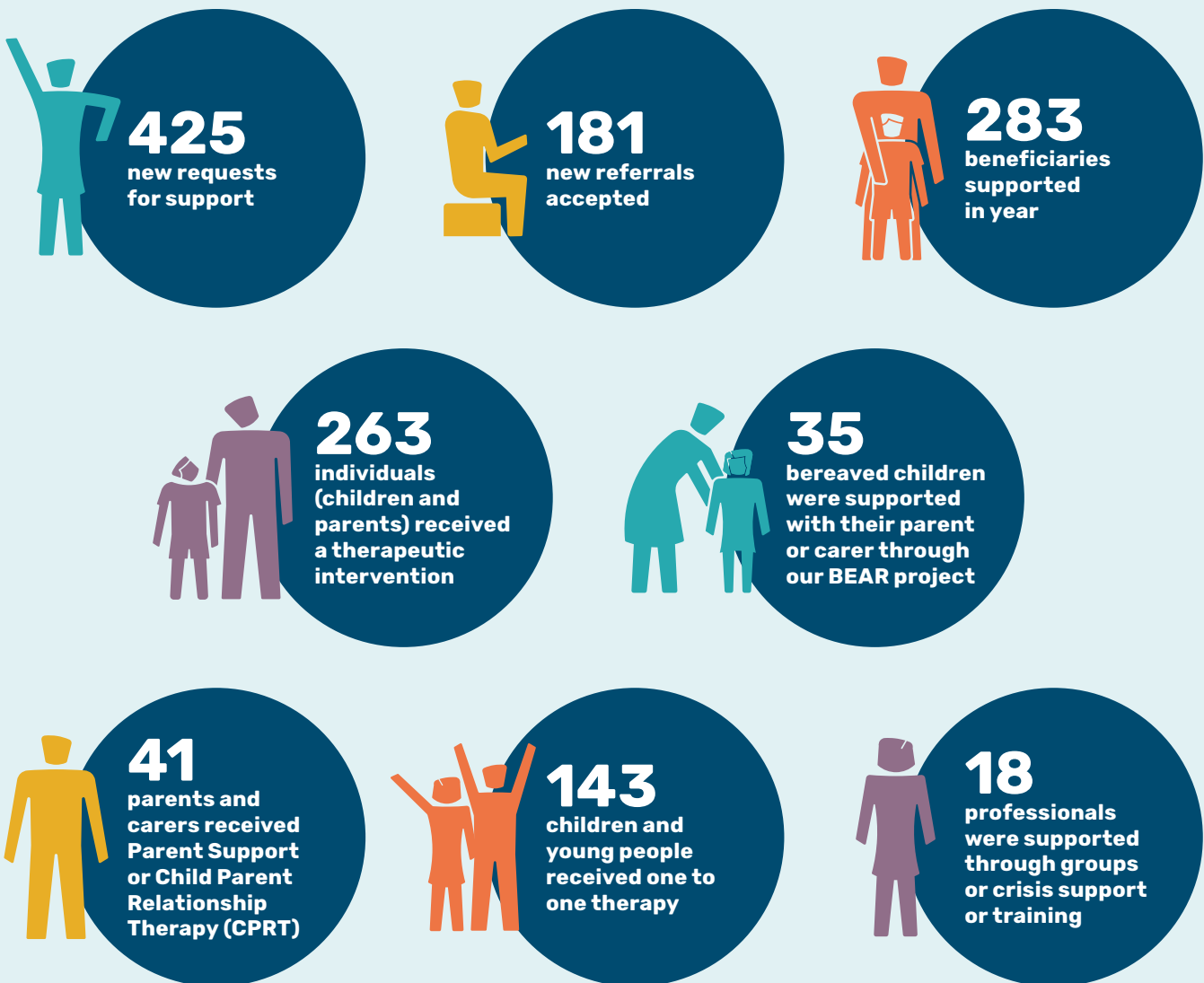
We **supported 5 schools** after the sudden and often traumatic death of a pupil, speaking with staff members about how they might support class mates and offering them the space to debrief and reflect.

Birmingham and Solihull Bereavement Pathway

Our work alongside CRUSE and Edwards Trust as part of the Birmingham and Solihull Bereavement pathway, which was established during the pandemic ended in March 2023. We are proud to have supported a total of **112 children and young people** through the pathway. We continue to work alongside these organisations to maintain a clear understanding of the capacity across the city of bereavement support services.



Our achievements in numbers



"I am very happy that my child was able to talk to someone about the bereavement. It was so helpful when I was also grieving, to know that he had support for his grief."

Parent/carer

"It helped me to think about myself, who I am and how I want things to be."

Child/young person

Our impact

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

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

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



93%
of children and young people talked about their feelings and experiences more with those around them



81%
showed a reduction in mental health concerns



83%
had higher self-esteem



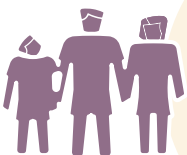
80%
were more confident



85%
were more resilient



90%
had better relationships with family members



85%
had better relationships with their peers



83%
of children showed a reduction in emotional difficulties

"He is much calmer, his relationship with his siblings has improved a lot and he is much less withdrawn. He is able to tell me how he feels much more quickly and bounces back from being upset more quickly as well. He seems to have built some friendships and gets on with other people his age a lot better."

One to one/family therapy parent/carer

"There are now more good days than bad days. I got better at dealing with my emotions."

One to one/family therapy child/young person

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



76%
of parents reported reduced conflict in their relationship with their childse around them



84%
of parents reported an overall improvement in their relationship with their child



68%
felt an improvement in their own mental wellbeing

"It's helping me be a better parent to her. She is speaking to me more - she is more open and telling me more about the things that are upsetting her."

CPRT parent/carer

"[It] Has given me tools to improve my relationship with my son. We communicate better now than before, more open and transparent with each other"

CPRT parent/carer

"It has helped me respond to (my child) in a way which helps her open up. You've made me feel safe."

CPRT parent/carer

From our chair



I am really excited to be part of Beyond the Horizon. I get a buzz from trustee meetings and whenever I'm working with Jenny and the team. There is so much positive change happening that I am incredibly proud to be Chair of Trustees for another year.

During the past year, we have made continuing significant progress and growth towards our mission to improve the life chances of children and young people affected by complex loss, bereavement and domestic abuse.

Delivering these high standards and service growth and continuity is greatly due to the professionalism, enthusiasm and creative leadership of our Chief Executive Officer, Jenny Graham, and her team. Thank you all for your unwavering commitment and passion in making a lasting impact for the young people and families with whom we work.

I also offer thanks to the Board of Trustees for their continuing oversight and involvement in the charity. Bringing a wide range of experience and skills, trustees are essential in order to support management, decision making and approvals, finances, policies and procedures and interviews, ensuring ethical compliance and operational strategies. We always expect full and lively discussions when we meet for full meetings (usually four times a year), with additional subcommittees as needed, to assure that BTH continues to be well led and governed. Together with our thanks for his expertise and guidance, we wish a fond farewell to retiring trustee Toby Arrowsmith.

Underpinning our continuing growth and development is the generosity of our funders and supporters, whom I thank for their belief and encouragement. Thank you for recognising the important work we do and for invaluable contributing to our financial stability.

While we are proud to acknowledge our accomplishments and track record of positive impact, the way ahead holds many uncertainties, but you can be assured that we will remain optimistic in striving for a healthy and sustainable future, meeting and finding our path through whatever comes our way.

With heartfelt thanks and warm regards,

Alan Clee

Chair of trustees

New team members

Anita | Art psychotherapist



I am an art psychotherapist working as a partnership therapist for Beyond the Horizon. I chose this sculpture to make visual something that is difficult to describe in words. The weight of grief can render you powerless.



Art psychotherapy can provide a therapeutic tool for people who are grieving, for children art and play can be their natural form of communication. Grief is an individual process and to be able to sit with children and young people (YP) who have experienced a significant loss, is a privilege.

The therapeutic relationship, the art object (process) and the child/YP form a triangular relationship.

This creates a three-way relational environment that can act as a holding space; to embrace and contain whatever feelings are brought. I am unable to change what has happened and I am not there to interrupt the grieving process but provide a space to bring whatever is being felt and reinforce that it is OK to do so.

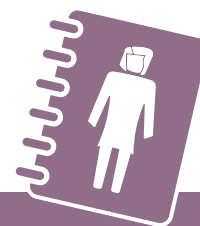
I predominantly work in a non-directive way but have a selection of directed activities if I feel they would be beneficial. Art Psychotherapy can provide a holistic approach that draws from areas such as attachment theory, neuroscience, trauma approaches, meditation and play. Art materials can help calm and regulate a dysregulated system.

When I take away the laden down art bag, I take away a shared experience of that moment. This bag could act as a metaphor for taking away a very small part of that pain, a small stone in the sculpture above. Reflecting on this experience and on my own feelings is a continuous process throughout the shared journey.

Rachel | Partnership therapist



Rachel joined Beyond the Horizon in 2022 and is one of our partnership therapists. Here she talks about one of the children she has supported this year...



Anya* aged 13, was referred to Beyond the Horizon due to struggling with the death of a school friend who died following a car accident at the end of 2021. She had got particularly close to this friend during Covid as they were in the same bubble at school.

Anya struggled to speak to friends about her loss as they would say they were feeling the same and didn't feel she should be feeling as bad as she was. She was struggling with the details of her friend's death and missing them a lot. Anya was self-harming at the time of referral and mum felt she was very much stuck in her grief.

Over 13 sessions, I feel a trusting relationship developed and Anya expressed a relief of being able to speak to someone not related to the situation. We worked through and explored her thoughts and feelings around her grief. She enjoyed showing me videos and photos of them together and she completed a memory book over the weeks.

As well as bereavement work, we explored her self-esteem and confidence and also supported her through her GCSEs, working on strategies to manage her stress levels and self-care.

It was noticeable during the sessions how much Anya's confidence had grown and her mom agreed. Feedback was that she was talking to her mom more, speaking more positively about her friend and managing life's stresses better.

* Name has been changed

Marion | IT support volunteer



Marion volunteers for us as our IT support. She has had her own software development business since 1989, and has 41 years of IT experience. She not only supports us, but has also written software for other local community and mental health focused charities.

She is a lecturer with The Open University, teaching IT modules, and previously volunteered with Samaritans and RNIB (Royal National Institute for Blind People) for over 20 years. Marion is currently the co-ordinator of the Worcester branch of Parkinsons UK, and is a trustee for a local community transport organisation charity. She is a cracking knitter and makes all her own knitwear. We are delighted Marion is part of the Beyond the Horizon team and we are so grateful for her IT expertise.

Case studies



Anna | Play therapist



To play is to breathe

Jamie* was referred for play therapy by school, with concerns about his deteriorating emotional wellbeing and behaviour. He would become overwhelmed with anger or sadness when he found work too hard, with daily incidents of hurting other children.

The referral gave details of the domestic violence, which the family experienced from dad, when Jamie was very young. At the start of therapy Jamie had just returned from a fixed term exclusion, on a 50% timetable, with uncertainty about whether the school could continue to meet his needs long term.

Jamie was keen to start therapy and very quickly built trust in the safety of the therapeutic relationship and space. It felt like he was thirsty for the time, acceptance and connection that therapy provides. He soon discovered the sand tray, and through symbolic play began to process his sense of self and to explore the challenges of integrating parts of himself that felt difficult or wrong. He moved the characters into roleplay and explored facing challenges alone or together. Revisiting the same story weekly, Jamie was able to regress through roleplay, exploring characters at many different levels, but always connected to me, through the safety of the therapeutic relationship.

When therapy concluded, after 16 sessions, Jamie had returned to full time school. His teacher reported that he was much calmer and more able to regulate his emotions. His peer relationships improved, and he began to talk more positively about himself.

"Before it felt like I couldn't breathe, but now I am here it has helped a lot ... it has changed my life."

'Jamie'

* Name has been changed



Peace after tragedy: a BEAR project story

As I walked towards the house for the first BEAR session, I was struck again by how special it is for a family to open the door and to begin sharing their home, story, loss and sadness with me, a stranger. This family was no different and welcomed me with a mix of apprehension, relief, pain and hope.

Mum and her two daughters, aged 11 and 8 had been referred to the BEAR project by school, following dad's death earlier this year. In the assessment meeting mum explained that they found it hard to talk about dad together. One of her daughter's was struggling to attend school, the other would hide away in her room when upset. She hoped that these sessions would help them to talk and to come together in their grief.

During the weeks that followed, the family gradually found ways to share their story of dad's sudden and short illness before he died, and their own experiences of learning to cope with life without him. They were able to share stories whilst creating memory boxes, and to come together in silent memorial when words were too hard to find. They began to understand each other's expressions of grief as unique and valuable. Gradually they developed a new pattern of sharing feelings and coming together, finding hope together within their individual grief journeys.

"Home has changed a lot. Before we didn't talk about Dad. Now I feel like I can talk about my feelings."

Daughter

"I feel more at peace; able to accept what's happened and can move forward ... it has bought us closer together."

Mother



The power of messy play!

This year I have worked with two siblings separately, supporting them using play therapy. Both children had a history of living with domestic abuse and had both become very withdrawn and anxious, they had also missed a lot of school in the Covid-19 lockdown and were struggling with self-esteem issues around not being able to keep up with class work.

As I worked with the younger sister, I noticed it took her a long time to trust adults. She was very withdrawn and in her body language she was trying to make herself as small and quiet as possible, she was very anxious about getting things wrong and making messes. She engaged well, and as the sessions continued, she started to trust me and take control. I also noticed that when she walked down the corridors at school, she was starting to stand up straighter and would smile and talk to staff members who acknowledged her. But most powerful of all, we discovered that she *loved* getting messy. Paint, clay, slime, glue and water in the safe boundaries of the playroom allowed her a way to process her experiences.

At the end of her sessions her dad commented that where once she had been withdrawn and shy, scared to talk to anyone, she now never stopped talking. She wasn't afraid to share both the things going on for her now but also was sharing with her family about her previous experiences. She was no longer experiencing nightmares and she was happy and confident to go out to the park, swimming or to the beach, all of which she had found too overwhelming before. Her school was also noticing big changes.



"It's like we've got the old her back from before any of this happened."

Teacher

A year in the life of our Ambassadors



Ruth | Therapy Services Manager

July
2022

Jenny our CEO talked at our meeting about the structure of the 'BTH House'. She helped the Ambassadors understand how they can have influence at different levels of BTH.

October
2022

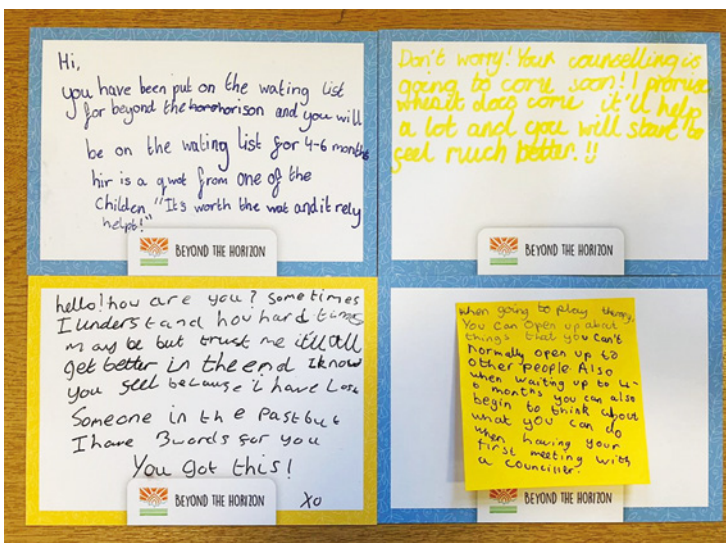
We met face to face for pizza! The Ambassadors wrote postcards for children on the waiting list, sharing their feelings about the value of therapy. These postcards are now on our website and can be read by other children and young people who are still waiting for therapy.

February
2023

February 2023 – Time for a trip out to the cinema to say thank you to the group for their commitment and support. 'Puss in Boots' and big snack bags went down well and a good time was had by all.

April
2023

An Easter holidays session to review our CYP Feedback sheet that all our service users complete at the end of therapy. With valuable suggestions made by the Ambassadors we now have a more user-friendly form to help us collect children and young people's opinions.



BTH Ambassadors is a small but very committed group of young people who have really helped shape BTH's work this year and we are very grateful for their input! We want the group to include even more children, so, after feedback from the group, next year we will have bigger events with different elements: the chance to have fun and relax, to meet others who have similar life experiences and be supported, and the chance to shape BTH's work for good for the future. Watch this space!

Financial review

Summary

The accounts for the year show net income of £36,875 for the year (2022: Net expenditure of £56,062). The total income amounted to £325,051 (2022: £191,514), whilst expenditure for the year amounted to £288,176 (2022: £247,576).

Certain grants have been given for specific purposes and these are shown as restricted funds, however 47% (2022: 56%) of our total income for the year was unrestricted.

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

Reserves policy

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

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

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

- The charity requires free reserves to cover 3-6 months of its annual budgeted core costs, not covered by secured income, of around £43,500-£87,000.

Unrestricted reserves at the end of year amount to £110,208 and from this the trustees have designated £25,851 to cover committed costs. Therefore, our free reserves for the year (after deducting £1247 spent on fixed assets) are £83,110 which represents just under 6 months of annual budgeted costs not covered by secured income.

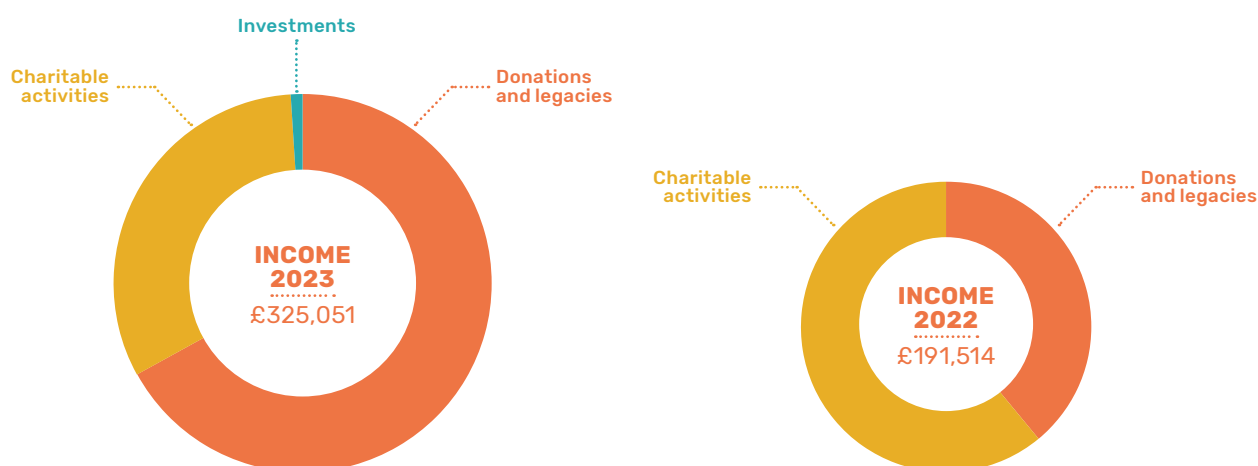
The charity's free reserves are therefore in line with policy.

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

Statement of financial activities

			2023	2022
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income				
Donations and legacies	100,920	117,750	218,670	75,594
Charitable activities	51,053	54,152	105,205	115,920
Investments	1,176	-	1,176	-
Total income	153,149	171,902	325,051	191,514
Expenditure				
Costs of raising funds	18,978	300	19,278	7,023
Charitable activities	98,652	170,246	268,898	240,553
Total expenditure	117,630	170,546	288,176	247,576
Net (expenditure)/ income and net movement in funds for year	35,519	1,356	36,875	(56,062)
Reconciliation of funds:				
Transfer of funds				
Total funds brought forward	74,689	5,423	80,112	136,174
Total funds carried forward	110,208	6,779	116,987	80,112

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



“Beyond the Horizon has such an impact not only on the children they see but the families that they meet. They are a constant source of resource for us. I often email them with unrelated questions really to the children that they’re working with and I always get a really thorough response detailing how I can best proceed forward, its never too much. I think they really build into the culture of our school, they shift our culture. They’ve helped us to become a more therapeutic cultural school. They do an amazing job”

School

“It helped to talk about things. I felt less alone because I didn’t even talk to my friends about it.”

Child/young person

Governance

Trustees

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

Bankers

Unity Trust Bank plc
Nine Brindleyplace
Birmingham
B1 2HB

Independent examiner

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

Charity registration

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

The year ahead

Our plans for the year ahead include...

Outreach

Continuing our outreach services at existing levels across Birmingham.

Child parent relationship training

Expanding our work with parents/carers with more child parent relationship training courses run across the city and more individual parent support delivered.

Domestic abuse

Delivering recovery toolkit and groups for children impacted by domestic abuse.

The BEAR Project

Revising the specification of the BEAR Project and secure continuation funding.

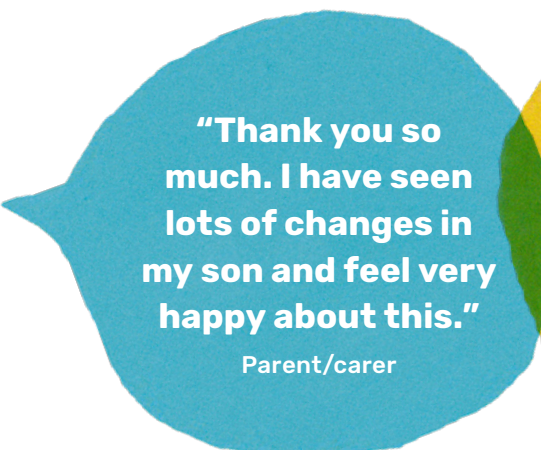
Staffing

Assess current staffing and admin structure and recruit additional staff to support recent and further growth.

Social media


Develop our social media strategy to encourage increased community engagement, fundraising and regular giving.

We will do this whilst continuing to prioritise the mental health and wellbeing of our team.



"Thank you so much. I have seen lots of changes in my son and feel very happy about this."

Parent/carer



"My daughter has progressed a long way since she started her sessions. She felt very supported 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

Thank you to our funders

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



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

- Baron Davenport's Charity
- Bernard Piggott Charitable Trust
- CB & HH Taylor Trust
- Children In Need
- Claverdon Fields Charitable Trust
- The Cole Charitable Trust
- Co-op Community Dividend Fund
- DMF Ellis Charitable Trust
- Dumbreck Charity
- Edward Gostling Foundation
- Envision
- Eveson Trust
- George Fentham Birmingham Charity
- George Henry Collins Charity
- GJW Turner Trust
- Gowling WLG Charitable Trust
- Grantham Yorke Trust
- Heart of England Community Foundation – The Harry Payne Trust
- Heart of England Community Foundation – The Graham Griffiths Fund
- The Henry Smith Charity
- The Joseph Hopkins and Henry James Sayer Charities
- The Hospital Saturday Fund
- The John Avins Trust
- Lillie Johnson Charitable Trust
- Postcode Local Trust
- Richard Kilcuppes Charity
- The Roughley Trust
- Sir John Middlemore Charitable Trust
- Sir Jules Thorn Charitable Trust
- The Souter Charitable Trust
- The Alan Edward Higgs Charity
- The Albert Hunt Trust
- The Archer Trust
- The Grimmitt Trust
- The James Tudor Foundation
- The Leatherseller's Foundation
- The National Lottery Community Fund – Reaching Communities
- The Olton Golf Club
- The Richard Cadbury Charitable Trust
- The Roger & Douglas Turner Charitable Trust
- The Saintbury Trust
- The Sheldon Trust
- W A Cadbury Charitable Trust
- W E Dunn Trust
- Warwickshire Freemasons
- The Masonic Charitable Foundation
- We would also like to thank our individual donors for their continued support!

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

Brilliant fundraisers



We were thrilled to have been chosen by Olton Golf Club as their charity of the year this year and they raised over £12,000 for us! Thank you to Hilary and Peter Dixon for your support.

We were also featured in a BBC news article about the wonderful Jade Murphy who ran the London marathon to raise money for us. Jade's story is very special to us as she had counselling with us after her Father, Stephen Cooper, died suddenly in 2004 when Jade was 9. We were absolutely thrilled to hear that Jade had chosen us to raise money for. Thank you so much Jade.

If you'd like to get involved in fundraising for us, please get in touch! We will help you in any way we can – whether its promoting your event, sending you a t-shirt or collection buckets – just let us know!



BEYOND THE HORIZON

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