



**Childhood
First**
healing
hurt
minds



iTF

INTEGRATED
THERAPEUTIC
FOSTERING



iST

INTEGRATED
SYSTEMIC
THERAPY



**annual
review 2016**

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welcome

2016 has been another important year of development for the charity, as we are increasingly called to take up a position of national clinical leadership in the psychotherapeutic treatment of seriously disturbed children and young people.

In 2015, building on half a century of pioneering therapeutic work, we were accepted as full training and accrediting members of the United Kingdom Council for Psychotherapy (UKCP). This is a unique achievement within UK residential childcare, and a unique resource for seriously disturbed children and young people.



John Harrison,
Chair of Trustees



Stephen Blunden,
Chief Executive

The growing recognition of the charity's unique therapeutic capability was reflected in several ways in 2016:

- Recognition of the outstanding quality of the charity's work in Sir Martin Narey's report of the government's independent review of children's residential care, to which we made a significant contribution.
- Our successful application to establish the Institute of Integrated Systemic Therapy, which recognises the charity as an organisation with the highest clinical and academic standing. Further information about the Institute and its relationship with Childhood First is provided within.

- The election of our Chief Executive to the role of Chair of the UKCP College of Child and Adolescent Psychotherapies.

Amidst such developments, our staff members' immensely difficult and painstaking work with some of the nation's most disadvantaged children continues day in, day out. The children's extraordinary resilience and achievements remain profoundly moving, however long we work in this field, and belong equally to our supporters, donors and funders, to whom we are extremely grateful. We hope that this report will be of interest to you.

Transforming young lives – a case study



Luke was eleven when he arrived at Greenfields House on a cold January day. He had experienced serious physical abuse, and emotional and physical neglect, in his birth family. Luke's younger sister, Phoebe, was also taken into care. Though he had responded well to his foster carers initially, Luke had struggled in school. His increasingly violent outbursts towards teachers and other children led to exclusion from school and the breakdown of his foster placement.

When Luke first arrived at Greenfields, he swung between extremes, at times withdrawn and uncommunicative, at other times expressing extreme anger and aggression towards adults and other children. He was kept under close supervision, to keep him and others safe. At night, Luke appeared terrified and he would put his mattress on the floor against the door, so that it could not be easily opened.

Each child at Greenfields has a dedicated keyworker, whose job is to spend significant amounts of time developing a relationship that provides the basis for therapeutic understanding and treatment. In addition there is regular therapeutic group-work, individual specialist therapy, therapeutic education and children are supported to develop their interests in leisure activities and sports.

A few weeks after his arrival, Luke began to feel able to join the adults and other children at the meal table. He started to participate in group meetings. He began to feel safer when he realised that his experiences in life were not unique, and that the other children could feel safe enough to talk about what had happened to them. Gradually, Luke found his voice.



It took time and a lot of support for Luke to learn to feel able to manage his extreme feelings of competition with other children. Eventually, he was able to learn that everyone's needs in the group could be met, there was enough care and love to go round, and that it can be enjoyable to support others.

As his first Greenfields Christmas approached, Luke was able to join the group on his first trip to the theatre in central London. Though anxious as the trip approached, Luke enjoyed the performance and the Christmas lights. He was still talking about the occasion when he went back to school in January, and started to enjoy the drama class. He was supported by his keyworker to take up karate as an activity to develop greater confidence and self-control.

At his second Christmas at Greenfields, Luke was able to play the recorder in the school Carol Concert. He also achieved a yellow belt for his progress in karate.

Luke is supported by Greenfields staff in meeting regularly with his sister Phoebe, who is in foster care. Luke speaks proudly of Greenfields and what he is achieving. He is now thirteen and plans are being made for him to transfer to Gables House, which is next door to Greenfields and looks after adolescents. Luke enjoys school and has expressed the thought that he might like to be a PE teacher.

financial results 2015/16

Income

	2015/16	2014/15
Income	£8.3m	£7.5m
Expenditure	£7.9m	£7.4m

Results for the year

Income for the year increased by 11% on the previous year. This increase arose mostly from our Norfolk communities, where fee levels have been artificially low in the past due to unsustainable service level agreements which have now ended.

Expenditure also increased, in particular in education and in statutory risk management, with increases in therapeutic staff numbers to ensure communities are fully staffed.

Service quality

We spend 98% of our funds on therapeutic residential care. We continue to focus on improving the quality of what we do, developing a unique clinical reputation, and with 80% of our homes rated as Outstanding by Ofsted.

Longer term view

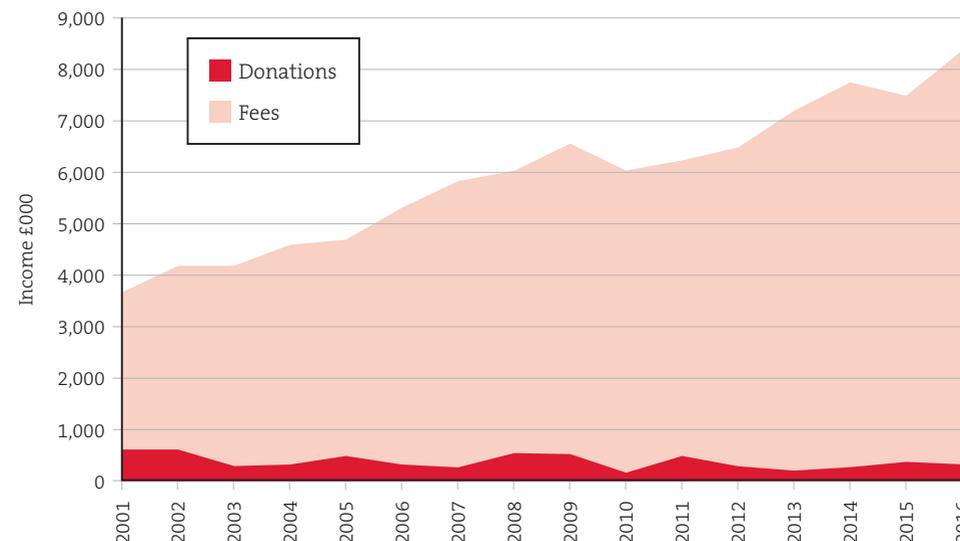
As a long-established charity, we have a record of prudent development for over a century. A review of our income since 2001 shows a steady growth, as we gradually expand our services and deliver help to more children. This careful approach has allowed us to improve our reserves, to contribute to major service developments and to ensure sustainability in times of difficulty.

Many more children need our help and we have plans to respond with further prudent growth. Over the next 3-5 years, we aim to double capacity at Gables House from the current four beds. We also plan to significantly expand our unique Integrated Therapeutic Fostering (ITF) provision, following the successful pilot programme.

We are reviewing our use of the Thornby Hall site, in order to make best use of its extensive facilities and to strengthen safeguarding of the young people.

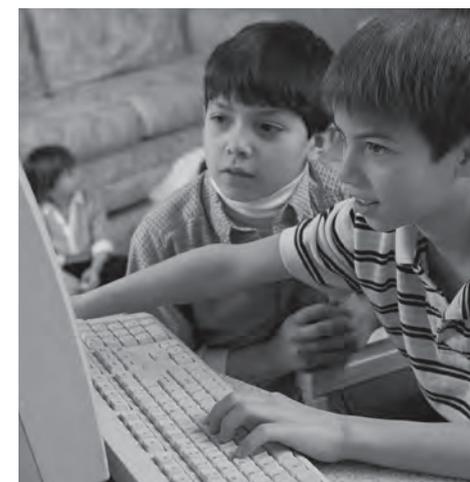
These key developments will need to be supported by our fundraising.

fifteen years of steady growth



Donations 'multiplier effect'

Through our donors' support, children and young people with the most severe problems and the worst potential life outcomes receive the specialist help that they need. We turn away more children than we take, hence we need to continue to grow. The Government pays for the day-to-day costs of the children in our care, but we rely on charitable donations for expanding and developing our services. We estimate that **every £5 donated to developing our services attracts at least £100 of Government funding** for the most vulnerable group of children, with the most complex psychological needs, in the UK.



clinical developments

The Institute of Integrated Systemic Therapy (iST)

During 2015/16, we established our new clinical training and development Institute, reflecting the charity's unique therapeutic reputation and our standing as the only therapeutic community provider in the UK which is a full training and accrediting member of the United Kingdom Council for Psychotherapy (UKCP).

The Institute brings the benefits of an academic and clinical body of the highest standing:

- to our therapeutic work with children,
- to our training and research
- to our informing of policymakers, commissioners and relevant professionals about the therapeutic needs of seriously disturbed children.

Our staff are our most valuable resource and therapeutic training is at the heart of the results we achieve for children. The Institute will help us to attract the brightest and the best into our psychotherapeutic training programmes, and thus into our work with children.

Accordingly, the Institute of Integrated Systemic Therapy has been adopted as the new 'umbrella' name of the charity. Our clinical development and training activity will be promoted under the Institute name, whilst our therapeutic services to children will continue to be promoted under the name 'Childhood First'.

Growth in our psychotherapeutic training

Since 2015, 22 members of staff have met the UKCP criteria to be recognised as qualified psychotherapeutic professionals. There has since been a significant increase in the number of staff undertaking the iST training. There were 57 students in training during the year and 23 of these graduated in June 2016.

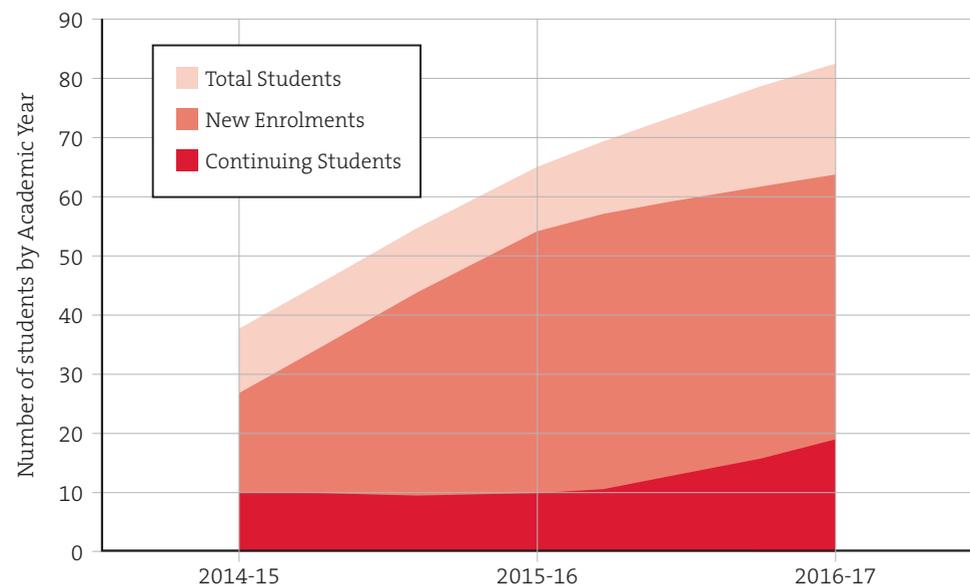
The main increase has been due to the Certificate in iST being accepted by Ofsted as an acceptable alternative to the national CACHE diploma in childcare that is required of all who work with children. Not only has this increased the numbers of students, it has also had an important impact on the quality of training. Relevant therapeutic training is now provided from the outset, with staff being given the specialist knowledge to support them in working with highly disturbed children.



Another growth area has been our iST Professional Practice modules, which provide a pathway to our unique MA in Integrated Systemic Therapy. These are delivered to senior practitioners, managers and community directors who are highly experienced in working with troubled children but who may be new to practice at specialist psychotherapeutic level.

The graph below shows the scale of growth in our student numbers over the past two years. The % increase 2014-16 was:

New enrolments: 137%
Continuing Students: 72%
Total Students: 118%



thank you!

Trusts and Foundations

Thank you to all charitable Trusts and Foundations who so generously supported our work:

Maud Elkington Charitable Trust
The Lynn Foundation
The Clover Trust
Baron Davenport's Charity
The Paul Bassham Charitable Trust
People's Postcode Trust
The Mountain Trust
The Culra Charitable Trust
Mishon
The Elaine and Angus Lloyd Charitable Trust
The Charles and Caroline Barratt Charitable Trust
The Frognal Trust
The Percy Bilton Charity
The Charles Dunstone Charitable Trust
The Wychwood Charitable Trust
The Albert Hunt Trust
The Taylor Family Foundation
The Nigel Bertram Charitable Trust
The Richard Gurney Charitable Trust
MacNicol Charitable Trust
The Roger De Haan Charitable Trust
The Sydney Black Charitable Trust

Whitegates Children's Trust
The Mickleham Trust
Middlesex Sports Foundation
Inverforth Charitable Trust
The John Jarrold Trust
The Helen Jean Cope Charity
The 29th May 1961 Charitable Trust
The Charles Littlewood Hill Trust
The Geoffrey Watling Charity
Eastern Counties Educational Trust Limited
The Bernard Sunley Charitable Foundation
The Feathers Charitable Trust
Masonic Charitable Foundation
Millichope Foundation
The Sir James Roll Charitable Trust
The Foresters' Fund for Children
Elizabeth and Prince Zaiger Charitable Trust
The Julia Mary Wood Charitable Trust
The Haremead Trust



JARROLD
The John Jarrold Trust



Friends Groups

Thank you to all our Friends Group lead Committee Members:

Sarah Scarratt, (Chair) Kent
Catriona Prest, (Secretary) Kent
Deirdre Massey, Kent
Amanda Petch, Kent
Marylyn Bacon, Kent
Natacha Woods, Kent
Sarah Dean, Kent
Nikki Taylor, Kent
Trish Philips, (Chair) Norfolk
Holly Rawkins, (Chair) Norfolk
Dina Hambro, Norfolk

Challenge Events Fundraisers

Thank you to all our challenge events fundraisers – from running and swimming, to cycling and trekking.

what your help can buy?

£250 could be used to buy educational resources for the children and young people, and enable them to unleash their full potential.

£500 could help fund theatre and cultural trips for the children and young people at our communities.

£1,000 Contribute towards the costs of one family receiving support from our Placement & Family Support Team; helping the family while the child or young person is in our care.

£2,500 Contribute towards the costs of developing outdoor activities – providing the benefits of exercise and time playing together.

£3,000 Contribute towards the cost of refurbishing playrooms, supporting the important role that play has in therapeutic support.

£5,000 could be used to fund our Adventure Ways outdoors educational programme, and help to bridge the developmental gap between the children and young people in our care and their mainstream peers.

£10,500 could fund an annual holiday for the children and young people at one of our communities, and provide them with positive memories for life.

£15,000 could help to fund a Placement and Family Support Worker, providing a vital link between a family and their child whilst they are in our care.

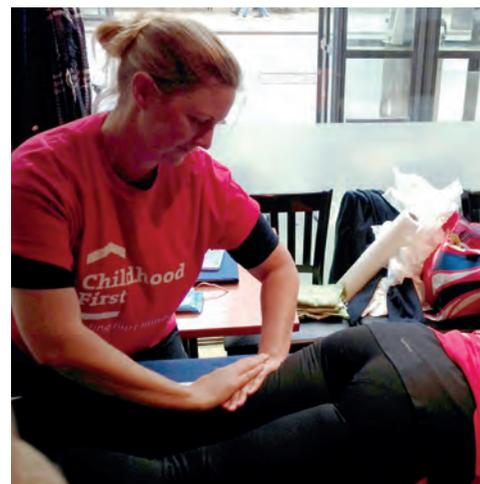
£20,000 could help to develop our Integrated Therapeutic Fostering service, and provide traumatised children and young people with a warm and loving family.

£25,000 Purchase a robust 4x4 vehicle to engage young people in outward bound activities.

£50,000 could help to fund the extension to our Gables House therapeutic community in Kent, and enable us to transform more young lives.

Ways to participate in our work

- Donate online or by post
- Leave us a legacy
- Take part in a challenge
- Join one of our Friends Groups
- Join one of our London or regional Capital Appeal groups
- Become a Trustee or Honorary Patron
- Lend your influence in making the case for therapeutic work with troubled and troubling children
- Get your company involved by taking part in events, volunteering or nominating us as your charity of the year.



Ways to contact us

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