



Penhaligon's Friends

Impact Report



2022-2023



OUR VISION

**CHANGING
BEREAVED
CHILDREN'S
LIVES**

Our Mission

To provide a supportive and educational environment where grieving children can share their experiences as they move through their healing process. To support family care givers, schools, professionals, and the wider community in responding to the needs of bereaved children and young people. To provide training in childhood loss and grief for family care givers, schools, professionals, and the wider community in Cornwall.

Ways We Support

- Telephone information and advice
- Resources
- Home Visits
- Family Visits
- Memory Days
- Teens Support Groups
- Family Support Groups
- Individual Work (1-1 Support)
- School Support
- Training



In
2022/2023
we
supported

1124

children and young people

Charity Structure

The charity **trustees** are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits. The trustees meet together approximately every two months and are responsible for all policy decisions and for the employment of the Charity's CEO; they take an active interest in the recruitment of other staff.

The charity employs 9 **Staff Members** who manage the day to day running of the charity from the office in Redruth. The team spend their time speaking to families, schools and professionals, running groups and activity days, liaising with volunteers, fundraising, facilitating training and much more.

The charity could not achieve its aims without the help of around 55 **Volunteers**, each hour contributed is invaluable to us and the skills and experience our volunteers bring from their own backgrounds helps to make us a strong and professional organisation. Volunteers are involved in every aspect of our service, from supporting families to office admin and fundraising.

The charity is governed by its constitution dated 04/05/2020.

“

I really wanted to say a big thank you for your compassionate approach to a really hard situation. It was hugely reassuring to have you in the academy and your guidance really helped us all cope. You were so considerate of so many different needs of pupils and staff.

(School Staff)

”

Charity Finances

Whilst Penhaligon's Friends managed to weather the COVID years reasonably well, incurring only relatively small deficits, the legacy of the pandemic and the recent cost-of-living crisis resulted in a deficit of £25,224 at the year-end.

Funding from BBC Children in Need, Benefact Group – Movement for Good and the NHS continue to provide much needed core funding and the bulk of grant income with several smaller funding bodies providing the rest.

Donations were down this year, £79,881 compared with £84,781 in 2021/22, and remain substantially lower than pre-pandemic levels.

Income sources remain a mix of donations, grants and earned income. General Fund balances now total £125,523 equating to approximately 27 weeks of operational costs, which is slightly lower than outlined in our Reserves Policy, which recommends an ideal range of 60 –70% of our annual costs.

Whilst there is no cause for concern, the charity is looking to strengthen its fundraising as part of a staff restructuring to ensure that it can continue to meet its objectives.

We would like to thank all the many funders, volunteers, and contributors for the support you have given Penhaligon's Friends over the year. Your support really does make a difference to the number of families we are able to help and the quality of services we can provide.

“
Very useful to talk with others who are going through the same issues, you don't feel so alone. The kids have not stopped talking about it. Looking forward to the next meeting.
”
(Parent)



Our 2022/2023 Highlights

FAMILY FUN DAYS

We have offered a number of successful Family Fun Days this year, including days out at Lappa Valley Steam Railway and The Screech Owl Sanctuary, as well as a Nature Day with Choose Nature CIC and a trip to see the Rogue Theatre's winter performance. We have been busy!



FANTASTIC COMMUNITY SUPPORT

Various organisations and local businesses have supported the charity this year, donating their time, vouchers, resources, and goodies to the charity. This included Carn Brea Leisure Centre who donated Easter Eggs, which were very gratefully received by the children and young people who attend our regular groups.



TEENS ACTIVITY DAYS

It has been a great year for Penhaligon's Friends Teens Activity Days with a range of different events taking place including a day on the Falmouth Sail Training Ship 'Hardiesse'. The young people got stuck in and had a fantastic experience together.

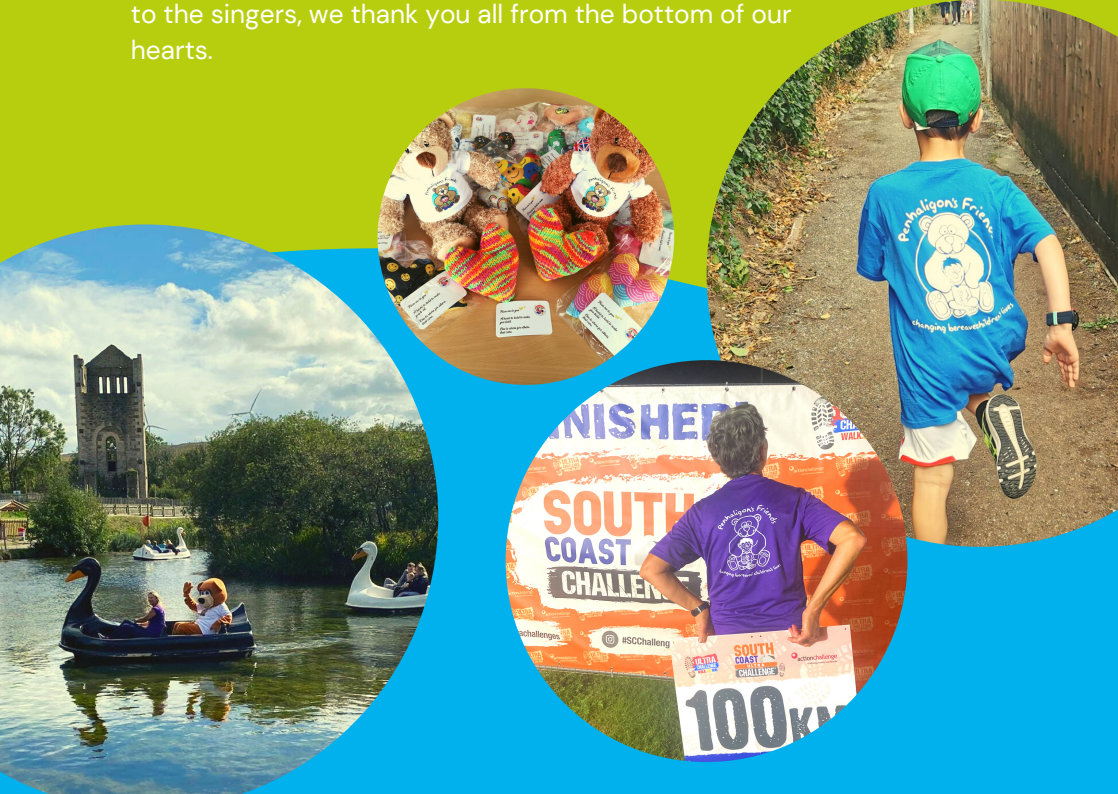


Fundraising

This year has seen a gradual but very welcome return to fundraising and events following the lockdowns of the previous two years. Groups, clubs, and schools have been busy, and it's been great for the charity to once again give talks at groups and have a presence at fairs, assemblies, concerts, carnivals, auctions and other events across the county.

We were delighted to be chosen as Charity of the Year for many local organisations. This year we've been supported by some incredibly sporty supporters including Leo Merrikin raising an amazing £1,155 in memory of his sister, Iris. William, James, and Eleanor Viqueira raised a wonderful £754 in memory of their grandpa. The inspiring Helen Powell raised £6,250 in her Channel Swim fundraising appeal.

We are always overwhelmed by the length and breadth of your support, particularly in such difficult times. From the knitters to the kid's football clubs, the churches to the craft groups, the schools to the singers, we thank you all from the bottom of our hearts.



Family Services

It has been a busy 12 months, as the numbers of children, young people, and families that we are supporting has continued to increase. We have been able to continue to offer a flexible and responsive service to meet the individual needs of bereaved children and families in Cornwall.

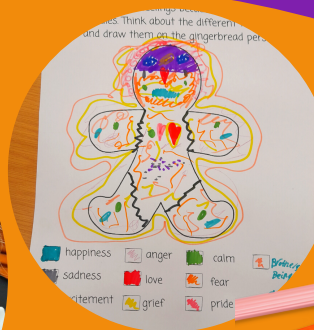
There has been a 10% increase in the numbers of referrals since last year. In 2021/22 we supported 994 children and young people, rising to **1124** in 2022/23. Most referrals have been families self-referring, followed by schools and other professionals. We worked with **104** children and young people bereaved by suicide.

373 Postal packs were sent to children & young people, these include a selection of resources and information to support the young person in their grief.

We continue to support schools and settings, giving guidance following the death of a student, member of staff or parent. **12 Schools** were supported following a bereavement or critical incident in 2022/23.

We had a rapid rise in family visits from autumn 2022 – many of these have been undertaken in the office in Redruth as well as many taking place back in the family homes, as most of them had been prior to the pandemic. **95** families received Family Visits in 2022/23.

82 children and young people received individual support and/or assessments in 2022/23.



2022/2023 Facts & Figures



1124 CHILDREN AND YOUNG PEOPLE WERE SUPPORTED BY PENHALIGON'S FRIENDS

WE SENT OUT 373 BESPOKE POSTAL GRIEF PACKS

82 CHILDREN AND YOUNG PEOPLE HAD 1-1 SUPPORT OR AN INDIVIDUAL ASSESSMENT

95 FAMILIES RECEIVED FAMILY VISITS





CASE STUDY

DAN'S STORY

Dan was 12 when his mum got in touch with us to enquire about support following the death of his Dad. He had died during the first lockdown of the Covid-19 pandemic and at that time many restrictions were in place, schools were not open for all students, groups and services were restricted and even access to wider family was not recommended.

We were able to support over the phone, offering advice and guidance, and sent out resources. We kept in touch offering remote support and finally met the family when restrictions were relaxed later that year. Dan shared that he felt isolated through his grief, and that he had not shared his story with many people. Mum felt it would be helpful for him to come to our Memory Day to enable him to meet other young people and 6 months later she had encouraged him to join her at a day. One of the sessions on a Memory Day is our 'Doc Spot' where a GP facilitates a question time, and Dan had asked several questions relating to the health condition his Dad had died from. This session was really helpful for Dan in understanding what had happened, but also initiated a need for some one to one support around the emotions and feelings he had been carrying about losing his Dad. We were able to support him over a number of sessions with one of our trained volunteers at school.

Dan then felt able to come to some of our social activity days for young people, meeting others with a shared experience, and then 6 months later engaged in our monthly Teens group, meeting regularly with a peer group and engaging well in activity, discussion and also to have fun!

Dan is doing really well in school and feels our support has enabled him to progress through his grief in a positive way and can talk openly about his Dad now with others.



How your support helps...



£10
Buys a child a Penhaligon's Friends teddy bear



£150
Pays for ongoing phone support, advice and resources for a bereaved family



£1,000
Pays for a Family Fun Day for up to 20 families



£25
Buys a bespoke grief postal pack for a bereaved child



£100
Funds activities for one of our Family Groups for a term



£2,000
Pays for an entire Memory Day for up to up to 20 families



Thank you to all of our supporters!

We really appreciate all of the donations we have received in the 2022/2023 year. It is impossible to thank everyone individually for their contributions, in the office, at our groups, online and at fundraising events throughout the year. Without the help of our incredible supporters we would not be able to provide this valuable service.

Have you got a fundraising idea?

If you feel that you could contribute to our fundraising over the next year, please do get in touch, we would love to hear from you!



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