

Sarah Agnes Foundation Annual Report 2016

Striving for the wellbeing of the family

Sarah Agnes Foundation

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Registered Charity Number 1164337

Founder and Executive Director: Agnes Rees



“In 2007, UNICEF’s Report Card 7: An overview of child well-being in rich countries, put the issue of child well-being firmly on the UK’s political agenda. When compared with 20 other OECD countries, including substantially poorer ones, the UK was at the bottom of the league table of child well-being. Subsequent Report Cards have shown that inequality among children in the UK is greater than in other countries.

When 40% of children in the UK experience family breakdown, when there is a 50/50 chance of a baby born today living with both parents and with the annual cost of family breakdown estimated at £44 Billion, it is a priority to this nation that we do all we can in our local communities to strengthen family relationships. In my life-time I have witnessed the deterioration of family life in the UK with less social cohesion in our communities than ever before.

I believe that stable, healthy families are what create strong communities. It is within the family that an individual’s physical, emotional and psychological development occurs and yet so many families in vulnerable situations across our towns and cities do not have access to support.

I have been compelled to respond to those vulnerable families with a vision of a network of services across the UK. Beginning with the first centre is a step change in the right direction to doing my part for other citizens in the UK experiencing vulnerable family life and that small seed I am committed to growing for investing into strengthening relationships to see every citizen reach their potential.

Thank you for sharing this journey with me – I look forward to working with you further in meeting the emotional and psychological needs of the most disadvantaged in our communities – It is only together that we will have the greatest impact”.

SAF Impact in 2016

114 Families supported through counselling & psychotherapy

1578 Sessions offered

Became a leading provider of therapeutic services in Barking & Dagenham

87% of families who engaged saw an improvement in their relationships

Introduction

The charity Sarah Agnes Foundation (SAF) was established in 2014 and received charity status in 2015 after its Founder and Executive Director Agnes Rees was moved to respond after recognising the impact of family breakdown upon family health and hearing that the annual cost to the UK each year is £43 Billion.

The Sarah Agnes Foundation (SAF) is a mental health charity dedicated to improving the wellbeing of families in local communities. Its health led vision seeks to support, strengthen and sustain secure family relationships. It seeks to deliver a national network of “Family Hubs”, which offer relationship support for the family from ‘Conception to Elder’. It is committed to improving social and emotional outcomes for longer term generational change.

SAF seeks to develop a national network and delivery of services which provide universal, seamless and holistic support for the family from ‘Conception to Elder’, where every member is valued and has the opportunity, to optimise their potential for lifelong emotional health and wellbeing.

Over the past year we have developed a model of service for implementation in other areas should investment be given to grow and develop the SAF network as a franchise model. SAF now has a team of 14 therapists having delivered over 1578 therapeutic sessions to over 124 families in the Borough of Barking and Dagenham. 87% of families who engaged saw an improvement in their relationships and we have established ourselves to be one of the leading providers of psychotherapeutic support in the Borough.

2016 has been a significant year of growth and embedding process as a charity in which our services are in demand. We have been fortunate to have support and interest from our local MP Margaret Hodge and local support and families accessing the services give testimony to the need for such a service in the Borough.

SAF is currently working towards centre accreditation with the British Association of Counselling and Psychotherapy Service Accreditation Scheme of which we are currently an organisational member. We hope to have achieved this by 2017.

Charitable Objects

- To preserve and protect good health for the public benefit in particular but not exclusively by:
- Providing a counselling and psychotherapy service to people to help deal with issues such as mental health, domestic violence or substance abuse which impact on family relationships
- Providing workshops to the general public on issues such as anger management, health, and parent/infant relationships

Vision

To contribute to improving the wellbeing of families in local communities through supporting, strengthening and sustaining secure family relationships.

Mission

The health led mission of Sarah Agnes Foundation (SAF) is to develop a national network and delivery of services which provide universal, seamless and holistic support for the family from 'Conception to Elder', where every member is valued and has the chance to develop their potential for lifelong health and wellbeing.

Policy Objectives

- 1) Promotion of health and wellbeing of the family from 'Conception to Elder'.
- 2) Education and learning for each family member through Life Skills Development.
- 3) Provision of relationship support in local communities.

Delivery Objectives

- 1) Support practitioners to set up local SAF services and deliver effective psychotherapeutic interventions.
 - a) Create a quality standard based on evidence and experience.
 - b) Create a national network of SAFs which provide psychotherapeutic support.
 - c) Encourage networking and mutual support for practitioners.
 - d) Deliver and provide access to expert quality training.
- 2) Promote accessible psychotherapeutic work from 'Conception to Elder' in local communities.
- 3) Aid the ongoing development of good practice, evaluation and research.

Family Wellbeing Objectives

- 1) Improving the quality of family life with health, education and parenting support.
- 2) Transforming life chances of children and families.
- 3) Improving access to psychological therapies to support employability.
- 4) Supporting the recovery of mental illness within the family.
- 5) Supporting community opportunity for the family.
- 6) Reducing isolation in the elder population.
- 7) Promoting resilience and abilities of every family.
- 8) Improving the reach of responsive parenting and secure attachments.
- 9) Strengthening healthy emotional communication in families.

Values

- 1) Encouraging positive family relationships
- 2) Promoting health and wellbeing
- 3) Improving child and family life chances
- 4) Respecting the culture and diversity of every family

Sarah Agnes Foundation (SAF) provide psychotherapeutic interventions that are:

- Effective
- Evidence based
- Time limited
- Economic We help to redress emotional and social wellbeing throughout the

lifespan from conception to elder to promote positive relationships within family and community life.

Relationships

A substantial body of scientific evidence supports the work of Sarah Agnes Foundation (SAF). It indicates that social and emotional wellbeing are affected by the quality of relationships. Happy relationships exist when there is an environment of love, consistency and strong attachment in which a person is able to develop good social and emotional wellbeing. Healthy relationships have an impact on physical and mental health outcomes. There are times in a child, adolescent, adult or elder's life where additional and specialist relationship support is required to increase the experience of quality of relationships.

Psychotherapeutic support can strengthen the experience of quality of relationships to nurture, grow and increase wellbeing, which in turn has a ripple effect on all other relationships.

SAF is a relationship based organisation that seeks to cultivate healthy relationships in family and community life. Through a strength based approach to relationships SAF seeks to influence through its therapeutic work, a greater awareness of the importance of quality of relationships in family structures, community cohesion and society in general.

Where local communities have a whole systems approach working together to think about the whole person, the whole family and the whole community, society will thrive because quality of relationships are at its heart.

How SAF helps: a strength based approach to relationships

SAF's psychotherapeutic team which consists of skilled counsellors and psychotherapists with a multitude of specialisms, provide individual, couple and group support throughout the lifespan.

Over weeks and months our therapists bring a strength based approach to treatment in which to help their clients further understand and regulate their behaviour and emotions, whilst facilitating a growth in interpersonal skills and confidence. This can increase resilience and empathy in which to face life's

challenges.

The psychotherapeutic work at SAF strengthens relationships throughout the lifespan from parent infant bonding to school readiness, child and adolescent wellbeing to educational attainment, healthy adult relationships to job, parenting and family preparedness through to elder transition and generational understanding, all of which contribute to community cohesion and reduction of health inequalities.

Clinical Expertise.

SAF therapists are all highly qualified therapeutic practitioners who draw on a wide range of interventions and are experienced in working to improve relationship difficulties.

Knowledge and Experience. SAF is one of the organisations in London seeking to improve accessibility to talking therapies in areas of most disadvantage. It has in-depth knowledge and experience of working with a diverse group of clients and situations across the lifespan from conception to elder.

Training and Cascading Knowledge. SAF has a strong expertise in explaining, communicating and sharing our clinical expertise with non-therapists in order to develop their capacity to understand the importance of access to talking therapies.

Some of the issues addressed in our service

Abortion | Abuse | Affairs and betrayals | Anger management | Anxiety
| Bereavement | Binge-eating disorder | Bipolar disorder/Manic depression | Bullying
| Career | Carer support | Child related issues | Dementia | Depression | Disabilities
| Domestic violence | Eating disorders | Emotional abuse | Family issues | Gender
dysphoria | Generalised anxiety disorder | Infertility | Low self-confidence | Low self-
esteem | Miscarriage | Obsessive compulsive disorder | Panic disorder | Passive
aggressive behaviour | Phobias | Physical abuse | Post-traumatic stress
disorder | Postnatal depression | Pregnancy and birth | Relationship issues
| Seasonal affective disorder | Self-harm | Separation and divorce | Sexual abuse
| Sexuality | Stress | Suicidal thoughts | Trauma | Work related stress

Counselling and Psychotherapy

What is counselling and psychotherapy?

Counselling and psychotherapy provides a regular time and space to talk and explore issues that are causing an individual or relationship difficulty in everyday life. It is an opportunity by which the therapist through the use of therapeutic principles, structure and techniques, facilitates the client through self-awareness, to find direction or purpose, to overcome difficulties, to create change, to enhance social and emotional wellbeing and to treat psychological problems.

SAF has an integrated counselling and psychotherapy service. Its team have been trained by a range of Universities, and use a range of different therapeutic models in their clinical work. All counsellors and therapists working at SAF are professionally supervised and belong to a number of clinical associations.

Therapies offered

Cognitive and behavioural therapies |Cognitive behavioural therapy (CBT)
|Couples counselling Gestalt therapy |Group therapy |Humanistic therapies
|Integrative |Person-centred therapy Psychodynamic therapy | Family
Counselling | Arts Therapies

Fees

We work with clients in a unique tailor based way to facilitate their particular given situation that is causing them distress in life and getting in the way of experiencing healthy relationships. We empower individuals, couples and families to have confidence to build resilience to face life's challenges, whilst developing strong empathic, interpersonal and community skills.

Each session is client-focused with the therapist working in support of the clients conscious and unconscious processes through a strength based approach to their given situation.

SAF clinical work can range from 6 -12 weekly sessions to long-term counseling, although the number of sessions is defined by the level of need and degree of progress being made.

It costs an average of £800 for each individual we support through therapy in this way.

SAF also offers therapeutic workshops as group sessions which provide psycho-education on themes surrounding relationships, usually in small groups of 4-6 individuals. This can both offer a less threatening route into therapy as well as a means of supporting someone on from therapy.

SAF has two main product areas, counselling and psychotherapy and therapeutic workshops. Our psychotherapeutic services are provided in two ways:

Work with individuals and couples and families to support emotional competency, understand patterns of behavior and build confidence and self-esteem.

Therapeutic groups for individuals which provide psycho-education on a range of relationship themes.

Our therapeutic groups are focused on four main areas:

- Building skills and knowledge of healthy relationships
- Introduction to good emotional health
- Preparation to individual therapy
- Experience of being a member of a group

We aim to cover directly attributable costs (including management and administration) through funding for our therapeutic services. Growing this work into new demographic areas will increase our economies of scales keeping front-line work at the heart of all we do.

Through our psychotherapeutic work and an aspiration to grow a training arm to the organisation in order to generate a further income stream, we aim to deliver a margin that will contribute to the overall running costs of SAF. Further funding from grants and supporters will give us a diverse array of funding streams.

Our Effectiveness

We have been internally evaluating our impact from the beginning using a comprehensive and well known evaluation tool CORE. As we develop our

services over the next couple of years we aim to carry out on an annual basis, analysis of the effectiveness of our counselling and psychotherapy; and therapeutic workshops using qualitative and quantitative methods.

Where SAF Works

Much of SAF's work is targeted in areas of disadvantage (economic, educational, social etc.), but we also offer our services more widely, because relationships can be challenging throughout the whole social spectrum. We currently work primarily in the Borough of Barking and Dagenham which has significantly worse health outcomes and social inequality than England's average statistics according to Public Health England, (Marmot's Indicators for Local Authorities in England, 2014). Barking and Dagenham was one of only two London Borough's significantly worse for all indicators which include life expectancy, together with disability adjusted life years, child development, young people not in education, employment or training, and receipt of mean tested benefits. Barking and Dagenham Clinical Commissioning Group (CCG) 2012-16's health profile shows that the local population is one of the most deprived in the country. SAF is currently located in Barking working primarily with adults who need specialist relationship support. Referrals come through statutory and third sector education, health or social care partners.

Some of the clients we work with are from a background of complex needs which requires an inter- disciplinary, inter-agency approach. Individuals can also self-refer.

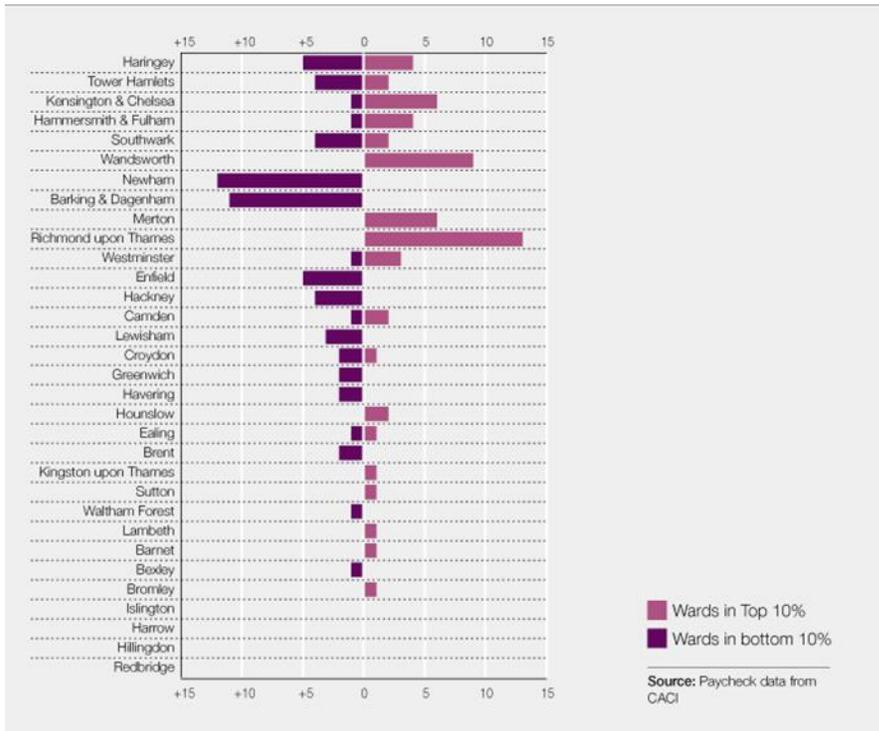
Training and Referrals

SAF's team has offered training and educational workshops on a range of issues concerning family wellbeing to some of the following partner organisations who refer their clients to our services. Referrals come through statutory and third sector education, health or social care partners:

We have a particularly high referral rate for families experiencing domestic violence.

Domestic abuse can harm children and adults physically, emotionally and

psychologically. Domestic abuse is a pattern of behavior which involves violence or other abuse by one person against another in a domestic setting, such as in marriage or cohabitation when one person tries to dominate or control the other in the relationship. Domestic abuse that includes physical violence is called domestic violence.



Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over the other. Victims of domestic abuse are at the receiving end of fear, guilt, shame, and intimidation. They are often threatened that they or others they love will be hurt.

Domestic abuse often escalates from threats and verbal abuse to violence. And while physical injury may be the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy self-worth, lead to anxiety and depression, and make victims feel helpless and alone. Feelings of self-loathing, helplessness, and desperation are common amongst victims.

Victims 1) Feel afraid of their partner most of the time

2) avoid certain topics out of fear of angering their partner

3) Believe they deserve to be hurt or mistreated

4) Feel emotionally numb

The joint strategic needs assessment carried out in Barking and Dagenham recognises that in 2013/14 there was a total of 1,991 DV crimes reported to the police. Although this was a 25.4% increase on the previous year, Barking and Dagenham continues to have the highest DV reported incident rate in London.

The DV services in the borough work together to help deliver a coordinated community response model which

1) Increases survivor safety

2) Holds perpetrators accountable for their behaviour

3) Challenges the social tolerance of domestic violence. All services responding to DV contribute to the delivery of the Domestic and Sexual Violence Strategy and Health and Wellbeing Strategy locally.

With the knowledge that one in four women will experience Domestic Violence, we are able to estimate 24,000 females living in Barking & Dagenham will experience domestic abuse at some stage during their lifetime.

The hidden costs to agencies in Barking and Dagenham in responding to DV (its immediate and the long term impact) could be £19 million a year. This figure includes the costs of visits to GPs and A&E, treatment for injuries, use of ambulances, prescriptions. Research has also shown that the average high risk DV case costs an estimated £20,000 per year to the public purse, costing the health service £5,000 per case.

Some of the other issues that client's have been bringing are family difficulties, stress & anxiety, Trauma, bereavement, anger management, depression, post traumatic stress disorder, relationship difficulties, emotional support, and Homelessness.

Funding

Some of our clients are able to contribute towards the cost of their psychotherapeutic support, but SAF currently relies chiefly on charitable trusts and private donors.

Our business development work is focused on the following areas:

- Statutory funders: including new sources of funding.
- Grant income: we will increase our relationships with new funders who share our vision to enable better health and wellbeing outcomes in the most deprived areas of disadvantage.
- New opportunities: increase our service capacity to new geographical areas.
- Supporter income: we will increase the number of supporters and scale of donations through a range of events and other opportunities.

Our effectiveness

We know that SAF's work is worth serious investment. We attach great importance to ensuring and demonstrating the effectiveness of our psychotherapeutic work. We also believe that our effectiveness comes through good relationships with our referral partners in our local community and a strong sense of reflective practice, through a robust system of consultation and clinical supervision.

SAFs effectiveness is important not only for our clients and their community, our investors and evaluators, but also to raise awareness of the importance of healthy relationships for family and community life.

What our clients say

“Before I was referred to SAF I had not been offered the opportunity before to talk through my problems which were causing me a lot of stress, now I have the opportunity to be heard once a week, it is helping me a lot”. Kirsty

“My life has had a lot of up and downs which have meant that I am separated

from my children. I have a lot of sadness. My therapist at SAF is helping me to work through these difficulties so that I can build better relationships with my children". Parminder

"Without the support at SAF I would be continuing to feel lonely and that no-body cares. The staff at SAF have shown me such kindness". Graham

Future Objectives

The SAF Counselling Team are moving from the Barking Regus Business Centre to Caritas Anchor House in Canning Town in Newton on the 1st February.

SAF has made a strong contribution to the wellbeing of the Borough of Barking and Dagenham to decrease health inequalities and increase life chances for families today and those in the future and will continue to do so.

SAF has counsellors in one of the schools in Barking.

SAF have been invited to offer the Peabody Trust's residents.

SAF as part of its business plan is seeking further funding to:

- Continue to grow our work across the Borough of Barking and Dagenham, Newham & Redbridge.
- Expand our work into neighboring Local Authorities
- Expand our work into Northamptonshire
- Grow our clinical team to build clinical capacity
- Greatly increase our impact through a significant increase in client numbers