

Impact Report

2021 - 2022



The Power of Play!



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Registered Charity No: 1140441 | Company Registration No: 7273425

A message from our Charity Director



Clear Sky - Championing The Power of Play

2021-2022 has been a period of change and development for Clear Sky. We've grown our therapeutic team in response to a huge demand for our services; having increased our school headcount by a huge 28% on last year, and we continue to seek more high quality therapists to join our excellent team, to help meet the ever-growing needs across Oxfordshire and surrounding counties.

In our central office we've said a sad farewell to one of our lovely colleagues but welcomed in an equally lovely new face, with many of our incredibly talented team pivoting into new roles and taking on additional skills and responsibilities this year.

We are proud to have made some significant developments throughout the past year in developing new online services which complement our existing training packages and learning Institute, as well as launching our lovely new website with refreshed branding in Spring 2022. Our aim now is to get these highly valuable resources out to as many practitioners as we can!

Our professional training programmes go from strength to strength, and we are so delighted to have forged partnerships in two new regions this year - in both the Midlands and North West. We are excited to see how the programmes roll out in these areas and equally are extremely proud to have secured a successful training bid with Warwickshire County Council for the next 3 years and to have delivered our Baby Bonding course at volume to the NHS in the North West.

Moving into 2022/23 we are looking forward to contributing positively to the ongoing call for a dedicated Minister for Children as part of our collaboration with both the Children First Alliance and the APPG for a fit and healthy childhood. We are looking forward to attending a reception at the House of Commons in the next few weeks which will raise awareness of prioritising the needs of children and young people.

Our thanks must finally go to our wonderful funders, trustees, volunteers and supporters who have been so generous this year in getting behind our work and enabling us to deliver nearly 2000 Play and Creative Arts Therapy sessions, training hundreds of professionals, and supporting parents and carers through our parenting programmes. We are looking forward to sharing the results of our work with you again next year!

Our Team



Who's Who at Clear Sky HQ

- Anna Hodgson - Captain of Clear Sky (Charity Director)
- Becky Hill - Head of Therapeutic Thinking / Dramatherapist
- Jess Haynes - The Play Maker (Services Co-Ordinator)
- Laura Cousins - The Waymaker (Head of Training)
- Fiona Weiss - The Juggler (Administrator)
- Jeanette Viney - The Plate Spinner (Administrator)



Our Therapeutic Team

Our amazing therapeutic team are all qualified in Play Therapy, Dramatherapy, Art Therapy, Dance & Movement Psychotherapy or Counselling and Child Psychotherapy. Our therapists are highly experienced and work tirelessly to meet the needs of children through the delivery of our therapeutic services.

Our Board of Trustees

Our dedicated Board of Trustees oversee the strategy, governance and implementation of our charitable objectives, supporting the Head Office team to deliver Clear Sky's vision. We are grateful to our Board for representing Clear Sky and for maintaining its governance and values.

A message from our Board of Trustees

Clear Sky's Play & Creative Arts Therapy Services continue to be needed more than ever as we all struggle to come to terms with the new, still changing working environment and living with Covid. Our dedicated and hard working team were able to deliver therapy both face to face and online, ensuring that children and families receive the help they need. The Institute for Play and Attachment continues to provide resources for both families and therapeutic professionals and our renowned training both nationally and internationally allows more help to children coping with the aftermath of trauma. The Trustees are very proud of all of the team and would like to thank them for the commitment and hard work which has enabled the charity to continue to flourish during yet another difficult year.

Fundraising

2021 - 2022

- We exceeded our fundraising target of £12,000.
- This was achieved by fundraising events, corporate donations, trusts and grants, resourcefulness and pro bono support.

2022 - 2023

- Clear Sky expects to support many more children and families as possible through increased demand for our Play & Creative Arts Therapy services.
- Through the Institute for Play and Attachment and our therapeutic services we will support therapists, practitioners, schools and families with training and resources and hold our first Conference.
- To achieve this we need to raise **£26,000** to supplement the income raised through our training services and income from memberships of the Institute for Play and Attachment.

How your donation helps

- **£40** pays for a Play & Creative Arts Therapy Kit for 1 child
- **£400** covers the costs of publishing a practitioner CPD module for our Institute for Play and Attachment
- **£455** pays for 1 parent / child pair to attend a 10 week parenting Group
- **£495** buys a membership to our Emotionally Healthy Schools programme
- **£700** pays for a 7 week Baby Bonding group
- **£2,648** pays for 2 x children to have 18 each of one-to-one Play & Creative Arts Therapy
- **£5,000** funds a research project into the efficacy of our support services
- **£4,400** will pay for 16 professionals to attend a 2-day Practitioner Training programme
- **£26,000** covers our fundraising costs for the year

What you can do

- Donate through our website
- Fundraise through your work
- Volunteer your time or expertise
- Raise sponsorship for Clear Sky Children's Charity

Follow us on social media @ClearSkyCharity



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**FUNDRAISING
REGULATOR**

Children's Mental Health

The Scale of the Problem

- There has been a 35% increase in admissions for childhood eating disorders in the last year alone (NHS data)
- 46% of children were considered to not be school ready when they started KS1 in September 2021 (EEF)
- 15% of young people experienced mental ill-health in 2021 (CYPMH)
- Public Health expenditure on 0-5 year olds fell by 20% between 2016-2020 and the Public Health Grant has fallen in value such that it needs £1.4 billion extra to restore it to 2015/16 spending power.
- Growing up in a household with median income increases the risk of developing behavioural disorders in children aged 11-16 years (NHS Digital, 2019).
- Between 2018-2019, it was estimated that one in four children between 0-16 years had a mother with a mental health difficulty, and this was predicted to increase (Abel et al., 2019)

The Solution

- The Department of Health and Social Care should agree and apply a national outcomes framework for children and young people's mental health support with NHS England. (Centre for Mental Health)
- Supporting young people's mental health is not just about the here and now, but also about building strong foundations for the future (The Health Foundation)
- In England, early interventions and home treatment for mental health problems can reduce hospital admissions, shorten hospital stays and require fewer high-cost intensive interventions. This can potentially result in a saving of up to £38 million per year. (MH Foundation)



Children's Mental Health

How Clear Sky Help

- We offer a range of services for children and their families, teachers and other professionals; whilst keeping the child and play at the heart of everything we do
- We are experts in child-led Play & Creative Arts Therapy and our training is based on the very latest research
- We offer flexibility and good value to schools
- We have a significant impact on children's wellbeing and behaviour
- We contribute to research as members of the All Party Parliamentary Group for a Fit and Healthy Childhood



100+

children and young people were supported by a Clear Sky Therapist this year in one to one and group sessions

19

Play & Creative Arts Therapists work with Clear Sky to deliver a range of interventions to suit each child's needs

↑28%

More schools across our region received Play & Creative Arts Therapy support from Clear Sky than last year

1950+

therapy sessions took place between Sept 2021 - August 2022. An increase in referrals of 35% was made between Autumn 2020 and Summer 2021

99%

of delegates who attended an Attachment Play Practitioners Course rated it as 'Excellent' or 'Very Good' and would recommend it to others

70

practitioners completed our new Baby Bonding online training course, with post course evaluation of 9/10 for meeting expectations

Our Services



Play for Pupils

Supporting children with Play & Creative Arts Therapy in Schools

Clear Sky have continued building and maintaining longer term partnerships with schools across Oxfordshire and beyond supporting children with both one-to-one and group Play & Creative Arts Therapy; more children are being supported with longer, more meaningful interventions than ever before.

James's Story

James* is 8 years old. James had been in foster care for many years because both of his parents were in prison. At school, James presented challenging behaviours in the classroom and often struggled to ask for help. He found it hard to form friendships and was disinterested in learning. James' foster family said that he was being overwhelmed by emotions and struggling to regulate them at home and was also struggling with separation anxiety from carer. James and his therapist spent time exploring James' life story through metaphor and play, exploring relationship and identity, whilst developing a positive and trusting therapeutic relationship. James' pro social (kind and helpful) behaviours increased dramatically, he became keen to learn, his efforts were being acknowledged by his teacher as he started finding special interests in particular subjects. James formed some positive friendships and there was a huge reduction in separation anxiety with his carer. James can now ask for help and rely on several trusted adults who he will go to in times of need. At end of therapy, James was ready for this intervention to end. He continues to work on expressing his own thoughts and feelings, rather than doing things to please others.



*names and some details have been changed to protect identity

Our Services



Play for Teachers

Support and training for School Staff

Clear Sky supports Primary, Secondary and Specialist schools through specialised and adaptable training which focuses on the importance of relationships and provides staff with play-based strategies that can be implemented throughout school to support social, emotional, and mental health needs, and which positively impacts behaviour.

Our training programmes include Adult-Child Attachment Play (ACAP), Space to Shine, mentoring and support and can be delivered in a variety of formats including INSET days, workshops and twilight sessions.

"No task is too big or problem too small. [Clear Sky] are solution driven with a child centred approach. They look at all the factors, they are measured with their planning. (The therapist) is so knowledgeable and approachable so makes it so easy to work with her"

As well as working directly along school staff we share CPD to teachers through the National Education Union's regional training programmes.

"Imagine what a difference it would make to children in our area if all new teachers and teaching assistants were able to access this course"



Supporting 'Emotionally Healthy Schools'



**Institute
for Play
and Attachment**

40+

partner schools in Oxfordshire and surrounding counties have access to our FRAMEWORK of support:

- Online e-learning modules
- Lesson plans and assemblies
- Downloadable video content and resources
- Whole School CPD
- Policies and monitoring tools
- Resources, games and tools for parents / carers

Our Services



Play for Parents

Supporting parents to use child-led play to promote emotional wellbeing for their children

Clear Sky continues to grow our support for parents and focused some of our fundraising efforts this year to providing some funded sessions for parents and children. We delivered Baby Bonding and Heart to Heart groups in the community in 2022 and trained even more practitioners to deliver this work across the country.

100%

of parents who attended our Baby Bonding group said that they felt supported as new carers

75%

of parents said that their self-esteem as a parent had improved after attending our Heart to Heart groups

We initiated our research project through our community group work in 2021/22. This will allow us to evidence the success of our Attachment Play programmes and support others to deliver this work more widely!

Our new Practitioner Register

We now provide a searchable register of Attachment Play practitioners so that families can find support in their local area from Baby Bonding groups up to parent/teen sessions.



Yoga for parents!

This year we provided seasonal yoga videos and resources for new parents.

Our Services



Play for Therapeutic Professionals

Training professional practitioners to support children and families' emotional wellbeing

250+

professionals were trained in our CPD accredited practitioner training courses between August 2021 and July 2022.

100%

would recommend this course to others

Demand for these courses continues to grow with delegates attending from across the UK and beyond. We have delivered courses at volume both online and face to face in partnership with several organisations including the NHS across the UK during 2021-22.

"An excellent course that I highly recommend for practitioners working with children and parents."

"Very well planned out course, full of information and inspiration for future work. Great organisation who have a clear message of what they want to achieve and share far and wide"



"A wonderful course that teaches practitioners how to empower parents to build attachments and relationships with their children using a fun and playful approach."



Our Licensed Partners

We are delighted to be working with our accredited partners in Ireland and in other regions across the country. Our licensed colleagues deliver our suite of Attachment Play professional training and provide mentoring and support as well as delivering therapeutic work within their regions.

Big Toes Little Toes Ireland Linsey McNelis and Ruth McDonagh

Here in Ireland we really missed our practitioner trainings and the delivery of the Attachment Play programmes during the pandemic. We were so delighted to get back to in-person practitioner training in late 2021.

17 new Parent Child Attachment Play Practitioners trained in September, with attendees travelling from lots of different counties and a variety of professions.

In November 2021 we were delighted to be contacted by Healthy Ireland Mental Health fund looking for Baby Bonding Practitioners to deliver classes to new parents in Galway county. We also did a lovely piece of work with Down Syndrome Galway, funded by Healthy Ireland, delivering 2

Baby Bonding classes and a Parent Child Attachment Play group with parents.

In early 2022 we delivered Baby Bonding Practitioner training to 13 participants. This group included a number of staff from Sure Start, a government lead initiative offering services aiming to deliver the best start in life to children. This is based in Armagh in Northern Ireland so the ladies made a long trip for their training. They have started running Baby Bonding within their centre and are getting great feedback.

We look forward to delivering Baby Bonding, Parent Child Attachment Play and Heart to Heart again in the near future, while continuing to sprinkle all the wonderful nuggets of these Attachment programmes within our practitioner work.

Linsey and Ruth



Our Licensed Partners

Staffordshire - Jacqui Shankly

Jacqui Shankly, has worked for over 20 years supporting babies, children and their families. She began her career making music with babies and their parents throughout Staffordshire and the West Midlands on behalf of local charities and Children's Centres. "I loved my work, and what fascinated me most was the power of music to stimulate playfulness and connection between children and their parents and carers. Thus began two decades of interest and research into early childhood development and attachment, culminating in a Masters in Play Therapy. I founded Moonbeams CIC, an organisation dedicated to promoting positive childhood mental health through direct work with children, and support and information for the adults around them"



Manchester - Phil Barker



Phil is a PTUK & BACP registered Play Therapist, Family Practitioner and SEND Lead Practitioner, he's used his senior leadership experience in Special Education as a basis from which to develop by becoming a Therapist and Trainer.

Phil specialises in Trauma/Attachment, Pervasive Developmental Disorders such as Autism and school engagement and parenting. Whenever possible he works systemically to support children's development both proactively by engaging with parents, carers, schools and other agencies and reactively by providing Therapy to children across the age range.

Phil works with Charities, Schools, Local Authorities and privately to promote child and family wellbeing.

He lives on the North Yorkshire Coast with his two teenage daughters where he spends his downtime sailing, dog walking and generally being physically active.

The Institute for Play and Attachment



Our online learning hub for professionals

In 2021-2022

100

members
took part in

12

modules
equivalent to

30

hours of CPD

Our online learning platform, The Institute for Play and Attachment (IPA) continues to grow and develop providing easily accessible and relevant training delivered by sector experts for therapeutic professionals.

Topics covered this year included:

- Compassion education
- Gender, sexual and relationship diversity
- Boys, sex and relationships
- Unconscious bias
- Supporting anxious children and teenagers
- Neuro-dramatic play and puppets
- Trauma and dissociation
- Compassionate self-care for parents
- Suicide bereavement
- Playing attachment at home and in school
- Managing anxiety and trauma

Our 1st
Institute for Play
and Attachment
Conference will
take place
in 2023!

To join the IPA community please visit www.clear-sky.org.uk

"I very much value my membership of your institute for Play and Attachment. It's nice to connect with other therapists and professionals, as it can seem like a very lonely place. It's great for some valuable CPD and subtitled access"

"Loved the training and it's great to be able to revisit it whenever I feel the need"

Conferences and Events



Clear Sky on the road!

We are very happy to have been out and about again this year and to see many new and old colleagues at a range of conferences, talks and events.

Highlights include delivering talks for the South Moreton WI and at the Abingdon Arts Society's lovely annual garden party, as well as presenting our work at the welcome return of the Youth in Mind Conference in Oxford.

We were also delighted to attend Galeria Moderna's Oxfordshire Art Awards to receive their generous donation as their chosen charity for 2022.



Our Partners & Supporters



Thank you to all our supporters and partners who have donated money, raised sponsorship, volunteered or worked with us to provide services.

Our Strategic Partners



big toes little toes
BIG TOES LITTLE TOES DORSET
BIG TOES LITTLE TOES IRELAND

Charity  Today

The **CHILDREN FIRST** Alliance
Politics in the best interest of the child

THE FARAWAY GANG

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 **OXFORDSHIRE COUNTY COUNCIL**



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Our Memberships

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1001
First 1001 Days Movement

OCVA
Oxfordshire Community and Voluntary Action

A special thank you to Lady Wood for her huge generosity in offering us a practical office and meeting space within the beautiful grounds of The Manor House.

We would also like to say a big thank you to Ella Matthews who has volunteered her time to help us this year.



Our Partners & Supporters

Trusts, Grants and Donors

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The Mrs Yvonne Flux Charitable Trust
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The Souter Charitable Trust
The Vandervell Foundation
South Morton WI
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Individual Donors & Supporters

Thank you to all of the individual donors who have raised money for Clear Sky this year through various challenges, activities and fundraisers, including Adam, Jo and Helen who ran the Virtual London Marathon and Emma and Caroline's birthday fundraisers!

Thank you to our anonymous donors and all those who donated through our online giving platforms!

