

Impact Report

2022 - 2023



The Power of Play!



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Registered Charity No: 1140441 | Company Registration No: 7273425

A message from our Charity Director



Clear Sky - A year of development and delivery!

It seems hard to believe that another year has passed since writing the introduction to last year's Impact Report! Once again though, as I look back across the work that our amazing charity has achieved across the year, I can't help but feel that I must be surely writing about another organisation that must have many more staff and far more resources than we do!

We've delivered our highest ever number of therapeutic sessions for children this year as you will see in this report; a huge 28% uplift on last year. We've taken on the challenge of supporting groups of children displaced by conflict, have been invited to deliver training for the Government's new T-Levels initiative and have supported hundreds of professionals both online and in our regions with the help of our new licensed partners.

Highlights of the year for me have been seeing some of the wonderfully creative and playful ideas that we have come to life. At the time of writing we are busy preparing for our first ever 'Power of Play' Conference this October, and were astonished by the enthusiasm not only of our wonderful speakers and contributors in agreeing to support this event, but by the excitement and anticipation of our delegate audience.

I'd like to thank our multi-talented Head Office Team who do an awesome job of keeping on top of all of our ambitious plans and ideas, our fabulous Therapy Team who are our front line ambassadors, our Board of Trustees, and our generous funders and supporters, who enable us to provide such valuable services for children and families through play.

Anna Hodgson
Charity Director



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 (Digital Services Manager)
- Jeanette Viney - The Plate Spinner (Administrator)
- Jenny Warren - The Juggler (Administrator)
- Decca Warrington - Playground Monitor (Therapeutic Services Manager) / Play Therapist

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 are needed as much as ever with the changing work and financial environment post Covid. Our dedicated and hard working team have continued to deliver therapy both face to face and via online courses. Through our Institute for Play and Attachment, we continue to provide key resources for both families and therapeutic professionals. Our work continues to help more children cope with the aftermath of trauma through play. The Trustees would like to thank our amazing team for their commitment and hard work which has helped the charity to continue to flourish.

Fundraising



2022 - 2023

- We exceeded our fundraising target of £26,000.
- This was achieved by fundraising events, corporate donations, trusts and grants, resourcefulness and pro bono support.

2023 - 2024

- We have ambitious plans for 2023-2024 and our fundraising target for next year will be **£58,000**.
- Our charitable revenues enable us to provide all of our therapeutic provision at a significant subsidy.
- We expect to support many more children and families 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 Power of Play Conference.

Support our work

Follow us on social media @ClearSkyCharity

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



Corporate Social Responsibility

If you are interested in supporting our work as a corporate partner via payroll giving, social investment or sponsorship, please get in touch for more details or an informal discussion. We would love to hear from you!



Registered with
**FUNDRAISING
REGULATOR**

Children's Mental Health

The Scale of the Problem

In 2022, 18% of 7-16 year olds and 22% of 17-24 year olds had a mental health difficulty.

(Mental Health of Children and Young People in England, 2022. NHS Digital)

18%

22%

13%

In 2022, Nearly 13% of children with a mental health difficulty missed more than 15 days of school compared with 4% of those unlikely to have a mental disorder.

(Mental Health of Children and Young People in England, 2022. NHS Digital)

More than 1 in 4 (29%) 7-16 year olds with a mental health difficulty lived in households which experienced a reduction in income in 2022.

(Mental Health of Children and Young People in England, 2022. NHS Digital)

1 in 4

61%

In 2022, 11-16 year olds with a mental health difficulty (61%) were also less likely to feel safe at school than those without (89%), and were less likely to enjoy learning or to have a friend they could turn to for support.

(Mental Health of Children and Young People in England, 2022. NHS Digital)

In children aged 7 to 16 years, rates rose from 1 in 9 (12.1%) in 2017 to 1 in 6 (16.7%) in 2020 and have remained stable at that rate up to 2022.

(Mental Health of Children and Young People in England, 2022. NHS Digital)

1 in 6



1 in 9

76%



Almost 1.5 million people aged 18 and under were referred for mental health support in 2022, a rise of 76% since 2019.

(YoungMinds' analysis of data from NHS Digital)

CAMHS waiting lists in February [2023] have rocketed by two-thirds in two years in England, meaning children are waiting on average 21 weeks for a first appointment.

(Report by The House Magazine following FOI request, April 2023)



2254



1702

2,254 pupils in Oxfordshire were suspended from school in the 2021-22 spring term – up from 1,702 across the same time period in 2018-19, before the coronavirus pandemic.

(Department for Education)

94.8% of professionals say that the pandemic has an ongoing negative or very negative impact on the personal and social skills of babies who were living in the pandemic, and 92.4% say the same for communication, speech, and language skills and for emotional wellbeing and development

(First 1001 Days Movement and Institute of Health Visiting)

94.8%

92.4%

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



2390

therapy sessions took place between Sept 2022 - August 2023. An increase of 23% from the previous academic year

↑ 28%

more children and young people received Play & Creative Arts Therapy support from Clear Sky than last year

140+

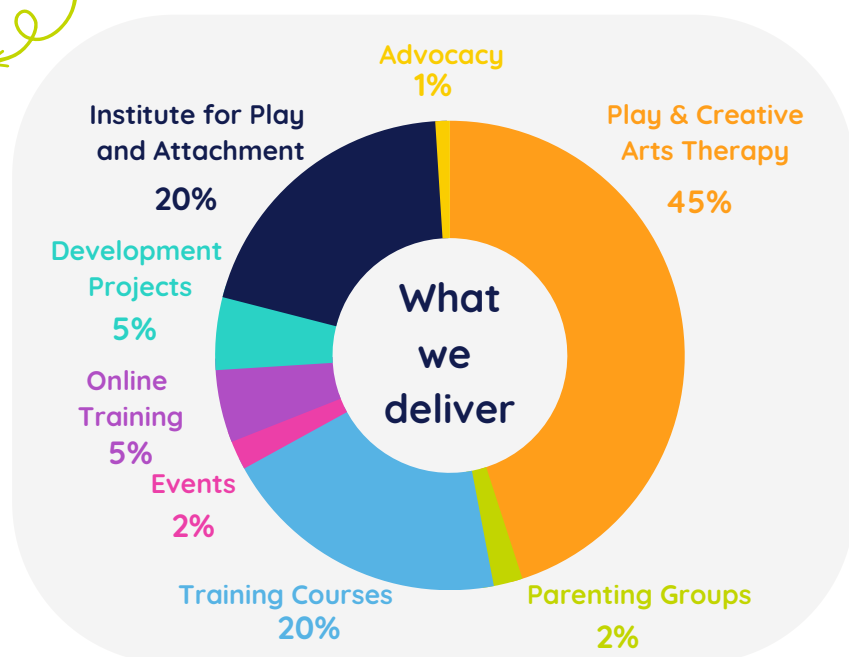
children and young people were supported by a Clear Sky Therapist this year in one to one and group sessions

↑ 33%

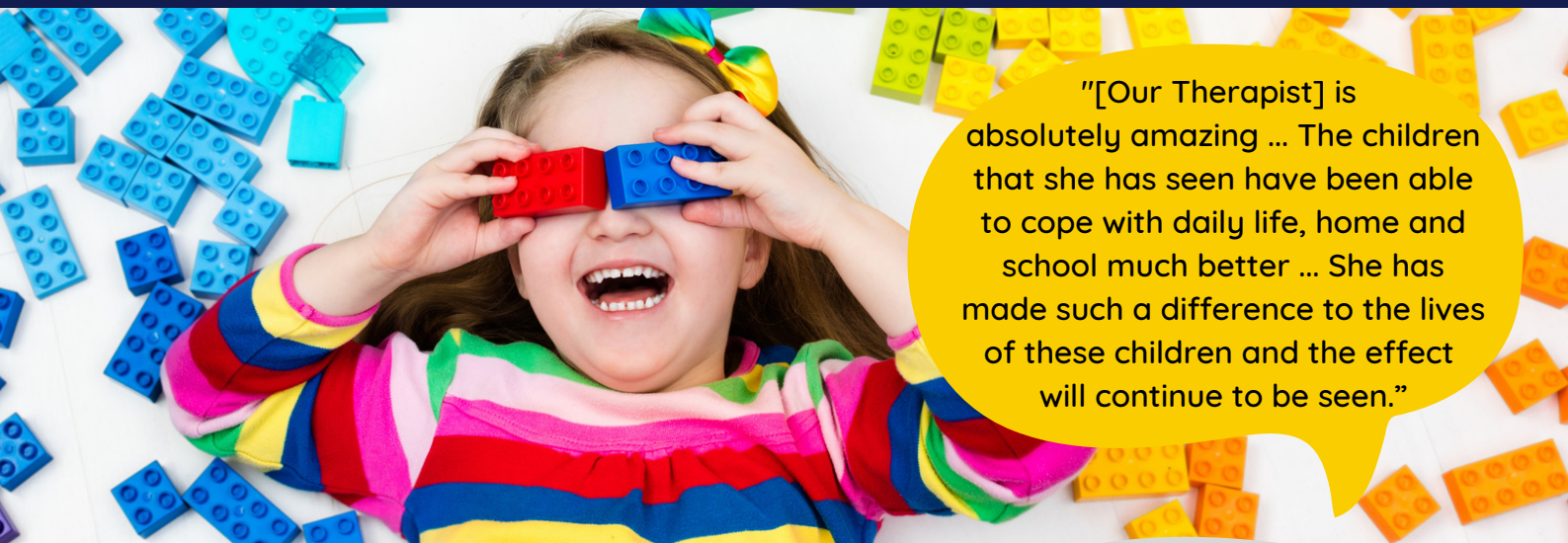
We have increased number of therapy sessions our team delivered by 33% on pre-covid levels

18

Clear Sky Play & Creative Arts Therapists supported children, families and staff in schools across Oxfordshire and into the surrounding counties.



Our Services



"[Our Therapist] is absolutely amazing ... The children that she has seen have been able to cope with daily life, home and school much better ... She has made such a difference to the lives of these children and the effect will continue to be seen."

Play for Pupils

Supporting children with Play & Creative Arts Therapy in Schools

Clear Sky supports Primary, Secondary and Specialist schools by providing individual and group Play and Creative Arts Therapy.

We have continued building and maintaining longer term partnerships with schools across Oxfordshire and beyond. More children are being supported with longer, more meaningful interventions than ever before.

Our therapists have also had more opportunity to support children with their transition from primary to secondary school, giving that much needed support at a time of change.

therapy sessions delivered in the last 6 years by Clear Sky

10,434

"The therapists who have supported our school really live the values of Clear Sky, not just for the children but for the staff they come into contact with... They are kind, warm, nurturing and thoughtful and are really valued by us."

"The therapy has an immensely positive effect on the children and the communication with the staff from the therapist is excellent"

"The children have benefited immeasurably and we have been able to improve their mental health and wellbeing through the therapy. It has been incredibly supportive to those children and families, especially through some tough times."



What our schools say ...

Our Services



Play for Teachers

Support and training for School Staff

Clear Sky supports 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.

T-Level Workshops

We have partnered with the Education & Training Foundation to deliver workshops for more than 110 new teachers for the Department of Education's new T-Level training.



"Clear Sky have supported us to expand our whole school offer through Adult-Child Attachment Play (ACAP) training for Key Staff and this has been invaluable, allowing for school staff to purposefully support children before they reach crisis."

Supporting 'Emotionally Healthy' Schools

50+

partner schools 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



Institute
for Play
and Attachment

Our Services



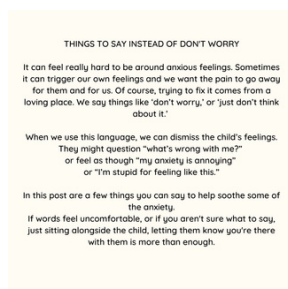
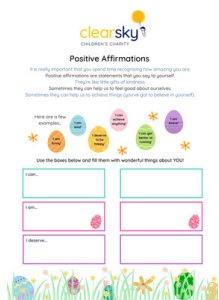
Play for Parents

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

We offer a number of parenting support programmes in the community which support families from birth to early adulthood. These programmes are delivered to groups of parents, or parents and child together.

In 2023 we were fortunate to be able to gift three parenting support programmes to parents and carers, including to two groups of refugee families who had been displaced through conflict.

Our parenting courses enable families to develop resilience, confidence and the skills to form secure attached relationships.



Find an Attachment Play Practitioner

Our searchable directory have over 110 Attachment Play Practitioners supporting families and children in their local area with Baby Bonding groups up to parent/teen sessions.

110+

We also provide lots of FREE downloads for parents and carers!

Our Services



Play for Therapeutic Professionals

Training professional practitioners to support children and families' emotional wellbeing



We continue to deliver courses at volume both online and face to face in partnership with several organisations including the NHS across the UK.

190+

professionals were trained in our CPD accredited practitioner training courses between August 2022 and July 2023.

Fundraising FOR GOOD



We launched 'Fundraising for Good', an online, on-demand programme as part of our suite of professional development courses. Developed by Clear Sky's founder, Sophia Giblin, this course is especially for family practitioners who want to learn how to raise funds to support projects in their local communities.

THE POWER OF PLAY 2023 CONFERENCE



We are so excited to be running our very first Power of Play Conference in Autumn 2023 bringing together a mix of theory, experiential therapy, skills, networking & the value of play!

In 2023-2024 we plan to launch further online training courses.

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



Over the past year we have been delighted to expand our training from Galway to other parts of Ireland. In September 2022 we travelled to Maynooth, Co. Kildare for a weekend training eleven new Parent Child Attachment Play practitioners.

In June 2023 we were delighted to be invited to deliver Baby Bonding Practitioner training to a wonderful group of staff from Child and Family Agency services in Roscommon together with some of their colleagues from HSE Public Health Nursing and Child and Disability Network Teams Roscommon. We really look forward to hearing about the ways they use Baby Bonding in the community going forward.

We continue to mentor and support Baby Bonding and Parent-Child Attachment Play practitioners in their ongoing role in supporting parents with their relationships with their children.

We look forward to training new delegates in Parent-Child Attachment Play in October and Heart to Heart in November in Dublin.

Linsey and Ruth



Our Licensed Partners



Staffordshire - Jacqui Shankly

In the past 12 months, Moonbeams CIC has become an Associate Trainer for Clear Sky Children's Charity. We are now able to offer their suite of attachment courses to organisations and individuals who support children and families in the West Midlands and surrounding areas.

So far we have trained 28 practitioners in the Heart to Heart and Parent-Child Attachment Play (PCAP) approaches and continue to support them as they embed their practice in their respective communities.

Practitioners are drawn from a range of disciplines including Play Therapists, Family Support workers, Pastoral Support and Speech and Language Therapists. We will also be delivering Heart to Heart to students and staff members from the Early Years Course at Coventry University and we are very much looking forward to delivering further courses in the near future.

Jacqui



28
trained practitioners

Our Licensed Partners



Manchester - Phil Barker

This year we delivered training for more of our Manchester NHS colleagues...

3

more NHS Courses
for professionals



145

New Baby Bonding
practitioners

Our fabulous trainer Phil said:

"I was struck by just what an amazing job they do and how perfect Baby Bonding is for them in their roles and the manner in which they will be able to deliver the programme in a focused 1:1 or group setting to some of society's most vulnerable parents"

The Institute for Play and Attachment



Our online learning hub for professionals

The Institute for Play and Attachment (IPA) continues to provide easily accessible and relevant training delivered by sector experts for therapeutic professionals.

Responding to our members, we offered a mix of pre-recorded, live and longer-length content. We updated our membership offer to include the option to purchase individual training modules via our website.

Topics covered this year included:

- Managing anxiety and trauma
- Supporting Parents to use PACE in relating to their Child
- Nurturing a Confident Mindset
- Embracing Neurodivergent Clients & Eating Diversity
- How to Prevent and Recover from Burnout
- Clay Conversations
- Child and Adolescent to Parent Violence and Abuse (CAPVA)
- The Whole Child: In and Out
- Autability - Education & support in understanding neurodivergence
- Selective Mutism
- Clinical Wills



trainer's knowledge and delivery rated
4.9 out of 5 by our members

100
members

"an extremely useful resource and community"

"I really loved [this training], in terms of the information provided, practical life experiences and concrete examples"

"I really enjoyed this training"

"I thought this was a thought provoking module"

"The speakers [brought] in their own personal experience which was very powerful"

What our members say ...

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

Campaigning and celebrating

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



Anna was delighted to attend a Children's Alliance reception at the Houses of Parliament. The reception marked the launch of the Children's Alliance's trio of reports; part of their campaign to put children and young people at the heart of Government decision making.

We continue to actively contribute towards campaigns that focus on making a difference to children's lives as both Ambassadors of the Children's Alliance, and members of the APPG for a Fit and Healthy Childhood.

We were incredibly grateful to the Co-op and especially to their Didcot and Benson store community members who have raised an amazing £2280.53 for Clear Sky this year! We enjoyed sharing in the community celebrations held in store over the celebration weekend and meeting some of the members who had chosen Clear Sky as their cause.



Anna attended a lovely celebration event at the Thames Traditional Boat Festival hosted by the Shanly Foundation. She enjoyed meeting other grant recipients (including some familiar faces) and hearing more about how the Shanly Foundation also supports their work in the region. Despite the very windy and wet weather, it was a truly lovely day.

We are very grateful to the Oxfordshire Freemasons who generously make these tickets available to our schools. This year we were able to give 46 tickets to families who all 'had a ball' at the wonderful production of Cinderella at the Oxford Playhouse.



Photo: Oxford Playhouse

Learning and sharing

Clear Sky were delighted to be invited to speak at the 2023 Oxfordshire Schools Mental Health Network held at Oxford Spire Secondary School. It was fantastic to hear from other organisations and individuals that are working to improve the outcomes and mental wellbeing of children within our county and beyond. Attendees included Therapists, Teachers, Researchers, Children and Parent Centred Charities who all came together to share their thoughts and ideas on how we can work together to help improve the current mental health crisis in schools.



We held a morning of Easter fun, kindly hosted by our fundraising partner Starbucks store in Abingdon. Our whole HQ team were in store, bunny ears on display, handing out craft sheets and colouring to children, and sharing our puppets and musical instruments to families to play with in the April sunshine. Our Easter tombola had some great prizes kindly donated to us by Tesco's Abingdon Extra, Asda Wheatley, and Millets Farm, plus a lovely hamper from our friends at Starbucks.

A highlight of the Clear Sky calendar is The Arts Society Abingdon's Garden Party and we were thrilled to receive an invitation again this year. Jess gave the members an update on our work over the last 12 months and shared Clear Sky's plans for the next year. After an engaging Q&A everyone enjoyed tea and cake and were treated to a wonderful harp recital performed by Pervin and two of her talented students.



Decca enjoyed attending the Children's Alliance Conference "It was a great pleasure to meet people from a range of backgrounds, all interested in improving the chances for the future for our children. Speakers were varied and informative and the smaller workshops, gave the chance to think how children's opportunities can be improved. Overall, it was wonderful to be among people with such strong commitment to trying to make a difference to the adults of the future."

Anna and Becky were very pleased to be invited to share Clear Sky's work with the wonderful Dr Olivia Kessel this summer. Olivia's 'SEND Parenting' Podcast offers parents insight from professionals supporting children with additional needs. <https://sendparenting.com/>



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



bigtoes little toes

BIG TOES LITTLE TOES DORSET
BIG TOES LITTLE TOES IRELAND



Charity  Today



Our Memberships



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.

Our Partners & Supporters

Trusts, Grants and Donors

All Souls College
Arts Society Abingdon
Arts Society Goring
Didcot Girls School
Didcot Powerhouse
Doris Field Charitable Trust
Grand Order of the Water Rats
Hasluck Charitable Trust
Hedley Foundation
Henhurst Charitable Trust
Isla Foundation
Karen June Thornton Charitable Trust
Magic Little Grants
Mr & Mrs J A Pye's Charitable Settlement
PF Charitable Trust
Samuel Storey Family Charitable Trust
Sandra Charitable Trust
St Michaels & All Saints Charities
Starbucks (Abingdon)

Stockwell/Cliffe Charitable Trust
The 7 Stars Foundation
The Albert Hunt Charitable Trust
The Ammco Charitable Trust
The Bartlett Taylor Charitable Trust
The Borrow Charitable Trust
The Champness Charitable Trust
The Christopher Laing Foundation
The Cooper Charitable Trust
The Makers of Playing Cards
The Michael & Anna Wix Charitable Trust
The Persula Foundation
The Stanton Ballard Charitable Trust
The Souter Charitable Trust
The Pixel Fund
Turners Court Youth Trust
The Vandervell Foundation
WI South Moreton

Individual Donors & Supporters

Thank you to all of the individual donors who have raised money or supported Clear Sky this year through various activities and fundraisers, including Janice Rice, Patricia Bonnett, and also Emma and Caroline's birthday fundraisers!

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

THANK

YOU