

Impact Report

2023 - 2024



The Power of Play!



The Manor House, Little Wittenham, Oxfordshire, OX14 4RA
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Registered Charity No: 1140441 | Company Registration No: 7273425

Our Rainbow Values

We are
a mindful
team

We are
playful

We
create safe
spaces

We
never, ever
give up

We let
every child
shine



A message from our Charity Director



Clear Sky - Supporting childhood trauma through play

2025 heralds the 15th Anniversary of Clear Sky Children's Charity. It seems only 5 minutes ago that we were discussing plans for a 10th anniversary celebration, which were sadly and swiftly curtailed by Covid lockdowns.

So, with another five years on the clock, it would seem to be an appropriate time to look back and reflect on not only the past 12 months in this Impact Report, but also to think about 'why' Clear Sky exists, and whether we 'meet our charitable aims' which can often be something that is overlooked in the reporting that we do at year end.

When we look at our mission statement and what we are trying to achieve, it is ambitious to be sure, but if we can't aim high, then 'what's the point' to my mind. As we say at Clear Sky HQ - if we are going to do it, let's go for it!

Clear Sky is more often these days recognised for 'punching well above its weight' and, whilst that's a lovely compliment to receive, it's also a good reminder that the work we do is so needed and also, so desperately under-funded. We receive no statutory funding for our work.

We, as an organisation are fortunate though to have navigated through the tumultuous economic storm of the past 4 or 5 years and have come out the other side relatively unscathed. Many of our fellow small charities have not been so lucky and this is in no small part down to the generosity of our funders and supporters who believe so passionately in what we do. To you we'd like to say thank you for supporting us.

We don't shout too much about our successes, or seek to have our name in lights, or spend our time and effort being self-congratulatory. However, at this point in the year I must take this opportunity to acknowledge our wonderful central office team who work like trojans, and our frontline therapists, who always put the child first, no matter what the circumstances are.

Highlights of the year for us have been forging new partnerships with generous supporters, marking 10 year anniversaries with some of our loyal schools, creating our first charity film and receiving grants which have totally transformed our charity. On top of that was our first ever Power of Play Conference which could not have been better had we tried, and, not least, the amazing feedback that we receive from practitioners, partners, families and schools.

All of this helped us to support thousands of vulnerable children across the UK.

Are we meeting our charitable aims? I think so.

Onwards!



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)
- **Stephanie Treadwell** - The Ringmaster (Operations Assistant)
- **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. Young people are waiting too long for mental health support and the stress and delay only increases the impact of anxiety and trauma. Our dedicated and hard working team are committed to delivering therapy services 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 and equips parents to bond with and support their children. The Trustees would like to thank our amazing team for their commitment and hard work which is making an immediate and lasting impact on children's emotional wellbeing.

Fundraising



2023 - 2024

- We exceeded our fundraising target of **£58,000**.
- This was achieved by fundraising events, corporate donations, trusts and grants, resourcefulness and pro bono support.

2024 - 2025

- We have exciting plans afoot for 2024-2025 and our fundraising target for next year will be **£40,000**.
- 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 our new and improved Institute for Play and Attachment and our therapeutic services we will support therapists, practitioners, schools and families with training and resources and hold our second Power of Play Conference. Our new IPA learning platform launches this September!

Support our work

- 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



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!



Children's Mental Health

The Scale of the Problem

In 2023, NHS England reported that one in five children and young people had probable mental health disorder.

(Open Access Government, April 2024)

1 in 5

90%

Nearly 90% of GB parents are worried for their children's future life chances - UNICEF UK calls for urgent reset from new Government.

(Unicef, 2024)

'Those most at risk of mental ill-health are children and young people from disadvantaged backgrounds who have suffered recent or past trauma such as abuse or neglect, racism, or discrimination due to their ethnicity, identity or gender.

(Mind Survey, 2021)

63%

63% of parents say that they are struggling with their mental health in parenting.

(Unicef, 2024)

Children from the poorest 20% of households are four times as likely to have serious mental health difficulties by the age of 11 compared to those from the wealthiest 20%.

(Davie, 2022)

140,000

Over 140,000 children never returned to school following the pandemic following the disruption in schooling that was introduced.

(Open Access Government, April 2024)

The CAMHS waiting list has 403,955 children on it's wait list, with 17,991 having been on the list for over 12 months.

(Royal College of Paediatrics and Child Health, May 2024)

403,955

Two-thirds of young people said that when reaching out or receiving support for their mental health they experienced stigma and discrimination.

(Mind, 2023)

Children aged 6-18 with a mental health difficulty are more likely to have parents who were unable to afford the right clothes, shoes, and school equipment them (17% vs. 4% and not have access to transport to take their child where they needed to go (13% vs. 3%).

(NHS Digital, 2023)

Children's Mental Health

How Clear Sky Help

- We offer a range of therapeutic 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 best value to schools
- We have a significant impact on children's wellbeing and behaviour
- We contribute to research as members of number of bodies, Parliamentary groups and we host the Oxfordshire Schools Mental Health and Wellbeing Network.



2000+

therapy sessions
took place between
Sept 2023 - August 2024.

43

We worked in 43
Oxfordshire Schools
this year!

130

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

10

Many of our schools are
celebrating a decade of
partnership with Clear Sky
this year!

18

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

Celebrating partnerships



“King’s Meadow School are pleased to be celebrating 10 years of working alongside Clear Sky in order to support the wellbeing of some of our most vulnerable pupils. Being able to offer play therapy to our students has enabled us to better meet the needs of our students so that we are able to progress their learning whilst also supporting their emotional development. Our children have thoroughly enjoyed working alongside the Clear Sky therapists and look forward to their time together. Here’s to continuing our work together to provide for the best outcomes for our children”



Our Services



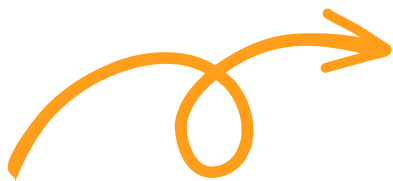
Therapy for schools

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.



What our schools say

"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."

therapy sessions delivered in the last 7 years by Clear Sky

12,632

"Our Clear Sky Therapist is so knowledgeable and approachable; it makes it so easy to work with her"

"No task is too big or problem too small. [Clear Sky] are solution driven with a child centred approach"

"Play therapy with [our therapist] has been transformational for some of our children and for others, has supported them fully through very difficult situations. The children she has worked with would not be in the positive position they are now without her support"

Our Services



Training for schools

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.



Oxfordshire Schools
Mental Health and
Wellbeing Network

In June 2024 Clear Sky became home to the Oxfordshire Schools Mental Health and Wellbeing Network.

We look forward to helping to manage this network for the benefit of all Oxfordshire schools and mental health providers moving forward and will share news on this in next year's Impact Report.

"We have worked very closely with Clear Sky over the years and several of our staff team have completed your ACAP training. This has had a profound impact on the children we support and has allowed for us to expand our universal offer alongside our Attachment based ethos"

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



Support for families

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 2024 we were fortunate to be able to provide training to practitioners all over the UK who are now skilled to deliver family support programmes in their communities.

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

Our FREE parents resources

In 2024 we introduced a range of free resources for parents and carers. Over 250 subscribers receive these free resources straight to their inbox every term!



Find an Attachment Play Practitioner

Our searchable directory have over 135 Attachment Play Practitioners supporting families and children in their local area with Baby Bonding groups up to parent/teen sessions.

135+



Our Services



Learning and Development 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.

253

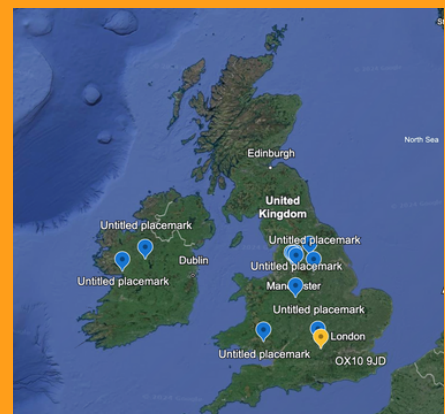
Professionals were trained in our CPD accredited practitioner training courses between August 2023 and July 2024.

'Fundraising for Good', an online, on-demand programme is 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.

Fundraising
FOR GOOD



Whole professional training courses delivered this year



Our 2023 Conference

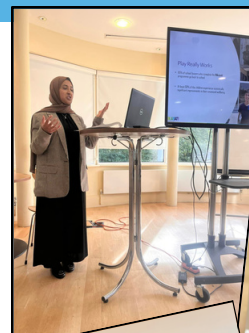


The theory and practice of play...

A sunny and pleasant October day marked the first of our new 'Power of Play' Conferences.

In a packed programme, delegates were treated to a fantastic keynote opening speech with **Dr Sue Jennings**, inspiring presentations from the **Hikayti centre**, and an uplifting closing plenary with the fantastic and very humorous **Ben Kingston-Hughes**.

The afternoon was filled with hands on, practical workshops in Drama, Music, Clay and Sand hosted by the wonderful **Lara Kasza**, **Dr Elizabeth Coombes**, **Dr Lynne Souter-Anderson** and **Jessie Ellinor**. Delegates chose 2 workshops to add skills to their practice.



We were so delighted with the wonderful feedback from the event that we immediately set about planning our 2024 event which will be taking place on 2nd November in Oxford.

More details can be found on our website www.clear-sky.org.uk



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



In October 2023 we travelled to Leixlip, Co. Kildare to train 13 new Parent Child Attachment Play practitioners. We had a lovely weekend sharing the PCAP model of strengthening relationships through play.

In November 2023 we once again travelled to Leixlip, Co Kildare. This time to train 7 new Heart to Heart practitioners. It was a weekend filled with laughter and fun, as we shared the lovely playful Attachment games involved in this programme.

In June 2024 we had a wonderful two days training practitioners in Tubbercurry, Co. Sligo in Baby Bonding. Practitioners came from Sligo, Leitrim, Cavan and Donegal. There was a great variety of different roles among those attending including staff from family resource centres, public health nurses, Lifestart, parenting hub and the travellers movement.

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



Linsey and Ruth

Our Licensed Partners

Moonbeams CIC - Jacqui Shankly

Moonbeams CIC is proud to be an Associate Trainer for Clear Sky Children's Charity and we offer their suite of attachment courses to organisations and individuals who support children and families in the West Midlands and surrounding areas.

Since September 2023, we have trained 24 practitioners in the Heart to Heart and 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 and occupational therapists. In addition, we have supported Clear Sky to deliver 4 Baby Bonding courses to family workers in the Greater Manchester area and one PCAP course to Mental Health Professionals in Coventry. We have recently been approached to deliver the course in Estonia and plans for the immediate future include delivering 4 more cohorts during Autumn 2024 and Spring 2025.

I have also been happy to contribute to the PCAP online offer, therefore increasing the numbers of people who are able to access this training.

Jacqui



Two more cohorts of happy Parent-Child Attachment Play practitioners in Oldham!



Institute for Play and Attachment



Our online learning hub for professionals

Since its launch in 2019, the Institute for Play and Attachment (IPA) continues to provide easily accessible and relevant training delivered by sector experts. We have been working hard on preparing a brand new membership platform launching in September 2024.

With improved search functionality, a curated learning area, research library, resources bank, self-care hub and online community, the Institute for Play and Attachment welcomes all therapists and therapeutic professionals working with children and families.

What our members say ...

"it's incredible to be a part of this community"

"An extremely useful resource and community"

"The site is fantastic!"

"I very much appreciate all of the wonderful training modules"

100

members

Welcome

to your **Institute for Play and Attachment membership dashboard.**

We are so happy to have you here for your CPD needs for working with children and families. Here are some tips on to get the most out of your membership.

To see the latest content click on 'What's New' below:



What's New

All the latest content at a glance!

Or explore each area:



Learning Area

Explore the learning area, split into easy to use sections covering topics such as play and creativity, practical application, trauma, attachment, bereavement and much more!



Self-Care Hub

Spending time focusing on your own self-care is vital. In the Self-Care Hub you will find meditations, yoga, colouring; lots to help you find space for yourself.



Research Library

Regularly updated, delve into relevant research papers and interesting articles.



Resources Bank

Here you will find a whole range of resources and guidance to support you in your practice.

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.



Clear Sky were delighted to be asked to help sell raffle tickets to raise funds by our friends at Phyllis Court at this year's Henley Regatta. An enormous number of tickets were sold (2000 on the Friday alone!)

We are so grateful for the support of Charities at Phyllis Court!

Thank you to Tesco's Community Starts programme and to all Tesco's shoppers in Didcot and Cholsey who kindly popped their blue tokens into Clear Sky's box!

We were delighted to be awarded £1500 and to collect the Big Cheque in store!



We were delighted to attend David Johnstone MP's SEND Fair in Didcot in May.

Becky and Jess were able to meet many from the local community and share more about our work.



Anna, Decca and Becky attended an event at the House of Commons hosted by OPAL this March.

The event marked the launch of the report 'A Plan for Play' which we were delighted to contribute to.



Learning and sharing



We continue to work alongside the National Education Union and were pleased to support their 2023 learning programme by providing another virtual course for them this Spring.

Becky delivered this event to 16 NQTs.

Didcot Girls Schools chose Clear Sky as one of their charities for their First Give project this year. Anna and Steph were thrilled to attend the presentation where our girls won and we were presented with a cheque for £1000!

Our thanks to First Give and to 9NFM!



Becky and Decca represented Clear Sky again at Youth in Mind this year. Our workshop attracted 40 participants and focused on: 'Creating Safe Spaces through Play; Playful connections and emotional regulation'.

The Arts Society Abingdon's Garden Party was again a delight to be invited to. This year, our newest member of the team, Steph was given the wonderful treat of an afternoon of tea, cake, beautiful harp music and conversation.

A truly fabulous £500 was raised for Clear Sky, with our huge thanks.



The team's brain power was tested to the max at St Peter's Quiz n' chips night which raised a staggering £415 for Clear Sky!

Thank you to all who took part.



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 DORSET



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
Bartlett Taylor Charitable Trust
Bentley Foundation
Cooper Charitable Trust
Didcot Girls School/First Give
Grand Order of Water Rats
Helen Roll Charitable Trust
Michael and Anna Wix Charitable Trust
Oxford Community Foundation
Sandra Charitable Trust
Shanly Foundation
Souter Charitable Trust
St Peter's Didcot
Tesco's Stronger Starts
The Belacqua Charitable Trust
The Berkshire Nurses & Relief in Sickness Trust
The Big Give Arts 4 Impact
The Champniss Charitable Trust

The Christopher Laing Charitable Trust
The Cumber Family Charitable Trust
The Doris Field Charitable Trust
The Englefield Charitable Trust
The Felicity Wilde Charitable Trust
The Fore
The Helianthus Charitable Trust
The Lenox Hannay Charitable Trust
The Makers of Playing Cards Charitable Trust
The Marsh Charitable Trust
The Persula Foundation
The PF Charitable Trust
The Samuel Storey Family Charitable Trust
The Sir Jules Thorn Charitable Trust
The Stanton Ballard Charitable Trust
The Syder Foundation
The Truck Trust
The Vandervell Foundation
Turners Court Youth Trust
Wallingford and Didcot Rotary Charitable Foundation

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 Phyllis Court, Grace Park, Josie Hodgson, Mrs Jocelyn and also Emma's birthday fundraiser!

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



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Get in touch



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We welcome all grants and donations, however small.
Every penny gifted to Clear Sky helps us to deliver the
therapeutic services that we offer.

Our small and dedicated team work hard to deliver
services for children across the UK.

We would love to have your support!

