



ANNUAL REPORT

2021-2022



Parents and carers from all walks of life, walking together
Because together, there's a greater chance for things to get better and brighter

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BOARD OF DIRECTORS UPDATE

North Somerset Parent Carers Working Together was formed in October 2017 and changed status to a CIC in September 2020. This change meant that rather than being run by a committee it is now formed of a trio of directors, members of staff, parent reps and a steering group. The reason behind becoming a CIC was to ensure, as a forum, we are more sustainable and as effective as possible for our parent carer community in North Somerset. We continue to work with our strategic partners in both the local authority and health in order to affect change, improve provision and services for children and young people with additional needs and disabilities (SEND) and help alleviate the worry for many of our parent carers.

Over the past year we have been extremely fortunate to have received various grant funding, this has enabled us to grow our teams, put on parent carer training on a wide range of subjects, offer some well being days for parent carers and increase our reach via our new peer support workers. We would like to offer our thanks to Quartet and Pears for their grant funding in support of our vision.

We have also received some grant funded work over the last year from the CCG to help develop the early adopter keyworker team that will work across Bristol, North Somerset and South Glos (BNSSG) to help reduce admissions to inpatient settings for children and young people with Autism or a Learning disability. Further grant funding has been provided, for 3 years, to offer some "needs led" training / workshops for those parents and carers with children on the waiting list for an autism assessment across BNSSG. We are running this collaboratively with the parent carer forums in Bristol and South Gloucestershire.

The local authority has agreed to give us use of The Firs in Drove Road to create a NSPCWT parent carer resource hub that also provides us with the first floor offices space to help accommodate all that we do. Having a base has been hugely beneficial in facilitating all that we are doing and creating a place where parent carers are able to visit for help and support.

We have held 4 fantastic events during the past year and have been able to accommodate a huge range of different agencies that work with children and young people in North Somerset, this has not only been highly beneficial to parent carers but other agencies that work within the region to make connections in order to offer a joined-up approach for those children and young people with additional needs and disabilities. Across the 4 events 673 parents and carers attended and we had 222 exhibitors. We are really excited and are looking forward to running these events again this year but hopefully on a larger scale now that covid restrictions have been removed.

We would like to once again thank all of the parent carers and professionals that have engaged with us over the last 12 months, we are extremely grateful for all of your support and look forward to growing further over the next year.



CEO UPDATE

Having faced another year of challenges, that Covid in particular has continued to present, I have been really pleased that NSPCWT has been able to support so many more parent carers over the past year through growing our peer support, training, events and wellbeing offer.

We have increased our staffing with an amazing group of people who are all so committed to helping our parent community and establishing our parent carer resource hub in Drove Road in Weston-super-Mare.

We continue to represent the priorities of our parent carer community across local authority, health and education seeking to see the much-needed improvements for them and their children and young people.

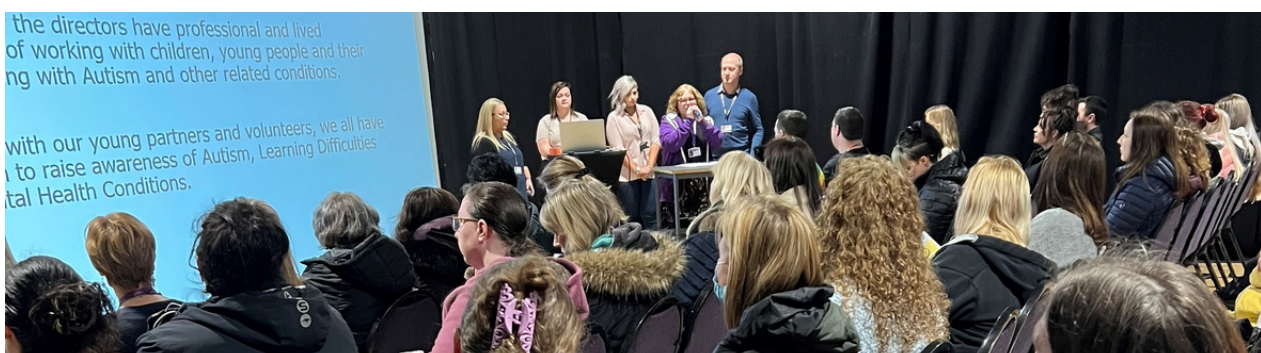
A huge thanks to all the organisations that have recognised the needs of our community and continue to support the work that we do.

I am passionate that we continue to grow the supportive community across North Somerset and effectively represent their collective voice to service providers over the coming year.

Kenton Mee CEO

“In North Somerset, we consider NSPCWT to be integral to the Partnership approach we take to meeting the needs of children and young people with SEND. We are fortunate to have such a positive relationship with colleagues from NSPCWT and value the challenge, insight and support they give us. The Forum actively participates in our improvement journey; it's fantastic that we can exchange ideas and collaborate on so much. We have co-created a number of events and we have jointly developed key strategic tools for meeting children's needs such as the Graduated Response. We look forward to building upon this work in the future.”

Pip Hesketh - Assistant Director of Childrens Services

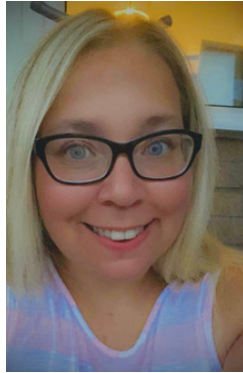


MEET THE TEAM

We would love to introduce you to our team



Kenton Mee,
CEO
and Director



Angie Griggs,
Project Manager
and Director



Hayley Wyatt,
Operations Manager
and Director



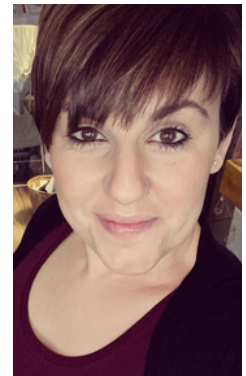
Francesca Betts
Media and Marketing



Laura Shaw
Data and Logistics Lead



Nicola Mesham
Grant Co-ordinator



Kirsty Andres
Peer Support Team



Leanne Havinden
Peer Support Team



Emma Caple
Peer Support Team



Danielle Vincent
Training Co-Ordinator



Bev Robson
Peer and Training Support



Ella Sayce
Lead Send Trainer

PEER SUPPORT UPDATE

We have had another busy, yet successful year!

Creating and expanding our peer support team has been very exciting and we are delighted to welcome three new members to our team. We have begun visiting schools across North Somerset and are developing our offer at our new resource base in Weston. Here we are offering many drop in opportunities for parent carers to join us for a cuppa and a chat.

Expanding our reach across North Somerset is a fantastic opportunity and we hope to meet many more parent carers over the coming year.

Our steering group continues to grow and we meet termly to discuss current issues for families as well as how our forum can be shaped to ensure our whole parent carer community is accessing our opportunities.

Our social media presence has gone from strength to strength and as such we have seen a huge increase in followers and mailing list subscribers. This is the best way to keep up to date with everything we have planned!

As ever we continue to work alongside SEND and You - SAY and plan to bring joint peer support sessions in the coming months.



“Working with NSPCWT is fantastic – their commitment and passion to supporting families in North Somerset makes them an absolute joy to work alongside. We are very fortunate!”

Sarah Bishop
SEND and You

TRAINING TEAM UPDATE

For the past year we have been fortunate to receive grant funding to up our training offer for our parent carers and those professionals who work with their children and young people within educational settings.

We have ensured that we have been as diverse as possible to try and reach as many parent carers as we can who's needs may differ greatly.

We have covered everything from autism in girls and adhd to suicide awareness and support around self-harm, with everything in between.

We work very closely with our peer support team to ensure that any training parent carers bring to their attention is passed on to us for us to source trainers and content that is appropriate.

With our highly wanted and attended training such as adhd awareness, we aim to run those sessions on a more regular basis to ensure that everyone who wants to attend has the opportunity during the year.

For our next year's training offer we procured some more grant funding from the CCG to continue with our diverse training offer, alongside across region training with Bristol and South Gloucestershire for early understanding of autism for those on the waiting list for an assessment.

We look forward to another busy year meeting more parent carers and helping them to feel more knowledgeable about their children and providing strategies to help them.



SNAPSHOT OF THE YEAR

“The partnership and co-production working by NSPCWT in the development of the Keyworker Team has been superb and ensured the voice of parent carers has been an integral part of key decision making and how the team will meet the needs of our young people”

Mark Hemmings - BNSSG CCG

Local Authority Meetings

46

Health Meetings

40

Combined Health and Local Authority Meetings

20

Website Visits

4100

Email Database

904

Sensory Video Views

466

Facebook Followers

1625

Twitter Followers

362

Instagram Followers

251

Parent carers who signed up to training

1034

Parent carers who came to a coffee

436

People who attended one of our events

673

Number of exhibitors at our events

222

Parent carers who came to a wellbeing day

198

Wellbeing boxes that were sent out

200

PARENT CARER VOICE

I absolutely enjoyed and needed this, life at home revolves around my son and I never get a break, nor can I afford one so I'm more than grateful for this, Thankyou

Uncle Pauls wellbeing day

Went on well-being day at Butcombe farm and it was so good, relaxing. Can't remember the last time I had an 'me' time so this was very welcomed and very appreciated, Thankyou .

I had such a lovely time, Thankyou so much, was much needed.

Uncle Pauls wellbeing day

This was amazing! Went to the chilli farm I loved every second!
Amazing time loved doing the gardening! And coming away with some amazing fresh veg!
Also really enjoyed making the bits with beeswax!

Uncle Pauls wellbeing day

Lovely country side, sunny day. Spent time with horses in the morning.
This reminded me of my childhood working at a stables.
I might take up riding again in the future

Uncle Pauls wellbeing day



“

I've been having a difficult time recently, where my life has been deeply impacted by many issues, including and not limited to relationship breakdowns, Covid and mental health issues. Being able to come out today enjoy cake be in nature breathe and not worry has just whisked my worries away for a short period of time, I feel rested.

”

Bentley Road Bakery wellbeing day

“

It has provided me with some time alone and apart to reset my own batteries and mental well being. For the last 18 months I have been home with 5 children alone.

”

Bentley Road Bakery wellbeing day

“

It's given me the chance to meet other carers and have a good chat and also just relax and enjoy some time out. It's been a lovely evening and enjoying some face to face socialisation which I haven't done in to long!!

”

Bentley Road Bakery wellbeing day

“

I was able to relax and and unwind without my child needing my attention. I had a massage for the first time ever!

”

Rookery Manor Spa wellbeing day



“Absolutely brilliant. Clear delivery and excellent content. Questions answered and post-session follow up tailored to the needs of the group. Best PDA training I've done yet!”

Demand avoidance training

“Thankyou, it has made me feel that I am right about my daughter needing extra support and that I'm not just being a fussy mother!”

Dyspraxia Training

“‘First but definitely not the last training session with NSPCWT.
Really appreciated the quality of the session.
I shall be looking into the topic further and will be seeking further training. Thank you’”

Introduction to NVR Training

“This was a really fabulous session. A mix of up to date and relevant, academic and personal knowledge that was not condescending or patronising. Satveer said the things that I was thinking in a non-judgmental way that meant I was much less caught up in guilt and shame and could concentrate on strategies that could help. I would highly recommend Satveer and this session!”

Self Harm awareness Training

“Wonderful session. My partner and myself have used many of the suggested strategies with our son over the past couple of days since we attended.
Definitely improving our family dynamics already!”

Challenging Behaviour Training

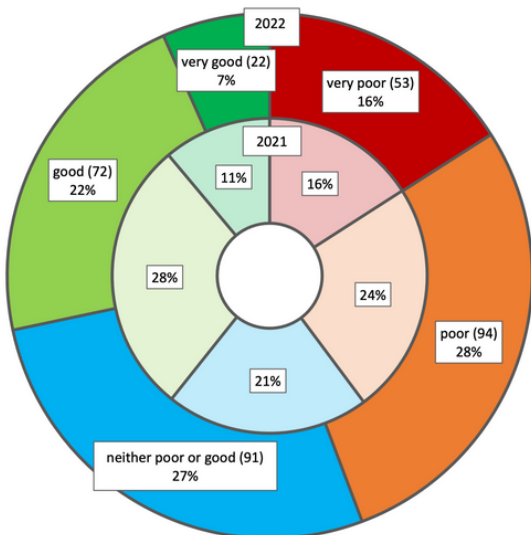


SURVEY STATISTICS

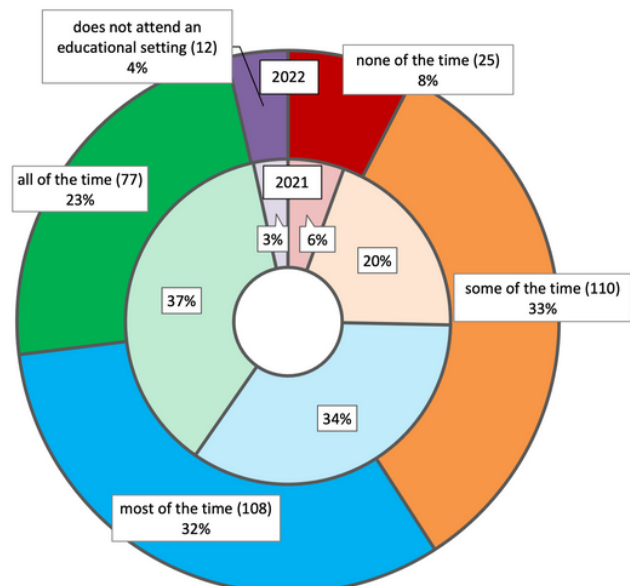
This year we again ran our annual survey for parent carers to be truly representative of their collective voice within our strategic meetings.

We had 332 responses to the survey and we are extremely grateful for all of those parent carers who took the time to complete it. We ensured that it highlighted parent carer views on Education, Health and Social care in North Somerset and by replicating last years survey we have been able to really analyse the data and compare last year to this year to see exactly where services have improved and where there are still some changes that need to happen. Below are some of the key findings and the full survey and data breakdown can be found on our website. The lighter colours in the middle are from last years survey for comparison.

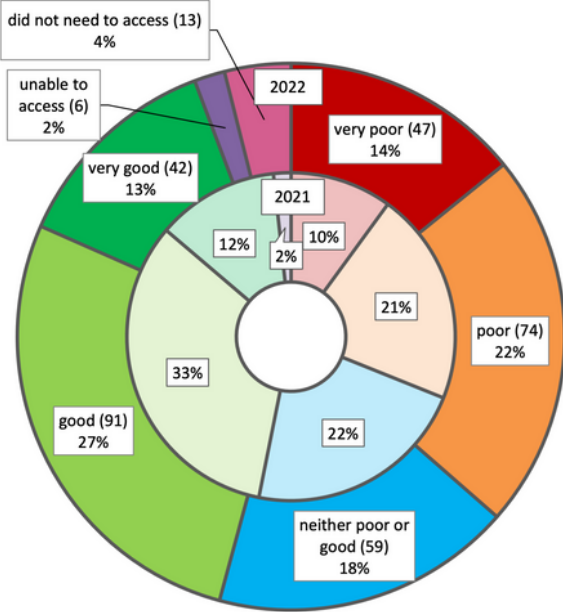
Q2. How do you rate services/provision in North Somerset for children and young people (aged 0-25 years) with additional needs and/or disabilities?



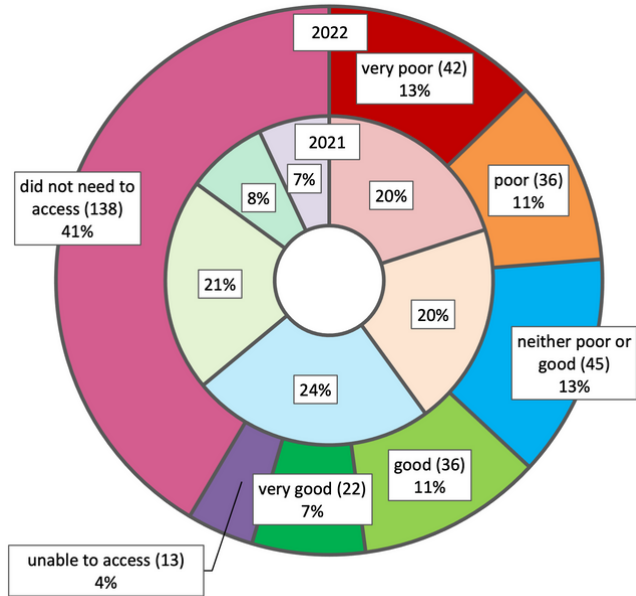
Q3. Do you feel your child's educational setting is meeting their needs?



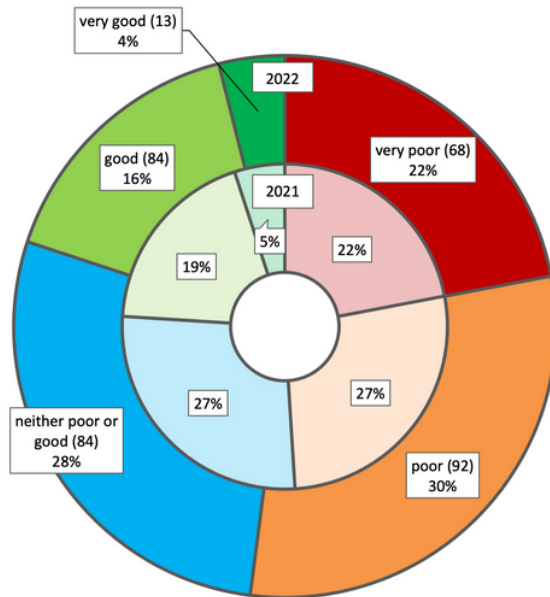
Q4. How do you rate health services your child accessed?



Q5. How do you rate social care services your child accessed?



Q6. What is your experience of telling your child's story as few times as possible?



I would just like to say how much I welcome this report, and the fantastic work of NSPCWT.

I share your aims and am proud to have been able to work with you.

We all want children to have the best experiences and outcomes and hearing from you, having honest conversations and really listening to you is of paramount importance.

Over the past two years none of us have escaped the effects of the covid pandemic, and I know it's been especially hard for parents and children.

It's also meant that it's been harder to be visible and to meet and talk to you all as much as I would have liked- now things are a bit easier I look forward to that changing and being able to meet with you -face to face - more often.

Councillor Catherine Gibbons

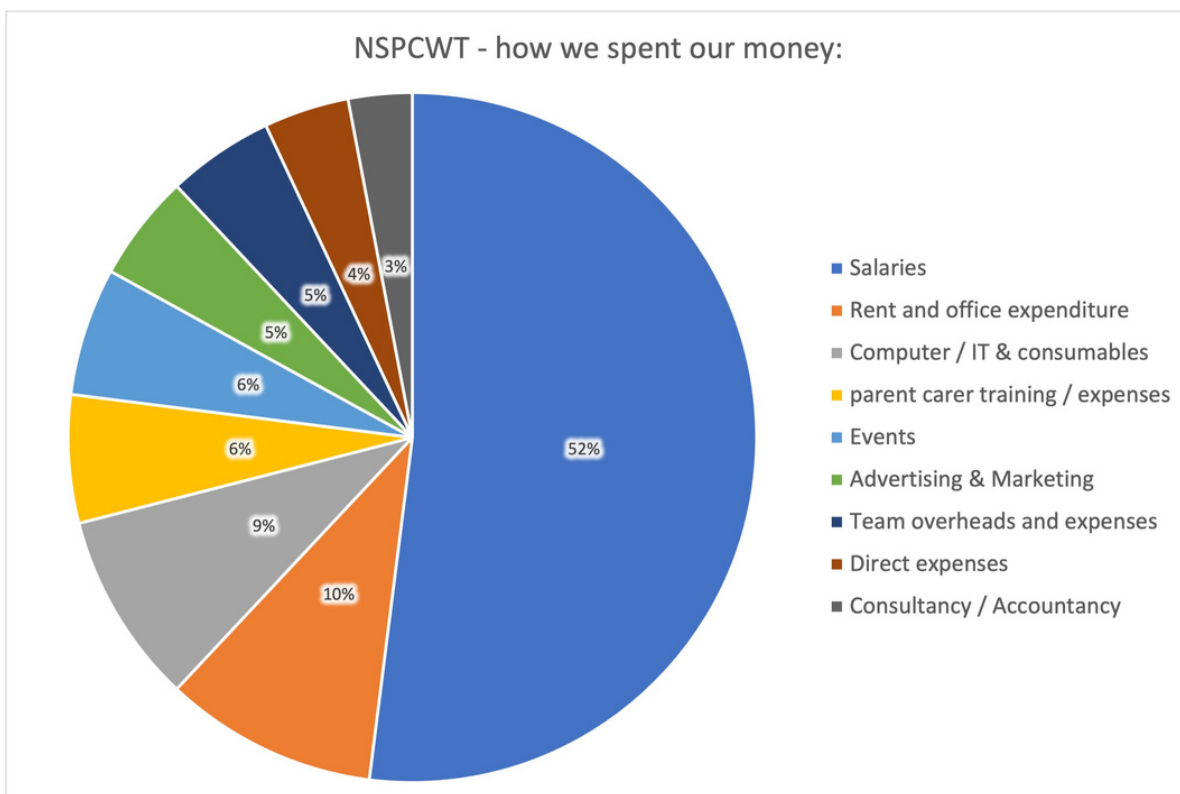
FINANCE UPDATE

NSPCWT's accounts are independently prepared by Godfrey Wilson Limited, Chartered Accountants & Statutory Auditors producing our financial statement for official submission.

Almost all our funding has been received from Grant funding this year with our core participation grant from the Department of Education of £17,500 along with a further £10,000 discretionary grant. £10,000 from North Somerset Council and £15,000 from the CCG was received to support the forum's core work with a further £83,421 grants via funders for parent carer training, wellbeing and office refurbishment during the year.

Total income for 2021/22 £139,630, in addition to this we have deferred income of £98,657 for use in 2022/23 (This includes grants for continuing our parent carer training and peer support)

The CIC incurred costs totaling £138,680 leaving a pre tax surplus of £950 for 2021/22.



NEXT YEARS PLANS

For the year 2022/2023 we are really looking at how we can become more sustainable and increase our reach and profile to all parent carers within North Somerset. The ways in which we endeavour to do this are by further developing our parent carer resource hub in Weston Super Mare, to maximise it's potential and useability for all parent carers.

We would also like to secure further funding to ensure the future stability of our training and peer support teams so that we can confidently meet the demand placed upon our services by parent carers who are needing our support.

Our grant co-ordinator is looking to increase our grant funding to offer some more in depth parent carer wellbeing packages to try and decrease the social isolation and anxiety felt by a large number of parent carers in our community. She is also looking at the world of corporate sponsorship which will drastically help in terms of being a much more sustainable CIC and ensure a much more consistent offer.

We are also extremely thankful and humbled to have been chosen as Lady Mayor, Councillor Sonia Russeé official beneficiary for her year in office as Mayor of Weston-Super-Mare. We are looking forward to working closely with her over the next year and are very excited about what the year will bring.

Lastly thank you again to all parent carers who have engaged with us over the last year, whether you have attended a coffee, come to some training, popped in to one of our events or liked and shared one of our posts on social media. Your continued support means a great deal and we look forward to meeting more parents over the coming year.





NORTH SOMERSET **PCWT**

PARENT CARERS WORKING TOGETHER



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