

## REASONS TO BE PROUD 2010-11



### **SeeSaw exists to support grieving children in Oxfordshire families.**

Between July 2010 and June 2011, **we helped 463 children in 249 families** in total.

Our central, key service is to provide a fast and expert first point of contact for any family, both before or after the death of a family member. Some families (136 children) were best helped by telephone calls with the parent, others preferred a one-off visit (123 children).

*It was great to have another adult who the children could talk to openly. The children looked forward to her coming and saved questions, in a box, to ask her.*

Just under half of all families, **204 children aged up to 19, went on to receive regular on-going visits at home**, for as long as needed, tailored to help them to manage the impact of the death on their lives. This figure includes all those children visited by our specially trained volunteer support workers and the 56 children supported by our specialist Macmillan pre-bereavement worker, Kathy. She works with young people both before, and then continuing after, the death of their parent, often taking her dog, Do-Good with her.



*It really helped me and it was lots and lots of fun. I am now a bit happier and confident.*

*It was really helpful because it let me go on in my life and not worry about things so much. Thank you SeeSaw*

There was a **wide variety of young people supported** – across all five district councils in Oxfordshire. Their ages ranged from 0-19 (although the face-to-face work is usually from age 6 upwards) with an even split between boys and girls. Our help can be accessed at any stage of their grief, however long after their bereavement, as a young person's needs will change as they get older.

### **Bringing grieving families together - our *Side-by-Side* project**

In this year, we

- Invited all the families we've supported to our tenth birthday party.
- Brought families together for a morning of tree-planting, creating a SeeSaw copse within the Woodstock community woodland
- Gave some children the chance to meet up and help feed the animals at Cotswold Wildlife Park.
- Ran special support meetings for grandparents caring for bereaved children and also a series of meetings for parents with children under the age of five.



### **Helping professionals across Oxfordshire understand grieving children.**

More than **550 school staff** received training or guidance to support bereaved children in their care. Our specialist schools support worker provided 82 telephone consultations, 40 school visits and 20 additional training sessions (for 349 participants) in Oxfordshire schools. Many schools need several visits throughout the year or may need a same-day response, for example when following the death of a pupil. This flexibility of response is really valued by schools.

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### Helping professionals across Oxfordshire understand grieving children.

In 2010-11, an additional **454 Oxfordshire professionals** received specialist consultation, advice or training to help them care better for bereaved youngsters in their care. This included doctors, health visitors, nurses, social workers and many others whose jobs involve caring for young people. In May 2011, we ran our **first conference**, attended by 100 such professionals. It was over-subscribed and very well received, so we ran a second conference in October 2011.

### What is the cost of providing SeeSaw's service?

Our total expenditure was £293,337. *(Our financial year runs 1 July 2010 -30 June 2011)*

We scrutinize every penny that we spend, to make sure it is absolutely essential to providing a first-class service to Oxfordshire bereaved families. Our committed and experienced small staff team, who provide the first-line response, is our greatest strength and where we spend the majority of our funds. Using volunteers for much of the individual help to children helps to keep our costs down. Most of our other costs are fixed, for example, we rent our office on the outskirts of Oxford with enough space for our monthly volunteer meetings and with quiet, comfortable family-friendly rooms for parents or children to visit.

### What price time to listen and help?

Staff costs	75%	£225,078	includes p/t Director, p/t Associate Director, Pre-bereavement, p/t Schools, p/t Side by Side, Receptionist/Administrator, p/t book-keeper, p/t Fundraiser.
Volunteer expenses	2%	£6,530	mileage expenses, and monthly supervision and training
Grief support costs	5%	£15,227	memory boxes, booklets and art materials provided to families, mileage costs for home visits and clinical supervision of staff
Office costs	10%	£26,244	rental of office space, stationery, postage, phone lines etc
Fundraising costs	6%	£18,487	outlay for events, costs of publicity materials, and newsletters
Governance costs	1%	£1,771	mainly accountant's report (Trustees are volunteers)

### Where does the money come from?

Our total income was £318,778. Less than one quarter of this was from committed grant income, so we really do depend on our own fundraising efforts. The remainder came from donations from all across Oxfordshire: from individual and community organisation gifts 29% (this included our regular donors, sponsorship money, gifts in memory of a loved one, employee fundraising, gift aid and one-off donations from individuals, schools, churches, community organisations, Rotary Clubs etc; from events such as a very successful dinner 22%; from companies 5%; from charitable trusts 23%; and from grants 20% with very grateful thanks to Oxfordshire PCT, Sobell House Hospice Charity, and the Vale of White Horse District Council.

One mum of an 8 year old bereaved lad said: *"I am your greatest fan. It made all the difference as it gave my son some tools he could use and it took some of the pressure off me"*.

Thanks to this generosity, **SeeSaw has now supported more than 2,500 children from over 1,400 families**, trained teachers in over 80% of Oxfordshire's schools and advised several thousand other childcare professionals to make Oxfordshire a more understanding, supportive place for bereaved children and their parents.

*A full set of Annual Accounts are available on our website or can be provided on request*