

bccs news



bccs
a children's charity for
Essex and East London

 @bccs_charity

An Easter Message

written by Liam Connolly, bccs Trustee



'The most important and sacred time in the calendar of the Church is Holy Week.

We remember and reflect from Palm Sunday through until Easter Sunday, on the events of the Passion of Jesus Christ.

On Maundy Thursday, the celebration of the Last Supper and the institution of the

Sacred Priesthood, where every parish re-enacts the 'Mandatum' - the washing of feet, reminding us of the actions of Christ washing the feet of the Apostles as an act of service, as a Servant King.

This moving act of service never fails to inspire, and is an important reminder of the powerful call to serve others, to 'Love one another'. With your support, the Brentwood Catholic Children's Society lives out that call to serve others on a daily basis, a symbolic washing of feet of the vulnerable and the heartbroken.

Each year during Holy Week, the priests of our diocese gather around our bishop, at Brentwood Cathedral for the Mass of Chrism, where the Sacred Oils are blessed and our clergy renew their priestly promises of service. We are incredibly grateful to our bishop & clergy for their unwavering support for the work we carry out.

The season of Lent gives us all a significant period of reflection and preparation, traditionally through

prayer, fasting, and charitable giving, leading us over 40 days to the Passion recounted on Good Friday.

During your Lenten observance, perhaps consider us at **bccs**? Perhaps you could even consider charitable giving or even the giving of your time in some way to support us or promote the work we do. Most importantly, perhaps you could remember us and our work in your prayers.

Throughout Lent & Holy Week we journey towards the joy and the celebration of the Resurrection, as an Easter people of Faith & Hope. With this Easter joy, we are called to serve, to love, and in the words of the prophet Micah 'Act Justly, Love Tenderly, and Walk Humbly' with our God.

The season of Lent offers us a valuable opportunity to meditate on the relationship between faith and charity.

In this season of Lent, as we prepare to celebrate the event of the Cross and Resurrection – in which the love of God redeemed the world and shone its light upon history – hopefully many of us will use this precious time rekindling our faith in Jesus Christ, so as to enter with Him into the dynamic of love for the Father and for every brother and sister that we encounter in our lives.

It is the foundational belief of our faith, that each person is created in the image and likeness of God, and it is in this light, that with your support, **bccs** will continue our work with young people most in need.'

*Act Justly, Love Tenderly,
and Walk Humbly'*



To donate £10 text BCCS01£10 to 70070

www.bccs.org.uk

THE DIRECTOR WRITES



2018 has been an exciting and busy year for bccs with the opening of our on-site counselling suite, rapid growth of our self-referral pathway and expansion of our training offer to schools. We are delighted to be able to offer an evening session to our families which has proven to be immensely popular.

Much of our work continues to be done in partnership with our schools across the diocese. bccs provides a dedicated professional, working alongside school staff, identifying and working with young people and their families supporting a wide range of mental health issues. Currently we have 23 fully qualified and experienced counsellors

and social workers working in over 100 schools throughout Essex and East London.

A high calibre professional team costs money and it is thanks to our supporters that we are able to fund our work. Your financial support and prayers, combined with the skills of school staff and our workers enables us to help the families and young people in need in our diocese.

The Brentwood Catholic Children's Society is truly founded and supported by a community effort. It is not just a children's charity, it is your charity that makes an immense difference to the lives of thousands of children and young people who are our neighbours.

I would like to take this opportunity to wish you all, our dear supporters, a joyous, holy and peaceful Easter.

Bernadette

OUR VERY OWN COUNSELLING SUITE!

At bccs, we have become increasingly aware of the need to offer children and families a direct route to our services in addition to the access already available via the school setting.

Several months ago, we decided to set up what we call our 'Self-Referral Pathway' so that we would be able to provide therapeutic support to children, young people, parents, and families at our premises here in Childcare House in Rayleigh.

We identified the need for a designated room in which to hold these meetings and the team could not be happier or more excited about our new facility. This allows us the opportunity to support children, and their families in a confidential, professional, comfortable and friendly space. This is real progress in terms of widening the scope of our service and ensuring accessibility - something we are always looking to do and echoes the ethos of bccs.

The 'Self-Referral Pathway' means that families can essentially access specialist therapeutic intervention which is tailored to their needs, without stress, anxiety or a lengthy wait. Since we don't have the limitations that statutory services have, we are able to tailor support and provide it where it's really needed.

The feedback from children, young people and families has been overwhelmingly positive and parents and carers are naturally happy in that, once they've identified their child may need or feels in need of some support, it's accessible and speedy.

Our new counselling suite has been funded by money received from several trusts and grant giving foundations and fitted out by Kilnbridge Construction Services Ltd. We are very grateful to them for all their support, without which our project would have been delayed considerably.

As with anything, a new project injects a new lease of life into the environment and it is a pleasure to have families walking through the door on a daily basis. We are now also running an evening clinic whereby three of our counsellors meet with clients until 7pm.

For more information about accessing our services, please contact Catherine Munns at: cmunns@bccs.org.uk.



John & Nick from Kilnbridge Construction busy at work decorating the Counselling Suite.



The children we work with in schools have to contend with a variety of difficult circumstances and as you can imagine, this impacts on their emotional health and mental well-being. We have included below a recent case-study provided by one of our social workers:

Luke's Story

A member of Luke's family was imprisoned when Luke was only 7, but with the support of his mother and paternal grandmother Luke was able to maintain regular contact. When released from prison the family member visited home for short times, but this seems to have resulted in chaos within the family. Shortly before the family member's release, Luke's aunt died; he was distraught about this but in the circumstances did not have a chance to grieve. Luke then ran away from home to his paternal grandmother's house following an incident with his mother; his grandmother would not allow him to stay.

"Seeing it through the child's eyes I imagine how isolated, sad, vulnerable and anxious Luke might have been feeling."



For a time, Luke was adamant that he would not stay with his mother, whom he said he 'hated'. Luke was concerned that as a 'punishment' he would not be allowed to attend his aunt's funeral, which was important to him. There was also concern about how Luke would cope should he attend the funeral without support, due to the difficult relationships within the family. There was involvement from the Police and Social Care who did extensive work with Luke and his family. Luke was also doing SATs and later transitioning to secondary school during this period.

Luke had developed a view that his family member was innocent of any crime and other family members were to blame. Luke expressed feelings of hatred towards his mother, accusing her of being under the influence. He also felt that his mother did not love him. On top of this Luke had also to cope with the death of his aunt to whom he felt very close.

"Luke was experiencing pain, rage, hatred, feelings of rejection and overwhelming grief."

I felt that his mental health was poor and he often talked about hearing voices telling him to hurt himself. I noted that Luke had little empathy for other people in his family and how they might be feeling. I also noted that his belief in the innocence of the family member seemed to become stronger as time went on and became almost a 'blameless hero' for him.

At the outset of our meetings, I gave Luke a different framework with which to understand the 'voices' he was hearing and encouraged him to develop a different relationship with the voices. Towards the end of the work with Luke, we talked about trying to understand ourselves and other people's behaviour when we are in pain and also the possibility of forgiving family members. I liaised regularly with Luke's teacher, the Head and with Social Care about my concerns for his wellbeing.

Luke was able to express some of his overwhelming feelings of grief, rage and hatred in a safe and non-judgemental environment. Some of the emotions he experienced were reframed and put into less damaging contexts. We looked at how even apparently frightening, dangerous and difficult emotions can change and that it is possible for relationships to recover. Luke has transferred to secondary school and is still receiving counselling support.

It is important that our Counsellors and Social Workers keep up to date with current thinking to inform their practice. In order to address this we have ensured that our training plan for 2018-19 includes training on "The impact on children with family members in prison" and "Bereavement and Loss".

Name and some details changed in order to protect anonymity



Charitable Trust and Grant Giving Foundations

Charitable Trusts are a valuable source of income for bccs and we are fortunate to benefit from the loyalty and generosity of a number of trusts and foundations, each making a valuable contribution to the costs of funding the projects and skilled staff the charity supports. Organisations who have recently supported our work include:

The Fowler, Smith and Jones Charitable Trust

Jeanne Marie Gunn Charitable Trust

JA Rose Charitable Trust

Eastern Counties Educational Trust

The Rosca Trust

Overland Charitable Trust

Sir Harold Hood Charitable Trust

Souter Charitable Trust

**Wilkinson Family Fund which is managed by
Essex Community Foundation**

Income from Trusts and Foundations is crucial in maintaining the charity's commitment to provide support to children and their families who come to us for help. If you are a Trustee and are interested in supporting bccs we would be glad to tell you more about the range of projects we currently support and our ambitions for the future.

For more information please contact Julie Abbott – 01268 784544 07912277413 / jabbott@bccs.org.uk



Vitality London 10K Run

We have charity places available for the **Vitality London 10K** run on **Monday 28th May 2018**.

This May bank holiday event has a lovely atmosphere and takes in many of London's iconic landmarks, finishing in front of Buckingham Palace with all the event facilities, food and entertainment close by in Green Park.

For each place, we ask for a registration fee of £30 and a pledge to raise a minimum sponsorship of £200.

If you have your own place in the race, we would love to have you on our team; we won't set a sponsorship target, but any funds you can raise for us would be greatly appreciated.

Contact Julie: 01268 784544 / 07912277413 / jabbott@bccs.org.uk

Ladies' Ascot Day Luncheon

Thursday 21st June 2018



We will be hosting a special Ladies' Day Lunch on Thursday 21st June at the Rayleigh Golf & Country Club. Ladies are encouraged to dust off their best hats and enter the spirit of a day at the races.

Tickets cost £25.00 per person for which you will be treated to a delicious two course luncheon with tea & coffee, served in the luxurious surroundings of a private room overlooking the golf course at this exclusive club.

For tickets please contact Libby - lphillips@bccs.org.uk / 01268 784544.

OUR FUNDRAISING PROMISE TO YOU



There has recently been a lot of media attention focused on charities and their fundraising activities and we would like to take this opportunity to reassure you of our fundraising promise and commitment to you as a supporter.

Our Fundraising Promise outlines our commitment to our supporters and the general public – that every aspect of our fundraising is legal, open, honest and respectful. At bccs, we take care to ensure all our fundraising activity reflects our values as an organisation. We take real pride in what we do, we treat others with compassion and respect, and we continuously learn and improve to help us keep our standards high. Our fundraising promise is a code of conduct to which we abide in all our fundraising activity. As a charity we are registered with the Fundraising Regulator: www.fundraisingregulator.org.uk



For further information on these events or help and support on hosting your own fund-raising event, please contact Julie Abbott on 01268 784 544 or jabbott@bccs.org.uk

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