

# bccs news



bccs  
a children's charity for  
Essex and East London

 @bccs\_charity  bccscharity

## NO CHILD SHOULD FEEL ALONE

As the summer holidays and glorious weather come to an end, the autumn term is now upon us and children and young people are settling back into (or starting) a structured routine after the freedom of the summer holidays.

For some this is a positive experience and the new term is anticipated as an opportunity to renew friendships and enjoy the security and stability of the school environment. For others this is not the case and the return to school is beset by problems and anxiety.

The key findings of the recently published 'Good Childhood Report' (2018) indicates the nature of the problems experienced by young people and manifested through various types of behaviour in schools. This confirms what **bccs** workers in partnership with schools already know and so we continue to be engaged in supporting children and young people to cope with everyday problems and more serious worries and anxieties. In summary, we see the following:

- **Pressure to fit in with society's expectations is making children unhappy**
- **Alarming numbers of children are self-harming**
- **Non-stop comments about appearance are harmful to girls' wellbeing**
- **Outdated gender stereotypes are damaging to boys' and girls' happiness**
- **Family relationships are particularly important for girls.**

As one secondary school pupil said; 'fitting in at school can be very hard because people might judge you for nothing' and 'feeling not pretty enough or good enough as other girls did contribute towards my self-harming'. The findings generally showed that family relationships make the biggest

difference to children's wellbeing and this seemed to be particularly important for girls. A common thread running through the report is that children's interactions with those around them and the way in which children make sense of those interactions is fundamentally important to how they feel about themselves and their lives.

The government is being urged to make sure that every child can have a professional worker to talk to in their school. **bccs** already offers this crucial support in many schools throughout Essex and East London and for over 30 years, has been helping children and young people who are scared, unloved and unable to cope.

As the new school term begins we thought it would be a good opportunity to reflect on the 2545 cases we dealt with last year and share with you the issues that the children we care for are experiencing and having to deal with. It is interesting to note that 52% of our referrals fall under the umbrella of Emotional Mental Health and Anxiety and we fully back the campaign to ensure that every child has access to professional advice and support.

## Cases supported by bccs

Safety	37
Neglect	25
Self-harm	40
Domestic Abuse	107
Family Separation	205
Anxiety Related Issues	568
Behavioural Issues	346
Emotional Health & Wellbeing	783
Bereavement Support	127
Peer Relationships / Friendship Issues	263
Obsessive Compulsion Disorders (OCD)	16
Sexual Orientation	8
Bullying	20

**Total number of cases 2545**



To donate £10 text BCCS01£10 to 70070

[www.bccs.org.uk](http://www.bccs.org.uk)



# World Mental Health Day

We are joining the conversation - are you?  bccscharity  bccs\_charity

World Mental Health Day will take place this year on the 10th of October and is now in its 26th year. It was started by the World Federation of Mental Health as an annual activity to promote mental health awareness and help to educate the public on relevant issues. It has become an important date for many charities and individuals to show solidarity to those who are struggling with mental health difficulties and to promote conversation.

In 1994 a theme for the day was used for the first time and these themes have explored many issues of mental health and its impact on our lives. However, this year's theme could not be any closer to our hearts as the focus for 2018 is **'Young People and Mental Health in a Changing World'**.

The World Federation for Mental Health (WFMH) wants to bring attention to the issues our children and young adults are facing in our ever-changing world and begin the conversation around what they need to help them grow up healthy, happy and resilient.

Many mental health organisations will use this year to emphasise the needs of our young people, to take a stand for them and demand more for this generation. If you follow us on Twitter and Facebook you will see us using the hashtag #WorldMentalHealthDay or #wmhd2018 – this shows that in our own way, we are joining in the conversation too. If you are on social media, please join us by liking and sharing our posts. Together we can raise awareness about mental health issues and invite people to talk about how they are feeling.

The Government's Gift Aid scheme allows **bccs** to reclaim tax on a donation made by a UK taxpayer, which means your donations could be worth 25% more to us at no extra cost to you.

## What we need from you in order to claim Gift Aid:

- Your full name and home address
- A donation made from a personal bank or building society account
- We can't claim Gift Aid on donations from company accounts. The donation must be your own money and not the proceeds of a collection.
- For you to be paying income tax or capital gains tax which at least equals the amount **bccs** and other charities and community amateur sports clubs will claim in the appropriate tax year (6 April one year to 5 April the next). This is currently 25p for every £1 you give.

*giftaid it*

If you 'Gift Aid' your donations, we can claim back from the government 25p for every £1 you donate to **bccs**. By completing the enclosed declaration form, we will be able to claim Gift Aid on all your donations in the last 4 years and all future donations. This additional income really does make a big difference, so please complete and return the Gift Aid Declaration if you are a UK tax payer. Thank you.

## First Holy Communion children and families support bccs

For many years we have been fortunate to have the support of several First Holy Communion groups who have given out a small **bccs** collecting box to the children who are preparing to make their Communion. The idea was simple – during the preparation months the children would save their pennies to help other children in their local community who would benefit from our professional help.

Last year we decided it was time to re-design the collecting boxes with this preparation in mind and so our new boxes include some important messages and images for the children to colour and learn. We were delighted to have 23 parishes take part in this initiative who between them have raised nearly £2,000.

We are hoping that even more parishes will choose to do the same for us again this year as this money will be used to support other children & their families to overcome mental health & emotional difficulties.

We are very grateful to all the children who collected for us this year and we hope that they had a very memorable communion day; thank you all.



# EMMA'S STORY.

Emma was 15 and had come to us with what her parents described as "low mood". We began by meeting with Emma's parents which gave us the opportunity to get a better understanding of the family experiences to date and how this may have affected the way Emma views herself.

By speaking with her parents we came to understand that Emma often lacks self-confidence and generally keeps her feelings to herself. Her mum described her as "*hard to read*" and that she "*doesn't like to talk*" but she can see she's "*full up of worry*".

I began to get a sense of Emma as someone who was self-contained and it was this self-containment that I wanted to explore: why did she feel she needed to keep her thoughts and feelings to herself? This can feel so isolating and daunting for children and young people, and it can also feel isolating for their family.

When I first met Emma, she was naturally reserved and unsure. She began by asking me, "*am I here because I'm sad?*". We explored that and her fear that she will never stop feeling sad. We talked about what 'feeling sad forever' would look and feel like and we were also able to explore what else Emma felt, other than sad. Through our sessions we were able to talk about Emma's belief about herself and her role within her family. She was able to talk about her fears of being a burden, her desire to feel "normal", and her wish to be spontaneous and worry-free. She was also able to talk about what being depressed feels like, and how she sometimes cuts herself to feel 'better'. As a result of her honesty and bravery, we were able to relive in our sessions the times when she had self-harmed and we were able to support Emma to connect with what it feels like when she harms.

The insight we gained enabled us to think about how overwhelming her feelings could be when she didn't express or share them and she learned



that sharing her thoughts and feelings allowed her to heal.

When we support a young person to understand what harming themselves (or feeling depressed, or anxious, angry, isolated etc) actually feels like, we are able to walk alongside them and they essentially feel heard and supported. Emma internalised her thoughts and feelings, but through sharing them, it became liberating for her. It meant she had the experience of being heard and of not being the "burden" she worried she was within her family.

Emma began to feel less overwhelmed by her thoughts and as a result, her mood lifted, and she no longer felt the need to connect with her feelings by harming herself. She was able to do this more consciously and freely. We ended our work with Emma after 12 weeks of 1:1 therapy.

***"More than a fifth of 14-year-old girls in the UK said they had self-harmed"***

Unfortunately, Emma is not alone; a recent study of 11,000 children found 22% of girls and 9% of boys surveyed said they had hurt themselves on purpose. At **bccs** we are passionate about supporting children and young people to understand what harming themselves actually feels like and how they can start to feel unburdened and begin to heal.

We are now able to offer children, young people and their parents direct access to our professional support; this allows us to see children and young people without delay, and with your continued support we are committed to continue to do this.

For help, advice or any further information about how to access our professional help, please contact Catherine Munns: 07474 591758 / [cmunns@bccs.org.uk](mailto:cmunns@bccs.org.uk)



# Our Fundraising Promise

At **bccs**, we are extremely lucky and grateful to have so many passionate, committed and generous supporters. Without our wonderful local community, we simply wouldn't be able to continue providing help and support to the children and families who turn to us. 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.

We want to make sure that as part of our amazing community of supporters you have a great experience, and it's important to us that you are happy and that we communicate with you in the way that is right for you. So, we promise that:

- ✓ We will adhere to the Fundraising Code of Practice.
- ✓ We will comply with the law as it applies to charities and fundraising.
- ✓ We will keep your personal details safe.
- ✓ We will communicate appropriately and sensitively and are especially careful when engaging with vulnerable people.
- ✓ If you have questions about our fundraising activities and costs, we will answer them openly and truthfully.
- ✓ We will keep you up to date with relevant news from our professional team and the families you are helping.
- ✓ We will tell the truth and will not exaggerate and we will do what we say we are going to do.
- ✓ You will always be able to let us know how you would like us to be communicate with you or if you would prefer not to be contacted.
- ✓ Our database is constantly updated to ensure we have correct contact details for you and we will make sure we know exactly how you would like us to contact you.
- ✓ We adopt best fundraising practice as outlined by regulatory bodies and will continue to do so as these are updated.

**We are registered with the Fundraising Regulator – [www.fundraisingregulator.org.uk](http://www.fundraisingregulator.org.uk)**

## LADIES' CHRISTMAS LUNCHEON

Friday 7th December 2018

This year, our Ladies' Christmas Luncheon takes place on Friday 7th December 2018 at the Rayleigh Golf Club.

Ladies will be treated to a delicious two-course Christmas luncheon with tea & coffee in the luxurious surroundings of a private room over-looking the golf course at this exclusive club.

Tickets cost £25.00 per person and with lunch being served at 12.30 there will still be plenty of time to collect the children from school if you need to!

To book tickets, please email [Libby.lphillips@bccs.org.uk](mailto:Libby.lphillips@bccs.org.uk) or call 01268 784544

## Our 2018 charity Christmas cards are now in stock!

Choose from our great selection of Christmas cards – there's something to suit everyone. All proceeds from the sale of our Christmas cards will help make a difference to the lives of the children and families we support.

Our Christmas card designs are always very popular and as supplies are limited, we would ask you to place your order as soon as possible so you can guarantee to get your first choice!

Repository – if you run a repository shop and would like further information about stocking our cards please contact Libby – 01268 784544 / [lphillips@bccs.org.uk](mailto:lphillips@bccs.org.uk)

## Annual Prize Draw Tickets

We are always grateful for your support with our Annual Prize Draw which is a very simple and easy way of raising money for us. Tickets are only £1 each, or £5.00 per book and with the chance of winning a monetary prize, it can be a very welcome post-Christmas surprise! We have enclosed two books with your newsletter which we would invite you to share with your family.

**1st Prize £250**

**2nd Prize £100**

**3rd Prize £50**

Our Raffle Team, which takes on the work of selling tickets at events, in their parish or generally to family, friends and work colleagues, is made up of very ordinary people doing extraordinary things. Can you help us? If you are able to sell one book or twenty, we would love to hear from you; you can help us make a difference to the children and families whom we support. Simply contact Libby on 01268 784544 / [lphillips@bccs.org.uk](mailto:lphillips@bccs.org.uk) and we will send out your tickets. The draw will take place on **Monday 7th January 2019** at Childcare House.

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](mailto:jabbott@bccs.org.uk)

Brentwood Catholic Children's Society, Childcare House, Little Wheatley Chase, Rayleigh, Essex SS6 9EH.

Tel: 01268 784 544 Fax: 01268 784 540 Web: [www.bccs.org.uk](http://www.bccs.org.uk) Email: [lphillips@bccs.org.uk](mailto:lphillips@bccs.org.uk) Registered Charity Number: 1000661

Postage Sponsored by Cosmeceuticals Ltd, The Pavilion, Josselin Road, Basildon, Essex SS13 1QB.

