

BCCS



News

SPRING EDITION • 2026

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Welcome

Welcome to the latest edition of our supporters newsletter! I am delighted to have this opportunity to connect with you and share the incredible work happening at BCCS.

As spring arrives, bringing a sense of renewal and fresh beginnings, we are reminded of the power of community and compassion and in this edition, we want to share heartfelt updates about the profound impact your support has made.

This past year has been both inspiring and challenging. Despite obstacles, we have witnessed remarkable resilience and courage in the children and families we serve. We have expanded our programs, launched new initiatives, and reached more children than ever before - thanks to your kindness and unwavering commitment.

However, there is still much work to do. The mental health challenges faced by children and young people are complex and urgent and your continued support is crucial.

Together, we are not only providing immediate help but also fostering a culture of openness and acceptance that will benefit generations to come.

Looking ahead, our goals remain ambitious. We aim to reach even more children, develop innovative programs, and continue creating environments where young people feel empowered to speak out and seek help without fear.

Your ongoing involvement - whether through donations, prayer, volunteering, or spreading awareness makes all of this possible.

Thank you.

Bernadette Fisher
Director



SEND Sibling Group

Thanks to further funding from Essex County Council, we revisited a Basildon secondary school to continue supporting young people living with siblings who have additional needs. Often, family attention is understandably focused on the sibling requiring extra care, leaving the young person's own needs overlooked.

Our aim was to create a confidential, informal, and nurturing space where these young people could connect, share, and receive six weeks of consistent support.

We were pleased to offer another opportunity for those who had previously joined us, and the positive feedback we have received highlights the impact.

This quote captures the heart of our work: providing a safe space for young people to be heard and supported.

“These sessions have been helpful because I can talk about things with people who understand what it's like, and I know I will be listened to.”

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133 High Street,
Billericay, Essex, CM12 9AB
01277 712022
headoffice@bccs.org.uk



To donate please scan here



CASE STUDY

An Holistic Approach

Expert support for children and young people with SEND

We support children and young people aged 3 to 25 with Special Educational Needs and Disabilities (SEND). About half of those accessing our services have identified SEND needs.

Our approach is collaborative, working closely with families, schools, and professionals involved in each young person's care. When appropriate, we contribute to multi-agency meetings such as Team Around the Family (TAF), One Plans, and EHCP reviews, ensuring tailored support.

Molly is a 13-year-old with Autism Spectrum Disorder (ASD), currently receiving education through an Education Other Than At School (EOTAS) arrangement, which includes one-to-one home tuition and weekly therapy.



From a young age, Molly found school challenging. She experienced high anxiety, especially around separation and transitions. Although she often appeared to cope, this masking led to emotional overwhelm at home. The COVID-19 pandemic increased her anxiety, and her move to secondary school was particularly difficult.

Molly struggled with friendships, felt isolated, and was bullied. Her distress grew, leading to self-harm. With support from her family and professionals, Molly transitioned to home-based education and was referred to BCCS.

Therapy has played a vital role in supporting her well-being. It provides a safe space where she can discuss her feelings openly, which is especially important for young people with ASD who may find it hard to express emotions or feel misunderstood.

Through therapy, Molly has gained a better understanding of herself and her autism. She has learned to identify triggers for her anxiety and sensory overload, and developed coping strategies, such as taking time in a quiet space, listening to music, and seeking support from trusted adults.

Therapy has also boosted Molly's confidence and self-esteem. She is now better at communicating her needs and has begun to think positively about her future, including attending college.

This case illustrates how therapeutic support can help neurodiverse young people by reducing anxiety, improving emotional understanding, and fostering confidence, enabling them to engage more fully with the world around them.



***Talking to someone
I trust has made
me feel better.***





Family Support Fund

Delivering impact where it matters most

BCCS provides a broad remit of support, so for this edition of our newsletter, we wanted to highlight a lesser-known facet of our work – our **Family Support Fund**. A vital resource providing immediate, tangible help to families in need.

We firmly believe that every child and family deserves kindness, understanding, and practical assistance, especially during challenging times. No one should have to face difficulties alone.

Our **Family Support Fund** can act as a lifeline providing critical support where it is most needed. To some, it offers a chance to pause and recover or make meaningful experiences and lasting memories. For others it allows them to connect with people and foster a sense of closeness. The fund is there to support families to overcome

challenging situations and rediscover a sense of balance and hope.

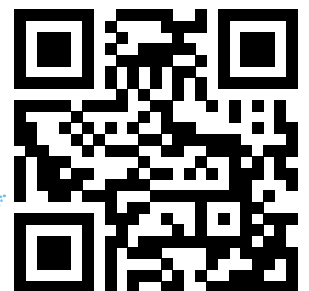
In sharing just a handful of stories of people who have benefited from our **Family Support Fund**, we aim to paint a picture of the broad scope it covers. Different ages, reasons of need, and solutions demonstrate the flexible and responsive nature of the fund. We adapt to the unique circumstances of each family.

Initiatives supported include:

- Christmas food vouchers for families facing financial hardship.
- Items of school uniform.
- Summer holiday activities and residential trips for low-income families.
- Crisis essentials such as clothing, bedding, or household items.

Your generosity enables us to deliver this targeted support ensuring those we help feel understood, cared for, and empowered to face future challenges.

Together, we can continue to provide this essential, practical help that restores hope, fosters resilience, and strengthens bonds within families. Every contribution, no matter the size will make a meaningful difference.



Donate here

Transforming Lives

Our Family Support Fund is already making a difference. From providing much-needed respite breaks and holidays, or funding school trips or uniforms, to offering practical help and support: here are some inspiring examples of creating positive change.

Max, 5

A child with complex medical issues and ADHD, whose siblings also have SEND needs, and whose parents have been under emotional and financial strain with health issues of their own.

Max will benefit from an outdoor activity programme during the school holidays, allowing exercise and respite, and help for his parents who will have a reprieve from providing full-time care.

Charlotte, 9 and Ben, 11

Siblings whose main carer is their Grandmother, now in poor health. They have not been on holiday or a break away from home for 8 years so neither child remembers such an experience.

BCCS is part funding a caravan holiday for this family, where the children can take part in activities and their Grandmother can rest.

Ellie, 18

A social worker recently contacted us regarding Ellie, a previous client of BCCS who is pregnant, and will be living independently in supported living once her baby is born.

BCCS have provided funds to purchase a moses basket and bedding for Ellie and baby.

Nawaaz, 16

A Year 11 pupil, benefitting from sessions with his BCCS therapist Susie. He is aware of financial pressures his family are under and is desperately trying to get a part time job. His friends regularly meet up and get lunch or coffee out. Nawaaz says he is busy, but simply cannot afford to join them.

The fund provided a £25 Costa gift card and he was so appreciative. We would love to give Nawaaz some more for his long summer post-GCSEs so he can join his friends.

The Greene Siblings

The Greens have 4 children, 2 of whom attend special schools. Due to domestic violence, the family have been rehoused so mum has lost her support network, and the 2 children in mainstream education have had to change schools.

They will be treated to Adventure Island passes to have some fun during the long summer break.

In 2025, our **Family Support Fund** awarded **£26,400** making a positive difference for **370** families.

While we are proud of this success, there is still more work to be done. By making a donation you can help children, young people, and families access the help they need - thank you.



Empowering School Staff

Transformative Counselling Skills for Schools

Our training team is dedicated to meeting the needs of school staff with relevant skill-building programs. Recently, we completed the largest cohort of our Counselling Skills for School Staff Course, developed directly in response to schools telling us, "This is what we need!"

The course includes six afternoon sessions designed for various roles, such as Head Teachers, Office Managers, and Teaching Assistants.

Office Managers, often the first point of contact for students, staff, and parents, play a vital role in managing challenging situations and

we are seeing more support staff attending the course to develop their skills.

Participants benefit from engaging with psychological theories, improving listening skills, understanding the importance of play, and learning strategies to handle difficult interactions. Practical exercises enable them to apply these skills directly in their work, leading to immediate and meaningful impact.

It was good to speak with our most recent graduates and hear their experiences of practical application. Feedback from attendees is overwhelmingly positive. Many share that the course

has made their roles easier and more fulfilling, highlighting the value of the focus on self-care in today's demanding environment.

We look forward to continuing to support schools in nurturing confident and resilient staff through this valuable program.



The course is fantastic. I've learned so much about myself and my relationships with the children.





Feelgood fundraising

Challenges, events, volunteering, media - there are a number of ways you can get involved in support of BCCS

Essex Fun Walks

As well as our annual Summer Sponsored Walks, supporters can take part in an Essex Fun Walk.

Simply complete a walk of at least 2K throughout September and any money raised will be topped up by the Fun Walk Trust.

Last year, our participants raised an impressive £4550 which was topped up by over £1500, bringing our total to £6143.

Millie from our fundraising team who took part in Santa in the City last year, will be doing a Fun Walk in September - why not join her!

"The previous event was very rewarding for me personally, as well as raising funds for BCCS. The presentation event for the Fun Walk Trust last year, was such a joyous night celebrating the best of our community. We were so grateful for the bonus we received which makes a big difference".

Contact Millie to hear more about Fun Walks
mdillane@bccs.org.uk

Waitrose Green Tokens

Until the end of June, if you shop in Waitrose in Billerica you can use a green token to vote for BCCS. A top grant of £1,500 is available so please support if you can.

Children's Mental Health Week

In February we celebrated Children's Mental Health Week - the theme 'This is my place' centred on the importance of belonging.

Our online campaign had record levels of engagement and we spread the word in the community with bucket collections at Waitrose and Billerica Town FC.



Go Well!

Our Head of CFCS, Donna and Child & Adolescent Therapist, Katharine are taking on the Essex Games in July. The competition consists of a 600m trail run followed by a workout, repeated 7 times with a 100m sprint to finish!

If you're looking for a challenge you can browse our portfolio.

Scan here to browse



Lent Appeal

Thank you to everybody who kindly donated to our Lent Appeal, helping us to raise £5,730.

Volunteers Needed!

Our Annual Prize Draw is back and we're seeking enthusiastic volunteers to sell tickets within their communities - friends, family, parishioners, and colleagues.

Reaching out to those around you will help raise awareness and make a real difference. Tickets are just £2 each, with a fantastic top prize of £300!

To get involved, please contact Damian today!
ddillon@bccs.org.uk

London Marathon

Well done to our four London Marathon runners Mark, Ollie, Narciso and Ben who championed our cause and raised money for BCCS.



Summer Luncheon at The Lawn

Friday 19th June
13:00-15:30

Come along to our Summer Luncheon, hosted in this glorious Grade II listed Georgian House. Enjoy a scrumptious two-course luncheon in the bright orangery, surrounded by beautiful landscaped gardens. Entry includes free onsite parking.



Tickets £38.50/ person



Fundraising Events

Ingatestone Hall Tea & Tour

Thursday 3rd September
13:00-15:30

Back by popular demand, join us for this personal tour of Ingatestone Hall, conducted by the Petre family, offering unbeatable insight of the past and present of this Grade I listed building and gardens, followed by a hot drink and homemade biscuit.



Tickets £25/ person



Christmas Luncheon at The Lawn Friday 4th December 13:00-15:30



It can be jarring thinking about Christmas in Spring - but calendars soon fill up so save the date for our Christmas Luncheon. Ticket details will be available online and in our Autumn newsletter later in the year.

We have some exciting news to share!

Gala Dinner & Charity Luncheon Friday 9th & Saturday 10th October

Many will have attended Brentwood Cathedral when 'The Priests' performed a charity concert for us in 2023. Although they are now officially retired from their singing careers, we are thrilled to announce that - Fr. Eugene O'Hagan and Fr. Martin O'Hagan - have graciously agreed to return for a special charity performance supporting BCCS.

Join us for an elegant gala dinner or a heartfelt luncheon, where these incredible singers will perform live. This is a rare opportunity to experience the exceptional talent of Fr. Eugene and Fr. Martin in an intimate setting.

Register your interest for these exclusive events today

