



Annual Report

2019 – 2020

You've got this! We've got you!

Meet the Team!

Dr Danielle White – Chair
Academic boff who loves camping



Joanna Cherry – Treasurer
An accountant with a passion for numbers and a bit of an excel geek



Emma Lenihan – CEO
Mum of two, trying to change the world for children and young people



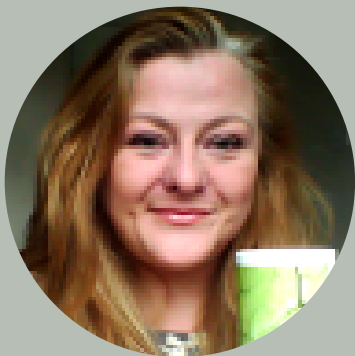
Catherine Banks – Director
Mindfulness practitioner with a passion for Psychology and seeing the world!



Bridgette Doyle – Director
Business and charity consultant and connector who loves exploring the countryside on horseback



Rachel Valentine
Learning and Development Lead
Seeker of all that is worth knowing



Find out more about our board on the [website!](#)

You've got this! We've got you!

Welcome From The Chair

Wow, what an incredible year it has been! I am extremely proud to be part of such a passionate and driven team, who truly care about the families they work with! We welcome our new treasurer Joanna Cherry, who is an experienced and qualified accountant with a passion for numbers, and Rachel Valentine, an executive coach who is the newly appointed Learning and Development Lead, and an immeasurable asset to Calm Connections. This year started with the successful development of the parent mentor scheme and has led to 7 volunteers working to support parents and carers going through some challenging times. One of the highlights of this year was RESET event, which hosted over 200 attendees, brought a wide selection of local services together and held a powerful exhibition of young people's messages around their support and understanding of mental health. It was extremely well received with fantastic feedback from those attending and 100% of delegates requested we run this as an annual event !

We are delighted to announce that UA9Z and funding from Trafford Housing Trust are supporting us to do just that. RESET put Calm Connections on the map and our reach with family's, providers and decision-making bodies has increased rapidly. We have received invitations to sit on various boards across the Greater Manchester area, this is providing our members with a voice. Our diverse range of services, workshops and programmes have grown significantly over the year and everything offered is the result of listening to the challenges and opportunities communicated by the people we support. We are proud to offer spaces to connect with other families, access channels of support, raise awareness of mental health, receive information and guidance and influence wider changes within policy and practice.

Dani

About Calm Connections

Mission, Aims and Overview of What We Do

Calm Connections improves the emotional wellbeing and mental health for children, young people and their families to create a healthy and inclusive community, in which children and their families are heard and lead change.

Our Vision:

It is our vision is to empower all families to feel secure, positive and connected to the people around them to be healthy and confident to flourish in all areas of their life, creating positive wellbeing for families in Trafford and beyond. We believe it is important for children and their families to have a voice to inform services about future practice and to share awareness of available support.

Calm Connections is an organisation based on lived experience, compassion and mindfulness, enabling us to listen, facilitate and provide the tools for positive relationships and wellbeing, which in turn lead to greater mental health and stronger families. Our services and support include:

- Family Coaching to strengthen family relationships, enabling emotionally secure connections, and improved communication, so that children and young people feel supported and thrive. We work with the whole family to ensure better outcomes through long lasting change.
- Peer Mentoring creates positive wellbeing and support for parents and carers, to empower them to better support their young people.
- Family Support groups are parent-led to ensure parents/carers have the voice around their needs, wellbeing tools, information and the support needed to look after their children throughout challenging times.
- Workshops and programmes support the whole family to ensure shared communication, connection and Positive Childhood Experiences.
- RESET events enable the voices of young people and their families to be heard by the services that serve them, and to be aware of help within the locality and nationally. Families feel more empowered knowing they have a choice of where to access support for their children and young people.

You've got this! We've got you!

Highlights of the Year!

Created

1

RESET event
with **200**
visitors

Established

2

Parent
support
groups

Nominated for

3

Awards



Representatives on

4

wellbeing
boards
across GM

Increased to

5

Board
members

Received

6

Generous
grants/
donations!

You've got this! We've got you!

Highlights of the Year!

Trained

7

parent
mentor
volunteers

Coached

8

family
members

Up-skilled

9

Young people
with the
Movezmovement

Designed

10

week
mindfulness
programme
for children



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Highlights of the Year!

Partnered
with

25

local
services

Volunteers
provided

55

hours of
support

Taught

95

children
mindfulness

Worked
with

100

local young
voices

Met

300

families
for support

Followed
by

700

on
facebook!

You've got this! We've got you!

Overview of Finances

Calm Connections CIC was incorporated on the 16th January 2018. Our financial year runs from the 1st February to the 31st January. Our next set of annual accounts will be available to download from Companies House on 31st October 2020 and will cover the 12-month period from 1st February 2019 to 31st January 2020.

The following charts provide an overview of our finances in this 12-month period and demonstrate where our income is generated from and what we spend it on.

The charts have been produced prior to the completion of our annual accounts and are therefore subject to change.

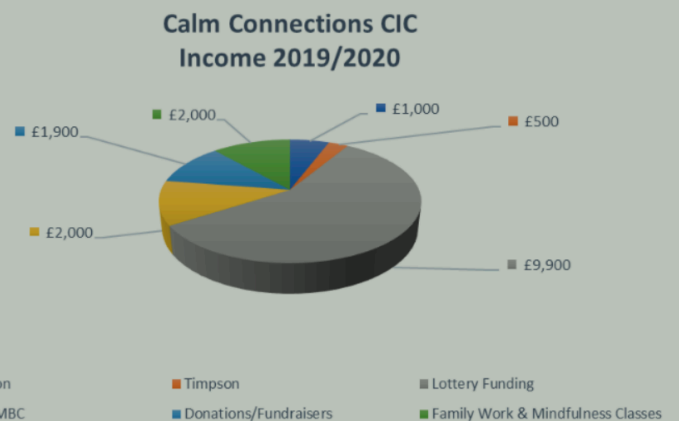
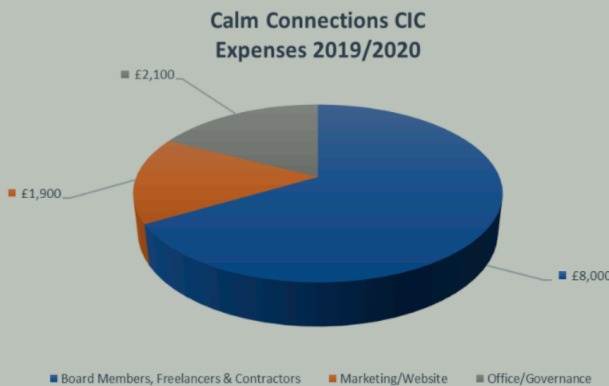
All figures are to the nearest £100

Income

During the 12-month period from 1st February 2019 to 31st January 2020 our total income in the year was £17,300 from a combination of grants for specific events and donations for smaller workshops.

Expenses

During the same 12-month period we incurred expenses of £12,000 as follows:



Organisations that have given us funding and donations:

£1000



£500



£255



£9931



£1954



£1000

F. Connolly

Plus a generous private donation from F. Connolly awarded to R.Valentine and E.Lenihan

Looking Ahead!

Extended Family Coaching

RESET 2020

It has been a truly dynamic year and we are feeling so excited about what lies ahead for Calm Connections and the families we work with. As we continue to flourish, we have some big ambitions ahead for 2020/21

National Campaign for Parent Support

Within our current situation around our worldwide pandemic and national crisis, we will ensure support for families, as we find our way back into some sort of 'normality' with school, work, society and emotional wellbeing.

GM Parent Support Groups

We will continue our collaborations with services to provide a truly holistic approach that enables families to strengthen their relationships and support each other through challenging times. We will extend our services across Trafford, GM and beyond. Part of this extension includes securing premises and increasing our range of services, while ensuring quality and strengthening our partnership work.

Family Wellbeing Hub

We will monitor, evaluate and demonstrate the impact that our services have on families looking for support with wellbeing and mental health challenges in children and young people. We will be part of a national campaign to raise the awareness of supporting the wellbeing of parents who have the tough job of supporting their children and young people with mental health challenges. We will continue to raise the visibility of Calm Connections and are looking forward to sharing our information, opportunities and via our new website. We welcome you to join us on our journey.

Covid-19 Family Support Programmes

Programmes and Workshops Online

Emma

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What others think!

Testimonials

"Thank You! I'm feeling inspired and supported"

"Great to see all the service under one roof. I never knew there was so much available."

"We have found the sessions with you and Rachel very helpful to us as a family. I think the "temperature worksheet" was particularly helpful and the idea that my daughter can develop a toolbag of ideas to help her managing her emotions is a really great way to help us think about how we can help her and how she can help herself. Thanks for all your support."

"I find being able to call you (one-to-one) with parenting struggles really helpful, as you know. You help me see that my issues are 'normal' and I don't feel shamed by you. That is BIG! You help me see a way forward by asking me the right questions to help me figure things out for myself. You are a godsend and I really appreciate you being there for me."

You've got this! We've got you!

Family
Coaching

Calm Parent
Mentor Scheme

Calm Families
Programme

Parent
Support
groups

Fundraising

Volunteering

The future looks bright!

contact us

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07919 848558

rachel@calmconnections.org



calm connections

You've got this! We've got you!

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