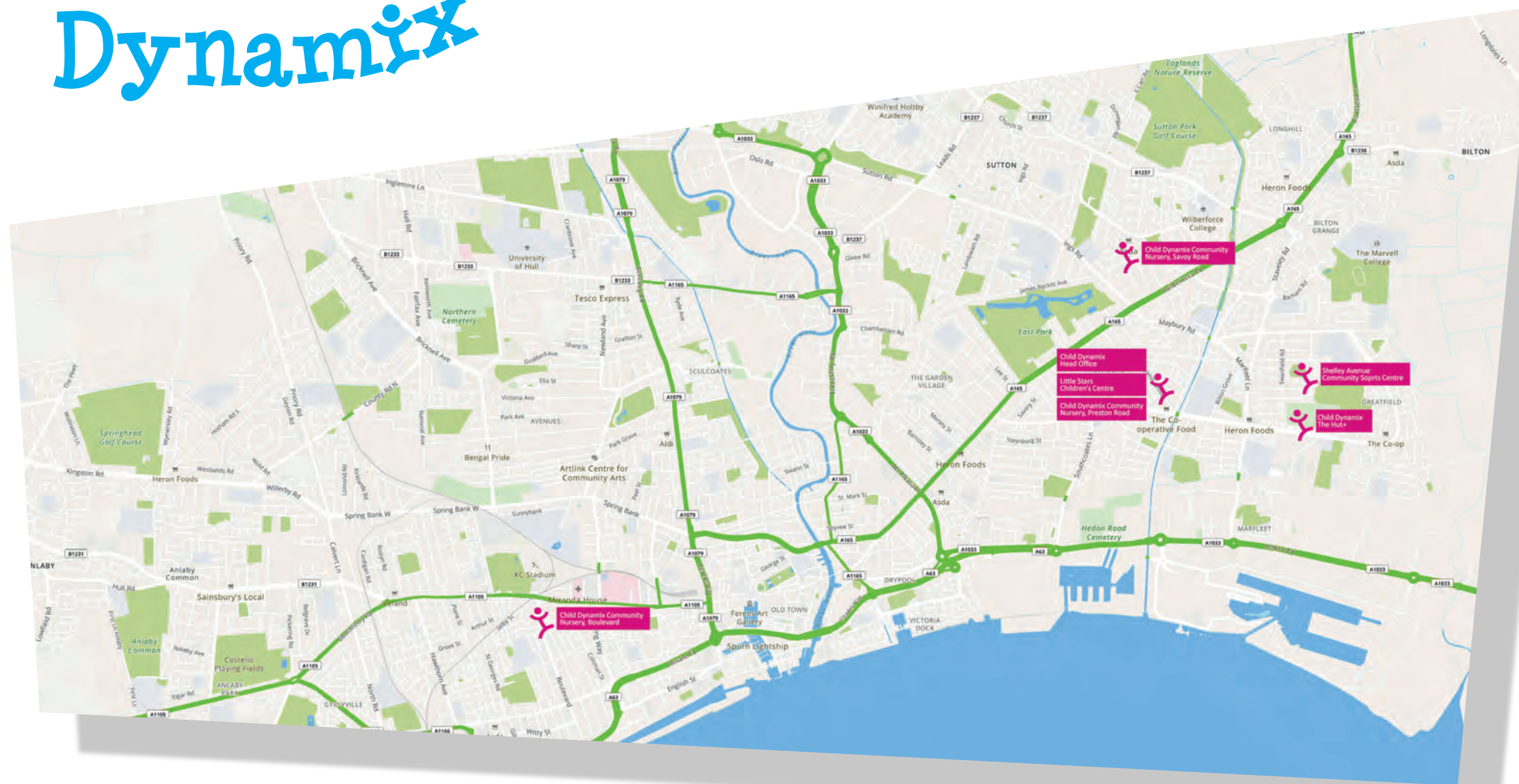


Child Dynamix

Our Impact 2019-2020



Child Dynamix is a registered charity and company limited by guarantee.
Company number 5389477 | Charity number 1109642



Hello and Welcome

On behalf of Child Dynamix I'd like share with you our work over the last year. As you go through our report I hope you get a sense of the breadth and depth of activities and services delivered in our local communities. We are acutely aware of the challenges which children and young people have, and equally inspired by the resilience and spirit which they use each and every day to overcome them.

As a charity and social enterprise, Child Dynamix has always sought innovative and creative solutions. This is achieved by working with our service users, alongside other statutory and voluntary organisations to help make lasting change and enable children to have the fun, carefree childhoods they deserve.

As always, we are grateful for the support we receive to accomplish our work. Our services are funded in many different ways, but at the heart of this is our relationship with customers, grant-makers, commissioners and donors.

Those challenges have increased and continue as the impact of COVID19 continues. We feel confident that our strength lies in the relationships between our staff and volunteers and the communities we serve.

Bryan Bradley

Chair of Trustees



This report was compiled by a dedicated team of Child Dynamix staff, volunteers and service users to help provide a detailed account of the year. Statistics are drawn from a number of systems used by our staff teams to record activities, events and attendances to help us understand how our services are used and by who.

Case studies provide a more detailed account of the work and support we have offered. Often, it is our support which gets things started but most importantly it is children, young people and families who can do things differently, to make and sustain change.



Child Dynamix is a social enterprise and registered charity founded in 2005

Our work with children, young people and families began before we became registered as a charity. Back in 2001 we started with a day-nursery on the Preston Road Estate in East Hull. Our focus was, and continues to be about social regeneration in areas of deprivation. Whilst we are known as an East Hull organisation many of our projects are city wide and our newest nursery, Child Dynamix Community Nursery - Boulevard is in the West of the City.

Over the years we have developed a range of services dedicated to children and young people. Currently we have: three day nurseries providing early education, family support through Little Stars Children's Centre, a parent peer mentor project through HeadStart Hull and services for young people including one to one support, sport activities delivered across East Hull with open access provision from our youth centre – the Hut.

As of March 2020, our staff and volunteers; together with our partners, have reached 2477 children and 1386 adults/carers through our work.



Our vision is of communities where children and young people thrive.

Our core purpose is to create environments and deliver activities which enable children and young people to identify and realise both their aspirations and their potential.



Child Dynamix recognises the importance of understanding how well we are meeting the needs of service users and out local communities. Each area has a plan which sets out what we want to achieve and how. We don't just want to know how many people we are helping; we want to understand how we are making a difference.

We measure our impact in lots of different ways. This is better than just using one type of measurement because it helps us to prove we are making a difference.

To measure our impact, we:

- Work with agencies who offer external scrutiny such as: Ofsted, Investors in Volunteers, Investors in People, Investors in Children Award and the approved provider standard for Mentoring and Befriending. They evaluate our services by visiting, observing, looking at data and asking questions.

In this year our Parent Peer Mentor Project was assessed by HeadStart Hull's independent evaluation team and the project received the Mark of Excellence Award.

- Carry out an annual programme of surveys to understand better the needs of our customers, staff and volunteers. We are particularly interested to understand how they feel and for them to provide feedback.
- Record information for funders, like the numbers of young people attending a session, and case studies to show how individual lives can be changed
- Invest in systems to track the progress of children, young people and families, and train staff and volunteers to use these systems

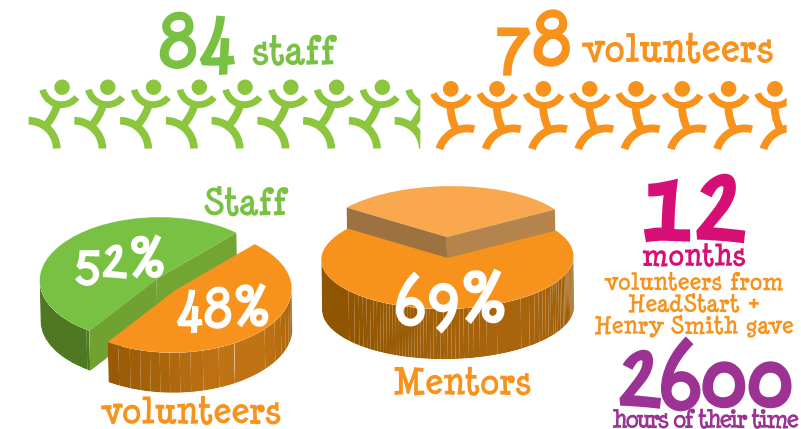
To share our impact we:

- Publish reports like this one,
- Send feedback to the people and organisations that fund us
- Share information online and through social media, like our website, Facebook and Twitter

We use the results of our impact measurement to improve our services



As of March 2020, we employed 84 staff and support 78 volunteers, our volunteers represent 48% of our workforce, 69% of our volunteers are mentors, this is the largest number we have ever had within one specific service area. In the 12 months to March 2020, volunteers in our HeadStart and Henry Smith funded Parent Peer Mentoring projects gave over 2600 hours of their time.



Our annual Volunteer Survey enables us to understand better the needs of our volunteers and also their progress. We asked volunteers if their chances of finding employment or career had been enhanced by volunteering with us. We received most responses to this question and volunteers shared how beneficial and important volunteering is to them, especially gaining experience, improved confidence, training opportunities and having a fuller CV.

We are so pleased to know -

- 100% of volunteers understand how they help the charity meet its aims and that their contributions and talents are valued.
- 100% agree that people with different ideas are valued by the charity.

- 100% agree that Child Dynamix works to attract, develop and retain volunteers of diverse backgrounds.

- 100% say they receive adequate feedback and support to help them in their role. "High levels of professional care are displayed and offered"

(Volunteer Survey July 2019)

Many of our volunteers are in further education, retired, unemployed or employed elsewhere. More than half of our volunteers give their main motivation for volunteering is *"to make a positive difference to the community and being a good help to those who need it"*.

A mentor first started volunteering with us in 2017 undertaking Positive Parenting mentor training and Level 1 Safeguarding. Over the 2 ½ years with us she attended Family Links Nurturing, Self-harm awareness training and understanding Anxiety and Depression in young people. Recently she gained employment and the project completed an excellent reference for her. She said *"it is all the support and learning I have from volunteering that has given me this opportunity to prove myself. I will never forget Child Dynamix"*

Our annual People Survey invites every member of staff to share their views on a range of topics including: teamwork, pay and development opportunities amongst other sections. It's an important focus creating the opportunity to ask deeper questions about how our people feel about working for the charity. In July 2019 73% of the workforce responded. Work-life balance ranked the highest in the survey sections with 95% of staff positively responding about how the environment and management creates a reasonable workload which enabled them to satisfy both their job and family commitments. The main reason people work for us is *"to make a difference to children and young people's lives"* this has been consistently the same main reason for the last 5 years!

Reasons for working with Child Dynamix include *"to be successful alongside building my qualifications"*, *"because it is a well-supported and caring company to work for"* and *"I love the charity and the people I work with who also have the same beliefs and vision"* (People Survey July 2019)

In the year to March 2020, 445 learning and development courses were accessed by staff, many are mandatory short courses including Health and Safety, First Aid, GDPR and Safeguarding. In this academic year some employees are completing their professional qualifications including Youth Work and Community Development, as well as post graduate diplomas.

"I started my apprenticeship as Project Assistant in January 2018, since then I have completed Level 2 in Business Administration and I will come towards the end of Level 3 by July 2020. I have gained new skills and responsibilities. Continuing in my role when the apprenticeship is complete means a lot as I want to see the project thrive for more years to come. Child Dynamix arranged my apprenticeship so I would get the qualifications to support the project and develop in my career. I have received ongoing support and guidance from my tutor and line manager throughout this time"



Sophie White

"The safeguarding course I completed really gave me more of an insight, knowledge and awareness of signs and different aspects of child protection"

(Demi – Youth Worker)

"I received loads of support from my manager to undertake Youth Work and Community Development degree. It was a brilliant opportunity to refresh myself with the values, and theory of the work I do, but also to gain a better understanding of the social issues that communities face, such as the one I work in. I feel I have improved as a professional" (Paul – Lead Youth Worker)

In September 2019, a new cohort of volunteers received mentor training, these were the first to receive their official certificate through the ABC Award Quality Licence scheme which recognises Child Dynamix as a provider of quality training. The project has since had its annual audit and has retained the standard.



Child Dynamix is contracted to deliver Little Stars Children's Centre as part of Hull's Early Help offer.

We work in partnership with a range of other organisations, including our own on-site day nursery to provide services and opportunities for local children and their families. We work closely with health colleagues such as local Health Visitors and Midwives, as well as Early Help social workers, schools, Preston Rd Women's Centre, EMS – anyone can make a referral or ask for help for themselves or someone they know or work with.

We offer support around a range of themes such as - managing children's behaviour, understanding children's emotional well-being, offer parenting courses, support with housing applications, ante-natal support, managing money, cooking on a budget and increasing physical activity. This is achieved through one-to-ones, small group work, courses and sessions. In the 12 months up to March 2020, family support services had contact with 544 children under 5.

The families referred to Little Stars Children's Centre for Family Support are allocated to the most appropriate practitioner in the team based on their skills and experience matched to the presenting needs of the family. In the months April 2019 to March 2020, 404 referrals were made. The highest number came from health including midwives and health visitors (37%), 18% from social services and other local authority departments, 17% are self-referrals, 9% are from the police, 6% are from schools and many are received from housing and other education services.

The main reason for referral is for support around parenting issues (19%), followed by family dysfunction (18%), families in acute distress (18%), and for concerns about a child or young person's emotional health, also 18%. 16% of referrals asked for support for families experiencing domestic abuse with 15% of referrals for parent's emotional health and 15% received were for support for children with a disability. The team support families with many other presenting issues including school attendance, housing and homelessness, parental substance misuse, vulnerable pregnancies and young carers.

- **100% of families that completed a Family Support evaluation felt "their support needs were understood and they received support quickly enough to meet their family's needs"**

- **100% said "the support/services had a positive impact on their confidence as a parent"**

Of those completing an Outcome Star, 100% said *"I felt fully involved in the assessment and action planning and when it was completed, I was clearly able to see the improvement for my family"*

Many referrals are for Universal Family Support which includes an introduction to Children's Centre services, this gives the team the opportunity to share information about Stay and Play sessions, parenting courses, partnership programmes, healthy lifestyles and healthy cooking activities and home safety messages.

Little Stars Children's Centre has contact with an average of 286 individual children living in the Centre's reach area each month.

"Stories for Talking – this is a Stay and Play session aimed to support the early development of language through story time. It's a 5-week programme in which all activities are based around the story, the story is then read at the end of the session with props to promote children's listening, attention and language skills"
(Aimee – Family Support Practitioner)

Case Study of a parent and her son accessing Stay and Play sessions

A parent was referred to the team for support with her mental health and to access 2-year education funding for her son. It was agreed it would be beneficial to attend the Children's Centre's Stories for Talking stay and play session to support her son's social skills. Mum had anxiety and low confidence and when her son started the sessions he was shouting, swearing, hitting others including his mum, and wouldn't sit down for the story. It took some encouragement for mum and her son to attend regularly. And for the member of staff to build a close relationship with mum to help develop her confidence and speak to others in the session.

The member of staff role-modelled how to ignore unwanted behaviour and praise positive behaviour with her son. Gradually there was an improvement in his behaviour, he began sitting down for the story and at the end of the session although he did not join in, his mum said he would retell the stories at home to his Great-Grandma. We knew then that he was listening! Over time he began seeking out others to play with, and initiated others into his play. He now loves coming to the session and it's a big part of his weekly routine. We have seen such an improvement in his listening and attention skills.

Mum decided she would like her son to attend a local school but anxiety was prohibiting her making contact. She was supported with this and her son now has a place at her chosen school to start in September 2020. Mum now has a lot more confidence, she chats with parents and is often the person who first speaks to new families. Mum is no longer anxious about her son's behaviour and is confident taking him to new places"

Little Stars Children's Centre actively posts and shares social media campaigns including those about adult, child and young people's Mental Health, Perinatal Mental Health, Staying Safe Online, SIDS (Sudden Infant Death Syndrome), safe sleeping, sources of SEND support, Breastfeeding Awareness, Sun and Road safety and Accident Prevention.

The Centre has an average social media post reach of over 900 each week.

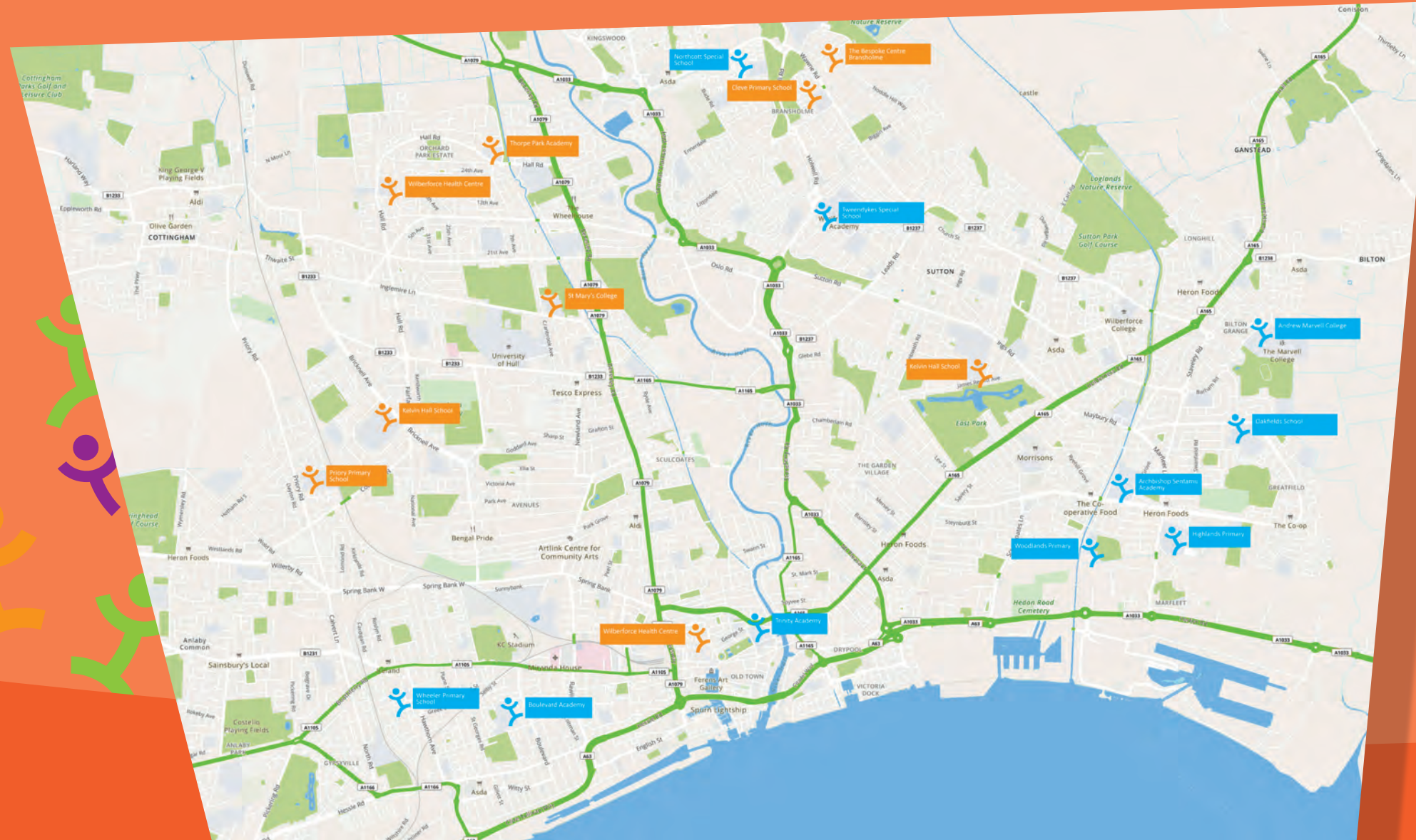
"Safety advice and information is provided with all home visits and the appropriate equipment provided. In the last few months the team have been liaising with the council and landlords to expedite repairs relating to safety whilst people have been spending more time in the home due to Covid-19"

(Janette – Senior Family Support Practitioner)



HeadStart

As part of the family support provision, the HeadStart funded Parent Peer Mentoring Project is a programme for families with children aged 10 to 16, a city-wide programme the project values the role parents play in the life of their children and young people and aims to improve emotional wellbeing and build resilience within families, children and young people.



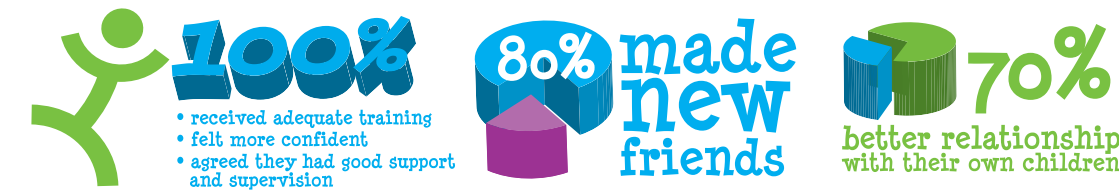
As of March 2020 the project has recruited and trained 49 Parent Peer Mentor volunteers to date. Many volunteers have undertaken short courses with Hull City Council Safeguarding Children Board including Level 1 Safeguarding Children and Young People. Mentors have also trained in Domestic Abuse awareness and Neglect awareness, Substance misuse, Child Sexual Abuse, understanding self-harm, anxiety and depression, Talking Teens and others including Becoming Culturally Competent and Modern Day Slavery. Four of our mentors recruited and trained this year came in to the service as referrals for support and have now come full circle and are offering other parents support. Two of our experienced mentors have recently left as they have both secured paid employment.

"It is all the support and training that I have had that has helped me get this job"

"I found the training informative and fun, I enjoyed the interactivity"

"I have recognised some things within myself that I have improved on since starting, and I am very happy that the training has helped me to interact and feel confident enough. Everyone is encouraging - a fantastic experience so far!"

"I really enjoyed my experience of learning about mentorship. The tutors were fantastic, very knowledgeable, fun and engaging"
(Volunteer mentors' feedback)



100% of mentors agreed they have received adequate training for the role of a mentor and felt they had expanded their knowledge and viewpoints 100% felt more confident about delivering parenting strategies and 100% agreed they had good support and supervision, 80% reported they had

made new friends and 70% felt they now had a better relationship with their own children

Mentors provide flexible and consistent visiting and have attended medical, counselling and benefit appointments with parents. One parent was supported when she decided to leave an abusive relationship and gained a refuge place for her and her children. Mentors have supported parents in registering children for new schools, getting children back into school and have worked alongside social workers to support parents in achieving their care plan targets such as cleaning routines, registering with GP's and dentists.

Over the year, mentors have undertaken 1,283 hours of volunteering including on-to-one mentoring, training and helping at events.

Case Study

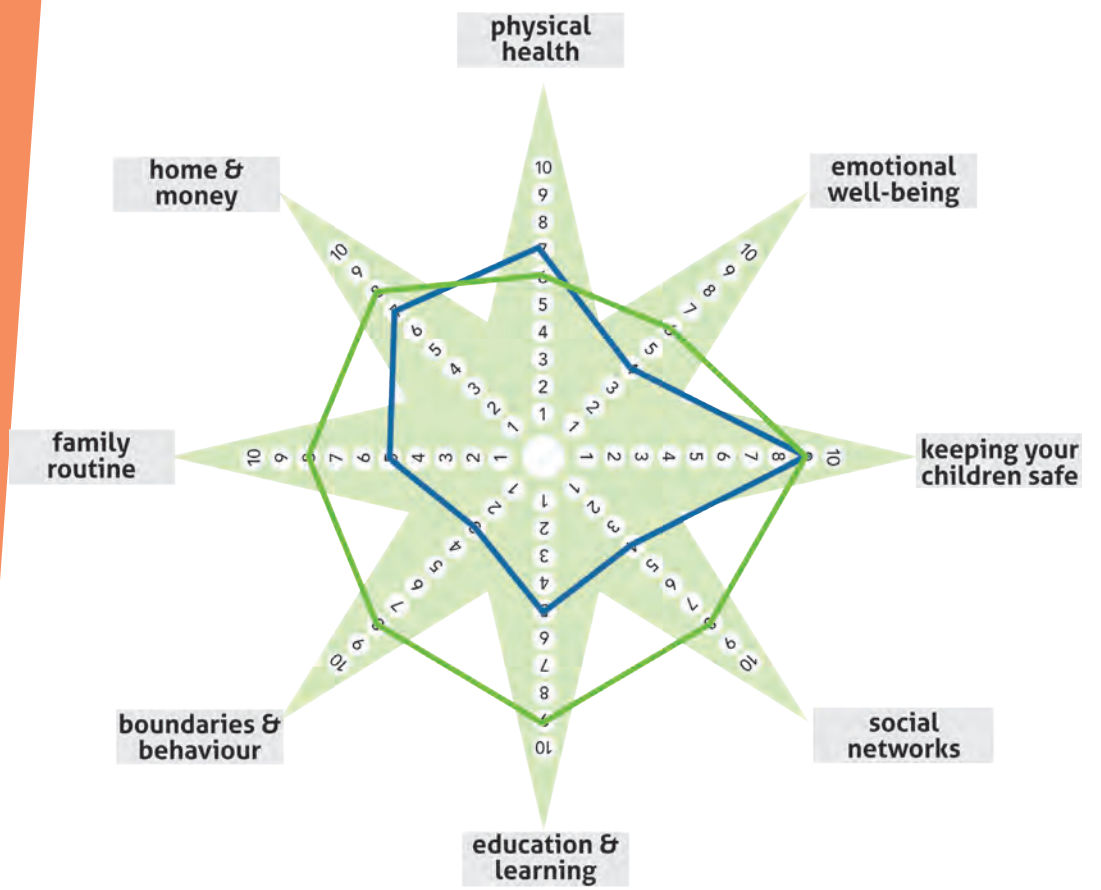
Mum is a single parent of 2 daughters living at home aged 10 years and 19 years. The youngest daughter is awaiting an Autism Assessment. In the past, Mum had experienced a domestic abusive relationship and was previously alcohol dependant but stopped misusing alcohol 7 years ago. Mum was referred by KIDS and is on their waiting list for Autism Awareness training. Mum was finding it difficult to manage her youngest daughter's behaviour who was presenting as anxious, stressed and overwhelmed. The request was for emotional support, parenting strategies and help to build a social network. Mum was matched to a mentor who had a child of a similar age and who worked in a school as a Teaching Assistant so had experience of supporting children with additional needs. Mum received 6 sessions with the Mentor who offered listening and empathy. She supported mum to make a referral to the Let's Talk Service as she presented as anxious and stressed and as a recovering alcoholic, the potential to relapse was a concern.

Case Study *continued...*

She offered positive parenting strategies to help Mum manage her daughter's behaviour and encouraging her to have clear consistent boundaries along with rewards and consequences instead of giving in to avoid conflict and challenge. She was offered suggestions about ways to help her daughter talk about her feelings and ideas about spending positive time together to build their relationship. The Mentor also promoted the Talking Teens Workshops, which Mum later attended. The Mentor encouraged Mum to think about her future and gave information about volunteering.

Mum started to feel more confident and enquired at Renew about volunteering opportunities, as she had received support from them previously around her own use of alcohol. She also attended Talking Teens and gave feedback that she enjoyed the workshops. She began using some of the positive parenting strategies with her daughter and spending more time with her. She reported feeling closer to her daughter and less stressed.

The Outcome Star diagram (right) shows positive changes made in key aspects of their family life from the beginning of support in January 2019 (blue) to the end of support in October 2019 (green).



“It was nice to talk to someone who has kids with additional needs, they understand where you are coming from”

“I feel really good about myself, my anxiety has gone down to what it was and I am more confident in myself that I can do it on my own”

Parents receiving support – feedback

In this year there have been 10 Talking Teens groups (5 in schools and 5 in community venues) and 2 Family Links Nurturing parent groups. In the group work 53 parents have completed the programme.

“It’s so important that this course is available, it has helped me to see things from a teenager’s side, and has been good to meet other parents knowing it’s normal and we aren’t alone”

“Pretty much any family/parent with teenagers would benefit from this programme!”

Parent feedback – Talking Teens workshops

In the time period of this report our HeadStart Hull Parent Mentor services undertook a self-assessment for external evaluation by HeadStart Hull - the Mark of Excellence – we are delighted to share the findings.

By the end of 2019 the Parent Peer Mentor Project had submitted a self-assessment for external evaluation by HeadStart Hull. Evidence of the projects policies and processes were assessed. Three volunteer mentors who had supported cases, and three parents that had received support were interviewed.

In March 2020 we received the final report. The Parent Peer Mentor Project received the HeadStart Hull Mark of Excellence Award.

“Successfully achieving the MOE demonstrates that their organisation recognises the importance of supporting children and young people’s emotional health and well-being and has taken the practical steps required to provide this”

(Excerpt from the evaluation report)

“It has been a pleasure to meet with you and hear your passion for helping parents and families across Hull, and I have been particularly impressed by how you and your staff and volunteers go the extra mile to the meet the needs of some of the most vulnerable families in the city. Meeting with volunteers and service users gave me a real understanding of how the service can and does transform lives.”

(Catherine Pepper, Community Policy and Practice Officer, HeadStart Hull)

“We are thrilled our HeadStart Hull funded Parent Peer Mentor project has received the Mark of Excellence Award, thank you so much to our amazing volunteer mentors working with us to make a difference.”

(Liz Hammond, Lead Parent Peer Mentor Worker, Child Dynamix)

Partnership work has been key to many of the cases we have supported and over the year, with informed consent from parents we have worked closely with Schools, the Parenting Team, KIDS, Early Help Social Workers, CAMHS, Neighbourhood Nuisance Team and other parts of the HeadStart Programme including Emotional Resilience, SMASH, MIND, Smile and Barnardo’s. This approach has ensured joined up thinking, and a holistic view of the family and the support on offer.

“We have seen parents become more positive about themselves and be able to come in and discuss problems, parents growing in confidence and building resilience, children’s attendance improving from the family gaining support and how positive and forward thinking the Child Dynamix team is.”

(Lead Practitioner for Behaviour, Emotional Wellbeing, Pastoral Care & PHSE, Biggin Primary)

“I want to express my gratitude for your support with the families in which we have been joint working. Peer mentoring service has been invaluable in assisting with supporting the parents who have presented with additional challenges, be it mental health or general parenting support. I appreciate the referral you made to the sleep service, the mediation also helped build relationships with more challenging families”

(Early Help Practitioner, North)



“A valuable service for parents that are isolated and have a limited family support network. The relationship differs from that of a service user and family support in that the power imbalance is not as evident. A mentor is able to relate directly to some of the difficulties experienced by the parent they are supporting. A parent feels comfortable to share their feelings, discuss difficulties and are accepting of advice. PPM can be a great motivator to address issues that have previously been avoided e.g. debt. PPM can be an advocate for a parent who struggles to have their voice heard in meetings with professionals.”

(Social Worker – West)

Also in suite of family support provision sat another parent mentor service for families with children aged 5 to 11 years funded by Henry Smith Charitable Trust. Unfortunately, this project ended December 2019 but was a critical service for this particular age group of children. Parent mentors regularly gave time to other parents to help with a range of issues to support them and their families. We continue to seek further funds to deliver this again.

Case Study Parent accessing Henry Smith PPM – June 2019

Mum approached the service directly for support with financial and emotional problems and to help with her daughter (age 10) who has a genetic visual impairment and loss of hearing which makes it difficult for her to process her environment. Mum met with a mentor who supported her to attend a debt advice service to better understand her options. Grants were applied for to make the home environment safer and mum received one to one support for her and daughter's social isolation. Mum has spoken on the radio about the support she has received from the project and how they have a renewed sense of involvement in the community. She also feels better able to ask for help when needed. Her daughter is receiving additional help at school and is moving forward due to the engagement with her mentor and with the school.

Case Study Parent accessing Henry Smith PPM Project 2019

Mum was experiencing mental health issues due to historical family abuse which brought about depression and anxiety. A Family Star was used to identify the needs of the family and to create an action plan to measure progress. Support was given via a parent peer mentor to contact Let's Talk and attend an initial assessment as mum really needed specialist support. As mum's confidence grew she wanted to look into Adult Education courses. Again with the support she was able to attend information days about volunteer opportunities. Mum has since completed Doula Project training and is now able to support mums prior to, during childbirth and beyond. The support from the Parent Peer Mentor has been invaluable and had a huge impact on this mum's mental health and increased her employability having a positive effect on the family and the community.

“The mentors are easy to talk to, they are good at having people feel worthy and having faith in self. The impact on my life has been massive”

(Parent receiving support – feedback)

“The whole mentoring process has helped me find my lost self and made me think more positively about my future”

(Parent receiving support – feedback)

As of December 2019, at the end of the Henry Smith funded Parent Peer Mentor project, 154 families accessed the programme. The project supported 33 volunteers to complete their training. Over the lifetime of the project, volunteers gave 965 hours of their time. The project delivered 6 Family Links Nurturing parenting courses for 60 parents/carers. 100% of the volunteers would recommend mentoring.

This project was delivered in a specific postcode area - HU9, East Hull. However, the Lead Worker regularly received referrals from outside of this postcode area. As we consider how we can fund this service again, we also recognise the demand from families who live in other areas of the city and would hope to accommodate this in any future delivery. The Lead Worker and parent mentors established strong relationships with local schools and nurseries.

This impact report covers the final year of the project in which links were made with HMP Hull. The Lead Worker and Mentors regularly visited the prison to offer one to one support for visiting families. We recognise the specific challenges and difficulties for children and families in these circumstances.

Continuing with the Family Support theme, the Bump to Baby and Beyond project focusses on improving outcomes for babies by ensuring a personalised, tailored package of support provided by a dedicated project lead from the second or third trimester of pregnancy through to the child's infancy. Due to the individual nature of the support provided, the work is varied, dependent upon the individual baby's needs and those of their parents. The project aim is to reach the babies that need it most.

The Bump to Baby and Beyond Project sits within the Early Help team in the East of the city and referrals are received through the city's Early Help and Safeguarding Hub. Sources of referrals include Midwives, Health Visitors, other Children's Centres, the Perinatal Mental Health Service, Social Workers and parents themselves. Some of the reasons for referral include teenage and vulnerable parents, parents in abusive relationships and parents with mental health issues.

“Mental health and well-being issues are present in most of my families in one way or another and at varied times throughout the support”
(Project Lead Worker – February 2020)



In this year 39 families have received support. One to one parent support included 7 birth planning sessions, 9 receiving support with appointments, 23 child development focussed sessions, 22 safety visit/safe sleeping sessions, 9 receiving infant feeding support. The Lead Worker attended 4 case conferences and supported with 4 grant applications.

Families complete a Family Star strengths-based, solution-focused assessment to support them to provide the best family environment for their baby to thrive. 27 families worked with the project lead to construct a holistic, person-centred support plan.

Every month there is an average of 240 one to one contacts including home visits, one to one massage sessions, telephone calls, text messages, emails. There have been 36 hours of video calls, 91 hours of one-to-one support sessions. 38 families have been provided with cooking packs, 80 with food parcels and 47 activity packs.

“This project is an invaluable one that has helped me immensely. The support Sophie has given since I met her when I was pregnant has helped me to be the mother I am today and I will always be grateful to her, she makes you feel like everything will be OK. I think more support like this should be available to more people”
(Parent feedback – exit evaluation August 2019)

Small group work complements one to one support.

There have been 865 attendances in the duration of the project. 8 parents have attended healthy eating cooking sessions, 8 attended HENRY (a course to develop understanding about food and nutrition for young children), 15 attended the 4 weekly course for baby massage. 5 attended Family Links Nurturing parenting course, 8 attended complimentary feeding courses designed to help parents tune into the feeding cues of their babies, responsive feeding and how and when to move onto solid food.

The project also aims to help parents develop peer support networks. 26 parents attended Get Together Groups which have included Pilates and swimming. These sessions support the parents and baby's physical development and recognises the benefits to emotional health and wellbeing which comes from physical activity. Sessions have helped mothers to feel confident taking their children into a new environment.

Some families now feel comfortable meeting each other away from the Children's Centre improving their social networks and emotional wellbeing. The children of the parents have had lots of opportunity to develop their skills to promote further development milestones. 100% of the children in Cohort 1 of the project are meeting their age appropriate expectations.

"I see a change all the time in how my daughter does things especially at the age she is at now and watching other babies helps teach her"
(Parent feedback – group work evaluation December 2019)

"A family have been engaged in this project for several months and during this time offered individual sessions, support and advice. The work has been invaluable to the family, the project lead has enabled both parents to gain knowledge and skills to ensure they are able to care for their baby as well as general child development and milestones."

This project is crucial to support vulnerable parents and Sophie's ability to engage these parents and develop a trusting relationship has contributed to safety and wellbeing of children in the city"

C.N. (Social Worker)

"It's difficult to fully express in words the various ways in which you and the Bump2Baby project has supported me through pregnancy and early motherhood. In terms of the emotional and social impact, I know that I will always look back on this period in my life and remember that you were there to support my son and I through various challenges, and to provide us both with social settings in which my son could develop and I could feel a sense of belonging as a new mum. I will always count myself very lucky that I signed up to this programme"

(Parent feedback - March 2020)

"When I came to Hull from Leeds I had no support and I rarely trusted any services or people around me. Sophie was so welcoming and friendly, she understood my situation and didn't judge. I was going through thoughts of suicide at the time but being around Sophie and going to groups and gaining trust made me overcome these thoughts which gave me a purpose in life and made me realise my children all need me. Sophie helped me bond with my baby and the bond with my new born is strong" (Parent feedback - March 2020)

"Sophie introduced me to a group of lovely ladies and new babies and I have now found real friends. We have a group chat on WhatsApp and it keeps us connected and sane during lock down. The baby group has carried on through Zoom but it's just like we are all in same room, we still we have a laugh, sing songs, do messy play, toy sessions and sensory play. Sophie has also given us activity packs and she is always a phone call away if we need her"

(Parent feedback - March 2020)

Case Study (June 2019)

D was struggling emotionally with her mental health and felt very low in mood. I visited weekly to build our relationship, D said that she is feeling anxious about the birth of her unborn and worries that something may go wrong at birth, she had a traumatic birth with her previous child and had struggled to share how she is feeling with health professionals.

We completed the Family Star and discussed what the actions should be. D agreed she would like me to support her to attend an appointment with her midwife. At the appointment D became upset and found it difficult to speak and asked if I could speak on her behalf. I explained to the midwife how she was feeling and asked what support could be given. The midwife gave some information regarding self-care and being supported via her family and friends and from this appointment referred to the perinatal mental health support team.

The Perinatal team picked the case up for one to one support. D support worker completed a birth plan and discussed the concerns which D had. This was very effective as D had a very positive relaxing birth. D is continuing to be supported by the Perinatal team with one to one home support in regards to her mental health and providing support around her anxiety. D has times where she becomes anxious which causes her to feel overwhelmed however with the support from perinatal support, health visitor and myself D feels that she can make contact with any one of us to support her if she is struggling. As it is early on after the pregnancy and post-natal depression could still occur however with the professionals working together and supporting D it will be identified sooner and D knows she will be supported through this. It has been identified that D's ill mental health has been impacting on her daily life however D accepts this and now and has coping methods to support her mental health. D feels confident that she can accept support without anyone taking judgment.

Delivery of a Paediatric First Aid course:

"In August 2019 a parent asked if I could help her gain access to a first aid course, she was thinking to when she starts to wean her baby onto solid food. Nine families attended which covered resuscitating a baby/small child, treating burns and scalds, treating cuts and using bandages and choking. The parents left the course feeling much more confident if their baby was to have an accident. The parents shared they would be able to deal with an incident rather than freeze."

(Sophie – Project Lead Worker – September 2019)



Our childcare services aim to ensure children are ready from school or the next stage of their learning journey. This aim runs throughout all services provided by Child Dynamix – we want every child and young person to have the best transition possible.

Our day nurseries are modern bright and stimulating learning environments for children 0-5, we have two in East Hull (Preston Road and Savoy Road) and one in West Hull at 50 Boulevard. During this year we registered 306 children across three Community Day Nurseries. We provided 24 free stay and play sessions and holiday provision for 44 children up to the age of 11. We have supported 30 families to access the 30-hour funding. Children across our settings are making good progress with their learning and development. An average of 75% of all children attending our settings are reaching or exceeding in all 17 areas of learning. The national percentage of children achieving at least expected level across all areas of learning at the end of foundation stage was 68% in 2019.

Whilst our nurseries offer a very specific service, we also recognise the challenges of being a parent and particularly take pride in supporting parents overcome problems they may encounter. Often our nursery teams are able to help. Sometimes parents appreciate hints and tips about the ‘usual’ parenting problems of sleep, food and toilet training. However, some problems are more difficult and our nursery staff can help to signpost or refer to other organisations or to other provision within the charity.

Parent surveys were carried out across all three nurseries March and April 2019, 45 parents responded with 100% of families Very Satisfied or Satisfied with their child’s nursery. When asked how well the nursery staff support their child’s individual needs and interests, 95% of parents responded as Outstanding or Good.



“The staff, you won’t get a more diverse and friendly bunch of girls and guys. My son loves going and I know it is because of the people”
(Parent feedback – Savoy Road April 2019)

“My son’s key worker goes above and beyond for my child. She listens to my concerns and helps me to reach a better understanding of what my son may need. She is always caring, considerate and helpful”
(Parent feedback – Preston Road April 2019)

“Teaching is strong and in some instances Outstanding”

“Children excitedly participate in activities”

“Highly qualified staff”

(Ofsted report – Boulevard 2018)

We believe children’s individual needs are met when we invest in staff. In the last People Survey, 87% of nursery staff who responded to the survey say they have the training they need to do their job well and 90% say they are encouraged and supported in their professional development. 89% say their ideas and opinions count at work and 90% say the environment in the charity supports a balance between work and personal life.

We have 40 children across our three nurseries with English as an additional language, the largest proportion at our Boulevard setting. We have used different languages in our promotional materials to help support these families to access childcare and Google translate once they are in the setting to support communication.

“Children who use English as an additional language have excellent opportunities to use their home language during play. Staff very actively promote children’s communication skills and encourage children to engage in communication”
(Ofsted report – Boulevard November 2018)

Case Study Case Study – May 2020

J started in September 2018, aged 34 months.

When J started in our Preston Road Nursery we cared for him in our baby room as it had the most appropriate environment to meet his complex physical needs. He had unconfirmed cerebral palsy and was unable to stand or move. He had severely stiff joints and muscles preventing any self-movement. To ensure we met his needs in the most appropriate way we sought additional funding to enable him to have one to one support.

J was, and still is a cheerful, engaging child. He has a good level of cognitive understanding but struggled to convey this due to language, movement and co-ordination problems. The physiotherapist attended to carry out regular exercises and taught his support worker to enable her to do the exercises as well. It wasn’t long before J transitioned in to the toddler room. By working closely with other professionals and his family we have accessed additional support equipment. This means he has appropriate equipment to meet his changing needs which has had a positive impact on his development.

We have 19 children who receive additional funding to support their special educational needs within our settings and we are working with a further 24 children who may require some additional help.

“We have a very positive relationship with the Early Years team, and the SEND team in particular due to the amount of children we have with additional needs. We work closely together to support these children and towards Education Health Care Plans (EHCP) for children with the most complex needs”
(Naomi Clark – Head of Childcare, Child Dynamix)

He has thrived in the new space with help from his support worker. J has since transitioned in to our pre-school room with children of his own age. The relationship between J and his support worker has been amazing and truly inspiring to see. We believe this is another positive influence on J’s progress. J’s support worker has built a really good relationship with his parents as we all work together to understand how best to meet his need. Mum and J’s younger brother now attend one of the sessions delivered by the charity’s children’s centre.

J can now pull himself up, hold weight on his legs with support, has more control over his arms and hands, and can move himself around independently on the floor. His language development has significantly improved and is now linking words together meaning we have a better understanding of his cognitive development - and a taste of his sense of humour! ‘One minute’ he says when asked to do something. ‘What’s going on here’ is another of his favourite sayings!

He is a pleasure and an inspiration to us all. A true fighter.



Child Dynamix provides a range of opportunities for young people, including youth clubs, music and sport. Young people can take part in events that are creative, thought-provoking and designed to teach life skills – including the Rock Challenge and the YMCA Sleep Easy campaign to raise funds for homeless young people. We act as a lead organisation in a partnership of youth providers in Hull, and work with sexual health charities, as well as accommodation and training providers to give young people the support and advice they need.

In this year the youth team worked with 476 individual young people age 10-13 and 373 young people age 14-19.

“The aim of our work is about supporting young people to make positive and informed choices, to develop confidence and self-esteem, gain new skills, and improve their well-being. We do this by facilitating a range of fun and informal activities and projects through our drop-in youth sessions. These range from – art, cooking, dance, sports and 1:1 work, as well as getting young people involved with other challenging activities around the city. We deliver group and focused work around issues such as health, mental health and relationships, and we support young people who are wanting to live independently or who are looking for education and employment”
(Paul Clark – Lead Youth Worker)

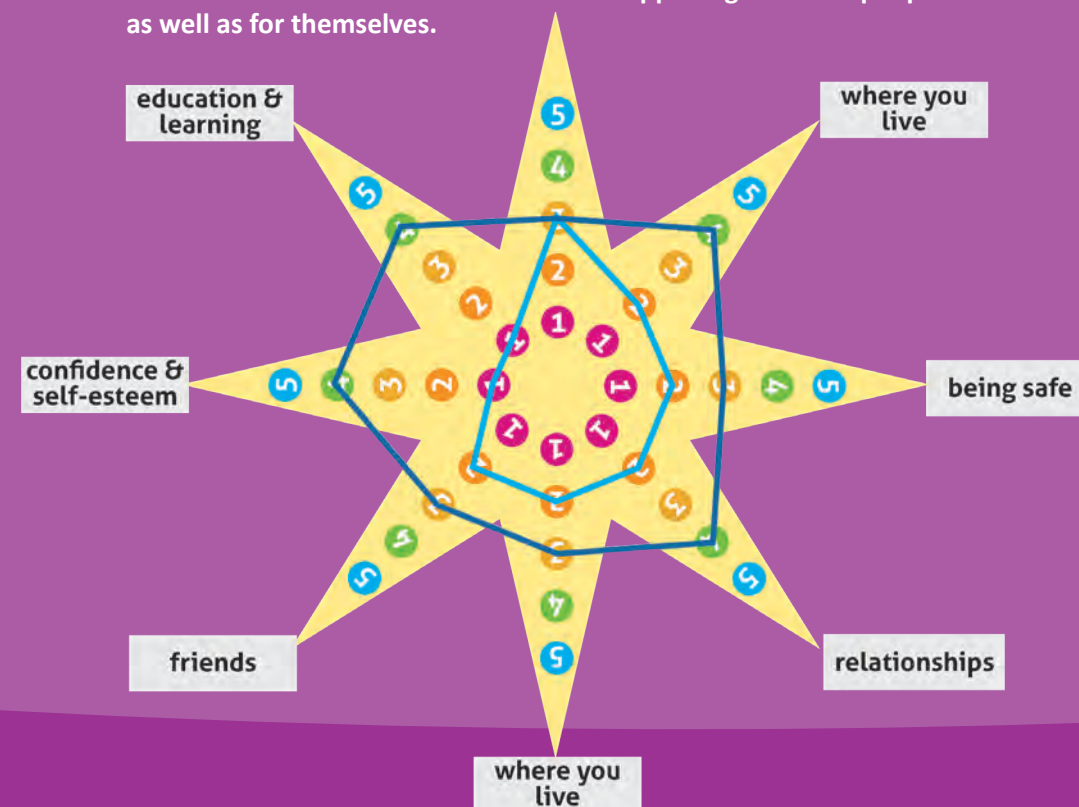
In this year 384 positive outcomes were achieved by young people around social, personal and emotional progressions and those around their health and wellbeing.

The Youth Team receive a broad range of training to support them in their roles and to understand better the issues young people are presenting with.

“Amazing course giving an insight into people’s thoughts when considering suicide. This short course helps to spot signs of someone considering it while also helping you to have the difficult talks when someone tells you they are thinking about it. It also helps you spot signs of someone who isn’t feeling themselves and could be in the risk category”

(Suicide prevention training, Mark – Youth Worker)

When working with young people, a My Star assessment may be used to gather information and formulate a support plan. A Star is not relevant in all situations and a young person may decide not to participate in this voluntary process but when a young person does engage it provides an opportunity to discuss and challenge perceptions in respect of how a young person might manage different areas of their life and reflect on what is happening for other people as well as for themselves.



There are 8 points to the star and each area is scaled by the young person from 1 to 5. The scaling creates a Star which is a helpful visual tool identifying areas where support is needed. Work with the young person will start in key areas where they are “stuck” or where they see change is needed. The Star can be updated at any point and new areas of focus might be identified.

The final ‘Star’ also uses the 1 - 5 scale and shows the young person’s journey and progress in a simple understandable way.

To broaden the offer, we can give, young people engage in a range of city wide, regional and national events and campaigns. This means young people plan for, and participate in a range of opportunities which they are particularly interested in.

In May of 2019, young people from The Hut took part in Rock Challenge. This is a Global dance and drama competition which encourages young people to experience a natural ‘high’ from performing and achieving. Schools around the world participate in the competition annually. In Hull we have been fortunate enough to have a ‘Rock Challenge – Youth Division’. Youth Division is specifically for youth groups to participate in, and not only offers young people the opportunity to dance and perform, but also the opportunity to be involved in all elements of production including set design, costume designs, lighting and videography.

“The youth team have entered a team for the last 6 years and the group have won for the last two years! It is amazing to see young people working together, developing and achieving through this project.”

(Amie Wheal – Children and Family Services Manager, Child Dynamix)

Rock Challenge Youth Division

Case Study (Case Study – Young Person accessing The Hut)

We are working with and supporting a local young person who is 18 years old. He has quite a lot of needs due to anxiety and low self-esteem, low aspirations, issues around home life, poor lifestyle choices and criminal behaviour. He regularly attends the youth centre for support with applying for and understanding his benefits, support to attend appointments, making phone calls and also looking for work and training. He also pops in for food parcels, something to eat or just a catch up. We have recently supported him to attend a Health and Safety in Construction course, which involved us attending the venue with him to help him overcome his anxiety and also supporting him with revision and bus fares. As he attends sessions and pops in regularly, especially if there is something on his mind, we can support and encourage him to be more independent. Often, we link him to other opportunities and help him consider his next steps and future ambitions. We have a very positive relationship with him.



Humber Night Challenge - Winners!

On the evening of 7th March, a group of 3 young people with 2 members of staff, took part in an overnight orienteering walk through the Brantingham countryside.

The walk, covering around 11 miles, included various educational team challenges and tasks such as map reading. The event and accompanying challenges enable young people to demonstrate their team work and leadership skills whilst relying on their personal resilience to overcome the large and small problems that the event often includes.

The group finished first having completed the walk in one of the quickest times! They received really positive feedback and praise from the organisers, other participants and the staff team especially about their performance, particularly on the challenges. As a result, they have won a one week camping break in the lake district with Humberside Police.

Our Youth Sport and Play offer is embedded in our local communities working together to provide positive opportunities and tackle some of the issues families face

The Children in Need funded Play Project ended in December 2019. The project worked with 257 young people age 5-9 year olds and 89 young people age 10-15.



“Our play team work with families to give parents and children the confidence to play outside. We encourage children, young people and families to make the most of their outdoor spaces, often with limited equipment. An open mind and imagination is all that is needed! We support families to overcome barriers to playing outdoors; this might be through working with the Local Authority to make physical changes to make an area safer or by taking advanced of our regular play sessions in the community.”
(Amie Wheel – Children and Young People Services Manager)

This report covers the period of time in which the “Playing Out in Hull” campaign was launched. The campaign was aimed at allowing children to play freely and safely in the street by using temporary road closures. The local authority worked with the Highways Department in order to grant a temporary play street order, which allows residents to close the street for a short period of time. The streets were ‘manned’ by volunteer resident marshals, safely allowing vehicles to slowly enter and exit the street, making sure residents can still gain vehicle access during the sessions. Whilst in post members of the play team supported residents to plan when and how they could make this happen for their children, since the play project ended members of the sport and youth teams have continued to help local families.

“My mum didn’t think it was safe for me to play out. Then Child Dynamix play workers started coming to the grass area at the end of our street every week. I can play out more now, I have made new friends and look forward to playing out. Mum is happier too, especially when she comes and joins in!”
(Young Person – accessing Play Project)



The Youth and Play teams had a busy time during the summer of 2019 working closely with the Sports team to offer a broad range and variety of activities over the holidays.

The Play Team arranged a trip for local families to visit Honeysuckle Farm and Hornsea Beach. Whilst the Youth Team working in partnership with Youth in Nature to take young people to Speedwell Cavern to participate in caving activities.

September saw the start of our Postcode Lottery funded dance sessions. Four sessions were developed and delivered from The Hut + including a youth dance session, a ‘Clubbersize’ session, a parents and tot’s sessions and a ‘senior’ dance session. These sessions were well received and helped to get the wider community using The Hut+.

Healthy Holidays

The Healthy Holidays initiative aims to offer activities with a food to help tackle issues families can face during the long summer holidays without free school meals. The initiative takes place in specific locations in Hull and the youth, play and sport staff are a key part of the offer.

Once again, summer 2019 proved to be very successful in not only providing healthy food and snacks to combat holiday hunger for local young people, but also to use the publicity which the holiday programme has to share the 6-week timetable of activities and the broader work of the charity. This co-ordination meant we could signpost young people and families to a range of provision in the East Hull area, and across the city. We registered many new young people sharing details of our regular offer with them.

The initiative provides funding to enable us to deliver more sessions and activates than we could usually offer and the accompanying packed lunch. This year we delivered a range of sporting and outdoors activities, healthy cooking sessions and an arts project.

The team has given out over 200 Fareshare and Activity/Creative packs.

The Hut+

our extended and refurbished building for young people and the community.

The extension, internal redesign and refurbishment of the Hut Youth Centre took place throughout most of 2018 funded by the National Lottery Community Fund and was launched as The Hut + in July 2019. The enhanced facilities include a new teaching kitchen, a small café, a dance space, improved social spaces, sports hall, IT suite and a dedicated meeting space. The changes mean we can now offer more than one activity at a time. In the previous layout it wasn't unusual for a football to head towards young people cooking in the kitchen! We knew this needed to change and it has. We can now offer small group work and one to ones in a room separated from the main areas allowing young people uninterrupted space and time.

The Hut + also takes regular bookings providing valuable community space for other groups to use. Local schools have booked spaces to enhance the offer they give to their students linking with our Youth Workers. Some bookings are based on enhancing the offer to local young people. MESMAC provide regular young people's sexual health sessions.

Our intention was to increase the community use of the building which we have started to see following bookings for local elections and through the Postcode Lottery funded sessions. In the year 1st April to 31st March 2020, there were 258 sessions delivered with 2377 attendances (volume – based on head count sessions)

"Always clean, friendly and helpful staff – we would recommend The Hut +"

(Hirer feedback evaluation- January 2020)

On the 14th March 2020 we celebrated with a 1st birthday party of the re-opening of The Hut following its extension, we had in excess of 100 people through the door. We saw lots of regular young people and families but also saw lots of new families. This gave us a great opportunity to share our services with them.

Sleep Easy

On 7th February 2020 the youth team along with 3 young people took part in YMCA Sleep Easy. The campaign aims to raise awareness of youth homelessness and as a fundraising event, to raise money to support vulnerable and at-risk young people. During the hours of 6pm – 6am participants spent the cold February night building and sleeping in cardboard shelters. Young people and other participants take part in awareness activities and discussions about homelessness.

This was the 3rd year in a row that Child Dynamix has won the best shelter competition, and the 6th time that the charity had taken part in the event.



Kit Car Race – The Dynamic Destroyer

In April, 4 young people from Child Dynamix took part in the Greenpower Street Car race in Hull City centre. The event was the first of its kind in the UK, and saw up to 55 teams of children and young people from around the Hull and Humber area. The Dynamic Destroyer team were young people who usually attend our sessions at Shelley Avenue sports facility and Eastmount Community Centre. They took part in the 11-16-year-old category, placing 7th out of 29 cars after two races - a brilliant achievement.

The event was a rewarding and exciting experience for them. On the day, the team showed remarkable team work and cooperation, determination, and commitment. Young people worked closely with the team from I.T @Spectrum, who were on hand to deliver all the technical and mechanical knowledge and expertise to ensure the car was running smoothly and passed all scrutiny tests.



"It was nerve racking but inspirational. It boosted my confidence and helped me achieve things I never thought was possible, as well as try new things"

"The thing I enjoyed the most was working as part of a team and getting to meet new people. It helped me to be less shy and make friends"

(Feedback from young people taking part – April 2019)

We would also like to say a big thank you to the team from I.T @ Spectrum: Ken, Mark, Adrian, and Andy as well as Adam without whom it wouldn't have been possible for Child Dynamix to take part.

Sport plays a significant part of our offer to children and young people.

In this year the Sport team delivered 414 sessions to 587 young people providing tennis, football, rugby, kwik cricket, netball, basketball, boxing and multi-sport sessions. The Youth, Sport and Play teams delivered from 34 different locations across the city such as schools, colleges, churches, playing fields, parks and other outside spaces. The Sport team are based at the Shelley Avenue Community Centre which includes the MUGA (Multi Use Games Area) and the grass field which has become a top venue for local sports clubs. Following resurfacing work on the MUGA, the launch event on Saturday the 10th August 2019 helped to celebrate the new opportunities the changes from the improved facilities would bring to the local community.



Through recent funding from Sport England, the surface to the MUGA on Shelley Avenue has now been improved which has made and will continue to make a positive difference within the local community. The MUGA is an excellent resource for local people, young and old, and having Child Dynamix managing the bookings and arranging access is vital to its success. We are very grateful to Child Dynamix for building positive relationships with the local community as this is a key element for making the MUGA a success"

(Jess Duggal - Neighbourhood Investment Officer Clarion Futures Communities)



Case Study

Young person accessing Sport/Volunteering June 2019)

When we first met W in the sport sessions, she was a quiet young person who stood back from the crowd and appeared to lack confidence. She would always help the younger children and as a participant volunteer she would support the team setting up and packing away sessions. We could see potential opportunities for W during the sport sessions and when she turned 16 she became a full volunteer for the Sport Team. W was quite reserved at first, we encouraged her to take on tasks and nurtured those opportunities to help in particular to develop her confidence. In time she attended a Safeguarding and First Aid course by herself which was a significant personal accomplishment

W grew in confidence and gained a part time contract with us to deliver school sport sessions at Southcoates Primary School and community sport sessions in the Marfleet Ward. She started the FA Level 1 Football Coaching Course which she passed. This was unthinkable for her a year earlier as it was a 32-hour course with 25 other people she didn't know.

W went from strength to strength attending college and successfully completing a Health and Social Care qualification, she secured an Apprenticeship at the Endeavour Learning Centre starting in September 2019, we feel the work experience and confidence gained through Child Dynamix has helped W to achieve her goals and is now very employable in the sport industry with the qualifications and work experience she has achieved.

What's Your Game?

Whilst sport for some is a regular part of their lives, we know that increasing physical activity benefits people of all ages. We are particularly pleased to be working with Sanctuary Housing on a Sport England funded project.



What's your Game? Is part of a national community programme funded by Sport England. Child Dynamix delivers the programme in Hull on behalf of Sanctuary Housing. The project emphasis is on supporting communities and the people within to be active for themselves, this doesn't have to include sport, it may be walking to school or to the shops instead of taking the car.

The project works with families of primary aged children and is designed to encourage physical activity through community engagement and facilitative discussion. In the role of Community Facilitator, Ben builds relationships in the community, provides support and asks families to think about what they would benefit from the most.

A launch event of the project in October included a cycling class at Southcoates Primary School. Parents had said they would like to cycling as a way of giving their children more confidence on their bikes. Healthy Lifestyles Hull came along to support the event and brought their smoothie bike with cycle coaches from First Step Sports.

"At the event one child learnt to ride her bike for the first time without stabilizers, the encouragement she had, coupled with the freedom to learn and make mistakes in a safe environment enabled this. Speaking with the child's Mum she said that they would, as her daughter's confidence grew, now be able to cycle to school together"

Ben Wood – WYG? Community Facilitator



What's your Game?

To March 2020, the What's your Game? project has worked with 28 parents/carers and 62 young people from age 5 to 16 years.

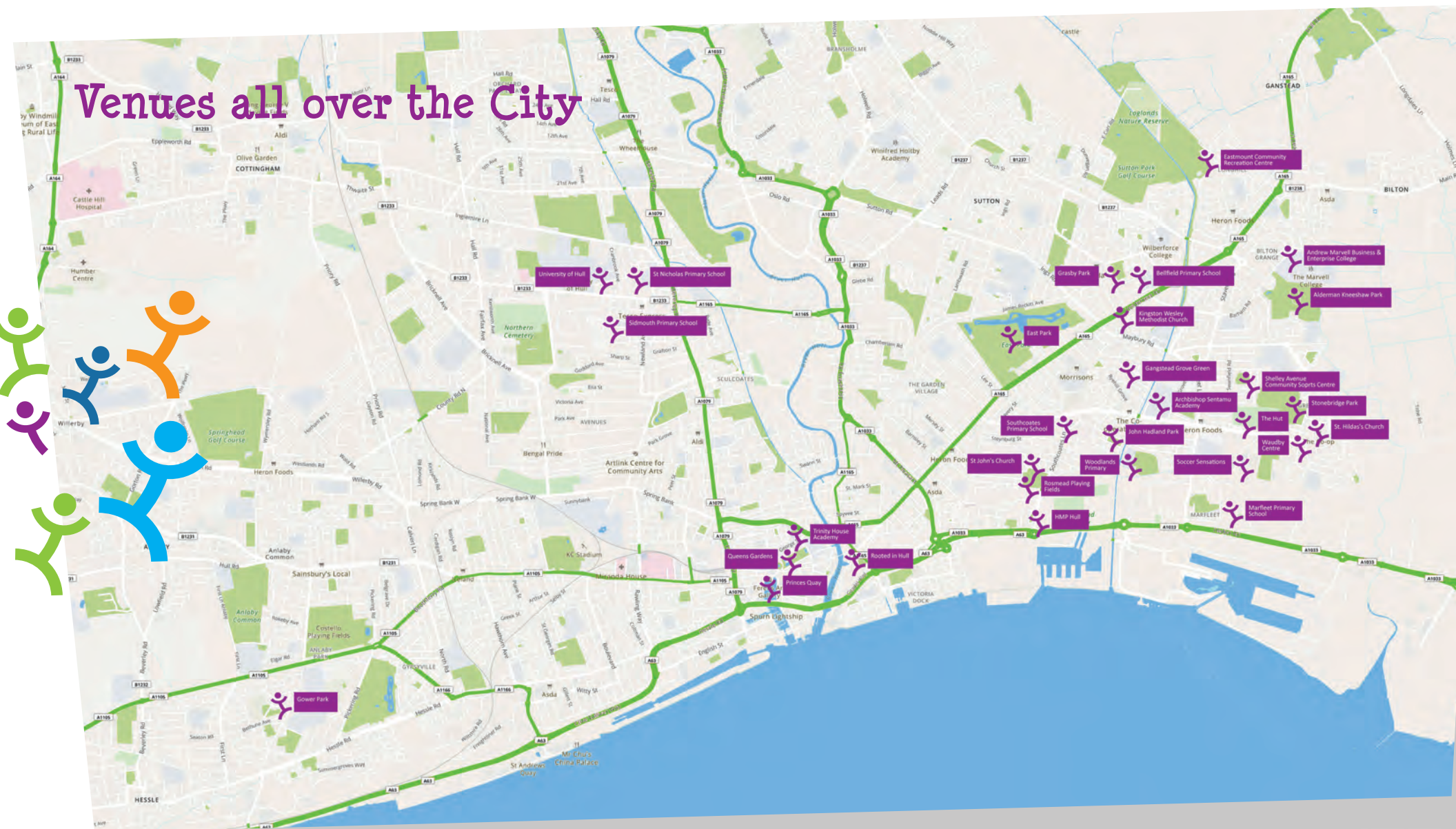
The Armchair Olympics, an online series of events led by What's Your Game? aimed to engage with people during the initial lockdown period of COVID-19



Using Child Dynamix' social media channels, posts and challenges were shared each Monday and Wednesday linked to different Olympic style activities. All activities required little or no equipment and focused on the home environment. Whilst the actual Olympics were cancelled, families took part in a range of events, including opening and closing ceremonies, capturing the spirit for which the Olympics are known which seemed appropriate given the circumstances at the time.

Activities went out to over 2000 people across the Youth, Sport, Play Facebook page and Child Dynamix Twitter feed. Schools and community groups were regular re-tweeters promoting the activities to their students. Members of staff across the Child Dynamix workforce linked together with children whose parents were Key-Workers.

Venues all over the City



The Asda Foundation Hull 10k and Hull Half Marathon

have a regular slot in the Child Dynamix calendar.

Staff, supporters, service users and beneficiaries all come together to support us. The race and accompanying publicity helps to raise the profile of the charity and we get the opportunity to share the work we accomplish each and every day with a significant number of people. Through sponsorship runners help to bring much needed additional funds. Over the years this has helped provide additional resources across our service provision and most recently support the extension and refurbishment of the Hut+

2 runners took part in the Hull 10K in 2019, the 4th consecutive year a team has entered with 4 runners taking part in the Hull Half Marathon.



We thank everyone who took part in the event on our behalf. We raised over £2,000!

Child Dynamix has also benefitted by making links with different business. This helps to raise the profile of the charity and develop new innovative ideas to support children and young people. Over the years we have been supported by C4Di who helped us develop our first kit car, Sainsbury's Local and Fortems and were the charity of the month with the Hull restaurant Ambiente Tapas.

As is usually the case there are lots of supporters, too many to name all but Rix Petroleum, IT@Spectrum, Rollits, Smailes Goldie, and The One Point have regularly offered their skills, support and time in so many different ways. We have a very local band KTS who regularly pop in to donate money raised at one of their weekend gigs.



Charity Dinner

In October 2019 Child Dynamix held its first charity dinner. Supported by local business leaders and organisations, 115 guests enjoyed the evening's entertainment including a magician and guest speaker.

The evening was a successful fundraising event, the auction alone raised £1,800 through generously donated prizes. Most importantly the event offered another occasion to share our history and the services we offer each and every day.



I hope you have found our social impact report interesting and informative.

It has been 4 years since we last produced a report to demonstrate the variety of our work. In that time we have reshaped our offer to ensure we continue to provide what our beneficiaries need.

The report timeframe covers the beginning of the impact of Covid19 upon the charity, our service users and communities we work with. Whilst we continue to grapple with the uncertain times we live in, our service delivery continues to adapt and remains flexible. This means in the coming months we will focus on innovative and creative ideas which will help to respond to the difficulties we encounter. We have and will continue to work differently, to adapt and be there for those who need us.

I would like to take this opportunity to thank all those involved in the writing of this report. It has been a challenge to pull this together when there have been many other important areas to prioritise.

I also wish to thank our trustees, staff, volunteers, children, young people and families along with partner organisations and supporters who help to make Child Dynamix the thriving charity it is today.

Caroline East
CEO





Our Impact 2019-2020



Child Dynamix is a registered charity and company limited by guarantee.
Company number 5389477. Charity number 1109642

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