



Annual report 2013/2014

Harmonious families,
connected communities



Contents

About us	3
Chair's report	4
What we do	5
Case study 1	6
Case study 2	7
Case study 3	8
Case study 4	9
Case study 5	10
Case study 6	11
Not just a lick of paint	12
Fundraising and grants	14
How you can help	15



About us

The Hull Families' Project offers support to families who are facing difficulty or crisis. We help every family member find the right ways to cope with stressful and difficult times and support the whole family in creating a better future together.

Every family is different and our support is always tailored to each family's needs.

We provide support in two key ways:

- Tailored one-to-one support for individual families who are experiencing a crisis, due to either on-going difficulties or major life-events.
- Workshops and drop-in sessions for families, providing support and advice to help family units become stronger, calmer, happier and more fulfilled.

At Hull Families' Project we understand that at some point every family will face challenging times. Our approach is to help families build up their resilience skills – giving every family member the skills and confidence they need to face and overcome difficult issues, both now and in the future.

We work intensively with each family member and also with the family as a whole, to set and then work towards agreed goals. The support we offer is tailored to the needs of each family but can include elements such as positive parenting and discipline skills, self-esteem work and anger management strategies. We can also find families the help they need from statutory services. Our aim is always to support families to create a better quality of life for them, in a safe and secure family environment.

We also work with local schools to provide drop-ins for students and for parents concerned about family and parenting issues. Finally, we work with the local community to offer parenting workshops, learning tasters and to train local volunteers as peer-supporters.

.....

We aim to support and empower families so they can create fulfilling and balanced lives for themselves and those around them

.....

Chair's report

The Hull Families' Project has always served families and the local community tirelessly but never more so than during the last year when the struggling economy has hit families hard and in ways that affect all areas of family life, not just financially. We've worked holistically with families to help them promote a culture of family stability, safety, security and empowerment which in turn strengthening communities.

During the past eighteen months we are lucky enough to have had the support of the HEY Smile Foundation who have been invaluable in helping to raise our profile, something that we've not previously devoted much time to in favour of spending our time working with those families who need us. Our re-brand courtesy of H&H Agency Ltd has given us the platform we needed to move forward along with the confidence that our image now portrays the work we do.

The highlight of the last year is by far the support of local trades and suppliers, orchestrated by Hull Esteem Consortium, HEY Smile Foundation and their contractors who undertook a complete refurbishment of our premises which would have rivalled something seen on a TV makeover show. You'll find more about this amazing project on pages 11 & 12 but suffice to say,

this renovation has given us the environment we needed to be able to make the families we work with feel welcome and has shown us how much people value the service we offer.

Looking forward, there are tough economic times for the charity. With ever more families needing support to address the issues they are facing, the impact continues to be felt on our own finances. With no statutory funding for referrals, our focus in the coming year therefore needs to be finding long-term, sustainable ways of funding our activities.

On behalf of all of the trustees and our team, I would like to say thank you to everyone who has supported us this year. Gathering food parcel donations, putting on running shoes, stripping woodchip wallpaper – every bit of support has been appreciated.



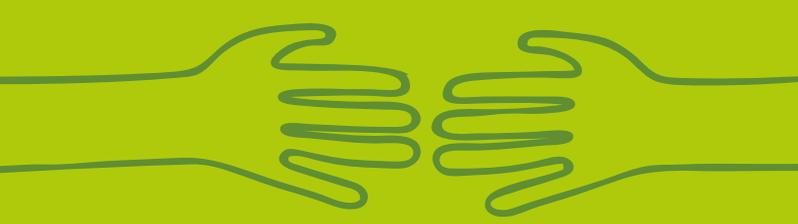
Paul Spooner



What we do

Through self referrals, housing association support projects, school drop-ins and referrals from other professionals, we take a holistic approach to addressing the issues affecting families. This is done by:

- Providing effective early intervention support services to children, young people and parents in greatest need including areas of emotional wellbeing, behavioural problems, health issues including mental health problems, drug and alcohol abuse.
- Working in partnership with schools, the community and agencies to create a culture which actively promotes the emotional wellbeing of all children, young people and parents.
- Working in partnership with schools and families to ensure on-going improvements and access to opportunities for education, achievement and attendance.
- Supporting those children and young people most at risk from, or who are excluded from school ensuring on going access to educational opportunities.
- Working with parents to promote a culture of family stability, safety, security and empowerment.
- Working with parents to promote the benefits and importance of play for children.
- Developing initiatives for better parenting, self-development and encourage confidence and ability.



Our enterprising spirit is the catalyst for empowering families to enhance their life experience

1

Case study

The support of The Hull Families' Project was sought by a mother and father who had been experiencing difficulties with the behaviour of their two daughters of five and six years.

Both mother and father experienced huge difficulties with the young girls who would often exhibit challenging behaviour such as screaming, swearing and abusive language, destruction of personal items and violent behaviour in the form of physical attacks from the children. It was during one of these alleged attacks that the children were removed from the care of the parents when bruising was identified on one of the children by a Social Worker. Both parents maintain that the bruising on the child's arms was the result of the parent restraining the child when the child was demonstrating violent behaviour.

The Hull Families' Project has now completed work with the family and has developed positive parenting strategies. The project helps adults through a process of self regulation parenting strategies that include the setting of clear, firm and fair family rules, encouraging desirable behaviour, providing a safe engaging environment for the children to develop and the use of positive discipline

such as "quiet time "or "time out" along with appropriate sanctions when needed.

...the parents felt supported through the process and not abandoned or isolated

The parents struggled at first with the implementation of this new style of parenting, and were encouraged to continue through a series of follow-up visits to the family's home and telephone conversations. This reduced the opportunity for the process to fail and the parents felt supported through the process and not abandoned or isolated. The family are now much happier and settled, the children appear much happier now and both parents feel more empowered as carers of the two children. Both report that the children still have their "moments" but they are the exception as opposed to the rule that had once existed within the family home.



2

Case study

A single mother of three children was experiencing prolonged violent and abusive manipulative behaviour from her oldest son who was eleven years old. The mother reported that these attacks would last for several hours and would increase in severity until the child would collapse in tears when he would threaten suicide through the cutting of his wrists or hanging, stating this graphically to his mother by showing her with a knife that he would slice up his wrist as opposed to across his wrist.

The mother reported that she was over-compliant with the child's demands following the split with his father when he was five and would often "give in" to appease the child.

This had resulted in the child dictating rules within the house and controlled who his mother should see socially.

It was through discussions on a one-to-one basis with the child and regular home visits with the mother that the Hull Families' Project worker felt that involving the Primary Mental Health Team may prove beneficial, and an assessment has since been arranged. Working in partnership with the Primary Mental Health Team and continuing with supporting the mother with behaviour modification techniques will eventually bring about a more settled environment within the family home.



3

Case study

The parents of a five year old girl and an eight year old boy requested the support of The Hull Families' Project as they felt they had no control over the children and would often scream, swear and smack their children to obtain compliance, which left them feeling miserable and tearful.

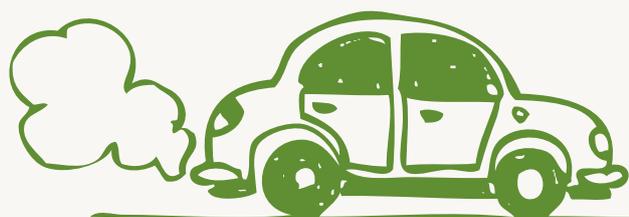
Work was undertaken around building the mother's self esteem and confidence in addressing challenging behaviour from the children and setting appropriate boundaries and manageable rules. This involved the inclusion of the mother's partner who initially was resistant to the changes, but through discussion agreed to join in with the proposed parenting strategies.

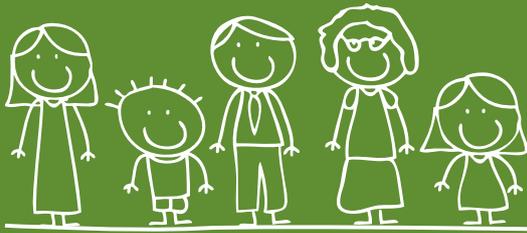
Both parents agreed to adopt the positive parenting techniques delivered to the family by the Family Resilience Worker.

Support was broken down into manageable tasks and week-by-week the parent's confidence grew and they now feel they are better able to meet their children's needs. Both mum and her partner now have in place fair, firm and consistent rules that are backed up with manageable positive discipline practices such as time out.

Mum has recently stated she feels she has now started to enjoy her children again and enjoys being in their company, rather than dreading school run she now looks forward to collecting her children.

...rather than dreading school run she now looks forward to collecting her children.





4

A mother of a nine year old boy sought help from her son's school as mum was facing problems with his behaviour at home and school had also reported disruptive behaviour. The mother reported that her son experienced problems maintaining friendships and could at times be very restless and hyperactive. She had suffered domestic violence from her previous partner in the past and the child had witnessed it, the partner has since left the family home. Currently the mother is living with a new partner and her son was having trouble expressing his feelings about the present domestic situation as well as the past events involving her mother's ex-partner.

A Family Resilience Worker undertook an assessment with the family to establish the situation in detail and to plan the best way possible to support the family. Work around wishes and feelings and anger management was done with the child through one-to-one support. Parenting advice was also delivered to the mother to help cope

with her son's challenging behaviour. Regular contact was maintained with both the family and the school to monitor the child's behaviour and progress.

...the child was able to express his feelings about the past and present situations

After eight weeks of regular sessions the child's behaviour improved drastically due to the consistency of the work and the new boundaries that were introduced at home. The child was able to express his feelings about the past and present situations and as a result of friendship activities being completed with the child, his friendships with other children improved within the school.

Case study

5

Case study

Mrs V1, a divorced lady, is the main carer of her adult son who has cerebral palsy. He is wheelchair bound and requires full time nursing care. They have had their home converted and her son has his bedroom on the ground floor. The family was surviving on income support and carer's allowance, and the recent benefit reforms have left them short of money. There was a discrepancy as to whether they had to pay bedroom tax for their spare bedroom as this was used by professional carers every night. Mrs V1 has poor health with osteoporosis and epilepsy, which means that she cannot be left alone due to her having unpredictable fits.

Mrs V1 has been relying on the help of her family and borrowing money from door step lenders. She was in arrears with her rent and can barely afford to buy food. This has caused her to feel depressed which led her to having suicidal thoughts. On first meeting with Hull Families' Project she was able to get things off her chest and she felt that someone

Mrs V1 feels more empowered as she knows that she has options

had listened to her at last. Hull Families' Project advocated on her behalf and spoke to the housing benefit department, getting supportive evidence from a social worker and the carers to support Mrs V1's claim that the bedroom was used by the carers. Mrs V1 feels more empowered as she knows that she has options and she feels she has support from Hull Families' Project.

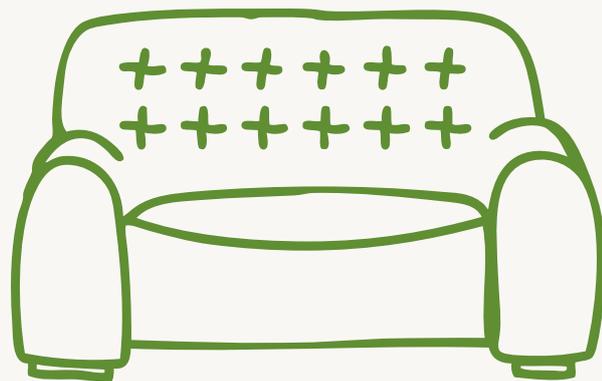


6

Case study

Mr L1 is a full time single dad to three children. Previously Mr L1 was part of the armed forces where he enjoyed his occupation. He injured his back and was forced to leave the army and he had to claim benefits. Due to the change in income he lost his home, car and his marriage broke down. Initially the children were living with their mother, however following police involvement, Mr L1 was awarded full time custody of the children. Mr L1 was claiming DLA, but due to his dyslexia he filled out a renewal form incorrectly which resulted in him losing his benefit. This is a huge loss of income and he is struggling to afford to buy essentials as well as coping with debt collectors turning up at the door due to his previous debts. Their house is sparsely furnished and the lounge is not decorated as he could not afford to buy any paint. The family have not been on holiday for years and Mr L1 at times does not eat as they

do not have enough food, so he always ensures the children are fed, often pretending not to be hungry at meal times to hide this from them. Engaging Hull Families' Project has given him hope. Hull Families' Project referred him to the Royal British Legion for support with his DLA tribunal and debt. Hull Families' Project donated some paint so he could decorate his lounge and helped him apply for grants for a tumble dryer and school uniforms. We have even arranged for the family to get a free weekend break at Sand-Le-Mere Holiday Park. Mr L1 felt that there was hope for the first time in years and that he felt in control of his financial situation.



Not just a lick of paint



In early 2013 we were lucky enough to be introduced to the team from Hull Esteem Consortium via the HEY Smile Foundation. On their first visit to our Greenwood Avenue facility, it was quite evident how the premises hindered us financially and restricted our ability to deliver the best possible service. The environment was not one in which you would like to work or invite families dealing with complex needs to spend any time in. That said, we expected a lick of paint and a few issues rectifying – we had no idea just what was in store for us.

Through HEY Smile Foundation, Hull Esteem Consortium and their partners Morgan Sindall and Houlton, the project had all the weight and momentum it needed and in the end, the Hull Families' Project benefitted from a £100k makeover which was completed in just two weeks.

The builders, alongside a team of volunteers, stripped the building back to bare walls before working with other companies from the supply-chain to fully-refurbish all seven rooms and the back garden.

Walls were taken down, the office was kitted out with brand new furniture and new IT infrastructure and data points were installed - as well as a new kitchen and a disabled toilet.

A major part of the development was the shop front which had to be completely remodelled and new windows and doors were donated by EYG for throughout the building.

Our new facility was officially opened by our patron, Diana Johnson MP on June 28th 2013.

Before:



After:



Roll of Honour:

- A. B. Rooms & Son Limited
- Addplant Ltd
- Andrew Jackson
- Armadillo Self Storage
- Beerhouse Self Drive Hire Ltd
- K. Binks Heating Ltd
- W. Boyes & Co Ltd
- Carillion Specialist Services Limited
- CFI Flooring
- Claughton Office Equipment Ltd
- Cleartech Waste Services Ltd
- Coletta & Tyson
- Construction Works
- CPD Plc
- Crown Paints
- D&D Property Development Ltd
- D3 Office Group Ltd
- Dulux Paints
- Elliott Group Ltd
- ESA Ltd
- Esteem
- EYG Group
- Fire Protection Supplies Ltd
- George Boyd Architectural Ironongery
- Gosschalks
- Grade 3 Ltd
- H&H
- Horbury Group Ltd
- Geo. Houlton & Sons Ltd
- Hullgraphics.co.uk
- Humberside Decorative Supplies Ltd
- Humberside Doors Ltd
- ICS Cleaning Ltd
- Ideal Standard (UK) Ltd
- Intrasource Limited
- Joinery Depot
- JordansSunblinds& Shutters
- Joynsons
- KCFM
- Kcom Group PLC
- Mercury Design & Marketing Ltd
- MKM Group
- Moortown Construction Group
- Morgan Sindall Group PLC
- Oxley Garage Doors & Shutters Ltd.
- Paragon Data Services
- RM Education
- Sangwin Group
- Sergent Electrical Service Ltd
- SPS Group
- The One Point
- The Smile Foundation
- Tony Cook Group
- United Carpets
- Vallectric Ltd
- Vivergo Fuels Limited

Fundraising & grants

The work of Hull Families' Project has been made possible by the generosity and efforts of many people and organisations that have supported us by raising funds on our behalf or by donating goods and services. Every penny we received goes towards supporting the families we work with.

Our thanks go out to all of those who have supported us and who continue to do so.

These include:

- HEY Smile Foundation
- Hull Esteem Consortium
- Morgan Sindall
- Houltons
- Hull University
- Lincoln University
- Bradford University
- Santander (grant and match funding)
- Yorkshire Coast Homes
- Scarborough County Council
- Sanctuary Housing
- Affinity Sutton
- NHS Community Grant
- Joseph and Annie Cattle Trust
- Lloyds TSB staff match funding donations
- Napoleon's Casino
- Smailes Goldie Accountants (particularly Charlie Webster)
- ABP (particularly Andy Smith)
- Big Lottery
- Key Fund
- Claughtons
- Malet Lambert School
- Willerby Methodist Church Women's Group (with particular thanks to Joan and Dave Cross)
- Pocklington Church Women's Group
- Gerry Green Dog Rescue Centre
- Sand le Mere Caravan Park
- Hessle Golf Club-for providing the facilities for the Golf Fundraising Day
- KCFM
- Bricknell Avenue Church
- Greggs Foundation
- Asda Living Store, Anlaby



How you can help

As a charity we rely on grant funding and donations to support the work we do. There are many things you could do to help us in our fundraising efforts – every penny really does count.

You could:

- ✎ Ask if your place of work would choose Hull Families' Project as their charity for the year or just for a particular event.
- ✎ Do a sponsored challenge.
- ✎ Volunteer to help us at a fundraising event such as a charity car boot sale or supermarket bag pack.
- ✎ Collect non-perishable food parcels that we can provide to families in the greatest need.
- ✎ Raise funds for us when shopping online by visiting www.easyfundraising.org.uk and selecting Hull Families' Project as the charity you wish to support. You still shop direct with each retailer as you would normally but by using easyfundraising as the platform to get to retailers sites, retailers will make a cashback donation to Hull Families' Project as a result of your spend.

If you would like to support Hull Families' Project, you can contact us on 01482 809333.





Hull Families' Project
101 Greenwood Avenue
Hull
HU6 9NX
Tel: 01483 809333

Find us on Facebook: Hull Families
Follow us on Twitter: @Hull_Families

www.hullfamilies.co.uk

Trustees: Paul Spooner, Alison Butters, Ann Newlove, Craig Clark
Project Co-ordinator: Keith Wardale
Development Co-ordinator: Beth Allen

Registered Charity Number 1130678

