



**POWER PROJECT**



**The King's Award  
for Voluntary Service**

*The MBE for volunteer groups*

*Cherished*

Safe, Seen, Soothed & Secure

**ROAR**

WHERE  
**CONNECTION**  
COUNTS

---

**IMPACT**  
REPORT

**22-  
-23**

THE YEAR WE BECAME A CHARITY





*Website*



*Facebook*



*Instagram*



*TikTok*

*Scan Me!*



**ROAR.**

## *Impact Report*

*safe, seen, soothed & secure*

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*"Where Connection Counts"*

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Registered Charity Number: 1201663

# 2022/23

*Cherished*

Safe. Seen. Soothed & Secure

*Supporting children to feel  
safe, seen, soothed & secure*

## OUR MISSION STATEMENT

Our vision is to ensure that all of the children who we support feel safe, loved, and accepted for who they are.

We offer a safe space through kindness, compassion and connection where children can recognise their worth and know that they are Cherished and Able.

WHERE  
**CONNECTION**  
COUNTS

## Who Are We?

Cherished is a charity who meets the needs of children through attachment-focused and trauma responsive support. We ensure that every child we support feels safe, seen, soothed & secure. Cherished is our service to support girls and Roar is our service led by men to support boys.



# IMPACT REPORT 2022/23

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**SCAN ME!**



**IMPACT VIDEO**



**POWER PROJECT**



**2023: THE YEAR WE**

**BECAME A CHARITY!**

Registered Charity  
Number: 1201663

To showcase our Cherished Impact 2023 and to mark a memorable year in which we transitioned to a charity and were awarded the Kings Award for our Voluntary Service, we have created a 'Power Project.'

This displays our impact in the following ways:

- *This Impact Report, filled with statistics, quotes, testimonials, information and infographics of our work between Sept 2022 - Sept 2023.*
- *A visually engaging 5 minute Impact Video, showcasing the difference we make and the voices of the children we support, our volunteers & our board of directors. To access our video, simply scan the QR code on the following page!*
- *An infographic poster, with key statistics, areas of service and our mission statement.*

**Please share our Impact Project far and wide!**



## The King's Award for Voluntary Service

*The MBE for volunteer groups*

As a charity we are honoured to announce that this year Cherished has received the Kings Award for our Voluntary Service. This prestigious Award, equivalent to an MBE, is the highest Award given to voluntary groups in the UK. As a charity, our volunteers serve as mentors, group leaders and role models to children and young people. We would not be able to reach as many children as we do without our amazing mentors!

*Thank you to our amazing volunteers*



**A MESSAGE  
FROM OUR  
CHERISHED  
CEO**

*Hannah*

‘We have been able to work with many new schools and organisations to bring our vision and values of feeling safe, seen, soothed and secure alive.’



*H. Simnett*

**HANNAH SIMNETT**  
Chief Executive & CEO  
hannah@cherisheduk.org

What a year! It's been the year we became a charity! 2023 has bought some wonderful opportunities for us as an organisation. We have been able to work with many new schools and organisations to bring our vision and values of feeling safe, seen, soothed and secure alive. Touching lots of hearts and lots of minds. Thank you to those who have supported this year by giving their time through grants and through resources. As a charity we rely on people coming together collectively to make a difference. We recognise that there are many young people across the Midlands who are in need of support, who do not feel safe and do not feel heard. We will endeavour over the next year to continue bringing light, hope, love and kindness to their lives through our words and through our actions. We look forward to a great year ahead.



*Connection Counts: a podcast  
to explore the power of  
connection.*

*By Hannah Simnett*



When it comes to relationships, connection really counts. The Connection Counts podcast explores the importance of the power of connection. Hannah through her works as the founder of Cherished has met some incredible and inspiring connectors. Join her to hear real people, with real stories, making a real difference.

*Episodes including:*

- The Narcissistic Parent
- Connection In The Classroom
- Supporting the Anxious Child
- Supporting A Child Through Loss
- When My Triggers Get In The Way Of Connection
- Connection With The Criminal
- Will My Trauma Pass Onto My Child

**SCAN THE QR  
CODE TO TAKE  
A LISTEN TO  
THE PODCAST**



# OUR TRUSTEES

## CHAIRMAN'S REPORT

You're Cherished exists to help young people overcome trauma and achieve their full potential in their life journey.

In this last year, our first as a Charity, we continue to be blessed by our team of volunteers who give up their time to help change a young person's life outcomes. We have much to celebrate - we have helped more young people than ever, working with more schools, and launched videos and podcasts. The demands for our services are growing as the full impact of the Covid lock down on our young people becomes apparent. We also face the very real challenge of fund raising in the current economic environment. Through all this we are blessed to have Hannah Simnett as our Chief Executive and her team. On behalf of all the Trustees we are very appreciative of all your hard work.

*R. Hardy*

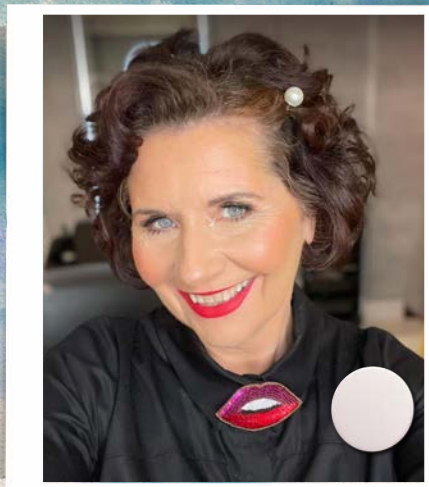
**RUSSELL HARDY**  
Chair of Cherished

**"THIS IS OUR  
FIRST YEAR AS A  
CHARITY! WE ARE  
BLESSED BY OUR  
TEAM OF  
VOLUNTEERS."**



# OUR TRUSTEES

“I can’t think of a better year to have been a trustee for Cherished. We all bring different gifts to the team! My personal favourite has been the launch of the ‘Connection Counts’ podcast and Kings Award.”



CATHERINE WILLIAMSON

*C. Williamson!*



“It has been a continued pleasure to support Cherished over the last 12 months as we transitioned to charitable status. Hannah and the whole team of staff and volunteers just keep going from strength to strength. Winning the Kings Award for voluntary service is a testament to the commitment, enthusiasm and passion of everyone who connects to magic that is Cherished.”

*K. Madill*

KIM MADILL

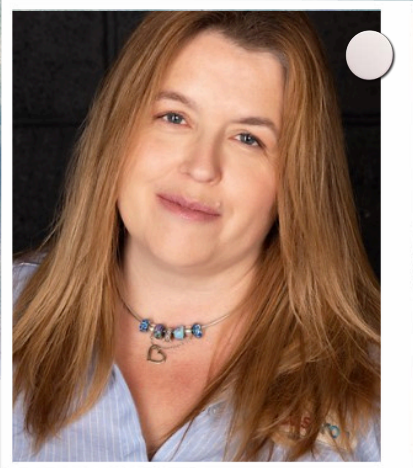
# OUR TRUSTEES

“Hannah and the amazing team at Cherished really do make a big difference in the lives of young people in the Midlands, giving them a sense of self worth and hope for the future.”



WENDY BOAST

*W. Boast!*



*The queen of finance and spreadsheets!*

*L. Dickson!*

LISA DICKSON

The background of the entire page is a dense, overlapping pattern of heart shapes. Most hearts are a vibrant teal color, while some are a lighter, metallic gold. The hearts are scattered across the white background, creating a textured, affectionate feel.

## **OUR VALUES:**

Our values are at the  
centre of our  
charity.

**KINDNESS**

**COMPASSION**

**CONNECTION**

# MEET THE TEAM



**Emma Walls**  
School  
Coordinator



**Sam Morton**  
Blossom  
Coordinator



**Debbie Lake**  
Administrator



**Tabatha  
Lister**  
Creative Designer



**Aaron Bair**  
Roar Leader



**Katerina  
Demetraki**  
Cherished Course  
Leader

# MEET THE TEAM



**Jen Davy**  
Blossom  
Administrator

**SAFE**

**SEEN**

**SOOTHED**

**SECURE**

**SUPPORTING  
4'S  
ATTACHMENT  
NEEDS**



**TRAUMA-  
INFORMED &  
RESPONSIVE**



**DELIVERY &  
SUPPORT  
WITH CARE**



THIS YEAR WE  
HAVE SUPPORTED  
A TOTAL OF:



Love ♡♡

1,727

to feel  
safe, seen,  
soothed &  
secure

We have supported a total of 1,727 children to feel safe, seen, soothed and secure through our services.

Our services highlighted throughout this impact report include:

- 1:1 Cherished & Roar Mentoring
- Cherished School Courses - The Cherished Course & Kindness Counts
- Roar School Courses - 'I Am Able' Course
- Workshops (Poetry Workshops, Coping With Exams, Kind Time, Mental Health Workshops & bespoke workshops).
- Blossom (Our Girls Group)
- Roar Youth (Our Boys Group).





# SCHOOLS

(Total Schools)

SUPPORTING CHILDREN TO  
FEEL SAFE, SEEN, SOOTHED  
& SECURE IN SCHOOL.

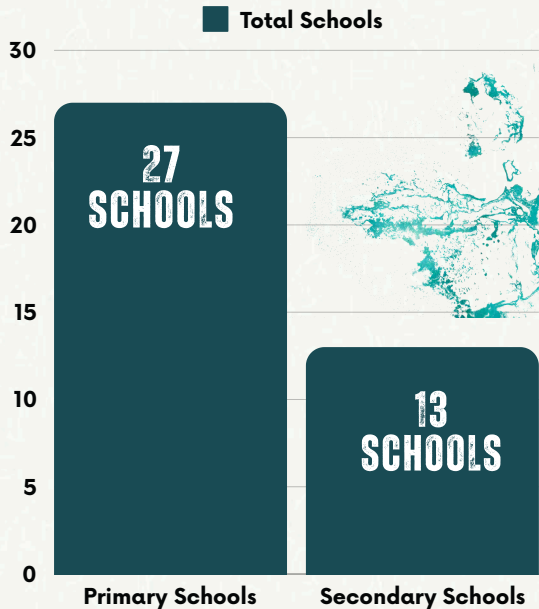
We support children in primary and secondary schools across the Midlands to feel safe, seen, soothed and secure. In schools, we support children through 1:1 mentoring, school courses and workshops. We also provide training and tools to teachers and professionals within an educational setting. Over the last year, we have provided support to children in a total of **40 schools**.

40

40 SCHOOLS HAVE RECEIVED  
SUPPORT FOR THEIR STUDENTS  
THROUGH CHERISHED / ROAR.



ACROSS THE  
MIDLANDS AND  
STAFFORDSHIRE



## *Primary Schools:*

Birches Green  
Blackwood  
Boldmere  
Cherry Orchard  
Comlers  
Colbourne  
Four Oaks  
Hawthorn  
Highclare St Pauls  
Kings Rise Academy  
Little Sutton  
Manor Primary  
Mere Green  
Minworth  
New Hall  
Paget  
Penns  
Sacred Heart  
St Bernadettes  
St Michaels C of E  
St Cuthberts  
St Nicholas  
The Deanery  
Town Junior  
Warmley  
Whitehouse Common  
Woods Bank



**SCHOOLS WE  
SUPPORT  
INCLUDE:**

## *Secondary Schools:*

Arthur Terry Learning  
Partnership  
Bishop Walsh  
Edmund Campion  
Erdington Academy  
Fairfax  
Fortis Academy  
Landau Forte  
Moseley  
NBA  
Plantsbrook  
Queen Mary's  
Sutton Girls Grammar  
The Streetly Academy



**SCHOOLS**

# WARDS WE ARE ACTIVELY SUPPORTING

(School locations)



# REFERRAL THEMES OF THE CHILDREN WE SUPPORT:



## KEY REFERRAL THEMES OF THE CHILDREN WE HAVE SUPPORTED BETWEEN 2022/23:

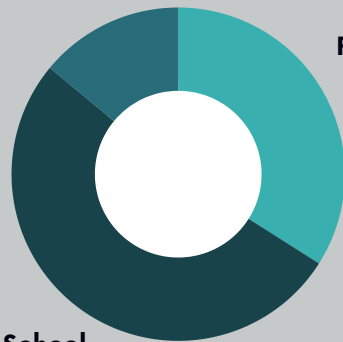
The children we support are often referred to us by parents or school for more than one need. Over the past year, the majority of the children we support have been referred based upon needs related to anxiety, self-esteem and managing emotions.

**The child referrals we have received over the past year have been sent by: schools (52%), parents (34%) and child services (14%).**

Children Services  
14%

Parents  
34%

School  
52%



85% Anxiety

62% Self-esteem

53% Emotions

43% Relationships

35% Behaviour

23% Autism

20% In Care

18% Abuse

17% Self-harm

15% Body-image

15% ADHD

12% Family



*Little Sutton*

“Since the Cherished course we have seen improvement in the children who received the Cherished course. The girls are less anxious and have better friendships. Cherished met all of the outcomes stated on our referral. Cherished has had a great impact on the pupils who were involved. They have less anxiety, better friendships and more confidence.”



### *Evidence of Values*

of schools said that they were either ‘satisfied’ or ‘very satisfied’ of evidence of compassion, care and kindness within our service



### *Future use*

of schools said that they would use our Cherished or Roar service again in the future.



### *Overall Wellbeing*

Of schools said that they believed the support received from Cherished had a positive impact on child wellbeing.

" I love all of the ideas shared in the  
Coping with Exams Workshop,  
especially about perfectionism. I am  
their Head of Year and this is  
something that I will refer back to  
again and again."

*Sutton Girls Grammar School*



*Landau Forte Academy*

"The girls are more comfortable sharing their feelings and are able to  
recognise their emotions. They felt so supported during the course  
and they are much more confident in themselves."

Hearing the voice of school

# School Testimonials

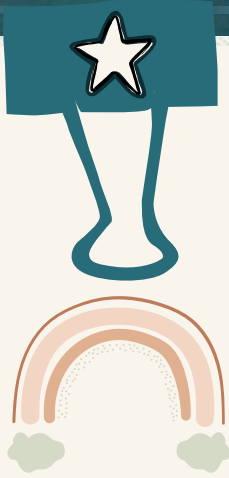
School service feedback

*Sutton Girls Grammar*

“A beautiful service for students, the staff and resources are fabulous and really in tune with students’ needs.”

**“THE STUDENTS  
HAVE FELT SPECIAL  
AND VALUED. A  
GREAT SERVICE AS  
ALWAYS.”**

*Deavery School*



**“The students  
absolutely  
loved the  
sessions, and  
the staff who  
ran them. Our  
children get so  
much out of  
working with  
your wonderful  
team.”**

*Kings Rise  
Academy*





# MENTORING SUPPORT



## 1:1 Service & our Mentors

Cherished & Roar support children in school on a 1:1 mentoring basis to feel safe, seen, soothed & secure.

Our mentoring sessions provide support, guidance and a listening ear to face life's challenges. Our mentoring sessions are creatively planned by our volunteers. Each mentoring session is tailored to meet the needs of the mentee.

Cherished is our service to support girls delivered by our female mentors.

Roar is our service to support boys delivered by our male mentors.

## TOTAL NUMBER OF MENTORS:

Primary School  
Cherished  
Mentors

19

Secondary School  
Cherished  
Mentors

7

Primary School  
Roar Mentors

11

Secondary School  
Roar  
Mentors

3

Cherished

Primary

Secondary

Roar

Primary

Sec...

# 26 OF OUR MENTORS SUPPORT MORE THAN ONE MENTEE

26 of our mentors support more than one child or young person over a period of 12 weeks to a full academic year to ensure we equip our mentees with the necessary tools to manage their wellbeing and mental health. Having our mentors support for a full academic year makes a difference and a positive impact on the young person they mentor.

# TOTAL NUMBER OF VOLUNTEERS:

75



## (Sex of volunteers)

Total number of Female volunteers for Cherished:

68

Total number of male volunteers for Roar:

7

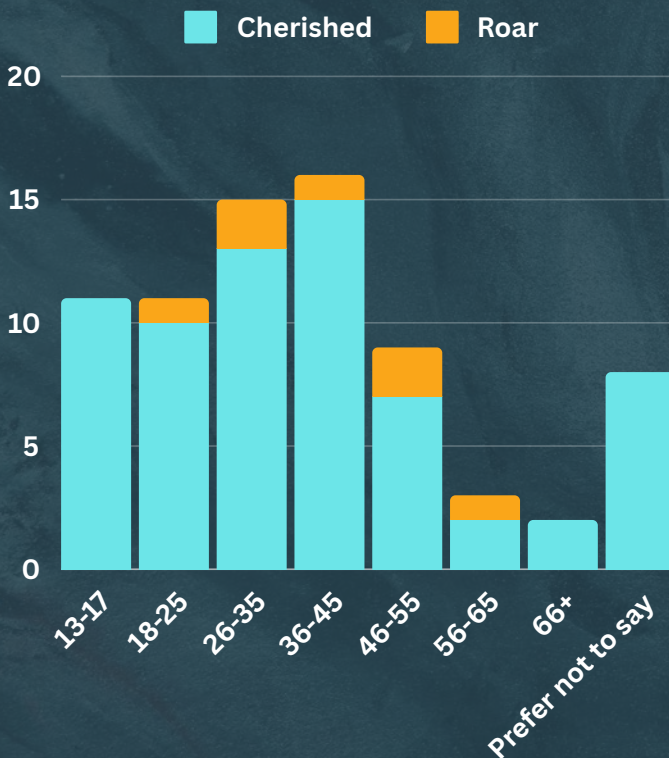
39 OF OUR VOLUNTEERS ARE INVOLVED WITH MORE THAN ONE AREA OF SERVICE.



## MENTOR TRAINING

# 17

### AGE RANGE OF VOLUNTEERS



This year 17 of our volunteers have completed their level 3 qualification in Mentoring. This qualification alongside our trauma responsive training equips our mentors with the skillset and tools to effectively support a child through our Cherished & Roar service.



## TRAINING SESSIONS

# 19

This year we have delivered 19 training sessions. Our training through Cherished includes our ACE Training (adverse childhood experiences), Shame Training and training collaborations including Strengths Finder With Catherine Williamson, Youth Mental Health and First Aid training with Matt Loftus.



*"I am taking away a better way to parent."*

"It is about having empathy, listening and being supportive in a shameful situation. At home we should correct and reflect on what is being said and make people aware of their words. It has taught me to really think about what we say, even when we don't mean to shame."

# 234

## DELEGATES

In total we have had 234 delegates on our training courses.

"I loved going through the Cherished training, lots of very useful information!"

# 22

## WORK EXPERIENCE STUDENTS

## PEOPLE ATTENDED OUR STRENGTHS FINDER EVENTS

# 27

## Organisation Collaborations include:

- Catherine Williamson - Strengths Finder
- Will Crawford- 'Quitenote' Music & Mindfulness
- Matt Loftus - Youth Mental Health First Aid
- Claire Denby-Knight - Leadership Training
- Hawk & Heath - Forest Bathing



## FOREST BATHING

### Training session

Our Blossom leaders took part in a Forest Bathing training session led by Hawk & Heath. The purpose of this training was to equip our leaders with the skills to understand nature-themes to benefit wellbeing .



## ROYAL ASCOTT

### Ladies Day Fundraiser

We attended the Royal Ascott Ladies day who held a fundraising opportunity for our Charity to raise funds for the support we offer to children through our mentoring and school services.

*Universities that we  
work with ...*

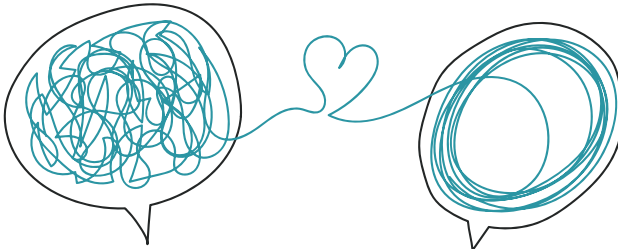


**Newman  
University**  
BIRMINGHAM



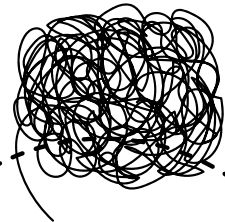
**UNIVERSITY OF  
BIRMINGHAM**

We collaborate with a range of universities to offer work experience placements for their students. This year, 22 students have had a placement with us.



*Trauma Informed &  
Responsive*

As a trauma informed charity, all of the support that we provide to children is delivered through a trauma responsive approach. This level of care and understanding is used throughout our mentoring and school services as well as our training and resource creation. The individual needs of the child are at the heart of our organisation.



**THE NEEDS OF THE  
CHILDREN WHO  
WE SUPPORT ARE  
AT THE HEART OF  
OUR CHARITY  
SERVICES.**

# SUMMER 23

## Fundraising with Cherished



### Skij dive



We like to be adventurous with our fundraising events here at Cherished! So this year, our volunteers and team took part in a charity sky dive! They raised over £1000!



### Gemmas Marathon!

Our AMAZING volunteer Gemma held some of her own fundraising for us and ran a marathon! Gemma raised nearly £2000 for our charity!!



**SUMMER 23**

*Fundraising with Cherished*

*Walking Mount  
Snowdon!*



**Our Cherished & Roar team walked Mount Snowdon! Together the team raised a total of £1565 for our childrens services!**





# VOLUNTEER EMPOWERMENT DAY 2023

In March we held our annual empowerment celebration for our volunteers. The day was a time to celebrate and benefit the wellbeing of our volunteers. We had a guest speaker - Sally Bee to deliver an empowerment talk , willow weaving with Faye of the Forest, music and mindfulness with Will from Quiet Note, pilates with Sophie Keegan and a volunteer awards ceremony!



CANVA FILES 830

23

CANVA STORIES



## OUR VOLUNTEERS OF THE YEAR



# VOLUNTEER EMPOWERMENT DAY

## THE VOICE OF OUR VOLUNTEERS

"WHAT WE  
ARE A PART OF  
IS MAGICAL."



"Cherished has had an extremely positive impact on my life because everybody makes me feel supported and loved and cared about. They have taken me to a good place and I cannot describe how grateful I am for everybody here."

“ It has helped me  
heal my inner  
child.”

"Finding a community of wonderful people who are so passionate about making change. Hannah and her team have created something truly special and critical to Birmingham."





# VOLUNTEER EMPOWERMENT DAY

THE VOICE OF  
OUR  
VOLUNTEERS

"I LOVE  
BEING A  
PART OF  
THIS  
COMMUNITY."

"For me a highlight has been helping the girls and seeing them smile. I also feel supported by the whole Cherished team. I love to help the girls and make them feel positive about themselves."

"The team has always made me feel special and valued. They have empowered me to allow the girls who I support to feel this way too."

"IT IS LIKE WORKING  
WITH A FAMILY."



# THE BIG HELP OUT



For the week of the Kings Coronation, Cherished were a part of the Big Help Out! The cause was created for volunteers to give back and support their local community! Our volunteers created lots of amazing resources and care packs to support our young people!



# SUPPORTING CHILDREN ACROSS THE WORLD!



Cherished have supported children across the world. A school in India needed a projector for their school children. We provided this for them!

# OVER 200 BRAS COLLECTED FOR GIRLS IN AFRICA!



# HYGIENE PACKS FOR WOMENS REFUGE & SOC'S & CHOC'S DONATIONS.



We have donated over 300 hygiene packs for womens refuge and over 300 'socks and chocs' donations to charities who support the homeless over the festive period.

# THE CHERISHED COURSE

Themes, totals



## Themes:



Throughout the Cherished Course we explore 8 themes for a girls development to benefit their wellbeing, their relationships with others and themselves. These include:

All about me

Self-esteem

Friendships

Relationships

Kindness & Gratitude

Managing worries

Social media

Hopes & dreams

The Cherished Course is our course for girls in primary and secondary school. The Cherished Course provides a safe space for girls to come together and engage in creative discussions and activity covering a range of topics essential for a girls social and emotional development in today's world.



# 60 GIRLS

Supported through the  
Cherished Course to feel  
safe, seen, soothed &  
secure.



"The course has made me feel a lot happier, confident and more like myself. I feel like I am part of something and less alone. I have felt heard."

Total primary aged girls supported: 36

Total secondary aged girls supported: 24

40

30

20

10

0

Primary

Secondary

36

24

# GIRLS VOICE



"Everyone was really kind and made me feel normal", "everyone was lovely", "the people were very nice", "it was friendly", "it was nothing negative like I thought it might be", "everyone was easy to talk to!"

"The leaders made me feel safe. I loved the course!"

**G R L**  
**p w r**

"Before the Cherished Course I felt negative and thought that I was different and I felt stupid for feeling that way.

The course has made me feel a lot happier, confident and more like myself. I feel like I am part of something and feel less alone. I have felt heard."





## GIRLS VOICE

"Before the Cherished course I wasn't confident and wouldn't speak about how I feel. I felt awful and hated myself."

"Since the course I feel much more confident and happier. I have made new friends and learnt how to express my feelings."

"The course has helped me a lot. It has made me more confident and I have learnt new things, also I have made new friends."



**100% WOULD  
RECOMMEND  
TO A FRIEND**

"I WOULD RECOMMEND CHERISHED TO MY FRIENDS. I WOULD TELL THEM TO DO IT BECAUSE IT'S FUN, GIVES TIPS AND MAKES YOU A BETTER YOU. IT'S GREAT FOR CONFIDENCE AND MENTAL HEALTH. IT'S A SAFE ENVIRONMENT WHERE YOU CAN SPEAK FREELY."

"THE COURSE HAS SHOWED ME THAT MANY PEOPLE HAVE THE SAME VIEWS AS ME AND THAT I AM NOT ALONE."

"Before Cherished I felt empty. I have struggled a lot with finding my person so when i joined i felt comfortable and free to speak"

# GIRLS VOICE



**"AN EXPERIENCE I WILL NEVER FORGET"**



"THE RELATIONSHIPS SESSION HAS HELPED ME THE MOST PERSONALLY WITH THE RELATIONSHIPS IN MY LIFE. I WILL REMEMBER THE FIRST SESSION THE MOST BECAUSE I WAS SO NERVOUS - AND NOW IT HAS BECOME MY FAVOURITE PART OF THE WEEK."

"THE COURSE HAS HELPED ME OUT A LOT. I HAVE LEARNT NEW THINGS TO DO WHEN I FEEL DOWN."

"The Kindness Counts course has given me techniques to last me a life time - overcoming anxiety, gratitude etc. The course showed me i'm worthy and that i can make myself feel better/more comfortable."

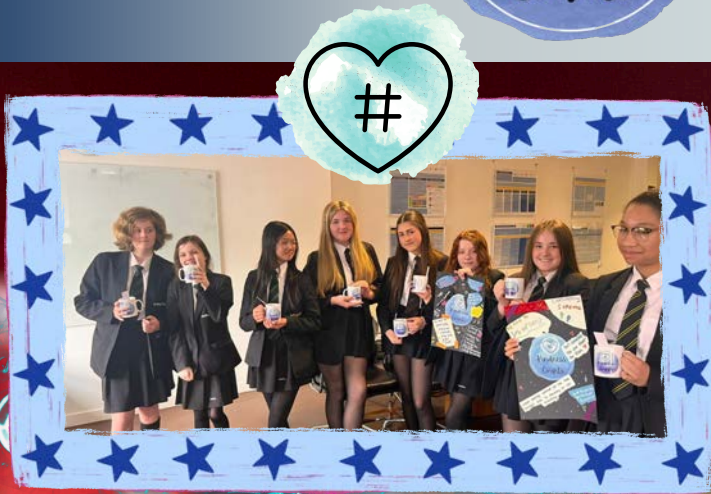


# KINDNESS COUNTS

Totals, themes



Of girls on our Kindness Counts course said that they could now identify ways to calm themselves.



Kindness Counts is our mental health and wellbeing course for girls in years 7-8 at secondary school. Every girl is given their own calm down kit, journal and kindness resources to keep! Throughout the course we cover 6 themes of mental health including:



All about me



Worry & Anxiety



Self-esteem



Calm Down



Gratitude



Empowerment

95% of girls said that it helped their wellbeing by being able to discuss the things that they feel worried or anxious about. These girls stated that after the sessions they could identify what is unique and special about themselves.

95%



**"I LOVE THAT WE HAVE A SAFE SPACE TO JUST TALK."**

"Before Kindness Counts I was quite negative and upset."

"The course has built my confidence, I have discovered my strengths and have talked to others in the session about it."



**"I WOULD DEFINITELY RECOMMEND CHERISHED TO MY FRIENDS. IT IS WELCOMING AND COMFORTABLE. IT IS SOMETHING I WILL NEVER FORGET."**

# POETRY COURSE

Themes, totals



**WE HAVE SUPPORTED OVER DOUBLE THE AMOUNT OF GIRLS THROUGH OUR POETRY COURSES THIS YEAR.**

Our Poetry Workshops are for girls in secondary school to creatively express themselves and their emotions through written and spoken words. Our secondary course empowers girls to "own their story, their way." This year, 19 girls have been supported through our courses. Over 6 weeks the girls uncover a modern exploration of poetry to connect with themselves and others.



**19 GIRLS SUPPORTED**



THE GIRLS LOOKED FORWARD TO THE SESSIONS EACH WEEK. CONFIDENT IN THEIR OWN ABILITY THAT THEY HAD PRODUCED WORK TO BE PROUD OF. THANK YOU SO MUCH, THIS WAS A BRILLIANT OPPORTUNITY FOR OUR GIRLS.

-School Feedback-



"The most memorable part of the course for me has been the team work. It was nice to help each other out with the poems. Working together was a really nice experience."

"I have learnt that I can express my feelings creatively."

P O E T R Y

P O E T R Y



# GIRLS VOICE



"I can now creatively express how I am feeling by putting my emotions into words and out onto paper."

# SCHOOL WORKSHOPS

(Kind Time, Mental Health Workshops, Supermovers & Coping With Exams )



## 240 CHILDREN SUPPORTED THROUGH KIND TIME

Kind Time is our workshop for children in reception and year 1/2 to explore kindness themes through a story book resource and craft.

Each child has fluffy socks a blanket, and is given their very own Kind Time teddy bear to keep!

**"Empathy means ... to walk in someone else's shoes."**

-Child Quote-



-St Nicholas School-

**"Our pupils are now more considerate of each other's feelings. I find the Cherished team to be very professional, polite and easy to work with. We would use their service again".**



*I loved having my own teddy to keep!*



42.

# SCHOOL WORKSHOPS

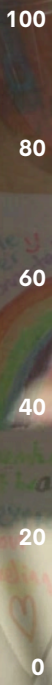
(Kind Time, Mental Health Workshops, Supermovers & Coping With Exams )



## CONNECTION COUNTS MENTAL HEALTH WORKSHOP

We delivered our Connection Counts Mental Health Workshop to 440 children this year during Childrens Mental Health Week. To match the 2023 of 'connection' we created a tailored workshop with creative craft and activities to benefit child mental health. The children created bunting showing all of the ways that we can connect with others. This was displayed in every classroom we supported.

440 CHILDREN SUPPORTED THROUGH MENTAL HEALTH WEEK



**CONNECTION COUNTS**

"Nice workshop. Focused and relevant to the theme of Mental Health Week. Very useful for classes who struggle with friendships and connecting with peers."

-Paget School-





# SCHOOL WORKSHOPS

(Kind Time, Mental Health Workshops, Supermovers & Coping With Exams )



'Supermovers' is our school transition workshop for children in year 6 who are due to start secondary education. Our workshops are an engaging and soothing space for children to build confidence and ease worries about moving to a new school. We cover myth busting, strength recognition and coping tools.

**AMAZING**

Following our workshops, children said that they felt more prepared, confident and capable to move to secondary school.

**"SUPERMOVERS"  
OUR SCHOOL  
TRANSITION  
WORKSHOP**

**276  
YEAR 6 CHILDREN  
SUPPORTED THROUGH  
SCHOOL TRANSITION**

10

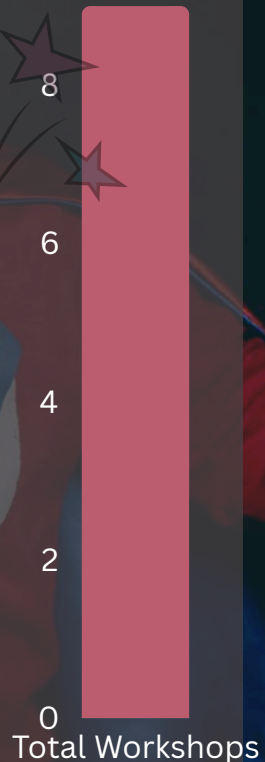
"I will remember the myth busting activity - because it gave us a chance to talk about the things that were worrying us about moving school."

"I loved the super hero activity because we could each recognise our strengths and how to use them!"

"I liked learning about self-care and how we can take good care of ourselves. It is important."

Childrens Voice

**FUN**



# SCHOOL WORKSHOPS

(Kind Time, Mental Health Workshops, Supermovers & Coping With Exams )



Our 'Coping With Exams' workshops are for children who are due to sit their A-levels, GCSE's, mocks or 11+ entrance exams. The workshop is created to provide young people with the tools and resources to manage stress, anxiety and perfectionism associated with exams. We reflect upon what we can control, self-care, healthy brain chemicals and habits to practice around the lead up to exams.

**320 CHILDREN  
SUPPORTED  
THROUGH OUR  
COPING WITH  
EXAMS  
WORKSHOPS**



"The Cherished workshop taught me how I can use different methods of relaxation to feel calm during exam time. I want to try meditation. I will remember perfectionism isn't real and to work for myself not others."

"I have learnt that Perfection doesn't exist."

# ROAR BOYS 'I AM ABLE'

# ROAR

Themes, totals

Our Roar "I Am Able" course is for boys in primary school, led by our male leaders. The 9 week course explores themes including:

CONFIDENCE

VALUES

BRAVERY

LOVE

EMPATHY

RESILIENCE

SELF-AWARENESS

LIFE SKILLS

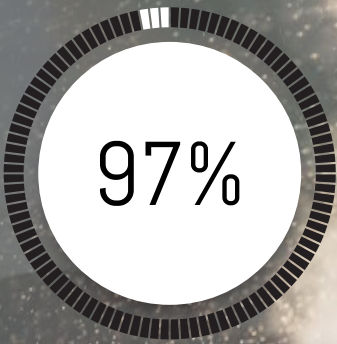
As explored through the narrative of the hero's journey, the course provides the boys with tools to navigate life's challenges.

## 27 BOYS SUPPORTED THROUGH THE COURSE.

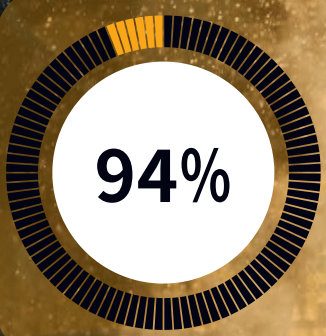


RELATIONSHIPS | OPPORTUNITIES |  
ASPIRATIONS | REGULATION

# BOYS VOICE



**97% of boys stated that following the session they knew how they could grow in confidence.**



**94% of boys were able to recognise what fear is and how they can overcome it with bravery.**



**"I loved making the medals to show our strengths. I feel safe in the sessions. I loved meeting new people."**



**"I loved the pin wheels and mindfulness activities."**

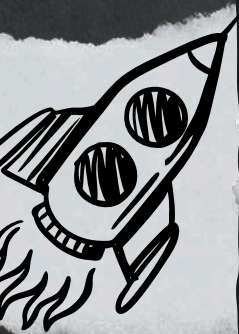
**"I will be using my Roar toolbox to help me be calm."**

## A JOURNEY OF CONFIDENCE GROWTH

# K

## ON A JOURNEY

K struggled with confidence especially at school but really came to life in the sessions. K always has a great attitude and energy when he feels more confident about his skills and qualities.



SUCCESS STORIES

*trust your*  
**JOURNEY**

In a session called what is love, K really engaged with the theme, he responded well with the video short of Big Hero 6, this was an outlet for his emotions in a safe and affirming environment.

Lean INTO IT

K really loves sports, we spoke about sports role models, and the work and training they need to do to be the best version of themselves, this linked very well with mentoring themes and helped K to be more confident in his own abilities. Marcus Rashford is a role model to K and we spoke about his influence. ROAR gave him a copy of his book for Christmas as a present.

# ROAR YOUTH

Themes, totals



# ROAR

# YOUTH



## NEW TO 2023

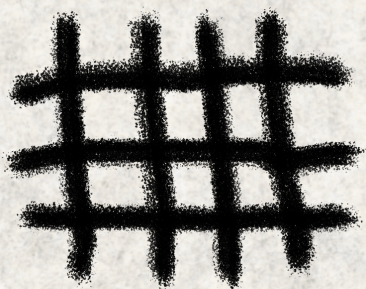
Roar Youth is our after school group for boys in school years 4-6. Our group is a safe space for boys to make friends, develop confidence and build life skills. Roar Youth is led by our male role models.

# 15

Boys regularly attend our Roar Youth group on Tuesday evening.



"I LIKE COMING TO ROAR BECAUSE I GET TO TALK TO PEOPLE AND BE MORE OPEN ABOUT WHAT I FEEL. IT HELPS PEOPLE WHO CAN'T REALLY TALK ABOUT THEIR EMOTIONS LIKE ME, BE ABLE TO TALK MORE."



"AT ROAR YOUTH I CAN ALWAYS BE MYSELF."

"I like learning new skills and making new friends. Roar Youth helps to calm me down."



"I LOVE LEARNING ABOUT GROWTH MINDSETS!"



# Blossom Groups

Our Girls Group



## OUR GIRLS GROUP!

**Blossom is our group for girls to make friends, build confidence and self-esteem and be themselves!** At Blossom we have two secondary groups, two primary groups and Kind & Craft for our younger Blossom girls (in school years 1-3).

Our Blossom values are at the heart of the support that we provide to our girls.



## OUR VALUES

LOVE

growth

empathy

trust

dependability

creativity



"I always cheer up when i get here, it's a safe environment." - Girls Voice

"I FEEL  
HAPPY HERE. I  
CAN EXPRESS  
MY  
EMOTIONS"

# BLOSSOM

"WE EMBRACE  
DIFFERENCES!"

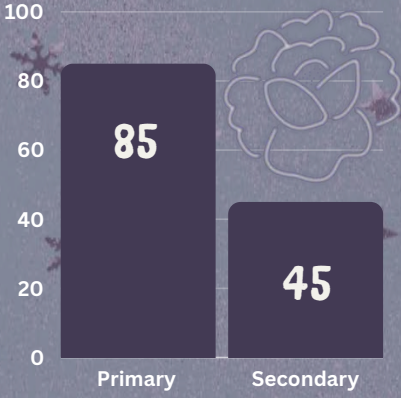
-  *Key needs In Blossom:*
-  FRIENDSHIPS, BELONGING
-  EMOTIONS, SELF-ESTEEM
-  CONFIDENCE, BODY IMAGE
-  AUTISM, ADHD, SENSORY NEEDS




"I FEEL  
REFRESHED  
AFTER  
BLOSSOM I  
LOVE THE  
ACTIVITIES"

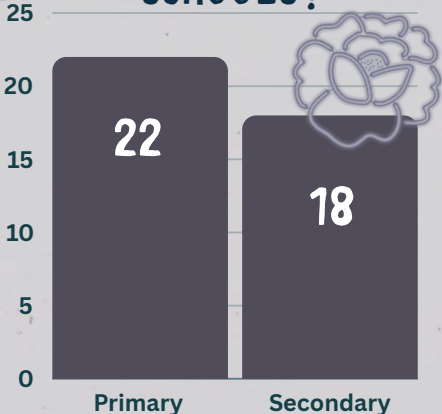
# BLOSSOM

# A TOTAL OF 140 GIRLS WERE SUPPORTED THIS YEAR THROUGH BLOSSOM



*schools breakdown*

## ACROSS A TOTAL OF 40 SCHOOLS!



## AVERAGE PER WEEK

**P:42**

**S:26**



"COMING TO BLOSSOM EVERY WEEK HAS GROWN MY CONFIDENCE."

"I FEEL THAT I HAVE A VOICE HERE."

"THROUGH BLOSSOM I KNOW MY STRENGTHS! I AM A GOOD FRIEND, I AM KIND, I AM INTELLIGENT, CREATIVE AND INCLUSIVE."

BLOSSOM IS THE BEST!



"I have made new friends through Blossom. I feel happy going every week, it is a really positive place, where I get to laugh, be myself and have fun with my friends."

"You can be yourself, i love how the leaders don't act like teachers but like friends, you can have things to fidget/play with, i like how there are songs and it has a positive mood/vibe, you feel comfortable, it can help my mental/social skills, i don't feel judged and i am very welcomed."

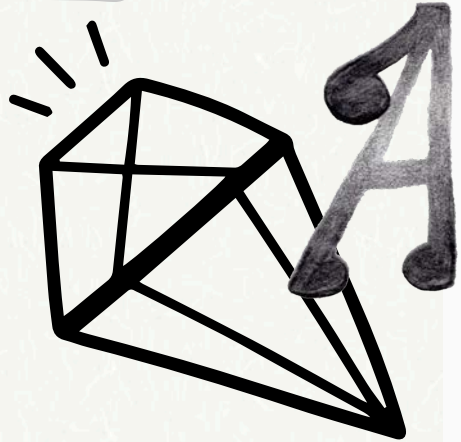
Blossom



## A success story



We had a young girl join us in year 4. She came in very withdrawn and lacked engagement. 'A' was adopted at a young age by a lovely family and has ADHD and Autism. We were told that she really struggles in most settings as she doesn't feel like she can fit in. At Blossom, we focus on meeting the needs of all our girls and differentiating our sessions to suit everyone we have in the group.



*Strong bonds with our leaders ...*

Over a short period of time, 'A' really settled into the groups making strong bonds with leaders she felt safe with and often expressed how we "get her". 'A' felt like she could be true self in the group and grew in confidence each week, making new friends and being accepted for who she is.



Blossom

## Our basketball event ...

A proud moment was when we held a basketball day for 6hrs and she came along. Mum said she would never have let her go to another group for the day but knew we would look after her needs and support her throughout the day.



A new chapter ...

She did the whole day and engaged with some new friends there too. 'A' decided at the start of this academic year that she didn't feel ready for our older group but wanted to step away from primary Blossom as she felt she was too old.

She told us that she was now ready to start her new chapter and we couldn't be prouder of how her confidence had grown .



## Basketball Event BB England

29 GIRLS SUPPORTED

HER  
WORLD.  
HER  
RULES



Blossom collaborated with Basketball England to build the confidence of girls to benefit mental health through sport. The girls loved learning a new skill and trying something new!

"The best thing I have ever done! I was really nervous at first but I had a great time!"



INSPIRE-A-DOLL

be inspired...

*Inspire - A Doll*

INSPIRE-A-DOLL  
be inspired...

Our collaboration with Inspire-A-Doll gave the girls a wonderful opportunity to embrace their differences and design their own unique doll!

## First Aid Training for girls

Our Blossom girls received First Aid Training with PowerMedics, where they learnt about how to care for the safety of those around them.

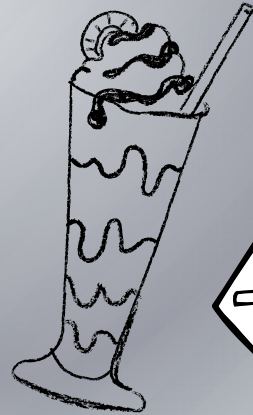


## MILKSHAKE & MEET UP!

Over the summer we ran our **Milkshake & Meet up** session as a safe space for new year 7 children who were due to start a secondary school. This was an opportunity for the children to meet with the other pupils who would be attending their school groups. We had a milkshake together, engaged in myth busting and activities to make friends and get to know one-another.

**A TOTAL OF 75 CHILDREN WERE SUPPORTED THROUGH OUR MILKSHAKE AND MEET-UP!**

Over the summer, we also ran our **Summer Holiday Workshops** for our Blossom girls and Roar boys. We provided a safe space over the school holidays to make new friends, engage in crafts and be themselves. We did jewellery making, knitting, team games, reading and clay making!



## SUMMER HOLIDAY GROUPS



# Blossom Kind & Craft

## Our Girls Group



*"EVERYONE IS VERY CARING. THE CRAFT AND STORY ARE ALWAYS REALLY HIGH QUALITY." - PARENT FEEDBACK*

**Our Blossom Kind & Craft Club is for girls in years 1-3 at primary school where we explore themes of kindness and craft!**

These sessions were held on Saturday mornings and give young girls the opportunity to recognise the ways that they can be kind to others, themselves and discover what makes them shine! Throughout the year, we also held parent sessions, for the girls to bring along a parent or guardian to connect and engage in craft together!



**WE SUPPORT A TOTAL OF 30 GIRLS EVERY WEEK THROUGH OUR KIND & CRAFT GROUP.**

**"Caring, creative and nurturing!" - Parents Voice**

**"I love the gentle way really important messages are delivered with the girls."**

"The ethos of the group is lovely and it's teaching some amazing values. My daughter enjoys the craft element too!"





# PARENT FEEDBACK



*A LOVELY FRIENDLY ATMOSPHERE AND A CREATIVE WAY TO SPEND THE MORNING!*

*"I AM AMAZED AT THIS WONDERFUL ORGANISATION AND WHAT IT OFFERS TO CHILDREN, AND I'M SO GLAD THAT IT WAS HIGHLY RECOMMENDED TO ME. IT IS SUCH A LOVELY CHANGE TO THE 'NORM'; I DON'T THINK THERE IS ANYTHING ELSE QUITE LIKE IT, AND IT IS MAKING SUCH A DIFFERENCE."*



**100% of parents said that they were 'very satisfied / happy' about the following:**

- OUR LEADERS
- WELCOME INFO
- ACTIVITIES & RESOURCES
- COMMUNICATION
- THE GROUP AS A WHOLE!



# Purpose Pods

(Books of purpose for school)



**A special thank you our volunteers who have helped to paint our beautiful Purpose Pods!**

Our Purpose Pods are our outdoor library stands for schools containing books of purpose to aid learning and develop wellbeing. Our Purpose Pods are hand designed and crafted! They can be designed in school colours and can be wall-mounted or to stand on four legs, outdoors as shown in the image! Our children we support have loved the pod for their school. It provides a special place for learning with friends.

**A special thank you to our sponsors who include The Soroptimists & our Roar volunteer, Rob Fiddler!**



# The Cherished Creative

## Our Design Service



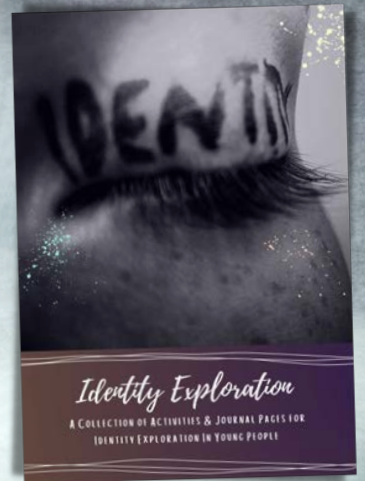
‘Creating resources to look and feel better.’

**The Cherished Creative is our design service available for schools, charities, organisations, or anyone who supports children and young people.**

Our design service is delivered through a trauma-informed and compassionate lens.

This year we have created several new resources to support children and young people. These include our Identity Journal (exploring self-esteem, social groups and individualisation), Mental Health resources and booklets for Childrens Mental Health week to explore the theme of ‘Connection’, and our Girl Talk & Boy Talk resource (exploring puberty, hygiene and body changes).

Our Blossom girls also developed and designed their very own journals too!



If you would like to have a resource created through our Design Service, get in touch!

## Resources & Packs

# OVER 300 STATIONARY PACKS DONATED BY FINDEL.

Our resources are used to support children in school. This year, Findel donated a huge selection of stationary packs for schools. The children loved receiving them in our school transition workshops!

## WALMLY KNITTERS



Walmly Knitters have created and donated a beautiful selection of hand crafted soothing tools for children. These include knitted bears, worry worms, positive potatoes, period pouches and sensory fidgets.



# Resources & Packs

## 320 EXAM PACKS & COPING TOOLS

We create exam packs to children who are due to sit their SATS, GCSE's or A-levels. These packs have tools and resources to benefit wellbeing during exam time. This includes mindfulness coping cards, self-care items, essential oil hearts and positive affirmations. **This year we have provided a total of 320 Exam Packs to pupils in schools via the workshops that we have delivered.**



## Period Packs

Throughout the year we create period packs for girls. Our packs include girl hygiene items, sanitary products and pouches, information booklets, journals and myth busters! Our packs are ideal for girls who are due to start their period! This year we have developed a 'Girl Talk' resource to provide girls with a safe journaling space to understand their body and support them through puberty.

*Thank  
You!!!*

## *Cherished Shout Outs!*

**FOR THE PEOPLE WHO WE  
COULD SIMPLY NOT  
FUNCTION WITHOUT!**

*Penny!*

Penny is our amazing volunteer who dedicates her time to creating all of our beautiful lavender hearts. These are a valuable and cherished feature of our packages that we send out!

*Walmly Knitters*

Walmly Knitters have created gorgeous hand crafted knitted resources for us! The children we support love receiving them!

*Paul & Clare at Print Design Team!*

Paul is our wonderful printer! He is always helping us out with printing our resources and produces excellent, high-quality prints! Thank you Paul and Clare!

*The Soroptimists!*

An amazing and inspirational tribe of women who come and help us out in our offices to make a genuine difference to the lives of the children who we support.

*Our volunteers who created our beautiful Purpose Pods for schools!*

## WAYS THAT YOU CAN BE INVOLVED AND SUPPORT US

### *A year of milestones ...*

This year has been an incredibly impactful for us at Cherished. We transitioned to a charity and were awarded with the Kings Award! This year we hope to reach even more children through our support and services. If you would like to be a part of our journey and make a true difference to the lives of young people, see below the many ways that you can be involved with us!

### 1:1 MENTORING: ATTACHMENT-FOCUSED SUPPORT



# ROAR

**Mentoring for our Cherished girls** is led by our female mentors who offer a supportive and a space for every girl to feel safe, seen, soothed and secure.

**Roar is for boys** who need a positive male role model and our men do just that. They offer support, a listening ear and guidance to face life's challenges.

### OUR CHERISHED & ROAR SCHOOL COURSES & WORKSHOPS



A course to feel safe, seen, soothed & secure. For girls in primary and secondary school to explore topics including friendships, anxiety and self-esteem.



A mental health course for girls in secondary school focusing on being kind to themselves, others and the world around them!

# ROAR

Our "I Am Able" course for boys in school to develop confidence, regulation and bravery.



Our Kind Time sessions for children in reception to year 2 to explore topics of kindness and craft with a special story book resource.

Coming soon "Dare to Dream" for boys in secondary school (year 7).

## OUR CHERISHED & ROAR SCHOOL COURSES & WORKSHOPS



Our Poetry Workshops for girls to own their story, their way. An expressive and creative space for girls to discover and describe their feelings.

Bespoke workshops and events including "Supermovers" - our secondary school transition workshop, "Coping With Exams" and Mental Health Week workshops.

## OUR BLOSSOM & ROAR GROUPS



Blossom - Our after school group for girls in primary and secondary school to feel safe, seen, soothed and secure based on our values of love, trust and creativity, to explore topics including friendships, skills, wellbeing and more.

Supporting now in Sutton & Tamworth.

Blossom Kind & Craft Club is for girls in years 1-3 at primary school to explore kindness, craft and what makes them shine!



Roar Youth - Our after school group for boys in school years 4-6 to build friendships, explore life skills and develop confidence in an engaging and creative space.

### *Resource Creation*

You can also support us by putting together our resources in our office or in your own time at home! We always have lots of resources to support our children!

*Supporting children to feel safe, seen, soothed & secure*



## Other ways to be involved:

- Attend our wide range of training and development courses and enhance your knowledge on trauma and attachment.
- Be part of our online community groups and gain support and valuable resources on all things trauma, helping you to support vulnerable children and young people.
- Be a part of our funding committee and help raise money to ensure we can keep supporting young people.
- Be a corporate sponsor for Cherished and Roar.
- Donate to support one of our many much needed and valuable services, including our Purpose Pods.

## Thank you to our funders:

**COMIC RELIEF**

Localgiving  
**MAGIC LITTLE GRANTS**

**BIRMINGHAM 2022**  
commonwealth games

heart of england  
COMMUNITY FOUNDATION

The Norton Foundation

Nuffield Health

**Arnold Clark COMMUNITY FUND**

ASDA **Foundation**,  
Championing local communities to help them thrive

Fosse Healthcare

ROYAL SUTTON COLDFIELD  
TOWN COUNCIL

**COMMUNITY FUND**

Dunton ENVIRONMENTAL

**Findel**  
Education Resources

THE SIR JOHN MIDDLEMORE CHARITABLE TRUST



Tomorrow People



**SCCT**  
Sutton Coldfield Charitable Trust



- Be a corporate sponsor for Cherished and Roar.

**BBC Children in Need**

**AWARDS FOR ALL**  
BIG LOTTERY FUND



- Donate to support one of our many much needed and valuable services, including our Purpose Pods.

*The Markhams*

Dodd Group

**Royal Mail**

Baron Davenport's Charity



## Donate:

To become a donor and help financially support the work of Cherished & Roar, scan the QR code.



Localgiving



*Website*



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*Scan Me!*



**ROAR.**

*Impact Report*

*safe, seen, soothed & secure*

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*"Where Connection Counts"*

You're Cherished, 2nd Floor, 198 Boldmere Road, Sutton  
Coldfield, B73 5UE - 0121 389 8244

Email: [hello@cherisheduk.org](mailto:hello@cherisheduk.org)  
Registered Charity Number: 1201663



*Supporting children to feel  
safe, seen, soothed & secure*

*Donate  
today*

Thank you for your  
donation!

Scan me!

