

The Net Result

How we made a difference

Thousands of people in Surrey
are slipping through the gaps...
we're here to catch them



12 wards have a higher rate
of mental health issues
among children and
young people than
the national
average

50% of those
suffering from mental
ill health experienced
symptoms by age 14

In a number
of areas across
Surrey, more than
30% of children and
young people live in poverty

We work with some of the most disadvantaged and socially marginalised people in Surrey: those from low-income families, vulnerable young people and low-skilled adults. Last year Surrey Care Trust worked with over 3,000 people, at a cost of over £1m.

We rely on the generous support of individuals, charitable trusts and companies to ensure we can continue to break the cycle of disadvantage and to help people to help themselves. Next year we want to double the number of people we support.



We tackle disadvantage, social exclusion and hardship in local communities through our unique approach across three complementary strands:

Flourishing Families



Nurture through Nature

Skills to Thrive



Flourishing Families

Mentoring from trained volunteers to help young people and families to raise their skills and realise their aspirations as well as expert support from our Family Centre* to give children the best start in life.

MENTORING

180 vulnerable adults were mentored in 2018/19

100% of people who were referred for mentoring were matched within four weeks so that support could start as soon as possible

470 hours per month were donated by our volunteer mentors to work with young people who may be having a rough time at school or at home.

STANWELL FAMILY CENTRE

83% of families identified as benefiting most from our activities have used the Family Centre

90% of the respondents to our parent satisfaction survey said that attending the Family Centre had helped them to know more about their child's development.



*The Children's Centre became a Family Centre in September 2019

YOUTH MENTORING

Helping young people to make positive choices

Problems at home and a challenging relationship with her parents left Daisy* feeling increasingly anxious and low a few years ago, but mentoring support from the Trust has made Daisy feel a lot more positive about the future.

Daisy was matched with volunteer mentor, Aimee. Aimee has helped Daisy to feel more confident and make constructive choices about further education and a future career in make-up artistry.

“I began to doubt myself less and believe in myself more as I realised that Aimee was there for me. I feel more positive about the future now”

Daisy, 17 year old mentee

80% of the young people we helped state that their confidence has improved after mentoring



Picture posed by a model

STANWELL FAMILY CENTRE

Stanwell is one of the most disadvantaged communities in Surrey: 26% of the population have no qualifications, while almost one in five households with children aged 0 - 4 are claiming out of work benefits. The centre offers a range of activities to encourage early learning and positive parenting. We provide adult learning classes, information, advice and specialist support to help families to gain the knowledge, skills and strategies they need to deal with issues in their lives more effectively.

“The sensory room really helps Calvin to calm down when he is agitated... I could never afford to have amazing equipment like this in my home so it’s great to know that it’s on my doorstep.”

Sabrina, mum to Calvin who has ADHD and sensory issues



92% of local families have registered to use our Family Centre’s services

MENTORING FOR ADULTS

A single mum with three children, Lisa was finding life increasingly harder to deal with. While trying to recover from domestic violence, Lisa also had to try and cope with the emotional and physical demands of a child with ADHD too. Lisa was referred to Surrey Care Trust's mentoring programme and matched with Emma, a volunteer mentor whom she began to meet once a week in a local café. Now Lisa is able to focus on the things she wants to achieve like going to university, that she didn't think would be possible before.

"Mentoring has made realise what a powerful therapy tool talking is. My relationship with the children is better and I have become a befriender to an elderly lady" Lisa



**Find out more about our work
visit www.surreycaretrust.org.uk**

Nurture through Nature

Unique outdoor opportunities supporting people to improve their skills, mental health, and their wellbeing through activities on our Swingbridge community boats and at our Gateway Community Allotment.



SWINGBRIDGE COMMUNITY BOATS

166 individuals undertook skills training this year, with **13** people gaining nationally accredited awards

765 young people and adults took part in one of over **100** day trips and boating activities

Almost **12,000** hours were donated by our volunteers to crew the boats, carry out training and improve and maintain local waterways



SWINGBRIDGE COMMUNITY BOATS

A RESOURCE FOR OUTDOOR ACTIVITIES & LEARNING

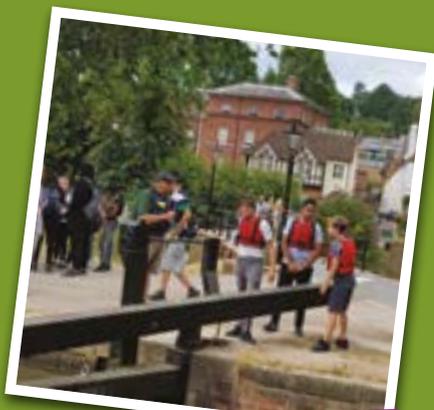
Our two community boats give people of all ages the opportunity to learn new skills. Hundreds of people benefit including disadvantaged young people, vulnerable adults, offenders and our own volunteers.

Summer trips on Swingbridge1 make the River Wey accessible to people with limited mobility or other special needs, while training programmes help young people and adults to improve their personal and practical skills.

The environmental conservation programme based on Swingbridge2 benefits our volunteers who need additional support, offenders serving community sentences and all manner of wildlife too.

“When I helm the boat I feel a sense of freedom and control. I’m so busy focussing on what I’m doing that I’m not thinking about anything else. I have been in a really dark place but this has given me my life back.”

Chloe, Swingbridge2 supported volunteer who is living with severe anxiety



170 people learnt new skills as part of our Swingbridge programme last year while over 700 people with limited mobility or other special needs enjoyed summer boat trips.

GATEWAY COMMUNITY ALLOTMENT

The Gateway Community Allotment aims to help anyone at risk of isolation and the long-term unemployed to make positive changes by developing practical skills and to benefit from the therapeutic effects of gardening.

“It’s good to get out of the house for a bit and away from situations that I can’t control.”

Daniel



The Gateway Community Allotment project is funded by the European Social Fund and the National Lottery Community Fund



Skills to Thrive

Free and independent counselling for 16 to 25s; adult learning to build confidence and skills; STEPS to 16 alternative education for 14 to 16 year olds who struggle with mainstream school due to challenges such as social disadvantage, or poor mental and emotional health and, support to take action on local issues through the Local Conversation in Stanwell project.

ADULT LEARNING

530 people took part in first steps adult learning this year.

COUNSELLING

100% of the young people who requested counselling were matched with a counsellor within four weeks

STEPS to 16

100% of students on our alternative education programme gained external accreditation

LOCAL CONVERSATION IN STANWELL

200+ people regularly attend activities

98% of the regular participants are Stanwell residents



All figures are for financial year 2018/19

Our volunteers, including staff in their own time, contributed 24,243 hours supporting the Surrey Care Trust during 2018/19 - a 22% increase on the year before

ADULT LEARNING

ENCOURAGING PEOPLE TO TAKE UP LEARNING AGAIN

Our adult learning 'pop-up' courses can be transformative for people wanting to make a fresh start after a crisis in their lives, such as unemployment, illness, crime or family breakdown. Shared learning is also about creating a springboard to new friendships and community links.

We provide first-steps learning courses in a range of topics designed to have broad appeal including first aid, arts and crafts, cooking and budgeting.

"We're all local but we didn't know each other before this course. We've found new friendships which is lovely. The course has also given me an appetite to go out and try other new things" Mary



Over 530 people took part in 'first steps' training last year

COUNSELLING

A FREE SERVICE FOR TROUBLED YOUNG PEOPLE

Typically the young people who access our free counselling service are facing challenges including depression, anxiety, anger management, bullying, panic attacks, self-harm, worry eating and bereavement. In many cases there is clearly a context of economic and social disadvantage, family dysfunction or struggles in education.

"I'm so grateful that your service exists and consider myself lucky that I was able to access it for my daughter. Thank you!"

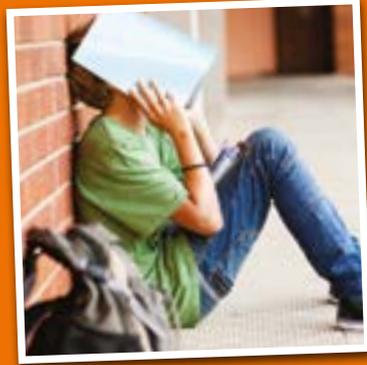
Parent of a young person receiving counselling

100% of the young people who used our counselling service said they felt less anxious

STEPS TO 16

GIVING YOUNG PEOPLE A SECOND CHANCE IN EDUCATION

Large, noisy classrooms were a problem for Aiden, who is autistic, making him frustrated and behave badly. Aiden was referred to Surrey Care Trust's STEPS to 16 alternative education programme which provides specialist tuition for young people aged 14-16, who struggle for a variety of reasons in mainstream school. Smaller classes, one to one support and teaching styles and techniques which engage the learners through practical activities that relate to everyday situations, have helped Aiden to take a renewed interest in his education.



*name has been changed. Picture posed by a model

"I liked it at STEPS straight away. I'm able to listen more because there are fewer distractions so I'm learning more. I've changed my mood and my behaviour since I came here I've been really calm and I haven't had one flip out. I wasn't reaching my full potential but now I'm going above and beyond." Aiden, STEPS student

85% of our students progressed onto further education or employment



THE LOCAL CONVERSATION IN STANWELL

The Local Conversation in Stanwell is a People's Health Trust initiative (funded by The Health Lottery) which aims to bring the community together and take action on local issues. Last year's activities included Lego clubs, afternoon teas and forums on local issues.

"There was nothing like this before the Local Conversation. I wouldn't be out of the house if it wasn't for this."

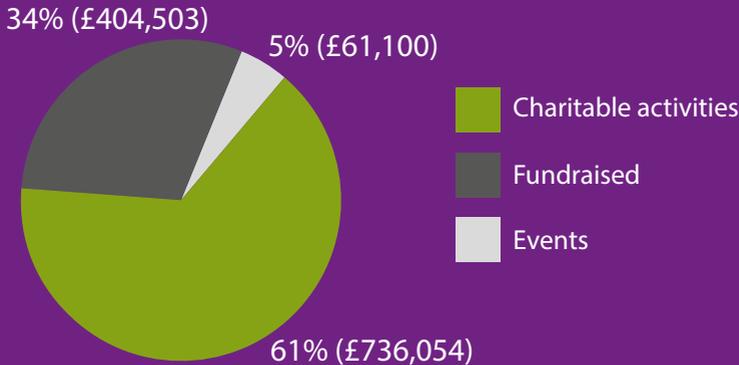
Participant in Local Conversation in Stanwell activities

The Local Conversation in
STANWELL
Connecting the community

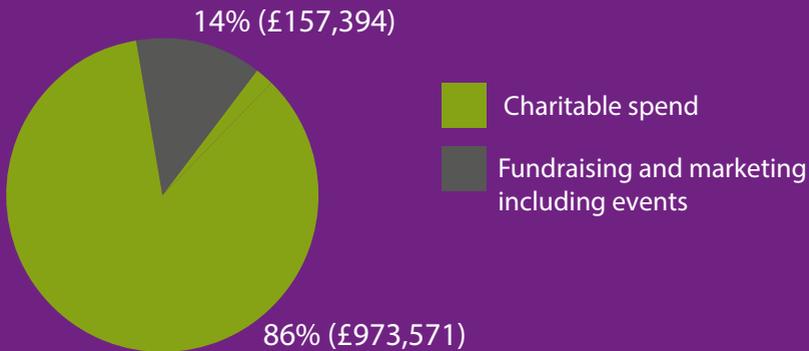
Thank you for your support!

Finances and fundraising

Income



Expenditure



Last year we dedicated over £973,571 (or 86p out of every £1 spent) directly to services helping disadvantaged and marginalised people in Surrey. Our full trustees report and accounts are available on our website at www.surreycaretrust.org.uk or from our office. Email info@surreycaretrust.org.uk for a copy

surreycaretrust.org.uk