

The Positivitree

Annual Report

2022 - 2023



Charity No. 1197016
Company No. 11905483

- ◆ Connecting with others - peer support.
- ◆ Being physically active - wellbeing sessions/walks/bootcamp/yoga.
- ◆ Learn new skills - training, workshops, MHFA.
- ◆ Give to others - volunteering opportunities.
- ◆ Practising presence - being where you are now, radical acceptance.

What we do

- ◆ To eradicate social isolation of the parent-carer community.
- ◆ To enhance the overall wellbeing of the parent-carer community.
- ◆ To empower them to take ownership of their wellbeing and the wellbeing of the children and young people they care for.
- ◆ To campaign for the rights of parents and carers to be equitable to all other carers.

Why we do it

- ◆ Our charity uses peer support to navigate the world of Special Educational Needs and Disabilities, empowering families with resources to address intersectional disadvantages like poverty and poor health.
- ◆ Our objectives are to reduce isolation and improve well-being through hosted activities, networks and training. We achieve this by collaborating with health and local government to influence system changes, recent activities include co-producing a local offer website and a health passport for hospital visits.
- ◆ We've been part of an NHS England funded project to enhance access to health checks for young people with learning disabilities and this has been shortlisted for two national awards.
- ◆ Our diverse team, including carers with disabilities, leads a local inclusion network shaping a groundbreaking project revolutionising health services in Wirral.
- ◆ Our charity has been selected to coordinate the Inclusion Panel for Disabilities within the Liverpool City Region Combined Authority.
- ◆ We've become the first organisation in the North West to deliver the Healthy Parent Carer Programme, a groundbreaking, research-led programme designed by the University of Exeter's - Peninsula Childhood Disability Research Unit (PenCRU).

How we do it



Our trustees

Chair - Lisa Allcock

Treasurer - Katherine Cropper

Clerk - Adele Curley



Vanessa Margetts

Joshua Pelled

Sian Williams

With thanks to...

Undoubtedly, the Trustees would like to express their deepest gratitude to our incredible Founder and CEO, Rachel, as well as the exceptional individuals in our Positivi-team.

Rachel's ability to cultivate remarkable partnerships has played a crucial role in providing unwavering support to many beneficiaries, volunteers, and trustees, all united in their dedication to the noble cause of The Positivitree.

Witnessing Rachel confront and triumph over various obstacles, driven by her personal experiences, has been truly inspiring.

Her unwavering determination to effect positive change and enhance the health and support provided to parents and carers fills us with great anticipation for the growth of our Charity in the coming year.

From the bottom of our hearts, thank you for everything you do.

- ◆ Our charity support team, Annie Grady and Tamara Gilbert for their dedication in supporting our parent - carers.
- ◆ Adding Value Consultancy Ltd, our accountants and auditors.



A few words from Rachel Daley, The Positivitree Founder

Wow, what an absolutely incredible year we've had.

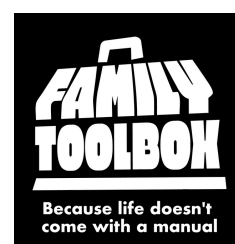
I'm delighted to share this annual report with our community, funders and donors. Without you all of the achievements and highlights wouldn't have been possible.

I feel it's important to acknowledge that it's been a very difficult few years for the families we support and I'm constantly inspired and energised by the tenacity and resilience they show in facing some really big and difficult challenges.

A huge personal thanks to our Positivi-team, including our trustees who have supported me on our mission to eradicate social isolation and maximise mental wealth in our community through peer support, knowledge-sharing, enhancing skills, and creating social opportunities; The Positivitree wouldn't be able to bloom without you.

To plant a seed is to believe in tomorrow, and I believe that we will eradicate isolation and maximise mental wealth for parent-carers so that they can live happy, healthy and prosperous lives with their families.

Together our staff, volunteers and trustees have worked together to develop a well respected, easy to access and impactful parent-led wellbeing service for families of children with additional needs. We're grateful for support from grant funders and partners including:



OUR INCOME



£13,024

Donations

£101,648

Grants from trusts and foundations



£59,470

Income from trading/charitable activities



OUR ACHIEVEMENTS & PERFORMANCE

Special thanks to our community fundraisers who have supported us through sporting events, charity of the year and at business events.

Thanks to you we have developed:

Structured wellbeing support;
Healthy Parent Carer



Community Podcast -
interviewing real people
and sharing real stories

SEND parent 'life-admin'
training/coaching




Community; facilitation of weekly
peer-led support hubs in each of
the 4 localities
(Birkenhead, Wallasey, South
Wirral, West Wirral)



SO, HOW WELL HAVE WE DONE?

Between April 2022 - March 2023
we supported **596**
parents and carers!



45% heard about us from
a friend or family member.

60% of families supported
were eligible for Free
School Meals.

We had a busy year between April 2021 and March 2022 and would like to thank our volunteer group hosts and Positivi-Tea Washing up team for their commitment to making the lives of parents and carers more enjoyable, less stressful and less socially isolating.



We hosted support groups in the community

97.5 Hours
Central Birkenhead

78 Hours
Woodchurch

97.5 Hours
Wallasey



Family teas & takeaway nights



Ronald
McDonald House
Arrowe Park Hosp

14 hosted takeaway nights
for families

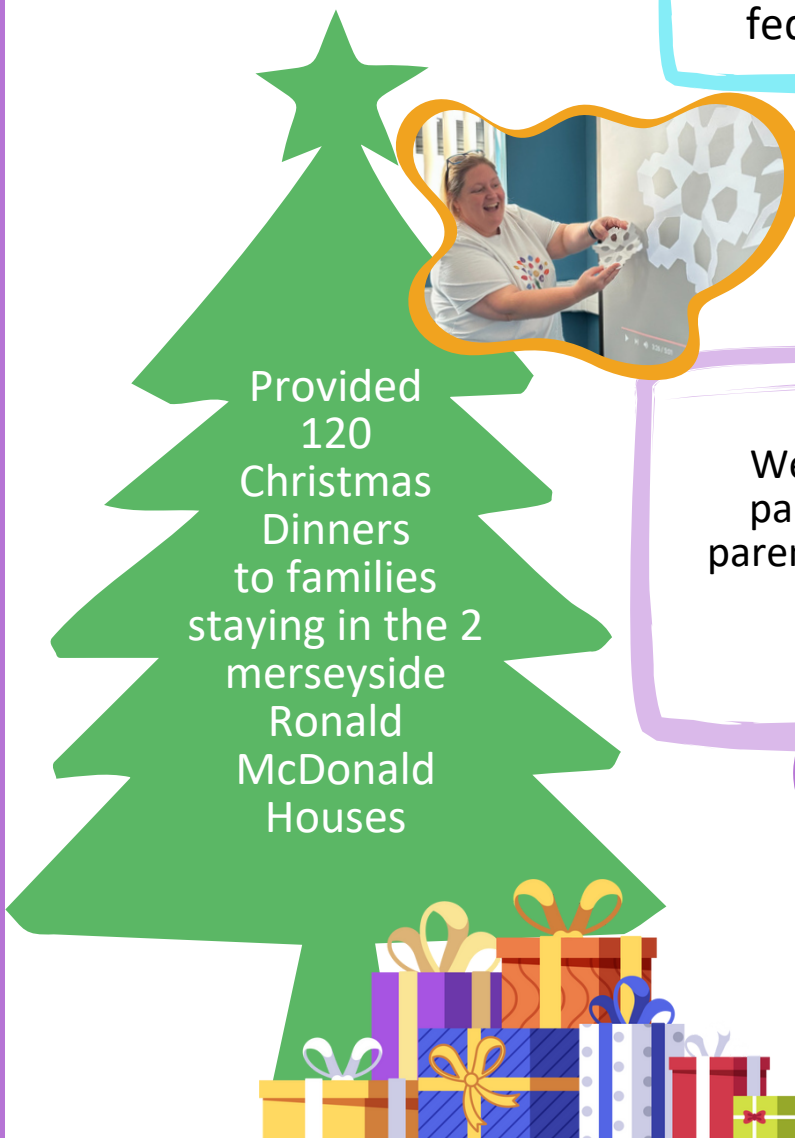
16 hosted family tea nights.
In partnership with
Can Cook/Well Fed

800
families
fed a warm meal



Provided
120
Christmas
Dinners
to families
staying in the 2
merseyside
Ronald
McDonald
Houses

We distributed Christmas gifts in
partnership with Cash for Kids to
parents who were struggling with the
rising cost of living.



Household Support Fund

Distributed £19000 of emergency food support to parents struggling with the cost of living in partnership with Wirral Metropolitan borough Council



Provided £45,000 of energy support via our referral partnership with Energy Projects Plus



Cradle to Carer - North Birkenhead

Started a new partnership between ourselves, Open Door Charity, Utopia and Future Yard to address the health inequalities faced by families in this area who are raising children with SEND.



Annual Health Check Project



We've been part of an NHS England funded project to enhance access to health checks for young people with learning disabilities and this has been shortlisted for two national awards.



Future Goals

Developing partnerships with other regional and national organisations to enable wider reach into the Liverpool City Region, Cheshire and beyond

Strengthening our neighbourhood offer in North Birkenhead

Embedding the Healthy Parent Carer Programme as a core offer of the charity



Parent - Carer Feedback

I feel I now have a group of friends that can support my needs.

People who understand what it's like to live what we live with can support each other. Having a place to go feels welcome each week.

Like minded people wanting the best for each other. Other parents who just 'get it' and they provide access to wonderful local support I would never have known about otherwise.

Camaraderie through lived experience. Giving parent carers a supportive place for them to consider ourselves outside of our kids and their needs. It's an amazing charity.

Everyone you meet is welcoming, and each session you meet someone else who just gets it.

The Wednesday group at bloom has been my life line to understanding and accepting my role as Parent carer. The volunteers have made me feel not alone and that I belong. It's so friendly and I feel safe to be vulnerable in that space. This has directly impacted on me positively and therefore impacted my child more positively too.



Parent - Carer Feedback

The colours course learnt me a lot and how to change my way of thinking . Annie has given me a lot of advice which has made me grow in confidence. I feel your whole way of helping the community is amazing.

I love how welcoming the Positivitree is. There's always someone to talk to who has experienced the problem you're facing. My life has changed significantly since joining the Positivitree.



Tamara has been brilliant with everything for myself and my family in the very little time she has helped me with understanding the reality of things to expect in regards to the future even though nothing is guaranteed. I appreciate the truthfulness. Even just listening to me for 10 mins over the phone venting and just being a great listener helps sometimes. Pointing me in the right direction when I feel with the services I'm on a constant roundabout.

Staff believe us when we tell them about barriers/challenges we face.



They are very supportive, (I am a parent) who also has ADHD and on the pathway with ASC but Positivitree are the only support I have and they have been amazing



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