



Bounce Back 4 Kids

Annual Report

2022-2023

Bounce
Back 4 Kids

Domestic Abuse Recovery Programme



Part of



Parents And Children Together

About Bounce Back 4 Kids



Bounce Back 4 Kids (BB4K) is a recovery programme developed by PACT that uses therapeutic techniques to support children who have experienced or witnessed domestic abuse. BB4K supports children aged 3-11 years and their parents or carers who live in Reading, Wokingham, West Berkshire, Oxford City and South Oxfordshire.

The programme provides a range of therapeutic support to help children and parents heal from trauma. Support is tailored to be responsive to the needs of families but could include individual support, groupwork, online workshops and courses, play therapy, other therapeutic sessions, access to wellbeing newsletters and a private Facebook group.

BB4K supports families once the perpetrator of the abuse has left the family home and is out of the relationship. To be able to receive an intervention, families must be safe physically and emotionally, and ready to access support.

Aims of BB4K

The BB4K programme has a number of key aims:

- To help break the cycle of domestic abuse
- To understand and heal from trauma
- To provide families with the tools to enable them to keep safe
- To validate and empower children and their parent/main carer
- To improve children's school attendance, learning and development
- To give parents the opportunity to see domestic abuse through the eyes of their child
- To strengthen positive and healthy attachments between children and their parent/main carer
- To raise children's self-esteem while giving them an opportunity to explore and express their feelings through fun, child-focused activities in a safe, therapeutic way

“ I was in such a low mood before starting Bounce Back, my mental health and the children's mental health was suffering. Even though we had escaped the abuse we had to start again with just a couple of bags of clothes.

BB4K has made my mental health improve so much and made me feel stronger and happier and also the boys are more settled and happy. Both myself and [child] are sad that it is coming to an end.

The boys' mental health has improved greatly... We will never forget and be forever be grateful and thankful for all the support from everyone. ”

BB4K parent

Key achievements



In 2022-2023...

127
children

received direct support
through the BB4K
programme

↑ 89% increase
compared to last year

133
parents

received direct support
through the BB4K
programme

↑ 82% increase
compared to last year

Out of 133 parents,

4
fathers

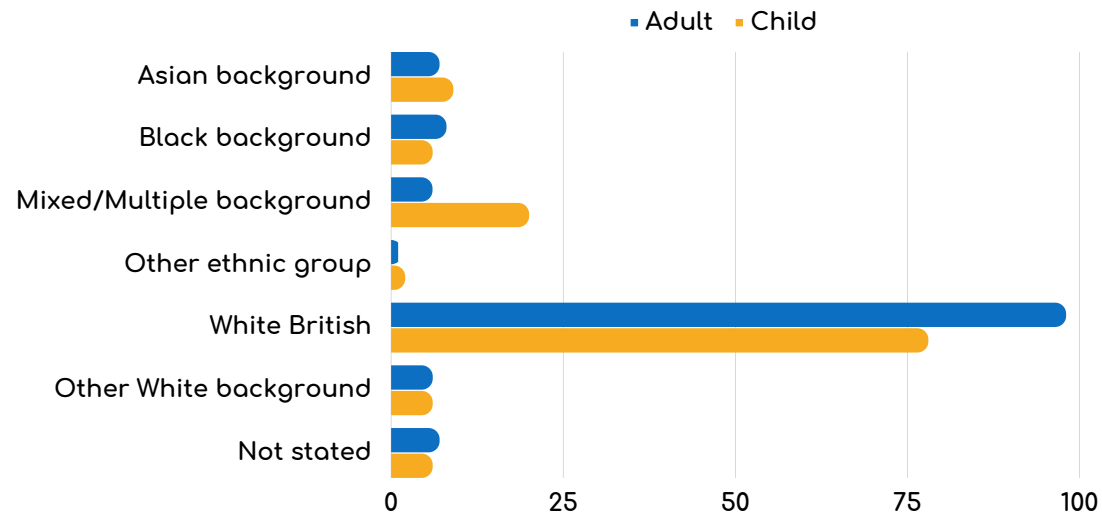
received direct support
through the BB4K
programme

133
families

received direct support
through the BB4K
programme

↑ 76% increase
compared to last year

Ethnicity of parents and children supported



“ I have enjoyed coming each week because it is a safe space to talk and to have fun to take my mind off everything ”
BB4K parent

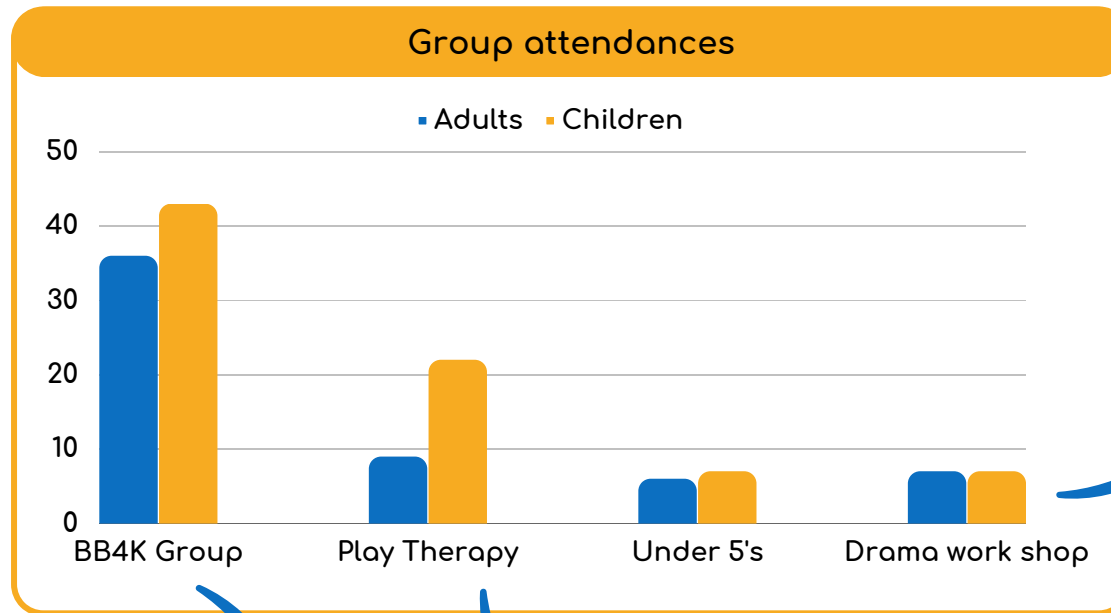
“ It has helped me to learn to be creative with my mummy ”
BB4K child

Key achievements



“ We have both enjoyed coming every week because it has been fun, helped build a stronger relationship between us, and [child] is more settled and a lot more happy and less worried. He understands that I am here for him, and he said he feels safe again. ”

BB4K parent



Our drama workshops have been provided in partnership with Reading Rep Theatre



Sand jar representing different emotions completed by a child attending a BB4K group

7
courses
were run by the BB4K team

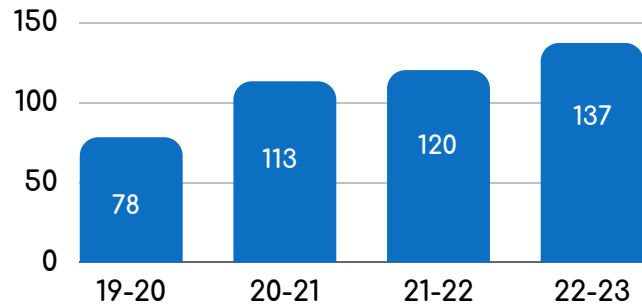
22
children
were supported through play therapy
↑ 69% increase compared to last year

“ The programme helps you understand and better deal with domestic abuse issues. It gives you confidence and support knowing that you and your children are not alone. There are people there to support you. It is very welcoming as the only male in a predominantly female environment. ”
BB4K parent (male)

Referrals



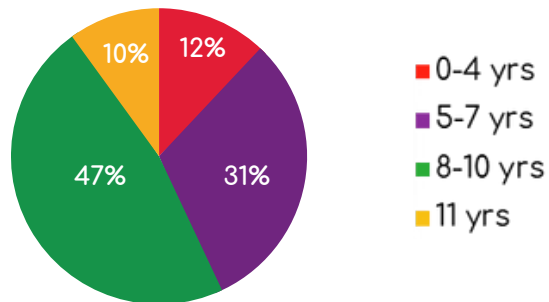
Child referrals year on year



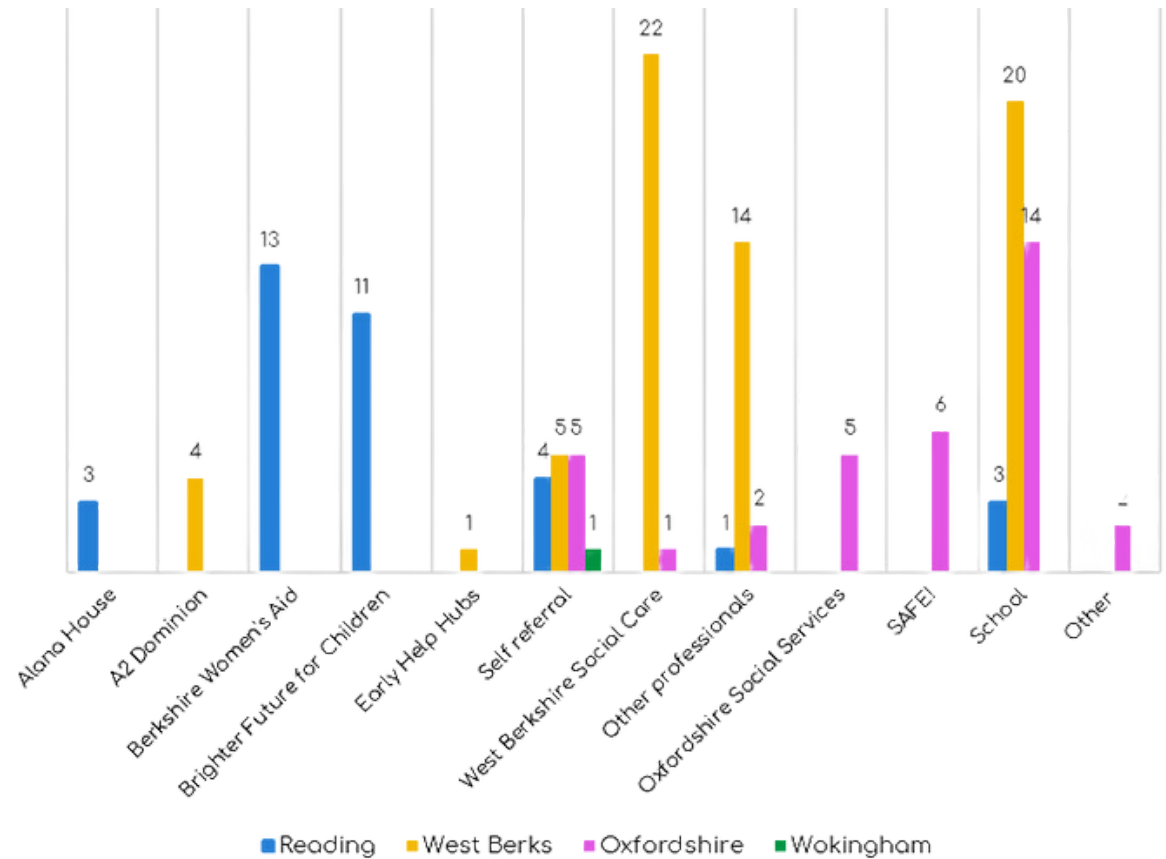
137
child referrals

↑ 14% increase compared to last year
were received in 2022-2023

Age of children referred



Referral sources and location



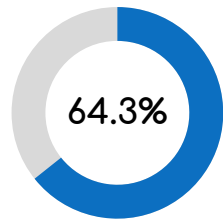
The top three sources of referrals in 2022-2023 were schools, West Berkshire Social Care and other professionals.

48% of referrals came from West Berkshire, 25.5% from Reading, 25.5% from Oxfordshire and 1% from Wokingham

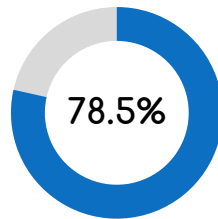
Outcomes and support



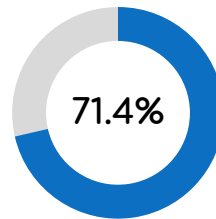
Percentage of ADULTS that recorded a positive or sustained improvement in each outcome area



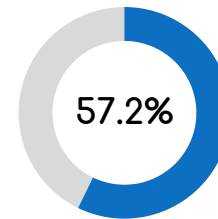
Emotion and affection



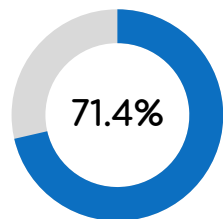
Play and enjoyment



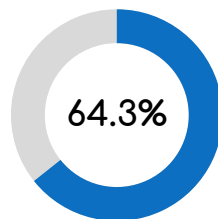
Empathy and understanding



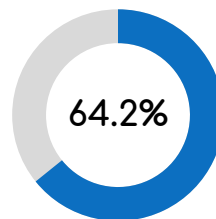
Control



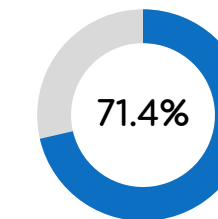
Discipline and setting boundaries



Pressures



Self-acceptance

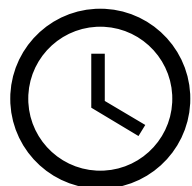


Learning and knowledge

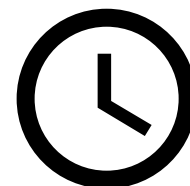
“ I enjoyed the cooking, massage, drawing on the back and trying to copy what my son was drawing, tracing or chasing each other on paper and the parachute. These activities have helped us to bond and have a bit of fun together as mother and child. My son’s attachment has grown in a positive way.

BB4K parent ”

Number of hours given to one-to-one and group support in 2022-2023

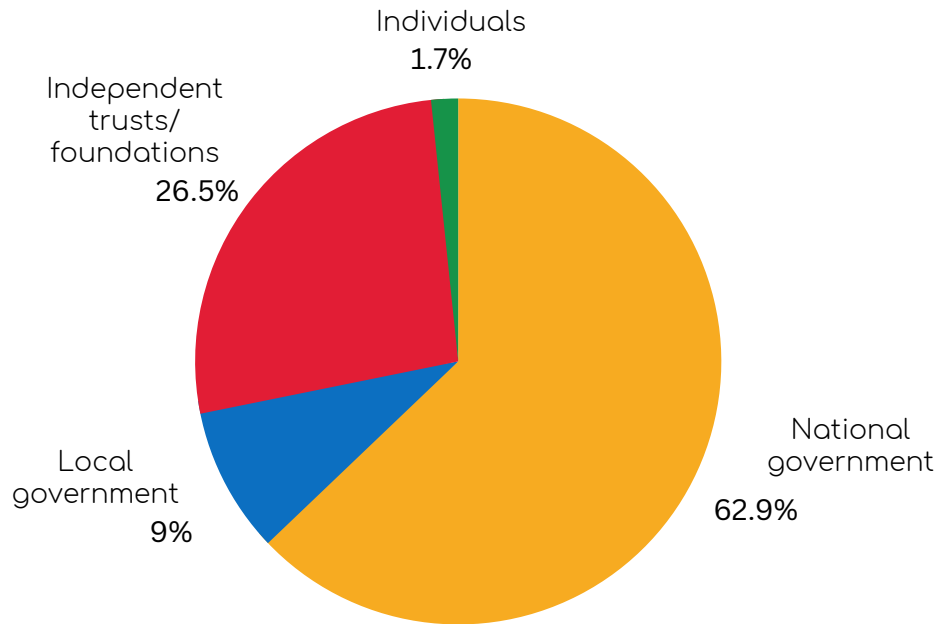


1091 hours
given to group work



695 hours
given to one-to-one work

Funding and future plans



BB4K's services continue to be funded through a mixed model of voluntary income from grant-makers (government grants and private trusts and foundations), corporates and individuals.

In 2022-2023, BB4K secured multi-year funding from the Ministry of Justice to fund the expansion of the service into South Oxfordshire, Oxford City and Wokingham, as well as further funding from West Berkshire Council through their Community Learning Partnership and Supporting Families to meet the increasing demand in the county.

The project has received other small grants and individual donations which have allowed us to provide existing services and to continue the expansion of the BB4K team and service delivery in new geographical areas.

Key priorities for 2023-2024

- Support 250 individuals
- Embed Bounce (our new digital platform) as an offer to all families
- Continue expansion into Wokingham and Oxfordshire
- Continue to maximise student placements including social work, play therapy and psychology
- Develop and pilot a training offer to other professionals
- Begin to review efficacy of support over medium to long term post intervention

“ We have absolutely loved our new relationship with Bounce Back 4 Kids, who have been so easy to work with.

The trust and affection that the children show the staff prove that they feel connected and safe.

With both groups, staff members go out of their way to be inclusive and supportive. They help us to work with the most vulnerable in our community safely and creatively. PACT is one of our most important partnerships and one I look forward to developing and strengthening in the future.

Staff member from Reading Rep Theatre



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Part of
PACT
Parents And Children Together

 Email: bb4k@pactcharity.org

 Website: www.bounceback4kids.org

 Address: 2 Southern Court,
South Street, Reading, RG1 4QS.

     @PACTcharity

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whose working name is Parents And Children Together, is a company
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Registered Charity (no.285214), whose registered office is:
7 Southern Court, South Street, Reading, RG1 4QS

