

Bounce Bock 4 Kids

Annual Report





About Bounce Back 4 Kids



Bounce Back 4 Kids (BB4K) is a recovery programme developed by PACT that uses therapeutic techniques to concurrently support children and their non-abusive parent who have experienced domestic abuse. BB4K supports children aged 3-11 years old and their parents or carers, with current geography covering 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 may 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 be ready to access support.

Vision

For every child and parent to lead a life free from domestic abuse by breaking the cycle, improving life chances and enabling them to reach their full potential

Mission

We empower children and families to recover from the impact of domestic abuse and prevent re-victimisation through the provision of trauma informed, holistic support services

Aims of BB4K

- 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 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
- 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 validate and empower children and their parent/main carer

Key achievements



In 2024-2025

552

children

received both direct and indirect support* through the BB4K programme

*indirect support indicates the children who are part of the family supported by BB4K but are not directly accessing the service 284

families

received direct support through the BB4K programme

↑ 10.5% increase compared to last year

9

volunteers

provided a total of 1880 hours supporting BB4K activities

↑ 121.2 % increase compared to last year

158

children

received direct support through the BB4K programme

↑ 18.8% increase compared to last year

284

parents

received direct support through the BB4K programme

↑ 10.5% increase compared to last year

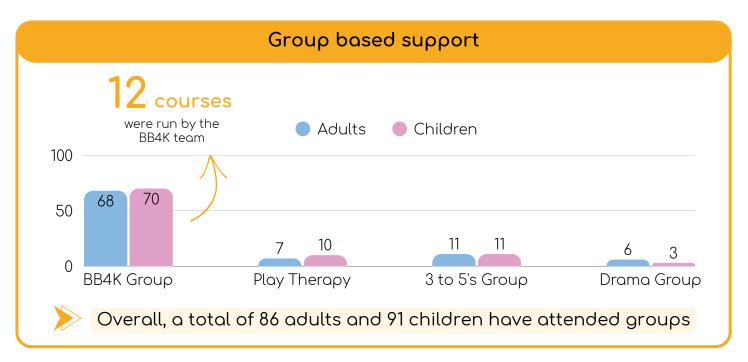
67

families

were supported through the Foundations research programme

Delivered work







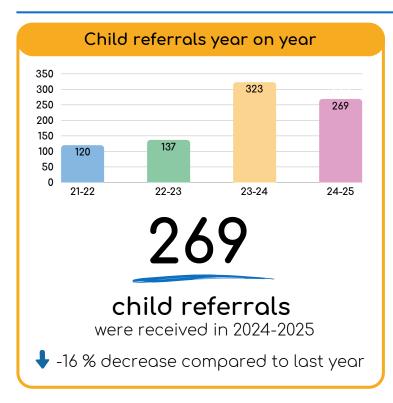
given to group based work

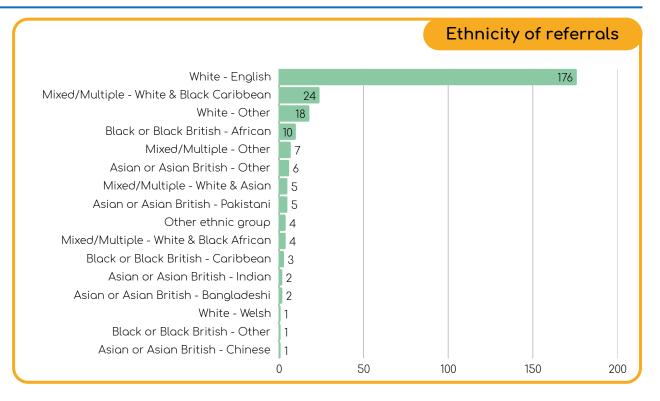


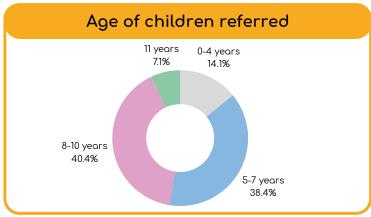


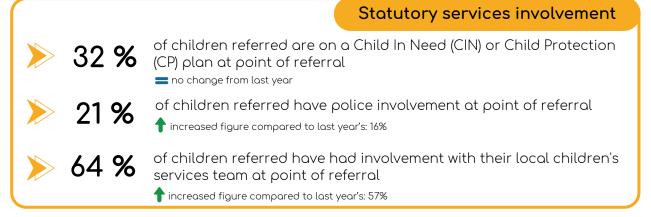
Referrals











Child referrals



Child Referrals by geography and referral source

The map below shows the distribution of referral by locality.

40% of referrals came from Oxfordshire, 27% from West Berkshire, 25% from Reading and 8% from Wokingham.

Referrols received out of area: 1 (0%)

VALE OF WHITE HORSE

(14%)

WEST BERKSHIRE
(27%)

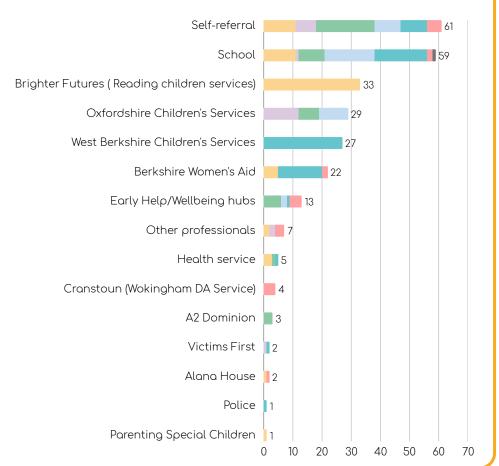
(25%)

WOKINGHAM

(8%)

The graph below shows the referral source by location.

The **top three sources** of referrals in 2024-2025 were self-referrals, schools and Reading children services.



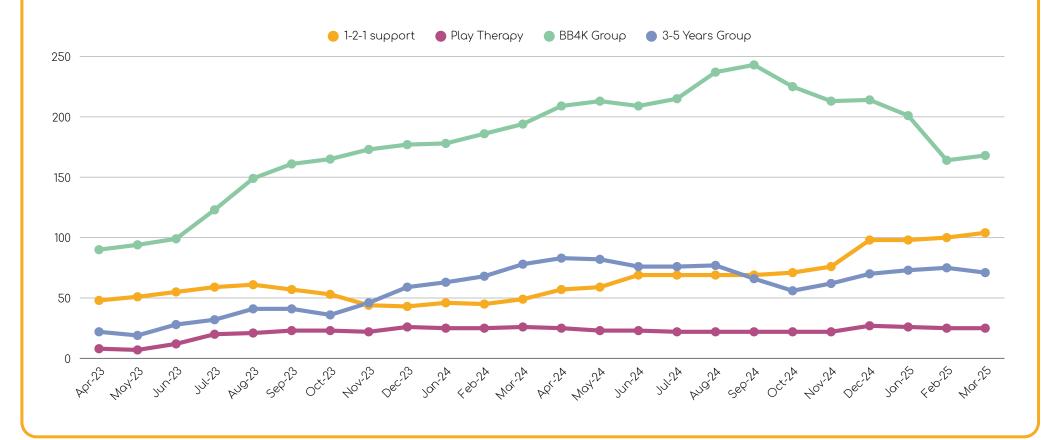
Source: Office for National Statistics (Boundaries)

Waiting lists



Waiting lists analysis

Below shows the monthly average size for each group/work waiting list. From December 2024, all waiting lists have seen a steady increase month after month, with the only exception of Play Therapy that remained stable throughout the period. Notably, the BB4K waiting list began to decline for the first time in September 2024, coinciding with an increase in service provision made possible by the successful recruitment of new staff members who completed the BB4K team.



Outcomes and support



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



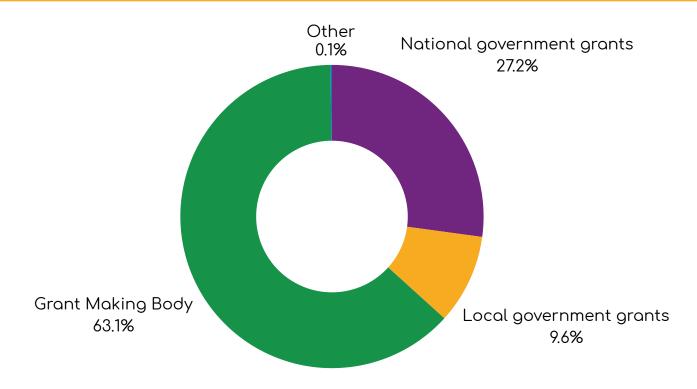
The above outcomes are measured using a Tool to Measure Parenting Self-Efficacy (TOPSE). TOPSE has been developed as a tool to measure parenting self-efficacy as an outcome of parenting support. The tool was originally developed in response to public health nurses (health visitors) in England, who identified the need for a reliable and valid instrument with which to assess the outcomes of their parenting work.

Source: https://www.topse.org.uk/site/topse/

Funding sources



Funding sources in 2024-2025



We are grateful for the continued support of individual donors and committed funders such as Berkshire Community Foundation, the Ministry of Justice, the Lindley Foundation, Reading Borough Council, the Office of the Thames Valley Police and Crime Commissioner and West Berkshire Council.

Funding from Foundations has made it possible for us to deliver the service and will support the production of robust evidence of its lasting impact through a Randomised Controlled Trial, demonstrating the real difference it makes to families.

Foundations



BB4K has been engaging with a research project, commissioned by Foundations, to evaluate the project and learn how we can best support children and families who have experienced domestic abuse, as part of their REACH plan for which more information can be found here:

https://foundations.org.uk/our-work/publications/the-reach-plan/

This has involved us working with a research partner, IFF Research, who has conducted a thorough evaluation of BB4K's work in some of the areas of operation, looking at qualitative and quantitative outcomes across our 3-5s group, regular group and one-to-one work, as well as looking at the entire journey of a service user through our project. Final reports and recommendations will be released at the end of the summer of 2025, but we are proud to take part in such a meaningful piece of work to evidence the benefits of programmes like BB4K in helping families to recover from the trauma of experiencing domestic abuse.

"Despite the prevalence and severity of domestic abuse, the UK lacks strong evidence on effective support for affected children. In 2024, Foundations commissioned a suite of impact evaluations of best-bet interventions working to support children who have experienced domestic abuse. Bounce Back for Kids was one of three interventions selected based on early indications of positive impact, as well as the delivery team's strong commitment to learning and readiness for robust evaluation. The evaluation of Bounce Back for Kids is a crucial step toward strengthening this evidence base. This work is generating valuable insights to improve support and, in the long term, inform policy and practice. We're grateful to the dedicated team at PACT delivering the programme, whose commitment has made this evaluation possible. We look forward to publishing the findings in the autumn."

Foundations

Supporting a family's recovery journey - Laura's story



All four children (John*, Samantha*, Billy* and Oliver*) were showing signs of trauma ranging from anxiety and anger to shyness and withdrawal - and some also had special educational needs.

At first, Laura* asked for support specifically for John and Samantha, as Billy and Oliver were engaged in other services. Laura and John were invited to ioin one of our group programmes starting in February 2024.

Laura and her children

shadow of sustained

economic abuse and coercive control from the

emotional abuse.

children's fother.

had been living under the

We began working with Samantha through one-to-one sessions at school, during which some safeguarding concerns came to light.

With guidance from our team, Laura navigated involvement with children's services with determination.

Over the course of a year. Laura and her children made significant progress. It wasn't easy - but with the right support, this resilient family began to rebuild their lives.

Their journey with us began in 2023, following a referral from another charity that had been providing general support to the family.



Laura faced a challenging situation involving her extended family and missed a session. Our team made sure they did not fall behind, arranging a catch-up outside of group times. This flexibility was crucial in maintaining their momentum.

Midway through the programme,

By the end of the programme, Laura felt empowered and supported enough to request help for her other two children as well.

children and their mum. wellbeina.

Additionally, we were able to support the family to challenge financial decisions that would have significantly impacted their

As our work with Somontha

concluded, we transitioned

designed for 3-5 year olds.

support to Oliver and Laura

through our group programme

Finally, we worked with Billy on a

one-to-one basis, completing a

full circle of support for all four

Our involvement concluded with a

left behind.

carefully planned handover to another

organisation, ensuring Laura didn't feel

Parents and children's voices

"My son loved his time during BB4K and wanted the sessions to continue. The atmosphere within the adult's group was relaxed and allowed you to open up and the support from the staff was amazing for example. If you had a difficult session SW would check in." - Parent

"100% - we've done many therapy sessions/ had many social works, family support works etc and none of these have had such a positive and immediate impact on us." - Parent



"I will try and speak more about how I am feeling." - Child

"I would recommend them to other families. I would remind them that specialists in this area are more than aware of the patterns of abuse that the overall system tend to ignore." Parent



"I felt very welcomed and supported. I especially appreciated SW checking in with me over the phone. I wish that I'd done it sooner." - Parent

"Of course! I wish I could come everyday!" - Child "Yes, I have managed to talk to my mum more." - Child



"It is fun here and I feel very happy here." - Child



"Yes, because I love it here. I love this place." - Child





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The Oxford Diocesan Council for Social Work Inc., whose working name is Parents And Children Together, is a company limited by guarantee, registered in England (no.1636098) and a Registered Charity (no.285214), whose registered office is: 7 Southern Court, South Street, Reading, RG1 4QS

