



**Cumbria Alcohol and Drug Advisory Service  
Annual Report**

*2015/2016*

*Supporting Sustainable Recovery across Cumbria*

Cumbria Alcohol and Drug Advisory Service (CADAS) was established in 1979 by a small and passionate group of community members concerned about the lack of support and choice for people with addictions and their families. CADAS has now grown into a well respected, registered county wide charity and independent provider of care with four main bases in Carlisle, Barrow-in-Furness, Kendal and Whitehaven. In addition to our paid staff team we have over 40 dedicated trained volunteers and ambassadors and together, over the last 37 years, we have helped thousands of people.

Cumbria now has a different landscape in terms of services and funding opportunities and we work closely with other services and organisations throughout the county, sometimes co-delivering, sometimes sub contracted, but always in partnership.

## Our Services

### **Adult Recovery Service**

A free, confidential and individually tailored one to one recovery service for anyone over 18 who is using substances problematically. These services are delivered by paid staff and trained volunteers. CADAS also works with families, parents, carers, and individuals whose lives are affected by someone else's alcohol and/or drug use.

### **STARS (Supporting Teenagers at Risk Service)**

Support for young people aged 11-25 based in West Cumbria who are at risk. Focussing primarily on issues around alcohol use we also work with young people to improve their resilience and reduce taking part in risky behaviour around substances.

### **Emotional Resilience Service**

Outreach support service for children and young people to help improve their emotional resilience through one to one and group support.

### **Training and Workshops in Drug & Alcohol Awareness and Health & Wellbeing**

CADAS delivers certificated alcohol and drug awareness courses together with health and wellbeing workshops and courses. Training and education is available to all members of the general public and professionals. In 2011 we won the Queens Award for our training course for volunteers.

### **Acu-Stimulation Therapy (Black box)**

Using a TENS machine gentle pulses are passed through the body's different acupressure points. The relaxation treatment can help with withdrawal symptoms and cravings from alcohol and drugs as well as helping with stress, depression and sleep disturbance.

### **Mindfulness Service**

We deliver Mindfulness courses and workshops countywide. This year, we were funded by Eden CCG, Trinity school in Carlisle and Millom Primary School. The sessions support people to develop resilience aiming to manage their stress and anxiety whilst improving their overall health and well-being. Our Mindfulness programme can be delivered on behalf of other organisations for the benefit of their service users on a commissioned basis.

### **Emotional Freedom Technique (EFT)**

Gentle taps to acu-pressure points on the face and hands are applied in sequence. EFT can help with relaxation, withdrawal symptoms, cravings from alcohol and drug use as well as helping with stress, depression, anxiety and sleep disturbance. This simple yet efficient technique is taught to people so they can use this anytime and anywhere. EFT Level 1 and Level 2 training is also offered to volunteers, community members and professionals.

### **Information**

CADAS offers a free and confidential information service.

CADAS vision is to ensure appropriate non-judgmental and confidential help is easily available and accessible to those people living in Cumbria, who are affected by problematic substance use.

### **Independence**

We believe CADAS strength is built on the passion of individuals and communities who want to make a positive difference to their lives and those around them.

## Mission

CADAS primary objective is to enhance the lives of people in Cumbria through the reduction of harm caused to them by problematic substance use, providing them with an opportunity to work towards recovery and the ability to live in a more satisfying and resourceful way.

### Community

CADAS seeks to help prevent alcohol and other drug use problems through a programme of community awareness initiatives.

### Commitment

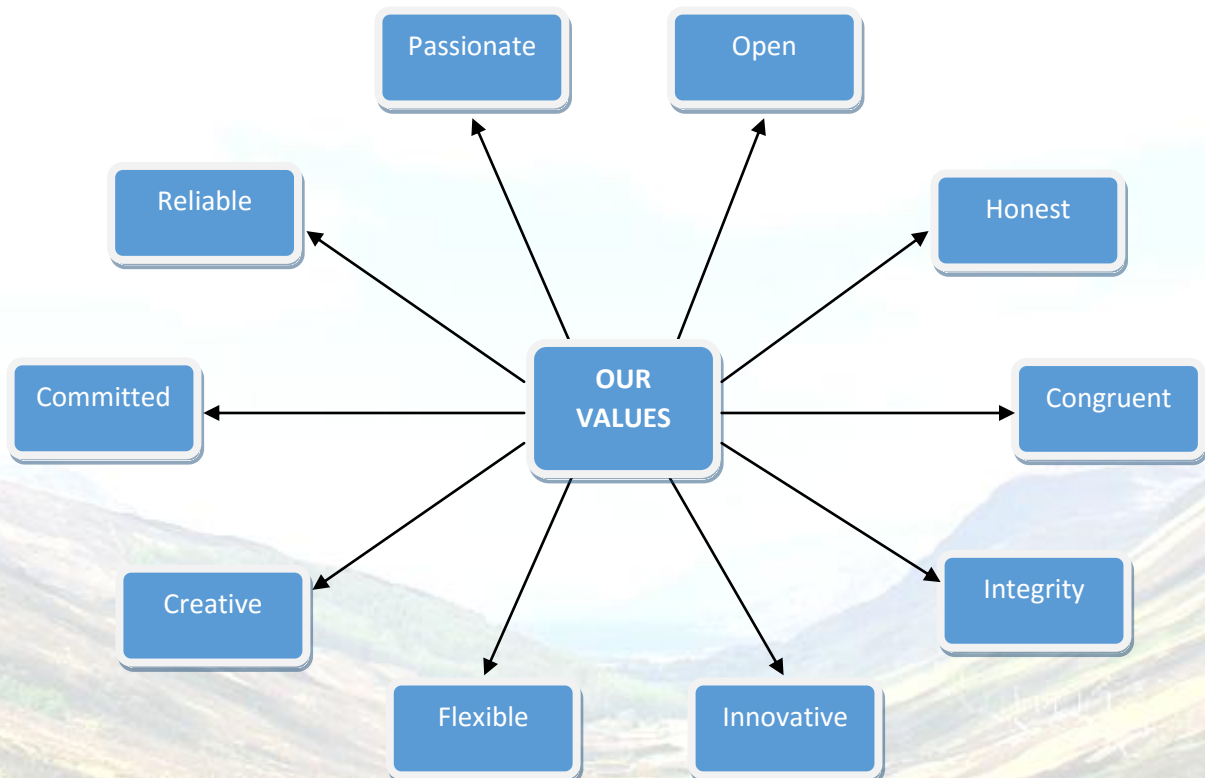
CADAS is committed to offering early interventions and preventative services for the people of Cumbria of all ages.

### Partnership

CADAS works with a wide range of partners from the statutory, voluntary sectors and the wider recovery community to address the multiple needs of people in recovery.

### CADAS is an Independent Provider of Care

CADAS is both a Registered Charity (registration number 1002201) and a Company Limited by Guarantee in England (number 0258199).



## President's report

Not an easy year for CADAS! The cliff-edge funding cycle is not helpful for keeping experienced teams together but thanks to the Big Lottery a level of core services in Barrow is safe for the next 3 years. Other grants also thankfully secure services around the county: on the West Coast, in Kendal and in Carlisle.

I do congratulate everyone involved last year: trustees, staff and volunteers, for sustaining the organisation which continues to provide very valuable lifelines and support to those whose lives are made miserable by substance misuse. It is a sad fact that addiction is increasing in the county with an additional recent spike in demand for help from those still traumatised by the December floods.

For every recovered addict or addict prevented through CADAS' intervention there is less drain on public sector budgets: social services and DWP, the courts and prison service, the police service, the NHS and probably others. It is good to see that many of these agencies are now working together with CADAS achieving some savings and probably better outcomes with fewer clients falling through the net.

In my view CADAS is offering very good value for money! But there are inescapable costs even with a large team of volunteers and staff working well beyond the call of duty. They are very dedicated people but they do need co-ordinating, training, expert supervision and safe premises to work from. Would that funding for these arrived without having to spend hours and days applying for it!

Thanks to all of you at CADAS for all you do....

**Claire Hensman**

**CADAS President**



## Chairperson's report



This year has been as challenging as ever for all the teams at CADAS and for the board of Trustees. Funding uncertainty continued to be an issue as waiting lists grew longer. I took on the role of Chair in the

summer of 2015 sharing this financial year with my predecessor David Foot. In the year covered by this report, we said goodbye to David and to Paul Taylor as Trustees and the Board thanked them for their service to CADAS. We welcomed new Trustees, Philippa Williamson and Martyn Staveley. The Board met on a regular basis and between meetings all urgent decisions were taken by email.

We also said a reluctant goodbye to Nat Wealleans-Turner our Service Manager for South Cumbria and we happily welcomed Hilary Southward to the role. During an extended hand over period, Nat and Hilary worked alongside each other to give Hilary the best chance of success.

The Trustees continued to support the North and South Service managers by taking a "hands on" approach, providing guidance and direction whenever it was necessary. As a Board our priority continued to be the financial stability of the organisation as well as the safeguarding of our clients and our brilliant staff and dedicated volunteers.

While our income grew by a modest 5.85% on the previous year, we continued to seek cost savings, reducing our overheads by just over 8.7%. There is more work to do to reduce costs and improve on income. CADAS secured a substantial continuation grant from the Big Lottery for delivery of recovery services in the south of the county and we formed a partnership with The Well to support that delivery. Our Service Managers continued to secure other grant funding from a wide variety of Trusts and Foundations including a three year commitment in

March 2016 from the Lloyds Bank Foundation to fund our running costs with a £75,000 grant.

In September 2015 we published an ambitious five year strategy, in it we say:

*CADAS has served the people of Cumbria for over 35 years and we will continue to deliver services to all of Cumbria for the foreseeable future. As Cumbria Alcohol and Drug Advisory Service we will continue to focus on prevention, reduction of harm, recovery and development for individuals. Our services will be accessible to everyone from the age of eleven and up. Our ambition is to deliver support to 50% more people than we currently do (up to 3000 individuals annually by 2020). CADAS staff and volunteers will have a meaningful, positive and even transformational impact on the individuals we support.*

CADAS has been without a Chief Executive for over four years. Following on from the publication of our strategy and successful grant applications, the Trustees made the decision to recruit an Interim Chief Executive. Their job will be to structure CADAS to best deliver the strategy, equalise staff pay, staff terms and conditions, to business plan with our teams and secure the funding for a permanent Chief Executive to deliver our recovery ambitions. Just as the financial year drew to a close, we were very pleased to recruit freelancer Heike Horsburgh to the role.

I am incredibly proud to be Chair of CADAS, I am proud of our teams, I am proud of our volunteers and proud for the people who take the incredibly brave step to get the help and support they need for themselves and their families. I am very optimistic about the future for CADAS and I look forward to reporting our great successes next year too. On behalf of the Board of Trustees I want to say a very big thank you to our teams, our volunteers, our partners and our funders for believing in CADAS and for believing in the people we strive to support.

**Mike Clarke**

**Chair of the Board**

## Service Managers' report

Life at CADAS is never boring and this year as seen plenty of exciting developments and challenging times. Over the past year we have seen a total of 877 one to one referrals into our services and 810 group attendances.

Of course, as with any Third Sector organisation, the main challenge we continually face is sustainable funding. Due to the hard work, commitment and passion of our staff and volunteers we have been successful in gaining a number of grants which have secured us for a while. Natalia Wealleans-Turner, our South Service Manager during this year, supported by our team in Barrow, secured a continuation grant from the Big Lottery. At the time of writing this we have also just heard we have gained a grant from Lloyds Bank Foundation to help cover our core costs for 3 years, particularly for the Carlisle Centre. The Lottery funding also means we can, for the first time in 4 years, get a Chief Executive Officer. This will be an interim role for now, but is a starting point to what we need to help CADAS develop and become more sustainable.

These are huge successes and massive recognition for the work that our teams have and will continue to provide in the local communities. We are very grateful to the many grant providers that continue to support our vital services across the county, without which we would not be able to keep providing.

We have spent a lot of time this year looking at our volunteer training programme and how we can open up more opportunities for volunteers to be involved in different aspects of CADAS. We also wanted more opportunities for people who are earlier in their recovery to 'give something back', which we are often asked about. In the past volunteering training and opportunities has been mostly limited to 1-1 therapeutic work, which has also meant our services have been somewhat limited to this too. We now have a broader training programme, more activities for volunteers to be involved with and more services/recovery activities for clients to attend. This is very new for us all and we are working together to learn what works best through this new venture.

CADAS work with people is predominantly about supporting people through changes they want to

make. Making a change, even when we know it is going to be better for us, can bring up feelings of fear and thoughts/beliefs which restrict us. It is therefore really important as an organisation that we model to people how we manage times of change effectively. By this we mean allowing ourselves to acknowledge and feel and the fear and sadness which often comes with change, allowing us to move forward, accept the situation and then use all our resources to make choices that work for us as an organisation.

We have had a significant change of staff in the Barrow area, particularly having to say goodbye to Nat as South Service Manager. And, as with all changes there are new exciting possibilities ahead, including making new relationships, which we have done by welcoming the lovely Hilary Southward into this role, who is doing an amazing job.

In the North later this year we will unfortunately be saying a sad good bye to Emma Hughes, our Service User Coordinator due to funding ending for this post. Emma has been a significant member of staff for nearly four years and pivotal in the support to volunteers. She will be greatly missed and we wish her well on her next adventure. It will be a struggle for us to fill the gap in Carlisle and yet we know the remaining staff team and volunteers will pull together.

Again due to funding and us evaluating what best to spend money on and still maintaining quality services, we made the difficult decisions to relocate our offices in West Cumbria and Kendal. We are now based with Manna House in Kendal and Lowther Medical Practice in Whitehaven. We are also seeing service users in safe places in their local community, thanks to Children's Centres and other places.

The CADAS crew and ship will continue to navigate these choppy waters, knowing that there will be periods of upheaval and challenge, where we may need to make difficult decisions and hopefully some periods of calm too! Whatever the weather we'll stick together and manage it in the best way we can for our staff, volunteers and clients.

**Helen Davies, & Hilary Southward**

**North & South Service Managers**



***You can't stop the waves but you can learn to surf"***

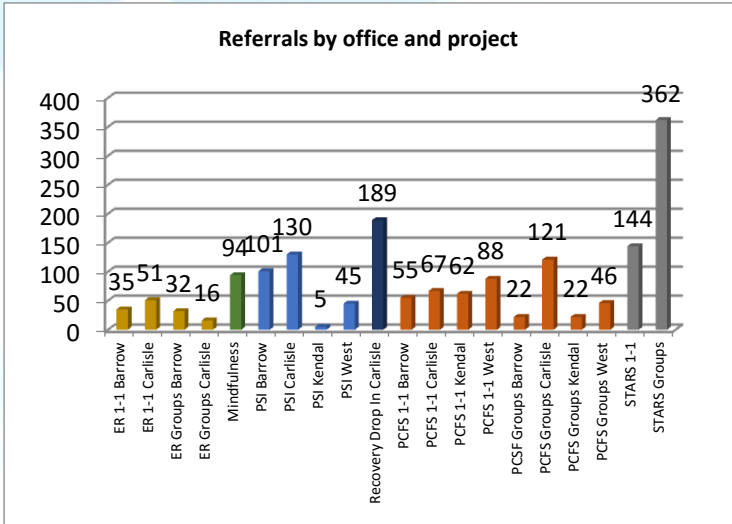
*Jon Kabat-Zinn*

# Recovery through support

## Adults

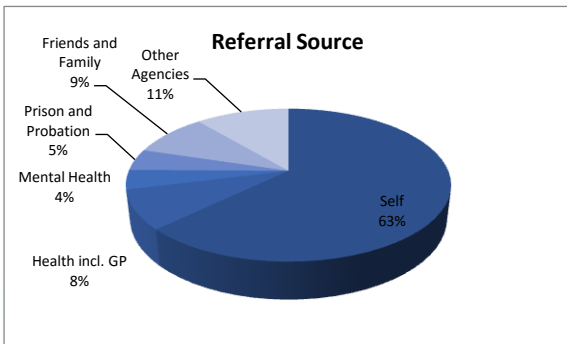
### Adult Recovery Service

Adults referred into service countywide: 281  
 Adult supported through drop-in sessions: 189



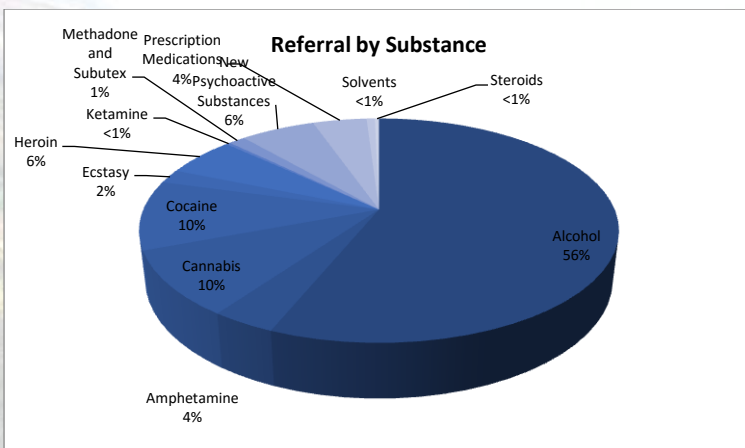
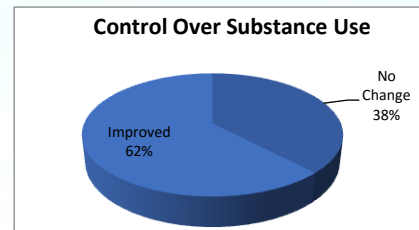
CADAS offers a range of support including one to one, group sessions and workshops delivered by trained volunteers or staff to enable people in recovery to improve their health and social outcomes. Attention is particularly paid to supporting people to improve their physical and mental health, general wellbeing, and lifestyle and to begin the transition into employment and or further education.

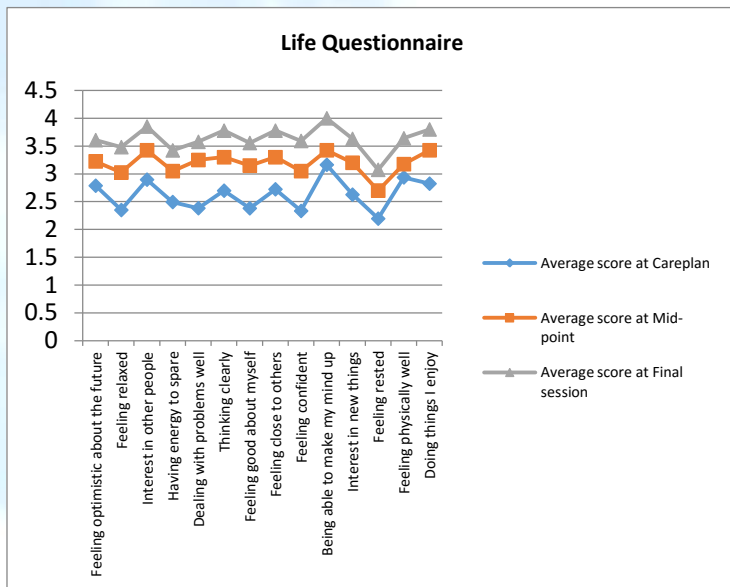
Our support aims to not only address the problematic substance use but to also identify people and their families' strengths and assets to help improve their overall outcomes whilst fostering a stronger sense of belonging within their local communities.



### Impact of Support:

The impact of our recovery support is clear to see. This year we have supported people to make important changes across a number of areas including increased control over their substance use to improved health and social outcomes.





We have implemented new evaluation and monitoring tools including the Life Questionnaire based on the Warwick Edinburgh Mental Wellbeing Scale to better capture the impact of our support across all services. Already the data is yielding positive confirmation of our successes with over 60% of people reporting improved control over their substance use (alcohol and/or other drugs), which is an improvement on last year. Service users have also reported they find this tool very useful to help them reflect on their own recovery journey. We are continuously developing and reviewing our support and monitoring tools to ensure that the recovery support we offer remains responsive to the needs of our client group and enables change to support and maintain recovery for individuals, families and our communities.

“When I first came to CADAS I was pretty lost and didn’t know where to turn as I had tried another service and found it wasn’t for me at all. I had little confidence in myself and felt pretty low. It was a vicious cycle, the more I felt like that the more I drank or took painkillers.

Thanks to the sessions I have had through CADAS I feel a lot more confident and feel I have a brighter future.”

Client, Jan 2016.

**Parent, Carer and Family Support Service**

**Referral enquiries: 267**

**Families supported: 181**

**Requests for information: 200**

**39 workshops delivered, 3 Mindfulness courses and 2 Tai chi courses**

Our family support service provides a lifeline to those who are affected by someone else’s substance use. Carers and families are often ignored because of the attention given to the person with the problem. Families attempt to keep relationships going and continue to offer support in the most difficult and sometimes distressing circumstances.

Support is offered via confidential one to one sessions, support groups, workshops, Acu-stimulation, mindfulness and Tai Chi courses. Our service is tailored to each individual allowing them to access support most appropriate to their needs. Carers and family members can access support even if the person they are supporting is not accessing any services. Often this is the first time that the family member has been offered a safe place to talk and some time for themselves.

**One client stated:**

“CADAS has twice offered a service which has supported me through desperate times trying to cope with a sister and husband who both have alcohol addictions.

The CADAS worker has provided incredibly effective techniques that always offer a choice of therapy I’m comfortable with and which also teach me coping strategies and skills. My sessions have always been carried out in a non judgmental, sensitive and empowering way and I am incredibly grateful to have been able to access this professional help when I needed it.”



### Family Support Case study

One of our clients came to us as she cares for her adult son who drinks problematically and has related health-care needs. She came to the sessions initially feeling very stressed and her expression was 'I'm stuck in a dark tunnel with no way out'. She felt overwhelmed with the situation and didn't know where to turn.

We signposted the client to other relevant organisations and began to work with her to break the problem down into smaller chunks and be less overwhelming. We referred her to Eden Carers to increase the practical support she was able to receive. She was also encouraged to inform her GP of the situation to get medical support for herself and her son. She told me that her son can be verbally abusive at times and so we contacted Let Go on her behalf.

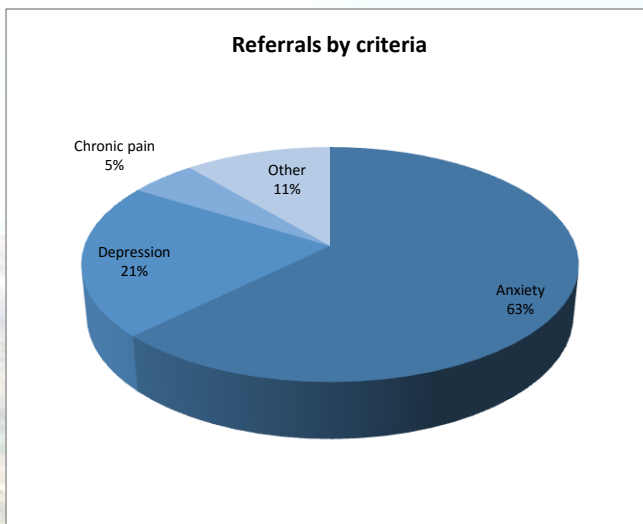
We then started to address the clients stress levels and decided together that the 8 week MBCT Mindfulness programme would be useful for her. She has thoroughly enjoyed these sessions and has continued to practice meditation at home to support herself in moments of stress. Due to our flexible working practices we were able to see the client in Penrith at the Children's Centre. This is close to her home and much easier for her to access than CADAS in Carlisle.

The client now looks like a different person. Her stress levels are drastically reduced and she has accessed the relevant services for herself and her son. Eden Carers have been especially helpful also helping to arrange practical support for herself and her son like arranging GP appointments for him. The client has had real problems with this in the past due to a dislike of GP's. However this problem has been resolved due to the support given by Eden Carers. The client loves the Mindfulness sessions and has been using it as a practical tool in her life to manage stress, relieve pain and enhance overall wellbeing.

### Eden Mindfulness Service

**Referrals from GPs: 94**

**People accessing support: 58**



Eden Clinical Commissioning Group contracted CADAS to deliver a Mindfulness Based Cognitive Therapy (MBCT) course for patients in Eden. This is an eight-week, group based program that incorporates mindfulness meditation exercises such as increased awareness of body sensations, gentle yoga and focussing on the breath. Each session is 2 hours in length and participants are asked each week to carry out home practice including a period of sitting meditation and other activities such as eating, walking or doing household chores, with full attention to what they are doing, moment by moment.

Outcomes for clients in this service are excellent with 94 referrals into the service in the last year and an overall decrease in reported perceived stress of 42%, a decrease in anxiety of 46% and a decrease in depression of 50%.

We asked participants to tell us - 'what have you found useful/not useful?'

'Very useful - thoughts and feelings don't define me, they are just thoughts and feelings. Practicing concentrating on the present moment. I can better identify when I need to take time out to look after my mind'

'Learning to accept the things I can't change and not to be so judgemental of myself'

'Learning the skills/practices to look after myself'

'Most useful is being able to live with my terminal condition (Motor Neurone Disease)'

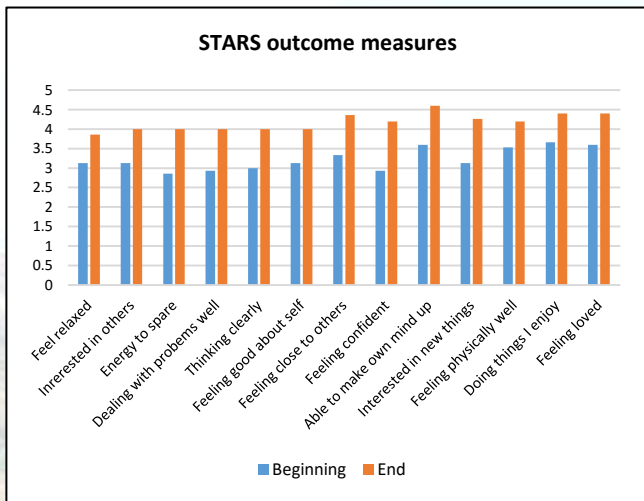
**Young People**

**STARS Service**

Young people accessing the service: 506

Young people supported 1-1: 144

The Supporting Teenagers at Risk Service (STARS) delivered in West Cumbria supported young people aged 11-19 through one to one and group support and educational workshops last year. The project aims to reduce the harm caused by their substance use, increase their emotional well being, coping strategies and improve their social outcomes. The outcomes for this project are impressive with 67% of young people who accessed the service improving their behaviour related to their substance use and 60% improving their emotional health, thoughts about themselves and others.



**Outcomes reported for young people supported through STARS**

67% improved their behaviour related to substance use

47% improved their family relationships

40% improved their attitude to education

60% improved their social life/friends

60% improved their emotional health

40% improved their physical health

60% improved their thoughts about themselves and others

40% improved their knowledge of substances

33% improved thoughts about their future



“The STARS service has proven vital to some of our students, providing professional & knowledgeable information which has been useful for staff to guide our vulnerable youngster’s.”

Workington Academy - Student Provision Staff Member

“Drugs have been a big part of my life. Dad died of a heroin overdose when I was 7 and although mum is still alive her drug use became more important than our relationship. I now have a better understanding of addiction and my own feelings; it’s okay to be angry, it’s okay to be sad.

I now go to all my lessons, can focus on the subjects and do the work. I feel happier in myself. I talk more with my family and have started to go out again with my friends.

The relationship I had with my mam is broken, this has been my choice & for now I am focusing on me, maybe in the future we can build a new relationship.”

13 year old girl, Allerdale

## HeadStart Emotional Resilience Service

Young people aged 10 to 16 accessing the service: 156

Young people given 1 to 1 support: 106

This was a partnership between Cumbria County Council, public health, statutory and third sector organisations across Cumbria. Delivered in 26 Schools in Barrow and Carlisle, we offered young people a combination of structured group work over four sessions and 1-1 support over ten sessions. Within these sessions they learned about, and practiced techniques to develop, their emotional resilience.

Initially 52 young people attended consultation focus groups at the beginning of the project helping us to develop a needs led project plan. Young people were involved in the project from the start and results showed that all young people attending group workshops demonstrated at least 20% improvement in their understanding and awareness of emotional resilience.

“I know what to do know if my brother is winding me up, instead of doing something back I can use the grounding (mindfulness exercise) and then talk to my mum or dad.”

“The explanations I was given and the comfortable environment gave me confidence in talking about more private subjects”

“I’m managing how to stop falling out with my friends. I’m a lot happier now.”

“The breathing exercises were helpful as they have stopped me from attacking people on multiple occasions”

“It’s helped me stay calm, tapping has helped me so much at times”

“I can go out more now, talking helped me build up more confidence”

“I use tapping now when I get stressed. It calms me down and it works! I get in trouble less now”

Headstart participants



## Recovery through Volunteering and Training

We continue to develop a range of volunteer training programmes supporting people in all stages of recovery to access high quality training, building on their existing skills and assets and allowing them to support others on their recovery journey. Over the past two years we have updated our volunteer training to expand the ways in which people can be involved in the organisation creating four new volunteering roles: Recovery Support, Centre support, Community training and events and Fundraising. We have trained four new cohorts of foundation volunteers who initially supported our work in the centres and are currently working towards becoming recovery volunteers by completing the next level of training.

Our trained volunteers come from all areas of our local communities and many have lived experience of problematic substance use. They range in age from 18-70 years old and also represent all aspects of economic diversity ranging from full time employment to retirement.

Volunteers work at all levels of the organisation from frontline support with clients to supporting our drop in sessions and training or by becoming a trustee. Volunteers speak very highly of their experience within CADAS and often comment on our 'family' based approach. Our ongoing support of volunteers means that some people stay with the organisation for many years.

Volunteers are still active in fundraising for the organisation with 'pop up shops', quiz nights and coffee mornings raising over £4000 towards the running costs of our countywide service.

Our training services are integral to what we do. We are constantly developing our offer and updating our resources to provide culturally current and factually correct support for staff, individuals, families and other agencies.

Over the past year we have delivered the following training courses:

- **Foundation volunteer training**
- **Drug and alcohol awareness**
- **Mindfulness for teachers**
- **Mindfulness in schools (Primary and Secondary)**
- **Emotional freedom Technique (Tapping)**
- **Working with young people around substance use**
- **Communication skills**
- **Recovery Ambassador training**
- **Safeguarding**
- **Domestic violence awareness**
- **Alcohol Brief Intervention Training**



"The training was excellent. It was delivered well with good use of resources. This will help me do my job better"

"Fun, interesting training. I learnt a

"Great trainer and really useful day. The trainer's passion for the organisation shone through"

"I've had a chance to learn about myself in ways I never have before"

# Accounts

## Cumbria Alcohol and Drug Advisory Service

### Statement of Financial Activities (including Income and Expenditure Account) for the Year Ended 31 March 2016

		Unrestricted Funds	Restricted Funds	Total Funds 2016	Total Funds 2015
Note	£	£	£	£	
<b>Income and endowments from:</b>					
Donations and legacies	2	134,507	242,573	377,080	362,131
Other trading activities	3	2,884	7,945	10,829	27,745
Investments	4	2,159	-	2,159	2,357
Charitable activities	5	25,973	-	25,973	1,000
Other	6	320	-	320	-
		165,843	250,518	416,361	393,233
<b>Expenditure on:</b>					
Raising funds		-	307	307	173
Charitable activities		169,384	194,814	364,198	396,370
		169,384	195,121	364,505	396,543
Net income/(expenditure)		(3,541)	55,397	51,856	(3,310)
<b>Transfers</b>					
Gross transfers between funds		11,039	(11,039)	-	-
Net movements in funds		7,498	44,358	51,856	(3,310)
<b>Reconciliation of funds</b>					
Total funds brought forward		113,062	70,986	184,048	187,358
Total funds carried forward		120,560	115,344	235,904	184,048

## Staff and Volunteers

*Our biggest thanks goes to our incredible staff and volunteer team. Your hard work, compassion and commitment give our organisation its heart. Cumbria is a safer and healthier place to live because of you and our organisation is richer because of the part you play within it.*

*Thank you so much for all that you do.*

### Staff

Heike Horsburgh, Interim CEO (from March 2016)  
Helen Davies, North Service Manager  
Natalia Wealleans-Turner, South Service Manager (until Dec 2015)  
Hilary Southward, South Service Manager (from Dec 2015)  
Emma Hughes, Service User Coordinator  
Nanette Pyatt, Volunteer and Community Development Co-ordinator (until Nov 2015)  
Sam Kemp, Volunteer and Community Development Co-ordinator (from Nov 2015)  
Gaina Beck, Outreach Worker  
Carrie Bertram, Office Co-ordinator  
Jen Marrs, CYSS Youth Worker  
Pippa Sheather, STARS Co-ordinator  
Phil Sharp, PCFS Worker,  
Clare Rogan, PCFS Worker  
Julie Oram, PCFS Worker  
Jackie Wren, PCFS and STARS Worker  
Collette Simmonds, PCFS Worker  
Kerry Crossman, Emotional Resilience Worker Outreach Worker  
Megan Robson, Emotional Resilience Worker Outreach Worker

### Volunteers

Alison	Eddie	Martin
Jen	Elishah-Rose	Michael
Natalia	Emma	Myrtle
Ailsa	Gaina	Nicola
Amy	Hazel	Paul
Andrea	Jacqui	Peter
Anthony	Jenni	Phillip
Asham	Jenny	Pippa
Audrey	Joanne	Richard
Bea	John	Sam
Bernard	Jolene	Sheila
Bernard	Joseph	Simon
Bryan	Kerry	Stephen
Caron	Kieran	Steven
Carrie	Laura	Susie
Chris	Louise	Teresa
Danielle	Louise	Terry
David	Madeleine	

### Freelance Workers

Anne Connolly - Supervisor and Trainer  
Donna Walker - Finance Officer  
Helen Garnett - Supervisor and Trainer

Helen Lawrie - Mindfulness Coordinator  
Steve Woodburn - IT support

### Board Members

C Jones, Director  
D Foot, Director  
S L Stubbs, Director  
M Clarke, Chairperson  
S Galvani, Director

C E Robertshaw, Treasurer (Appointed 14 April 2015)  
H L Nasmyth, Director (Appointed 14 April 2015)  
P A Taylor, Director (Appointed 14 April 2015)  
(Resigned 4 December 2015)

## Funders, supporters and partners

*Our warmest thanks goes to our funders, supporters and partners without your ongoing support we would not be able to reach the people we do. Thank you.*



Thanks also goes to:

All the Headstart schools  
GPs countywide  
Mental health services

LSCB  
Cumbria safeguarding hub  
The Police

All the generous individuals who donate money to our organisation. Thank you for supporting us to do this work.