



Annual Review 2023
Helping put the pieces back together



CEO's Report

2023 brought various challenges for our communities. The cost-of-living crisis impacted families heavily, exacerbating the mental health crisis for children and young people which we witnessed first-hand. In response, we were extremely proud to maintain all of our core services, as well as expanding our support so we were readily available for those who needed us; such as at the Wilson Wellbeing Centre which offers a diverse range of free activities.

We became the eleventh organisation to receive the London Youth Quality Mark Gold Accreditation, a huge achievement and testament to the dedicated support our team provide individuals facing social and emotional challenges.

We reached a record number of beneficiaries between 2022 and 2023, each receiving the high-level of support and care associated with Jigsaw4u.

Thank you to the hundreds of supporters who have helped us provide our crucial services, and of course the brave and wonderful children, young people and families who access Jigsaw4u and continue to inspire us every day.



Stephen Loizou

Chief Executive Officer

Stephen Loizou

Child Testimonials

“Jigsaw4u has helped me to really like myself which has made life easier.”

“When I was suffering at school and being bullied because of my situation, Jigsaw4u was there to support me.”

“I was never going to smile again. Well at least that is what I thought until one day my mum took me to Jigsaw4u.”

“I like Jigsaw4u because I love making friends and talking about my feelings.”



Parent Testimonials

“The service is in my opinion vital to young people in this day and age.”

“I have noticed a real difference in his ability to cope in school since Jigsaw4u’s help. Knowing that he has support puts my mind at rest.”

“Thank you so much for the time you took to talk to me and listen to my worries. You have made such a difference to how I now view the future.”

“My children are now happy, which is down to Jigsaw4u.”



Year in Numbers





Services

For Children and Young People



Advocacy

Hearing and sharing the voices of young people.



Child Exploitation

Expert care and advice around Child Exploitation.



EBSAnd Flows

Help with Emotional Based School Avoidance.



Home School Links

Bespoke school-based service for students.



Independent Visiting

Volunteers befriending young people in care.



Missing Young People

Helping young people who have gone missing from home.



Piece of Mind

Support for 11-24-year-olds with depression and anxiety.



Pre and Post Bereavement

Early, Pre and Post bereavement support for children and families.



Suicide Support

For children and families impacted by suicide.



Therapeutic Life Story Work

Intervention for understanding personal history and trauma.

Child Testimonials

“You are the only one who listens.”

“My Jigsaw4u support worker helped me overcome my fears and feel safer at home and school.”

“I did not think it would help but it did ... I feel clear in my thinking now and more confident of what I want and need to do in my life.”

“No one has really listened to me except for you, even when I said I wasn't safe ... I honestly think I would be dead now if it wasn't for Jigsaw4u.”



Professional Testimonials

“Great support to pupils and all the school staff after one of our pupils died.”

“Young people have reported trusting the Jigsaw4u workers, building up relationships over time. The workers have pushed for stronger responses to address the needs of children who are going missing and make sure their voice is heard – they have been an integral part of the work to seek to reduce the need for children to go missing.”



For Families



Adoption Play Therapy

Healing children through play-based family therapy.



Parent Child Game

Improving co-operation between children and parents.



Helping Hands

Helping adults and families impacted by domestic abuse.



Prisoners' Families

Holistic support for young people with imprisoned family members.



Who's In Charge?

Helping parents with experience of child-to-parent abuse.

For Communities



Activities4u

Free activities for our communities to enjoy.



Beats & Pieces

Fun community events and activities for all.



Wilson Wellbeing

Championing wellbeing services for East Merton.



Commission a Service

Training & Consultancy



Commission our services or receive training for expert help in improving lives.

View all of our services on our website:

<https://jigsaw4u.org.uk/what-we-do/our-services/>



Adult Testimonials

“Thank you so much for matching me with my volunteer. She has become a part of our life. When I felt lonely, she made my week. I looked forward to our meetings.”

“You have made such a difference to how I now view the future.”

“I honestly don't know where I would be today without Jigsaw4u and the huge amount of support you all continue to give today. You're very much loved by us.”



Patron & Ambassadors

Jigsaw4u were excited to welcome BBC Strictly Come Dancing Champion and West End star Jo Clifton to the team this year. Jo joined as our Ambassador for Positivity and Play.

“We're all like jigsaws - all of us being made up of thousands of pieces and sometimes we need a little help in putting ourselves back together. That's why I'm thrilled to be an Ambassador for Jigsaw4u.”



“It's a great honour and a privilege for somebody like myself to support those that need a little bit of support and guidance.”





Emma Norry, Author

Ambassador for Children and Young People in or Leaving the care system



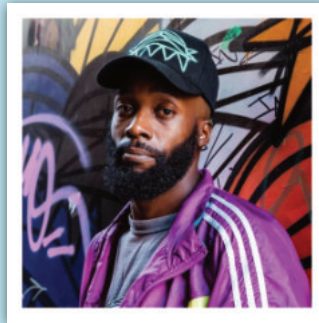
**Richard Whitehead MBE,
Paralympic Athlete**

Disability Ambassador



Nathaniel Wood, MMA Athlete

Ambassador for Mental Health



Nathan Bowen, Artist

Community Art Ambassador

Volunteer Testimonials

“The high standard of training allows volunteers to place themselves in a service-user’s shoes.”

“I’ve learnt that sometimes all my service-user needed was to be listened to and to feel supported.”

“I enjoy working with the young people because it gives them the chance to be themselves.”

“Every now and again, (and this is the best bonus) it is obvious that the child really values being both heard and listened to.”

Learn more about our Patron & Ambassadors: <https://jigsaw4u.org.uk/who-we-are/patron-and-ambassadors/>





Trustees

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We said thank you and farewell to Treasurer, James Kirkland, in September 2023, who moved on after completing the maximum possible tenure of nine years as a Trustee. James made an enormous contribution in this time, particularly during the Covid-19 pandemic when high-level financial planning was so important. Jigsaw4u welcomed Jeremy Beckwith as our new Treasurer.

Our Chair Mary Pragnell, who has been with us for over eight years, will also soon complete her tenure so Jigsaw4u will welcome her replacement in 2024. In her time, Mary has guided and supported significant modernisation within our charity and will be greatly missed. Mary is currently recruiting a new Chair to continue this progress.

“Jigsaw4u’s services are more in demand than ever. It is a great privilege to be part of supporting our children, young people and families to reach their amazing potential.”

Mary Pragnell **Chair**



“Jigsaw4u operates in my home boroughs, and seeks to improve the lives of young people in distress - the opportunity to be part of Jigsaw4u was too compelling to turn down.”

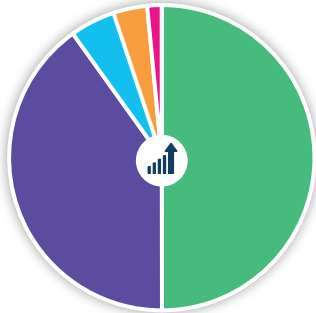
Jeremy Beckwith **Treasurer**

Learn more about our Board of Trustees: <https://jigsaw4u.org.uk/who-we-are/trustees/>



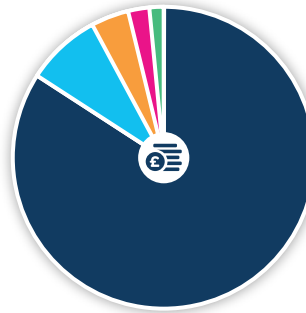
Income & Expenditure £

As a medium-sized charity that works across South West London, over 85% of our income goes directly towards our service-delivery. You can see the full breakdown below.



Income

-  Companies & Trusts
-  Local Authorities
-  Donations & Gift Aid
-  Fundraising
-  Other



Expenditure

-  Direct Service Delivery
-  Fundraising
-  Rent
-  Other Support costs
-  Audit & Accounting

What can one-off and monthly donations achieve for Jigsaw4u?

One-off Donations

£25

Pays for a meal, transport and safety plan for a missing young person.

£50

Pays for a one-to-one therapy session for a child or young person.



Monthly Donations

£10

Would cover an educational trip for a group of disadvantaged children.

£25

Would cover sports coaching for SEND young people.





Thank You!

Thank you to all of our volunteers, donors, fundraisers, partners, schools, business supporters and staff. Jigsaw4u could not help put the pieces back together without your support for our crucial services.



Learn more about our Partners and Supporters: <https://jigsaw4u.org.uk/who-we-are/>





Donate

Making a one-off donation or a series of regular donations is a great way to help us with deliver services.



Fundraising

One of the crucial ways to support Jigsaw4u is through Fundraising for us either as an individual or as a group.



Volunteering

Our Volunteers make an invaluable contribution by participating in service delivery, and by supporting us in other ways.



Corporate Partnerships

We highly value partnerships with our business supporters who have helped make huge contributions to our work.



Partnering with Schools

We love partnering with schools in our community, as some of their students have received support from us in the past.



Work with Us

Join an established charity with over 26 years' experience delivering specialist mental health services to address the needs of our community.





Helping children, young people and families put the pieces back together.

www.jigsaw4u.org.uk

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/Jigsaw4u



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Q.Jigsaw4u



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SWLondon



Charity Number: 1109167