



Jigsaw4U

helping young people to put
the pieces back together

Jigsaw4U – Annual Review 2015

**“18 years of helping children and young people
put the pieces back together”**



**Our emphasis is on listening to children and young
people. Giving them a voice in their future is at the heart
of what we do.**

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Who we are:

Jigsaw4u is a well-established community based charity in South West London, working with children and young people affected by complex social emotional and bereavement issues, such as:

- **Domestic Abuse**
- **Pre and post bereavement**
- **Family breakdown**
- **Sexual exploitation**
- **Going missing from home**
- **Emotional and behavioural problems**

We help get children and young people 'back on track' and make a significant contribution to the emotional well-being and mental health of children, young people and their families. We work in schools, in the community, family homes, at our Centre – or in neutral places like cafes if that is where the young person wants to meet.

"I learnt how to explain how I'm feeling... I liked using art to express myself ..."

"I had anger and despair but then a new hope."

"Jigsaw has helped me with my grief and has let me have the time to speak"

"Everyone has feelings... I had someone to share them with."





Our Impact on the Lives of Young People:

Every year Jigsaw4u works with 3500 individuals – that's nearly 60,000 children, young people and their parents/ carers since we started in 1997.

The voice of a young person who had previously gone missing from home

" Hey, remember me? I wanted to thank you for everything you did for me. No matter how many times I clammed up you were always patient, yet determined to get to the root of what was going on at my mums. I was able to finally be safe, after 13 years, and a lot of that was down to you, so thank you. You helped me escape, mainly through books, partly through talking. I feel you went the extra mile with me, and I really appreciate everything you did. You've helped me more than you will ever know. You've inspired me to want more for myself"

What we do REALLY works

- 100% of parents with children using the domestic abuse project reported an improvement in their child's emotional well-being.
- Jigsaw4u prevented or reduced missing episodes by 84% for the young people we worked with.



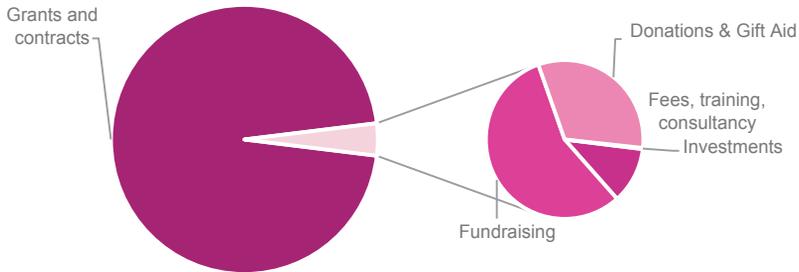
Zabrina's story *(All names have been changed)*

- Zabrina (10) was referred to the Home School Links service because of extreme anxiety symptoms, including banging her head. She was academically successful, but withdrawn in the playground and would not make eye contact. She lived with her mum and younger brother, with additional needs. Her dad lived nearby.
- The Jigsaw4u worker, met with Zabrina weekly at school, gradually gaining her trust through consistency, boundaries and a compassionate approach and using drama and art therapy.
- Zabrina's mum had mental health issues and felt her medication was not working. Our worker contacted her GP and the Community Mental Health Team to organise a reassessment and therapy.
- Safeguarding became an issue when the worker received information that Zabrina's father had served a prison sentence for unspecified sexual crimes involving children. Zabrina spent time alone with her father, so we called a professionals' meeting with the school, social services and school nurse. Information was received that meant the risk could be de-escalated.
- Following Jigsaw4u's involvement, Zabrina said she was considerably less anxious. She also learned healthy coping mechanisms and ways to deal with her worries early on. Her mum was very grateful for Jigsaw4u's support, and felt better with the new medication and therapy. She felt more in control and able to organise specialist education for her son.

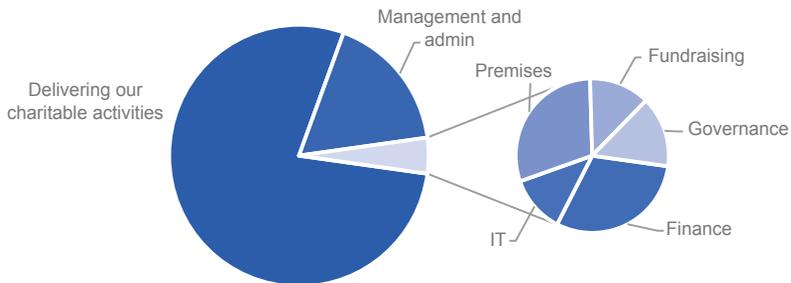




Where does our money come from?



How do we spend it?



How you can help us

- Become a **'Friend of Jigsaw4u'** and help us with fundraising
- **Donate** directly at www.jigsaw4u.org.uk Click donate
- **Volunteer** to work with children; help with admin; family outings
- **Local Business** – adopt us as your local Community Charity
- **Big Business** – adopt us as your Charity of the Year and help us raise funds for a new service for children and young people affected by suicide in the family.
- **Schools** - adopt us as your Charity of the Year
- **Local Authorities** - commission a service from us

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