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**VISYON IS A MENTAL HEALTH CHARITY THAT SUPPORTS CHILDREN AND YOUNG PEOPLE ACROSS CHESHIRE EAST AND STAFFORDSHIRE MOORLANDS.**

Welcome to our 2019/20 Annual Review! It's been an amazing year and we're so happy to be sharing it with you through this booklet!



## A MESSAGE FROM THE CEO

I think we can all agree that 2019/20 finished in a way that none of us would have predicted. I could dwell on all the challenges that Visyon and the charitable sector have faced as a result of the pandemic, and will continue to face over the coming months. But I would prefer to publicly acknowledge the incredible transition that the Visyon team have made from being a predominantly face to face service, to a fully functioning Virtual Support Model literally overnight. Like many organisations, the changes forced upon us have brought out the best in our people; they have shown creativity, innovation and resilience, and tapped into previously underutilized resources to ensure we continue to reach the most vulnerable children and young people in our community.

The challenge for me now, as the leader of this amazing Charity, is to capture this creativity and fresh thinking, and ensure it becomes fully embedded in how we work, how we collaborate, and how we support children and young people. In particular, and despite the enormous challenges the world presents right now, we have a tremendous springboard from which to leap forward with our strategic priorities of increasing our impact, developing a louder voice, and becoming more sustainable.

**THERESA PASS, CEO**



# THErapy STATISTICS

After another incredible year of supporting local children and young people across Cheshire East and Staffordshire Moorlands we can reflect on exactly how many people we supported through one-to-one counselling and how they felt about the service.

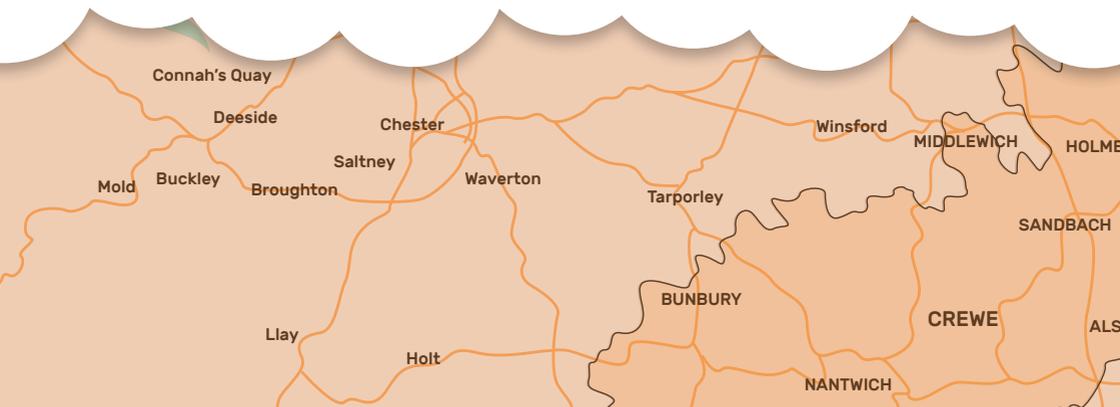
OVER THE PAST YEAR WE HAVE SEEN

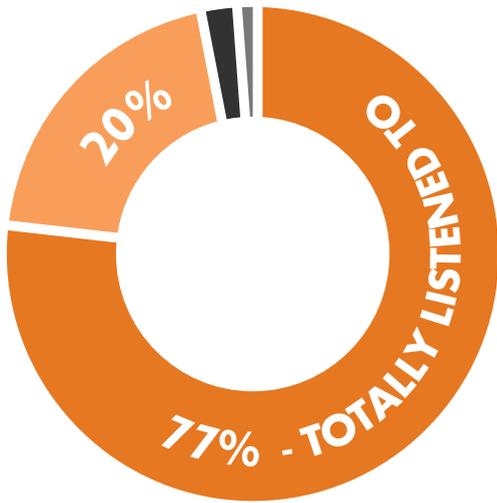
# 604

CLIENTS FOR ONE-TO-ONE COUNSELLING



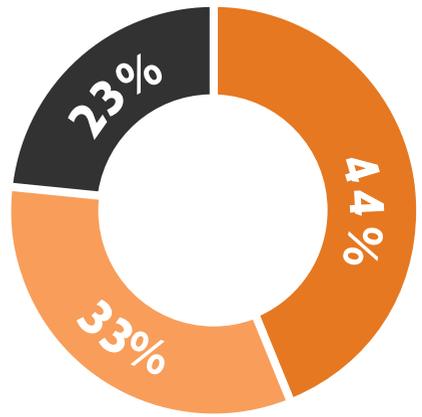
WHERE WE SAW OUR CLIENTS





## HOW MUCH CLIENTS FELT LISTENED TO

- Totally listened to
- Quite a bit listened to
- Space left blank
- I felt somewhat listened to



## OVERALL IMPROVEMENT OF OUTCOME SCORES FROM FIRST SESSION TO LAST

Therefore 77% demonstrated a significant improvement

- Improvement of 5 or more
- Improvement of 3 - 4
- Improvement of less than 3



# WELLBEING GROUPS

Wellbeing groups at Visyon offer an alternative or complementary way to engage young people and to encourage our clients to become empowered and resilient. We surveyed young people to shape our wellbeing group provision to their needs and interests.

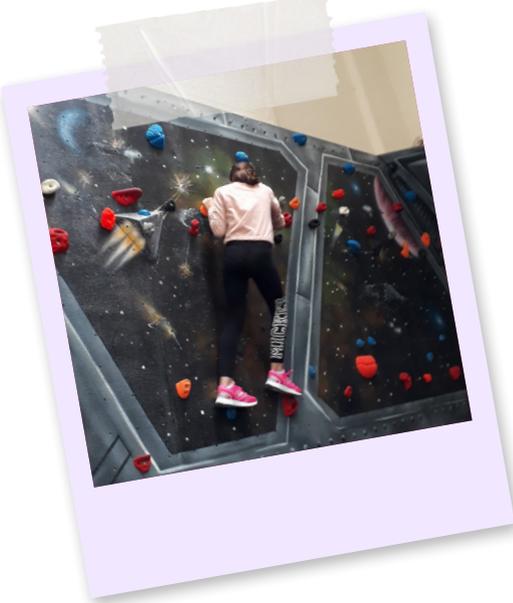
For some of the groups, there is no time limit on how long the young people can attend, so this can encourage friendships, long-term support and connection. Clients gain confidence before leaving Visyon or gain the opportunity to support Visyon and the community.

We have adapted our groups during lockdown so that young people are still able to access these through Zoom, with the benefit of allowing geographical groups to mix. These have offered a positive connection for these young people, who may otherwise have felt isolated.

Over the summer, the Wellbeing Team planned group sessions based around the Five Ways to Wellbeing: connect, take notice, be active, learn and give. We wanted to give a range of options to support and engage existing and new clients. The sessions included activities such as mindful photography; giving positivity through creative projects; new skills such as baking and upcycling in our keep learning workshop; connecting with others through an online escape room, and enjoying an active day out with walking at Astbury Mere as well as other activities along these themes. Technology workshops were also offered with Makocreate so young people could learn digital music making, coding and animation.

Some of our current groups include Practical Strategies (for dealing with anxiety, anger, school stress and self-care), Create and Connect (a group for young people to learn new creative skills and meet other young people), Managing Emotions (art therapy for a range of ages), 15+ Walking Group, Our Visyon (a peer led group to shape mental health policy and provision across Congleton constituency) and parent peer groups and webinars.

## KATIE'S STORY



Katie is a loving young person. She developed an eating disorder when she was younger and had the strength to come to Visyon and ask for help. Whenever Katie did any tasks she always thought about it. It was constantly on her mind. She did not want to eat, she continuously felt uncomfortable eating in front of her friends

and family, which limited her enjoyment. Visyon helped Katie greatly and through lots of therapy and counselling, her complete mindset regarding food changed. Katie was invited to a BBQ with friends and family and felt anxious about attending, as she didn't know how to behave around the food, and didn't want to look like she wasn't eating. Visyon helped discuss every part of the food aspect of the BBQ with Katie before she attended it. In her next meeting with Visyon, she was able to say that the amount of food, or eating did not once cross her mind and she was able to fully enjoy the evening thanks to Visyon.

# FUNDRAISING

Every year we have a huge selection of amazing fundraisers that are responsible for helping Visyon continue to support local children and young people with their mental health and wellbeing.

This year we've really seen it all! From runs, to climbs to dress up days and even sponsored silences. We've had support from local businesses, larger foundations and from our amazing community of supporters.

**TO EVERY SINGLE PERSON WHO HAS FUNDRAISED FOR US OVER THE PAST YEAR WE WOULD LIKE TO SAY THANK YOU!**



# £2785

## JWC HEALTH AND FITNESS

JWC have done some amazing fundraisers for us during 2020 and are planning even more so expect this number to keep going up! One of their challenges was even called Mission Impossible, thank you JWC.



# £677

## KATIE GORDON

After Katie's tyre flipping last year she was looking for another challenge. A 100k hiking challenge was what she decided to take on and she smashed it! Thank you Katie!



# £756.79

## TSB CONGLETON

TSB climbed Snowdon and raised money with a hamper over Christmas. It's not the first year that TSB have supported us and every year they have absolutely amazing, thank you!



# WELLBEING STATISTICS

Our incredible wellbeing team have worked tirelessly throughout 2019/20 to allow local children and families to have access to mentoring, advocacy, group support and family support.

Throughout the year, we offered:

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# 297

## GROUP SESSIONS

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This includes 159 sessions funded by the Reaching Communities Lottery, 60 funded by Children in Need and 78 funded by Cheshire East.

As well as:

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# 1073

## FAMILY SESSIONS

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across Cheshire East and Staffordshire Moorlands.

As well as the family support sessions and group sessions, our wellbeing team have also been able to offer:

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# 472

## MENTORING AND ADVOCACY SESSIONS

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All round it has been a great year for our wellbeing team and they're already working hard to continue offering these brilliant services for the years to come.

## SOME QUOTES

WHEN ASKED:

IS THERE ANYTHING ELSE YOU WANT TO TELL US  
ABOUT THE SERVICE YOU RECEIVED?

Visyon is very good, ***I'd recommend it to anyone*** who I thought needs it.

- Aged 16

I feel very fortunate to have found Visyon. ***You saved my life.***

- Aged 12

WHEN ASKED:

WHAT WAS REALLY GOOD ABOUT YOUR CARE?

That we do fun activities and we talked about different thoughts, feelings and ***coming here has helped me do the right actions*** and helped me to stop getting into trouble.

- Aged 9



# VISON DESIGNS

**ARE YOU LOOKING TO BUILD YOUR BRAND?  
OR MAYBE YOU'RE LOOKING TO ADVERTISE  
YOUR AMAZING SERVICES?**

Visyon is offering a graphic design service to help local charities, businesses and individuals get the professional looking digital and physical content that they deserve while supporting local children and young people's mental health at the same time!

LOGO PACKAGES

SOCIAL MEDIA IMAGERY

FLYERS

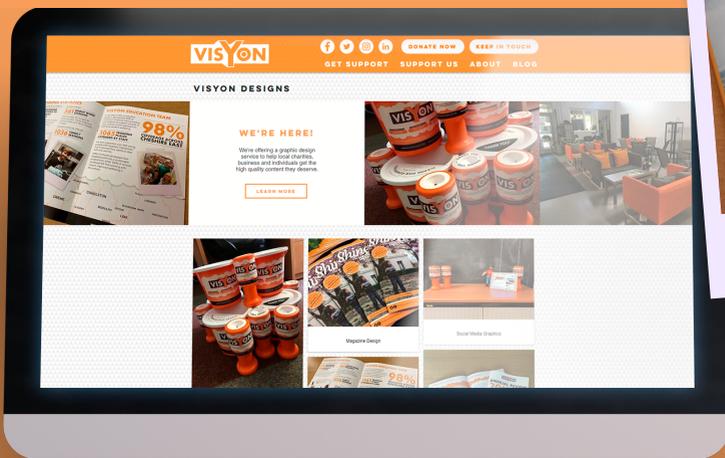
BOOKLETS

BUSINESS CARDS

STATIONARY

FIND OUT MORE

[WWW.VISION.ORG.UK/VISION-DESIGNS](http://WWW.VISION.ORG.UK/VISION-DESIGNS)



# VISION EDUCATION TEAM

Our Visyon Education Team do amazing work year after year working in schools to better educate teachers on how to better support their students. This year has been no different, take a look at how much they've helped schools throughout over the past year.

**443 TEACHERS TRAINED**

**86.5%**

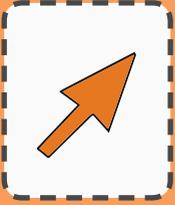
**CHESHIRE EAST SCHOOLS ENGAGED**

From the feedback we recieved from schools 68% of them told us they had a significant improvement in supporting wellbeing within their schools while 32% told us they felt some improvement in their confidence.

**100% NOTICED IMPROVEMENT**



## HOW YOU CAN HELP



**SUPPORT  
US WHILE  
YOU SHOP**



**TAKE ON A  
CHALLENGE**



**NOMINATE  
US AT  
WORK**



**MAKE A  
DONATION**

There are so many ways that you can support us by fundraising! We recommend supporting us while you shop, you can even get Amazon to make a donation any time you make a purchase at no cost to you. Head over to our website to find out more about fundraising or about how you can support us by volunteering and keep an eye on our social media where we're always letting you know how you can support us.

[WWW.VISION.ORG.UK/FUNDRAISING-IDEAS](http://WWW.VISION.ORG.UK/FUNDRAISING-IDEAS)

## HOW WE CAN USE YOUR DONATIONS

**£45**

Could help us support one young person with a one hour face to face meeting.

**£110**

Could help us support one young person with an 8 week self-care skills workshop.

**£510**

Could help us support one young person with 12 weeks of one-to-one mentoring.

# OUR STAFF

## WE ASKED OUR STAFF WHAT MAKES VISYON SPECIAL

“It’s an incredible place with people who have incredible skills and knowledge that you wouldn’t find in any other organisations. They have collected together a group of people who are so dedicated to what they do and care so much, they have the resilience to do it.”

“These are growing people and we’re trying to help people in their early stages to become better, these people are going to fill our world. It makes sense to me in terms of investing, Visyon is a great investment because we’re investing in people and the future.”

“Often parents end up blaming themselves or feeling really depowered about what they can do. Bringing them together in groups can help, they notice the strength in each other.”

“There is a whole set of people who it’s really their life’s work to want to improve things for young people.”



# OPEN ACCESS

## WHAT IS IT AND WHY DO WE NEED IT?

Open Access: Space to Talk is a service that has been desperately needed by children and young people for a long time.

Firstly, a trained Visyon team member will be a comforting ear through an initial telephone call. This is the first point of contact for children and young people which allows us to see if we can offer them support and often makes them feel more at ease with our service due to the friendly nature of the call.

Secondly, an appointment is arranged with one of our team where young people and parents can express any concerns or interests. This is where we agree what next steps will be taken and can be the start of support for a lot of young people.

If we cannot offer support straight away then weekly connect sessions are offered where young people can attend to meet staff and get to know Visyon before their support starts.

Open Access: Space to Talk allows us to provide better access to the right support at the right time while letting us focus on what matters to each young person.

## IMPACT SO FAR

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**676** INDIVIDUALS SEEN THROUGH  
OPEN ACCESS: SPACE TO TALK

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**8%** INCREASE IN ATTENDANCE FOR  
INITIAL MEETINGS WITH CLIENTS

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## BUSINESS SUPPORT

We found our experience fundraising with visyon extremely positive, from the moment we enquired we were met with professionalism and friendliness. The additional services and frequent contact allowed us to feel part of the team and we were excited to do our best to fundraise.

### JWC HEALTH AND FITNESS



CO  
OP

I found the team very welcoming. I attended the open day and had a tour, which was very helpful for me to get a better understanding of Visyon. I found it interesting to look at the leaflets and also keep updated by viewing facebook, twitter and your website.

### CO-OP FUNERAL CARE

# VOLUNTEERS

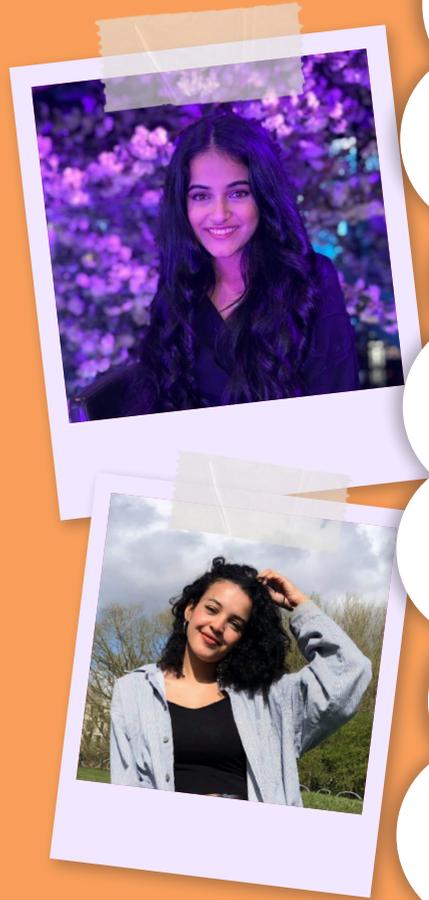
## AVARNI'S EXPERIENCE

I have thoroughly enjoyed my voluntary work at VIsyon. The team at Visyon were exceptional to work with, with each staff member being so lovely! Visyon are an incredible charity who truly care about the young people who come to them. It was an honour to get to learn more and more about the great work Viyson do and embark on this internship. I have learnt many transferrable skills which will be incredibly useful later in life. I have also learnt about all the different aspects of a charity, and its inner workings, which has been very insightful.

**AVARNI**

Avarni volunteered for Visyon alongside university colleague Abi to help us write case studies, find quotes from staff and clients, produce posters and just generally support our marketing and fundraising team.

**THANK YOU TO ALL THE VOLUNTEERS WHO SUPPORT VISYON. WITHOUT YOU, WE WOULDN'T BE ABLE TO CONTINUE THE AMAZING WORK WE DO FOR LOCAL CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES!**



# FINANCES

**Total income for 2019/20: £992,379**

**Total expenditure for 2019/20: £942,650**

**Unrestricted reserves: £295,835**

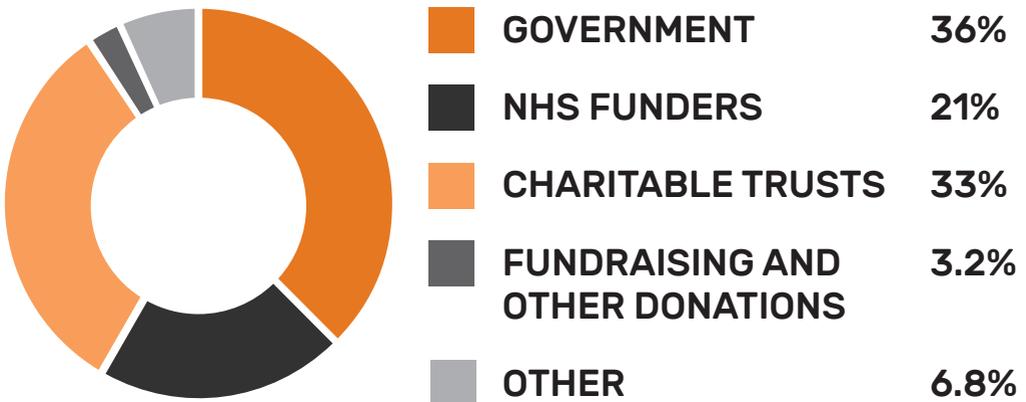
**Total reserves: £295,835**

## **Split of Spend:**

**Raising funds: £5717 (0.60%)**

**Charitable activities: £936,933 (99.40%)**

Over the last financial year we have been focused on updating our fundraising strategy. We have formed new trust fund relationships and continue to build our community relationships. We are currently in the middle of a three year strategy (2019-2022) to diversify funding streams and source self-sustaining income activities. We have soft launched a graphic design service and are looking to expand our training and consultation services. We welcome the opportunity to work closer with local businesses and community members to aid our charitable activities.



## A TRIBUTE TO ELIZABETH PUGH

It is with fond memories that I accepted a request to write a tribute to a dear friend and the driving force behind the creation of Visyon, Elizabeth Pugh.

The reasons for Visyon being set up in Congleton in the mid-1990s are well documented and the loss experienced by Elizabeth and her then husband, Richard Forrester, were something that most parents thankfully never have to experience. Though I knew them to chat to, it was only after Elizabeth began to contact people who had an interest in the welfare and support of young people that I got to know her and Richard better. They invited us to meet in the lounge of their home in Congleton and these early meetings were attended by many interested people who all played their part in the formation of the wonderful organisation we all know today as Visyon. Elizabeth had immense energy and commitment and she turned her loss into something positive; energising those around her and inspiring us to take those extra steps. She was the core that we all gravitated around, and at the same time new friendships were formed. Despite her own loss she was always there to support individuals in their emotional needs and life problems. As Visyon developed she continued to use her knowledge, experience and warm personality to encourage and inspire all of us working with the organisation. At times it was difficult for her not to let her own feelings interfere with her work and dedication to the support of young people. But she wanted to do all she could to eliminate the chances of other families facing the emotional turmoil her own family had experienced. In the fullness of time Elizabeth and Richard stepped aside from active roles in Visyon, and she and Richard separated. Richard passed away in 2013, and it is sad now to realise that many of us from Visyon have attended both of their funerals.

But it is with joy and fond memories that we want to remember her.

Elizabeth became Mrs Pugh after marrying Gerald, with whom she found new happiness. While she would never get over the loss of her youngest daughter, she was determined to make a new life for herself. She loved to be with Gerald, his family and her two older daughters. She took great pride in her grandchildren and looked on time spent with them as very special. She loved gardening and travelling with Gerald. She was a vivacious lady who had a love of life, volunteering in her local community, travelling, learning new things and sharing her knowledge and skills with others.

In her time away from Visyon, Elizabeth would still attend Visyon AGMs and played a role in marking 20 years of Visyon in 2014. She returned to take up an active role becoming the first Visyon President. Elizabeth gave talks to health, education and other professional services and never lost her enthusiasm and drive. She would freely speak of her loss and never wanted others to forget what this experience meant to other families who had faced the same trauma.

Elizabeth and I shared many lunches together and I also had the pleasure of getting to know Gerald a little better. As the 25 year anniversary of Visyon approached Elizabeth and I worked closely, along with Visyon staff and volunteers, in planning and delivering the Open Day held at Visyon in November 2019. Despite feeling unwell she attended and took a full role in the Open Day, and she told me how pleased she was that Visyon would now look forward to another 25 years and how proud she was of what Visyon had achieved. Sadly, this was the last time many of us were to see Elizabeth. She and I had arranged another lunch date for January along with Gerald and my wife Fiona, but this was never to take place.

Gerald clearly believed that Elizabeth should be recognised for all the work and dedication she put not only in to Visyon, but also in the

## A TRIBUTE TO ELIZABETH PUGH

interests of our young people, a generation on from those she had originally wanted to support. We were unable to achieve this in her lifetime but Visyon has agreed with Gerald that a permanent tribute to her should be put in place. So we are proposing that the Elizabeth Pugh award be created as a permanent memorial to her memory. We hope to announce the final details of this award at this years AGM.

**ELIZABETH PUGH WAS A GREAT FRIEND,  
A MENTOR AND A WONDERFUL LADY.  
WE MISS HER.**

**Brian Davey.**

**September 2020.**





**VISYON**

Visyon is  
charity  
children and  
lives.

SIGN UP TO

www.

web:  
to h

esite: w

Fellowship House, Pa

Registered Ch

# LOOKING TO THE FUTURE

With Covid-19 changing the way we can work from mid 2020 it's really important we plan for a future that looks very different to what we've been used to.

Visyon is going to be offering more digital support across various platforms to continue the amazing work we do with children, young people and their families.



## HOW YOU CAN HELP



Sign up to our newsletter, like us on Facebook, follow us on Twitter and Instagram (@VisyonLtd), and just generally keep an eye on our website: [www.visyon.org.uk](http://www.visyon.org.uk)



Do a fundraising challenge like a skydive, abseil or swim. You can even do one with others as a team challenge.



Get your workplace or your business involved. You could nominate us for charity of the year, volunteer for us or just do some fundraising, it all helps!



Or you can donate in person or online! Just go to [www.visyon.org.uk/make-a-donation](http://www.visyon.org.uk/make-a-donation)

Call us: 01260 290000 Visit our website: [www.visyon.org.uk](http://www.visyon.org.uk)  
Come and say hello: Fellowship House, Park Road, Congleton, CW12 1DP