



**Ormiston
Families**

Brighter futures

2019-2022

Our history

Ormiston Families exists today because of one family's tragedy.

A young woman, Fiona Ormiston Murray, died whilst on her honeymoon. Fiona loved children and it was no secret that she was excited about starting her own family. Her family, devastated by their loss, wanted to do something to honour her memory. They created a charitable trust devoted to helping children and families in need, Ormiston Trust.

Ormiston Trust opened its first service in 1981, The Robert Milne Centre, a home for looked after children in Ipswich. By 1992 we were funding an increasingly diverse range of services for children, young people and families across the region, so we established a separate charitable trust to manage these services – Ormiston Children and Families Trust.

In 2014, Ormiston Children and Families Trust changed our name to Ormiston Families to reflect the fact that all of the work we were now doing focused on working 'with' families in order to positively impact the lives of children and young people.

Now, in 2019, our focus is still on working with families to help them improve the future outlook for their children. How we do it though is changing...

Our vision

“Safe, healthy, resilient families...”

“Our vision is that every child in every family in the East of England can get the support they need to bounce back from any challenges they face. With your support, we are in a unique position to achieve this by working with families to ensure they are safe, healthy and resilient. Please read on to find out how you can help...”

Peter Murray, Founder

Our mission

We support families in the East of England to build resilience and make choices to improve the life chances of their children.

Our values

We're collaborative

We work 'with', rather than 'for', families. We build supportive partnerships, communities and networks. We value each other's strengths and we work together to drive results.

We're compassionate

We listen so that we understand the issues people face. We treat people with respect – always supporting, recognising and reinforcing their achievements.

We're effective

We monitor how our work, which focuses on prevention and early intervention, leads to the people we work with living safer, healthier and more resilient lives.



“

Children, young people and families across the East of England have been counting on us to guide them towards a brighter future for almost 40 years. Thanks to the generosity of our volunteers and supporters we've achieved so much. With your continuing support, we aim to achieve so much more...

Our strategy

We deliver a range of services that take early and preventative action to support families to be safe, healthy and resilient. We work alongside families so that they can learn from experience and feel in control of their own wellbeing.

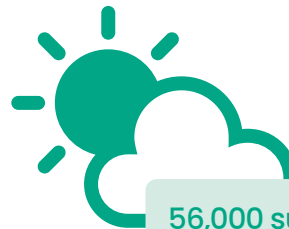
In 2018 we provided 56,000 support sessions to 13,000 children, young people and families across the East of England who needed support to see a brighter future. All reported significant improvements in wellbeing.

Looking ahead, there is much evidence that the people we work with will be facing many more challenges:

- A House of Commons Briefing Paper of Poverty in the UK predicts the share of children in relative low income after housing costs in the East of England will increase by 7% from 2019/20 to 2021/22
- Crest Advisory, an independent consultancy specialising in criminal justice and policing, estimates that 312,000 children are affected by parental imprisonment each year
- According to a report by Lancaster University, 64% of mothers who have appeared in recurrent care proceedings have their first child before the age of 20

- The training and campaigning organisation Mental Health First Aid England reports that:
 - Half of mental ill health starts by age 15 and 75% develops by age 18
 - About 20% of young people with mental ill health wait more than six months to receive care from a specialist
 - Only one in eight children who have been sexually abused comes to the attention of statutory agencies
 - In an average classroom, ten children will have witnessed their parents separate, eight will have experienced severe physical violence, sexual abuse or neglect, one will have experienced the death of a parent and seven will have been bullied.

Tackling the pressures many children, young people and families living in the East of England face has never been more important or more complex.



56,000 support sessions given to 13,000 children, young people and families across the East of England in 2018.

Our goals

We have a set of ambitious goals for the next three years. Your support is vital in enabling us to achieve these for children, young people and their families across the East of England.



Being there for 2,000 more at risk young people who need support

We will research, pilot and deliver a new early intervention, family focused service promoting the emotional resilience and positive aspirations of 10-18 year olds (or, in the case of care leavers, 21 year olds). These young people are at risk of exclusion from education, involvement in crime, exploitation or anti-social behaviour.

Starting with a small pilot service in Suffolk, we aim to grow this service across the region, reaching 2,000 young people in the next three years.



Ensuring more young mums and mums-to-be have the guidance they need

We will grow our Small Steps Together service from working with 80 families per year in Cambridgeshire to working with 350 families across the East of England. This expert service supports mums-to-be and mums with a child under the age of one who have low to moderate mental health and wellbeing needs.

“We knew we had to show we were the best parents ever. Ormiston Families went above and beyond to explain how we could do that.”



Supporting more women affected by their child being taken into care

We will open two new Mpower delivery centres in Cambridgeshire and Essex. This service addresses the issues that led to the removal of a child, and provides support to understand why.

“Ormiston Families supported me to deal with my trauma and the sudden loss of Eve, helping me to seek medical attention for my depression. Your one-to-one emotional support around self-esteem, confidence and inappropriate relationships encouraged me to use long acting contraception to avoid the same thing happening again.”



Guiding more young women aged 15 –21 who are at risk of harm due to bad experiences from their childhood

We will expand our existing YouCanBe services in Ipswich and Lowestoft with three new services co-located with our MPower service in Norfolk, Cambridgeshire and Essex. This early intervention service inspires young women, and builds self-esteem and resilience supporting them to reach their full potential in life.

“YouCanBe worked with me to improve my self-esteem and thought patterns. I realised that most of the dangerous situations I had found myself in came from the feeling that I wasn’t worth being looked after.”



Supporting more children and young people affected by the imprisonment of a close family member

We will double the size of our existing Breaking Barriers services in Norfolk, Suffolk, Cambridgeshire, Essex and Bedfordshire. This service provides tailored one-to-one support to reduce anxiety around prison, support emotional wellbeing and school attendance.



Being there for more children and young people who are currently experiencing mental health problems

We will play a significant role in designing and transforming mental health services in Norfolk for 4-11 year olds who are showing early signs of mental ill health. We will deliver more Child Adult and Mental Health (CAMH) services for these young people through our Point 1 service, which is delivered in partnership with Norfolk and Suffolk Foundation Trust and MAP.

“Adam has found ways to help himself through stressful situations and with his everyday woes. Our Ormiston Families’ practitioner was fantastic. She made Adam feel relaxed and open to this process.”



Continuing to support everyone we work with

We will continue to be here for all of the children, young people and families we are currently working with, whether through our service in prisons and schools, through our children's centres and specialist play groups or through our work with partners.

“

Ormiston Families threw us a lifeline just when we needed it most. Including the school in the process was good and made me feel like Phoebe and I had a really strong support network. Phoebe really looked forward to her sessions too!”

Phoebe's mum

5 ways you can help families to be safe, happy and resilient

Everyone deserves the opportunity to look forward to a bright future. Sadly, not everyone has the support network around them to do so.

We support children, young people and families living in the East of England who have no-one else to turn to. We work with these families so that they can take control of their own wellbeing.

Here's how you can help brighten the future for those families living near you who are most in need of support.

Donate

From monthly donations to playing our lottery, you can make a difference.

Fundraise

From challenging yourself to attending or running an event, you can play a vital role.

Volunteer

Give your time to our services and at our events.

Partner with us

Whether you're a company, a trust or a foundation, there are many ways you can support families in your community.

Become a trustee

Use your expertise to help create brighter futures for families across the East of England.



Contact us

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We are a leading charity working with families across the East of England who need guidance to see a brighter future. By building resilience, we support them to feel safe, healthy and in control of their own wellbeing.

ormiston.org

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