

Impact Report

Year ending 30th April 2022

About us

We help families of seriously ill children to keep moving forward. Working across South West London, Surrey and Sussex, we partner with local hospitals who refer families to us following their child's diagnosis of cancer or a life-challenging condition. Through our Family Support Team, we work closely with these families to understand their individual needs, offering them personally tailored support, both in hospital and at home.

Our support services include counselling and a range of creative therapy services - such as play, art and music - as well as special experiences and respite breaks to ease some of the stresses that come with a gruelling treatment plan. If the unthinkable happens, and a child dies, we offer bereavement support and stand by families for as long as they need us.

We also improve the environment for children treated in local hospitals with our children's ward refurbishments; transforming bare, clinical areas into bright, child-friendly spaces.

In the last year we supported around 260 families whose child was in active treatment and a further 113 bereaved families. We're there whatever the outcome, for as long as we're needed, so that no family has to cope alone.

Why families need our support

The impact of a diagnosis of cancer or a life-challenging condition is devastating and wide-ranging for children, young people and their families and carers.

Research suggests that helping families to cope with these stressful experiences should be a priority during treatment; yet, strained for time and resources, support provided on the NHS is often inadequate. The valuable support programme provided by Momentum Children's Charity fills a much-needed gap.



How we supported children and their families

Family Support Workers

From the moment a family is referred to us from one of our local hospital partners, they are allocated a Family Support Worker who assesses their individual needs in order to offer personally tailored emotional and practical support, both in hospital and at home, when it's needed most.



193

hours of one-to-one support from Family Support Workers each week.

113

total caseload of bereaved families.

260

total caseload of families with a child in active treatment. (up 8% YoY)

80%

of supported children have cancer. 20% have a life-challenging condition

Hospital partnerships

As a partner of the NHS, the families we support are all referred to us from one of nine hospitals that we work with:

- East Surrey Hospital (Redhill)
- Epsom Hospital
- Kingston Hospital
- Royal Alexandra Children's Hospital (Brighton)
- Royal Surrey County Hospital (Guildford)
- St George's Hospital (London)
- St Peter's Hospital (Chertsey)
- St Richard's Hospital (Chichester)
- Worthing Hospital

With weekly visits to The Royal Marsden.

We collaborate closely with each of our partner hospitals, providing valuable support to children and their families being treated on the wards, facilitating in-hospital services such as character visits and massage, and transforming children's wards into bright, child-friendly spaces with the aim of creating a more positive experience and happier memories of their time in hospital.

5 projects completed this year

including makeovers at Epsom Hospital, Kingston Hospital and Royal Surrey County Hospital.



Support services

Respite breaks

Our three holiday homes and Thames riverboat give families the chance to spend precious time together away from the stresses of hospital visits and treatment. With the restrictions of the pandemic lifting this year, we're thrilled that we've been able to give more families access to these vital services throughout 21/22.



162
respite
holidays
benefitting
312 children
& 355 adults.

One-to-one therapies

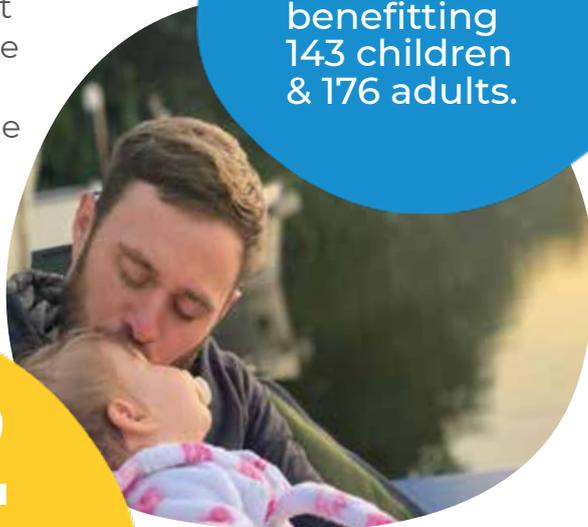
When a child is diagnosed, they can often struggle to deal with the emotional and physical changes they suddenly face. We offer a range of therapies to help them cope including art therapy, music therapy and play therapy. We also provide educational support for younger children and siblings, as well as counselling or psychotherapy for older children, siblings and parents.



883
sessions
delivered to
families in need,
improving their
overall wellbeing.

77 boat
trips

benefitting
143 children
& 176 adults.



Special treats and experiences

When a family's new normal involves hospital stays and gruelling treatment, we try to offer moments of delight with special treats and experiences. From doorstep owl and Santa visits, to advent calendar deliveries, and family days out at Bocketts Farm.

113
children
visited by Santa.



The difference we've made

Our support both inside and outside of hospital aims to:

- Improve mental and emotional wellbeing of every family member.
- Provide coping strategies to better manage anxieties and fears.
- Reduce feelings of isolation.
- Encourage positive family relationships; keeping family units strong and together.
- Create a positive association with treatment in hospital.
- Regain control through access to information and services.

We measure and evaluate the impact we make through an annual parent survey, focus groups, phone calls and written testimonials. From evaluation of our 2021/22 support:

Support and advice from our Family Support Team has helped improve many common issues faced by families:

95% of children said our support had helped inter-family relationships with their parents and siblings.

91% of children reported improved emotional and mental wellbeing due to support and advice from our Family Support Team.

94% of parents who were experiencing poor emotional or mental wellbeing said this was improved.

96% of parents saw improved participation in their social or leisure activities.

92% of parents said we improved their access to professional therapy and services.

Whilst respite services have also played a huge part:

100% of families said respite services had a positive impact on their emotional and mental wellbeing.

100% said it had positively impacted their ability to cope from daily stresses.

100% said it had enabled them to create positive memories and improved inter-family relationships.



Seeing a friendly (non-medical) face when your world has been turned upside down is priceless. Seeing that familiar face crop up with a smile and a positive attitude or a distraction for your child is a huge comfort.

Friends and family can't always understand how to support through such dreadful experiences, so a confident and caring support worker is so valuable.

George's story

George, three, was diagnosed with leukaemia in May 2021. His mum shares their story:

“When George was sent for blood tests after having a few concerns about his health we had no idea we'd be receiving such devastating news. It was incredibly scary.

His first night in St Peter's hospital was spent in the room which features the Momentum owls. George was prodded and poked, so on day two as we left to go to St George's, his hands were both heavily bandaged from blood tests and transfusions. Despite this, he still had a huge smile on his face, as he's a huge fan of vehicles and a ride in a real life ambulance was a very exciting prospect for him.

We were introduced to Momentum within those first few days, and through every part of this journey so far I've felt propped up, particularly by my Family Support Worker who has been a rock through some very challenging times. She is just wonderful.

It has been beyond challenging to get through the last six months. There have been times when our son has been barely recognisable, less so physically but more so in himself. The side effects of the long list of drugs which he's been given are way beyond anything I could have ever imagined. I remember breaking down one day and I knew I couldn't cope on my own.

“ I have called our Family Support Worker in tears and she's given me her undivided attention at the drop of a hat. She has sat with me through day visits at St Peter's while George has had treatment and helped me cope with my emotions while protecting George from seeing me upset. ”

She calls me regularly to check in and it all means so much. All this time she has been there to offer advice, help to arrange counselling and provide practical support at home.

So many of our hospital stays have been brightened up by the beautiful rooms Momentum has decorated. The bold colours are wonderful and make the rooms feel much more child friendly. I have spent a lot of time looking at the designs on the walls and one of my favourites features young children playing together, happy and having fun. Essentially that is what every child wants to do – have fun with their peers.”



A vital resource for our partner hospitals

We are very proud of our close working relationships with our local hospital partners. Here are just some of the comments from our NHS colleagues about the impact of working with Momentum Children's Charity:

“ We are very grateful for all the support that we receive from Momentum; it's vital in helping us to deliver holistic and outstanding care and support to our patients and their families. All aspects of your support are excellent and without you we would not be able to deliver the care - you have made a huge difference to our patients and families and we look forward to your continued support.”
CEO, Kingston Hospital

“ Momentum saves our nursing team time and they do an amazing job at supporting the entire family, for the long-term.”
Matron, St George's

“ Momentum Family Support Workers enhance the level of support available for families. They free up the nursing staff to concentrate on clinical duties, providing the families with a listening ear. Momentum have also organised other support services on the ward, such as character visits and massages from a therapist. Being in hospital for any person, especially a child, is very scary but these little distractions can often make them feel much more relaxed.”
CEO, Royal Surrey NHS Foundation Trust

100%
of families said that Family Support, children's ward entertainment and therapy services made a positive difference to those times when their child has had to stay in hospital.





Issy's story

In June 2019, 11-year-old Issy and her family were given the devastating news that Issy had cancer. Annie, Issy's mum, tells their story:

“When Issy was diagnosed it was a huge shock. There was an element of disbelief, initially, and then we were hit by a mountain of information with words we didn't understand, scary sounding drugs, endless side effects, risky procedures and consent forms. At that stage, I was just looking for someone to tell me it would all be ok. But nobody can do that, no doctor can tell you that – so what you need on this journey is reassurance, support and distraction.

Momentum were there for us from the moment we entered the hospital room. Mo the owl smiling down at us from the wall and the thoughtful overnight essentials pack provided by Momentum were such a comfort.

I didn't realise at that point how much of an impact Momentum would have on our journey and my ability to cope. We're now 14 months into a two-year treatment plan and there are still moments of sheer disbelief and shock, and that's when the Momentum team are there for us, to give us support and to keep us strong.”

For Annie, her Family Support Worker has been there whenever she needs her; keeping in touch on a regular basis through calls, texts and visits.

“I feel I could tell her anything. With friends and family, you sometimes need to filter what you're saying as you don't want to shock or upset them, but with my Family Support Worker I feel like I can just open the floodgates and tell her everything.

“ My Family Support Worker helps me feel hopeful, she makes me feel positive and she helps me feel strong; like I can do this. She's been an unwavering support through our whole journey and she's got a great bond with Issy too. ”

Momentum just seem to pop up when we most need them; without us having to tell them, without us having to call them. They're like a little life raft bobbing up in the ocean, when you least expect it, but when you most need it. Lifting our spirits and distracting us from the reality of what's going on.

Momentum Children's Charity simply close down the loneliness that you feel on this journey.”

Management accounts and cash flow forecast (draft)

Financial year ending 30th April 2022

	Financial year ending 30th April 2022			Financial year ending 30th April 2023		
	ACTUAL			FORECAST		
	Restricted	Unrestricted	Total	Restricted	Unrestricted	Total
<u>OPERATING ACTIVITIES</u>	£	£	£	£	£	£
Income	409,442	703,682	1,113,124	251,000	841,367	1,092,367
Expenditure	(284,411)	(774,801)	(1,059,213)	(382,315)	(917,334)	(1,299,649)
Surplus/deficit	125,030	(71,119)	53,911	(131,315)	(75,967)	(207,282)
(Increase)/decrease in debtors	-	(1,377)	(1,377)	-	-	-
Increase/(decrease) in creditors	-	(51,865)	(51,865)	-	-	-
Depreciation	7,234	14,599	21,834	7,234	14,599	21,834
Operating cash in/ (out) flow	132,265	(109,762)	22,503	(124,081)	(61,367)	(185,448)
<u>INVESTING ACTIVITIES</u>						
Operating capex	-	(14,504)	(14,504)	-	-	-
HSBC interest received	-	127	127	-	310	310
CAF interest received	-	-	-	-	-	-
Investing cash in/ (out) flow	-	(14,377)	(14,377)	-	310	310
Net cash in/(out) flow	132,265	(124,139)	8,126	(124,081)	(61,057)	(185,138)
Net cash b/f	51,819	612,912	664,731	184,084	488,773	672,857
Net cash c/f	184,084	488,773	672,857	60,003	427,716	487,719
<u>RESERVES ANALYSIS</u>						
Designated funds (£)		61,057			-	
Reserves at the close of the year (£)		427,716			427,716	
Reserves at the close of the year (months)		6			6	

Management accounts and cash flow forecast

Financial year ending 30th April 2022

Financial year ending 30th April 2022 - Actual

This year we raised a total income of £1.11 million; a huge achievement, being the first time we've ever reached the £1 million mark. Our hugely successful Energy Rocks event, which was postponed for two years due to covid, along with our other vital sources of funding received during the year, contributed to helping us meet this incredible milestone.

Total expenditure also increased, in line with the rise in income, to £1.06 million. Investment into family support services and hospital projects reached an all-time high, even with the continuing effects of covid impacting on the sourcing of raw materials and access into some of our partner hospitals. To accommodate our growing team and offer a welcoming space to meet with our families and supporters, we also invested in leasing a new office, increasing our office and administration costs, but providing valuable infrastructure to support our growth plans.

When balancing income against expenditure, a surplus of £53,911 was generated, of which £125,030 was restricted and a deficit of £71,119 was unrestricted. After adjusting for deferred income and expenditure, prepayments and accruals, an unrestricted operating deficit of £109,762 was arrived at. During the year, capital expenditure was also incurred for computer and office equipment and, after adding back deposit account interest, unrestricted cash had decreased by £124,139, to £488,773.

Financial year ending April 2023 - Forecast

With the absence of a large-scale fundraising event in 2022/23, our plan to raise a similar level of income is ambitious, yet achievable. Our focus will be on implementing a robust plan to maximise income across our activities, while investing in new activities which we expect to see a return on in the short to medium term. We're wholly reliant on our voluntary income streams so, to minimise risk, we'll continue to diversify and increase investment in these areas.

A staggering 41% increase in family support services expenditure is forecasted this year. We plan to increase our family support team by 25% (from eight to 10 FTE members of staff), to support a growing number of families in need and expand our range of services to provide dedicated care to those requiring the highest level of support.

In 2022/23 we aim to raise a total of £1.09 million with total expenditure of nearly £1.3 million. We're forecasting an unrestricted cash deficit of £61,057 which, as detailed in our Reserve Policy below, will be funded from our reserves.

Reserves policy

Our current Reserves Policy stipulates that we should hold six to a maximum of nine months reserves. To meet our 2022/23 current expenditure plans, including family support services and office and administration costs totalling £868,223, between £434,112 (six months expenditure) and £651,167 (nine months expenditure) should therefore be held for this purpose. At the end of the financial year 30th April 2022, after designating £61,057 to fund the 2022/23 forecasted unrestricted cash deficit, £427,716 was held, which is the equivalent of six months reserves, falling within the specified range set by our Trustees.

Our team

Our team shares a huge passion for the work we do, and as we are a small organisation every team member sees first-hand the difference we make to families. At the year end, we have 20 employees and six consultants. This equates to eight full-time equivalent staff (FTE) in family support roles, four FTE staff in fundraising and marketing roles and two FTE in operational roles.

Our Board is made up of 10 Trustees, half of whom have first-hand experience of caring for a seriously ill child. Around 100 volunteers, from the local community, support us in a range of roles including service delivery, office work and raising awareness.

Funding our work

We receive no statutory income and rely entirely on voluntary donations. For the year ahead we need to raise £1.3 million to carry out our charitable activities and meet our annual objectives, ultimately so that we can make sure even more families can access the support they need when they're faced with the most difficult days ahead.

To find out how you could help, contact fundraising@momentumcharity.org.



Thank you
to all the fundraisers,
donors, volunteers,
companies, schools,
community groups,
trusts and foundations
who have kindly
supported us this year.