



**PLAY THERAPY BASE
TRUSTEES' REPORT
1st April 2022 to 31st March 2023**

The trustees are pleased to present their annual trustees' report together with the financial statements of the charity for the period 1st April 2022 to 31st March 2023 which are also prepared to meet the requirements for a report and accounts for Companies Act purposes. The financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Vision & Values

Play Therapy Base aims to deliver high quality, flexible play therapy services to children and families based on sound assessment of needs. Services will focus on the needs of the child at the centre but will hold in mind the needs of the family and wider systems around the child to deliver support that aspires to sustainable change for children and their families.

Play Therapy Base holds the principles of relationship-building, empathy, understanding and respect as essential to effective functioning as an organisation and effective service delivery. These principles underpin our work with children and their families, work with professionals surrounding the family, and supporting our staff members to deliver the best possible service.

1. To provide accessible play therapy for children aged 3 -14 in the Lothians, focusing on play therapy as:

- a) a tool for early intervention
- b) a trauma intervention
- c) a support for transitions
- d) a way of developing resilience.

2. To be a centre of excellence for learning, promoting trauma-informed practice and whole system approaches with the child at the centre:

- a) for students of Play Therapy
- b) for parents, carers, and school & nursery staff

Objectives and Activities

Our charitable objectives are:

- To relieve the needs of children and young people suffering social, emotional, and behavioural difficulties by delivering child-centred therapeutic services, specifically Play Therapy and Filial Therapy and promoting high standards in the practice of play therapy for the public benefit;
- To advance education by enhancing the capacity and capability of qualified and student play therapists, and professionals working with children, to access training and make use of knowledge, research and resources relating to child centred therapeutic services and play therapy.

Key achievements 2022-23

- Summer 2022 we adjusted the space in Unit 11 allowing the creation of a big playroom to facilitate parent work and sibling sessions. (See picture, page 3)
- In October 2022 we opened a 3rd Playroom creating a space for an additional 25 Play Therapy sessions per week. (See picture, page 3)
- The team held fundraising events throughout the year which were supported by people and groups in the community.
- We were awarded multi-year funding from National Lottery and Robertson Trust over 2022/23. Both awards are for 3 years.
- We have continued to work with our Third Sector Partners to develop a strong partnership approach.
- We developed our Trust Fund and Foundation supporters.
- Mental Health Consortium delivered therapeutic services to Midlothian Children and in March 2023 were successful in a one year bid for Community Framework funding for 2023/24.
- Late March 2023 we were awarded Multi Year (3 year) core cost funding from Children in Need.
- 41 families completed our online survey sharing their personal experiences of the service.
- We started to work with our children to develop a child version of our pre and post concerns form. Plus gather ideas for a pending playroom refurbishment grant.



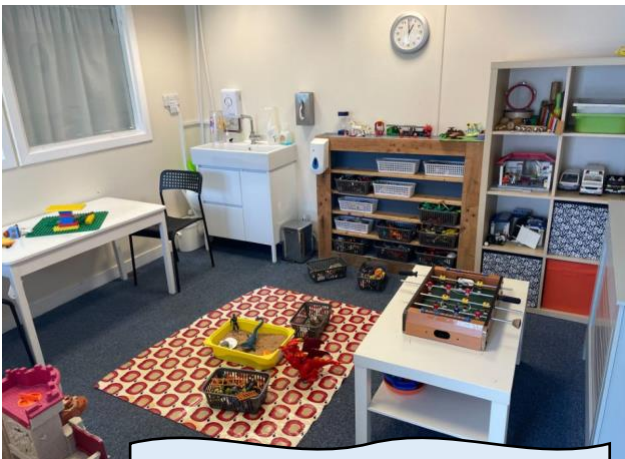
Schools & Nurseries



We continued to work with **56** primary schools and **27** nurseries in Midlothian, East Lothian, Falkirk, Borders and Edinburgh.

Play Therapy Base Playrooms

We have offered around 40-45 Play Therapy session slots each week from our 3 playrooms in Eskbank.



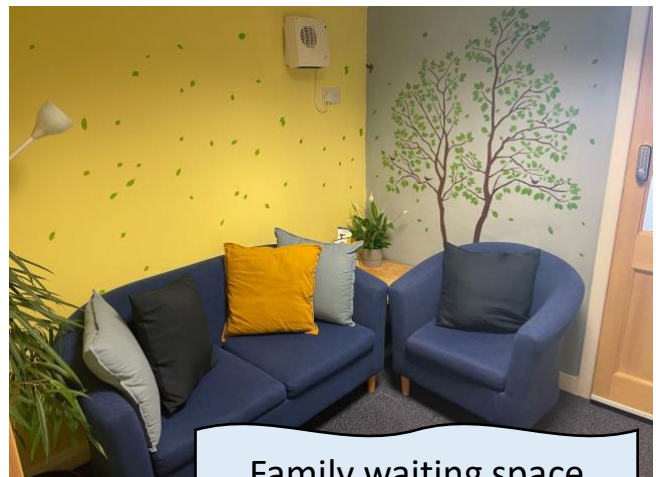
Unit 14 Front Playroom



Unit 14 Back Playroom



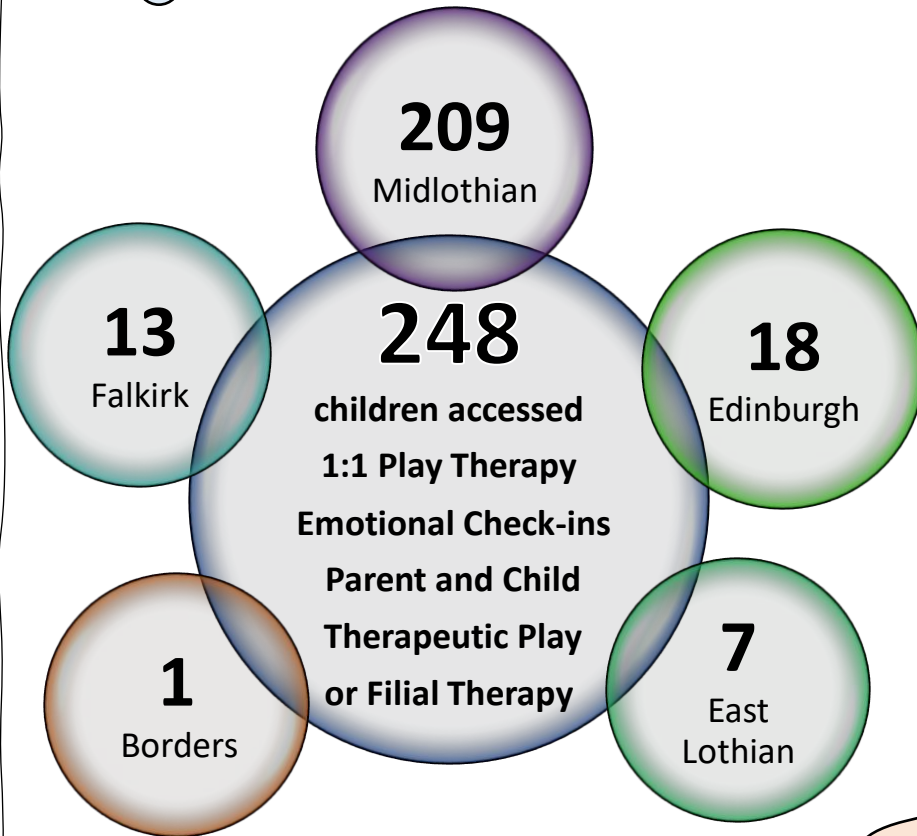
Unit 11 playroom



Family waiting space

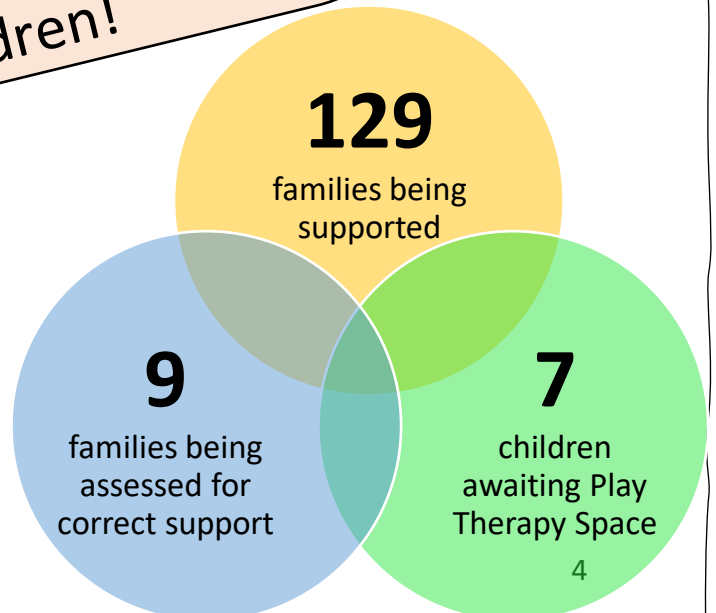
Our Year 2022-23

From 1st
April 2022 -
31st March
2023

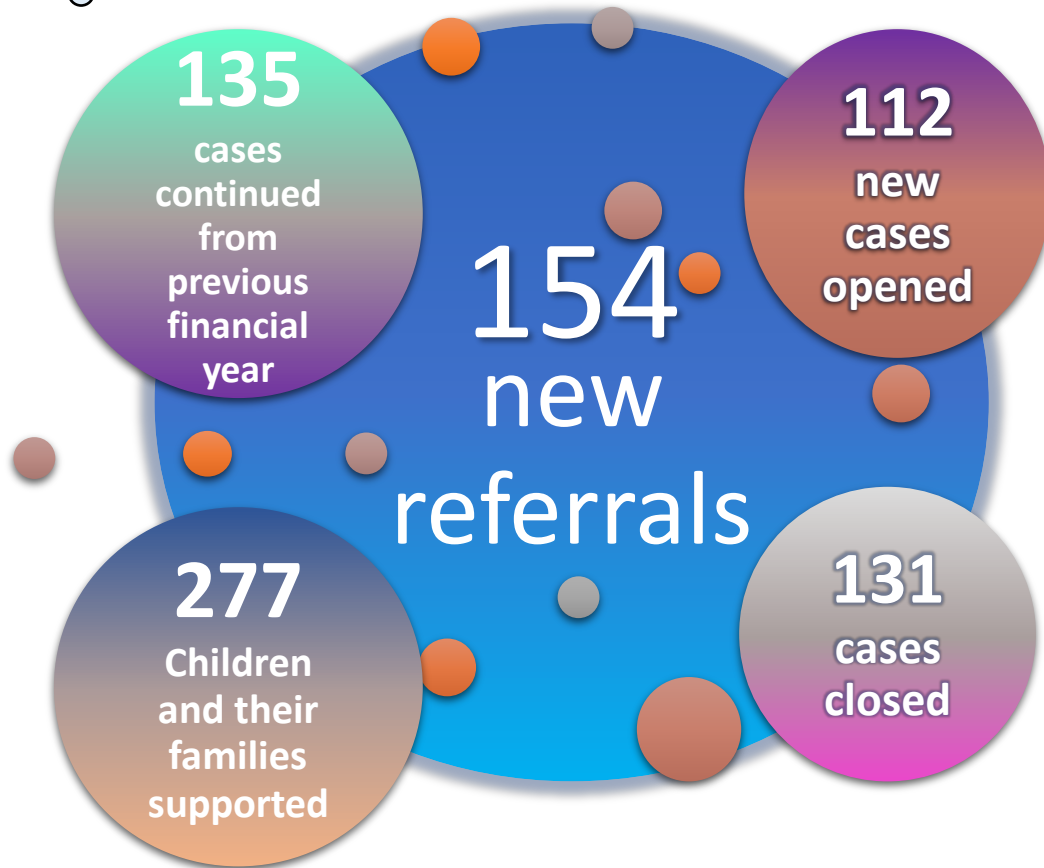


We supported
576
children!

On
1st April 2023



Service Data



Top Referral Reasons

- 1 Emotional regulation
- 2 Trauma
- 3 Anxiety
- 4 Family difficulties
- 5 Family illness and health needs
- 6 Social difficulties

School Service

Primary School Lunchtime Drop-ins

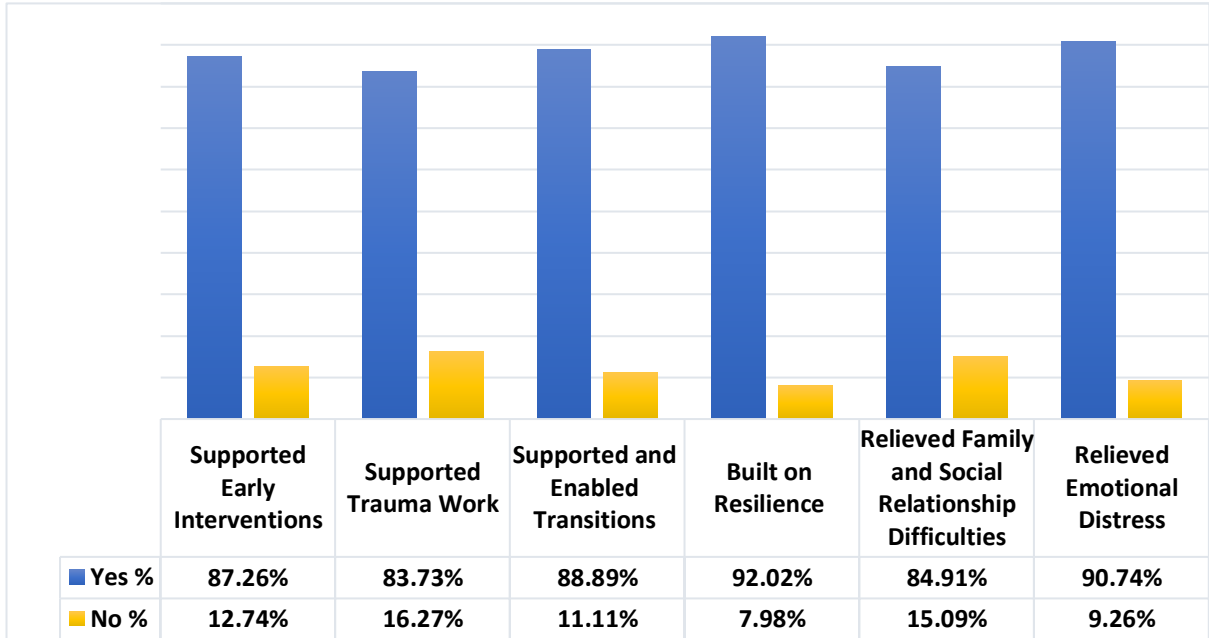


- 1 Checking in
- 2 Friendship issues
- 3 Family issues
- 4 Anxiety
- 5 School issues
- 6 Emotional issues

Top Drop-in Reasons

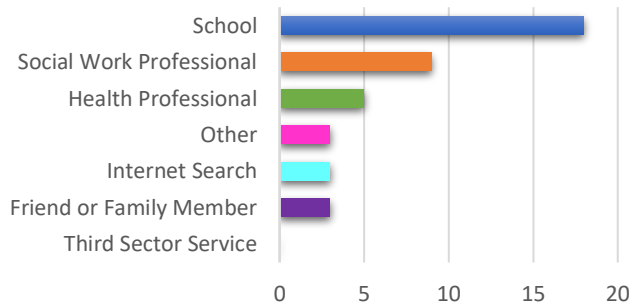
Case Outcomes 2022/23

Outcomes from 225 children



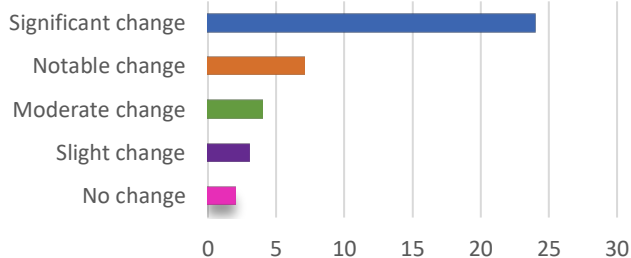
Feedback

How did you find out about Play Therapy Base?

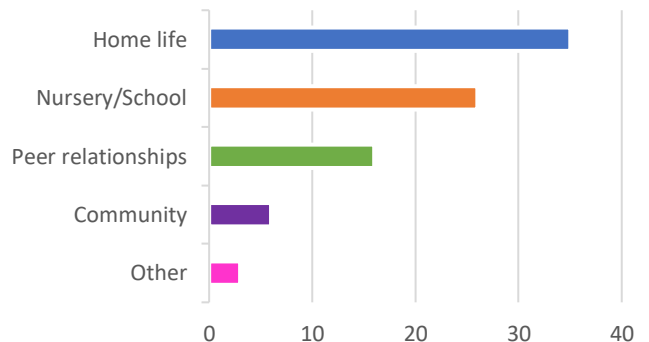


In February 2023 we sought feedback via an online survey. We received 41 responses.

Since attending Play Therapy Base sessions, have you seen positive changes?



Where have changes been noticed?



Funding received April 2022- March 2023

At Play Therapy Base, we couldn't do the work we do without the support of our funders. We would like to say a big thank you to the following funders for their support over a very challenging year.



RS McDonald awarded us 3-year funding in August 2021. We received £14,480 this year which has enabled us to offer 7 children 1 to 1 Play Therapy Sessions. Children accessing this funding this year have had experiences that have impacted their early years.

Parental feedback from a family accessing funding from RS McDonald: *“Play Therapy has benefitted them in the way they appear to be managing to deal with their emotions at home. They are able to tell us how they are feeling and can sometimes tell us how they could make it better. There is fewer outbursts with shouting and hitting and they will always apologise afterwards. My child is really proud of themselves when they are able to tell you how or what has upset them and can resolve the issue.”*



Through its Improving Lives Programme, The National Lottery awarded Play Therapy Base a multiyear award in May 2022 of £39,794 per year. This funding enables the service to support children presenting with distress and anxiety referred to the service from anywhere in the Lothians.

Parental feedback from a family accessing funding from National Lottery: *“Our daughter felt special and care for via her meetings with her play therapist. She knew and knows that she can tell her anything she wants and they have a very special relationship. When you have to spend extended period in the hospital with one of your child it is very reassuring to know that their siblings can express their feelings to someone else. Parents are not objectives to help for mental health issues and again not qualified. To know that we have the possibilities of accessing professional in our local area is so important.”*

Funding received continued



Robertsons Trust: We finished our 3-year funding from Robertson Trust in August 2023. We supported 151 children over the 3 year period. A total of 26 children received 1 to 1 sessions, and a further 108 children accessed self-referred drop-ins.

In October 2023 the service was successful in being awarded a multiyear grant of £25,000 per year for 3 years to deliver Play Therapy Sessions to children living in the Lothians. This grant enables the service to respond to requests for support without discrimination of postcode and facilitates a needs lead support.

Parent/Carer feedback from a family accessing funding from Robertson Trust Funding: *“We have a happier and more confident grandson due to play therapy.”*



Cash for Kids awarded PTB £5,805 in October 2021 to support 5 children who have experienced bereavement or the impact of a significant illness/diagnosis in the family. This funding has been amazing as we have been able to respond immediately to the family when they call. The families have expressed relief that funded Play Therapy sessions were available during such a stressful and scary time. We finished using the remaining funding in 2022/23 and were able to offer immediate support to 3 children who had themselves or had a family member who had diagnoses of a life threatening illness.

Parental feedback from a family accessing funding from Cash for Kids : *“For us, Play Therapy Base has been a huge help for both a child who has gone through cancer treatment, but perhaps even more so for her sibling. There is absolutely no NHS support for siblings of ill children. Play Therapy Base has provided that much needed support and we see a tangible difference in our lives thanks to their help.”*

Funding received continued



Midlothian Large Grant 2022-25: We were awarded 3 year grant starting in 2022. Over the first year of the grant, we have supported 48 children and their families through 1 to 1 Play Therapy, Parent and Child Therapeutic Play Sessions, Filial Therapy Programme, and self-referred drop-in sessions.

Parent/Carer feedback from a family accessing funding from Midlothian Large Grant:
“Before Play Therapy my child didn’t understand his emotions or feelings in daily life and would have lots of vocal melt downs daily play Therapy has had a huge impact with breaking down emotions and understanding feelings which then makes my child understand how he feels and has let him not get so overwhelmed so without so without play Therapy my child would be struggling in day to day life with being to over whelmed.”

Community Framework

Community Framework Year 3 was awarded later in the year, when PTB received £28,000. We worked with our Consortium colleagues to support children in Midlothian. Play Therapy Base delivered support to 21 children and their families with blocks of Play Therapy, plus a further 6 children self-referred for drop-in support.

Parent/Carer feedback from a family accessing funding from Community Framework 3:
“Overall, Play Therapy has helped us a lot to understand my child’s emotions and behaviours, after my child’s sessions I personally feel we have all the information we need. Without the play Therapy, as a parent, I may have struggled with understanding certain things regarding my child.”

Trusts and Foundation Funds

Play Therapy Base has been very fortunate to receive funds from the following Trusts and Foundations over the last Year:

Nancie Massie: £2,000 towards our running costs of our playrooms in 2022/23.

Hugh Fraser Foundation: £1,000 toward running costs of our new playroom in 2022/23.

Inspiring Lives: £1,000 towards running costs for playrooms in 2022/23.

Ponton House Foundation: £2,000 towards the running costs of our playrooms and family waiting space in 2022/23.

The Pixel Trust: £2,000 towards our running costs of our playrooms in the forthcoming 2023/24.

Play Therapy Base Fundraising Events

Over the last financial year Play Therapy Base has held events to support the fundraising for the service:

Afternoon Tea: on 25th June 2022 the service held an afternoon tea in St John's and Kings Park Church halls. The event was well attended and raised £1412.47.

Edinburgh Kilt Walk 2022: on the 18th September 2022 staff, board members and friends of PTB took part in the Edinburgh Kiltwalk. The total amount raised for the service was £9,350.30.

Christmas Coffee Morning and Recycle Sale: on the 12th November 2022 Play Therapy Base hosted a Christmas Coffee Morning and Recycle Sale in St John's and Kings Park Church halls. It was supported by friends, families and the local community. We raised £446.78 from this event.

Christmas Raffle: the service was fortunate to receive a signed Hearts football which was included in our Christmas Raffle. This event raised £616.00.

Ceilidh: on 10th March 2023 Play Therapy Base held a Ceilidh in the Masonic Halls in Dalkeith it was supported by staff and their families, service users and Board Members. The event raised £696.56.

Donations

The Esk Valley Rotary Club: £500 towards play materials. We purchased 2 Playmobil hospitals, 3 football tables and specialised books to support children experiencing bereavement.

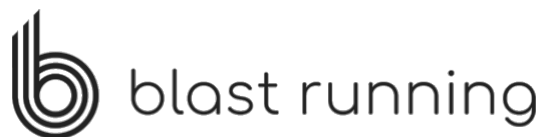
Edinburgh Rugby Oldies Society: £1,000 donation to running of service.

Bellway Homes: £250 donated to service for materials.

Co-op: £200 donation allowed us to purchase play sand for children's individual sand trays and the central trays in our 3 Playrooms.

The Service also received £1021.22 donations from Easy Fundraising, Local Giving and Gift Aid.

Fundraising on behalf of Play Therapy Base



Blast Running have continued to support our service, with the planning of an event in June 2023 where Play Therapy Base is their chosen charity. Funds raised by Blast Running will support the day to day running of our 3 Play Therapy playrooms at Play Therapy Base.



Edinburgh Half Marathon

We were fortunate to receive funding following a young person taking part in the Edinburgh Half Marathon. The young person raised £300.33 for the service.

Partnership working

Play Therapy Base team are actively involved in groups that support the children of Midlothian.

This financial year our team have been involved in :

- TATC (Team Around the Child) meetings; where referrals are brought for support from a multiagency group.
- Early Years GIRFEC Group; a multi-agency resource group which meets every 2 months focusing on the Early Years needs of Midlothian families.
- Inclusion and Equality Group; responding to the priorities for improvement and contribute to Midlothian's GIRFEC plan.
- Nurture Strategy Group; working on multi-agency approach on nurture across Midlothian. Plus, Nurture Leads meetings and development workshops.

Consortium

The Consortium has continued to meet and work together to influence the impact third sector services have in Midlothian.

Working together to develop:

- A shared focus on the wellbeing of children and young people.
- The age range of service-user groups covered by the charities combined.
- The ability of each organisation to create services to meet identified need.
- Recognition of the increased scope to create positive change by working together.
- The creation of additional opportunities to access funding to benefit service- delivery.



Partnership working continued...



Play Midlothian

Play Therapy Base has continued to work with Play Midlothian. This year our role has been to work with Play Midlothian staff in the assessment of referrals to their Play in Mind outdoor groups that support the mental health of children aged 7-9 years old. PTB senior staff have also facilitated regular reflective practice sessions for the Play Midlothian team.



Early Years Project

in partnership with Midlothian Council

Play Therapy Base continued to deliver the Early Years Play Therapy Service in partnership with Midlothian Council. The aims of the project are to improve children's development outcomes and the health & well-being of children 3 to 5 years living in Midlothian.

This year we have supported 33 children aged 3-5 years and their families, while offering consultation slots to Early Years staff and parents/carers. We have had a weekly presence in 8 Midlothian nursery settings, offering 1 to 1 Play Therapy, Parent and Child Therapeutic Play Sessions or Filial Therapy. Some children have accessed their therapy sessions at the playrooms at Play Therapy Base office in Eskbank.

The staff have continued to support children and their families remotely and in person over this year adapting delivery to meet family's needs in amongst restrictions for face-to-face contact and challenges in accessing settings. Our Senior Practitioner has been working with families referred to the service to assess the need and where needed offer further consultation responding to needs prior to 1 to 1 Play Therapy.

Parental feedback from a family accessing funding from Early Years SLA: *"The sessions were incredibly supportive of both my child and myself. I worked alongside the therapist in a block of Filial sessions and gained so much understanding and knowledge from her as to how to word observations, how to actually play alongside my child. Her communication was outstanding and she really listened and was genuine and her work came from the heart. I will be forever grateful that my son got this opportunity."*

Unfortunately, Play Therapy Base was informed in March 2023 that we will face a cut in our SLA budget for the year 2023/24. The delivery of Service will be impacted due to a 50% reduction to the annual funding.

Supporting the development of Play Therapy in Scotland



Students and Supervision

Play Therapy Base has continued to work with BAPT Play Therapy Training course ran by the With Kids in conjunction with Queen Margaret University. This year we have offered placements to students in the courses 1st, 2nd and 3rd year over 2022/23.

Our senior team offer our students daily support when they are on placement with PTB. Our students this year have seen children both in the playrooms at Play Therapy Base and in school settings. Our aim is to provide quality placements whilst maintaining and developing communication with course providers to fulfil the charity's goal of supporting the development of play therapy as a profession.

We have provided placements for 4 students studying on the BAPT With Kids course and 2 on the PTUK training this year. Our Service Manager has provided Clinical Supervision to a 2nd year and a 3rd year on the BAPT course.

We will continue to support the development of Play Therapy in 2023/24 and hope to offer 2-3 placements this coming year.

Play Therapy Services Peer Support

Play Therapy Base continues to maintain connections with other Play Therapy Services in Scotland by meeting with Managers at Mind Mosaics and With Kids regularly to discuss service delivery, funding and offer peer support.



CPD Training

Play Therapy Base staff have delivered training sessions to: Teachers, Learning Assistants, Early Years Practitioners, and other Professionals in 2022/23.

This year 50 staff in Midlothian attended our training events.

The trainings have been both experiential and reflective thinking about the importance of play for children from 3 to 14 years. The impact early years experiences can have on children's play, and strategies that can support children through play.

Feedback from attendees at the trainings over the year:

Emphasised the importance of listening to the child. Name and acknowledge feelings.

Really helped understand the importance to early years and the start in life how it effects later life. The brick wall was a great visual for this.

I have learned lots of useful and helpful tips and information that will help me and my understanding with full potential of benefiting the children through their play.

I have learned lots of useful and helpful tips and information that will help me and my understanding with the full potential of benefiting the children through play.

Very interesting training session with good ideas to try in our setting. I like the play wall and its effect of life experiences of the child has on their outcomes in life.



Children told us what they thought about our service...

In their own words and spelling

"I can tell my Play Therapist all my emotions we am feeling up set and happy becace sometimes they take me wen am happy. I tell her my problems and she helps me fixes them. That's why I like going..."

"Helps because it feels like you realy are understood and you can trust the play therapist with everything"

"My therapist always cheers me up and makes me smile, she stops me doubting myself and makes me proud of who I am."

"It's help me stand up to others".

Feedback from nursery/school staff

"They seem a lot more in control of their emotions with fewer outbursts. They are more reflective when situations arise and are willing to reflect. They now accept praise and can identify their own strengths and abilities".