

HOW YOU CAN HELP US CREATE A BRIGHTER TOMORROW



Putting children, young people
and families first



The Children's Centre - our vision

For over 150 years, The Children's Centre has helped children, young people and families with the aim of making the Isle of Man a safe and progressive community, one of the best environments in the world to be born, raised and to live. We cannot make this vision a reality without the generosity of our supporters, donors, volunteers and corporate partners. Every donation, big or small, makes a real difference.

For many people living on our Island, life is not without its challenges. Real areas of need have been identified for children, young people and families with additional needs where provision is simply not available because of a variety of circumstances.

Our unique service enables closer working partnerships and flexibility to meet current and emerging needs. Supporting an age range up to 25 years, we engage with children, young people and families affected by challenges including domestic issues, bullying, anti-social behaviour, self-identity, parenting issues, crime, and social isolation.

We ensure the child is at the centre of our work, aiming to build resilience, promote wellbeing and enable families to achieve positive outcomes and brighter futures.

All our projects are entirely charitable and we utilise a combination of Outdoor Educators and Family Practitioners. Capacity and availability is dependent on financial support to create these opportunities.

What we do

All educational, therapeutic and challenging activities offered through our services have a shared underlying ethos of promoting resilience, self-confidence and wellbeing.

As well as delivering support in homes and the community, the charity has a unique setting at our Community Farm in Braddan where the aim is to promote health, wellbeing and respect in both our community and the natural landscape that sustains us. Sessions are naturally cooperative, physical and fun, in a vibrant and positive setting.

Most importantly all people are considered on the basis of what they can do, not what they can't. This means that rather than being 'needy' the conditions are created in which people feel useful, needed and valued.

The nature reserve, gardens, polytunnels, classrooms, kitchen, workshop, and animal paddocks are all in immediate proximity to each other, and 80% of the site, including the nature reserve, is wheelchair / pushchair accessible. There is on-site parking and disabled toilet provision.

“Tell me and I will forget. Show me
and I will remember.
Involve me and I will understand.
Step back and I will act.”

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Support Packages

Our support packages include parenting courses, and one-to-one parenting to help manage specific behaviours and supporting families to attend meetings with school, health professionals or police.

- **Outreach service:** gives time, a listening ear and sounding board for children and young people.
- **Adventure based activities (Mobex):** such as coasteering and climbing take place at venues across the island, offering opportunities to develop self-belief, increased physical and emotional resilience and the pride associated with accomplishment, coupled with managing personal risk and reward. Such activities also allow children and young people to experience failure within an emotionally safe environment and to discover that this is an essential part of the learning process. Through these experiences, our skilled team of practitioners enable children and young people to develop strategies so that they learn to manage possible negative emotions in the future.
- **Therapeutic and purposeful activities at the Farm** guided by knowledgeable session leaders, offer horticultural experiences connecting people from planting to the food they eat, learning of the nutritional and environmental aspects, while animal husbandry provides a chance to take responsibility, and give care as well as receiving it.



The following are some of our specific projects:

Inclusion

Provides meaningful farm-based pursuits and pathways for young adults (18+) with additional learning needs. Participants are capable but have typically had limited opportunity of paid employment, and are at risk of becoming socially inactive or isolated.

Rural learning provides opportunity to develop skills, friendships, work ethic, positive self-concepts, behavioural and emotional management and resilience: crops sometimes fail, nails get bent, but we dust ourselves off, learn and have another go.

Inclusion participants experience:

- **Farm and horticulture work:** taking ownership of animal care and vegetable growing, delivering fresh produce to the community. Inclusion has full use of the workshops, kitchen, classrooms and nature reserve. Some students work towards awards in horticulture and conservation.
- **Social enterprise:** entrepreneurial spirit is encouraged as we sell farm-made products and cater at events with the team.
- **Community volunteering:** being productive and visible around the island, putting our green skills to use for others in garden clearances and beach cleans.
- **Formative, social experiences:** shared experiences, building sense of self. Participants organise their own events and join adventurous outdoor activities run by our qualified Mobex team. The friendships formed are just as important as the hard work and challenge.

We hope Inclusion students unlock and realise their potential. We help them identify and prepare for opportunities to move on to employment, volunteering or education such as Myerscough College in the UK.



Prison Support

We support children affected by a family member entering or leaving the prison system, including family days at the prison and story book recordings.



Grass Roots

This offers experiential learning that is naturally active, social, reflective, educational and community-spirited. Projects will consciously be socially inclusive and bridge generational gaps, improve and restore ecological habitats, encourage participants to make provisions for others and provide opportunities for micro social enterprise. Sessions are led by our experienced team, helping individuals explore and recognise environmental economic opportunities and develop employment skills.

- **Animal-assisted education and therapy:** Visitors play a real part in the welfare, diet and breeding of our rare sheep flock, pigs, goats, donkeys, rabbits and guinea pigs.
- **Agriculture/land care experiences and skills:** Promoting sustainable land use, soil health and practical skills in simple construction and woodwork.
- **Horticulture education and therapy:** Taking participants on the journey of understanding, growing and preparing their own-chemical free food, and exploring its economic potential.
- **Environmental skills and experiences:** Bushcraft, outdoor cooking, foraging and excitingly, establishing a new native woodland and coppice on a five-acre wetland at the farm.
- **Communication and emotional skills:** Focus on the 'person' and their resilience, with reflective exercises.

Referrals

Through a single point of referral, we connect with those in need and build supportive, time-sensitive programmes of involvement with the child at the heart of everything we do. We accept referrals from many parts of the community, this includes IoM Constabulary, Youth Justice, Children & Adolescent Mental Health Services (CAMHS), the Departments of Education, Sport and Culture, Health & Social Care, Enterprise, the Probation Service, Adult Mental Health, and other charitable organisations. Individuals and families can also self-refer.



Organisational Governance

The organisation is governed by Trustees who are also company directors. The Trustees hold board meetings to receive the reports of the strategic leadership team and control the accounts, audit and investment matters, and a Risk sub-committee monitors the risk management process. The Trustees delegate the day-to-day management to their appointed Chief Executive Officer.

Safeguarding

The Children's Centre has clear policies and procedures with regard to safeguarding and protection of children. Compulsory annual training at Level 4 is provided by an approved external UK Trainer to all staff, volunteers and Trustees within the parameters of the IOM Safeguarding Board.

Data Privacy

We comply with appropriate legislation and regulations.

Health and Safety

We are committed to providing a safe and healthy working and learning environment for staff, clients, volunteers and visitors, which includes risk assessment, training and supervision in line with HSE regulations.

Independent external assessment of outdoor and adventure activities continue via the Adventure Activities Licensing Authority (AALA).

Commitment to the Environment

The Children's Centre is a member of UNESCO Biosphere Isle of Man.

This international recognition for the Isle of Man creates many different opportunities to help us work together with different partners to achieve the three aims of Conservation, Development and Knowledge to make the Isle of Man an even better place to live.



How can you get involved?

Financial sustainability: This is key to providing consistent service delivery and the ability to expand our services. This can only be achieved through strong partnerships with funders and community engagement to deliver meaningful services which make a positive impact for the children, young people and families of the Isle of Man.

Fundraise: organise your own fun event at school, at home, at work or in the community.

Sponsor an event: attend or sponsor one of the many events the charity organises throughout the year – from an adventurous challenge to running and cycle events, rounders tournaments and dinners.

Corporate partnerships: your organisation has the power to make an extraordinary difference to the lives of children with additional needs in the Isle of Man. There are many opportunities for your staff to get inspired and involved.

In your will: after taking care of loved ones, many people opt to leave something in their will to a charity of their choice. It allows you to make sure the causes close to your heart benefit from your estate.

Volunteer: volunteering offers you the chance to try new things, gain skills, meet new people and widen your horizons. You might be looking for a change in career and need some experience, or you just want a new challenge.

As an organisation: your team can have a great day having fun and building rapport whilst helping complete some much needed projects around the farm and conservation area.

As an individual: are you caring, compassionate, and passionate about helping others? Can you commit to an initial training course and give regular support throughout the year? The community farm needs horticulture and agriculture support, ongoing repairs and build work, and we need support to water the plants and feed and check all the animals at weekends - even in the wild winter weather!

Every £1 donated stays in the Isle of Man and goes directly to services helping children and families have a brighter future

If you would like to discuss opportunities to support us, please get in touch email us at fundraising@thechildrenscentre.org.im or private message us on Facebook or Twitter

A massive thank you for your continued support!





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