



# SPDC

sandwell parents  
for disabled children



ANNUAL REPORT  
**2020/21**

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# Our Mission Statement...

“ Sandwell Parents for Disabled Children (SPDC) seeks to ensure that all disabled children, young people and their families shall have access to a range of positive play and leisure opportunities enabling them to be safe, healthy and happy and that focus on enjoyment and achievement.”

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## Who Makes it Happen?

Chairperson	Suzanne Hill
Vice Chairperson	Parpinder Dhatt
Treasurer	Mike Chappell
Trustees	Stella Bassford
	Val Heaton
	Martin Stevens
	Felicity Somervell
	Jacquie Purcell
	Samantha Hanks
	Jo Ann Rogers
Manager	Diane Rai
Events Co-ordinator	Linda Lloyd
Activities Co-ordinator	Penny Collins
Information & Administration Officer	Claire Brookes
Parent Carer Engagement Co-ordinator	Julie Humphrys until 30th April 2020
	Jayne Ford Appointed August 2020

# A Message from the Vice Chairperson

**Hello everyone, I am privileged to be asked to write this year's report.**

As Diane has shared with you all, it's been a year like no other and without repeating what has already been said. I would just like to take this opportunity to say the global pandemic has brought with it, its share of grief, anxiety and many lows. However, it has also brought with it some opportunities and it enabled us all, as individuals and organisations to look at how we can do things differently and SPDC embraced this change to its maximum potential and supported families in many diverse ways.

I must thank the SPDC team for stepping up to the challenge and for going above and beyond so that families with a child/young person with a disability was at the 'forefront, cared for and supported'.

The staff team at SPDC adapted extremely well by having to work from home and providing activities virtually and creating activity packs /bags and delivering them to families in a timely manner.

Our expert and professional activities team have proved themselves once again, their innovation and forward thinking has kept all our families entertained and extremely busy. Our newly appointed Parent Carer Engagement Co-ordinator has been an invaluable addition to the team and has supported our parent carers holistically.

How fabulous and innovative are our front line staff... thank you for everything you do.

Despite the difficulties and challenges we have faced, Diane has proven to us once again her passion and resilience and leadership skills in guiding SPDC in uncertain times, reassuring and supporting her staff team, the trustees and our families alike. What never ceases to amaze me is the amount of funds by way of grants and donations that are brought in, this is a very time consuming piece of work and our success rate is due to the unique work of SPDC and Diane's perseverance, expertise and determination. Thank you Di for everything you do.

I would like to thank each and every one of the SPDC staff team for their hard work and commitment, our funders for their continued financial support to enable us to continue to provide services to hundreds of families whom were experiencing uncertain times like us all. However the caring responsibilities were magnified to other spheres and the mental well-being of children and young people and carers – siblings, parent carers and family and friends was at times challenging to say the least.

Lastly may I take the opportunity to thank my fellow trustees for their continued support to myself and the Chairperson and the staff team and families alike.

**Parpinder K Dhatt (Poppy)**  
**Vice Chairperson**

# Manager's Report

**Hello everyone, I am pleased to be writing my report for this year's AGM, although it's true to say this year has been like no other for all of us...**

At the start of 2020 we became aware of concerning reports around the world about a deadly virus called COVID 19. By March this was to be a global pandemic, and the end of March saw the UK in a lockdown situation with us being told to stay at home, protect the NHS and save lives.

We had already booked activities for the Easter holidays which we sadly had to cancel but in true SPDC style the team rolled up their sleeves and found truly innovative ways to continue to support families over the coming months – more on that fantastic work in the Activities section of the report.

Working from home was a new experience for the staff team and we had to invest heavily in IT equipment and software to enable us to operate effectively. Thanks to SCVO's Vision 2030 Community Grants for supporting us with a grant to help us with this. I would also like to thank our funders – Sandwell MBC, Sandwell Children's Trust and BBC Children in Need for being so supportive and allowing us to be flexible and innovative in delivering our activities and support to families.

In my last report I announced the fabulous news that we had been successful in securing funding from the Big Lottery Reaching Communities Fund over the next 3 years to develop our Parent Carers Together Project. Julie Humphrys was with us on a temporary basis until the end of April 2020 to support the setting up of the project and we were delighted to welcome Jayne Ford in August 2020 as our new Parent Carer Engagement Co-ordinator. Jayne certainly had to hit the ground running and has proved to be a fantastic addition to the team.

I always end my report with some thanks and this year is no exception. Here at SPDC I really believe we are so lucky to have such a dedicated and caring staff team who have, without exception, gone above and beyond this year to keep our service operating and supporting families. Thanks too to our trustees who have been there for us throughout the year providing much needed guidance and support.

Here's hoping that we are over the worst of the pandemic now and that with the roll out of the vaccine we will be able to come together again very soon.

**Diane Rai**  
**Manager**



# Activities Report

**Reflecting on SPDC's Annual Report for 2019/2020, I note that our Manager, Diane Rai made a reference to the unfolding global pandemic and the fact that we had entered our first lockdown in her summary.**

Well, who really would have thought that Covid 19 would still be making its presence felt a year later? But it was, and it is through a backdrop of three national lockdowns that SPDC and its staff team found itself offering services to disabled children and young people and their families in a way and an environment like never before. Restrictions meant that we had to cancel all face-to-face activities for the period April 2020 to March 2021 and radically adapt the way in which we offered support. SPDC are very proud of the innovative ways in which we supported our users see below for the details of what we achieved!



## Short Breaks Programme

The aim of this programme is two-fold, firstly, to provide opportunities for disabled children and young people to access a range of experiences, whilst affording parent carers a short break from their caring responsibilities and secondly, to offer opportunities for whole families to take part in activities together. By introducing regular deliveries of activities, experiences, and opportunities, direct to families' homes and a variety of social media interactions SPDC were able offer the following:



## Family Project

SPDC's Family Club, which is aimed at all members of the family, including disabled children and young people, siblings and parent carers, has offered 53 varied opportunities to 140 families comprising of 177 children and young people with disabilities, 139 siblings and 206 parent carers. These included:

### Games Nights

Themed family games were designed and created to encourage all family members to come together and have fun. These packs were delivered to each family's home at regular intervals throughout the year. They incorporated multiple rounds of differentiated fun to challenge each individual family member.

Themes have included Valentines Games, How well do you know your family? a Treasure Hunt, a Scavenger Hunt, SPDC's versions of popular board games, I Spy, and a Festive Games pack.

SPDC's Festive Games Pack alone reached 104 disabled children, 57 siblings and 107 parent carers.

## Creative Activities

Families have been challenged to be creative together to design a Family Shield which was then produced by a graffiti artist for them to paint and complete, a tie dye pack to create a T shirt for each family member, pumpkin carving, bonfire crafts, Chinese New Year cards and lantern making, bread painting, A Pocketful of Play activities such as roasting marshmallows and creating graffiti cards and posters to reach out to other families in isolation.

72 disabled children, 44 siblings and 85 parent carers designed and created their own unique T shirt.

## Virtual Activities

These have included interactive puppetry, storytelling, music and theatre shows, a talent show, an animal experience, an opportunity to discover all about Foley Artists and even our legendary Christmas party took place online. SPDC also used video, Zoom and YouTube to bring families together through quizzes and physical challenges.

28 disabled children, 28 siblings and 31 parent carers joined the Zoom link to the Animal Experience to find out about a whole range of creatures.

## Family Day Out

Once restrictions were lifted SPDC offered free access to a local zoo to individual families under strict health and safety guidelines. Even though the zoo had to close for long periods 73 disabled young people, 35 siblings and 104 parent carers enjoyed a much-needed day out following prolonged periods of time spent at home.

## Age Specific Short Breaks

The programme was offered in two age ranges, 4 – 11 years and 11 – 18 years, and as two separate projects, one of which took place during the school half term holidays and the second throughout the long summer holidays. All of the activities offered under this programme were delivered direct to children's homes and, afforded children choice by enabling them to decide exactly what they wished to receive and to choose their own the level of instruction, for example pictorial instructions, detailed written ones, YouTube demonstrations or, all three.

During the half terms disabled children and young people were able to choose from four new activities, specifically, a personalised piece of graffiti artwork either a name sign or a tote bag, either a bath bomb making set or a suncatcher kit, a "Discovery Pack," consisting of two discovery kits from a range of six including a robotic spider to make, a volcano kit and two different crystal growing kits and a baking kit plus either a dragon coin bank or a sensory soap making kit.







75 disabled children aged between 4 and 11 years old and 69 disabled young people aged between 11 and 18 years old took part in these activities.

SPDC's age specific summer holiday programme, offered disabled children and young people the opportunity to take part in four challenging activities covering the areas of cookery, practical, crafts and physical challenges. Participants were able to choose from a range of options within each category. For example, under the heading of cookery challenges, all participants receive bread making kits but were able to choose bespoke pizza making kits, similarly participants could choose two out of three craft kits and, the physical kits also offered participants a choice between bags of sports day equipment or hoop dens sets. 52 disabled children aged between 4 and 11 years old and 40 disabled young people aged between 11 and 18 years old took part in the summer programme.



# Our Achievements

Here at SPDC we are a phenomenally proud of the fact that we have not only continued to support disabled children and young people and their families throughout this challenging year by adapting our services but that we have continued to attract new families into the service.

That said, our achievements during this year are probably best summed up by the people we have supported:

*“ Over the course of this year SPDC have been such a great all-round support to us as a family. You really have made lockdown bearable. We have had some brilliant activities to do. My son has tried lots of things he might not have had the chance to try. He has really enjoyed them all especially clay modelling and painting, robot spider, flowing volcano, pumpkin carving, Disney quiz game and painting the graffiti artist canvas. I myself really looked forward to the from phone calls from the Team, it was nice to think someone was interested in us and I thoroughly enjoyed the yoga and fitness sessions.”*

*“ During this unpredictable time SPDC have been a steady constant source of support for us all and the activities have been something look forward to. They have been delivered to our door by the very friendly staff with zoom links and videos to follow on YouTube. I don't think you could have done any better. SPDC has made a big difference to our time in lock down and we really appreciate all they have done for us.”*

*“ You guys have gone above and beyond and really helped us to break up the boring at home during lock down. My boy and I have made some amazing silly funny memories together thanks to the activities you have set up and planned for us. Thank you so much!”*

*“ The SPDC family games night has to be the highlight of our summer. The kids were really excited. We had party snacks and we were ready for action. We absolutely loved each round of the games night but if we had to pick a family favourite it would be the headband one! The family prize was also great. Dad offered to hold the target, and all was well until J gave a ball to me. I totally missed the target and hit dad full on the head!”*

# Parent Carer Activities

**During the year SPDC was very excited to recruit a dedicated Parent Carer Engagement Co-ordinator in August 2020, slightly later than planned, owing to the pandemic but nevertheless Jayne Ford, was, in our opinion, well worth waiting for!**

During the first half of the year the Team supported parent carers with wellbeing calls to help alleviate loneliness and to help build resistance during a very difficult period. Jayne was able to both continue and develop this work meaning that a total of 400 telephone calls were made to parent carers during the year. As well as the focus on well-being these calls enabled SPDC to offer advice and guidance around issues such as aspects of medication, food, employment, and behaviour management.



The appointment of a Parent Carer Engagement Co-ordinator has meant that SPDC has also been able to conduct virtual sessions thereby enabling parent carers to socialise, form peer connections, take part in activities, including exercise sessions and learn new skills as well as providing opportunities for SPDC to promote the five ways to wellbeing.

Through the virtual sessions parent carers have enjoyed a varied programme of events and support sessions including a month of meeting the new Parent Carer Engagement Co-ordinator and a weekly zoom style chat café where the SPDC community has been able to talk about daily life in lockdown, whilst enjoying peer support as well as some much-needed fun and relaxation. We have also offered a focused wellbeing month with virtual sessions of Tai Chi, Zumba and Mindfulness, and a bumper month of Christmas craft, glow jars, wreath and bauble making in December.

The New Year brought pampering spa sessions, hair and beauty sessions, and a Mother's Day craft and garden planting event. Resources for these sessions were delivered out to parent carers' homes and expert practitioners guided the sessions via Zoom.

In addition, a variety of information and advice sessions were also offered.

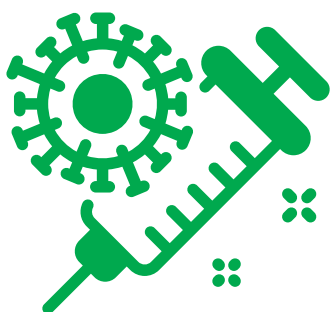
**A total of 368 parents and carers have been supported in their caring role in a variety of ways during 2020/2021.**



## We have assisted our Parent Carers in the following ways:

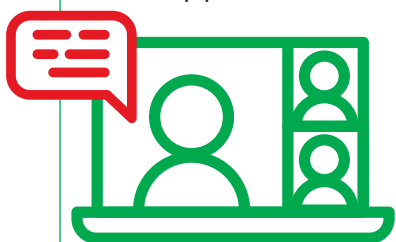
# 120

Parent Carers contacted by our **Vaccination Lead** to ensure our Community are engaging in the COVID-19 vaccination roll out



# 43

Zoom Connection **Meetings** enabling Peer support



# 474

**Support Calls** and one-to-one individualised **Support Sessions** made to parent carers needing guidance, support, and information

# 69

of these 474 sessions were **individualised** one to one support

# 11

**Training** Sessions

# 43

**Questionnaires** sent out to Parent Carers, although we realised this was not viable due to Covid so intelligent feedback after every activity was set up.



# 38

meetings / activities Sessions



# 14

**Support** Sessions



# What are our Parent Carers saying about the activities they have been to?

*"Thank you for this, the mindfulness session is much needed after all this."*

**C**

*"Hiya , I've just had a rather long chat with my psychologist, and mentioned that SPDC are doing well being month and I've signed up to do mindfulness and she's proud of me. She thinks it's really going to help and she also going to include in within our sessions to help me over come anxiety and stress and build my confidence more she is so pleased that I have added support through the spdc and that they are doing activities like this xx"*

**NS**

***"Was good to try something different discovered im not very flexible lol... think I might try it again though as my back certainly felt better think it was due to the stretches, and I did feel relaxed after the Yoga session."***

**S**

*"Could i book for the yoga sessions please for H who is really enjoying being a part of a whole new community family these last few weeks! Thank you!"*

**K**



***"You've been there for me and you've supported me when I've needed you. I enjoy coming on Zoom to speak and see everyone."***  
**NS**

***"Thank you so much to you and Manisha for the wonderful yoga session this morning. My daughter and I really enjoyed it."***  
**JH**

*"I really enjoyed it and something I'd definitely do again. Learnt some good relaxation tips too :)"*

**MS after Yoga session 19/11**

*"It has been the hardest summer (year in fact) but you guys have been amazing sorting all these activities for families. You are a big part of our family and we have missed you all."*

***"M's Christmas presents are mainly still wrapped up and sitting in the corner, as she can only cope with a couple at a time but her non-stop game of the year is the jumper matching game from the SPDC Christmas pack. She played it several times every day all over the Christmas holiday and is still playing now we are nearly at Easter. Thanks to you all!"***

*"My gang have really enjoyed all of the activity packs SPDC have delivered. My children's disabilities and levels are very different, but we love how inclusive the packs are, they are a great mixture of words, symbols and pictures which means that we can all have fun together. We also really enjoyed our zoo visit a while ago too."*



# Statement of Financial Activities

For the year ended 31st March 2021

## Income and Expenditure

### Income Resources

#### Donations and legacies

Income from donations and legacy  
Income from other trading activities  
Investment Income  
Incoming from charitable activities

### Total Incoming resources

### Resources Expended

Expenditure on raising funds

#### Charitable activities:

(includes governance costs)

### Total Resources Expended

### Net movements in funds

### Funds at 31st March 2020

### Transfer between funds

### Total Funds at 31st March 2021

Restricted Fund 31st March 2021 £	Unrestricted Fund 31st March 2021 £	Total Fund 31st March 2021 £	Total Fund 31st March 2021 £
79449	56432	135881	81843
0	1532	1532	4123
0	16	16	2
83874	35	83909	92046
<b>163323</b>	<b>58019</b>	<b>221342</b>	<b>178113</b>
0	0	0	770
190037	0	190037	190615
<b>190037</b>	<b>0</b>	<b>190037</b>	<b>191385</b>
-26714	58019	31305	-13272
4482	73301	77783	91055
24014	-24014	0	0
<b>1782</b>	<b>107306</b>	<b>109088</b>	<b>77783</b>

## Balance Sheet

### Fixed Assets

Tangible Assets

### Current Assets

Debtors and Prepayments

Cash in Bank and in Hand

### Creditors: amounts due within one year

Accruals

Deferred Income

Net Current Assets

Net Assets

### Financed by

General Funds

Restricted Funds

### Total Funds

31st March 2021 £	31st March 2020 £
5648	3558
1077	1638
119072	74211
1709	1624
15000	0
103440	74225
<b>109088</b>	<b>77783</b>
107306	73301
1782	4482
<b>109088</b>	<b>77783</b>

These Financial Statements were approved by the trustees on 5th October 2021 and were signed by:



**Suzanne Hill**

Chairperson

# Acknowledgements

4 Steps to a Smile

Asda Cape Hill

Asda Great Bridge

Asda Oldbury

Bakers Oven Old Hill

BBC Children in Need

Big Lottery Reaching  
Communities Fund

Claire Wherton

David Purcell

Denise Jones

Edward Gostling Foundation

Eveson Charitable Trust

Groundwork UK

Harminder Bray

Jo Ann Rogers

Local Giving Magic Little Grant

Mandy Smith

Mike Chappell

Nadia Nadeem

Paninder Kaur

Paula Moore

Rina Patel

Rosemary Priest

Sandwell Children's Trust  
Short Breaks Programme

Sandwell MBC

SCVO Vision 2030  
Community Grant

Sharon Chatwin

Stacy Welch

Teresa Mullett

The Tonks family

Thomas Dudley Group Ltd

Warburtons COVID 19  
Support Fund

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***And special thanks, as always, to all our  
children, parents, carers and families!***





### **Sandwell Parents for Disabled Children**

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