

A young girl with curly hair and a man with a goatee are smiling at a desk. The girl is on the left, wearing a plaid shirt. The man is on the right, wearing a light-colored button-down shirt. They are both looking towards the camera. The background is slightly blurred, showing other people in a classroom or office setting. The overall image has a blue tint.

**INVICTUS**  
well-being



**IMPACT  
REPORT**



**2022**

Supporting Children and Young People's Mental Health,  
Now and Always

# TABLE OF CONTENTS

- 1** Introduction & Executive Summary
- 2** Our Year in Numbers
- 3** In a Nutshell
- 4** The BREW Project
- 5** Transition Support Service
- 6** Try High
- 7** COPE / Workshops
- 8** Youth Leaders/Fundraising
- 9** Plans for 2023
- 10** A Final Thank you

# OUR BIGGEST YEAR YET

Supporting young people's  
mental health throughout 2022



West Yorkshire's  
Children and Young People's  
Mental Health Charity



2022 has been another tough year for Children and Young People. The need for timely, effective and accessible mental health support has never been so important.

Invictus Wellbeing has been instrumental in supporting & improving the mental health of thousands of young people across West Yorkshire.

Beyond this, we are changing the landscape of mental health and wellbeing in West Yorkshire, bringing innovation, awareness and change to the communities we serve.

We are continuing to grow, expand and do more for young people's mental health in 2023 and beyond. Watch this space.

[See More](#)

# OUR YEAR IN NUMBERS

**42**

Workshops  
Delivered

**20.1%**

Average increase  
in wellbeing for  
BREW Project  
service users\*

**2,016**

The number of  
young people  
we've worked with  
in 2022

**1982**

Healthy Holiday  
Places Provided

**~3,250**

Counselling & 1:1  
Support Sessions  
Provided

**400%**

The amount our  
charity has grown  
financially in 2022

**1,000**

More than  
Volunteer Hours  
Provided to 14-25  
year olds.

**18**

Schools we've  
worked with across  
Calderdale,  
Bradford & Kirklees

**40**

Members of  
Staff and  
Volunteers

**9.3/10**

How young  
people rated  
our activities  
and projects

**Our Projects**

Service Users that attended 4 or more sessions and completed their intervention\*

# FEBRUARY

# OUR YEAR IN A NUTSHELL



We were successful in bidding to deliver Transition Support Service, a new support service across Calderdale for 16-25s.

# MAY



Our Chief Exec took a trip to Parliament to represent young voices in West Yorkshire and to speak with Holly Lynch MP

# DECEMBER

Invictus Wellbeing was awarded with their level 2 Quality 4 Health & Wellbeing Award by Voluntary Action Calderdale and Calderdale Council CEO, Robin Tuddenham.



# MARCH



We were invited to receive our funding award at the West Yorkshire Mayor's Fund Awards Evening in Dewsbury.

# OCTOBER



3 of our Youth Leaders were nominated for awards at the Calderdale Community Spirit Awards

# Brew. PROJECT

862

Referrals Received

1600+

Sessions Arranged

89%

Attendance rate

100% of surveyed Parents/ Carers rated the BREW Project with 5 out of 5 stars.



"Fantastic. So much support in a short amount of time - Thank you."

"Just a huge thank you for aiding my daughter in using the skills she has learnt to help her when she is anxious."

"We cannot thank the service and mostly the practitioner for their time and dedication in helping our son we are very grateful."

"I'm so glad I reached out for my son. I'm sure he will continue to use the new life skills you have given him."

"Thank you for all your hard work!"

## LIAISON & DIVERSION

Working with West Yorkshire Police & L&D , we have provided important therapeutic interventions to some of West Yorkshire's most vulnerable young people:

600+

COUNSELLING SESSIONS  
PROVIDED

Mental Health Engagement has increased from 11% to 37% through the L&D Pathway.

# TRANSITION SUPPORT SERVICE



## WHO WE ARE

The Transition Support Service (TSS), is a wrap-around service which is funded by the South West Yorkshire Partnership Foundation Trust. TSS is also a part of the Openminds partnership, it is a low-intensity service that is available to young people up to the age of 25 years old. We have three wellbeing practitioners and one therapeutic practitioner who take a person centered and holistic approach to support. TSS develop and deliver a range of activities and wellbeing workshops.

**188**

Referrals Received  
Apr-Dec 22

**146**

Young People Worked  
With Apr-Dec 22

**90%**

Engagement  
Rate

## How has TSS helped?

"The sessions with you have done her the world of good and she always comes out in a better frame of mind."

"She felt supported and positive about her experience. Thank you for all your support" **Feedback from parent.**

"I've been hoping to ...say thank you for last week, she looked so relieved and relaxed when she came out after your session" **Parent Feedback.**

"The people [practitioners] were super nice and I felt like I could say anything and be listened to. Thank you so much this has helped me a lot by having someone I can honestly talk to and be listened to without feeling judged." **Feedback from young person.**

Non-Binary  
2.7%

Male  
31.9%

Female  
64.3%

**Client  
gender**

White Irish

Arab  
1.1%

Asian / Asian British  
3.8%

0.5%

White British  
39.6%

White English  
44.5%

**Client  
Ethnicity**

# Try High

HOLIDAY CLUB

INVICTUS  
well-being



CALDER  
COMMUNITY  
SQUASH  
IN THE SCHOOLS

Our partnership with Halifax Panthers & Calder Community Squash has continued and expanded throughout 2022, providing hundreds of children on free school meals with an engaging holiday club which focuses on building skills, increasing socialisation and getting children involved in positive activities from a young age.

We delivered

**1982**

day places throughout the year, with 1037 coming in 4 weeks through the summer. That's 5 day places every day of the year!

We worked with

**560**

individual children. As of January 2022, there are 4,983 children accessing FSM in Calderdale meaning we worked with approx 10% of all eligible children in Calderdale

**100%**

of 90 parents told us that their child had a fantastic time. The same amount said they thought our staff were supportive.

**95%**

of children who took part rated us at least 9/10 with our lowest score being 8/10



"Absolutely loved the program set, my child loved every day and is already saying please sign me up for next one - all the staff were brilliant and I really thought they delivered 100% on their activities plan".





# COPE

PEER BEREAVEMENT SUPPORT  
PROJECT FOR YOUNG PEOPLE

COPE Peer bereavement support project is a therapeutic programme which focuses on helping young people (12-17) who have experienced the loss of a loved one understand, process and cope with their bereavement. A bereavement can be challenging for all but especially young people.

COPE aims to provide a safe, non-judgemental and confidential therapeutic space where young people can discuss their experiences with professionals and their peers who are going through the same as they are.

For the past year we have delivered COPE in 6 schools, to groups of 4-8 young people, totalling nearly 50.

## Here's what Young People gained from COPE:

"I have enjoyed the community/safe space"

"It has helped me cope when I'm sad"

"Being able to talk about it and it has really helped me"

"Caring people"

"Enjoyed sharing memories in a safe space"

"Games, listening. The check-ups made me realise how I truly felt about my current situation"

"Knowing other people go through the same thing as me and can help"

"I have enjoyed getting to know people who have been through similar things"

"I enjoyed preserving the memory of my lost loved one in an artistic form"

## RESILIENCE WORKSHOPS



Invictus Wellbeing and ROKT Foundation worked in partnership to deliver a new and exciting urban adventure program in the May half term. The rock climbing and resilience wellbeing workshops were run by our wellbeing practitioners and instructors at ROKT. Each workshop focused on a different aspect of mental health and wellbeing, including **self-esteem and confidence.**

The sessions gave young people the opportunity to experience bouldering, rock climbing and other activities, whilst also receiving **mental health and wellbeing support.**

## Here's what Young People gained from ROKT

'Some of the young people stated that the workshop gave them **'courage'** and it helped them to **'see their strengths'**

'Most students said it had made them feel more **confident**, while some added that they **felt relaxed and comfortable**'.

'They enjoyed the **'fun, relaxed and informative'** environment the workshop provided'

# YOUTH LEADERS



This year, we piloted our Youth Leaders programme where a group of young people aged 14-19 volunteered with us and became an integral part of the organisation. The group have been involved in everything, from interviewing staff, running our social media and taking part in senior leadership meetings.

We now couldn't imagine living without our youth leaders and the group are so important to ensuring that we are a youth led and community led organisation.

We were also pleased to have 3 of our youth leaders be put forward for Calderdale's 'Young Community Champion' in November (from left to right), Kiera, 15, Poppy, 17, Lucy, 18.



Here's what they got up to:

- Fundraised just under £1,000 for the charity throughout the year.
- Developed a voice & influence strategy for CYPMH in Calderdale.
- Designed and created 4 radio adverts for NHS Summer Messaging.
- Volunteered and took part on our Try High programme.
- Released a video campaign for Childhood Bereavement Awareness Week
- Developed our Christmas Social Media Strategy
- Interviewed for 4 posts in which they were a key part of the interview panel.
- Supported the Open Minds Partnership with their rebrand.
- Were nominated for their use of wellbeing packs for 'Best Marketing Campaign' in 2022 Calderdale Community Spirit Awards.
- 2 Youth Leaders have graduated and have gone on to paid work with Invictus Wellbeing, training as peer support workers in 2023.

## FUNDRAISING & ENGAGEMENT

2022 has been a year of firsts for the charity and we have realised how important it is that we regularly raising vital funds to continue and expand the work we do.

Thanks to everyone who has donated to our cause this year. We have raised over £8,000 in total which is a record for the charity! We would like to say thanks especially to:

- Everyone involved in our first Charity Gold Day at Halifax Golf Club.
- Everyone who ran the Great North Run for us in September.
- NCS Participants from Brathay Trust and their bake sale
- Halifax Town Football Club for hosting us as charity partner for a day.
- The Woolshops in Halifax for choosing us as their Charity of the Year and supporting our fundraising targets.



# PLANS FOR 2023... WHAT NEXT?



2022 has been an incredible year for Invictus Wellbeing, but we know there is a lot more work to do in 2023. Here's some of our top targets for next year:

**Launch our #BlueSomeGood Fundraising Campaign and work with schools & businesses to raise vital funds for Invictus Wellbeing.**

**Retain and expand our key services, ensuring they are accessible to all children in Calderdale, Bradford and Kirklees.**

**Expand the work we are doing in Bradford and Kirklees, ensuring we have a centre and hub for young people to come and see us in those areas.**

## Final word from our Senior Leadership Team:

Christmas and New Year are times of reflection, and whilst 2022 has been challenging the Invictus team have stepped up to that challenge time and again. Already 2023 is looking like another year of accelerated growth, bringing the opportunity to do more for our Invictus community. C&YP, our colleagues, volunteers and local businesses will all benefit as we progress upwards and onwards. A huge thank you to everyone involved, and let's make 2023 another exception year

Alex Berry, Chair of Trustees

2022 has felt like a real development year for the charity. We have developed so much and really consolidated where we stand. I really hope 2023 will be a year of ensuring our services continue to grow and develop as the demand does on a consistent basis. Thank you to everyone who has supported us in 2022, it has been a wonderful year for us once again and I feel we really have a platform to kick on now and meet the needs of young people in desperate need of support.

Danny Hutchinson, Chief Executive

It's been a defining year for us this year, we've embraced a number of innovative concepts and approaches which has allowed us to continue to offer a unique and holistic support offer to hundreds of children. We are now very well positioned to start 2023 with a bang and our reputation continues to grow across West Yorkshire.

We look forward to working with more and more businesses, charities, young people and families and hope you will continue to support us in 2023.

Chris Georgiou, Founder & President



# THANK YOU

On a final note, we wanted to say thank-you to all of our supporters who have fundraised, donated, funded us or commissioned our services. Your support goes such a long way and we couldn't have achieved what we have in 2022 without you.

## COMMISSIONS



## FUNDERS



## SCHOOL PARTNERSHIPS



## BUSINESS & COORPORATE SUPPORTERS



# #INVICTUSWELLBEING

## TELL US WHAT INVICTUS WELLBEING MEANS TO YOU.

If you've been involved with Invictus Wellbeing this year, we'd love to be more connected with you!

If you have any questions, or want to provide us with any feedback, we'd love to hear it.

You can also connect with us online and stay in the loop about what's happening with us by following us on social media:



 @invictuswellbeinguk

 @invictuswellbeinguk

 @invictuswbeing

 @invictuswellbeinguk

 @invictuswellbeinguk

# THANK YOU!

Invictus Wellbeing Foundation is registered with the Charity Commission in England & Wales (1193094)

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