



SOCIAL IMPACT REPORT

April 2024 –
March 2025



0161 262 1622



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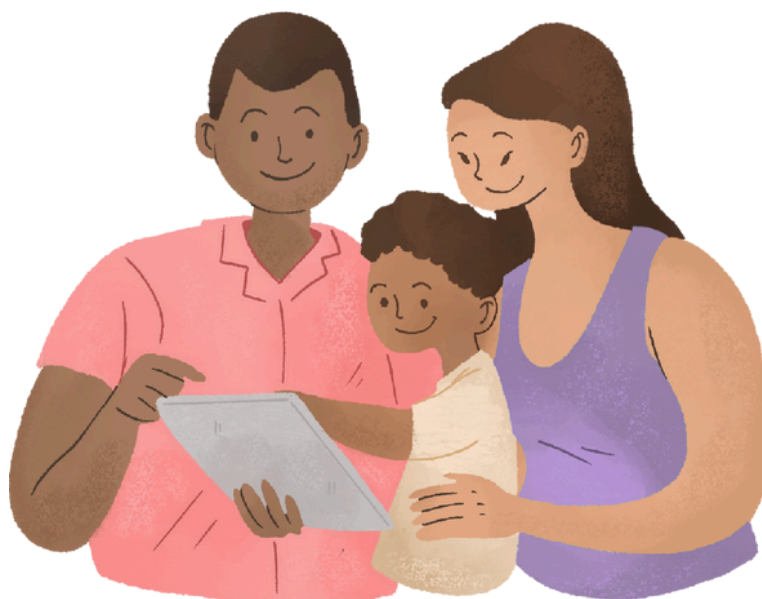
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ACTIVITIES AND IMPACT

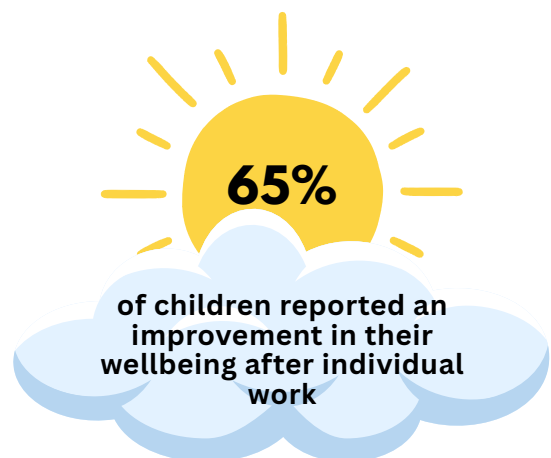
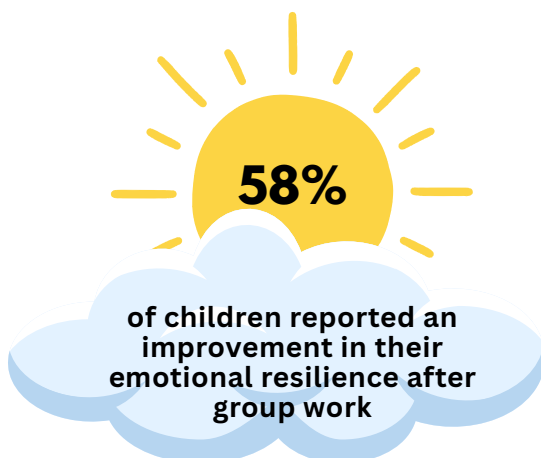
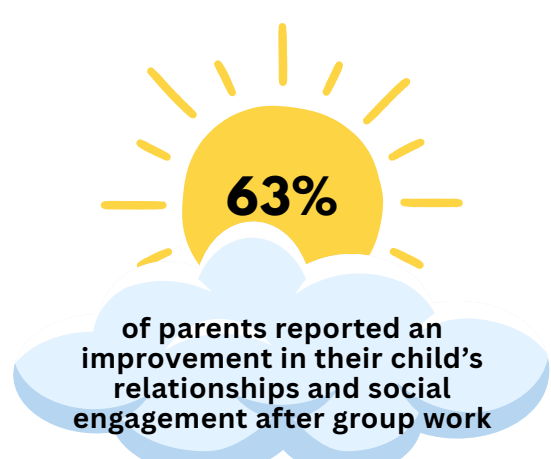
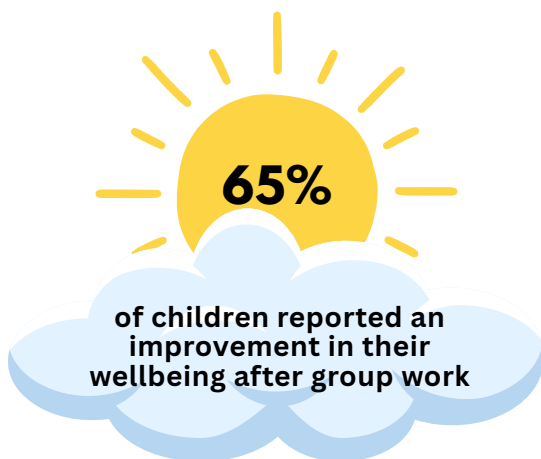
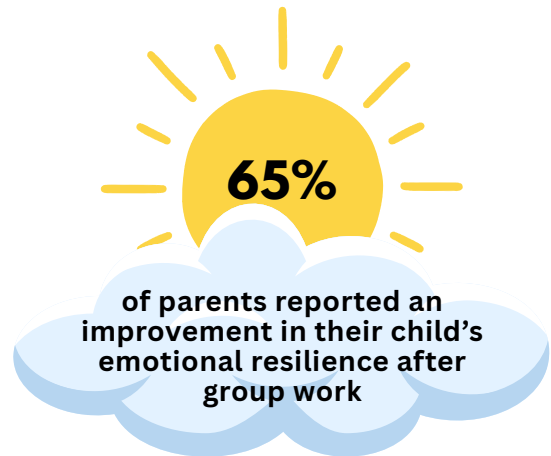
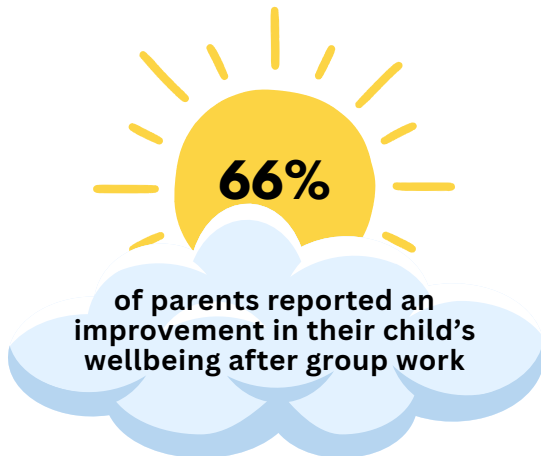
Just Psychology aims to provide services and interventions which address the psychological and mental health needs of children, adults and families with particular focus on cultural competence, cultural diversity and social justice. We also aim to improve existing services. From April 2024 to March 2025, the company benefitted children, adults and families in the following ways:

Direct Interventions:

Therapeutic work undertaken with 256 children and their families (in groups, family work and parent workshops) as part of the Trafford Sunrise emotional health and wellbeing service. Reasons for referral included anxiety, depression/low mood, behavioural difficulties, managing change, social media & online safety, bullying, etc. 17% of the children and families were from Black and minority ethnic (BME) backgrounds.



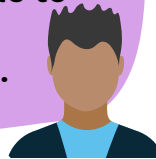
TRAFFORD SUNRISE OUTCOMES



TRAFFORD SUNRISE FEEDBACK

Very helpful. I have noticed a huge improvement in [child]'s mood and anxiety.

Recognising that he is not always able to recognise/differentiate emotions.



It really helped me to overcome my fears and I understand my emotions much better now. I am sad that it had to end but I had a very good time each week



Very helpful, really helped me understand my daughter more as she was able to express herself. Thank you for providing such an open and honest space for me and my child

Found them very helpful in opening up conversations about feelings and learning how to recognise them. Found activities a helpful way of doing this



Learning new techniques and coping methods that will help my child and therefore will help me. Speaking about [child]'s anxiety and having someone understand what you and your child are experiencing [has benefited me]



ACTIVITIES AND IMPACT

Capacity Building:

We provided a range of training events to staff from different organisations and with different professional backgrounds including Child & Adolescent Mental Health Services (CAMHS), NHS Foundation Trusts, Perinatal Services and Parent Infant Mental Health Services (PIMHS). 189 (218 including consultations) professionals attended our training courses and events during the year. Mersey Care NHS Foundation Trust commissioned us to provide training on Parenting across Cultures to all its Perinatal Mental Health Practitioners.

We also provided training on:

- Multicultural Assessments in the Family Courts
 - Child Concern
 - For family court professionals
- Culturally Competent/Humility Therapy
 - Greater Manchester Mental Health(GMMH) NHS Trust
 - For Psychological Therapies Team
- Parenting Across Cultures
 - GMMH
 - For perinatal mental health practitioners
- Parenting Across Cultures
 - Mersey Care NHS Foundation Trust
 - For perinatal mental health practitioners
- Parenting Across Cultures
 - Pennine Care NHS Foundation Trust
 - For Stockport PIMHS practitioners
- Parenting in Hong Kong
 - Manchester University NHS Foundation Trust
 - For Trafford CAMHS practitioners

TRAINING FEEDBACK

**Rich content. Knowledgeable trainers.
Thought provoking. Interactive. Comfortable
space provided to share ideas etc. Unique
content**



**I found all the sections of the training really
interesting. I liked the idea that I would gained
more insight into how different nationalities
parent their children**

**Really thought
provoking, helped
me to reflect on
skills I have &
where I can
continue to
develop**



**An eye opener to my role with working with
families, understand them as people and
supporting this, as well as keeping their
culture**



**Opportunity for discussion & group exercises, along
with content on slides. Empowering me to ask
questions & see importance of asking cultural
questions. Even though I currently don't ignore this,
the training has made me feel more confident &
validated in doing so**



ACTIVITIES AND IMPACT

We have been commissioned by the Greater Manchester Bereavement Service (GMBS) to develop and deliver a Bereavement Project in partnership with Six Degrees Social Enterprise. The aim of the project is to improve the accessibility of the GMBS for Black, Asian and minority ethnic (BAME) communities.

This is a 3 year project which aims to improve the accessibility of the GMBS for the global majority, with a focus on the Arabic and Chinese communities. We have recruited people from those communities to train as Cultural Consultants. Cultural Consultants use their knowledge about their own communities to act as a bridge between professionals and adults/families from their community. We have trained 12 Cultural Consultants in total; 8 from the Arabic community and 4 from the Chinese community.

The Cultural Consultants have completed their training, they deliver awareness raising sessions in local communities, provide training on culture and bereavement for local practitioners and provide cultural consultation for individual cases.

So far, we have completed 5 awareness raising sessions, with 7 more planned in the second year of the project. The 5 awareness raising sessions engaged 96 people from the community from many different backgrounds self-identifying as: Afghan, African (including Congolese, Somali and Sudanese), Any other white background, Arab (including Egyptian, Syrian and Yemeni), Bangladeshi, Caribbean, Chinese Indian, Pakistani, Pakistani British, Palestinian, Persian, White & Asian, White & Black African, White & Black Caribbean, White Albanian, White British and White Italian.

ACTIVITIES AND IMPACT

Community Development:

Our Family Reunion and Parenting Project (FRAPP) aims to strengthen family relationships following serial migration. This has been funded by Trafford Housing Trust and National Lottery Community Fund and is being delivered in partnership with local VCFSE organisations including Rainbow Haven, British Red Cross and Greater Manchester Immigration Aid Unit (GMIAU). The project includes training, paid and voluntary work opportunities for people from local BAME/Global Majority communities.

This year:

- 11 parents from Arabic, Eritrean and Pakistani communities attended our parenting courses.
- 23 parents and 26 children from Arabic, Eritrean, Ethiopia, Palestinian and Syrian communities attended our family reunion groups.
- 21 parents from Algerian, Arabic, Caribbean, Eritrean, Indian, Pakistani and Palestinian communities attended our parent workshops.



FRAPP FEEDBACK

The facilitators made me feel like we are family and a space I can share everything. I miss community and it was nice to speak to others from my community



The ToL is creative way of expressing past experiences and through hardship and work you can surpass it. I first thought the session was hard, but with explanation and with help it was easier, friendly, calm, no pressure relaxed space

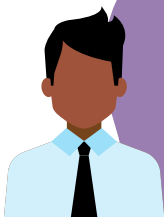
It was extremely enlightening and interactive



We will tell parents to attend this course. You took care of my daughter while we did the parenting course, gave us food and travel expenses this helped us a lot



Life in the UK has been very hard, especially being separated for so long and not seeing my family but we have been working through struggles together and [another family]'s story has been very inspirational for us all. Thank you for listening to us and helping us to explore life in the UK. Thank you for this opportunity to allow us to explore our tree of life



CONSULTATION WITH STAKEHOLDERS

The company's stakeholders include:

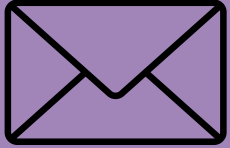
- Health and social care professionals who use our capacity building (training and consultation) services
- Parents, children and families who use our therapeutic services
- Solicitors and legal professionals
- Members of local community/VCFSE organisations
- Associates who deliver some of our services
- Public sector commissioners and funders

Our stakeholders (professionals and family members) are formally consulted using pre-and post-session questionnaires, feedback forms and group interviews. Feedback from children and families who use our therapeutic services has resulted in adapting the ways in which we have delivered our services (e.g. delivering the Family Reunion Groups over one day in the school holidays based on feedback regarding accessibility). We have also adapted our services to meet the increased demand for emotional health and psychological support for children and families (eg delivering the Early Support Groups for parents over one session instead of two to allow for more Early Support Groups. Also, introducing Parent Workshop drop ins for our Family Reunion & Parenting Project so that more members of the community could receive information around parenting sooner rather than later.

We have made changes to our training and consultation work based on feedback from attendees. This has included reducing the content of some parts of our sessions.



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Just Psychology is a community interest company registered in England & Wales

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