



# Annual Review 2024

Helping put the pieces back together







# CEO's Report

Jigsaw4u built on last year's growth and development to further expand our support for communities across South West London in 2024. Following the success of Wilson Wellbeing, we opened a satellite office in Kingston town centre and are delighted with the number of children, young people and families who have successfully accessed the base.

We have been overwhelmed by the positive response to Finding Freedom, (a mini-documentary we released in January), which explores the journey of a vulnerable young person we supported to escape from criminal exploitation. In September, we launched three exciting new services which will enable us to reach hundreds more individuals, providing each with the high-level of support and care associated with Jigsaw4u.

As always, the support of our communities

has enabled Jigsaw4u to reach those who need our services. Thank you to everyone who has donated, fundraised or volunteered to 'help put the pieces back together' for the brave and brilliant children, young people and families who access Jigsaw4u and inspire us every day.

**Stephen Loizou**

Chief Executive Officer

*Stephen Loizou*



"You have changed my life."

"Jigsaw4u is a friendly and kind place and they actually help."

"You are the only person I can talk to."

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**Child Testimonials**



SUPPORTED

10,101

INDIVIDUALS



PROVIDED

15,923

ONE-TO-ONE SESSIONS



VOLUNTEERS CONTRIBUTED

6,000+

HOURS OF THEIR OWN TIME



OFFERED

141

FREE ACTIVITIES AND EVENTS FOR OUR SERVICE-USERS



“Jigsaw4u were there for us when even our families weren't able to support us.”

“My daughter has grown in confidence and has the courage to try new things.”

“My child is feeling a lot better and we are all feeling a lot more positive about the future.”



Adult Testimonials





# Our Services



## Where We Work

We also work in Schools and other suitable locations across South West London.

“You have helped me in so many ways.”

“I felt I was in a safe space and could freely discuss anything.”

“Jigsaw4u helped me to regulate my emotions and feel calmer.”

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## Child Testimonials



## Support for Children and Young People



Advocacy



Depression and Anxiety Support



Domestic Abuse Play Therapy for children



Home School Links



Independent Visiting



Missing Young People



Pre and Post Bereavement



Suicide Support



Tenancy Support



Therapeutic Life Story Work



Young Victims of Crime



## Support for Adults and Families



Adoption Play Therapy



Domestic Abuse Support for adults



Parent Child Game



Support for Prisoners' Families



Who's In Charge? Parental Support



## Support for our Communities



Activities4u



Wilson Wellbeing



## Support for Professionals



Spot Purchase Commissioning



Training and Consultancy



"Dealing with loss is easier when you have Jigsaw4u in your corner."



"Your support has been so valuable and our family have achieved so much."



Adult Testimonials

"I appreciate all you have done for my son, helping him to shine again."







# Our Patron & Ambassadors



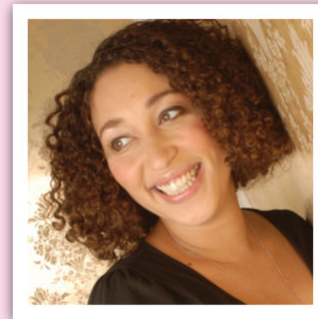
**Lord Iain McNicol**

Jigsaw4u's Patron



**Joanne Clifton, Actor**

Ambassador for Positivity and Play



**Emma Norry, Author**

Ambassador for Children and Young People in or Leaving the care system



**Richard Whitehead MBE, Paralympic Athlete**

Disability Ambassador



**Nathaniel Wood, MMA Athlete**

Ambassador for Mental Health



**Nathan Bowen, Artist**

Community Art Ambassador

"I really enjoy volunteering with Jigsaw4u. It's incredibly rewarding and I feel very supported by the Volunteer Coordinator. I wholeheartedly recommend volunteering for Jigsaw4u, it's been a great experience!"



## Volunteer Testimonial



# Campaigns



We launched a social media campaign, '10-seconds to calm with Jigsaw4u', which offers quick, visual, uplifting ideas to help children and young people (and adults!) manage their mental health and improve their sense of wellbeing.

Service users often report the negative effects of social media to our team, so we felt it was important to share some positive content in this realm. Again, the messages of appreciation and encouragement fill us with pride and motivate us to keep on 'helping put the pieces back together'.

**10 seconds to calm**



[Full Playlist on YouTube](#)

In partnership with **Toy Soldier Films**, we released ***Finding Freedom*** in January 2024.

This mini-documentary explores the journey of a vulnerable young person Jigsaw4u supported to escape from criminal exploitation.

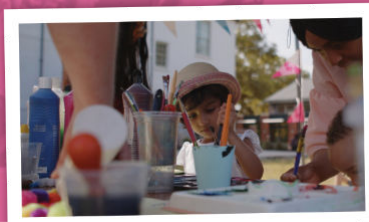
We were overwhelmed by the positive response to the film and intend to submit it to the next round of Charity Film Awards.



[Watch now on YouTube](#)



**"I have just watched Finding Freedom and found it very impactful. We will make sure we share with members of the Police and Crime Committee."**



**Janette Roker**  
Senior Policy Adviser:  
Policing and Crime



**London Assembly**







# Trustees



Jigsaw4u's Trustees are an essential element of our charity, and our Board is experienced in areas including financial management and reporting, HR, safeguarding, risk policy and governance. They work with our CEO and his team to create Jigsaw4u's vision for the future and ensure financial stability, sustainability and high-quality service delivery.

This year, we welcomed four new Trustees to the Board. Additionally, Sarita Brucciani (an existing

Trustee of 4-years) was appointed Chair. During the year, the Board established an investment policy as part of our financial stability and sustainability plan, as well as reviewing our strategic plan.

Our Board are determined to support and govern Jigsaw4u to the best of their abilities, and we thank all the Trustees who voluntarily give up their time to make this happen.

**"It is a great honour to be the new Chair of Jigsaw4u. The Trustee Board is proud of the many achievements of the charity and that so many children, young people and families can be supported."**

Sarita Brucciani **Chair of Trustees**



**"Last year Jigsaw4u had a strategic focus on investing in management infrastructure to ensure that we were in a fit state to grow our activities whilst maintaining proper controls. This year we aim to begin to deliver that growth."**

Jeremy Beckwith **Treasurer**



**"My daughter has been through CAMHS and another counselling service and this is the first service that has actually helped."**



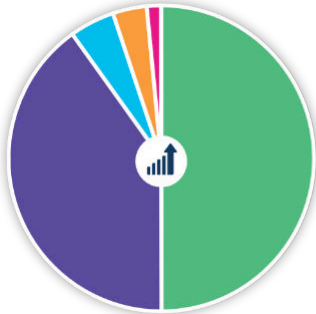




# Income and Expenditure £

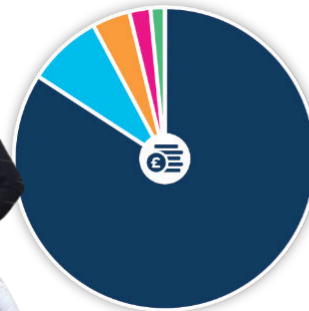
Over 85% of our income goes directly towards our service-delivery. This means that any support we receive makes a major difference to the lives of our children, young people and families.

You can see the full breakdown below:



## Income

- Companies & Trusts
- Local Authorities
- Donations & Gift Aid
- Fundraising
- Other



## Expenditure

- Direct Service Delivery
- Fundraising
- Rent
- Other Support costs
- Audit & Accounting

“I am ridiculously proud of all of you, of all of us, of me, for raising over £1,942. This money is all for Jigsaw4u, and I hope it helps lots of young people struggling. But more than the money, I hope that you can feel a little inspired by my journey. I didn't think I could do it, but I did, and so can you.”



**Kate Lawman**

Fundraiser







# Thank You!

Thank you to all of our volunteers, donors, fundraisers, partners, schools, business supporters and staff. Jigsaw4u could not help our children, young people and families to put the pieces back together without your support for our vital services.







# Get Involved



There are a variety of ways you can choose to support Jigsaw4u's work across South West London:



## Donate

Making a one-off donation or a series of regular donations are a great way to help us with our service-delivery.



## Fundraising

Fundraising for us either as an individual or as a group is a great way to support our work and make a difference.



## Volunteering

Our Volunteers are invaluable to our service-delivery, whether that's through one of our services, or helping to spread awareness of our work.



## Corporate Partnerships

We highly value partnerships with our business supporters who have helped make huge contributions to our work.



## Partnering with Schools

We love partnering with Schools in our local community who help to make a massive difference for our children and families.



## Work with us

Join an established charity with over 27 years' experience delivering specialist mental health services to address the needs of our community.

“I cannot thank you enough for what you've done for me and helped me with, I was struggling a lot and didn't know who to trust but when I met you I finally was okay. And you are the reason I'm still here today because without you I don't know where my head would be at.”



## Child Testimonial



Registered with  
**FUNDRAISING  
REGULATOR**



# Helping children, young people and families to put the pieces back together

[www.jigsaw4u.org.uk](http://www.jigsaw4u.org.uk)

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Charity Number: 1109167



/Jigsaw4u



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