



Annual Review 2025

Helping put the pieces back together



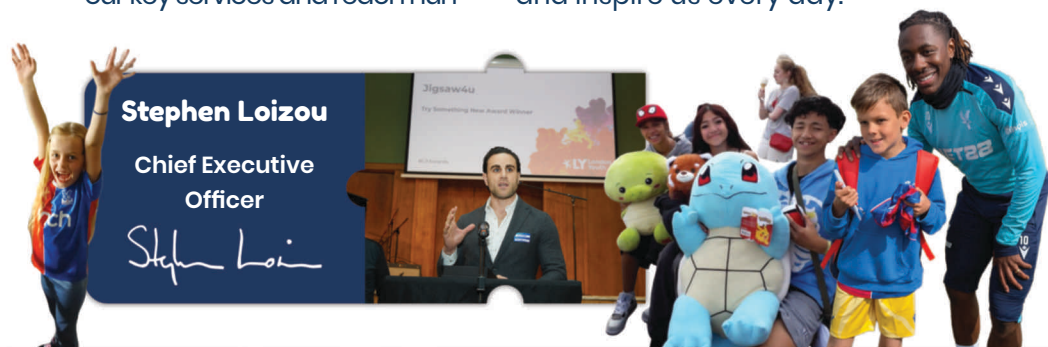
CEO's Report

It will not surprise anyone to hear that 2025 was the busiest in Jigsaw4u's 28-year history. Our wide range of specialist mental health and wellbeing services adapted to the challenges our communities have faced – rising levels of suicide and self-harm, structural inequalities and financial insecurity to name just a few.

We were proud to receive our first ever central government grant, as well as increased support from South West London ICB. These allowed us to expand our key services and reach hun-

dreds more individuals, providing each with the high-level of care associated with Jigsaw4u. Our incredible staff and volunteer team worked tirelessly to achieve the best possible outcomes for each of our beneficiaries.

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.



Dr Holly Tallentire

"Without Jigsaw4u's services, I feel like we couldn't deliver the work we do with children at the NHS."



Paediatric Clinical Psychologist at St George's
University Hospitals NHS Foundation Trust



Year in Numbers

123

SUPPORTED

10,507

INDIVIDUALS



PROVIDED

16,121

ONE-TO-ONE
SESSIONS



VOLUNTEERS CONTRIBUTED

6,500+

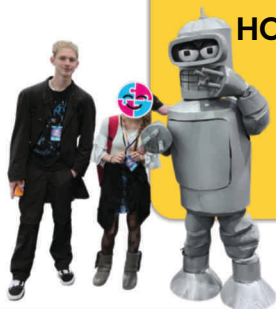
HOURS OF THEIR
OWN TIME



DELIVERED

1,623

GROUP SESSIONS



"Jigsaw4u has supported me through challenges, given me countless opportunities, and most importantly, helped me avoid becoming another statistic. Thanks to them, I will now be going to my first-choice university."



Young Person Testimonial

2



Our Services

Support for Children and Young People



Advocacy



Depression and Anxiety Support



Home School Links



Independent Visiting



Missing Young People



Pre and Post Bereavement



Suicide Support



Tenancy Support



Therapeutic Life Story Work

Our Services



Learn more on our website



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

"Thank you for all you have done for my son. You have given him a safe place to share and he has looked forward to your sessions every week. Thank you for your time, kindness and care for my boy."





Where We Work



Jigsaw4u support individuals directly from our HQ, our Kingston base and at the Wilson Wellbeing Centre in East Merton. We also meet children, young people, vulnerable adults and families in appropriate locations across South West London.



“I have seen a huge improvement in my daughter. Would you believe all of last week in school, she has been smashing it – Getting up, meeting her friends. She has done so well and a lot of that is to do with you. I just wanted to say thank you. You’re worth your weight in gold and you’re doing such a good job.”



Adult Testimonial



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 and Leaving the care system



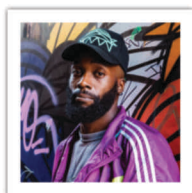
**Richard Whitehead MBE,
Paralympic Athlete**

Disability Ambassador



Nathaniel Wood, MMA Athlete

Ambassador for Mental Health



Nathan Bowen, Artist

Community Art Ambassador

"You have managed all these volunteers for me and for other ladies like me too. May God bless you. We are inspired through you. Thank you so much. Thanks is not enough, I know. You are in my prayers."





Trustees



Trustees are essential to any charity, and our Board is experienced in areas such as finance, HR and safeguarding. They work with our CEO on Jigsaw4u's strategy and ensure financial sustainability and governance for high-quality service delivery.

Our Board govern Jigsaw4u to a high standard, and we thank all the Trustees who voluntarily give up their time to make this happen.

"The Board takes extreme pride in Jigsaw4u's achievements. We are fully committed to guiding decisions for our shared purpose – supporting beneficiaries and serving our communities. I would like to add a special thank you to Vice Chair Fraser Hyland, who leaves the Board this year after completing his 9-year tenure."

Sarita Brucciani Chair of Trustees



"The 2024/25 financial year was a very positive year for Jigsaw4u – we were able to increase our spending on our staff and activities to support our young people. We were able to grow our income, but we are very aware that we have to find new sources of income every year."

Jeremy Beckwith Treasurer



"The wonderful team of facilitators at Jigsaw4u helped to create a safe space for us. The course has made me feel more empowered as a parent and I discovered positive things about myself that I never gave myself enough credit for."





Income & Expenditure

Over 90% 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:



“The sessions with Jigsaw4u have been so amazing and so helpful. His Specialist Support Practitioner has helped him to understand his parents better and why he came into care in the first place. One of his sessions covered a painful subject, but Jigsaw4u approached it with so much care and gentleness.”





Get Involved



Donate

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



Fundraising

Individuals and groups give us a much needed boost to funding our vital work across SW London.



Volunteering

Our Volunteers are invaluable to our service-delivery, bringing their skills to support our beneficiaries.



Corporate Partnerships

Partnerships with our business supporters have helped to make huge contributions to our work.



School Partnerships

Schools have the power to make a HUGE difference for our young people and families through fundraising.



Work With Us

Join our multidisciplinary team dedicated to achieving the best outcomes for our children and families.

“Thank you so much for your help, I would not be here without it. I am ever so grateful to the Jigsaw4u team for being there for me in my hardest time in my life. I will always love you all!”



Adult Testimonial



Activities4u

Everyone accessing Jigsaw4u is offered opportunities through our Activities4u programme. Supplementing our support with real-world, horizon-broadening activities reduces social isolation, improves support networks, sparks passion for life and helps our beneficiaries overcome mental health and wellbeing difficulties long-term.

Activities4u are fun and free one-off and regular events and workshops. These include sports coaching, educational visits, arts days and cultural celebrations.

We have been offering this service for over 12-years and have some truly special memories from this time, but 2025 witnessed three particularly dazzling trips alongside our

annual seaside visits to Littlehampton and Brighton.

Jigsaw4u aspired to organise residential trips for many years and, through the generosity of our donors, finally achieved this with trips to France and the Peak District in August. Young people participated in self-esteem building challenges including hikes, wild swimming, escape rooms, horse riding, caving and high rope courses. Well done to everyone who took part!

WE OFFERED

462

FREE EVENTS
FOR OUR
SERVICE-USERS

WE HAD

5,948

INDIVIDUALS
ATTENDING
ACTIVITIES4U
EVENTS

Parent Testimonial

“Thank you so much for taking the boys albeit them being difficult at times. I’m going to put it down to them missing me. But the experience they’ve had, even just to fly for the first time, I’ll be eternally grateful.”





“Thank you for helping me be myself. Thank you for helping me feel more confidence and clarity in myself. Thank you for helping me realise I can, and should, put myself first.”





Helping put the pieces back together

www.jigsaw4u.org.uk

40 Mill Green Road, Mitcham, CR4 4HY

Charity Number: 1109167



Registered with
**FUNDRAISING
REGULATOR**



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