



**LIVING WELL
IS OUR
TRIUMPH**

steppingstones
northwales
cerrigcamu
cymrugogledd

*we listen...
rydym yn gwrando...*



**ADRODDIAD
BLYNYDDOL**

**ANNUAL
REPORT**

2019 - 2020

Stepping Stones North Wales
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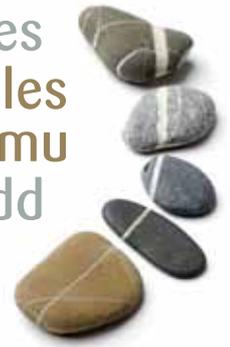


**WE
LISTEN**

MESSAGE FROM OUR CHAIR OF TRUSTEES

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*we listen...
rydym yn gwranddo...*



Continuing to Transform Lives

It is truly an honour to be writing this message as the new Chair of Trustees of Stepping Stones North Wales. The first thing I must do is say thank you to Jennie Henderson, the outgoing Chair who has been involved with Stepping Stones since the very start, in 1984, and did an exemplary job as Chair of Trustees. I am delighted that Jennie continues to be actively involved with Stepping Stones in the role of Vice Chair and has been invaluable to me as I get to grips with the role of Chair.

Since becoming involved in Stepping Stones, I have been shocked at the scale of the problem of Childhood Sexual Abuse, and that so many victims did not receive the support, or did not feel able to seek the support, for what they have gone through, until much later in life. What a terrible burden that these people have endured, and why our charity is so special in helping them finally face those issues. On my visits to our office in Wrexham I make a point of reading the feedback comments from our service users, and they are both humbling and inspiring. What an amazing difference this small charity can make in helping to transform lives.

I am pleased to provide the annual report for the year 2019-2020 in what has been another successful year for the charity, despite facing a number of significant challenges. We continue to see a growth in referral levels, with our services being sought by more people than ever. This creates a strain on both the finances and the organisational processes within the charity. However, I am delighted to report that we have continued to meet these additional

needs and we have seen an increase in people engaging with both counselling sessions and our Next Steps and Essential Skills initiatives.

Of course the end of our financial year occurred near the start of the Covid-19 lockdown, and all of the added issues that this brought. Whilst the full impact will be reflected more in next years report, I can advise, through the excellent work of the management, staff and counsellors we are continuing to maintain a high level of support throughout this difficult period.

All of the great work that Stepping Stones does could of course not have been achieved without the amazing support of our management, staff, volunteers, counsellors, trustees, commissioners and all other supporters. We rely heavily on the goodwill of the people, businesses and government departments of North Wales to be able to provide the valuable service that we do, and to all of you I give you my personal heartfelt thanks.

My final comment must be to the survivors who have shown the courage to come forward and take that first step. You are the true heroes, and I look forward to seeing Stepping Stones continue to support more and more people for years to come.

Paul Gordon



SUPPORT • safe • Listen • survivor • Positive • involved
Counselling • achieve • Wellbeing • values • Equality • awareness

WHO DID WE SUPPORT AND WHAT DID WE DO?

615

INDIVIDUALS

467

FEMALE

145

MALE

2

TRANS
GENDER

1

NON
BINERY

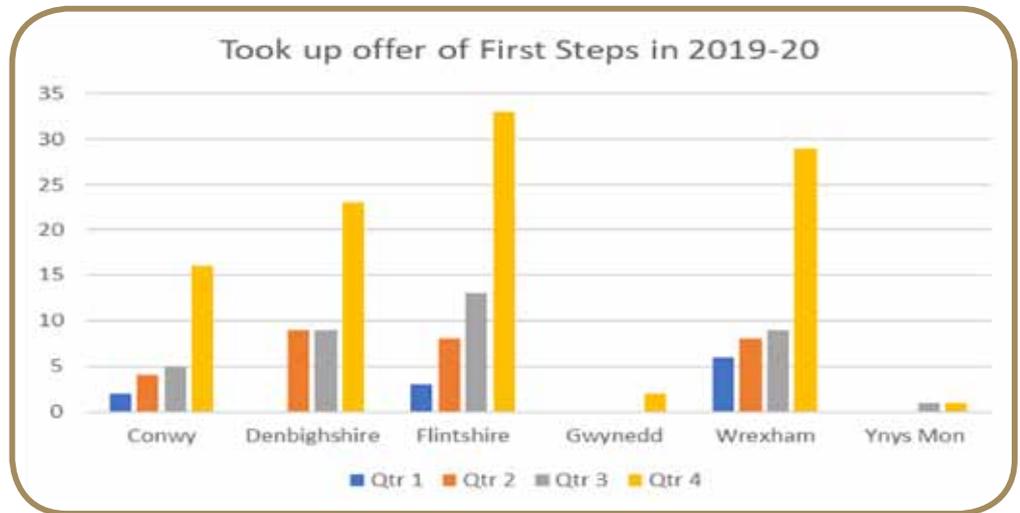
5,696

COUNSELLING
SESSIONS

FIRST STEPS

180

PEOPLE TOOK UP THE OFFER
IN PARTNERSHIP WITH THE
LIVE FEAR FREE HELPLINE



NEXT STEPS

52

ACCESSED OUR
NEXT STEPS SURVIVORS
GROUPS ACTIVITIES

26

NEXT STEPS ACTIVITIES
PROVIDED INCLUDING
HORSE THERAPY

20

INDIVIDUALS ENROLLED
ON ESSENTIAL SKILLS
EDUCATION CLASSES

36

PASSES ACHIEVED
1 ENROLLED IN
UNIVERSITY

ADDITIONAL SUPPORT

20

FAMILIES PROVIDED
ADDITIONAL 1-1 SUPPORT

40

SERVICE USERS CHILDREN
RECEIVED CHRISTMAS GIFTS



HORSE THERAPY



Kayley, Coleg Cambria
Essential Skills Student of the Year.

Pam Wales Adult Tutor of the Year for her
work with the Essential Skills Group.

THEY SAID...Client quotes...

"When I came to Stepping Stones I was very unhappy, lonely, self-loathing and ashamed. With your help I have become more positive, feel happier, the things that happened to me were not my fault and I know that now."

"My only regret is that I did not have counselling with Stepping Stones much earlier in my life. I am however grateful that I have been helped so much now, I feel that after more than 15yrs of isolation, I am now able to socialise and do the ordinary mundane things that most people take for granted."

"I feel 'Free' to now live my life. I am no longer carrying a secret which weighed me down. I can now be honest with my wife, without carrying a secret shame and guilt."

WORKING TOGETHER A ONE TEAM APPROACH



STEPPING STONES NORTH WALES TEAM



Training day with STOP IT NOW



19 VOLUNTEERS DONATING 420 HOURS OF THEIR TIME SKILLS AND SUPPORT, TRULY PRICELESS!

mentors translators admin receptionist
Trustees fundraiser social media

OUTREACH & AWARENESS SESSIONS

32 SESSIONS DELIVERED
279 PEOPLE REACHED



Outreach session with
LLANDRILLO COLLEGE STUDENTS



CELEBRATION CAKE MADE BY
COLEG CAMBRIA STUDENTS

WE CELEBRATED OUR 35th YEAR



Fundraising crafts
and support from
CATHERINE
raising £720.00



LOOKING TO THE FUTURE:

Launch of our new social media, collaborative working, First Steps, Next Steps projects and launch of our Step Into Wellbeing Project. Training and awareness and continued counselling and support to survivors, providing a professional service throughout North Wales.

THEIR CHOSEN CHARITY OF THE YEAR

Wrexham Coop, Tesco Wrexham and Wrexham Mayors chosen charity.

To support us go to

www.stepsstonesnorthwales.co.uk

WE WOULD LIKE TO EXTEND OUR THANKS TO:

Six Local Authorities of North Wales and the Health Board in partnership, Ministry of Justice, Welsh Government, Office of Police and Crime Commissioner, Lloyds Bank Foundation and all our wonderful fundraisers and supporters, **your support makes a real difference to people's lives, thank you...**