

The HAVEN



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01555 811846



info@thehavencentre.com



www.thehavencentre.com

- facing the future together.



  **TheHavenCharity**

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About The HAVEN

The Haven is an award-winning Scottish charity, formed in 2001 to improve the overall quality of life for adults, children & young people, families, and carers affected by a life-limiting illness and bereavement to help them face the future positively and with hope.



Our Inspiration

The Haven was set up by Dr Rosalie Dunn - who at the time was a GP in Blantyre - and a team of dedicated members of the local community.

Dr Dunn recognised a gap in services that supported the emotional, mental health and wellbeing impact of patients who had been given a diagnosis of a life-limiting illness.

She recognised that both patients and their loved one's wellbeing had been affected as they experience this challenging time, and wanted to provide support to them.



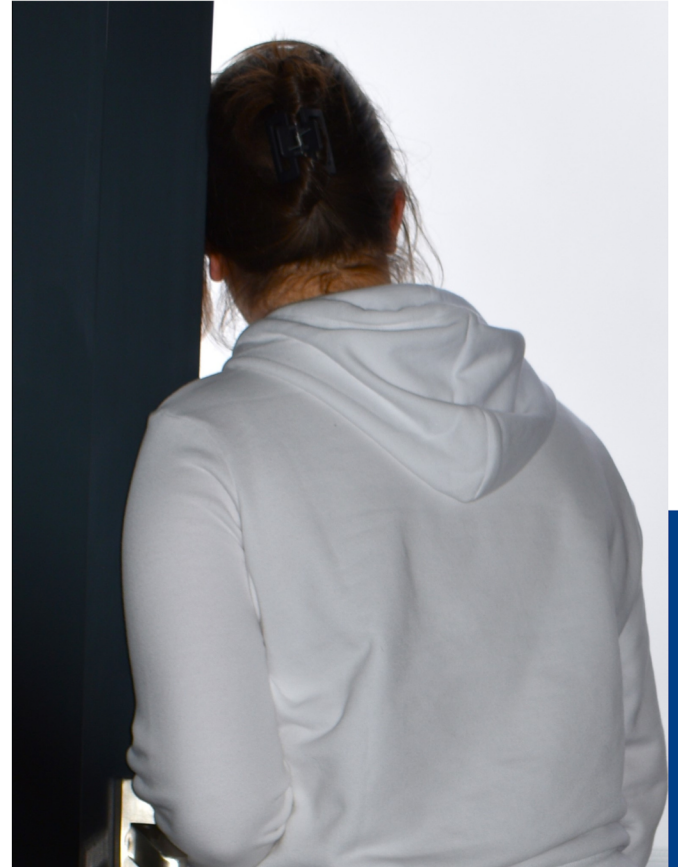
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Our Goals

The aim of The Haven has always been to enhance the quality of life and emotional wellbeing of individuals affected by life-limiting illness (such as Cancer, Parkinson's, Dementia, and Multiple Sclerosis), and their carers and wider family network - including children and young people.

Haven programmes of support are designed to help individuals cope with the physical, emotional and practical aspects of illness, caring responsibilities and bereavement and to enable them to face the future positively and with hope.



The Social Issues we aim to tackle:

- **Mental health (generally)**
- **Self-management / empowerment**
- **Communities - 'belonging'**
- **Impact on mental health - specifically bereavement**
- **Loneliness and isolation**



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Our Services

We provide practical, emotional, wellbeing, and bereavement support to individuals, carers, and families. We support the whole family, the person living with the illness, as well as wider family members.

Our Team of Haven Nurses, Co-ordinators, and Wellbeing Practitioners provide compassionate, uplifting, and supportive services to help enhance and strengthen the resilience and wellbeing of our clients by giving the time and space needed to explore any concerns when a loved one is seriously ill or has died. This support complements medical treatment provided through statutory Health & Social Care services.

We know that everyone will have a different experience with illness, and we aim to alleviate the physical and emotional distress by supporting clients and their families by providing information and support at all stages of illness.



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Our Services

We support people aged 5 to 80+ years old across the whole of Lanarkshire and beyond.

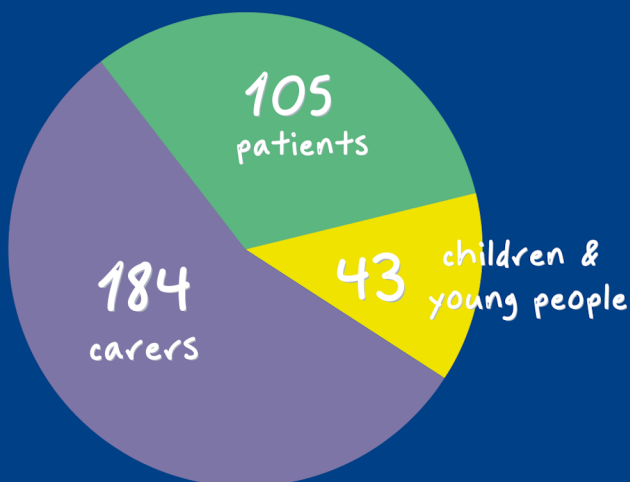
All services are free and delivered online, by telephone, or in person by pre-booked appointments.

There are three Haven Centres across Lanarkshire:

- Blantyre;
- Forth;
- and Wishaw

Individuals, families, friends, and carers can access services without the need for medical referrals and can self-referral themselves for support.

Between April 2022 and March 2023, we supported a total of 332 clients:





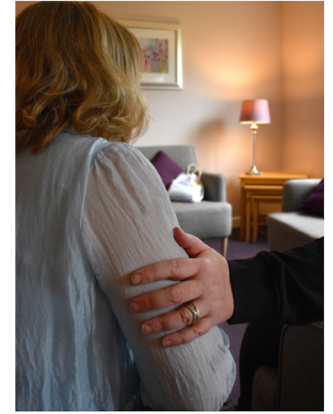
Adult Services

The Haven uses a 'What's Important Now' (WIN) holistic assessment to identify individuals, families, and carers outcomes and goals. WIN assessments are pre-arranged conversations with a Haven Nurse and provide an opportunity to chat and work through what's happening right now, and identify potential next steps.

This assessment give us a chance to highlight and acknowledge any changes and new details from a client's previous session to enable us to best support our clients and develop a personalised plan.

We use a variety of methods for assessing and identifying client's emotional and mental health and wellbeing needs. This includes good conversations between clients and their Practitioners to explore their current challenges, reviewing the information received from professionals who have made client referrals, and through validated measures such as the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS).

Additionally, Haven support has proven to be effective in helping client's reduce levels of depression and anxiety experienced. We know this from our client's self-report feedback; through Practitioners' observations of positive changes in clients; and through changes in depression and anxiety scores - changing from severe/moderate levels down to moderate/mild.

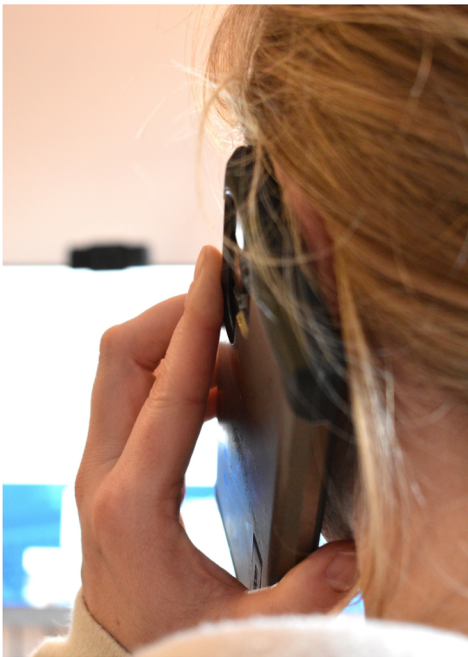


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Adult Services

The Haven supports adults and carers who are affected by a life-limiting illness, or when coming to terms with loss and bereavement of a close family member.



Our Adult Services clients are supported through a range of supporting services including:

- Emotional support
- Self-management wellbeing sessions (mindfulness, therapeutic breathing techniques, guided relaxation sessions etc.)
- Hand-on relaxation therapies (aromatherapy massage, reflexology etc.)
- Cognitive behavioural therapy
- Through providing therapeutic resources (such as wellbeing journals, literature, mindfulness books and therapeutic arts) to support clients' engagement in Haven wellbeing activities

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Children & Young People

The Haven supports children and young people aged 5-18 years old across Lanarkshire disadvantaged through the emotional distress which can result when living with a loved one who has a life-limiting illness, or when coming to terms with loss and bereavement of a close family member.



Through our children's service clients are supported through:

- Emotional support sessions
- Therapeutic play sessions
- Play therapy sessions
- Activity based, peer support groups
- Guidance and information is also offered to parents/guardians to help them best support children within the family
- Provision of therapeutic resources such as therapeutic arts, workbooks to help understand and process emotions and talk about challenging topics such as bereavement.

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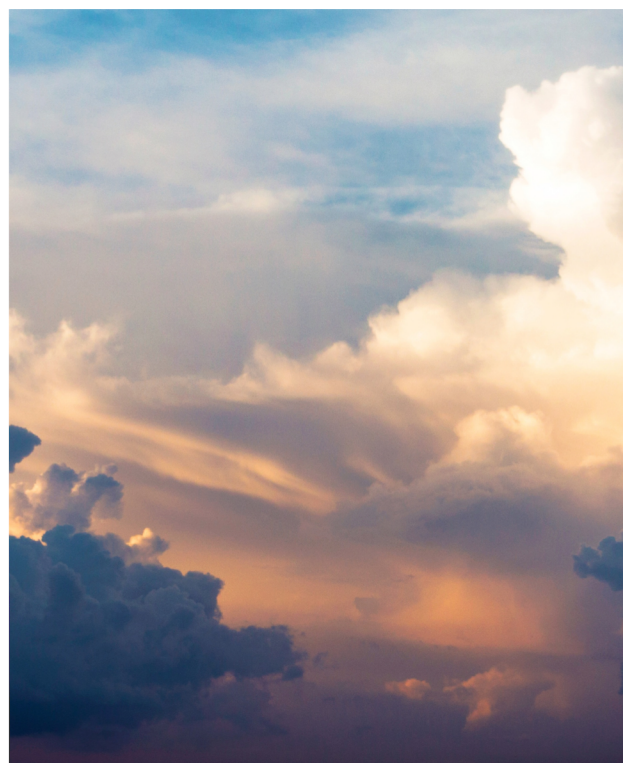
Our Funding

The majority of The Haven's funding (around 90%) comes from trusts and grants, mainly short-term (up to 1 year) or occasionally longer-term (2 years to 3 years). Grant funding is used to cover staff costs and contribute towards overhead costs (eg administrative, centre running costs etc.) all of which contribute to The Haven being able to deliver services.

Multiple charities apply for the same funding all the time, which means short/long-term financial support is not always guaranteed, making it challenging for The Haven to plan for the future.

Our other funding stream comes from community fundraising (around 10%) which includes donations or money raised from members of the community, groups or local businesses.

Community fundraising can also be unpredictable and makes it difficult for The Haven to plan ahead and provide sustainable services, as we rely on the support of the local community.



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Our Challenges

Some charities experience a range of different challenges related to securing funding and sustaining crucial services. There's an increasing demand for Haven services from people in the local community who need our support. The Haven aims to support as many people as possible, although we can only do this if there is adequate financial support available.



Here's some national statistics that highlight the increasing demand of our services from a local level:

- There is an estimated 26,000 school-age children in Scotland who have been bereaved of a parent or sibling at some point in their childhood. [Support Around Death]
- In 2020, a study published by the University of Strathclyde found that 50.8% of all children are bereaved of a parent, sibling, grandparent or other close family member by age 8 and this rises to 62% by age 10 [National Library of Medicine]
- A parent of children under 18 dies every 22 minutes in the UK; around 23600 a year. This equates to around 111 children being bereaved of a parent every day [Child Bereavement UK].
- Around one in four people are estimated to be affected by mental health problems in Scotland in any one year (2021). [The Scottish Government].
- Wellbeing and resilience levels of the general population are still lower than pre-pandemic levels [Office of National Statistics].
- In 2020, it was estimated that there were over 3,900 people diagnosed or living with cancer in Lanarkshire [Cancer Research UK]
- There are an estimated 90,000 people with dementia in Scotland. Around 3,000 of these people will be under the age of 65 years [Alzheimer Scotland]

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Our Hopes

We hope The Haven can acquire sustainable funding to continue to provide support services and help people. Receiving £3000 would be a vital lifeline for The Haven as it would enable us to continue offering essential, free, emotional, practical, wellbeing, and bereavement support to individuals, families, and carers journeying through a life-limiting illness and bereavement.

This financial assistance would help us to provide sustainable services to ensure that those who need our help most have access to free support services.



£3000 of funding would allow us to deliver one of the following services:

75

Cognitive Behavioural Therapy (CBT) based counselling sessions

or

100

Therapeutic wellbeing activity sessions (which could be for example - relaxation, guided therapeutic breathing techniques, aromatherapy massage, reflexology

or

16

Weeks of group sessions for Children and Young People, including additional 1-2-1 support