

OUR VISION

Is of a world where suicide is all but eradicated, where young people have access to the support they need, and where communities actively engage in preventing self-harm and suicide

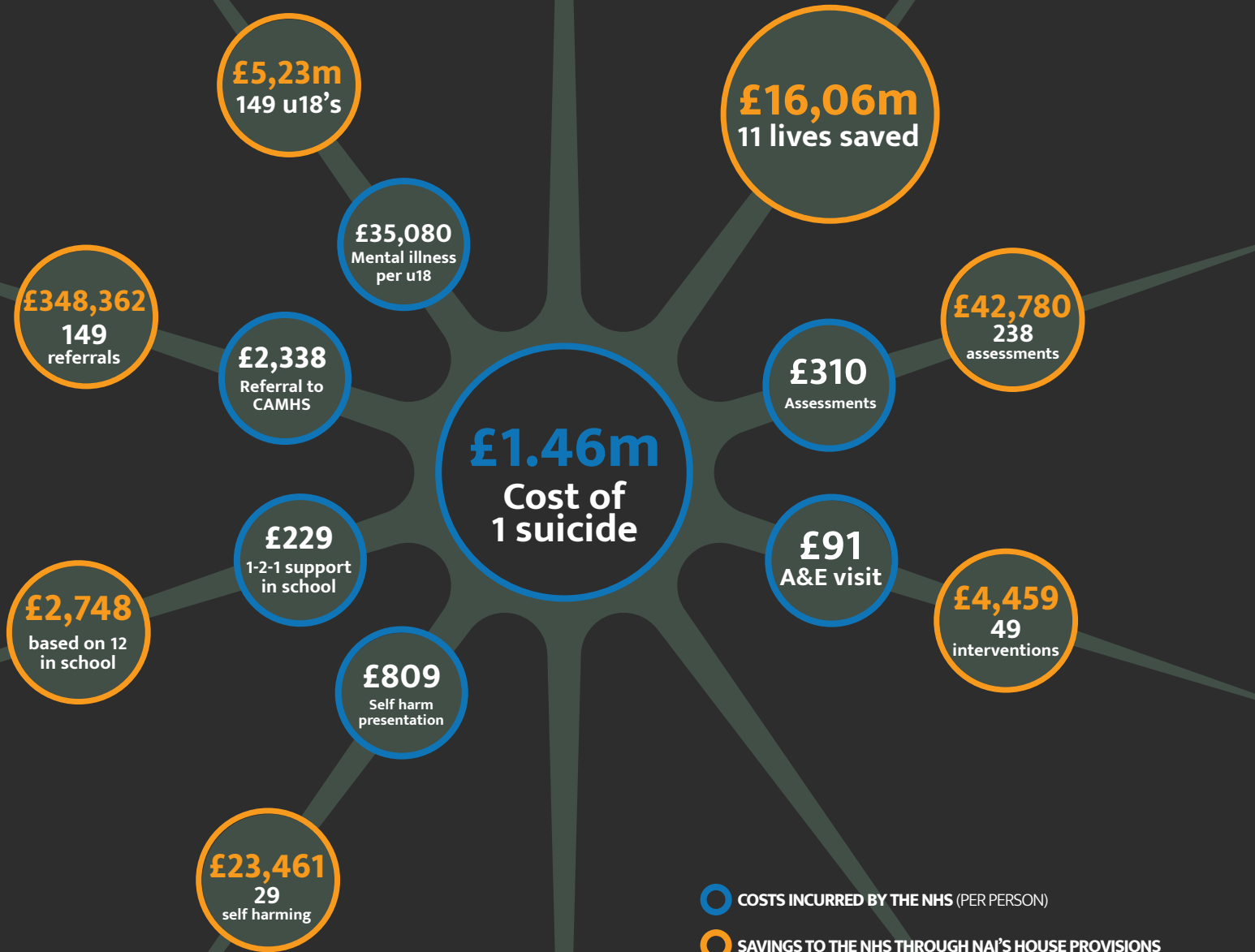
NAI'S HOUSE 2024

IMPACT REPORT

The background is a dark gray with a subtle pattern of thin, light gray lines radiating from the center. In the center, there is a faint, larger-scale graphic of a heart with radiating lines, similar to a sunburst or a stylized heart shape.

11
LIVES
SAVED

NHS COSTS



HELLO AND WELCOME

We have had a busy, interesting, and sometimes exciting time over the last year...

SEPTEMBER 2023

Last year we won the Bicester Village Charity and Community Award at the Cherwell Business Awards and won the Purpose Coalition: Breaking Down Barriers award.

OCTOBER 2023

Two of our team completed their LivingWorks training to become ASIST facilitators and have since been busy delivering this life saving workshop across Bicester.

JANUARY 2024

We were fortunate enough to receive funding from the DHSC Suicide Prevention Grant, which has enabled us to hire a Suicide Prevention Coordinator to formally deliver and evaluate our pioneering Suicide Action Survivors (SAS) workshop and Suicide Prevention:Life: Self Harm (SPLASH) workshops. We have also made key changes in the way we take on new guests with our waiting list process so that no one is left without access to help and support when needed.

MAY 2024

We were chosen as one of the Mayor's Charities by new Bicester Town Mayor, Damien Maguire, alongside The Bicester Foodbank.

JULY 2024

We held our annual #BeNice Festival with the Nai's House band (in collaboration with Community Albums) opening the event.

SEPTEMBER 2024

We celebrate our fifth birthday, a bit mind blowing to be reaching this milestone. I'm not entirely sure how we got here, but it wouldn't have been possible without the amazing team of volunteers, employees and students at Nai's House. Nor without the support of our local, and wider community - you are all awesome thank you

THE FUTURE ...


As we enter our sixth year, our focus is on developing and delivering further support options, growing our team, seeking bigger premises. None of this can be achieved without increasing awareness of our service and raising much needed funds, so it looks like 2025 is going to be an interesting year!

With warmest wishes ❤️

Gem Barrett
Founder and CEO

NAI'S HOUSE





Trustees	⦿⦿⦿⦿⦿
Guest Supporters	⦿⦿⦿⦿⦿⦿⦿⦿⦿⦿⦿
Counsellors	⦿⦿⦿⦿⦿
Parent Supporters	⦿⦿
Bereavement Supporters	⦿⦿⦿
Complementary Therapists	⦿⦿⦿
Events	⦿⦿⦿
HR and Operations	⦿
Organisational support	⦿⦿⦿
Suicide Prevention Coordinator	⦿
CEO/founder	⦿

WHO WE ARE

Our mission:

To empower young people to positively manage their feelings and emotions and improve their wellbeing
 To ensure that young people feel heard, valued and understood
 To provide the next generation with knowledge, insights, life skills and resilience tools for the future
 To enable and encourage the community to speak openly and directly about suicide
 To equip both the public and professionals in suicide awareness and prevention

Paid staff : 5
Volunteers : 26
Volunteer hours per year : 7,466

Nai's House provides a safe and confidential space for our guests to receive 1-2-1 support, participate in support groups or activities and attend life enhancing workshops in a non-clinical environment.

The Charity was created out of personal experience and is delivered by passionate, trained volunteers. We offer community based, easy to access, holistic mental health support to our guests. As a person centred service we see each of our guests as a unique being in their own right and work alongside them to explore their thoughts, feelings and actions to provide tailored support specific to their needs.

We understand that poor emotional and mental wellbeing can be brought about by a range of factors and that combined with a developing brain it can be challenging to cope with all the feelings and thoughts that arise out of life experiences. We understand how those thoughts and feelings can play out and how important it is for young people to have someone to speak with who can offer them information and strategies to be able to regulate and manage their emotional and mental wellbeing, as well as the challenges that life presents.

THEY THINK WE'RE FAB.

As soon as we walked into Nai's House it felt like such a safe and welcoming space. For the past year my daughter has been regularly supported by Chloe. She quickly became someone that she trusted and could open up to and has been so vital in helping her to improve and cope with her mental health. She is always willing to offer help and advice.

I honestly do not know where she would be right now if we hadn't been able to access this amazing and much needed charity.

To know that she will be supported by Nai's House for as long as she needs them is so important and is vital for her recovery.

The team at Nai's House are dedicated to helping their guests improve their mental wellbeing, and have a whole range of lived experiences, thereby creating a unique place where young people can access the support they need.

I have been able to join one of the weekly parent support groups. It is a safe space in which to connect with other parents going through similar experiences and to receive much needed support.

I have also been to the Friday drop in sessions and have attended a suicide prevention training course there, both of which have been very helpful.

Parent of guest aged 16

Nai's House staff have been tremendously helpful to our family. Our daughter's appointed key worker goes above and beyond to support not only her, but us as a whole family. The difference Emma has made cannot be put into words. Thank you does not cover our gratitude to Emma and the team at Nai's.

Our experience with this incredible group of people is nothing like you would get anywhere else. Their empathy, understanding, patience and support is magical. You will never feel alone being under the wings of Nai's house staff. Every single one of them make a difference

Parent of guest aged 11

I just want to say what a wonderful charity Nai's is and I just don't know where we would be without it.

My child has faced so many mental health difficulties from trying to fit in whilst dealing with undiagnosed autism (now diagnosed).

Nai's house have been an absolute rock for our child and also us as parents, where other services have flitted in and out, Nai's has always been there, not only supporting our child, but also the family around them.

From the amazing one-on-one support Amber has given our child, the family counselling both Amber and Chloe supported us with to the invaluable parents group run by Karen.

With the massive shortfall in mental health and social care in the UK it's charities like Nai's house who are picking up the pieces ... and quite literally saving lives.

Parent of guest aged 17

Both me and my son came to the group open minded.

Most places offered online support but nothing face to face.

We were both nervous but were welcomed by Emma and Karen. Everyone was lovely. The group was small which made it nice to have a safe space to let raw emotions out.

At first we felt maybe we didn't fit due to the relationships of the people lost within the group. It helped us both realise with all of the emotions you feel, you're not on your own. We have since continued meeting when we can for a catch up. I would recommend this type of group to anyone.

Bereavement workshop participant

This group has been absolutely invaluable to me, and by extension, my family.

I have struggled for years on my own, and wish I'd discovered it sooner. The group helps stop you feeling alone with the fears, stresses and often overwhelming panic and seeming impending hopelessness associated with parenting suicidal children.

It helps with coping mechanisms for all sorts of issues and provides possible resolutions to some of those, brought up by members of the group. It is so much more helpful talking to people who are going through it or have been through it. It's a safe place to discuss details of what your child/children are going through and know people 'get it'! It's a safe place to discuss our feelings and emotions, as well as our children's.

It has enabled me to reduce how often I think; "It must be my fault, I must have parented badly". The less I feel like this, the better able I am to focus on what my children need.

The group I attend with Karen is a lovely group and it gels well. We all help and support each other. Everyone seems to be comfortable talking freely.

I cannot praise or thank Nai's enough – for recognising the need for this parent group, as well as the critical needs of the young people who find themselves in this awful situation – as well as Karen, for giving her time!

Parent group participant

I joined the bereavement group on week 3 and was welcomed in. It felt so good to be with people who "got" it. To be able to share and listen to people with similar experiences. It helps with the sadness and shame because there is complete acceptance.

Karen and Emma create a safe space for us to talk about our loved ones and our experiences of losing them. I'm very grateful to have this group in person. And the Whatsapp group is a good way to support each other. The continued support once a month is really helpful too.

Bereavement workshop participant

CASE STUDIES

Guest, age 12

At only 12 years old X was referred to Nai's House by his mother, due to concerns about the impact of previous domestic abuse.

Initially, X found it challenging to open up during our one-on-one sessions, often shutting down when topics relating to his trauma were discussed. Through conversation we explored why this might be. We/He identified his difficulties in being able to articulate his experiences and make sense of what had happened to him.

We focused on psychoeducation, with a particular emphasis on understanding and exploring core emotions. During this time, X has gradually built his knowledge and emotional awareness. As we progressed X became noticeably more comfortable in our sessions. Although our work together is ongoing, X has made significant progress in his ability to engage and communicate effectively about his emotions, experiences and childhood trauma.

Guest, age 12

X is 12 years old struggling with suicidal ideation and is awaiting a diagnosis of ASD.

X struggled at home and at school and became extremely overwhelmed which then led X to stand at the side of a busy road with thoughts of jumping. X wasn't involved with any friendship groups and missed a lot of school due to insufficient resources.

Myself and X worked on strategies to help calm down when feeling overwhelmed and building a sense of self. I also worked alongside X's parents to help X attend a new school which had the correct needs for X. I checked in with the parents regularly to help with any struggles they had been facing at home. Myself and X worked on recognising any triggers that could lead to a meltdown and how to cope with them in a safe way.

Today X is doing amazingly and is thriving at school and has even gone from seeing myself weekly to every other week! X now has a friend group and goes out socialising, makes jewellery with her nan and sells them to make some money.

Guest, age 20

X became known to our service after a member of Bicester Town Council approached us asking if we could support a homeless young person with a history of suicidality and self harm in crisis.

We saw X that day and spent several hours with her talking through what had happened. X said she had been homeless for sometime due to ongoing family issues which included emotional abuse. She did not have anywhere safe to stay and that the tent she had been staying in had been vandalised and a number of her items were taken.

We called Cherwell District Council (CDC) to see if she had been verified homeless, they confirmed that she had, we asked them if they would be able to provide emergency housing, they advised us to go to Bodicote House at 9am the next day to see what they could do. We encouraged X to reach out to her friends outside of Bicester to see if she would be able to stay there overnight. A friend was able to help.

We drove her to her friend's house, in the south of the county, and made sure she was safe and stayed in contact with her that night via text. The next day, we picked her up from her friend's house and drove her to Bodicote House to meet with CDC to try and organise emergency accommodation. X struggled with the meeting and became overwhelmed and dysregulated.

My colleague and I helped X manage this by advocating on her behalf and helped her to manage the dysregulation. It was agreed that X would be given emergency accommodation in a hotel in Warwickshire and that a referral would be made for supported living accommodation. Due to the time of day, CDC advised that they would not be able to arrange transport and asked if we could take her to the hotel. We drove X to her emergency accommodation and ensured she was settled and comfortable before leaving.

X remained in contact and was supported her with the transition to supported living and her emotional and mental wellbeing.

Guest, age 15

X has experienced a lot of trauma since a young age alongside being neurodivergent. X becomes overwhelmed by emotions leading to self harm and suicide ideation and has had difficulties engaging with professionals.

Due to strained relationships at home, X moved in with nan. X is 15 has been attending sessions at NH for around 18 months.

Since coming to Nai's House, X has built a good relationship with me and will come for regular sessions, reaching out when overwhelmed.

I have worked alongside X to help her build more effective communication skills so that she is better able to speak up and explain what she is thinking and feeling. We have explored alternative coping strategies and implemented DBT skills to help manage her self harm and suicidality, as well as looking at safety around self harm and appropriate distractions and emotional regulation.

We have explored her relationships with friends and family to build an understanding of why others may act and say the things they do, as well as building her knowledge around consent and healthy relationships.

We continue to explore the trauma's she has experienced and identify specific triggers so that X can better understand why particular situations and experiences have a negative impact on her wellbeing. Alongside this we have found ways to build her self esteem, confidence and identity.

Since building the trusted relationship with X, I have become her advocate to communicate her thoughts and feelings to other professionals that I work alongside so that X is heard and her needs are met. X continues to use Nai's House with confidence to work on the things that still present as difficult in her journey.

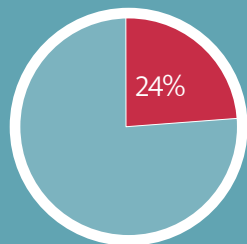
"I wouldn't be here if it wasn't for Nai's House the whole team is amazing"

"Thanks for listening and validating me"

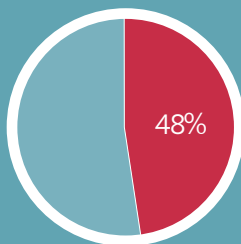
"I owe you guys a lot"

MENTAL HEALTH AND SUICIDE PREVENTION

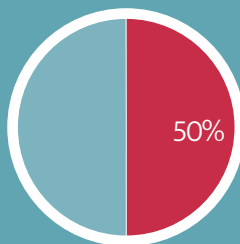
Quarterly review based on 45 guest responses



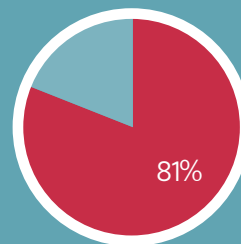
Monitored for
suicidality and self harm



Decreased their
self harm action



Decreased their
suicide action



Manage better on a
day to day basis

New referrals: **247**

Crisis intervention preventing
A&E attendance: **49 guests**

Lives Saved: **11**

"A year ago I hit hard times and attempted to take my life. A month later I hit that spot again and a workmate and his partner introduced me to Nai's House. For the next 4 months the support of their team kept me going through a very dark time. I changed my support worker and she has worked really hard to get me to a better place. I am now possibly the best version of me in my 61 years. So much of that is the care, support and help I have received from the wonderful team at Nai's House."

"I've been coming to Nai's House for 6 months. It has been so therapeutic and has helped me on my journey to accept suicide. Still have a long way to go but this has helped me. Staff are lovely, no judgement, talking, activities and much more"

Assessments
completed by
Nai's House

238

Youngest guest: **7**
Oldest guest: **61**
Current guests supported: **106**
Guests on waiting list: **210**

GUESTS.

1-2-1 Sessions (scores out of 10 that guests provide before and after sessions)

85% of guests scored **9+** for feeling heard, respected and understood in their sessions

93% of guests scored **9+** with being happy with their support

91% of guests scored **9+** in recommending Nai's House

Average score of guest
when arriving for session:

5

Average score of guest
after session:

8.5

100%

Increase in emotional
and mental wellbeing

43%

Increase in engagement
with education,
employment & training

43%

Improved personal
relationships

57%

Increase in
sense of self

“This is better than any other support I have had – there is a true connection”

“Forever grateful for all of the support”

“My child has gone through some tricky issues over the past couple of years. She would not be where she is today without the support of Nai's House. I'm just grateful to be honest”

WORKSHOPS & GROUPS

Our workshops are 8-week programmes that offer participants knowledge, skills and support around specific challenges. We also offer a range of groups that either offer support, or are social opportunities open to anyone who wishes to attend, whether they are a guest or not.

Workshops:

Bereavement by Suicide (18+)
Youth Bereavement
SAS workshop
SPLASH workshop
Daily Grind
Transitions (Year 6)
Music (in partnership with Community Albums)

Support Groups:

Parent and Caregivers
SAS group
SPLASH group
Bereavement

Social Groups:

Autism +18
Autism -18
Girls group

SPOTLIGHT ON: PARENT/CAREGIVER GROUP

ATTENDEES FEEDBACK ...

9+* Facilitator knowledge,
approachability, understanding ...

100%

8+* improved mood
after one session ...

80%

Would recommend the
group to others ...

100%

* score out of 10.

SPOTLIGHT ON: SPLASH

All participants self harmed prior to attending the SPLASH Workshop.
After completing the workshop ALL of the participants subsequently reported HAVING NOT taken self harm action.

76% of participants had improved mood following a SPLASH session

“I found the workshop very helpful as it taught me a lot of coping skills and it was fun learning them” guest, 15

“The facilitators were lovely and helped me to understand my thoughts and emotions without judgement, gained new skills to help me get better”

“It was really fun even when we talked about more serious things. I enjoyed meeting new people and also other Nai’s House facilitators”

SPLASH Participant Case Study

X has been struggling with self harm, suicide ideation, gender identity, and problems at home. He has previously received support via another service, but stopped due to lack of trust in the professional. It was identified that X could benefit from our SPLASH workshop. When X came in for the SPLASH assessment he was anxious and was uncomfortable sharing information, his story, and talking about self harm as he struggled to trust professionals.

At the beginning of the workshop, X was unaware of any coping skills or psychoeducation, and was more comfortable being around peers of the same age compared to professionals. X engaged with increased confidence each week. A turning point for him was covering the psychoeducation element of the workshop and understanding why our brains respond in different ways. This encouraged X to apply the skills we covered in the workshop when needed.

As the workshop progressed, X became more trusting in, and was more comfortable confiding in, the Nai’s House facilitators. He began coming into Nai’s House before SPLASH to talk with the team about some of the things he has been finding difficult. As the weeks went on, X also began acknowledging the positives and was keen to share how he had been applying the learnings from SPLASH into his daily life. In X’s monitoring forms he had disclosed self harm action in his first assessment and the first 2 week’s sessions, he did not disclose any further action following the 2nd session.

In the final session, X acknowledged his progress and stated that he appreciated not only what was covered within the SPLASH workshop, but also having the space to talk to people without judgement. He is eager to attend the upcoming SPLASH support group sessions and have further engagement with Nai’s House.

SUICIDE PREVENTION TRAINING

SafeTALK

1 workshop: 13 attendees

- ✓ **100%** would recommend the training.
- ✓ **92%** felt prepared to talk directly and openly to a person experiencing thoughts of suicide.

“Superb! Insightful and thought provoking”

“Very good, clear way to approach and help people who are suicidal with examples, role play and practice”

“Clear and feels easy to apply. I feel prepared”

ASIST

2 workshops: 28 participants

- ✓ **100%** of attendees would recommend the ASIST workshop
- ✓ **100%** of attendees felt able to perform a suicide intervention
- ✓ **100%** of attendees felt a positive impact on their preparedness and confidence in helping a person with thoughts of suicide

“Thank you so much for allowing me to take part in this invaluable training with wider vision for a better future for all. It was delivered with such passion and dedication it has truly inspired us all. I certainly will be strongly advising this training at my NHS trust for staff training.”

“Amazing! I came into it with skepticism and now 100% advocate it. I feel sooo much more empowered to help with current suicidal situations.”

“First class! Valuable, engaging and of the upmost importance. Thank you for helping me to be ready to save lives!!”

FINANCES

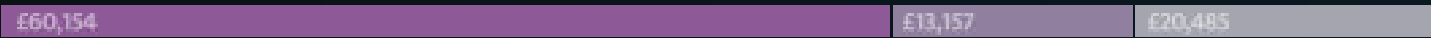
INCOME



Donations & Legacies **£50,948** (55%) Fundraising **£21,471** (23%) Grants **£15,460** (17%) Charitable Activities **£4,110** (5%)

TOTAL ROUNDED INCOME: **£91,989**

EXPENDITURE



Staff Costs **£60,154** (64%) Training & Development **£13,157** (14%) Other Overheads **£20,485** (22%)

TOTAL ROUNDED EXPENDITURE: **£93,796**

COSTS PER ANNUM OF ALL GROUPS & WORKSHOPS: £10,225



* Monthly **3 workshops/year ***12 Weeks
SAS - Suicide Action Survivors
SPLASH - Suicide Prevention: Life Self Harm

TEAM DEVELOPMENT COSTS

DBS:
£18pp (per person) (incl. VAT)

Training costs for supporters:
£3,000pp (per person)

Training costs for counsellors:
£350pp (per person)

Training costs for Bereavement supporters:
£443pp (per person)

We are invested in continual professional development and these costs are an approximate total

CORPORATE SPONSORS

The Clarity Fund
The New Driveway Company
MKM Building Supplies Bicester
Oxford Office Furniture
The Chequers at Burcot
Mobbs Building Supplies
Louloc Plumbing
Ask4Support

The Three Horseshoes Benson
Dave The Plasterer
Tio Climate Solutions
Dan Haines Sign
SCB Oxford
Cridland & Co
Neil Bailey Decorating
Clear and Creative Communications



HEAR THEIR VOICE

Sometimes all we need is to be heard.


Reach out, We'll be there.


NAI'S HOUSE


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www.naishouse.org.uk

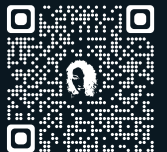
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If you'd like to support us follow
the QR code to donate on line



**SAVING 11 LIVES
SAVES THE NHS**

£16,06m

NAI'SHOUSE

Twentytwentyfour