THE RED HEN PROJECT

2023-24 Impact Report



supporting our community to raise happy, healthy and independent children – working directly with children and families, promoting positive, confident parenting and cooperative relationships between families, schools and other services

more than **668** individuals have accessed Red Hen support





100%

- would seek support from Red Hen in the future if needed
- recommend other families getting support from Red Hen

intensively supported

153 children in 64 families

for on average

6 months

At first I was resistant to receive help but after a while it helped me do more with my family

Absolutely amazing

Easy, helpful

Brilliant!

Great

Good

Excellent

Very Good

Really good

Great, Gemma is very understanding, I was slightly sceptical about having a red hen family worker as I felt it came with a negative stigma, I have completely changed my outlook on this and I'm very glad I took the help

Amazing

Good

Good

Brilliant!

Fantastic

Amazing

Very pleasant

Brilliant

It's been great - had ups and downs but very much on top

Very Good

Wonderful and very useful

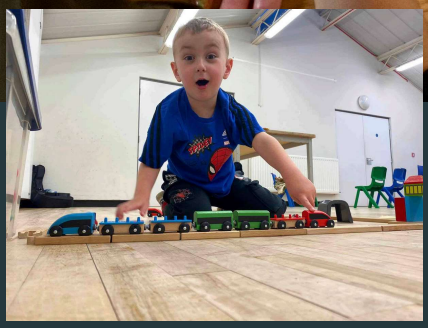
*comments from 2023-24 parent feedback question 'Overall, how was the experience of working with Red Hen been?

1289

visits to our weekly drop-ins







2500+

hours of open-access support, reducing isolation and building a resilient community

CHILDREN ARE HAPPIER IN SCHOOL, MORE CONFIDENT AND HAVE BETTER WELLBEING

FAMILIES REPORT CHILDREN

90% happier at school

93% confidence improving

98% better wellbeing



SCHOOLS REPORT IMPROVEMENT IN

96% emotional & physical wellbeing

95% confidence & self-esteem

leading to

CHILDREN HAVING INCREASED EMOTIONAL RESILIENCE, IMPROVED SCHOOL ATTENDANCE, AND ENGAGEMENT WITH EDUCATION, AND BETTER MENTAL HEALTH

PARENTS/CARERS HAVE BETTER WELLBEING, INCREASED PARENTING CONFIDENCE, IMPROVED UNDERSTANDING OF ADDITIONAL NEEDS OF THEIR CHILD(REN), AND BETTER PRACTICAL SKILLS (MONEY, WORK, ETC)

PARENTS REPORT IMPROVEMENT IN

70% access to resources that their family needs to get by

90% confidence in parenting

100% general confidence and wellbeing

98% parents report they understand better how to address their children's needs



leading to

BETTER ENGAGEMENT WITH COMMUNITY ACTIVITIES – INCLUDING AS VOLUNTEERS, INCREASED SENSE OF COMMUNITY & BETTER MENTAL HEALTH

FAMILIES FEEL LESS ISOLATED, ARE BETTER LINKED TO RIGHT SERVICES AND CONFIDENT TO ASK FOR HELP, HAVE IMPROVED RELATIONSHIPS, ACCESS MORE OPPORTUNITIES AND HAVE BETTER ACCESS TO RESOURCES



91% report 'finding it easier to talk to people like teachers, doctors, nurses, about my children's needs '

95% report 'family life is better' (50% strongly agree)

98% report 'feeling more able to find and get support for them and my family'

leading to

FAMILIES HAVING FEWER CRISES, RECEIVE THE RIGHT SUPPORT – INCLUDING TO MEET ADDITIONAL NEEDS, AND FAMILY LIFE IS BETTER

COMMUNITIES SEE INCREASED VOLUNTEERING, PARENTS ACTING AS POSITIVE ROLE MODELS, & BETTER RELATIONSHIPS WITHIN THE COMMUNITY

96% parents say they now know good parenting tips they can share with others

89% feel they can play a part in helping make this community a better place for children

79% feel more confident to help out in their community

20% of parents have volunteered their time



leading to

WIDER RANGE OF SERVICES & ACTIVITIES IN THE COMMUNITY BEING USED, FAMILIES BECOMING SOCIALLY AND POLITICALLY ACTIVE, REDUCTION IN ANTI-SOCIAL AND RISK-TAKING BEHAVIOUR

COMMISSIONERS & SERVICE PROVIDERS HAVE BETTER COORDINATED SERVICES AROUND FAMILIES, AND BETTER RELATIONSHIPS BETWEEN SERVICES AND FAMILIES

89%
of families report their relationship with their child's school is improving

90%
of families report they feel more able to cope if things go wrong

SCHOOLS REPORT IMPROVEMENT

93%
better coordinated support for family

100%
relations with teachers by child and family



leading to

REDUCTION IN NEED FOR HIGHER COST CRISIS SERVICES, SAVINGS TO THE PUBLIC PURSE, & INCREASED SOCIAL CAPITAL











100% SCHOOLS REPORT

agreed action taken by Red Hen was appropriate

and would seek support from Red Hen for children in their class in future if the need arose





"Red Hen has completed parenting course with mother. Child has had improved outcomes at school. Mum has been working hard to put into place the ideas Red Hen has given her with child at home. I have seen Mum's self-confidence grow, she has been going to the gym and is much more willingly to come and discuss any worries with school staff.
Thank you for all your great work with this family."

"Very pleased with the support the family have had. Mum seems much happier and settled and appears to have really turned it around. The daughter is now also talking more about childrens interests and not money, which seems to be her concern before.".

"I struggle to get out of bed, let alone the house, when I'm having a bad day. Whenever I struggled over the holidays my little one would bring the activities calendar Red Hen gave us over to me to see if we can get out and go and have some fun together. We ended up going to most of the events that they put on and even getting ready to leave the house to go became enjoyable.

I've seen her confidence grow massively over these weeks. She has tried so many new activities and skills with the Red Hen team by her side. She started the holidays reluctant to leave my side unless it was with a worker that she knew. By the end of it she was skipping off through Thetford Forest with her friends leaving us to run to catch up with them.

She was so nervous to start KS2 this year but the Red Hen family friends she made along the way all watched out for her all day on her first day and came running over to me at the end to tell me what she had been up to.

The support I have had as a parent has always been incredible. When I started Red Hen I was completely recluse and didn't talk to anyone. I was struggling mentally, financially and as a parent due to many events in my life. But with their help, I've finally found who I am again. I never thought I would go to groups and the idea alone would give me panic attacks. But now I'm always one of the first people to get to a Wednesday Wellbeing group. I made the most amazing friends along the way and that's all thanks to you! I am so much better now than when I first came to you but I always know that you would be the first people to help me in any way you can if life were to turn around again.

Thank you from the bottom of my heart ❤️"

