

BCCS



News

CHRISTMAS EDITION

1984 - 2024
Celebrating
40 years

**A ROARING
SUCCESS**

Thank you to
our Anniversary
Bear fundraisers!

Championing siblings

A whole family approach

Advent appeal

Spark the spirit of giving



Welcome

This Advent season reminds us of the joy, kindness, and hope that bind us as a community.

A community is built on mutual support, compassion and shared responsibility. It is a place where people come together recognising that each person's wellbeing is interconnected with that of their neighbours. In a community, every individual contributes their unique strengths - whether that be through acts of kindness, professional advice, volunteering their time or simple gestures of encouragement to lift each other up.

Children are at the heart of any community.

The cost-of-living crisis, the climate crisis, COVID legacy and the pace of technology change are just a few examples of added pressures our children today have to grapple with. As adults, we struggle to comprehend this pace of change - and yet our children are expected to handle this on top of increased academic pressures,

social pressures, family circumstances and economic inequality. Government budgets are constrained - mental health is underfunded and waiting times can exacerbate issues for children.

Our community is blessed. We are so fortunate to have the team at BCCS (now in their 40th year!) to provide much needed mental health and emotional well-being support to our Essex and East London schools, families and children. We are also blessed to have you – our supporters and volunteers.

By uniting in prayer, compassion and generosity this Advent season, let us play our part in helping BCCS bring peace, hope and joy to the children and families under their care in our community.

Wishing you all a peaceful Christmas.

Mary-Ann Deasy
BCCS Trustee

BCCS Advent Appeal

Share the joy: light up lives this Advent



Our Advent Appeal is extremely important as it allows us to reach out to families who find themselves in difficult situations and who need more practical help. In recent years we asked our

partner schools if they could tell us how our Christmas voucher scheme had helped these families.

For many, it eased the stress and allowed them to have a real Christmas experience. Some families had been made homeless or were living in hostels and were able to buy some essentials many of us would simply take for granted. Families with a parent unable to work due to illness, knew that they would be able to buy presents and

food for their children.

All of this is possible thanks to the generosity of our supporters in parishes, schools and homes throughout Essex, East London and beyond. Whatever you give – no matter how small – will help us make a difference. Thank you.

BCCS News Christmas 2024

Brentwood Catholic Children's Society
133 High Street,
Billericay, Essex, CM12 9AB
01277 712022
headoffice@bccs.org.uk



To donate please scan here



We support a rapidly growing number of children who have been diagnosed with conditions such as Autism and ADHD and so we wanted to give you an update about our work with these families. You will have heard the term 'neurodiverse' in relation to these children and this simply means that their brains work in a slightly different way. Whilst support for these children is generally improving, it is their siblings who tend to fall through the cracks and are struggling at home.

Supporting siblings of SEN/ Neurodiverse children

Many children with a sibling whose needs tend to dominate, talk about not feeling as loved or as important. They can experience a range of emotions – anxiety, guilt, anger, depression, jealousy, and isolation. Many children are referred to us because of the emotional impact their sibling's needs has on their own well-being and sense of identity. We are working with groups in schools to give children the opportunity and freedom to share how they feel and to feel listened to.

One of the biggest triggers for children's low self-esteem is when they see their parents stressed or overwhelmed, because children often believe they have somehow caused it. Our therapists will be there to support and guide them.

Supporting siblings of children with neurodiversity



Post diagnosis support

In response to a diagnosis, parents can feel a mixture of relief, and self-blame: "What did I do wrong?", is a question we hear parents ask themselves. Whilst we always place children at the heart of our thinking, we feel compelled to support parents of these families too and have created a post-diagnosis support group for parents. Our aim is to work with them to gently challenge this idea of self-blame and to empower parents to know how to best manage their child's emotional dysregulation.

Our weekly sessions focus on identifying and developing

empathic responses to behaviour and helpful, sustainable interactions allowing parents to build trusting relationships with their children.

In addition to the group work we are committed to delivering, we also need to ensure our therapy rooms are contemporary and have the sensory equipment needed for children to work therapeutically in that way.

Your donations make a huge difference to the quality and volume of resources we can purchase and so we thank you in advance for your support.



Feelgood fundraising

Tree of Angels



We are delighted to host our online Tree of Angels platform again this year which allows our supporters to light up an angel on a virtual Christmas tree and post a message of remembrance during November for someone who has died or a Christmas greeting during Advent to let a friend or family member know that you are thinking of them.

Our thanks to our friends at Bennetts Funeral Directors for sponsoring our Tree of Angels again this year.

[Read more here](#)



Billericay Christmas Market

We look forward to having a stall outside our premises at the Billericay Christmas Market on **Sunday 1st December** and hope lots of our local supporters will come along and introduce themselves to us during the course of the day.

Charity Christmas Cards: It is not too late to order our Christmas cards and make a difference to those children and families we help.

Christmas Craft and Gift Fair

Our Craft and Gift fair was a great success in early November with 44 stallholders taking part selling all manner of homewares and edibles. There was a steady flow of visitors to the Mill Hall in Rayleigh throughout the day and many were pleased to pick up some bargains and early Christmas presents. Thank you to our dear friend Malachy who organised this event for us and worked so hard to make it happen and our volunteers who helped run our stall and sell raffle tickets for us. Thank you to our shoppers too – your support is the most important of all!

Roslin Afternoon Tea

We are delighted to be hosting a Shrove Tuesday Afternoon Tea in the beautiful ballroom at the exclusive Roslin Beach Hotel, Southend-on-Sea on **Tuesday 4th March 2025**. Tickets are available now at £35 per person and are expected to sell out quickly.

If you are thinking about a special gift for a loved one, why not treat them to a Roslin Afternoon Tea and help support our work at the same time?

We look forward to seeing you there!

[Read more here](#)



A Roaring Success



Thank you to everyone who has supported our BCCS Anniversary Bear campaign!

So far, over 100 amazing people and schools have welcomed an Anniversary Bear into their lives, helping us raise vital funds through creative fundraising activities. Our Anniversary Bears have joined in on non-school uniform days, travelled around the world, and have even been taken along on the Three Peaks Challenge!

We also extend our gratitude to those who fundraised over the summer and autumn, whose donations we look forward to receiving soon.

Limited Anniversary Bears are still available, so if you'd like to spread some joy by gifting one to a loved one, or organising a fundraiser over the Christmas period, please contact us. Thank you once again for your generosity and support.