

## Determination (Hanging on in there!)

It's a funny time at Beyond the Horizon Charity.

Perhaps it reflects the "funny", for want of a better word, time that the world seems to be having. We have been around for 15 years but there is lots of uncertainty about our future due to funding and we are doing all that we can to try to secure funds for the charity into 2019.

Again, uncertainty and change is everywhere.

Working as a therapist in this uncertainty can be tough. In order to offer effective therapy and emotional support to children and young people and their families we need solid ground beneath our feet so that we have the strength and support to hold their grief and distress and help them to navigate their way through it.

The children we work with come to us because the impact of the uncertainty they are living with is having a detrimental effect on their everyday life and mental health. It may be that their worlds have been changed fundamentally and forever by the death of a parent or a brother or sister or their sense of security and safety is altered because their parents have separated, or they have been traumatised from living with domestic abuse. For some of these children it can be hard to see a way through.

Our determination to offer a safe space for children, to continue to be there for them, to advocate on their behalf when they are struggling to be heard and to offer consistency when they are faced with insecurity is driving our fight for funding.

To those who are supporting or fighting for others ... a parent of a child with anxiety or depression, a grandparent caring for children who have lost one or both parents... Learning Mentors and Pastoral Workers who are trying to get help for children in the face of scarce resources... organisations who are fighting for the right thing to be done for families in crisis... KEEP GOING!



*keep going!*

We know how difficult this can be in the face of obstacles and rejection (perhaps even from the child or person being cared for). We have to remind ourselves that being there for these children and families regardless of how much we can actually change about their situation says 'I am with you', 'You are not alone'.

If you are in any of these roles **look for support from others**. It may already be there but you might not have noticed it. They might be encouraging you on quietly from the side lines just by being there.

We've noticed our quiet supporters recently and thought we'd give some of them a mention here.

- A woman in Kings Heath who left knitted hearts in a park and asked people to make a donation to BTHC
- An anonymous supporter who asked for his factory's Christmas card collection to be given to us
- Our regular giving donors
- Alex Graham who has been training for the London Marathon

(You can sponsor him here: <https://uk.virginmoneygiving.com/AlexGraham2>)



We can't change family situations (or political situations!) as therapists but the children and young people we work with in most cases, end counselling with increased resilience and hope and a sense of someone having listened to them and been there for them.

