



## Annual Summary 1st June 23 - 31st May 24

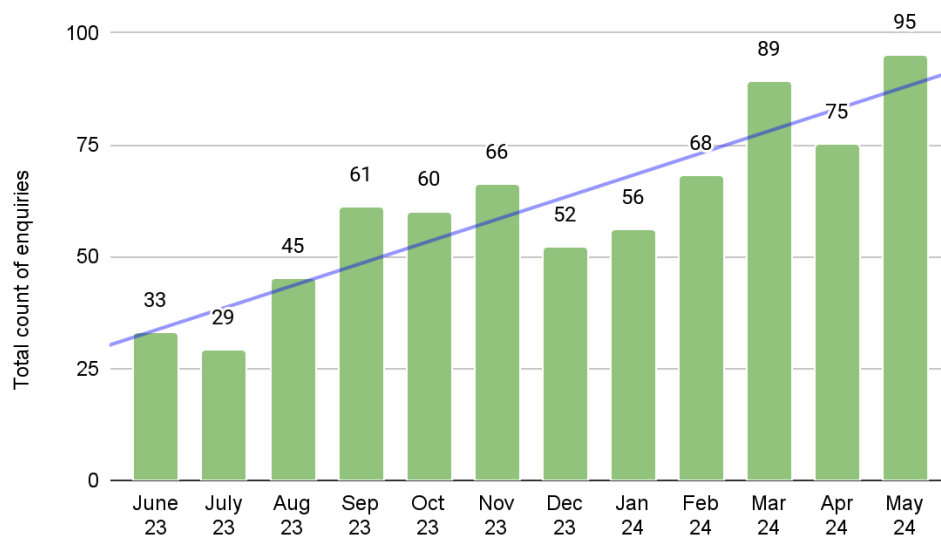
This has been another year of growth for Capa. Below is our summary information detailing our year, and showing where useful a comparison with the year 22-23.

### Services and trends

#### Enquiries

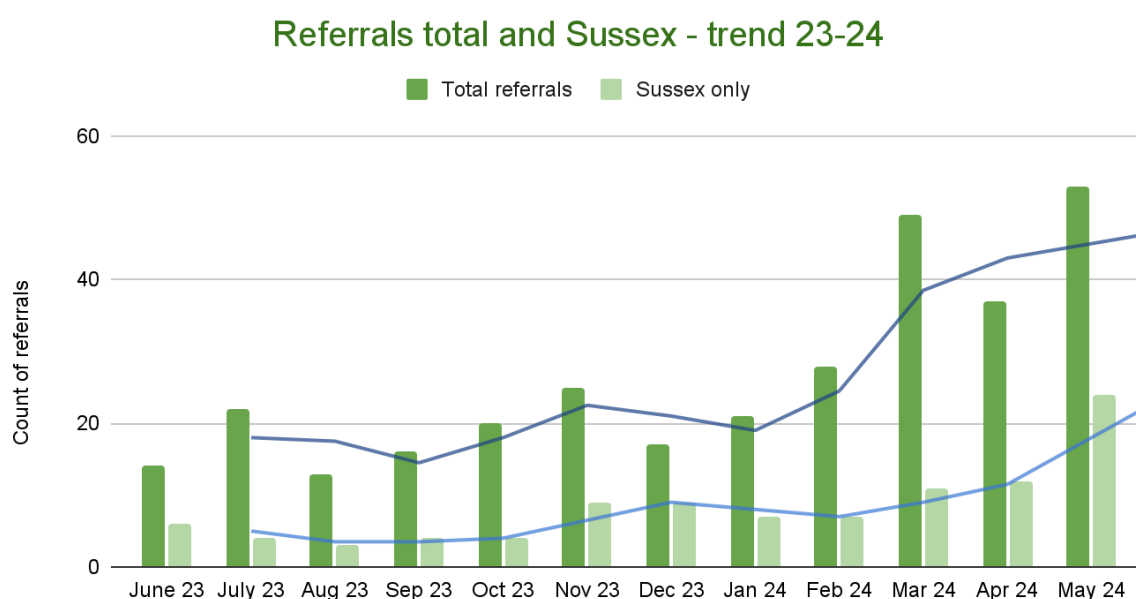
In the year 23-24 we received **588** enquiries for services from families and practitioners, which is a **42%** increase in service enquiries compared to 22-23. We dealt with **729** enquiries in total, covering requests for services, training and network events and research and policy. This compares to a total of **609** enquiries in 22-23. The rising trend in enquiries can be seen below. Overall we have dealt with **1828** enquiries over the last 3 years.

#### Overall enquiries - trend 23-24



## Referrals

In the 23-24 year we received referrals for **315 families (and 325 young people)**, which is an **82%** increase over 22-23. For comparison our referral numbers were 109 in 21-22 and 173 in 22-23, so our referrals have increased around 3-fold since 21-22. Nearly **600** families have been in need of our services over the last 3 years since June 21, with what looks like a recent upwards trend, with **over 50** families in the last month of this year May 24.

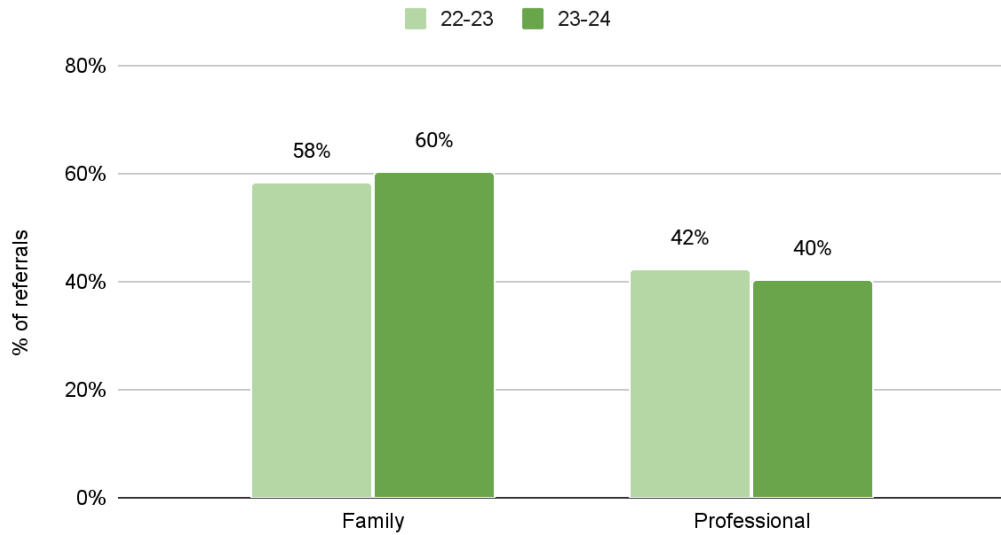


Over the last 3 years we have received **597** referrals.

	21-22	22-23	23-24	3 year total
Referrals	109	173	315	597

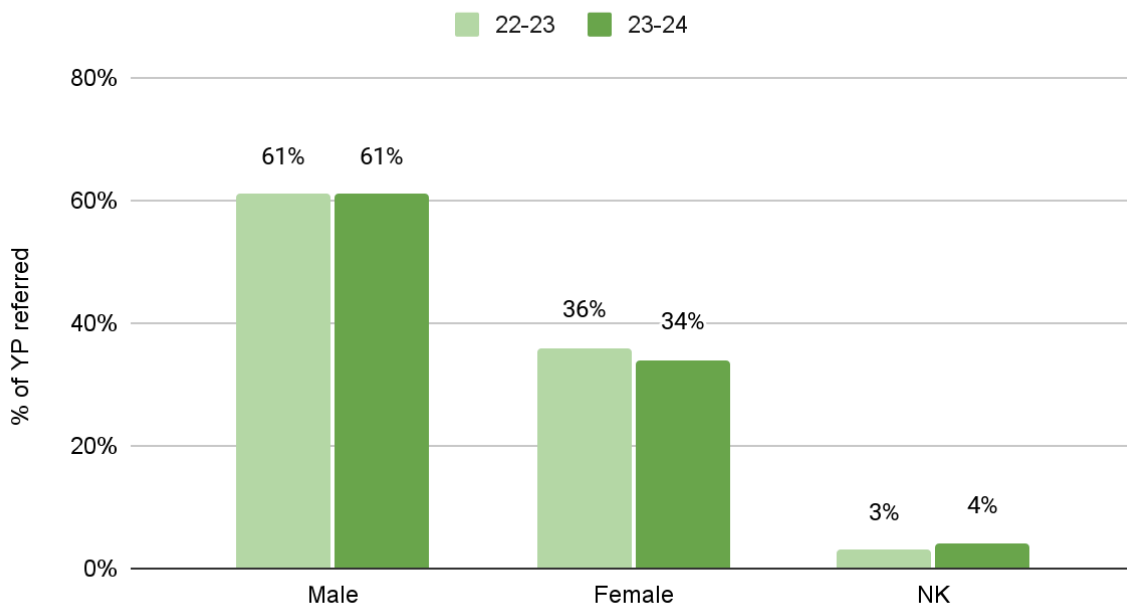
Of the 315 referrals received in 23-24, **190** were self-referrals by families (**60%**) and **125** were professional referrals. The balance between self-referrals and professional referrals is very similar to 22-23.

## Family self-referrals v professional referrals



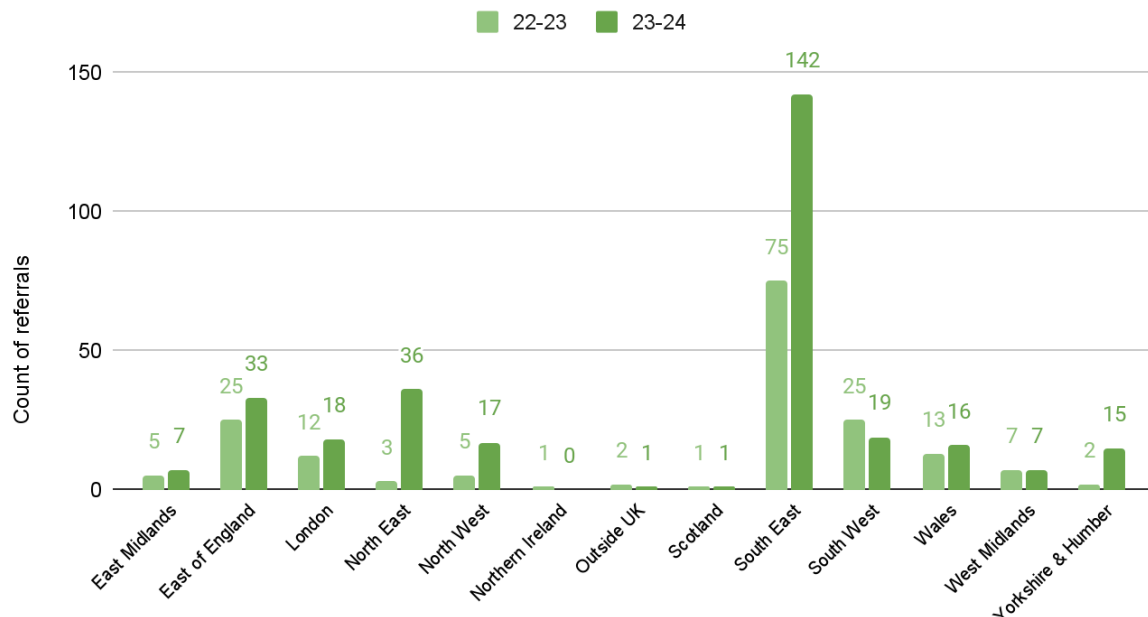
During 23-24, our referrals represented **325** young people presenting challenging behaviour in the home. Of these, **61%** were male (n=199), **34%** were female (n=112), **4%** where their gender was not stated at referral (n=13), and 1 referral of other gender ID. This is fairly consistent with our referrals for the year 22-23, where we found **61%** of young people were male and **36%** were female.

## Gender of YP referred



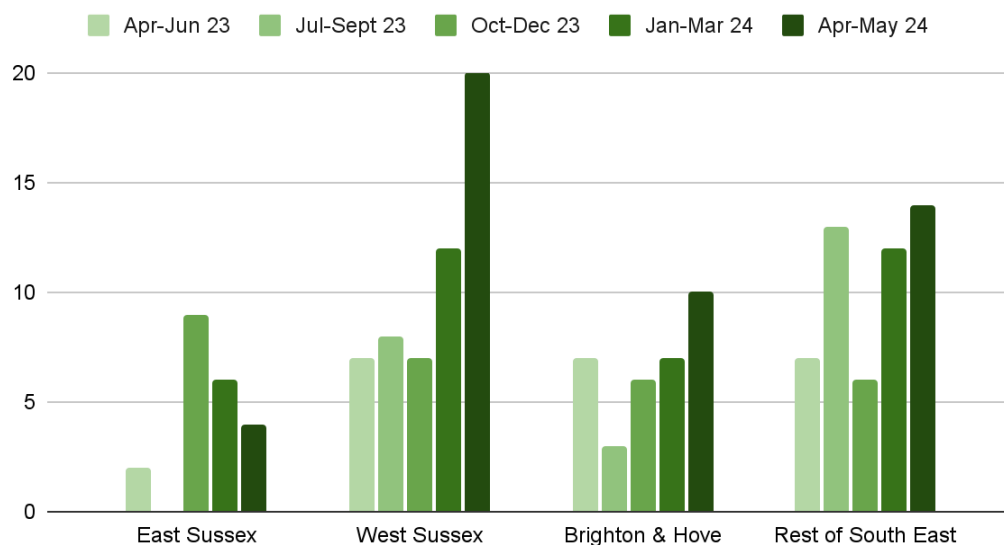
Over the year we have continued to receive referrals from all around the country. The data suggests that in some cases we may have received more referrals from areas where we have recently held training events for professionals. We will explore this in more detail to check whether there is a clear link to our training.

### Count of referrals by Region/Country - 22-23 v 23-24



In terms of referrals from the South East, here is a chart that shows there have been increases in Brighton & Hove and the rest of the South East, but particularly from West Sussex.

### Referrals by area of South East Apr23-May24



## Advice & Support sessions

In 23-24 we provided **483** Advice & Support sessions, which is a **49%** increase on 22-23. The percentage of available slots taken by families has slightly reduced this year compared to last year (91.7% taken this year compared to 95.3% last year).

	21-22	22-23	23-24	3 year total
Available	245	341	527	1113
Booked/taken up	215	325	483	1023

The table below shows the split of our Advice & Support sessions provided in 23-24.

Total booked sessions	Number of professional sessions	1st sessions (all new families)	2nd sessions	3rd or 4th sessions
483	47	190	151	142

## Waiting list for Advice & Support

During 22-23 we estimated our waiting list for a first Advice and Support session to vary between **8 and 11 weeks**. During 23-24 our waiting list has extended towards around **18 weeks** due to the increase in referrals as noted above.

## 121 sessions

In 22-23 we held **161** 121 sessions, which is a **49%** increase on the 108 sessions held in 22-23.

	21-22	22-23	23-24	3 year total
121 sessions	200	108	161	469

## Parent/Carer groups

In 22-23 we began to hold Parent/Carer Groups - with the first group sessions being held Feb and March.

## Parent/Carers Forums

Also in 23-24 we began to hold Parent/Carer Forums for families while they are on the waiting list for their Advice & Support sessions, and we are aiming to offer forums roughly every 6 weeks (but taking into account school holidays). The first forum was held in January, and then

afterwards in February and April. **50** families attended the forums in 23-24 while waiting for their individual Advice & Support sessions.

### Digital services

During 23-24 we:

- Relaunched our website - with a rising trend of visits and page views across the year, ending the year with over **9000** page views in May 24
- Published our first series of **6** podcasts - which over **400** plays of episodes and reaching number 3 in the not for profit podcast chart
- Shared more video and audio content.

### Mailing list

At the end of May 24 we had a mailing list of **1412** people. As of late 2023, we began to offer a sign-up option on our website for professionals and families, so that we could provide newsletter style mailings, and this has added to our overall mailing list. As of the end of May 24, we had **184** professionals and **176** families signed up for our newsletters.

## Training and networking

### Training events

We held **3** x 3 hr training events, with **95** professionals attending, and an income of **£3728**. We held **2** all-day training events, with **43** professionals attending, and an income of **£3202**. We also held **5** bespoke training events, 1 for Newcastle Council, 1 for teachers in Hampshire, 2 for Social Work students at Brighton University and 1 event for West Sussex County Council.

### Network Events (NB: now Capa Community Connections)

We held **1** network event in 23-24, on the topic of the adolescent voice, with Dr Vicky Baker presenting. Over **50** professionals attended.

## Business and fundraising

### Fundraising and grants

During 23-24, we:

- Successfully negotiated a **£35000** uplift to our National Lottery Community Fund grant
- Received **£3000** from the Basil Death Fund
- Received **£5000** from the Kelly Charitable Trust.