Spurgeons
Together with families

When families flourish, children flourish

Impact report 2026



The difference you're helping to make

Every day, children, young people and families face challenges that can feel overwhelming. *Thanks to supporters like you,* **they do not have to face them alone.**

This year, Spurgeons has continued to stand alongside families across the country, providing practical support, specialist services and trusted relationships when they are needed most. From Family Hubs and parenting support, to counselling, preschool education, digital resources and services for families affected by imprisonment, we are helping people build confidence, *strengthen relationships and create brighter futures.*

The stories and impact measures in the following pages bring this work to life. They show the scale of the need, the dedication of our teams and partners, and, most importantly, the difference that timely support can make to a child's life.

Whether supporting a father to stay connected with his children during imprisonment, helping a young person navigate their mental health, equipping parents with new skills and confidence, or creating welcoming community spaces where families can thrive, *every achievement is made possible through partnership.*

Together, we are helping children feel safer, families feel stronger and communities become more connected.



Thank you **for being a part of this story. The impact you'll read about is your impact too.**

Impact in 2025-26

Over **29,500** children and families supported by Spurgeons



87% of people who received support from Spurgeons would recommend us to their friends and family

33,000 people accessed our support online



922 children received support for their emotional wellbeing through our professional counselling services



386 people were safeguarded and kept safe from domestic abuse, neglect and the effects of poor mental health



8,667 children and families have been supported through our prison intervention services

"Together we can stand *alongside families, connect communities* and enable children to *flourish.*"

Sarah James
Director of Fundraising and Engagement



Our impact *in action*

This year, we provided vital support to *62,500* children and families, helping them overcome challenges, build resilience and create brighter futures.

Working alongside local authorities, the NHS, social care, schools, faith communities, the Ministry of Justice and third sector partners, we continue to deliver high-quality, safe and effective services that support children, young people and families when they need it most.

Our services span every stage of childhood and family life. From early support in our preschools that gives children the best possible start, to specialist counselling for increasingly complex mental health needs, we are committed to helping children flourish. We also continue to invest in children affected by imprisonment, ensuring these often-unseen young people receive the support they deserve. Through evidence-based practice and high-quality training, we strengthen the confidence and skills of practitioners, helping to create safer, stronger communities. Our parenting support continues to reach families both in person and online, while our growing Spurgeons Connect programme is bringing churches and communities together in new and meaningful ways.

At the heart of everything we do is a *commitment to care, empathy and partnership.* We listen to families, place children at the centre of decisions and tailor support to each family's unique circumstances. Our goal is not simply to provide help, but to empower lasting change, giving families the confidence, tools and support they need to move forward.





Stronger families, *brighter futures*

This year, we continued to support children, young people and families brighter futures through compassionate, high-quality services. Despite ongoing financial pressures, we remained focused on helping families overcome challenges, build resilience and create lasting change. Through early years provision, family support, counselling and targeted interventions, we are helping more children and families access the support they need to thrive.

Birmingham Forward Steps and Family Hubs: Setting the standard with innovative partnerships

Through Birmingham Forward Steps (BFS), Spurgeons works alongside Birmingham City Council, Birmingham Community Health Care Trust and other charity partners to support children, young people and families across Birmingham.

Through collaboration with 47 partners, we continue to reach more families where they are, helping our services grow by 27% over the last year. Our innovative approach has attracted interest from local leaders and international visitors alike, while our teams continue to go above and beyond to support families facing poverty, homelessness and crisis.

"Without your support, we would have been (living) in our car. You helped me breathe again."

*Parent supported through Birmingham Forward Steps

13,131
people accessed Birmingham Forward Steps services

90%
of families would recommend Spurgeons

9.7/10
average family satisfaction rating

Elmbridge: meeting increased demand for support



In 2025-26, our Elmbridge service supported 585 families and 1,072 children, responding to rising demand from Surrey Children's Services. Thanks to additional funding, we expanded our team and services, ensuring families could access timely support while maintaining the highest standards of care.



One family with a child with complex SEND needs benefited from coordinated support that improved emotional wellbeing, strengthened family relationships and increased access to specialist services.

1,072
children supported



89%
of families showed improvements across multiple areas of their lives

585
families supported



74%
of children made measurable progress across multiple areas of their lives



83%
of families would recommend Spurgeons Elmbridge to friends and family

Wiltshire: building strong foundations for children and young people

Through our Family Hub partnership with Wiltshire Council, we support children, young people and families through parenting programmes, drop-in support and one-to-one outreach. Guided by the Five to Thrive trauma-informed approach, we help families build confidence, strengthen relationships and create positive change.

In 2025-26, 534 parents completed our parenting programmes, while thousands more accessed support through Family Hubs, outreach services and online resources. One parent told us:

"I feel like I can do this now. I have support and can always come back."

2,403
adults accessed Spurgeons support

1,992
children were supported

534
parents completed parenting programmes

90%
of families made meaningful progress in their wellbeing, relationships or stability with our support





Counselling: assessing risk early and collaborating effectively

Our Counselling service continues to strengthen its approach to early risk identification, enabling more timely support, stronger safeguarding and improved collaboration with families and partner agencies. During 2025-26, we also restructured the service to support future growth, expanded trainee counselling placements and streamlined processes, allowing more time to be spent supporting children and young people.

One young person referred to counselling following their parents' separation was able to share thoughts of self-harm in a safe environment. Working closely with the child and their family, we helped put support and safety plans in place, reducing anxiety and improving their sense of security.

9,825
counselling sessions delivered



70%
of counselling clients achieved their goals

140
children supported every week





Preschools: every child deserves access to high-quality education

At our Buttons Preschools in Kent, we provide a safe, nurturing environment where children can learn, play and thrive. We work closely with families to support children's development, offering tailored help for those with additional needs and families facing challenging circumstances.

Nearly 45% of children attending our preschools require additional support, including children with SEND, English as an additional language and those eligible for Early Years Pupil Premium.



2025-26 delivery

34 out of **58**
children started the year below their developmental milestones

Only **11**
children remained below their milestones after two terms

45%
of pupils required additional support

Parent feedback

"I would recommend Buttons over and over, the staff are all so wonderful, friendly and great with the child!"

"Staff are very supportive and listen to your concerns or worries and will do anything to support each individual child."

Family Support: helping families in different ways, in multiple settings

Our Family Support services help children and parents navigate challenges including SEND, neurodiversity, emotional wellbeing and family relationships. Support is delivered through one-to-one sessions, group programmes, drop-ins and community-based services, ensuring families can access help in ways that work for them.

One parent shared that the support helped them develop new parenting strategies, build calmer family relationships and gain confidence in seeking help when needed.

147
families supported

672
one-to-one sessions delivered

63
group programmes delivered

88
drop-in sessions provided



Programmes included Early Bird, Early Bird Plus and Teen Life for families navigating autism, alongside Phoenix, supporting those affected by domestic abuse.



Digital Family Hub: support when families need it

Our Digital Family Hub gives parents and carers access to trusted advice, resources and support whenever they need it. This year, we introduced new mental health, SEND and parenting pathways and trialled an Ask a Counsellor text chat service.



33,000
users accessed the Digital Family Hub

27%
increase in families accessing the hub

8000
resources downloaded



316
families accessed our Parenting After Separation course

21
families used our Ask a Counsellor text chat service







Parents Connect: equipping communities to support families

Parents Connect equips churches and community groups to deliver practical parenting support in their local communities. Developed by Spurgeons specialists, the programme provides training and ready-made resources covering the Primary Years, Teen Years and Neurodiversity, helping parents build calmer, more connected family lives.

4
churches trained to deliver Parents Connect courses



Primary Years courses launched at The Corner Ramsgate and St John's Church Horsham

"Parents Connect took a weight off my shoulders."

"I was able to talk about the struggles of parenting and be honest without being judged or criticised."

Prisons: helping young people and families build stronger futures

Invisible Walls

Invisible Walls at HMP Winchester helps fathers maintain meaningful family relationships while in custody, supporting better outcomes for children and reducing the risk of reoffending.

Behind the Walls, Beyond the Gates

Behind the Walls, Beyond the Gates provides intensive support to dads in prison and their families before and after release. By strengthening family relationships and helping fathers prepare for life beyond prison, the service plays a vital role in creating more stable futures for children and families. In 2025-26, the programme was recognised by HM Prison and Probation Service as a beacon of good practice and a model for wider adoption.

83%

of dads supported made measurable progress during their time with Spurgeons



Spurgeons recognised for innovative prison family support

Recognised by HM Prison and Probation Service as a beacon of *good practice* for wider replication across the prison estate

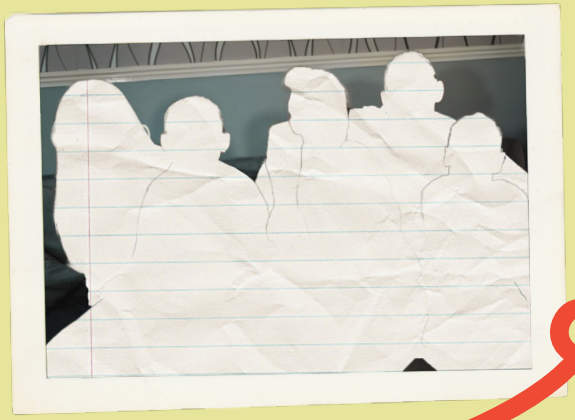
Eva's story

When Eva's dad went to prison, her family spent more than six weeks trying to find out where he had been taken. Once contact was established, Spurgeons helped the family stay connected and maintain their relationship during a difficult and uncertain time.

"Spurgeons is the best thing about the prison system. Trying to get a normal social visit is impossible, but they made it possible. Without them, my kids wouldn't have had any relationship with their dad."

Eva's mum

To raise awareness of the challenges prison families face, we launched our '100 Miles for Families' fundraising campaign. Supporters covered 100 miles in a month, reflecting the long journeys many families make to visit a loved one in prison. Funds raised supported our Behind the Walls, Beyond the Gates programme, helping more dads stay connected with their children and families.



Spurgeons Connect: equipping churches to support families

Spurgeons Connect equips churches with the skills, resources and support they need to provide safe, welcoming early help for children and families. Through training, coaching and practical tools, we help churches become trusted places where families can access support close to home.

In 2025-26, we completed a year-long pilot with churches across England, demonstrating how local churches can help strengthen support for families in their communities.

10
churches took part in the pilot

168
volunteers trained

230
families received support through Church Family Hubs

Family Feedback

99%
felt welcomed, valued and supported

95%
felt more supported and would recommend their Church Family Hub



"We keep coming back because the church really cares for us, not because anyone is being paid, but because they genuinely want to support our family."



Our people

Meet the team: James

With around one in five children and young people experiencing a probable mental health disorder, school-based counselling provides vital support for those struggling to cope.

James works across primary and secondary schools, providing one-to-one counselling for children and young people from Year 1 to Year 13. Working closely with families, schools and other professionals, he helps ensure young people receive the support they need.

Describing his work as creative, busy and safe, James tailors every session to the individual, creating a space where children feel heard and supported. For him, the most rewarding part of the role is seeing young people grow in confidence and develop the tools they need to navigate life's challenges.

Outside of work, James enjoys tabletop gaming, a hobby he shares with his daughter.

"Creating a space where a child feels safe, able to trust and begins to flourish is one of the most rewarding experiences you can have."





"you helped me breathe again"



86%
of churches reported improved confidence in governance
Spurgeons Connect

"Faith goes up the stairs that love has built and looks out the windows which hope has opened."





Impact in *action*

"As a school, we are so grateful for the help and care Spurgeons gave to us, and we would really like to say thank you"



100%
of participants made progress
Prison work





"When I think about what fundraising can do for the children and families Spurgeons supports, the answer is simple. I want to put a smile on their faces."

83%
increase in volunteer confidence supporting families
Spurgeons Connect

Powered by *your support*

The impact made this year is only possible because of the generosity of our supporters.

Over the past year, thousands of supporters and partners have chosen to stand alongside children, young people and families through donations, fundraising, church partnerships, grants and gifts in Wills. Together, you have helped us provide counselling, family support, early years education, prison family services and community-based programmes that strengthen relationships and create brighter futures.

As we continue delivering our 2025-2030 strategy, voluntary income remains an important part of our future. Our ambition is to grow a strong community of supporters, church partners and funders who share our belief that every child deserves the opportunity to thrive.

We are developing deeper relationships with supporters, strengthening connections with partners and creating more opportunities for people to engage with our work. Every gift, every fundraiser and every act of support help ensure that children and families can access help when they need it most.

To every donor, fundraiser, church, company, trust, foundation and legacy supporter: *thank you.* Your generosity helps children feel safe, families feel supported and communities grow stronger.

Our commitment to ethical fundraising

Spurgeons is committed to fundraising responsibly, transparently and with integrity. We remain members of the Chartered Institute of Fundraising, follow the Fundraising Regulator's Code of Practice and maintain direct oversight of all fundraising activities. We are also committed to excellent supporter care, protecting personal data and ensuring every supporter can give with confidence.

Running for Spurgeons

When Bennett Memorial School in Tunbridge Wells experienced the heartbreaking loss of two students, Spurgeons provided free drop-in counselling for pupils and staff, helping to support the school community during an incredibly difficult time.

Wanting to give something back, Deputy Head Lee Stoodley took on the London Marathon to raise funds for Spurgeons. His challenge inspired staff, pupils, families and supporters to get involved, with members of staff also completing the Hastings Half Marathon and others taking on their own walking and running challenges.

The fundraising effort became a powerful way for the school community to come together while raising awareness of the importance of mental health support.

> *"As a school, we are so grateful for the help and care Spurgeons gave to us, and we would really like to say thank you by fundraising for them so that they can continue to do their brilliant work."*

The story of Bennett Memorial School reflects the incredible commitment of supporters across the country. Whether through fundraising events, donations, church partnerships or gifts in Wills, every contribution helps make life-changing support possible for children and families.

Thank you for helping us continue this work.





Our vision for 2030

As we look to the future, our commitment remains the same: helping children, young people and families' flourish.

Guided by our purpose and values, we will continue to evolve our services, strengthen partnerships and respond to the changing needs of the communities we serve.

Growing support for families

We will expand our Family Support network, deepen partnerships with churches and communities, and continue developing our prison-based family services, helping more families access support close to home.

Increasing our impact

We will develop innovative services, including digital support and health and wellbeing provision, enabling us to reach more children and families with high-quality support.

Championing children and families

Working alongside communities, partners and decision-makers, we will continue to amplify the voices of children and families and advocate for positive change.

We are proud to have supported 62,530 children and families this year, but we know many more could benefit from our expert support.

Together, **we can help ensure no family faces life's challenges alone and every child has the opportunity to build a brighter future with confidence.**

Building for the future

Creating lasting change requires strong foundations. As we look ahead, we are focused on growing sustainably so we can support more children and families for years to come.

Growth

We will continue delivering our strategy by strengthening whole-family support, expanding our partnerships with churches and communities, and increasing access to practical and specialist services.

Sustainability

By growing voluntary income, strengthening supporter engagement and developing new partnerships, we will build the resilience needed to increase our reach and deepen our impact.

Values-driven

Compassion, fairness and commitment remain at the heart of everything we do. These values guide how we support families, work with partners and strengthen communities.

The impact featured throughout this report demonstrates what can be achieved when families, communities, supporters and partners come together around a shared vision: *enabling every child to have hope, opportunity and the support they need to thrive.*

We want to ensure that all families get the support they need. More counselling sessions, more parenting advice and more support for those impacted by imprisonment. You can make that possible.

Please donate today to help children and families to flourish.

Donate today

Strengthening families so that every child can have a *happy, healthy* and *hopeful* future

Our values



supportercare@spurgeons.org
01933 412 412
/spurgeons.org

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