Bounce Back 4 Kids

Annual Report

2025-2026

Bounce Back 4 Kids
Domestic Abuse Recovery Programme

Part of PACT
Parents And Children Together

About Bounce Back 4 Kids

Bounce Back 4 Kids (BB4K) is a recovery programme developed by PACT that uses therapeutic techniques to concurrently support children and their non-abusive parent who who are victim survivors of domestic abuse. BB4K supports children aged 3-11 years old and their parents or carers, with current geography covering Reading, Wokingham, West Berkshire, Oxford City and South Oxfordshire.

The programme provides a range of therapeutic support to help children and parents heal from trauma. Support is tailored to be responsive to the needs of families but may include individual support, groupwork, online workshops and courses, play therapy, other therapeutic sessions, access to wellbeing newsletters and a private Facebook group.

BB4K supports families once the perpetrator of the abuse has left the family home and is out of the relationship. To be able to receive an intervention, families must be safe physically and emotionally, and be ready to access support.

Vision

For every child and parent to lead a life free from domestic abuse by breaking the cycle, improving life chances and enabling them to reach their full potential

Mission

We empower children and families to recover from the impact of domestic abuse and prevent re-victimisation through the provision of trauma informed, holistic support services

Aims of BB4K

- To help break the cycle of domestic abuse
- To understand and heal from trauma
- To provide families with the tools to enable them to keep safe
- To raise children's self-esteem while giving them an opportunity to explore and express their feelings through fun, child-focused activities in a safe, therapeutic way
- To improve children's school attendance, learning and development
- To give parents the opportunity to see domestic abuse through the eyes of their child
- To strengthen positive and healthy attachments between children and their parent/main carer
- To validate and empower children and their parent/main carer

Caitlin and her two children were supported by BB4K

Caitlin* and her two children, Evie* and Luna*, were referred to PACT's Bounce Back 4 Kids (BB4K) programme in 2025 by a social worker at West Berkshire Children's Services, after leaving her ex-partner following domestic abuse.

Caitlin was particularly worried about the emotional and psychological impact that witnessing some of the abuse may have had on her children, especially regarding their mental health and well-being.

To begin with, Caitlin attended BB4K's group for 3-5-year-olds with her daughter Luna. This 12-week programme supports both parents and children, with each session starting in separate rooms before coming together at the end for shared activities.

Caitlin then took part in one of BB4K's primary school aged groups with her eldest, Evie.

The groups gave Evie and Luna a safe and supportive space to explore their feelings through play, child-focused activities and age-appropriate discussions, which helped them begin to understand and process what they had experienced.

Caitlin said: "Both of my children absolutely adored coming to the BB4K programme. They would always skip in and genuinely looked forward to it every week, which said a lot about how safe and comfortable they felt in that environment."

From the start, the facilitators created a warm, non-judgemental space which helped Caitlin to feel listened to and understood. "Their patience and sensitivity made it easier to open up and engage with the sessions. They set clear boundaries, respected everyone's pace and checked in regularly to make sure we were comfortable. This helped create a consistent and predictable environment."

Caitlin expressed that the parent sessions were equally valuable: "I gained practical strategies to support my children at home and rebuild my confidence as a parent."

Since beginning the programme, Caitlin has noticed positive changes in herself and her children.

"Evie and Luna have learned different ways to express their emotions and are now more able to talk openly about how they feel, especially with trusted adults. I feel stronger as a parent, more healed and have a better understanding of my own emotions and my children's needs. Spending dedicated time together through the programme and using the strategies at home has helped us feel closer as a family. There is more patience, understanding and reassurance in our relationship now, which has made a really positive difference to our day-to-day lives."

Caitlin has found the whole experience of BB4K to have been incredibly valuable and 'life-saving' for her family.

Caitlin said: "A lot feels more possible than it did before and I feel hopeful about the future. I hope we continue to move forward as a family in a more positive, stable and connected way, where we feel secure, understood and able to face challenges together."

After completing the groups, Caitlin has now been signposted by BB4K to other sources of support and resources, which Caitlin described as: "So helpful".

*All names have been changed for confidentiality

Children's voices

ENJOYMENT IS CENTRAL TO CHILDREN'S WILLINGNESS TO ATTEND AND ENGAGE

"I enjoyed all of the sessions because they were really fun with Rosie"

"Yes, because it is fun and I have new friends"

"Yes I liked coming back it was a creative, fun, magical experience and I really enjoyed it"

"It's helped me learn new tips on how to manage emotions"

"I have learned how to calm myself down more easily"

" It has helped me control when I'm angry and has made me happier"

ABILITY TO RECOGNISE, EXPRESS AND MANAGE EMOTIONS AND INCREASED CONFIDENCE.

Parents' voices

PARENTS CONSISTENTLY DESCRIBE BB4K AS A RARE SAFE ENVIRONMENT WHERE THEY COULD SPEAK FREELY.

"A safe space to talk about my DV experience without judgement"

"I could just be myself and not be strong all the time"

"Feeling heard and understood! Opening up to people. Being able to try and help others in similar situations as myself"

"Our bond is much stronger"

"They are opening up to me now"

"We talk about feelings confidently"

" Protected time together made a huge difference"

MANY PARENTS REPORT IMPROVED RELATIONSHIPS, COMMUNICATION, AND EMOTIONAL CLOSENESS WITH THEIR CHILD(REN).

Key achievements

In 2025-2026

439

children

received both direct and indirect support* through the BB4K programme

*indirect support indicates the children who are part of the family supported by BB4K but are not directly accessing the service

305

families

were supported across all BB4K work areas including initial assessments and communications.

12

volunteers

provided a total of 1943 hours supporting BB4K activities

134

children

accessed direct one-to-one support and/or group sessions

121

parents

accessed direct one-to-one support and/or group sessions

305

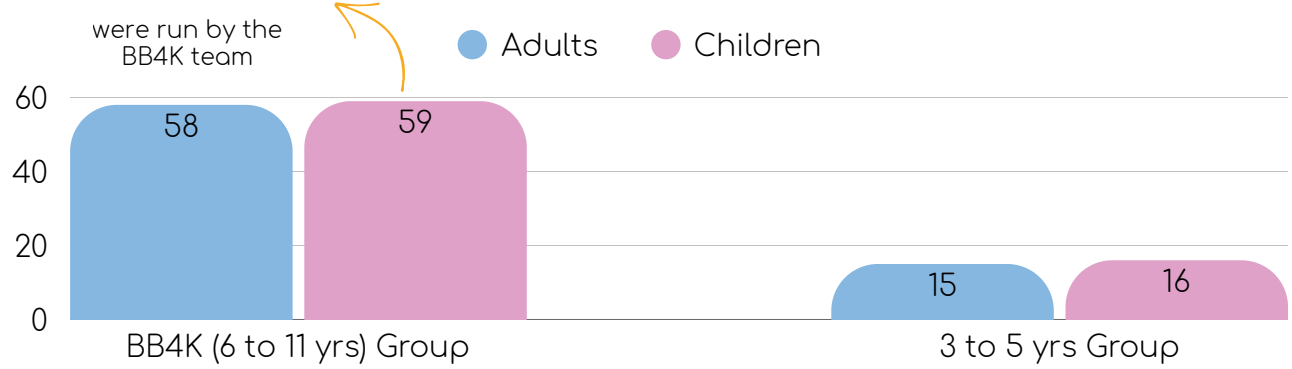
parents

were supported across all BB4K work areas including initial assessments and communications.

Delivered work

Group based support

11 courses were run by the BB4K team

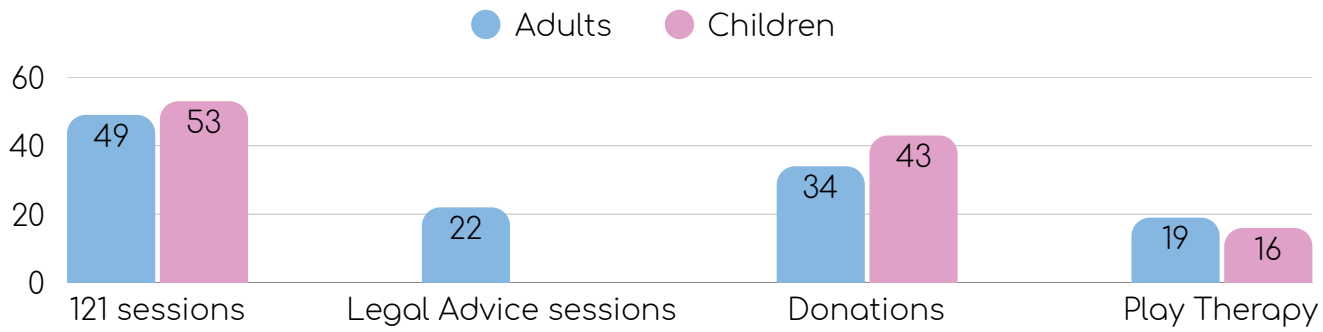


Overall, a total of 71 adults and 74 children have attended groups

765 hours

given to group based work

Individual based support

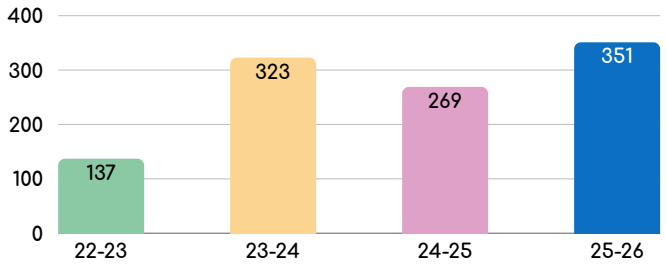


584 hours

given to individual based work

Referrals for children

Child referrals year on year

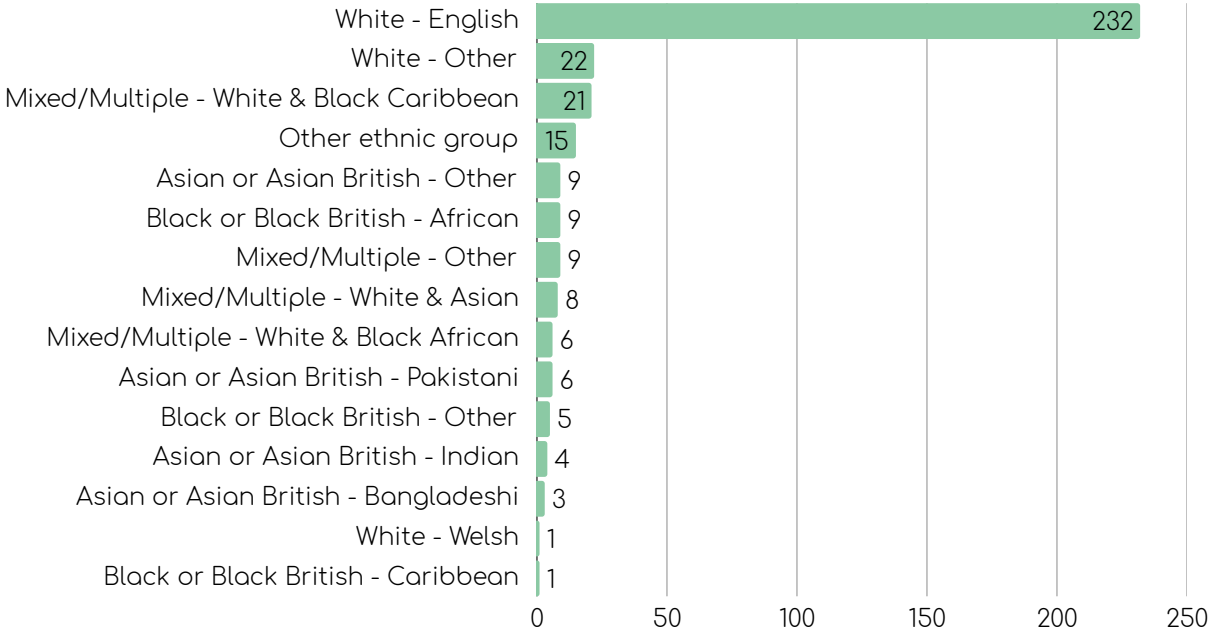


351

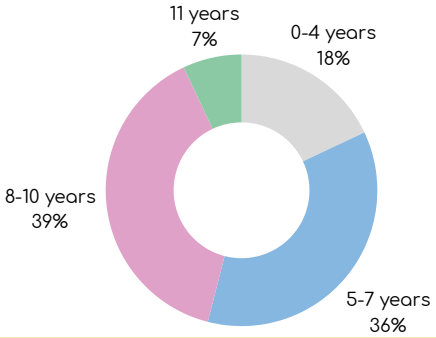
child referrals
were received in 2025-2026

30.5 % increase compared to last year

Ethnicity of referrals



Age of children referred



Statutory services involvement

32 % of children referred are on a Child In Need (CIN) or Child Protection (CP) plan at point of referral

no change from last year

14 % of children referred have police involvement at point of referral

decreased figure compared to last year's: 21%

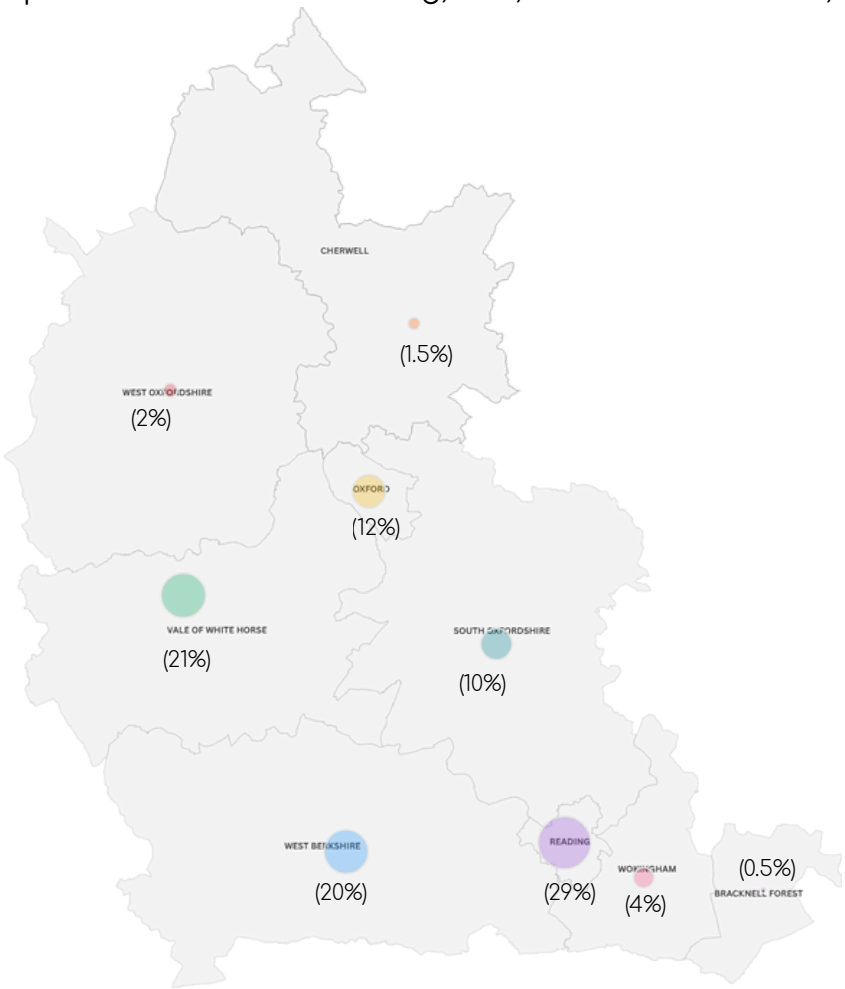
44 % of children referred have had involvement with their local children's services team at point of referral

decreased figure compared to last year's: 64%

Child referrals

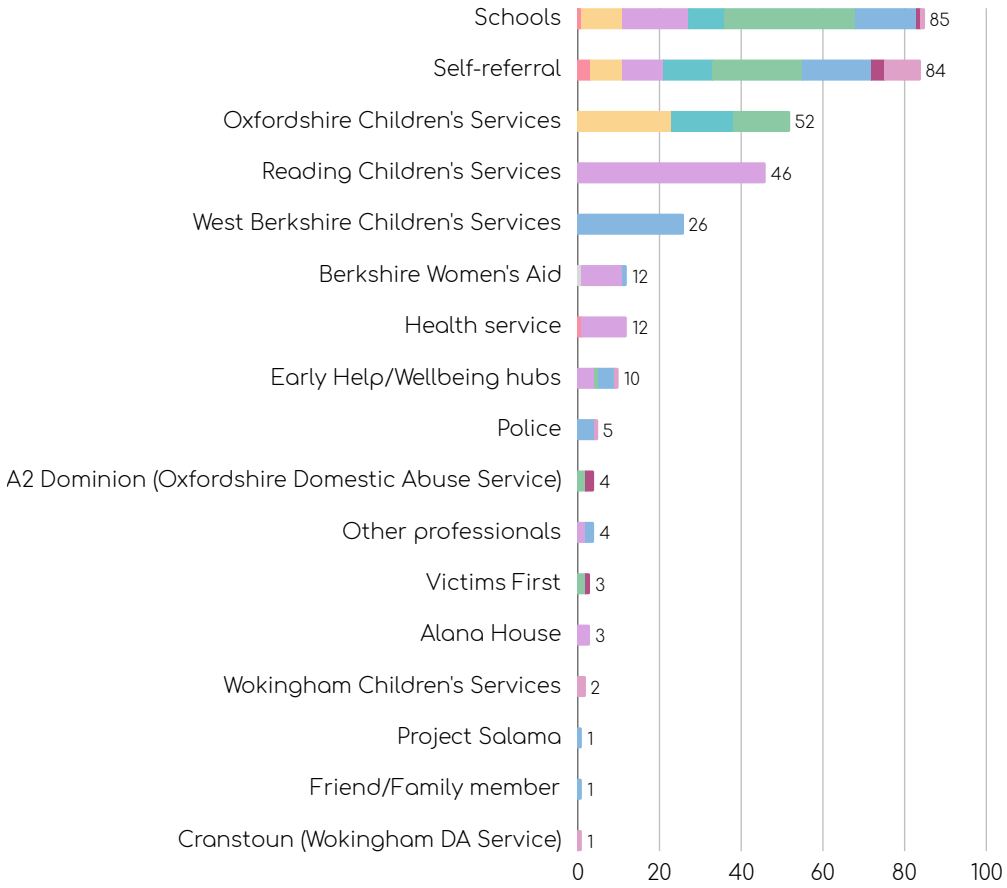
Child Referrals by geography and referral source

The map below shows the distribution of referrals by locality. The top 2 local areas are Reading, 29%, and West Berkshire, 20%.



The graph below shows the referral source by location.

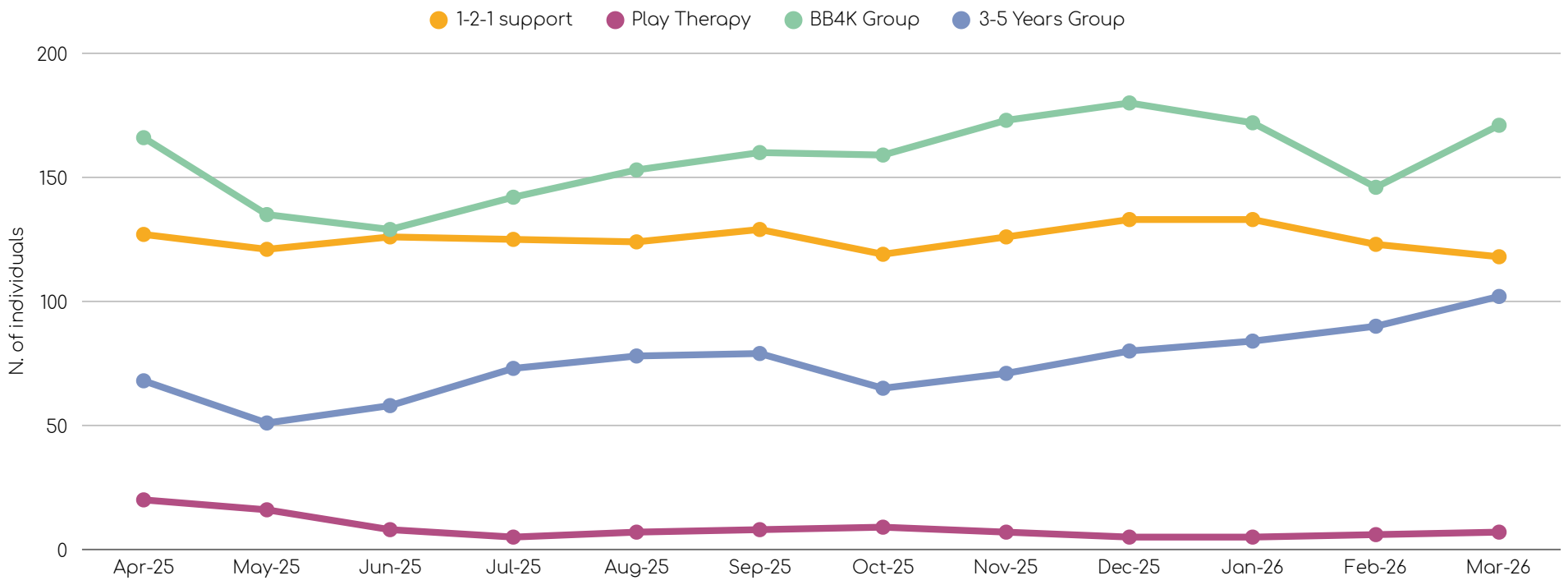
The **top three sources** of referrals were schools, self-referrals and Oxfordshire Children's Services.



Waiting lists

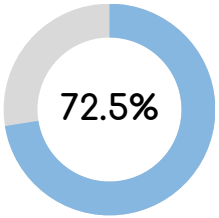
Waiting lists analysis

Below shows the monthly average size for each group/work waiting list. Across the year there is a general upward trend on waiting lists, particularly for BB4K group and 3–5s group, while play therapy numbers steadily reduced and 121 sessions stayed broadly stable with minor fluctuations.

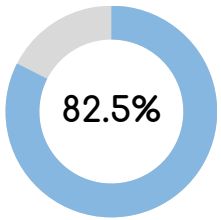


Outcomes and support

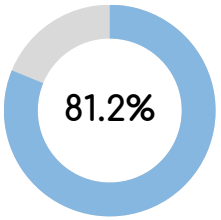
Percentage of adults that recorded a positive or sustained improvement in each outcome area



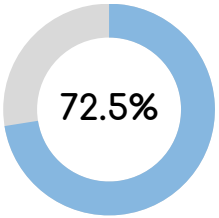
Emotion and affection



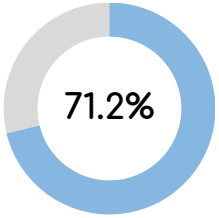
Play and enjoyment



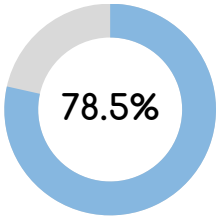
Empathy and understanding



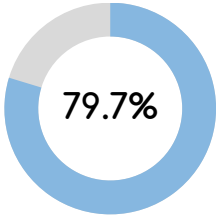
Control



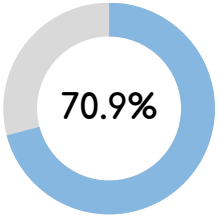
Discipline and setting boundaries



Pressures



Self-acceptance



Learning and knowledge

The above outcomes are measured using a Tool to Measure Parenting Self-Efficacy (TOPSE). TOPSE has been developed as a tool to measure parenting self-efficacy as an outcome of parenting support. The tool was originally developed in response to public health nurses (health visitors) in England, who identified the need for a reliable and valid instrument with which to assess the outcomes of their parenting work.

Source: https://www.topse.org.uk/site/topse/

Influencing

Children's minister Josh MacAlister visited PACT in October 2025 to hear about its transformative work with adoptive families as well as its pioneering work through BB4K.

In addition to the minister meeting with PACT, the CEO and Director of Evidence from Foundations joined the meeting and together we were able to share details of the promising outcomes identified through the pilot randomised control trial (RCT) and our hope to continue the partnership with Foundations through completion of a full scale RCT. The minister highlighted the governments priority of finding evidence based programmes.

In November 2025, CEO Natausha van Vliet represented PACT at a round table event at 10 Downing Street, joining organisations from across the country who are all focused on tackling violence against women and girls (VAWG). She heard from the Prime Minister Keir Starmer and Jess Philips, then Minister for Safeguarding and VAWG, about the Government's strategy and its bold ambition to halve violence against women and girls in the next decade.

Natausha shared insights from BB4K and brought the voices of the children and families we work with directly to the heart of government, discussing PACT's plans for the future and the promising results of our work with Foundations.

Foundations

Since 2024, BB4K has been working with Foundations and a research partner, IFF Research, to conduct a pilot project into the feasibility of evaluating domestic abuse programmes. In November 2025, the report into the pilot was released, which can be found here:
https://foundations.org.uk/our-work/publications/bounce-back-4-kids/

Findings suggest that Bounce Back 4 Kids can improve parental confidence and children's behaviour. Parents valued peer support and described the programme as a safe and validating space. Home visits prior to starting sessions, were important to build trust between families and facilitators, and encouraged children to attend.

Having completed the pilot, BB4K and IFF Research, have now been commissioned to conduct a full scale randomised control trial (RCT) for the next three years, allowing us to scale up our provision and expand our reach to cover all of Oxfordshire in addition to our existing work in parts of Berkshire. More information about the project can be found here:
https://foundations.org.uk/our-work/projects/bounce-back-4-kids-a-randomised-controlled-trial/

"[The home visit] was very nerve wracking because I thought they might be judgmental. But I couldn't have had a better first approach. They both came into my home and said 'wow, your home is lovely'. I just thought, thank God for that. It's that positive first impression … It was a very nice approach." Parent

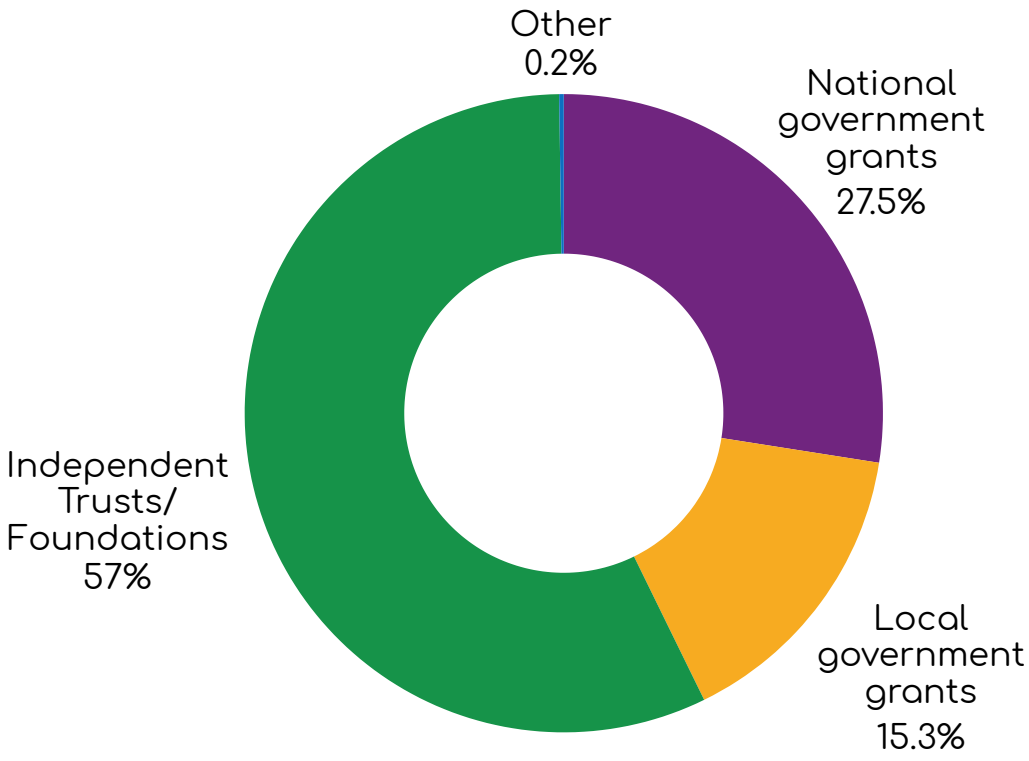
"It's been nice having it to look forward to. If something happens to you in your week, because it's weekly, you might think I can't come unravelled now, I can't really talk to anyone, but I know on Thursday I'll be able to come and talk about it. It's just nice to have that to look forward to, to know you can come and let it out amongst people who get that." Parent

Funding sources

Funding sources in 2025-2026

- Bounce Back 4 Kids has been supported through a diverse funding base, bringing together contributions from individual donors alongside Berkshire Community Foundation, the Ministry of Justice, the Lindley Foundation, the Illingworth Charitable Trust, Reading Borough Council, the Office of the Thames Valley Police and Crime Commissioner, and West Berkshire Council.

- The funding from Foundations has not only enabled continued delivery of the programme but has also supported a stronger focus on evidencing impact, including the implementation of a full-scale Randomised Controlled Trial to demonstrate long-term outcomes for children and families.



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whose working name is Parents And Children Together, is a company limited by guarantee, registered in England (no.1636098) and a Registered Charity (no.285214), whose registered office is:
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