



EARLY YEARS
Cocoon

**Early Years
Cocoon CIC
Impact Report
2022**



www.earlyyearscocoon.co.uk

About us

Early Years Cocoon CIC (EYC) is an organisation whose activities and services are aimed at benefiting and supporting the community, specifically families with young children in Barking and Dagenham.



We became a CIC in June 2020. Prior to this, we operated as a community group, providing most services on a voluntary basis. Despite being a young organisation, we are highly passionate about what we do and dedicated to making a positive impact in society.

Our objectives are

- Developing supportive services for families with young children
- Promoting positive parenting by focusing on the learning and development of children
- Strengthening social, communication and artistic skills in young children and their parents
- Sharing creative and educational practice to ensure the well-being of children within supportive families
- Creating multidisciplinary stimuli for children by collaborating with other local community organisations and individuals

Our projects are continually inspired by the needs and insights of our community. We gather this information through various means, including conversations, notice boards, surveys, chats and our registration form. This community-led approach lies at the heart of what we do as it enables us to adapt and build upon the reality of the families we serve. We recognize the significant impact to the way we facilitate our services of listening to the voices of our families who often lack opportunities to express themselves.

We receive support from grants, donations and the incredible collaborations we have established since we started.



£370K⁺ awarded in funding*

* the majority of this to run our core services for 3 years

Early Years Cocoon C.I.C. | Company number 12704211
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Our community

Our families come from diverse backgrounds with almost half identifying as belonging to an ethnic minority. Many of them face challenges such as isolation, financial constraints, lack of confidence due to language barriers, and feeling overwhelmed with parenting responsibilities. We are dedicated to supporting these families through community integration.

Based on our annual review (Dec 2022) and the data collected through our registration form, we have discovered the following insights:

- Families are motivated to join Cocoon to develop social and communication skills, connect with other parents, engage in learning opportunities, and foster a sense of community.
- Approximately 40% of families prefer not to disclose their annual household income, while over 25% report an income below £25k.
- All families have expressed that they have benefited from participating in our supportive services.
- Families are facing financial challenges due to the high cost of living, with 40% stating that they would find it difficult to pay fees for sessions if they were not offered for free.
- The top 5 activities that families enjoy the most are: free play, singing time, story-time, crafts, and interacting with other parents.
- Families have expressed their desire to have educational trips, outdoor learning opportunities, attend performances, participate in parenting workshops, and have more sessions available on weekends.



FAMILY FUN DAY

A collaboration between Early Years Cocoon and Little Footprints

Singing • Storytelling • Parachute games • Child-led play

Join our programme with your family! A gift for every child!

Saturday 4th June, 10am to 12:30pm activities

12:30pm refreshments - bring fruits and food to snack!



Ready, steady, go!

A 12 weeks programme for families with young children

Every 4 weeks experience a different activity: Games, Fitness, Yoga & more

Every Monday starting Sept 12th to Nov 28th
10am - 10:30am and 11am - 11:50am

Dagenham Library - Room 2



READY STEADY HOP!

Friday 26th August, 10am - 11:30am

Hatfield Community Centre, 73 Hatfield Road
Dagenham RM9 6JS - free parking available

Come and join our one-off playgroup session focussing on physical activities and games.



RAINBOW PARTY

Monday 25th July, 9.30am to midday



Cocoon family



Parenting booklet



MENTAL HEALTH AWARENESS MONTH

Come and join our family playgroup & interactive workshop focusing on the topic of Mental Health. Let's share some breathing and mindfulness exercises; and tell us about what you do to look



YOGA FOR BODY & MIND

Join our FREE yoga sessions for local residents - improve your health and well-being

Every Thursday, 10:30am - 11:30am
Hatfield Community Centre, 73 Hatfield Rd, Dagenham RM9 6JS - Free parking available

To book, email latyogaforbodyandmind@gmail.com
A health questionnaire prior to attending is required.

COME AND JOIN US!



FAMILY LED PLAYGROUP SESSIONS FOR CHILDREN UNDER 5

Free play • Stories • Music and movement
Parachute games • Arts & crafts • And a lot more

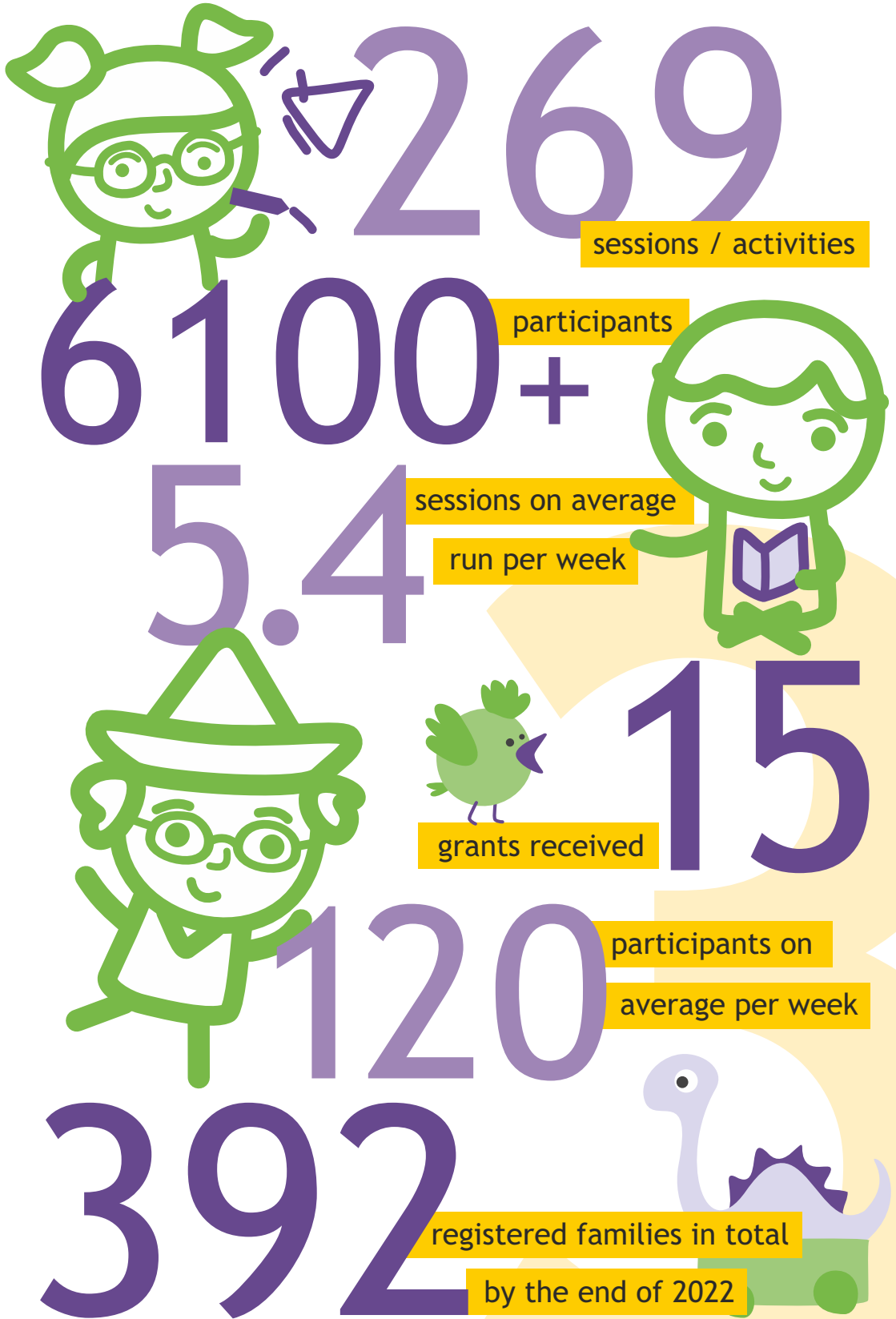
Mondays 9.30am to 12 at Saint Martin's Church
27 Goresbrook Road, Dagenham RM9 6XA

Wednesdays 10am to 12 at Dagenham Library
1 Church Elm Ln, Dagenham RM10 9QS

Fridays 10am to 12 at Hatfield Community Centre

Our services

Our services prioritize early intervention, with the goal of offering young children a better and healthier start in the borough. It is evident that there is a significant demand for free or low-cost services for families, and our own observations and research have identified a gap in this area. EYC is committed to bridging this gap. We are proud to report that all our activities, events, and projects consistently bring families together, with high levels of participation and attendance.



Achievements

- **Growing as a team:** we now have 3 facilitators and 4 support team members.
- **Significant grant secured** from the National Lottery - a major milestone.
- **Successful Toys Appeal** for the third time, resulting in the donation and distribution of 200 toys.
- **Collaborations** established with numerous local organizations and services.
- Utilizing WhatsApp to communicate with over **400 local families**, facilitating the sharing of local services.
- Families were engaged in physical activities such as games, fitness, and yoga through our **"Ready, steady, go!"** programme: a 12-week initiative.
- Developed a **mental health handout**, providing strategies and information on available services.
- **Collaborated with Talk Space** to offer counselling services for families.
- **Co-created a booklet** with 10 families and 10 organizations, covering relevant parenting topics and funded by NCIL.
- Successfully organized and facilitated **one year of free yoga sessions** for local residents, supported by Awards for All funding.
- Participated in **outdoor and forest school activities** in collaboration with Tinder Sticks and Park Rangers.
- Engaged in **singing traditional English nursery rhymes** as part of a heritage-focused project.
- Organized **workshops delivered by artists and specialists** for our families.



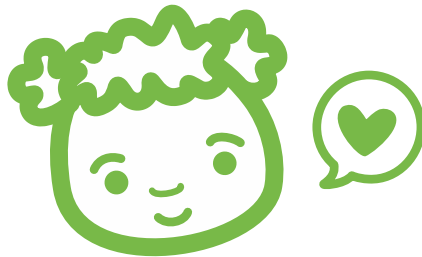
Testimonials

What our community says...

The support team is amazing, always finding new ways to engage parents and their children.

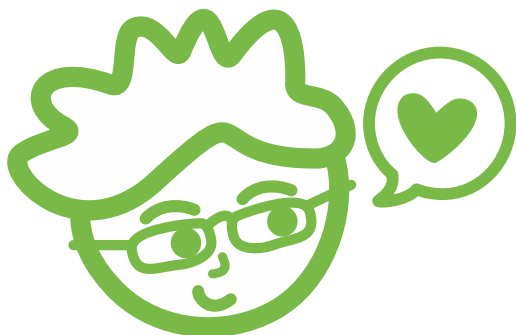
The locations are convenient in terms of parking and facilities, they offer large spaces for children to learn and play.

I attended for yoga and fitness and I really enjoyed it. My daughter got herself busy in the same and I was happy I did something different for us.



I've attended a session in Dagenham library. It was a lovely place to do some bonding with my baby. My baby loves reading and engaging with other children so it was a positive experience for her and me.

Cocoon Dagenham Library - the best place in our community where we can go to meet other parents and children, where we can play and learn new things, where we can have fun, all for free.



Absolutely great content, singing, story's, light games, parents always included and part of it.



All the groups are amazing and a great way for parents and children to interact with each other and learn new skills thank you for doing a fantastic job.

Lovely community giving chance to the parents and the children to share information, exchange knowledge and help each other.

Cocoon is a safe space for families with children to meet other friends and local people with young children to learn and socialise.



I am so pleased that the funding has been approved so that these sessions can continue to benefit so many families in Barking and Dagenham.

Thank you for running these sessions, it encourages me to leave the house with my baby and engage with other children and parents.

Check out our Google reviews here <https://g.page/r/Cdfvclfg-4NLEAI/review>

learning support
experience play great
community
share new skills
good development

Cocoon is*...

* Word cloud generated with participants input

social fun
happy friends supportive safe
friendship socialising
engaging connection
love friendly

Cocoon
empowering our children



**Funders, partners and families
Thank you for your ongoing support!**



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