



*‘Supporting Individuals and Families to live
happy and healthy lives’*

Health & Wellbeing Board, 2nd Oct 2025



Who are we?

- Formed in 2008
- Pan-Humber – offices in Hull and Grimsby, delivery across the region
- Now delivering NEET and full family programmes, focusing on the individuals and families that need it most
- Participants all benefit from sailing experiences on our 72'

Challenge Yacht

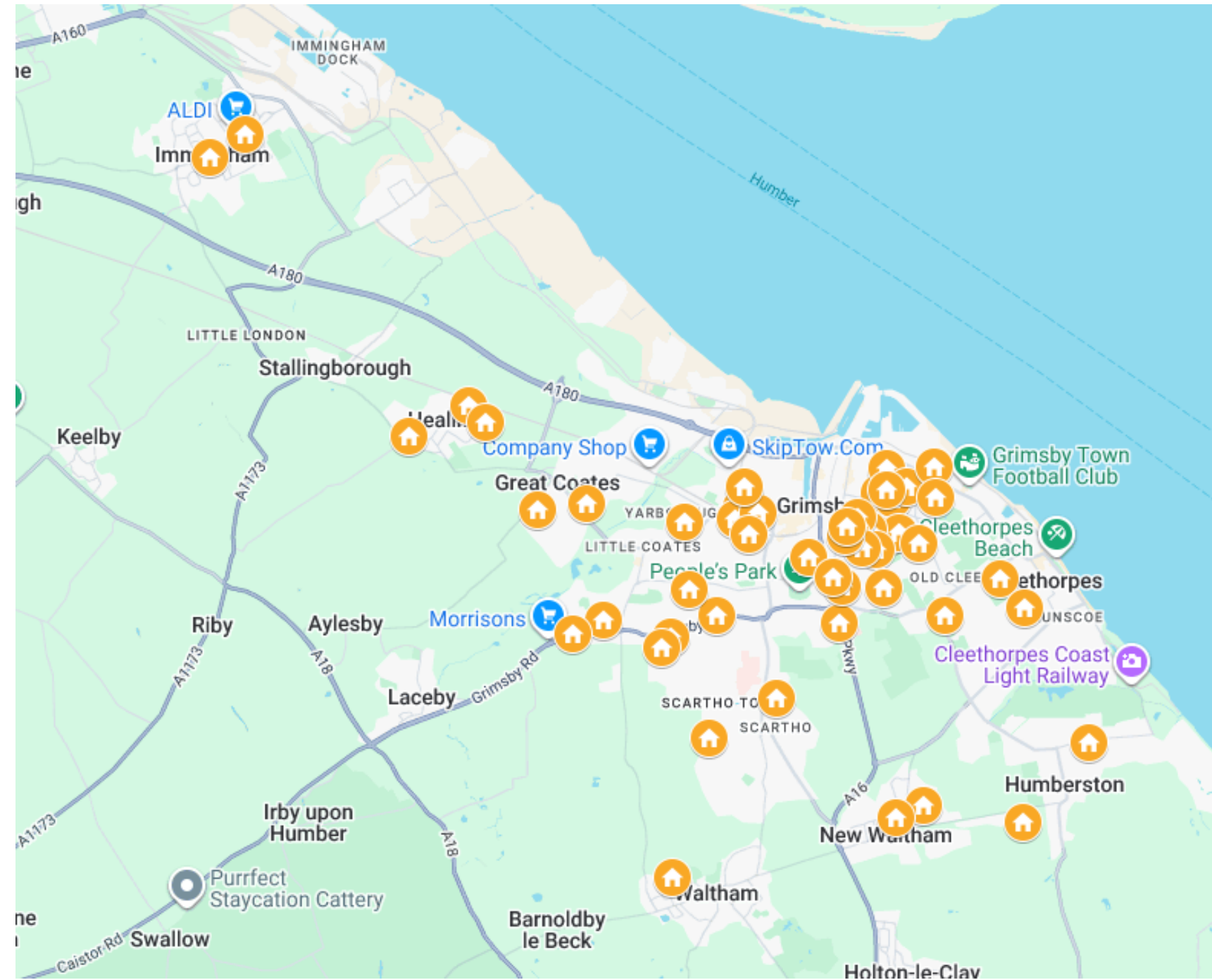


Full Families Programme

- Launched in 2017, our programme aims to intervene early, working with families to deliver solutions that are best for the family.
- A combination of family network meetings, action planning, and a proactive programme of activities aimed at improving physical and mental wellbeing.
- Funding from The National Lottery now tapering.
- Delivered in partnership with Creating Positive Opportunities



Where our families are



Our Outcomes

| Full Families Outcomes Summary - Grimsby 2017-2022 | | | |
|--|---|-----|--|
| 491 | Adverse Childhood Experiences (ACEs) Identified | 90 | People now healthy eating |
| 5 | ACES training completed | 31 | Have improved their housing conditions |
| 5 | Anti-Social Behaviour addressed | 27 | Have worked on interview techniques |
| 55 | Calmer households reported | 4 | Looked after children returned to family home |
| 39 | Children <i>Safer</i> | 112 | Have accessed local provision |
| 73 | People attended coffee mornings | 58 | Have accessed mental health support |
| 331 | People improved communication | 202 | People have increased motivation |
| 26 | People increased confidence | 9 | Families now have no Social Services involvement |
| 12 | People access domestic abuse support | 13 | children have started nursery |
| 4 | Young people signed up to DofE Award | 47 | Children's school attendance improved |
| 18 | People have started in education | 18 | Parents complete Positive Parenting Programme |
| 30 | People have gained employment | 210 | People have improved trust |
| 52 | People have improved finances | 10 | People started volunteering |
| 29 | People increased first aid understanding | 3 | Person completed work experience |
| 73 | Have improved physical fitness | 3 | supported accommodation to indepent |

CatZero Employability Programme

- 12 week programme aimed at moving participants into work or further training.
- 10 weeks on land; physical and mental wellbeing, and employability skills
- 8 days at sea; long-voyage proven to have a lasting impact on young people.
- Moving on, and Once CatZero Always CatZero



Employability - Outcomes

- 68% in 2024 moved into a positive EET destination
- 100% - improved their quality of life
- 97% - feel part of the community
- 83% of participants felt that CatZero had offered better EET support
- 78% - more confident
- 65% - better network of friends
- 62% - increased their exercise they do
- 61% - more confident in their ability to solve problems



What do the participants say?

“CatZero has helped me a lot over the months that they have been involved. Supporting me with parenting, mainly to do with behaviour. Thanks to them, my home has changed a lot and things are improving”.

Kimberley, Families programme

“What I gained from myself from being on CatZero is that I can do anything and that anything is possible and achievable, it’s just having the need to push myself.”

Hull Participant

“The CatZero team has helped me understand what kind of help there is for veterans. They are helping me with resolving my debts and re education, CV building, understanding myself and what is possible for the future.”

Michael, Veterans Programme

“Without CatZero we would have been stuck in a rut. They have helped with finding a school for my younger son. My older son flourished after CatZero supported him first into work experience and then into his apprenticeship. I know CatZero is there when I need them”.

Sarah, Families programme

“CatZero is a completely life changing experience. You grow and you leave a better person. The course leaders are very helpful and down to earth.”

Goole Participant

For Further Information

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