

## SUMMARY OF ANNUAL ACCOUNTS



**Life Education**  
Wessex & Thames Valley



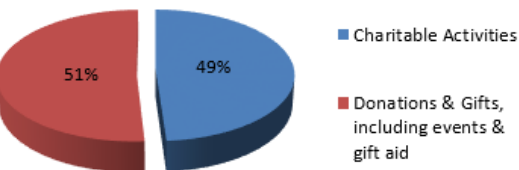
Helping children make healthy choices  
with interactive workshops and our  
PSHE resource SCARF to support the  
whole school curriculum

INCOME	2017	2016
Charitable Activities	200,683	158,619
Donations & gifts, including events & gift aid	209,946	183,192
<b>TOTALS</b>	<b>410,629</b>	<b>341,811</b>

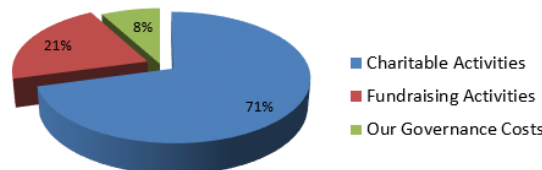
EXPENDITURE	2017	2016
Charitable Activities (cost to deliver service)	261,944	210,395
Fundraising costs	78,637	68,883
Governance costs	29,615	27,095
<b>TOTALS</b>	<b>370,196</b>	<b>306,373</b>

Full accounts can be downloaded from our website

**INCOME 2016-17**



**EXPENDITURE 2016-17**



## SCHOOL VISIT DATA

	Devon	Dorset	Hampshire	Somerset	Thames Valley	TOTALS
Schools Visited	30	124	55	30	102	<b>341</b>
Days at Schools	78	260	114	66	237	<b>755</b>
Children Participating*	<b>7,737</b>	<b>25,983</b>	<b>10,182</b>	<b>6,461</b>	<b>19,691</b>	<b>70,054</b>

\*Aged between 3 and 13 years

**The average number of pupils seen per day was 93**

*"Our attitudes, values and habits are shaped in childhood – consequently, our success and health in adult life depend in large part on how good a start we get in early life. Life Education recognises this and has helped thousands of children understand the what, why and how of healthy life choices. The approach is fresh and engaging, and deserves all our support."*

**Dr Nick Kosky, Consultant Psychiatrist, NHS Dorset**

# THANK YOU

to our many supporters throughout the region  
from the children of Wessex and Thames Valley

**To find out more visit [www.lifeeducationwessex.org.uk](http://www.lifeeducationwessex.org.uk)**

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Life Education Wessex & Thames Valley is a trading name of Life Education Wessex  
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# Overview of our year 2016/17



## What We Offer

- ✓ Mobile classroom based health, well-being and drug prevention education programmes for 3-11 year olds
- ✓ SCARF (Safety, Caring, Achievement, Resilience, Friendship); Comprehensive, year round programme of study encompassing the entire PSHE and RSE curriculum for Reception to Year 6, provided to schools as part of the mobile classroom booking
- ✓ School classroom-based modules focusing on **Alcohol, Tobacco** or **Illegal Drugs** for 11 - 13 year olds
- ✓ bCyberwise; Cyber Safety workshops for 8 - 11 year olds
- ✓ Relationship Education package offers Educator led workshops, SCARF lesson plans, school staff support and parent/carer workshops
- ✓ Behaviour & Safety training for staff including lunchtime supervisors
- ✓ Staff briefings and parent sessions

## Why we do it...

Children are facing ever increasing pressures to damage their health, whether through poor diet, drinking alcohol, smoking or misusing drugs. Our programmes provide them with the knowledge, skills and self-confidence to make healthy choices and avoid risky behaviours.

The OFCOM Media Use & Attitudes Report 2016 shows that:

- 23% 8 - 11 year-olds have a Social Media profile (minimum age is 13)
- 10% 8 - 11 year-olds and 19% of 12 - 15 year-olds have seen something online in the past year that was 'worrying or nasty'
- 10% 8 - 11 year olds and 21% 12 -15 year olds play online with people they've never met

Results from the HSCIC<sup>†</sup> England 2014 show a significant number of 11 - 15 year olds are involved in risky behaviours:

- 90,000 were regular smokers
- 240,000 had drunk alcohol in the last week
- 310,000 had taken illegal drugs in the last year

However, figures from the Health Survey for England 2015 and the HSCIC<sup>†</sup> England 2014 demonstrate encouraging trends;

- 28% of children were either overweight or obese (down from a third)
- Excluding school-based activities, 23% of boys and 20% of girls met physical activity guidelines - moderately active for at least 60 minutes every day (up from 21% of boys and 16% of girls in 2012)
- 82% 11 - 15 year olds have *never* smoked (58% in 2003)
- 62% 11 - 15 year olds have *never* drunk alcohol (39% in 2003)
- 85% 11 - 15 year olds have *never* taken drugs (65% in 2003)

<sup>†</sup> Health & Social Care Information Centre

## Evidencing the Value

Over 2,100 children and 300 teachers took part in our online evaluation between September 2016 and July 2017. Key findings demonstrate increased health knowledge and life skills. Children had gained knowledge;

- ✓ 97% of Year 6 about the risks of drinking alcohol
- ✓ 93% of Year 6 of the laws about drugs
- ✓ 95% of Year 5 that smoking is risky to a person's health
- ✓ 92% of Year 5 about how emotions and needs change in different situations
- ✓ 86% of Year 2 about what their body needs to stay healthy

### Key Stage 1 (Year 2) Quotes:

*"If you have too much sugar in your body you become poorly"*

*"Always ask a friend when something is wrong"*

*"Don't take medicine on your own, you don't know how much you need or what time to take it"*

### Key Stage 2 (Years 5 & 6) Quotes:

*"I have learnt that you can say no without being afraid to"*

*"They teach us in a way that makes us remember"*

*"I thought drinking regularly wouldn't harm anyone but it does"*

*"It has taught me the consequences and risks of taking a drug"*

*"I always remember when I was at primary school, I really looked forward to the day the Life Education mobile classroom visited and couldn't wait to learn new, valuable things (along with meeting Harold of course!). I whole heartedly agree with the values and work of Life Education Wessex."*

**Former Pupil**

**98% of staff would recommend us to another school**

*"This was a fantastic experience for the children which I would highly recommend. The SCARF resources we now have available to support this session are brilliant. Thank you so much for such a valuable lesson."*

**Year 6 Teacher  
Fed. of Riders Infant & Junior Schools**

*"Children could recall so much from their session in Reception showing what a valuable resource the van is! The leader used excellent strategies to engage and encourage even the less confident to contribute."*

**Teacher  
Ad Astra Infant School**

*"The whole class was engaged and joining in with questions. The children all remembered what they had learnt last time showing how it is such a great educational experience."*

**Year 1 teacher  
Canford Heath Infant School**

*"Harold taught me it's OK to be different and that being unique should be celebrated. I pursued my real interests without being worried or affected by other people's thoughts and peer pressure to conform. I was able to recognise risky behaviour in myself and others, such as peer pressure and bullying which protected me from the harmful long term impacts they can have. I learnt how to make my own informed decisions and choices. Without Harold and Life Education there is no doubt that I would be a very different person than I am today."*

**Former Pupil**