

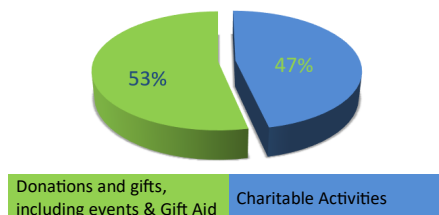
SUMMARY OF ANNUAL ACCOUNTS

INCOME	2020	2019
Charitable Activities	253,450	208,981
Donations & gifts, including events & gift aid	289,186	201,902
TOTALS	542,636	410,883

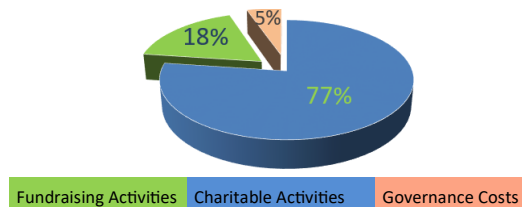
EXPENDITURE	2020	2019
Charitable Activities (cost to deliver service)	376,670	307,846
Fundraising costs	85,540	97,154
Governance costs	25,903	24,430
TOTALS	488,113	429,430

Full accounts can be downloaded from our website

INCOME 2019-20



EXPENDITURE 2019-20



SCHOOL VISIT DATA

	Devon	Dorset	Hampshire	Somerset	Thames Valley	TOTALS
Schools Visited	29	117	65	43	105	359
Days at Schools	70	233	165	85	209	762
Children Participating*	6,675	22,137	15,590	7,573	20,204	72,179

*Aged between 3 and 11 years

In addition, we reached a further 53 schools and 12,000 children with our SCARF resources

The average number of pupils seen per day was 95

"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, parents and schools of Wessex and Thames Valley

To find out more visit www.lifeeducationwessex.org.uk

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Life Education Wessex & Thames Valley is a trading name of Life Education Wessex

Registered office: 47 Boutport Street, Barnstaple, Devon EX31 1SQ



Life Education helping children make healthy choices in Cornwall, Devon, Dorset, Hampshire, Somerset and the Thames Valley with interactive workshops and SCARF — our PSHE & RHE resource

99% of staff would recommend our services to another school

Overview of our year 2019-20



Safety Caring Achievement Resilience Friendship



Experts agree that early intervention is the key to empowering children to make healthy choices and avoid risky behaviours

What We Offer

- ✓ SCARF (Safety, Caring, Achievement, Resilience, Friendship); Comprehensive, online year round programme of study encompassing the entire PSHE and Relationships & Health Education (RHE) curriculum for Reception to Year 6
- ✓ Specialist Educator-led workshops:
 - Health, emotional well-being & drug prevention education for Reception to Year 6
 - bCyberwise; Cyber Safety for Years 3 to 6
 - Time For Change: Growing Up and Moving on at Puberty for Years 4 to 6
 - Relationship Education for Years 4 to 6
- ✓ Behaviour & Safety training for staff including lunchtime supervisors
- ✓ Twilight staff training
- ✓ Staff briefings and parent/carers sessions
- ✓ Workshops are usually delivered in a mobile classroom or LifeSpace. In line with COVID19 restrictions, Educators will deliver workshops in school classrooms or virtually.

"A fantastic session for my Year 6 class about Decisions - the children were engaged and knowledgeable but nevertheless interested and some of the stats/facts appalled/fascinated them. They could access all the information very easily and loved the interactive nature of the session, the Velcro walls, the video, the venn diagram. All great!"

Why we do it...

From September 2020 schools will be required to deliver Relationships & Health Education, including emotional and mental health. We welcome recognition of the increasing pressures and anxieties faced by children in today's world, particularly given the current COVID19 pandemic. Our resources can support schools in meeting the new guidelines and help children make healthy choices, avoid risky behaviours and stay safe.

- **24% of 11 - 15s had taken illegal drugs (same in 2016)¹**
- **28% of children aged 2 to 15 were overweight or obese including overweight or obese (30% in 2017)³**
- **18% of 5 - 15s ate 5 or more portions of fruit and vegetables a day³**
- **6% of children aged 5 - 15 had an emotional disorder⁴**
- **18% of 8 - 11s who go online say they saw something worrying or nasty (10% in 2016)²**

However, statistics from the HSE 2018³ demonstrate some encouraging trends;

- 96% of children aged 8 - 15 have never smoked (82% in 1997)
- 86% of 8 - 15 year olds have never drunk alcohol (55% in 2003)
- 94% of children reported good or very good health

¹ONS statistics on Drug Misuse 2019

²OFCOM Media Use & Attitudes Report 2019

³Health Survey for England 2018

⁴Mental Health of Children and Young People in England 2017

Evidencing the Value

Key findings from annual evaluations consistently demonstrate that our sessions have improved health knowledge and life skills, and altered pupils' attitudes about health-related practices:

- ✓ **98% of Year 6** children understood the risks of drinking alcohol and **95% knew that all drugs (legal, illegal and medical) can be harmful if not used correctly**
- ✓ **97% of Year 5** children knew that smoking is risky to a person's health and **94% knew that emotions and needs change in different situations**
- ✓ **89% of Year 2** children knew more about what their body needs to stay healthy and **74% knew who they could talk to if they were upset or being bullied**

Perhaps most powerfully, children reported what they had learnt and how it would help them in the future. Statements included:

"I listened to some of the suggestions for mental health."

"I know I can make my own decisions and to stand up for what I think."

"I won't be afraid to stand up for anyone including myself."

"It will help me to: say no; make my own decisions; be more resilient; be more assertive and have more confidence in myself."

"We learnt how to look after our body, stay healthy and help people."

"I'm trying to help people quit smoking because it's a bad thing to do."

"I think the LifeBus experience has helped me in my future life as it tells me how to use drugs and alcohol safely even though I know I'm not going to take illegal drugs."

"Excellent delivery and interaction with the class. Everyone felt safe and comfortable to join in. Lots of different topics were covered. Amazing how the Educator learned everyone's names so quickly. This really added to the atmosphere of trust."

"The Educator delivered an age appropriate, informative, fun and interactive session for our children. They were engaged and interested and it was lovely to see some of my disadvantaged children enabled to 'shine' and enjoy their time on the bus. Thank you."

"I am writing to you because I want to tell you how much I like it. The most amazing part for me was when the brain flashed up and when you sang your special song for Top Talents. It was incredible. Thank you for letting me and Year 3 watch you sing. We got to learn all about interesting body parts that TAM showed us. It was the best thing I have ever seen."

Year 3 Pupil