



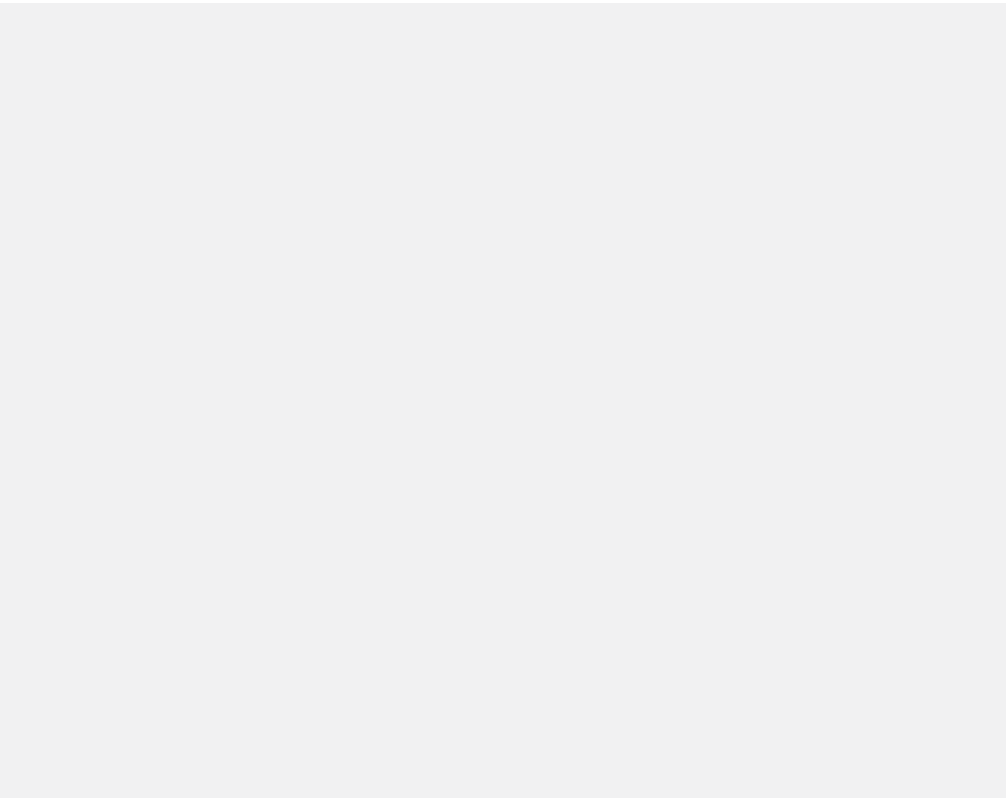
# Impact Report Summary 2017

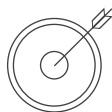
**Transforming** the lives of  
the UK's most vulnerable children

Believe in  
children  
 Barnardo's

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# Contents

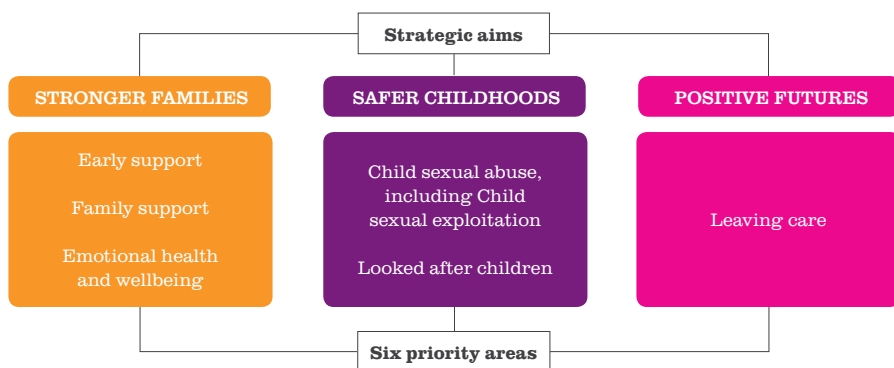




# Our Impact in 2016-2017

We believe in children – no matter their circumstances, gender, race, disability or behaviour.

This summary report focuses on the direct work we do with vulnerable children, young people and families and the difference we make to them, in the six priority areas of our new corporate strategy<sup>1</sup>. These priority areas are:

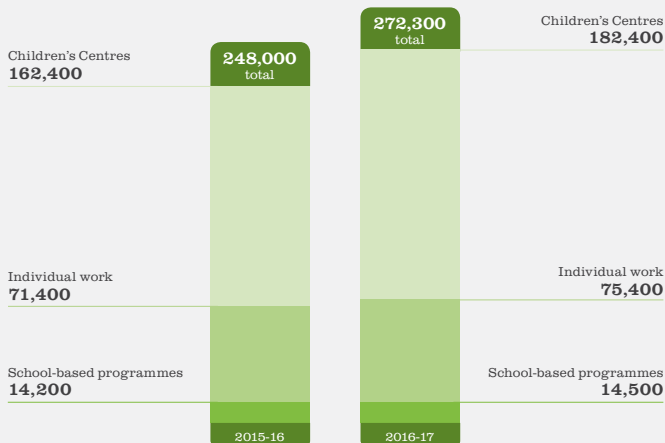


Each section on these priority areas describes:

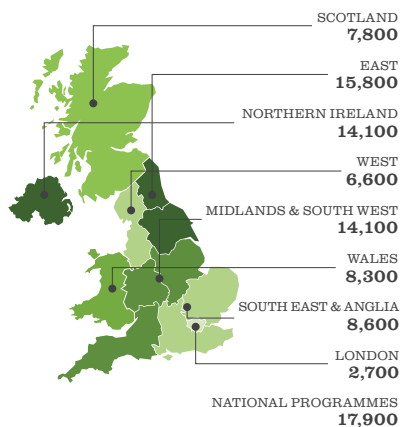
- The scale of the direct work we're doing with children and families
- One example of the impact we've had for a specific group, evidenced through recording outcomes or through an evaluation study
- An individual case study as an example of the difference we make

We hope this report is of interest to the young people that Barnardo's support who are keen to learn about the impact we have. We also hope it is useful to our commissioners and all those who support the work we do, without whom we wouldn't be able to achieve any of this impact for children and young people, or to learn what really makes a difference to their lives.

## Service user growth Annual



## Individual work 2016-17 Service users



♀ **55% Female**      **Male 45%** ♂



1 in 4 have a disability



1 in 5 are in or have left care



1 in 4 are parents

## Parent/child breakdown by service area

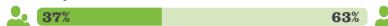
Child protection



Family support



Disability services



## Top 5 service areas 2016-17 By number of Service users in individual work



**75k**  
total service  
users

## Children's Centre 2016-17 Service users



Equal number parents  
and children



1 in 4 are Black, Asian &  
Minority Ethnic (BAME)



# Stronger Families Early Support

All parents with very young children need support to help them to meet their children's needs. But parents often feel cut off from friends and social support<sup>2</sup>. This means they can miss out on the emotional and practical help they need, particularly in the early stages of their child's life. Our Early Support services include:

- Children's Centres in England (who worked with **over 182,400 people**, including **85,300 children** and **97,000 parents/carers**)
- Parenting programmes
- Play services
- Nurseries

## Plymouth Children's Centre: Supporting Parents and Carers

Plymouth Children's Centre provided home visiting support to 42 parents/carers, and they used 'Family Star Plus' to track the changes these parents experienced over time.

**79%** of these parents achieved improved overall outcomes scores over time – suggesting many aspects of the parents' lives improved while we supported them.

Findings showed that these parents were most likely to need support with **'boundaries and behaviours'** and **'emotional wellbeing'**, and these were also the areas where the parents made the biggest improvements.

Our Early Support services worked with over

# 185,700

children, young people and parents/carers

# Diane



## **Building confidence to take control:** **Tailored support for a parent**

Diane was feeling very worried about the behaviour of her two-year-old son, who was struggling to communicate and who would get frustrated easily. She was also feeling isolated and had financial problems.

Diane was referred to one of our early support services, where she received one-to-one support at home and at her local Children's Centre. Her Barnardo's worker supported her when her son was given a diagnosis of Autism Spectrum Disorder (ASD). They helped her to understand the diagnosis, to explore new ways to play with her son, and to access a fund to buy sensory toys. The support made their lives easier at a critical time, and gave Diane the confidence she needed to move forward.

Diane now feels more in control and more able to try different strategies to meet her son's needs. She has enrolled in her local parent/carer forum so she can learn to advocate for her son. She has also started to help other parents by volunteering in the service's parent support group, which has widened her own support network too.



# Stronger Families

## Family Support

Some children face challenges that disadvantage them. This can include children who are experiencing 'multiple adversities', such as having unemployed parents, poor quality housing or a parent with a long-standing disability or illness<sup>3</sup>. One of the best ways to help vulnerable children is to take a 'whole family approach'<sup>4</sup> – by addressing problems the parents are experiencing as well as the children.

Our Family Support services include:

- Young carers services
- Family group conferencing services
- Child bereavement services
- Family contact services
- Other family support services

### **Our young carers services:** Supporting families where children have additional responsibilities

Young carers often miss out on opportunities to learn and play due to their caring responsibilities. Our young carers services work to lessen the impact of caring responsibilities, to improve external support for the relatives needing care, and sometimes to prevent them from becoming young carers in the first place.

Our young carers services worked with 4,077 children and parents in 2016-17. Out of the 1,438 children and parents we tracked:

**83%** experienced 'increased resilience'

**71%** experienced 'reduced impact of caring'

Our family support services worked with over

**30,600** children, young people and parents/carers



# Jaya



## **Taking away the worries:** **Preventing a child from becoming a young carer**

Jaya was referred to a Barnardo's young carer service by his school when he was nine years old. His mother Anuradha had been diagnosed with a serious illness and needed an operation. She was worried that he would become her sole carer; her husband had passed away a few years ago, and she had no other family in the UK.

Service staff visited her in the hospital, and put everything in place to make sure Jaya wouldn't be caring for his mum by himself when she got home from hospital.

When Anuradha returned home to recover, she couldn't lift anything heavy for several months. There was a team set up to help her make meals, to get her ready in the morning, and to carry her shopping home for her.

The service also spoke to Jaya's school, who helped out with pick-ups and drop-offs.

Anuradha told the service that they had "taken all her worries away", and that they had had a huge impact on Jaya's life.

They prevented Jaya from having to do an adult's job, let him enjoy being a child.



# Stronger Families Emotional Health and Wellbeing

About 10 per cent of 5 to 16-year-olds in Great Britain have a clinically diagnosable mental health problem. For young people aged 11 to 16, the rate of mental health problems is 13 per cent for boys and 10 per cent for girls<sup>5</sup>.

Barnardo's provides specialist mental health and therapeutic support. This includes over 14,500 children supported through our school-based programmes aimed at improving emotional health and wellbeing, known as 'Paths', 'All Stars' and 'Lifeskills'. It also included 6,594 children, young people, parents and carers who we helped through our mental health services.

All of the diverse work we do in our different services aims to support the emotional health and wellbeing of young people in some way.

## **PATHS® Plus programme delivered by Barnardo's<sup>6</sup>: Improving social and emotional problems in schools across the UK**

We ran PATHS® Plus in schools across the UK. This aimed to prevent students from having emotional problems and provided students with the opportunity to learn and practice social skills in a small and supportive peer group with adult guidance.

**53%** of the 3,742 students who took part in PATHS® Plus experienced improvements in their mental health.<sup>7</sup>

**91%** of senior school leaders reported that PATHS® Plus had either some impact, good impact or a profound impact on reducing the amount of time staff spent resolving conflict at their schools.<sup>8</sup>

Our specialist mental health and emotional wellbeing services provided support to over

**21,100** children, young people and parents/carers



## **Using their voices to improve mental health support: The CAMHS Article 12 youth forum**

Barnardo's partnership with Oxford Health Trust involves participation work with young people, including the Article 12<sup>9</sup> youth forum.

Article 12 meets monthly. It includes young people who are receiving support for their mental health through child and adolescent mental health services (CAMHS), as well as people who used to use CAMHS services.

Article 12 has helped transform CAMHS provision for young people in Oxford. One of their main projects in 2016-17 was redesigning the Buckinghamshire CAMHS website. When they started working on it, it was hard to navigate and full of jargon which wasn't accessible to young people.

The new website<sup>10</sup> was launched in April 2016. Importantly, the number of visitors exiting the site after viewing the homepage has decreased, suggesting the site is now more accessible and young people are not put off by the homepage. Young people who tested the new website said it was 'really easy to find what I was looking for'.

The Article 12 forum has had a positive impact on mental health support for young people, and also on the young people in the forum – empowering them to speak out, supporting their own recoveries, and inspiring them to take further action.



# Safer Childhoods

## Child Sexual Abuse

including Child Sexual Exploitation

Over the last year we have focussed much of the work we do around Child Sexual Abuse (CSA) on Child Sexual Exploitation (CSE), which is a form of CSA. Children and young people who have experienced CSA need immediate and on-going support.

Our CSA services include prevention, early intervention, awareness raising, and supporting young people who have experienced CSA to recover. Our services include:

- CSE services
- Services for missing young people
- Trafficking services
- Harmful sexual behaviour (HSB) services
- Female genital mutilation (FGM) services

Some of our services support young people who have experienced CSA while they are involved in criminal justice processes. They also continue to support young people after these investigations and trials are over<sup>11</sup>.

### West Midlands CSA/E services: Supporting young people at risk of CSA/E, and their parents

The services assessed the problems the children and parents/carers faced and the skills they held at the beginning and the end of their intervention – to track whether they changed over time.

The issue where the children and parents/carers most improved was around their ability to recognise abuse.

**69%** (out of 130 young people and parents/carers) were more able to identify abusive/exploitative behaviour by the end of our services' work with them.

Our Child Sexual Exploitation services worked with over

**3,400** children, young people and parents/carers

# Malaika



## **‘You put me on the right track’: Supporting a young victim of CSA/E through criminal justice processes**

Malaika was 14 when she was referred to us by a school teacher concerned by her going missing from home and spending time with older males who would give her cannabis. She was allocated a Barnardo’s worker, Sarah.

Malaika confided in Sarah that she had been raped, but she didn’t want to tell the police because she was worried about getting into trouble and being blamed for what had happened.

Over time, with support from Sarah, Malaika was able to write down what had happened, in order for Sarah to pass this on to the police. Eventually, Malaika agreed to a police interview by video, and when the case went to court she gave evidence by video link. The man who had raped her was jailed.

Malaika continued to receive support from Sarah throughout – and beyond – the trial. Malaika said that it had helped to have someone there who knew and understood what she was going through. Malaika said that in the absence of support from us, she would not have done a video interview or gone to court.

Malaika has made a lot of positive changes in her life. She now has much improved relationships with her parents, has a long-term boyfriend, has been attending school regularly, and will soon be starting a new training course.

Reflecting on the support she received from us, Malaika said: “You put me on the right track, and made me a better person, by supporting me and teaching me about keeping safe”.



# Safer Childhoods Looked After Children

On any given day, nearly 64,000 children are living with foster carers across the UK<sup>12</sup>. In 2016, 5,030 looked after children were adopted from care in England and Wales<sup>13</sup>. It's important that these children, adoptive families, and foster carers receive the right support.

The services we provided for looked after children in 2016-17 included:

- Adoptive homes and foster placements for 'harder to place' children and young people
- Post-adoption counselling and support for adopters and adoptees
- Residential care for children and young people who are not able to live in a foster placement or at home

## **LINK service:** Therapeutic counselling for birth family members, adopted children, and adopters

Our LINK service provided post-adoption support, by providing birth family members, adopted children and adopters with therapeutic counselling<sup>14</sup>. Out of 29 people:

**71%** of birth family members, adopted children and adopters in the study said the counselling made them more relaxed and calm.

**63%** said it boosted their confidence.

**63%** said they understood themselves better as a result of counselling.

These positive changes were sustained after the counselling sessions had ended.

**7,200** looked after children were supported by us, this includes **1,000** children provided with fostering or adoption placements



# Hailey



## **Learning to trust: Foster placement for a victim of child sexual exploitation**

When she was 16, Hailey was referred to Barnardo's for an emergency foster placement because she was being sexually exploited by a group of men in her local area. She was placed with Linda, a Barnardo's foster carer.

Hailey didn't trust professionals, and didn't want to talk to them about what she was going through. Linda provided Hailey with unconditional support and consistent boundaries, and gradually gained her trust.

Hailey's strong relationship with Linda enabled her to start to trust other professionals too. Eventually, Linda – alongside social care professionals and police – supported Hailey to act as a witness against her abuser at court.

Linda also supported Hailey to attend college and develop her social and independent skills. During the successful prosecution of her abusers the judge told the court that without people like Linda to support vulnerable young people “the world would be a poorer place”.



# Positive Futures Leaving Care

Most young people have parents that help them on their journey to becoming adults. But many young people leaving care don't have that support. Leaving care can be a frightening time for young people, and many struggle to lead healthy independent lives.

However, with the right support at the right time, young people leaving care can go on to reach their potential and lead fulfilling adult lives. Our leaving care services include:

- Employment, training and skills support
- Accommodation for care leavers
- Mental health and emotional wellbeing support

## Supported lodgings:

### Supporting care leavers towards independence

Our supported lodgings services can offer care leavers a vital stepping stone to independence – a safe living environment in which they can learn practical skills<sup>15</sup>.

We've been trailing 'Young Person's Outcomes Star', to help us track life changes young people make while they live in our supported lodgings.

Out of the 40 young people we tracked over time, our supported lodgings helped them with their 'practical life skills'.

**54%** required support with 'practical life skills' at the start of their placement



**35%** required support with 'practical life skills' at their most recent assessment

**3,200** care leavers were supported by us,  
including **1,800** in our leaving care services



# Kayleigh



## **Looking forward to the future: Supporting a young parent who was previously looked after**

Kayleigh, a 19-year-old mother with two children, was referred to Barnardo's Start Smart by a social worker. She had been looked after by the local authority in the past.

Her eldest child (aged 2) had been removed because of domestic abuse and her inability to keep her child safe. She had recently had another baby who was subject to a child in need (CiN) plan.

Our service built up a positive relationship with Kayleigh, meeting her regularly. Kayleigh told Barnardo's that she felt bullied and intimidated by her landlord. She was also struggling to manage financially due to her benefits being stopped.

We supported her to register with 'property pool', the system for finding an affordable home. This led to her being rehoused. We helped her to arrange a financial review to ensure that she was receiving the right benefits, and that she could afford her new flat.

Five to Thrive resources helped to develop Kayleigh's skills and confidence as a parent. Through our staff modelling positive behaviours, her communication and self-advocacy skills grew. Staff also encouraged her to pay attention to herself and her own wellbeing.

Kayleigh's baby is no longer on a CiN plan, and her older child was returned to her care on a phased return. Her mental health has improved and she is less isolated.

She is looking forward to the future, planning to go to college, and no longer needs support from Barnardo's.



# Looking to the Future and Learning

As we implement new ways of delivering support, we hope to bring together resources effectively across the organisation, to learn what works, and to act quickly on insights to improve the support we provide to children and young people.

We want to ensure that we are really involving children, young people, and their parents and carers, so they can directly influence the support we provide.

This will ensure that we really do achieve our vision of better outcomes for more children.

**“Learn from mistakes – you won’t achieve things and do a good job if you don’t work to make things better.”**

Sam, 16, Linx, Lancashire Children in Care Council

**“Adapt services to meet the needs of young people individually.”**

Rosie, 21, POWAR, Children with Disabilities and Special Educational Needs Council

**“If you don’t understand what our goals are you won’t be able to support us.”**

Iqra, 15, Linx, Lancashire Children in Care Council

**“Help to understand us and how to best support us, so the goal isn’t just set in a room of adults.”**

Matthew, 15, POWAR, Children with Disabilities and Special Educational Needs Council

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## Endnotes

- 1 We also have a positive impact on vulnerable children and young people by influencing policy and practice at local and national levels (across England, Northern Ireland, Scotland and Wales). If you would like to learn more about the way we have influenced policy and practice in 2016-17, please see the full report [http://www.barnardos.org.uk/impact\\_report\\_2016-17.pdf](http://www.barnardos.org.uk/impact_report_2016-17.pdf)
- 2 Action for Children (2015) Parental loneliness and the importance of Children's Centres. Available at <https://www.actionforchildren.org.uk/news-and-blogs/press-releases/2017/november/charity-reveals-devastating-impact-of-loneliness-on-uk-parents-children/>, accessed 31 August 2017.
- 3 Department for Communities and Local Government (2012) Troubled Family Estimates Explanatory Note. Available at <http://webarchive.nationalarchives.gov.uk/20120919164517/http://www.communities.gov.uk/documents/newsroom/pdf/2053538.pdf>, accessed 31 August 2017.
- 4 Davidson, G., Bunting, L., & Webb, M. A. (2012) Families experiencing multiple adversities: A review of the international literature. Belfast: Barnardo's Northern Ireland. Available at [www.barnardos.org.uk/14796\\_ni\\_pp\\_briefing\\_paper\\_literature\\_review\\_lr.pdf](http://www.barnardos.org.uk/14796_ni_pp_briefing_paper_literature_review_lr.pdf), accessed 31 August 2017.
- 5 Green, H., McGinnity, Á., Meltzer, H., Ford, T., & Goodman, R. (2005). Mental health of children and young people in Great Britain, 2004. London: HM Stationery Office.
- 6 Barnardo's (2016) Key findings from the PATHS® Plus programme delivered by Barnardo's in the UK. Belfast: Barnardo's Northern Ireland. Available at [www.barnardos.org.uk/bernardos-pathsbriefingpaper\\_web.pdf](http://www.barnardos.org.uk/bernardos-pathsbriefingpaper_web.pdf), accessed 31 August 2017.
- 7 Including 'Realising Ambition' surveys with 4,139 children and PATHS® surveys with 730 children, before and after they attended the programme.
- 8 Barnardo's (2016) Key findings from the PATHS® Plus programme delivered by Barnardo's in the UK. Belfast: Barnardo's Northern Ireland. Available at [http://www.barnardos.org.uk/bernardos-pathsbriefingpaper\\_web.pdf](http://www.barnardos.org.uk/bernardos-pathsbriefingpaper_web.pdf), accessed 31 August 2017.
- 9 A reference to Article 12 of the UN Convention on the Rights of the Child, which relates to a child's right to have a voice and be heard.
- 10 [www.oxfordhealth.nhs.uk/fresh/](http://www.oxfordhealth.nhs.uk/fresh/)
- 11 Marsden, H. (2017) Journey to Justice: Prioritising the wellbeing of children involved in criminal justice processes relating to sexual exploitation and abuse. Available at [www.barnardos.org.uk/journey\\_to\\_justice\\_full\\_report.pdf](http://www.barnardos.org.uk/journey_to_justice_full_report.pdf). Sewel, K. (2017) Summary report. Available at [www.barnardos.org.uk/journey\\_to\\_justice\\_summary\\_paper.pdf](http://www.barnardos.org.uk/journey_to_justice_summary_paper.pdf)
- 12 The Fostering Network (2016) Fostering statistics. Available at <https://www.thefosteringnetwork.org.uk/advice-information/all-about-fostering/fostering-statistics>, accessed 31 August 2017.
- 13 CoramBAAF (2017) Looked after children, adoption and fostering statistics. Available at <https://corambaaf.org.uk/fostering-adoption/looked-after-children-adoption-fostering-statistics>, accessed 31 August 2017.
- 14 Ludvigsen, A. (2017) Barnardo's LINK Adoption Support Services: An Evaluation. Barking: Barnardo's. Available at [www.barnardos.org.uk/publication-view.jsp?pid=PUB-2980](http://www.barnardos.org.uk/publication-view.jsp?pid=PUB-2980), accessed 31 August 2017.
- 15 In supported lodgings, a young person is provided with a room of their own in a private home. The young person is a member of the household, but is not expected to become a member of the family. At least one adult in the household is trained to provide practical and emotional support to assist a young person in developing the confidence and capability to live an independent adult life.

Thank you to the young  
people at Include Me 2 in  
Lancashire for their involvement  
in this report.

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Barnardo's Registered Charity Nos.216250 and SC037605 19325dos17

