

**We believe in
every child.**

At Barnardo's, we've been protecting, supporting and nurturing vulnerable children and families across the UK for over 150 years.

We believe that *all* children should be able to live happy lives, no matter who they are, or what they've been through.

We help children and young people to overcome the challenges they face, and move towards brighter, happier futures. And we want to support more children and young people than ever before.

But it doesn't end there. Through our services, campaigns and research, we also want to prevent the challenges in the first place.

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1 Stronger Families

To improve
the lives of UK
children through
to 2025, we've
committed to three
strategic aims.

2 Safer Childhoods

3 Positive Futures

Mental & Health Wellbeing

For the greatest
impact, we are
investing in three
core areas:

Child & Sexual Abuse

Children In & Leaving Care

Chief Executive's Statement

In our fifth annual Impact Report, I'm delighted to announce that in 2018-19 we provided direct, individual support to 84,500 young people – that's a 26% increase from the year before.

And in a climate that remains challenging, both for the young people we support and for charities like ours, I'm pleased that our overall reach remains around 300,000.

I'm incredibly proud of the hard work and expertise of around 8,000 staff and some 20,000 volunteers, that helped us to achieve this.

As we look to the future, we want to go further – we want to respond to the challenges faced by children today, but we are also preparing for the realities of childhood tomorrow.

As the UK becomes more diverse – some 20% of Barnardo's service users are now from BAME backgrounds – we are putting equality, diversity and inclusion at the heart of everything we do.

We are also making strides in our journey to become a truly 'learning organisation'. Our learning across the UK has convinced us that the best way to achieve sustainable impact for children and families with increasingly complex needs, is to move towards transformational 'strategic partnerships'.



The early signs from these partnerships are promising, and we are committed to developing them at pace and to applying the learning elsewhere across the UK. This approach challenges all of us to work differently – to look at our practices from the perspective of the children we support; to work with them in designing and delivering services; and to think beyond the limits of our own resource and influence – considering what we can achieve together with partners by embracing ‘interdependence’.

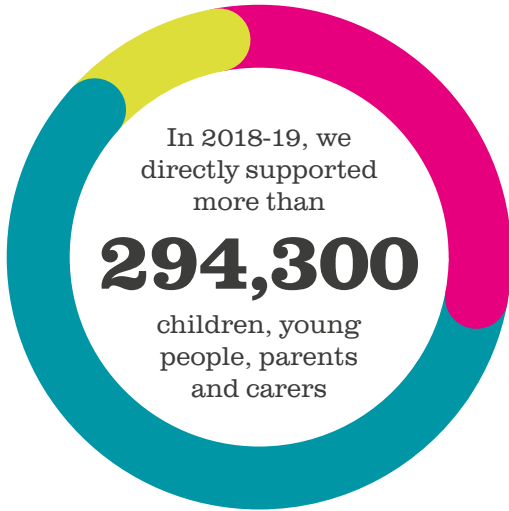
Across the UK, children are continuing to face complex challenges. Most notably, there is a growing crisis in children’s mental health, rising numbers going into the care system, and a tragic spike in serious youth violence. Barnardo’s is continuing to work with national and local partners from all sectors to develop radical new solutions, so we can identify vulnerable children, intervene earlier, and support them to achieve a positive future.



Javed Khan



Our reach in 2018-19



The number directly supported includes:



84,500 through our **Individual Work**



181,100 through our **Children's Centres and Family Hubs**



28,700 through our **School-based Programmes**

In total, we provided support to over 203,300 children and young people, and over 76,300 parents and carers.¹

We also reached many more through our wider outreach, participation and engagement, partnership, and influencing work.

Individual Work: Increased by 26% (17,400) from 67,000 to 84,500 between 2017-18 to 2018-19.



School-based Programmes: Increased by 22% (5,200) from 23,500 service users to 28,700 between 2017-18 and 2018-19.



1 Stronger Families

In total, in 2018-19,

our Children’s Centres and Family Hubs² supported more than **181,100 people**. This included:



120,000
children



56,000
parents

Mental Health

We supported **40,100 children, young people, parents and carers** through our Mental Health services. This includes

28,700 children supported through our school-based programmes, aimed at improving social and emotional learning

2 Safer Childhoods

Child Abuse & Exploitation

We supported **7,300 people** through our Child Abuse and Exploitation services, including:

3,500 in our Child Sexual Exploitation (CSE) services

Looked After Children

125 children were placed with adoptive families through our adoption services

857 children were cared for through our fostering services

3 Positive Futures

Leaving Care/ Accommodation Support

We supported **5,000 people** in our Leaving Care/ Accommodation Support services, including:

3,100 in our Leaving Care services

1,900 in our Housing and Homelessness services

At the end of 2018-19

We were running over **1,000 services** and **705 shops** in local communities, with:

7,918 employees, and **23,842** volunteers

supporting our vital work.

Stronger Families

1

2

3

Stronger Families

Investing in Mental & Health Wellbeing

When young people go through periods of mental ill health, it can be difficult for them to make and keep friends, manage at school and feel good about themselves.

Of children and young people aged 5 to 19



has a mental health disorder.³

Despite this, our work emphasises hope, resilience and recovery – whatever they've been through, with the right support children and young people can live full and happy lives.





What we do

We are here for young people when they need us – to listen to them, support them, guide them and nurture them. We work directly with children, and those around them, to provide specialist support that's tailored to their needs.

How we do it

We aim to:

1
Address the underlying causes of poor mental health

2
Build resilience within children and young people

3
Provide specialist support to children as well as those around them

4
Be agents for change across wider society

Developing services through strategic partnerships.

Through to 2025, we'll be working with three local authorities and Health and Social Care Trust partners in the UK to transform mental health and wellbeing services for children and young people, in **Renfrewshire, Northern Ireland** and **North Tyneside**.

We've made children, young people and families central to the approach, by co-producing and co-designing these solutions with them.

We've made children, young people and families central to the approach.



Always learning, and building on our expertise.

We carry out research with specific groups, and on specific issues, to help us understand how they can be better supported.

In 2018-19, Dr Karen Treisman provided trauma-informed practice training to

410 leaders

across the Barnardo's workforce. A further 150 leaders will be trained in October 2019.

Big Manchester: supporting vulnerable families.

“

Big Manchester has been a god send...

a much-needed lifeline. Their support has helped pull me to a point where I've managed to take back some control, helping me to gain a foothold on the road to my recovery.”

– Parent

Big Manchester's impact in 2018-19⁴:



of families had a parent with improved mental health



report decreased isolation within their local community

We also saw:

Reduction in demand on children's services,

the courts, drug and alcohol services and domestic violence services

Improvements in school-family relationships,

including improved attendance and attainment

Improved parental capacity to volunteer,

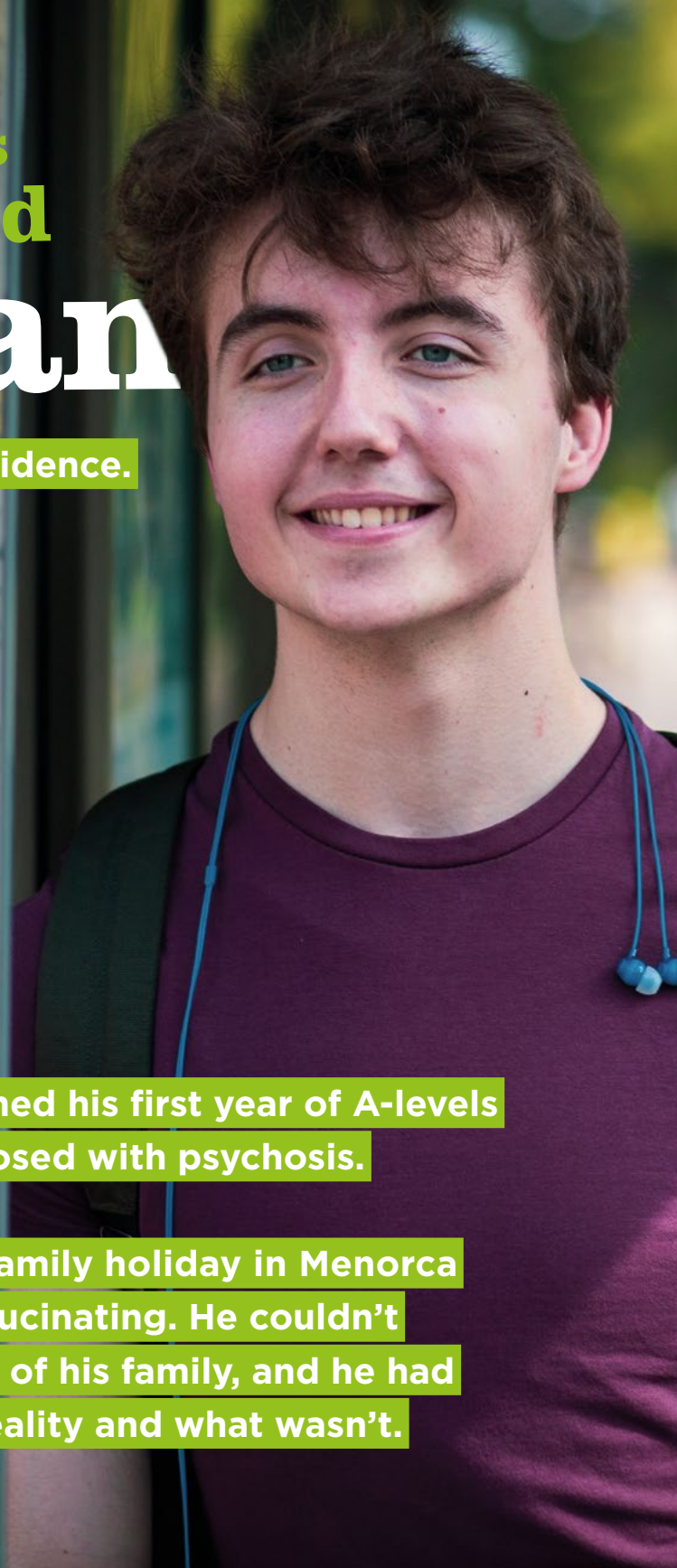
attend educational courses, and/or take up employment

Barnardo's helped Ethan

to rebuild his confidence.

Ethan had just finished his first year of A-levels when he was diagnosed with psychosis.

He was enjoying a family holiday in Menorca when he began hallucinating. He couldn't recognise members of his family, and he had no idea what was reality and what wasn't.



“It was petrifying,”

said Ethan.

“I just had to rely on the people around me to get me to a safe place. Even on the plane I didn’t know what was going on. When we landed my parents took me straight to hospital where they diagnosed my psychosis and I spent some time in hospital where I was treated well and made friends.”

When he turned 18, he was transferred to adult services. But he became more aggressive and short-tempered following changes to his drug treatment. He was also struggling with his IT course. When he had another episode, he was put in the care of the crisis team.

That’s when **Headroom**, a partnership between Barnardo’s Cymru and Cardiff and Vale University Health Board, got involved to provide weekly

cognitive behaviour therapy. Although Ethan found talking about feelings difficult at first, he started recognising the benefits of the coping strategies he was introduced to.

Barnardo’s also provided a support worker to help him rebuild his confidence and get him back into the community. Ethan’s dad Neil said: *“She helped him to get out of the house again, walk the dog, catch a bus, go to a café to improve his social skills. And she got him onto courses run by the Prince’s Trust, which were really good for his confidence.”*

“Barnardo’s gentle persistence made all the difference”

Ethan’s dad, Neil

“They gave me the confidence to know I could manage”

Ethan

We're influencing change

In 2018-19:

1.

In England, we influenced the All-party Parliamentary Group on the impact of social media on young people's mental health.

2.

In Wales, we influenced a Welsh Government consultation on the Loneliness and Isolation Strategy, and provided written and oral evidence on the impact on carers of the Social Services and Wellbeing (Wales) Act 2014.

3.

In Scotland, we influenced the Health and Sport Committee's session on the Year of Young People, regarding the mental health of children and young people.





1.

**Safer
Childhoods**

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Safer Childhoods

Tackling Child Sexual Abuse

All children should
be kept safe from
sexual abuse.



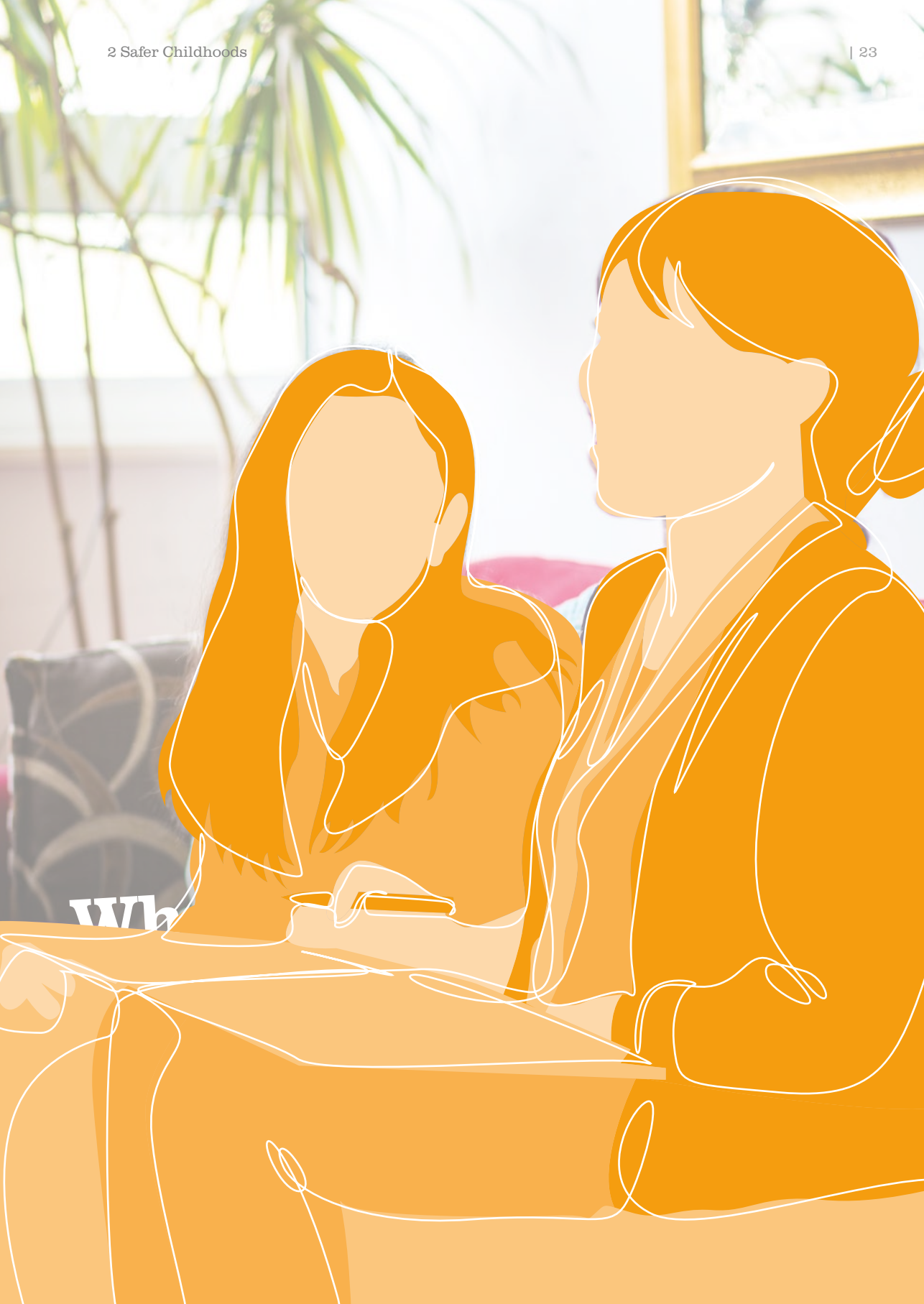
15% of girls



5% of boys

**in the UK have
experienced some form
of sexual abuse before
the age of 16.⁵**

However, with the
help of effective
support services, and
sensitive responses
from family and
friends, children who
have experienced
abuse can be helped
to feel safe again, and
move forward with
their lives.⁶



Wh



What we do

We provide:

- Therapy and counselling services for victims and their families
- Safety planning support for parents and other adults around children
- Support to victims and witnesses through the court process

We also work to

increase public awareness of sexual abuse and child sexual exploitation.

How we do it

We aim to:

1
Disrupt and prevent abuse and exploitation

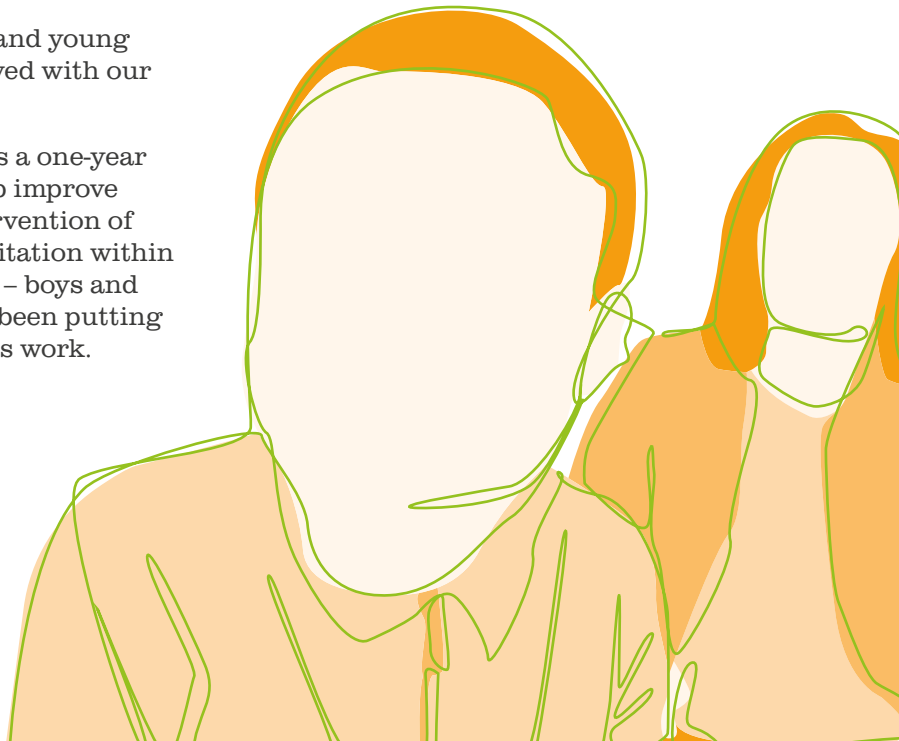
2
Identify children and young people who are being abused or exploited

3
Improve the lives of children and young people who have been affected

We're working with children and young people.

Over 2018-19 children and young people have been involved with our Boys 2 work.

Boys 2 began in 2017 as a one-year research project to help improve identification and intervention of childhood sexual exploitation within a largely hidden group – boys and young men. And we've been putting them at the heart of this work.



We're now into year two.

“

It's not just what you do, it's how you do it, if you don't get that right we probably won't work with you.”

– Reuben, a young man involved with Boys 2, aged 18

“

I've enjoyed so many of the experiences I've had with Boys 2 research, but the one that stands out the most is when I went to Parliament.”

– Leeroy, a young man involved with Boys 2

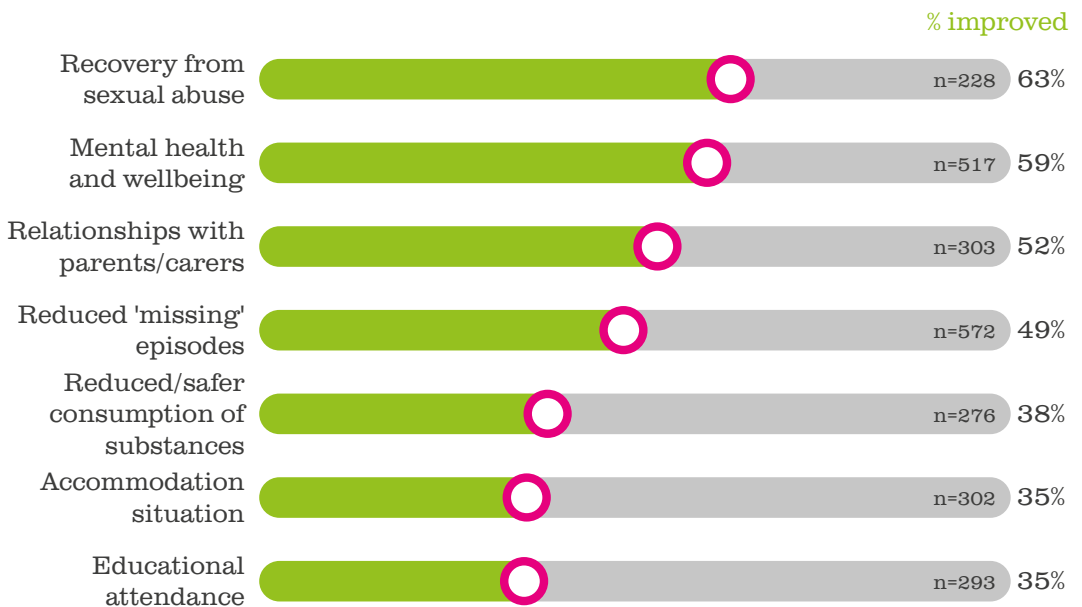
“

Over the past year we have been to loads of places with Boys 2.

When I first started Boys 2 I was extremely nervous to do anything or talk to anyone but the Boys 2 team have totally changed my life. I don't get nervous anymore, I can talk to anyone.”

– Jitan, a young man involved with Boys 2

Outcomes achieved by those supported through our child sexual exploitation direct support services in 2018-19⁷:



Andrew was one of a group of young people, aged 13-15, who regularly visited the home of a 34-year-old woman to drink and listen to loud music. Intelligence gathered by Barnardo's suggested that the young people may be being sexually exploited there.

Barnardo's attempted to progress child protection processes, but because Andrew was nearly sixteen at the time, no further action was taken. But Barnardo's didn't give up on him. When he moved in to live with the woman, Barnardo's got involved with both Andrew and his mum.

Andrew's Barnardo's worker helped him to explore the nature of the relationship. And we helped Andrew's mum to maintain a relationship with him. Through this support, Andrew gained an understanding of grooming, coercive control, and child sexual exploitation. He gradually realised he was being controlled and manipulated.

Andrew went on to disclose that he was having a 'sexual relationship' with the woman. Barnardo's shared this information with the police and social workers. However, because Andrew said the relationship started once he had turned 16, again, no further action was taken. This had a major impact on Andrew's mental wellbeing; he broke down, and required psychiatric care.

However, through the support he received from Barnardo's, Andrew now understands that what happened to him was sexual abuse.

**We've supported
him through it.**

Barnardo's helped Andrew

**to realise he was being
sexually abused.**





Andrew is now back in education and employment, and working towards building his future. He has a better relationship with his mum, has reconnected with friends, and is positive about his life ahead.

We're influencing change



In 2018-19:

- We used our experience and learning to influence government inquiries and consultations, **including contributing to government guidance on relationships and sex education, and giving evidence to the UK Home Affairs Select Committee on Modern Slavery.**
- The Centre of expertise on child sexual abuse (CSA Centre), **which is funded by the Home Office and hosted by Barnardo's, has worked on improving understanding of the scale and nature of child sexual abuse⁸.**
- The National FGM (female genital mutilation) Centre, **a partnership between Barnardo's and the Local Government Association, has extended its social work services from three to eight local authorities⁹, and was involved in 86 specialist social work cases.**



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**Positive
Futures**

Positive Futures

Being There for Children In & Leaving Care

Statistics suggest that the leading reason for children going into care is abuse and neglect.¹⁰

They also show that care leavers are less likely to be in education, employment and training, and more likely to be involved in the youth justice system, or face homelessness and isolation.^{11, 12, 13}



**Every year, around
10,000
young people
leave the care system¹⁴**

**There are over
40,000
care leavers
aged 17-21 in
the UK¹⁵**

However, research also shows that with the right support, children in care can have good experiences¹⁶, and enter adulthood with the confidence they need to achieve their full potential.





What we do

We have services throughout the UK providing support to care experienced young people.

In 2018-19 we worked with

3,500
care leavers

We help care leavers make the transition from care to living independently.

7,700
children in care

We also support and train carers, adopters and their families – as the largest not-for-profit fostering agency and voluntary adoption agency in the UK, with over 150 years of experience, we know what works.

How we do it

Transforming the care journey

We support children and young people at each step of their 'care journey' – with the aim of improving the lives and futures of those living in the care system.

We plan to transform the care journey so that all young people who have been in care get the love and support they need to thrive.

Recognising diversity

Some looked after children have stable placements, while others have to move multiple times and experience inconsistency in support.

There can also be additional challenges for care leavers from marginalised groups, and those with physical or learning disabilities.



24 per cent
of looked after
children and 27 per
cent of care leavers
we supported in
2018-19

had a disability.



38 per cent of
the female care
leavers and 10 per
cent of the male
care leavers we
supported were

young parents.



**Working with children
and young people**

We want young people that have been in care to help make changes to the care journey. After all, they are the experts through experience.

Triangles is giving young experts the platform to create change.

Our *Triangles* programme gives ‘experts’ – care experienced young people – the skills and platform they need to make changes to the care system.

“ I feel much more of a better person because I’ve actually gone and done something and I’ve stuck to it...I’ve actually stuck to it thick and thin.”

– (Expert, 22)

**Developing services
through strategic
partnerships**

We’re working with two local authorities in England, **Plymouth** and **Brent**, to strategically transform the care journey for children in and leaving care through to 2025.

We’ll be co-creating transformational changes to care journeys, so that care experienced children and young people have the same, if not better, outcomes, as their non-care experienced peers.





Supporting the move from care to independent living

Our services have supported care leavers to make the transition to living independently.

Our supported lodgings services offer accommodation for young people leaving care or facing homelessness. Here, they can

Accommodation



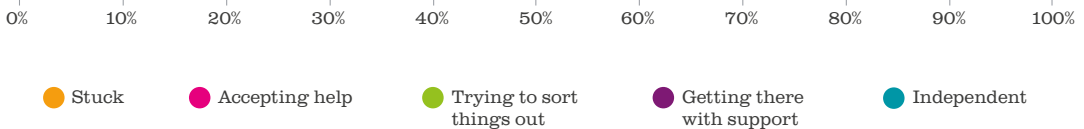
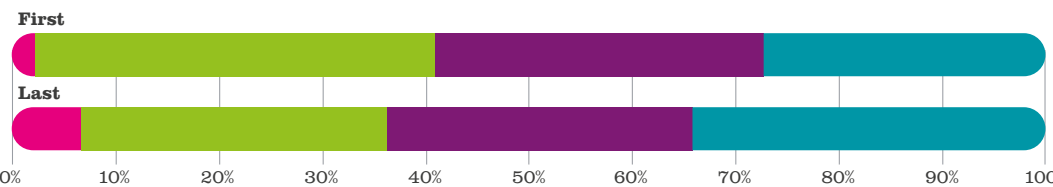
Work and learning



People and support



Health





learn essential skills in a safe environment, to help them on their way to living independently.

To measure a young person’s level of independence, we use a tool called Young Person’s Star¹⁷. The scale starts with young people feeling ‘stuck’ – where they need lots of support and guidance, and increases to ‘independent’ – where they are confident and capable, and need little, if any, extra help.

Our findings show that supported lodgings consistently helped care leavers with confidence and making progress towards feeling more independent:

How you feel



Choices and behaviour



Money and rent



Practical life skills



0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

● Stuck
 ● Accepting help
 ● Trying to sort things out
 ● Getting there with support
 ● Independent

Barnardo's
helped
Lucy

to become
independent.

Lucy has mild learning
difficulties and suffers
from anxiety.



We've been supporting Lucy since October 2017 through our Discovering Your Potential programme - a service to help care leavers into employment, education and training.

When we first met her, Lucy was living with her boyfriend. He was her only source of support. Due to her anxiety, she wasn't working, and preferred to stay at home. She felt unable to do things without her boyfriend by her side.

Through the programme, we met Lucy every week at her flat, and built up a relationship with her. We showed that we believed in her, and her ability to reach her goals.

Thanks to our consistency, Lucy's confidence steadily grew.

She told us she was interested in early years education, so we contacted a local training provider and she began a training course. She progressed to working in a local nursery.

Lucy's confidence grew further as she enjoyed earning and contributing to the household. She enrolled in college to start her National Certificate Course in Early Education and Childcare, while continuing to work.

Recently, Lucy's relationship broke down, and she was almost made homeless as a result. We continued to help her, and put a new support plan in place so she could remain in work and at a college.

She's now in a new home and successfully managing her own tenancy.

We're influencing change

In 2018-19:

- We convened a national conference to review the extension of Personal Adviser (PA) support to care leavers in England, to ensure care leavers can receive services up until they are 25 years old.
- We gave evidence to the latest inquiry of the All-party parliamentary group on financial education, focusing on how well-prepared care experienced young people are in managing their own financial affairs.
- The Independent Care Review was commissioned by the First Minister of Scotland as a 'root and branch' review of the care system - and Barnardo's was central to the process.





Looking to the future

**In 2015, we set our
aim to support 300,000
children, young people,
parents and carers a
year by 2025.**

By 2017-18, we'd already achieved this goal: we reached 301,100 children, young people, parents and carers.

However, our goals are not just about reaching more people. We want to ensure that our work is making a positive difference to the lives of those we provide support to, as well as those who we don't.

We have 150 years of experience, yet we are learning and building our expertise, making it central to everything we do. We strive to make the best use of our resources, to maximise the impact we have on children and families.

This requires researching and exploring how we can make more of an impact, and involving and listening to children, young people, parents and carers, so they can influence our services, and ensure we achieve our aim of better outcomes for more children.

How can you help?

There are lots of ways that you or your organisation can support our work.

**To find out more and
get involved visit:**

barnardos.org.uk



Endnotes

1. Parental status was unknown for 14,700 due to limited access to data from external recording systems.
2. Family Hubs are similar to our Children's Centres but work across 0-19 age range.
3. NHS Digital (2018) Mental Health of Children and Young People in England, 2017 [Online] Available at <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>
4. Forster, S. (2019) *Big Manchester Impact Report 2018*. Manchester: Big Manchester.
5. Karsna, K. and Kelly, L. (2018) Measuring the scale and changing nature of child sexual abuse and child sexual exploitation – Scoping report [Online] Available at <https://www.csacentre.org.uk/csa-centre-prod/assets/File/CSA%20Scale%20and%20Nature%20full%20report%202018.pdf>
6. Fisher, C., Goldsmith, A., Hurcombe, R. and Soares, C. (2017) The impacts of child sexual abuse: A rapid evidence assessment [Online] Available at <https://www.iicsa.org.uk/key-documents/1534/view/iicsa-impacts-child-sexual-abuse-rapid-evidence-assessment-full-report-english.pdf>
7. This is based on outcomes within Barnardo's Outcomes Monitoring Framework. These outcomes are often requested by service commissioners, so a number of our CSE direct support services assess them
8. Karsna, K & Kelly, L. (2018) op cit
9. Essex, Hertfordshire, Thurrock, Redbridge, Brent, Harrow, Staffordshire, Stoke on Trent
10. Department for Education (2018) Children looked after in England including adoption: 2017 to 2018. Main report [Online] Available at https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/757922/Children_looked_after_in_England_2018_Text_revised.pdf
11. Department for Education (2018) op cit
12. The term 'care leaver' is a legal term that has a strict definition (concerning the length of time a person is looked after for and their age), and those who meet the criteria are eligible to support from their Local Authority up to the age of 25 (The Children and Social Work Act 2017 introduced a new duty on local authorities, to provide support through a Personal Advisor, to all care leavers up to age 25, if they want this.) The statistics therefore mask the higher number of 'care experienced' young people who do not meet the strict criteria, but who have been in the care system at some point in their lives and who might benefit from extended support.
13. C.f. NAO (2015) Care leavers' transitions to adulthood. [Online] Available at <https://www.nao.org.uk/wp-content/uploads/2015/07/Care-leavers-transition-to-adulthood.pdf>; Baker, C. (2017) Care leavers' views on their transition to adulthood: a rapid review of the evidence. [Online] Available at <https://coramvoice.org.uk/sites/default/files/999-CV-Care-Leaver-Rapid-Review-10%20%28004%29.pdf>; Who Cares? Scotland (2016) Outcomes for care experienced children and young people. [Online] Available at http://www.parliament.scot/General%20Documents/CEYP_outcomes_06.16.pdf
14. Department for Education (2018) op cit
15. ibid
16. C.f. Burch, K., Daru, J. and Taylor, V. (2018) Analysis of outcomes for children and young people 4 to 5 years after a final Care Order, report number 29/2018 [Online] Available at: <https://gov.wales/statistics-and-research/analysis-outcomes-children-young-people-4-5-years-after-final-care-order/?lang=en>; Children's Commissioner for England (2015) State of the Nation: Report 1 Children in Care and Care Leavers Survey. [Online] Available at https://www.childrenscommissioner.gov.uk/wp-content/uploads/2017/06/Care-monitor-v12_1.pdf
17. Outcomes Star is a tool for supporting and measuring change when working with people. Family Star Plus is a version that is suited to working with families, see https://www.staronline.org.uk/star_mock_homepage.asp?section=832

We believe in every child.

Impact Report 2019 | Summary

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**Believe in
children
Barnardo's**