Impact Report 2016

Transforming the lives of the UK’s most vulnerable children.
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I am proud to present our second annual Impact Report.

2016 is an historic year for Barnardo’s as we mark our 150th anniversary.

There has been enormous social, economic and legal change over the past 150 years, but in every community around the UK there are still children and families who need our help.

Last year we supported 248,000 children, young people, parents and carers across 996 services, and behind these numbers is a multitude of human stories.

When I speak to Barnardo’s supporters and commissioners, one of the most common questions they ask is: ‘how do you change children’s lives for the better?’ Ultimately, this is the question this Impact Report tries to answer.

Our parenting support gave Charlotte, a young parent and also a carer for her disabled mum, the confidence to bond with her son. Our specialist child sexual exploitation services helped 13-year-old Karen break free of her abuser, and get access to mental health support. Our support for care leavers helped 17-year-old Nathan start an apprenticeship, budget effectively and live independently in the community.

Our aim is that every year we support many more children and young people like Charlotte, Karen and Nathan to achieve better outcomes.

To do this, we have launched an ambitious new ten-year corporate strategy. Over the next decade, we will focus on achieving stronger families, safer childhoods and positive futures. Early intervention will be at the heart of everything we do – driven by the principle that prevention is always better than cure. To succeed, we have begun a journey to improve how we measure our impact, and to learn from our wealth of experience working with the most vulnerable children and families across the UK.

Better measurement is key to improving young people’s life chances – by driving improvement in our services, and by informing how we influence wider policy and practice.

Javed Khan
Chief Executive

“How do you change children’s lives for the better?”
## Impact in 2015-16

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<th><strong>248k</strong></th>
<th><strong>996</strong></th>
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<tbody>
<tr>
<td>Children, young people, parents and carers we provided service to.</td>
<td>Services we provided.</td>
<td>CSE service users (out of 449) who had their risk reduced.</td>
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<th><strong>5k</strong></th>
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<tr>
<td>Young people and family members supported through our services that work with victims and those at risk of child sexual exploitation (CSE).</td>
<td>Children and families supported by our targeted support services for children affected by parental offending.</td>
<td>Young people worked with by our care leaver services.</td>
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<th><strong>3.5k</strong></th>
<th><strong>956</strong></th>
<th><strong>3.1k</strong></th>
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<tr>
<td>Professionals provided with training or awareness raising sessions on children affected by parental offending.</td>
<td>Children in foster placements cared for by our fostering services.</td>
<td>Young people aged 16-24 supported by our employment and training services.</td>
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<tr>
<th><strong>185</strong></th>
<th><strong>84%</strong></th>
<th><strong>£31</strong></th>
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<tr>
<td>Children’s Centres we were running by the end of the year.</td>
<td>Families (out of 366) accessing our Children’s Centres who experienced improved family relationships.</td>
<td>The return on investment for every £1 spent in Newport’s Family Assessment Support Services.</td>
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Our roots

We believe in children – no matter their circumstances, gender, race, disability or behaviour – and we support some of the most vulnerable children in the UK with our essential services, campaigns and research.

In 2016 we are celebrating 150 years of supporting those who need our help the most.

Our work today

In 2015-16, we provided services to 248,000 children, young people, parents and carers.

This figure includes:

- more than 71,500 people we worked with individually
- 14,200 we worked with through our school based programmes
- 162,400 who accessed our Children’s Centres1 (72,400 of those were children).

We know that we also reached many more children and young people through other work, like school assemblies and group work. Despite economic challenges, we increased the number of services we provide from 960 to 996 in 2015-16.

Our priorities in 2015-16

We aimed to use our voluntary income to support the vulnerable children and families who need us most. We focused on those whose needs are not recognised or met by other organisations, and whose lives we could transform.

In 2015-16, we continued to prioritise the areas where we could make the most difference. These were our aims:

- **Child sexual exploitation**: all children, whatever their background, behaviour or situation, are free from sexual exploitation.
- **Children affected by parental imprisonment**: all children with a parent in prison are heard, recognised and supported – and have a fair chance to achieve positive outcomes in their lives.
- **Care leavers**: the most vulnerable care leavers are in safe, appropriate and sustainable accommodation, and have their individual needs met by general services for care leavers.
- **Early intervention**: to provide integrated, early intervention support to the families who need it most. And, through our early childhood services like Children’s Centres, support parents to provide the best start for their children.

We also focused on expanding these services, so larger numbers of children and young people could benefit:

- Children’s Centres
- Employment, training and skills
- Fostering and adoption.

Our impact

We make a positive impact on the lives of the UK’s most vulnerable children both through our direct services for children, young people and families, and by influencing policy and practice at local and national levels (across England, Northern Ireland, Scotland and Wales). We also make sure we learn from experience, and that we can act as a powerful voice for children and young people, providing evidence to influence public policy.

This, our second Impact Report, focuses on the impact of our direct work and our wider influence, primarily within the priority areas for 2015-16, as we move into the first year of our new corporate strategy.
Child sexual exploitation (CSE) is a form of child sexual abuse which has far-reaching negative impacts on children’s physical and emotional health, education and training, family and relationships. We have been working to protect children from sexual exploitation for more than 20 years.

Despite increased awareness of CSE, many incidents still go unreported or unrecognised. Inquiries have highlighted the need for more specialist services, and our own experience echoes this.

There is no separate category of CSE in child protection procedures and reporting arrangements. However, recent evidence from 69 local authorities in England shows that there were more than 9,000 referrals in the last two years, with a 30 per cent increase in the last year. Demand for our CSE services continues to rise.

5,000 young people and family members were supported through our services that work with those who are victims or at risk of CSE.

Our aim

Our aim is that all children, whatever their background, behaviour or situation, are free from sexual exploitation.

Our work in 2015-16

In 2015-16, we supported over 5,000 young people and family members through our services that work with those who are victims or at risk of CSE.

This includes our CSE direct support services, which worked with 2,486 people in 2015-16 (compared to 2,125 in 2014-15). Of these, 10 per cent were boys and 18 per cent were from black and minority ethnic communities. We now have over 40 CSE services and work from over 40 locations across the UK.

We also developed our work in other services that are likely to identify risk and vulnerability to exploitation. In 2015-16 we worked with:

- 2,257 people in our missing services
- 238 in our trafficking services
- 237 in our sexual abuse or exploitation counselling services.

Prevention and early intervention

Throughout 2015-16, we expanded our prevention and early intervention work to help stop this abuse from happening. This involved identifying exploitation early, disrupting the activity of perpetrators, decreasing risk of exploitation and supporting young people to help them stay safe.

It also involved wider awareness-raising with the promotion of education on healthy relationships and consent, and helping people to feel more confident when it comes to identifying and reporting CSE.
We continued to engage with children and young people who go missing, particularly raising awareness of the risks of exploitation and abuse, and the importance of staying safe. We carry out return interviews with young people after they’ve been missing. This helps us understand what caused them to run away and what they’ve encountered, and to help resolve any issues the child tells us about.

An evaluation of a pilot scheme, co-funded by Thames Valley Police in Buckinghamshire, showed that the return interview is most effective when delivered as an early intervention tool, followed with a holistic assessment of need and sustained intervention. Research in north Wales also highlighted the benefit of return interviews for informing safeguarding responses.

In Northern Ireland, we worked with police to set up an early intervention pilot, where a practitioner from Barnardo’s worked alongside a team of police. The evaluation of the pilot found it encouraged multi-agency working and effective information sharing, and benefitted both parties as well as the young people and parents engaged by the pilot.

2015-16 also saw the launch of Reach Out in Rotherham. This service works with local stakeholders to identify and support children vulnerable to being sexually exploited, and their parents. It also raises wider awareness in schools and communities. The University of Bedfordshire and DMSS Research and Consultancy have now been commissioned to evaluate the service.

Raising awareness

We used our expertise to promote education on healthy relationships and consent. Real Love Rocks is a collection of teaching resources on healthy relationships, consent and how to stay safe. We trained 765 teaching professionals in Greater Manchester to deliver Real Love Rocks, reaching over half the area’s primary and secondary schools. We also trained 235 primary and secondary school teachers in other areas of the UK, including Bath, Rochdale and Staffordshire.

In Wales, we developed and launched a free online CSE education resource, called Hidden, on behalf of the Welsh Government. We also delivered a national training programme to support the implementation of the resource.

With the aim of increasing awareness and confidence to report CSE among those working at night time, we rolled out Nightwatch – a training and outreach programme of guidance and support, funded by the Department for Education. We reached 16,944 people from various industries, including hotels, taxi firms, retail, A&E, and bars and nightclubs. The feedback on the training and outreach, delivered across 12 sites in England, showed the training to be effective in raising confidence to identify and protect children at risk at night and intervene early.

“\nThe training really opened my eyes up and helped me know what to do and [how to] handle it. Usually you would just look past things like that. It makes you stop and think. Training gave me a lot more confidence and I have reported a concern to the authorities."

Pub Landlady

CCTV operators, who completed our Nightwatch training, worked with the police to locate a CSE perpetrator. They reported a vehicle to the multi-agency team (the police and Barnardo’s) in the early hours of the morning, and a missing young female was found in the vehicle. She was taken to safety and the driver was arrested for grooming, child abduction and theft.

Recovery

To support the long-term recovery of victims, we build trusting relationships, and support children and young people to move forward with life. An evaluation of our CSE service in Middlesbrough showed that we consistently
‘go the extra mile’ to support young people. It highlighted our ability to build relationships based on trust through strengths-based activities, modelling of positive and healthy relationships and encouraging self-belief.

“They all like believe in you, and because they believe in you, you think ‘well, they believe in me so there must be something to believe in’.”

Young person supported by Sexual Exploitation of Children on the Streets (SECOS) service in Middlesbrough

Where possible, we support victims going through the criminal justice process. For example, Barnardo’s Against Sexual Exploitation (BASE) in the South-West of England, worked with the police on Operation Brooke in Bristol, and supported a number of victims and witnesses through the trial. We are now evaluating our approach to supporting young people during investigations and trials.

Core outcomes are recorded across all our CSE services. The following chart shows recent outcomes data, as recorded by the worker, for all service users our CSE services finished working with in 2015-16 (across 47 services).

**Hub and spoke**

Many of our CSE services work in a ‘hub and spoke’ structure. This is where the main service is the ‘hub’ and smaller teams are ‘spokes’, often working from within other agencies, or on an outreach basis. Interim findings from an evaluation of the hub and spoke model showed our specialist CSE workers have a valuable influence when posted to work with statutory agencies, such as children’s social care. In the last year we invested in our spoke services to give them more support and sustainability. We continue to learn about effective models of practice to support more children and young people.
Karen is 13 and lives at home with her mum and siblings. In the school holidays, Karen looks after her father who is physically disabled.

She was referred to us because she was being groomed and sexually exploited by a 17-year-old male, and was sharing explicit pictures online. We were concerned she didn’t understand the risks she was facing in real life and online and that her experiences were affecting her mental health – she was self-harming and expressing suicidal ideas.

We supported Karen through 1:1 sessions, tailored to her individual needs. We also referred her to Child and Adolescent Mental Health Services (CAMHS) so she could get support with her mental health needs.

After some time, Karen recognised that her previous relationship was unhealthy, and had made her feel negatively about herself. She showed awareness and understanding of grooming, which will reduce her risk of sexual exploitation in the future. For example, she recognised some of the tricks people use to groom, as well as the risks of online grooming and abuse.

Karen fed back that she was feeling ‘freer’ and ‘more confident’. She’s also joined a youth boxing group, which has given her a positive time-out from her caring role.
Our wider impact

Our learning is also used to influence wider policy and practice, as well as highlighting the need for new areas of research.

New research

Our *It’s not on the radar* report\(^{11}\) explored how CSE can affect any child, regardless of gender identity, sexuality, ethnicity, faith or economic background, and how perceptions of sexual exploitation can affect how people identify and respond to CSE.

Research\(^{12}\) on CSE and learning disabilities highlighted how children with a learning disability are at increased risk of exploitation. It also showed how the sexual exploitation of these children can be prevented and responded to more effectively\(^{13}\).

Our research with the Marie Collins Foundation highlighted the new risks that the internet poses to young people, and the changing nature of referrals to our services. The *Digital Dangers* report made recommendations for future safeguarding online\(^{14}\).

Influencing

We continued to campaign on behalf of children who are victims or at risk of CSE, seeking improvements in policy and practice so they are better supported.

As we know that taxis and private hire vehicles can often feature in sexual exploitation cases, we campaigned with other organisations for the Government to place a duty on licensing authorities to consider how they can protect children from harm. This can include training for drivers on how to spot the signs of abuse. The Government has now committed to changing the law in England and Wales to strengthen taxi and private hire vehicle licensing.
Every year, an estimated 200,000 children in England and Wales16, and around 27,000 in Scotland17, experience a parent’s imprisonment18. However, many remain unsupported due to a lack of routine identification of children when a parent enters the criminal justice system, and the stigma around offending and imprisonment, which makes families reluctant to identify themselves to support services.

As well as the sadness and trauma that can accompany a parent’s sudden absence, children with a parent in prison are at significantly greater risk of mental health problems than their peers in the general population19. They are also more likely to be involved in anti-social activity20, have negative school experiences and lower educational achievement21.

These children – particularly those who make the 10,000 visits by children to a prison in England and Wales every week22 – come up against a criminal justice system whose aims and objectives do not always fully take their needs and vulnerabilities into account.

Our aim

Our aim is that all children with a parent in prison are heard, recognised and supported – and have a fair chance to achieve positive outcomes in their lives.

Our work in 2015-16

Our targeted support services for children affected by parental offending worked with 1,489 children and families in 2015-16. Our other services supported 436 service users with a parent in the criminal justice system.

Our work in the community

We continued to provide direct interventions for children and families of offenders, in addition to training, awareness-raising, and support to the multi-agency professionals who work with them in the community.

Our community-based work continued in Bristol, Scotland, Wales and the Isle of Wight, as well as Essex and Cumbria, where the services are based in Children’s Centres.

We agreed our core outcomes across all our Community Support for Offenders’ Families (CSOF) services, and developed accompanying guidance to enable our CSOF staff to share an understanding of what progress looks like. The combination of direct support work and group activities led to improved outcomes for children and families, as the following chart shows23.

Children and parents experienced improvements in many areas, including their ability to navigate the legal system and access the support to which they are entitled, and in their ability to cope with the stress and trauma of having a family member in prison.
Paul, a young person serving a prison sentence, was invited to join our parenting programme at a young offenders’ institution in Scotland. The programme, Parenting Matters, works with fathers aged 15 to 23, individually and through group work, supporting them to be good parents to their children while they are in prison and when they are released.

Although Paul’s baby daughter, Emma, was with a foster family, the service helped him understand her development, and build his relationship with her while they were apart. The programme also helped him see Emma and stay in regular contact with her, so they would feel confident and comfortable with each other.

Paul took the group activities seriously, such as ‘Design a Dad’, where the young fathers discuss the negative and positive things a father can be, and he encouraged other group members to do the same. He became much calmer and more patient as the programme went on.

Through his committed engagement with Parenting Matters, Paul has more confidence as a father. A worker at the prison described how happy Emma was to see Paul at visits: ‘If you saw them together... when she was brought in, she crawled right up to him and hugged him...it was lovely; and he’s lovely with her’.

A Barnardo’s worker explained that Paul ‘clearly wanted to be the best dad he could for Emma, and taking part in the group work allowed him to develop his parenting skills. He took pride in working hard, and demonstrated how much he wanted to learn’.

Paul is now out of prison and back living with family. He has a steady job, and every week he travels for three hours to spend time with Emma. The Parenting Matters team continue to work with Paul in the community, and support him while he carries on making a new life for him and his daughter.
Impact Report 2016

Our work in prisons

In 2015-16, we provided commissioned services in 17 prisons across the UK, including:

- family intervention units at HMP Erlestoke (Wiltshire) and HMP Parc (Wales)
- family-focused visitors’ centres, such as the overnight stay facility for imprisoned mothers and their children at HMP Askham Grange (Yorkshire)
- parenting programmes in every one of Northern Ireland’s prisons.

We also launched new, innovative ‘through the gate’ services, where staff work in and outside prison with both the offender and their family. At HMP Hewell and HMP Oakwood in the Black Country, we worked in partnership with the prison, community services, offender management teams and schools to offer services such as family support, therapeutic work with children and offenders, raising awareness and prevention.

Our wider impact

In 2015-16 we achieved significant legislative change in Scotland and Wales, for the benefit of children with a parent in prison. This will lead to wider recognition and more support for them. We also provided training and awareness-raising sessions for over 3,500 professionals who come across these children in their work, such as teachers and community health visitors, to create a better safety net for these potentially vulnerable children and families.

Changing laws, policy and procedure

- In Wales, changes to guidance under the Social Services and Wellbeing (Wales) Act 2014 have been secured. The changes will provide for the identification of children affected by parental imprisonment within the Welsh secure estate, and for the consideration of their needs by their home local authority. We influenced this change through formal consultation, our membership of the Welsh Government steering and working groups, and by engaging directly with lead officials.

- In Scotland, after three years of dedicated campaigning, we secured significant amendments to the Criminal Justice (Scotland) Act 2016. The changes mean that every parent with a dependent child who receives a custodial sentence, or is remanded in custody, will have relevant information passed to the child’s teacher or health visitor.

- In South-West England, the Deputy Director of Prisons commissioned us to review the implementation of the Children and Families Pathway in prisons across the south-west, and is now committed to implementing all recommendations in the report, from multi-agency co-operation to providing appropriate prison visits for families.

3,500 professionals were provided with training and awareness raising sessions.
Training and awareness-raising

• i-HOP, an information service for professionals working with the children and families of offenders across England, delivered awareness-raising conferences and workshops, about offenders’ children and families, to over 1,800 professionals from sectors including schools, police and probation in every English region.

• Barnardo’s community-based services for children affected by parental imprisonment in England and Wales delivered Hidden Sentence training to more than 850 professionals. The training explains the issues families of prisoners face, and how to support families through them.

• In Northern Ireland, we produced a good practice handbook for schools about children affected by the imprisonment of a family member, which the Department for Education is distributing to all schools.

Locked out: children’s experiences of visiting a parent in prison

In December 2015, we published a research report based on conversations, interviews and focus groups with children visiting their fathers in prison in England and Wales. In the report, we called for changes in policy. These included a request that prisons see visits as a family intervention, rather than a security risk, and that children’s visits to male prisons should be separate to the Incentives and Earned Privileges (IEP) Scheme, which links a prisoner’s behaviour to their visit allowance.

Following discussions with the Minister for Prisons, the National Offender Management Service will be giving new guidance to prisons in England and Wales about taking family days out of the IEP scheme so that all offenders will have the option of spending these days with their children.
There are approximately 63,000 care leavers across the UK, a figure expected to increase in coming years. These young people are some of the most vulnerable in society. They are often expected to become independent abruptly, typically at a younger age than their peers, and are not always ready to face an adult world. Without the support network and safety net of a family, they lack the support they need to make this transition.

Leaving care is a key moment in a young person’s life. Their transition to independence can be isolating and challenging, and events at this stage can have a lasting impact. Our aim is that the most vulnerable care leavers are in safe and appropriate accommodation, and have their particular needs met by general services for care leavers.

Our work in 2015-16

Through our care leavers services, we worked with 2,808 young people this year. Through our other services we worked with an additional 501 care leavers. In total we worked with around 5 per cent of the care leaver population.

We can play a pivotal role in determining the path these young people’s lives take. We support them to manage key events in their transition from leaving care to living independently – helping them find and move into their first home, and supporting them to get and stay in their first job.

We provide commissioned services, such as leaving care support and supported housing options, as well as extra support like advocacy, participation, counselling and emotional support, and advice on employment and training.

In 2015-16, we continued to prioritise the development of suitable accommodation options for care leavers, and services to support their emotional needs.

Our accommodation services

We provide a variety of different types of accommodation options for care leavers, ranging from 24/7 supported housing to supported lodgings placements. We also offer ‘floating support’ to care leavers living in their own independent accommodation.
Adjusting to living independently

Merseyside

When Nathan was 17, he had a difficult relationship with his mother, so he was placed in semi-independent accommodation. He was then referred to Start Smart, as he lacked the skills he needed to manage the accommodation on his own.

Nathan’s Start Smart support worker met with him every week for 16 months, and helped him set short and long-term goals. This gave Nathan the confidence he needed to decide what kind of job he wanted, and he started an electrical engineering course at college.

Nathan wanted to do an apprenticeship to support him on the course, but he was worried about whether he could afford to. His support worker helped him put a budget together, so Nathan felt safe in the knowledge he could manage to do the course and the apprenticeship financially.

As Nathan was about to turn 18, Start Smart helped him register for housing and bid on properties – so he could start living independently. And after his 16 months of support, he now has the skills and confidence he needs to tackle any problems that come up by himself. He’s managing his own tenancy and has settled in to his home – and his community – very well.
In 2015-16, we continued to fund:

- supported lodgings services for care leavers with particularly complex needs
- high-level supported accommodation for vulnerable young people aged 16 to 25, with a complex range of needs
- a training flat, in North Lanarkshire, for young people to learn key independent living and life skills while they are still in care.

We also continued to develop our Connecting and Living in Communities initiative in Northern Ireland. By connecting care leavers with community services and support, and providing an out-of-hours contact, this initiative aimed to support young people’s sense of belonging within communities and has helped care leavers find and stay in safe accommodation.

**Our emotional wellbeing services**

Our emotional wellbeing services for care leavers are wide ranging, and include:

- mentoring and therapy alongside group work and drop-in sessions, to promote emotional health and wellbeing.
- a web-based advice and support service designed to help young people through the transition from care to independence.
- intensive support and peer mentoring to help care leavers develop the social and life skills they need for a successful transition to adulthood.

**Start Smart**

Our Start Smart service in Merseyside uses intensive support and peer mentoring to help care leavers develop social and life skills, so they can successfully transition to adulthood.

Peer mentors are themselves more experienced care leavers who want to give something back. If they choose, they can complete an accredited Level 2 qualification in mentoring. After training, peer mentors offer one-to-one support to help young people work towards an agreed goal.

Our project workers also give the most vulnerable care leavers intensive support with complex practical or emotional issues.

Support is wide ranging, holistic, and tailored to what each individual young person needs. It can include help with:

- finding a home or maintaining a tenancy
- managing relationships
- entering training or employment

Some young care leavers are also supported with raising their children – a number of whom experience the risk of their own children being taken into care.

In 2015-16, Start Smart worked with 54 care leavers, and trained three peer mentors – two mentors completed their Level 2 qualification in mentoring.

Using the Young Person’s Outcomes Star, the young people supported by Start Smart reported improvements in all areas, including practical life skills, relationships and health. Outcomes Star data for 20 young people we worked with in 2015-16 showed that 60 per cent improved their ability to address accommodation needs. Overall, 30 per cent had made big positive changes and 35 per cent had made small positive changes. Care leavers acting as mentors also gained confidence in their own abilities.

This innovative work and good evidence of impact resulted in Start Smart being shortlisted for the Leaving Care Award at the 2015 Children and Young People Now Awards.

**Change across all scales on Young Person’s Star**

*Taken from Outcome Star Online report, Triangle Training
Our wider impact

We also made a significant impact on the lives of care leavers through our wider policy and influencing work – particularly our campaigns and publications. This includes the following:

- Our report *Overseen but often overlooked: children and young people ‘looked after at home’ in Scotland* – this highlights the poor outcomes and lack of effective support for children and young people looked after by a local authority but living at home with their parents. It helped start a debate in Scotland about the needs of these children, and how to improve the current model of provision for them.

- Our ongoing work on our Coalition for Continuing Care in Scotland, and supporting development and roll-out of the Scottish Care Leavers Covenant.

- Our lead on the *Access all areas* campaign in Northern Ireland – this has potential for achieving change on a range of issues for care leavers.

- Our *Evaluation of Barnardo’s supported lodgings services* – this shows our supported lodgings services give care leavers the stability they so desperately need and want at this stage in their lives, alongside the support of a responsible adult to help guide them to independence. The domestic environment and one-to-one relationship with a supportive adult were identified as being critical to the success of placements.

- Dissemination of our *Care leavers accommodation and support framework* – this is designed to support decision-making and contingency planning for young people’s journeys towards independence, through providing accommodation in England. Local authorities have started to plan or redesign services and approaches based on the framework.
It is widely accepted that early intervention is the most effective way to reduce demand for expensive interventions into severe social problems like unemployment, mental health issues, criminal justice cases and substance misuse.

However, economic challenges have meant that public funds are often restricted to statutory work, leaving early intervention under-funded. A National Children’s Bureau report, called Losing in the long run, revealed that government funding for early help services in England is expected to be cut by 71 per cent – from more than £3.2 billion to less than £1 billion – between 2010 and 2020. The rest of the UK faces similar challenges.

Our recent report with NSPCC Scotland about frontline support for families during austerity found a similar situation in Scotland. In Northern Ireland, public spend is already considerably less per head of the population, and on children under five, than in the rest of the UK.

Directing our resources towards prevention enables us to support families before a crisis, and avoid high-cost interventions. We believe that working with children and their parents through our early years services, is the most effective way to make a difference.

Our aim
Our aim is to provide integrated early intervention support to the families who need it most. And through our early childhood services like Children’s Centres, to support parents to provide the best start for their children.

Our work in 2015-16
Children’s Centres in England
In England, we were running 185 Children’s Centres by the end of 2015-16, compared with 190 at the end of 2014-15. Our Children’s Centres were accessed by 162,400 people, including 72,400 children and 89,900 parents in 2015-16.

We believe that Children’s Centres play a vital role in transforming children’s lives. This approach is derived from our wealth of experience in working with children and families in communities across the UK, with key aims to:

- break the cycle of intergenerational disadvantage and social exclusion.
- support both children and parents.
- provide services that are non-stigmatising, multi-faceted, consistent over time, locally driven and culturally appropriate.

Our Centres provide support for a range of needs, from a broad service open to anyone, to more tailored services including breastfeeding support, parenting classes, and groups to support mums, dads and carers.

162,400 people accessed our Children’s Centres.
Supporting a young parent
The Wirral

Charlotte is a 22-year-old single parent to her two-year-old son, and the primary carer for her mother who has Multiple Sclerosis. Charlotte had experienced domestic abuse and did not have a large network of positive support. She also worried about the impact of her own ADHD on her son. She joined a Five to Thrive group to meet other people and find activities she could take her son to.

The group introduced Five to Thrive as an approach to parenting that could be easily implemented throughout the day. Staff demonstrated activities that encompassed the five building blocks of the approach, and Charlotte was able to put the theory into practice.

After seven months, Charlotte is now a more confident parent. She also has a greater understanding of how her mood and behaviour affects her son. Staff have noticed that her interactions with her son are more positive and her response to challenging behaviour is calm and safe.

Charlotte has been nominated as Five to Thrive Ambassador for her area and is in the process of registering as a volunteer with Barnardo’s. She has been studying an Open University course and is now considering a career in youth or child studies.

“Learning about [Five to Thrive] has given me a whole new life. Before... I was having trouble with my mental health and struggling to deal with my role as a first-time parent, and my responsibility to my mum who I look after due to her disability. I had not long left a violent relationship with [my son’s] dad and I heard about Five to Thrive. I was initially welcomed by a lovely woman who did not judge my situation. Learning about how I naturally play, talk, respond and cuddle to my child helped me feel like I wasn’t such a bad mum. As the weeks went on I figured out small ways to relax, not only by myself but with my child too. Now our bond is truly unbreakable.”
Impact Report 2016

Across England, our Children’s Centres use a range of tools to measure their impact. In the Midlands and the South-West, Children’s Centres have agreed core outcomes and developed guidance to enable consistent recording across Children’s Centre workers. For the people we finished supporting through our Children’s Centres in 2015-16, we recorded outcomes for 1,840 children. The initial and final scores for these outcomes are shown in the following chart.

Breastfeeding and relationship building

The Baby Beginnings programme in North East Essex is a fully integrated initiative delivered in partnership with Anglian Community Enterprise – Health. We have two Unicef Baby Friendly Initiative (BFI) trained facilitators, so we have been able to offer the BFI Breastfeeding and relationship building training to 32 Barnardo’s workers and volunteers.

Baby Beginnings groups

There are eight groups across North-East Essex with drop-ins every week, reaching 1,133 mothers in 2015-16. Every group is led by a breastfeeding support practitioner, supported by a BFI trained dedicated volunteer. The 12-week rolling programme covers topics around responsive infant feeding, building relationships with your baby and managing early parenthood. Health visitors give support and advice on specific health topics five weeks out of the 12.

An internal evaluation showed 95 per cent of 76 parents attending the drop-ins felt:

- more supported to carry on breastfeeding
- they now have better access to information
- more aware of wider support.

Across England, our Children’s Centres use a range of tools to measure their impact. In the Midlands and the South-West, Children’s Centres have agreed core outcomes and developed guidance to enable consistent recording across Children’s Centre workers. For the people we finished supporting through our Children’s Centres in 2015-16, we recorded outcomes for 1,840 children. The initial and final scores for these outcomes are shown in the following chart.

Outcomes for families accessing Children’s Centres in the Midlands and the South-West 2015-16

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Average score at initial assessment</th>
<th>Average score at final assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents supported in accessing employment, education or training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive/improved family relationships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Satisfactory progress in learning/developmental goals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Improved resource management by parents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increased confidence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family less isolated</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Improved mental health and wellbeing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Improved parenting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leads healthy lifestyle</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The data indicates that:

- 306 out of 366 families experienced improved family relationships
- 211 out of 260 families felt more confident
- 217 out of 269 families experienced improved mental health and wellbeing
- 263 out of 326 families felt less isolated
- 327 out of 406 families made satisfactory progress in learning/developmental goals
Our early years and family services in Scotland, Wales and Northern Ireland also work towards improving children’s life chances through providing a range of support as early as possible.

**Five to Thrive: attachment-based practice**

Many of our early years services across the UK use Five to Thrive, a flexible approach to parenting developed by Kate Cairns Associates. It is based on five key activities – Respond, Cuddle, Relax, Play, Talk – which are considered the ‘building blocks for a healthy brain’.

In the last three years, we rolled out Five to Thrive training across our early years services. In 2015-16, the training was delivered to 963 staff, bringing the total over three years to 2,830. While the theory behind Five to Thrive is based on strong evidence, the implementation and embedding within services is flexible to meet different needs and complement existing provision.

A follow-up survey went to all staff who completed the training over 12 months ago, to find out how services were using the approach in their work and what impact this was having. Of the 432 trained staff who completed the survey, three quarters said they had made changes within their service based on their training. This most commonly involved talking to parents about Five to Thrive, or modelling behaviour. Almost half of the respondents had changed the environment of their setting (for example with Five to Thrive posters or play areas), and 11 per cent had developed new courses for parents based on Five to Thrive. The main reason for this positive impact was the staff’s creativity in embedding the approach into their service.

Over half of the survey respondents (54 per cent) said parents they worked with now had a better understanding of attachment. Also, 44 per cent said parents interacted more with their children, and 35 per cent said parents were now more confident.

**“Parents who used to be shy or even ashamed (their children behaved loudly and didn’t listen) started to smile more often and play with their children.”**

Nursery/play worker

In 2015-16, the course expanded to cover the importance of understanding relationships throughout our support services. We delivered Why People Need People training (for staff working with parents of older children) to 475 staff, and Five to Thrive and Autism training to 162 staff.
Currently, more than 64,000 children are living with foster families across the UK. Fostering is a way of providing a family life for children unable to live at home for a variety of reasons – often because of abuse and/or neglect.

The number of looked after children placed for adoption in England at 31 March 2015 was 3,320. However, there are around 3,500 children in England alone whose court decision says they need a permanent family, many of whom have been waiting 18 months or more.

Our work in 2015-16

In 2015-16, we continued our work to find homes for the most ‘difficult to place’ children, and our adoption support services responded to 799 referrals to work with adoptive and birth families.

Our fostering services cared for 956 children in foster placements in 2015-16, and we placed 130 children for adoption. As in 2014-15, we are the largest voluntary adoption agency and the biggest third sector fostering and adoption provider in the UK.

Fostering at Barnardo’s

Of the 956 children and young people we found foster placements for, less than 10 per cent were under five, and almost 70 per cent were in the ‘hard to place’ 10 to 18 age bracket.

Our fostering includes a range of placements, from permanent homes to short breaks.
From residential care to a foster family

Louise came to Children’s House, our children’s residential unit, at the age of eight. After a traumatic early childhood of neglect, sexual abuse and domestic violence, she was placed with a foster family. But the placement soon broke down, and we found her a place in the therapeutic setting of Children’s House.

When she arrived, Louise was highly anxious. She had no appropriate boundaries with adults, and the emotional range of a much younger child. She tried to run away many times in the first few months. But as she built relationships with the staff, and developed a sense of trust and belonging, she ran away less, then not at all.

With the goal of preparing Louise for a foster placement, the staff at Children’s House provided clear, consistent boundaries and high levels of emotional support and guidance. They let her know she could trust the adults in her life to protect her and keep her safe – that she could be a child again.

Louise also needed to learn the basic skills of friendship and play. She made great progress with an Incredible Years programme, which focused on social and emotional development through role play, art and other activities.

After two and a half years at Children’s House, Louise was ready to live in a family again. Staff from Children’s House and Barnardo’s Professional Fostering planned her placement together, paying joint visits to her potential carers. Louise’s key worker from Children’s House also made some support visits during the early months of the foster placement, to ease the transition.

Three years on, Louise is finishing her first year of secondary school – where she has come on leaps and bounds, both socially and academically.

While there will be bumpy roads ahead, Louise is well placed to face them with her supportive foster carers. One of our social workers mentioned how lovingly her foster father spoke about her at a recent meeting: ‘She’s very much their child, and it was lovely to hear that. She’s found her family for life.’
Adoption at Barnardo’s

Many of the children currently waiting to be adopted are considered ‘hard to place’. This, in terms of English adoption statistics, means:

- children over the age of four
- boys
- disabled children
- black and minority ethnic children
- children with complex health conditions
- children with prenatal exposure to drugs and/or alcohol
- sibling groups.

In 2015-16, we placed 130 children with adoptive families – including 31 groups of siblings, and children over the age of four – who made up just under half (46 per cent) of the children we placed for adoption this year.

In total, 73 per cent of the children we placed were considered ‘harder to place’, which is the same as the percentage considered ‘harder to place’ with a placement order waiting to be placed at 31 March 2015 in England.

We also provide post-adoption support through projects like the LINK service, which supports adopters, adoptees, birth parents and birth families. Underpinned by a therapeutic approach and a network of over 200 trained counsellors, LINK offers both individual counselling and attachment-focused therapy within family settings.

“I am not used to talking about myself or expressing emotions, but [my counsellor] gently encouraged me to think and talk about my experience and feelings, and I was very comfortable talking to her.”

Birth mother, LINK service user

130

children placed with adoptive families in 2015-16, including 31 groups of siblings.
The number of young people not in employment, education, or training (NEET) in the UK remains stubbornly high, with the latest figures at 865,000 16 to 24-year-olds\textsuperscript{43}.

Young people can be NEET for a number of reasons. Some are unemployed and looking for work, others have caring responsibilities, long-term disabilities or health conditions. The economic and social costs of being NEET are huge and, for the most vulnerable, the consequences are particularly severe.

**Our work in 2015-16**

Our employment, training and skills (ETS) services focus on young people furthest from the labour market, and make sure they get the right support to help them find sustainable employment. Depending on what support each person needs, we can offer education, training and apprenticeship schemes, as well as courses in life skills and getting ready for the world of work.

In 2015-16, we continued to work with other charities, employers, educational institutions and Jobcentre Plus. Together we supported over 3,150 young people aged 16 to 24 to equip themselves with the necessary skills and confidence to find work and pursue a career. Our high ambition for young people to achieve success is evidenced by a recent Ofsted inspection\textsuperscript{44}, which awarded our ETS services a rating of ‘good’.

Many of the young people we support start their studies with multiple barriers to learning. However, the majority go on to a positive destination. For example, in 2015-16:

- Of 187 leavers from our Study Programme, 138 achieved a positive progression.
- Of the 331 young people who left our Employability Fund provision in Scotland, 189 moved on to employment, education or training.
- We supported 117 apprentices – the overall success and completion rates for apprentices were good, with 86 young people gaining their apprenticeship.
Tom first engaged with Moving On when he was released from HMYOI Polmont at the age of 19. He was sent there because of substance misuse and offending behaviour. Tom had spent time in foster care at an early age, and his life could be chaotic. He struggled to cope with his mum’s alcoholism, which affected his emotional and mental health. Despite achieving good school grades, he had been unable to stay in a job. This was mainly due to the caring responsibilities he has for his mother. His GP deemed him unfit for work, due to anxiety.

To prepare Tom for work, Moving On supported him to complete application forms and develop his interview skills, and gave him access to employment opportunities. Alongside this, Tom had intensive one-to-one support to help him with his emotional and social needs. This included challenging him about his risk-taking behaviour, and helping him increase his resilience.

Tom began taking on board suggestions about how he might improve his life, and started setting small, achievable goals to enhance his employment opportunities. Over time, Tom became more pro-active, following up on suggestions, taking on responsibility, and keenly looking for ways to improve his learning.

One day, when discussing how he might improve his chances of employment, Tom told his project worker ‘I don’t want to just do something, I want to be someone’.

Shortly after, a local construction company offered him a work experience placement. Tom quickly demonstrated aptitude for the work, and became a valued team member. That led to a full-time position with the company. He has now been working there for a few months, and has gained industry-recognised qualifications.

The support that Tom received from Moving On was invaluable in helping him to pursue his dream of achieving a better life for himself. He has come a great personal distance – not only is he now in full-time employment, he also manages his own tenancy, while continuing to care for his mother.

Moving On still gives Tom support if he needs it, in the shape of onsite weekly support visits and training opportunities.
We tailor many of our ETS services to meet the needs of particularly vulnerable young people. This includes care-experienced young people, young parents, and young people leaving custody.

**Moving On**

Moving On uses mentoring to provide transitional support to young men aged 16 to 21, who have been released, or are nearing release, from HMYOI Polmont.

The main focus is on enabling the young men to develop their learning, gain accredited workplace qualifications, and secure sustainable employment in their chosen sector. The key to this is addressing each person’s individual needs holistically. For example, encouraging them to engage with voluntary through-care support, helping them address factors that underpin their offending behaviour, and helping them to identify and overcome barriers that prevent them from reintegrating into their communities.

In 2015-16, through our Moving On mentoring, we supported 251 young men across the four regions we work in, with 238 (95 per cent) not returning to custody, and 158 (63 per cent) going on to employment, training or education. Also, three men who were mentored with Moving On, have now become mentors themselves, and one Moving On mentor has been nominated for Scottish Television’s Young Community Champion of the Year Award.

In 2015-16, the SSE Barnardo’s Works programme supported 25 young people, with 21 (84 per cent) securing employment after the programme. SSE has quantified the economic impact of its investment in the programme. For every £1 invested by SSE, £7.67 is returned on the investment, shared between the young people themselves, SSE and other businesses that employ programme participants, and wider society.

Crucially, young people on the programme benefit from increased earning power. They’re estimated to make, on average, £7,231 more over a five-year period than they would have if they had not joined the programme. If the personal development, improved self-esteem and confidence that young people experience is factored in, the benefits are even higher.

**Redbridge Pre-Apprenticeship Programme (pilot)**

Our Redbridge Pre-Apprenticeship Programme targets the hardest-to-reach care leavers and looked after children who are NEET. It provides flexible and tailored personal and social development, alongside EET skills and knowledge. We also offer young people ‘post-progression’ personal support for up to three months.

In 2015-16, 19 young people started on our Redbridge Pre-Apprenticeship Programme, with a progression rate of 58 per cent. All the young people who progressed have stayed in the employment, education or training they moved into.
This section brings together additional key learning from practice and research studies across our wider service base.

Building resilience

Building resilience in children and young people can help them develop good coping strategies and emotional wellbeing. A study of school-based counselling for primary school pupils in Northern Ireland found the tools and strategies children learn in counselling services, such as Time 4 Me, can be seen as a significant early intervention to maintain wellbeing, resilience and mental health into adulthood. Findings highlight the different types of counselling valued by boys and girls, and children of different ages.

Our LifeSkills substance misuse prevention programme across the UK, was evaluated in 2015. The findings were consistent with previous robust evaluations of LifeSkills over the past 30 years. The findings suggested it is not enough just to teach young people about the harmful effects of smoking, alcohol or substance misuse, or to teach them only about how to identify peer pressure or other influences. Support should also help young people build up their confidence and improve their decision-making. The evaluation also found that giving children and young people the chance to discuss these issues with peers is more effective than purely desk-based learning.

Lancashire Young Carers Service helps young people overcome barriers caused by the caring role, through assessment, individual support and group work. An evaluation study explored how different elements of the service help young carers in different ways. The study argues that supporting the emotional wellbeing of young carers, and helping them cope with their circumstances (or become more resilient), must be balanced with tackling root causes.

The ‘whole family’ approach

Working with whole families can support parents to meet the needs of their children, and provide stability and security. In Northern Ireland, the report found there was an increasing call to move away from procedure-driven, risk averse child protection practice, and move towards more relation-based practice. The report suggests professionals should not treat parents facing multiple adversities as ‘high risk’ parents who are more likely to put their children in danger. Instead, they should address the needs of the whole family, and treat parents as individuals with different vulnerabilities and strengths.

Newport’s Family Assessment Support Service (FASS) adopts a ‘whole family’ approach, offering a blend of therapeutic and practical support involving all key family members. This service offers evidence-based and intensive support to families with complex, often chronic social care needs. FASS forms a key element of the Integrated Family Support Service in Newport, Wales.

The Institute of Public Care’s final evaluation report for this major partnership suggests that FASS is regularly preventing the need for children to come into or remain in care. It also suggests that it’s highly cost-effective, with a return of about £31 for every £1 spent on the service overall. Key success factors identified in the evaluation included a strong vision for – and tenacious focus on – evidence-based provision. This includes a consistent emphasis on workers using evidence-based approaches to engaging family members, to help them to make positive changes.
**Keeping children safe**

Much of our work is focused on protecting children from serious harm. We, along with the Local Government Association and support from the Department for Education, are working in partnership with public health, education, police, local authorities and the voluntary sector – as the National Female Genital Mutilation (FGM) Centre.

The centre provides integrated services that co-ordinate action and share learning to prevent, protect, and treat girls and women affected by FGM. The community outreach programme works with communities to change attitudes and behaviour. The National FGM Knowledge Hub collects, analyses, and shares data and resources to inform wider knowledge gathering, and proactively improve responses to FGM.

The centre is a two-year innovation pilot, evaluated by Opcit-UCLAN. In its first year, the centre provided a service to 123 children across six pilot sites. The evaluators reported that FGM centre staff were valued by staff at each pilot site. They took a highly informed and holistic approach to engaging with children and families, having expert knowledge of the different types and national or cultural variations of FGM. Their expertise in working with refugees and asylum-seekers, the immigration and nationality rules, issues like forced marriage and ‘honour’-based abuse, and the impact of family networks was also found to be valuable.

The University of Bedfordshire evaluated a one-year Independent Child Trafficking Advocates trial, which provided specialist independent support to trafficked children. It found that working independently at a hub service allowed advocates to see a holistic view of the child and their life, and refer them to other agencies (for example within social care, immigration, the criminal justice system). The advocates provided children with clarity, coherence and continuity, over time and across contexts. They also helped other social services understand trafficking better. This suggests that having a main contact person, who acts in the child’s best interests, can help trafficked children at a very critical time – when they are first brought to the attention of statutory services.
“Over the next few years, we face a difficult time. As demand for our services rises, the resources we need to meet it are unlikely to increase at the same rate. So to succeed, we will change what we do and how we do it. We will redouble our efforts to use our knowledge to ensure our work really does change lives. We will also increase our focus on prevention. We will raise more of our own funding in a responsible manner so we can deliver more services. And we will speak out without fear or favour on behalf of all those children who struggle to be heard.”

Javed Khan, Chief Executive and Tony Cohen, Chair of Trustees

Looking to the future

2015-16 marks the completion of our three-year strategy. Next year’s Impact Report will reflect the start of our new ten-year corporate strategy. To prepare for this, we have developed new categories to understand the breadth and diversity of our current services. The following linked graphs show the variety of services accessed by the people we supported last year.
Number of people we worked with in 2015-16 by type of work

- **162,400** Children’s Centres
- **71,500** Individual work
- **14,200** School based programmes

n=248,000

Number of people we worked with individually in 2015-16 by service category

- **Family Support Services (e.g. CAPI, Young Carers)**
- **Disability Health**
- **Early Support**
- **Educational Health and Wellbeing**
- **Looked After Children (e.g. Family Placement)**
- **CS/E/MH/Abuse/FGM**
- **Advocacy, Children’s Rights and Participation**
- **Child Protection (e.g. Domestic Violence, Intensive Family Support)**
- **Youth Work (including Youth Justice)**
- **Care Leavers**
- **Employment, Training and Skills**

n=70,000
To help us focus our work, our new strategy for the next ten years will group these services under three overarching aims: **Stronger families**, **Safer childhoods** and **Positive futures**. Children’s Centres and School based programmes are included within Stronger Families.

For each of our three strategic aims, we’ll focus on key areas for the best results.

**Aim 1: Stronger families**

We’ll help families stay together by focusing on:

- Early support – spotting and tackling issues before they escalate
- Family support – supporting vulnerable children through a range of difficulties
- Emotional health and wellbeing – addressing the mental health issues some families face.

**Aim 2: Safer childhoods**

We’ll work to prevent abuse by focusing on:

- Child sexual exploitation (CSE) – aiming for prevention as well as treatment
- Looked after children – giving vulnerable children more stability.

**Aim 3: Positive futures (for young people)**

We’ll support more young people to reach their potential by focusing on our services for care leavers – helping young people adjust to life as an independent adult.

**Measuring our impact**

To be sure we are making a difference for children and families, we need to understand how our work affects the people we support.

For this reason, our new ten-year strategy makes measuring our impact a central focus. This way, we can learn from our experiences, constantly improve, and achieve the best results with the resources we have. In the coming year, building on the progress reflected in this report, we will be developing detailed plans to implement the strategy, with improvements in impact measurement a key theme.

We will be looking for new ways to learn from our work with children, young people and families. For example:

- Stronger families: consistent recording and reporting of children’s outcomes across our emotional health and wellbeing services; using advanced case management software and accredited assessment tools; as well as a research focus on some of our innovative therapeutic service provision
- Safer childhoods: having put in place consistent outcomes measurement for CSE, we aim to maximise the learning from our practice base across CSE, sexual abuse and harmful sexual behaviour, particularly in relation to common dimensions of abuse and trauma
- Positive futures: building on our use of Outcomes Stars in individual services, a pilot is currently underway, using Young Person’s Outcomes Star to measure the outcomes for young people in all our supported lodgings placements.

Learning from our experiences will make us more efficient, effective and strategic. We will take every opportunity to find new ways – and the best ways – to support more children and raise the funds we will need to do this. We will:

- make learning central to everything we do
- make capturing knowledge key to our work – including measuring the impact we make
- share our knowledge and results so we can find new ways to support children and families.

As we continue to support children and young people who face difficult challenges, we also want to use our knowledge and expertise to prevent issues arising in the first place. By tackling the causes rather than just the symptoms, we can create better outcomes for more children.
This figure includes those who received intensive support through Children’s Centres.


We have improved how we identify and count CSE services to accurately represent our work and the different types of support we provide in response to need.


Hughes, C and Thomas, M (2016). You can trust me... Young people going missing and at risk of, or abused through, child sexual exploitation in North Wales. Barnardo’s Cymru and Glyndwr University, Wales.


5 is highest support need and 1 is lowest support need.

n = 365 (improved mental health and wellbeing), 601 (knowledge of sexual health strategies), 656 (able to identify abusive/exploitative behaviour), 449 (reduction in level of risk/harm), 339 (able to recognise exploitative/grooming behaviour on the internet), 597 (episodes of missing from home/care reduced)

Optional outcome


Franklin, A, Raws, P and Smeaton, E (2015). Unprotected, overprotected: meeting the needs of young people with learning disabilities who experience, or are at risk of, sexual exploitation. Barnardo’s, Barkingside.


The inquiry concluded in March and a report and recommendations were published in July. http://www.barnardos.org.uk/what_we_do/policy_research_unit/hsb_inquiry.htm


It is unclear how many children in NI have a parent in prison. However, over 25,000 child visits were recorded by the NI Prison Service in 2013, equating to 20 per cent of total visits to the prisons.


35 This includes Children’s Centres, teenage pregnancy support, short breaks for disabled children, information and advice for young people and family support.


37 UK data in recent UN Committee on Rights of the Child report.

38 n = 260 (Increased confidence), 326 (Family less isolated), 269 (Improved mental health and wellbeing), 480 (Improved parenting), 115 (Leads healthy lifestyle) 286 (Reduction in level of risk/harm), 366 (Positive/improved family relationships) 406 (Improved mental health and wellbeing), 356 (Carers promote children’s play and learning), 67 (Parents supported in accessing employment, education or training) 163 (Improved resource management by parents).


41 Each country in the UK publishes their data in different formats and at different times of the year. At the time of publication, data was not yet available for all UK nations (and is recorded differently).

42 New service categories.


44 SSE is one of the biggest UK-listed companies, providing energy to millions of customers across the UK and Ireland.


46 Moving On supports young men moving back to Inverclyde, Renfrewshire, East Ayrshire and Highlands.

47 Moving On supports young men moving back to Inverclyde, Renfrewshire, East Ayrshire and Highlands.


50 Kernaghan, D, Stewart, D (2016). Because you have talked about your feelings, you don’t have to think about them in school: Experiences of School-based Counselling for Primary School Pupils in Northern Ireland, Child Care in Practice, February.


56 BarnardosFgm.custhelp.com/app/home/session/L3RpbWUvMTQ5NTgxMzU4My9zaWQveHphU5YjU2o-

57 Opctic-UCLAN evaluation report forthcoming


59 This number excludes approx. 1,500 services users recorded on systems that could not be mapped to the new service categories.

60 This number excludes approx. 1,500 services users recorded on systems that could not be mapped to the new service categories.
Location of Services

Barnardo House
Tanners Lane, Barkingside, Ilford,
Essex IG6 1QG. 020 8550 8822.

Northern Ireland
542–544 Upper Newtownards Road,
Belfast BT4 3HE. 028 9067 2366.

Scotland
111 Oxgangs Road North, Edinburgh
EH14 1ED. 0131 446 7000.

Cymru/Wales
Trident Court, East Moors Road,
Cardiff CF24 5TD. 029 2049 3387.

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