

SCARF Life Education helping children make healthy choices in the South West, Hampshire and the Thames Valley with interactive workshops and our PSHE & RHE resource...

SCARF

Safety Caring Achievement Resilience Friendship



"A fantastic workshop as always! The children were excited and very engaged throughout the session. Lots of opportunities for the children to discuss, share ideas, listen and more! Thank you for another brilliant workshop."

Overview of our year 2025-2026

SCARF Life Education
Wessex & Thames Valley

What we offer

- SCARF - Safety, Caring, Achievement, Resilience, Friendship a comprehensive, online year round programme of study encompassing the entire PSHE and Relationships & Health Education (RHE) curriculum for Nursery to Year 6
- Specialist Educator-led workshops delivered in-school:
 - **Physical Health & Wellbeing:** drug prevention education, nutrition, exercise, personal health choices
 - **Mental Wellbeing:** '5 ways to wellbeing', resilience, self-worth and positive mental attitude
 - **Online Behaviours:** online safety, digital literacy and managing on and offline behaviours
 - **Relationships Education:** bullying, tolerance, diversity, personal boundaries and healthy relationships with their peers and the wider community.
- Workshops delivered in school classrooms or LifeSpace our unique inflatable classroom
- SCARF Live Online: Virtual physical health, emotional health, and drug prevention education workshops for Nursery to Year 6 children
- Staff briefings & parent/carers sessions
- Staff SCARF Training

A really productive and engaging session. The children were fascinated by hearing the comparisons of heart beats before and after exercise. There were lots of opportunities for the children to contribute and they particularly enjoyed the use of Harold the puppet to help them with their learning. The movement breaks helped the children to stay focussed as well as the breathing exercise. Thank you for a wonderful, positive session and for all your enthusiasm.

Why we do it

Schools must deliver a comprehensive Health and Relationship Education programme by the end of primary. It's part of keeping children safe in education and includes topics such as families, relationships, mental health, online safety, bullying and inclusion. Our resources support schools in meeting these outcomes and helping children make healthy choices, avoid risky behaviours and stay safe.

- 10% of children in Reception were obese¹
- 12% of children aged 8-15 had ever used e-cigarettes or vaping devices²
- 33% of children who go online say they have seen something worrying or nasty³
- 16% of children aged 8-10 were identified as having a probable mental health disorder⁴
- 35% of children aged 10 to 15 years experienced an in-person bullying behaviour⁵

However, statistics demonstrate some encouraging trends;

- 13% of children had taken illegal drugs (18% in 2021)²
- 97% of children aged 8-15 have never smoked (96% in 2021)¹
- 86% of children aged 8-15 have never drunk alcohol (85% in 2021)¹

The children remembered a lot from past workshops. They enjoyed sharing strategies about calming their thoughts. Children were open with their feelings.

1. Office of Health Improvement & disparities, Obesity Profile, 2024
2. Health Survey England, 2022
3. OFCOM Media Use & Attitudes Report, 2025
4. Mental Health of Children and Young People in England 2023
5. ONS Bullying and online experiences among children, 2023

Evidencing the value

Findings from annual evaluations show that;

- **100% of staff** surveyed would recommend our services to another school
- **99% of staff** agreed that the workshops were well delivered
- **99% of staff** agreed that the workshops met children's needs
- **98% of staff** agreed that SCARF is easy to access and implement in their school

Comments from pupils;

I learnt how caring for each other is important and good for others as it is to yourself.

To look after our wellbeing we need to go outside for fresh air and exercise.

We learnt how to keep healthy - eating fruit & vegetables, drinking water, brushing our teeth twice a day, washing our hands.

Mental wellbeing is about what's inside, what we think and feel.

I learnt that when online or on group chats to not be a bystander and to report any concerns or behaviour that's unkind or bullying.

Comments from teachers;

Thank you for an engaging session. Very informative about drugs and alcohol. The children learnt how to keep themselves healthy and how drugs and alcohol damages different parts of their bodies.

Great session! All the children were engaged and joined in. Made it relatable and fun. Got children up and moving which kept their concentration. Lots of memorable captions for the children to chant which was a tactic to make them remember and help retain.

What an engaging session. It was age related and allowed the children to make great links with previous learning. The session was a great mixture of listening, sharing ideas and moving. There were lots of activities we will definitely be bringing into our classroom. Thank you for creating such an amazing and welcoming session. The children all thoroughly enjoyed it!

Very practical and engaging session - getting the children to stand up and move. Very inclusive and attentive to the needs of SEN children. Encouraged ideas from everyone and answered children's questions. Lots of opportunities for discussion led by the children. Engaging resources - sound and pictures. Helped to recap and support last term's PSHE lessons, with emphasis on physical aspects.

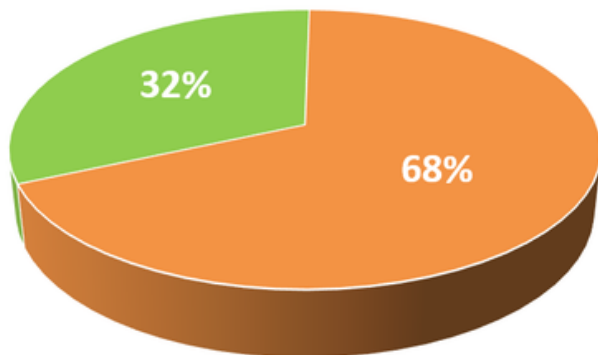
We have had a few problems in class this year with online communications so this (Online Behaviours workshop) has been great! To have the time to chat about online platforms/safety/emotions has been fantastic. There has been some great ideas/conversation within small groups and I'm hopeful children will take some of these tips home with them!

Summary of Annual Accounts

Income	2026	2025
Charitable Activities	311,508	295,194
Donations and Gifts including Events and Gift Aid	146,223	179,192
TOTALS	457,731	474,386

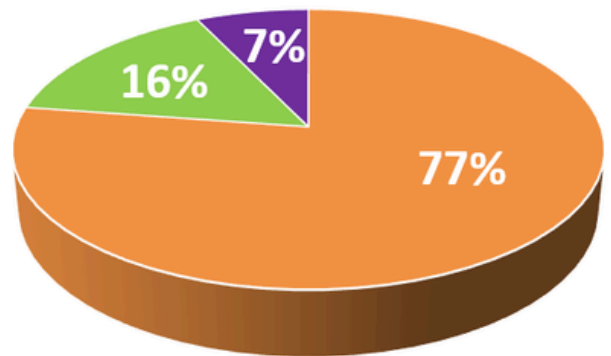
Expenditure	2026	2025
Charitable Activities (cost to deliver service)	356,377	318,941
Fundraising Activities	71,453	70,382
Governance Costs	33,046	34,951
TOTALS	460,876	424,274

Income 2025-26



Fundraising Charitable Activities

Expenditure 2025-26



Fundraising Charitable Activities Governance

School visit data

	Devon & Cornwall	Dorset	Hampshire & IOW	Somerset	Thames Valley	TOTALS
Schools Visited	40	122	141	49	81	433
Days at schools	55	221	293	90	140	799
Children participating	4,859	20,794	28,560	8,819	13,971	77,003

The average number of children seen per day was 96

We reached a further 173 schools and 52,187 children with SCARF resources

Thank
you

...to our many supporters throughout the region from the children, parents and schools of Wessex and Thames Valley

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

SCARF Life Education Wessex & Thames Valley
2 Barnes Croft, Coles Lane, Milborne St Andrew, Blandford Forum, Dorset, DT11 0LG
Charity No. 1071094

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Registered office: Queens House, 42-44 New Street, Honiton, EX14 1BJ