

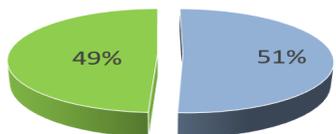
SUMMARY OF ANNUAL ACCOUNTS

INCOME	2019	2018
Charitable Activities	208,981	231,999
Donations & gifts, including events & gift aid	201,902	170,531
TOTALS	410,883	402,530

EXPENDITURE	2019	2018
Charitable Activities (cost to deliver service)	307,846	309,886
Fundraising costs	97,154	80,893
Governance costs	24,430	28,113
TOTALS	429,430	418,892

Full accounts can be downloaded from our website

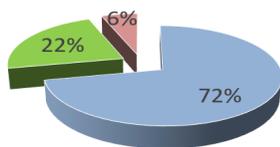
INCOME 2018-19



Donations and gifts, including events & gift aid

Charitable Activities

EXPENDITURE 2018-19



Charitable Activities

Fundraising Activities

Governance costs

SCHOOL VISIT DATA

	Devon	Dorset	Hampshire	Somerset	Thames Valley	TOTALS
Schools Visited	22	102	58	37	77	296
Days at Schools	54	217	142	71	178	662
Children Participating*	5,564	21,484	13,763	6,467	15,976	63,254

*Aged between 3 and 11 years

In addition, we reached a further 10 schools and 3,390 children with our SCARF resources

The average number of pupils seen per day was 96

"Our attitudes, values and habits are shaped in childhood – consequently, our success and health in adult life depend in large part on how good a start we get in early life. Life Education recognises this and has helped thousands of children understand the what, why and how of healthy life choices. The approach is fresh and engaging, and deserves all our support."

Dr Nick Kosky, Consultant Psychiatrist, NHS Dorset

THANK YOU

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

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

enquiries@lifeeducationwessex.org.uk Tel: 01258 837417

2 Barnes Croft, Coles Lane, Milborne St Andrew, Blandford DT11 0LG

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

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



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

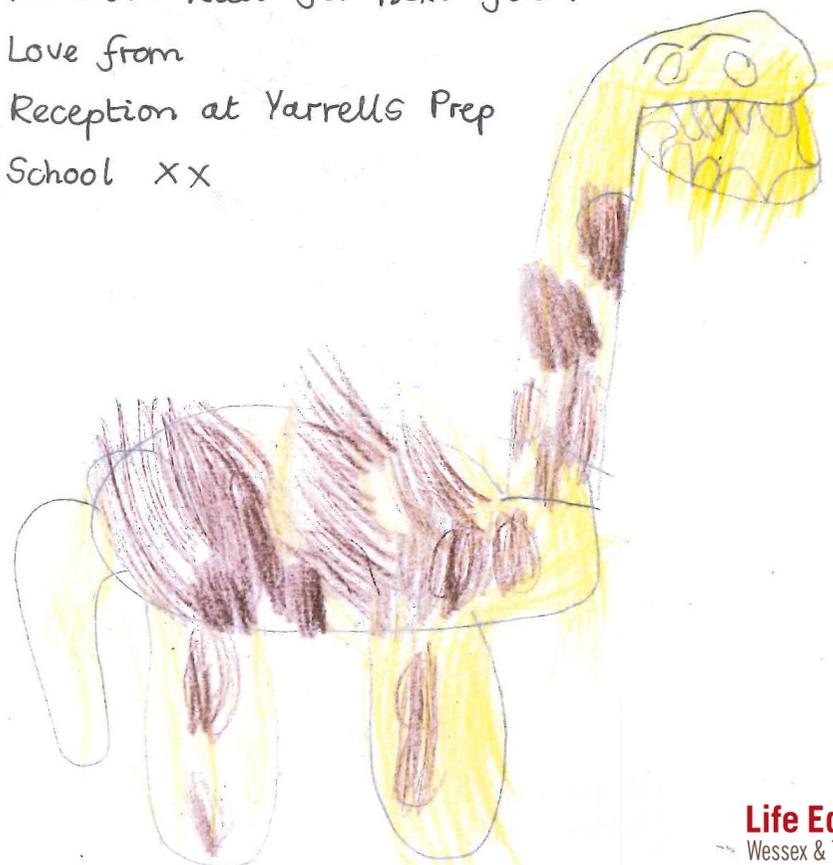
Overview of our year 2018-19

We Loved our time in the Life Education Caravan. You were a ★
We can't wait for next year!

Love from

Reception at Yarrells Prep

School XX



Life Education
Wessex & Thames Valley

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

What We Offer

- ✓ SCARF (Safety, Caring, Achievement, Resilience, Friendship); Comprehensive, online year round programme of study encompassing the entire PSHE and RSE curriculum for Reception to Year 6
- ✓ Specialist Educator-led workshops:
 - Health, emotional well-being & drug prevention education for Reception to Year 6
 - bCyberwise; Cyber Safety for Years 3 to 6
 - Time For Change: Growing Up and Moving on at Puberty for Years 4 to 6
 - Relationship Education for Years 4 to 6
 - School classroom-based modules focusing on **Alcohol, Tobacco** or **Illegal Drugs** for Years 7 and 8 (11 to 13 year olds)
- ✓ Behaviour & Safety training for staff including lunchtime supervisors
- ✓ Twilight staff training
- ✓ Staff briefings and parent/carer sessions
- ✓ Workshops delivered in a mobile classroom or LifeSpace

"We enjoyed a very engaging session where all the children contributed enthusiastically. They were encouraged to ask and answer interesting questions to further their understanding. Clever links were made to show how our emotions affect how our bodies work and how much energy we have. The children enjoyed working together to prioritise their emotional needs.

Velmead Junior School

Why we do it...

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

- 24% of 11 - 15s had taken illegal drugs (15% in 2014)¹
- 30% of children aged 2 - 15 were overweight or obese³
- 18% of 5 - 15s ate 5 or more portions of fruit and vegetables a day³
- 6% of children aged 5 - 15 had an emotional disorder⁴
- 16% of 8 - 11s and 31% of 12 - 15s who go online say they saw something worrying or nasty (10% and 19% in 2016)²

However, statistics from the HSE 2017³ demonstrate some encouraging trends;

- 95% of children aged 8 - 15 have never smoked (82% in 1997)
- 86% of 8 - 15 year olds have never drunk alcohol (55% in 2003)
- 94% of children reported good or very good health

¹ONS statistics on Drug Misuse 2018

²OFCOM Media Use & Attitudes Report 2017

³Health Survey for England 2017

⁴Mental Health of Children and Young People in England 2017

Evidencing the Value

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

- ✓ **98% of Year 6** children understood the risks of drinking alcohol and **97% knew that all drugs (legal, illegal and medical) can be harmful if not used correctly**
- ✓ **93% of Year 5** children knew that smoking is risky to a person's health and **90% knew that emotions and needs change in different situations**
- ✓ **92% of Year 2** children knew more about what their body needs to stay healthy and **91% knew who they could talk to if they were upset or being bullied**

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

"...now I know not to smoke, not to drink energy drinks, not to drink too much alcohol and I also know how to handle a situation if a friend is being mean to me and I know how to look after my mental health and control my emotions."

"Us knowing about: drugs, physical needs and emotional needs means that we can spread the word and give the world a brighter future."

"...it shall help my decisions when I live on my own. Thank you Lifebus for teaching me these important things and I hope you can teach me more."

"I learnt to keep healthy by drinking water and eating fruit because they keep you alive for longer."

"We feel that the education they provide is a valuable addition to that delivered through our PSHE (Personal, Social, Health and Economic) curriculum, and also reinforces some of our Attitudes to Learning such as being Collaborative, Courageous and Curious."

Clayesmore Preparatory School

"I was so impressed with how much the children remembered from their last session. They were so engaged the entire time and I was amazed at some of the facts they knew already! [Educator] was great with the children and gave them such positive responses and was great at encouraging the children to think and learn for themselves"

St James CE Primary School, West End

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

Year 3 Pupil

Wareham St Mary primary