

Summary

For two consecutive years, in 2016 and 2017, Coram Life Education (Essex and East Herts) (CLE) has been fortunate to receive a grant of £6,000 and £12,000 from the Nineveh Charitable Trust towards innovative and impactful schools-based programmes committed to advancing the health and well-being of children and young people throughout the region. This support represents a vote of confidence in our educator, Nancy, who works diligently, and with great energy, to promote CLE to schools and school leaders. In Year 2, with your support, we were able to maintain that momentum alongside designing, piloting and finally purchasing a new 'LifeSpace' pop-up classroom. Such has been the impact, that Nancy is now considered one of a handful of 'Champions' imparting her knowledge and experience to other local areas, based on her ability to retain and even grow our reach in Essex & East Herts.

Many children grow up without the support they need to make positive decisions in their lives. Our programme gives schoolchildren the knowledge and skills they need to make healthy choices about exercise, diet, relationships, drugs and alcohol. Last year, across all of our Life Education programmes, we delivered health education to nearly half a million children in 2,100 schools throughout England and Scotland, and in **Essex and East Hertfordshire we increased our reach, with your support, by an amazing 31%, to 11,740 school children.**

Below is an update on the impact your funding and ongoing support has had in Essex and East Hertfordshire. **We met our objectives with the grant from the Nineveh Charitable Trust by taking a lead role in designing, piloting, and purchasing a new 'LifeSpace' pop up classroom** (formerly known as LifeBox). The funding also helped our educator, Nancy, to promote our programmes, **securing 11 new schools** and **raising our profile** at education events. Thank you again for supporting our health and well-being programme in the region, and Coram Life Education as a whole.

We would be delighted if the trustees would consider supporting us again in **2018/19, to recruit and train a new educator to meet and enhance local demand**, and would welcome a meeting to discuss any future partnership possibilities.

Our Work in Essex and East Hertfordshire in 2017/2018

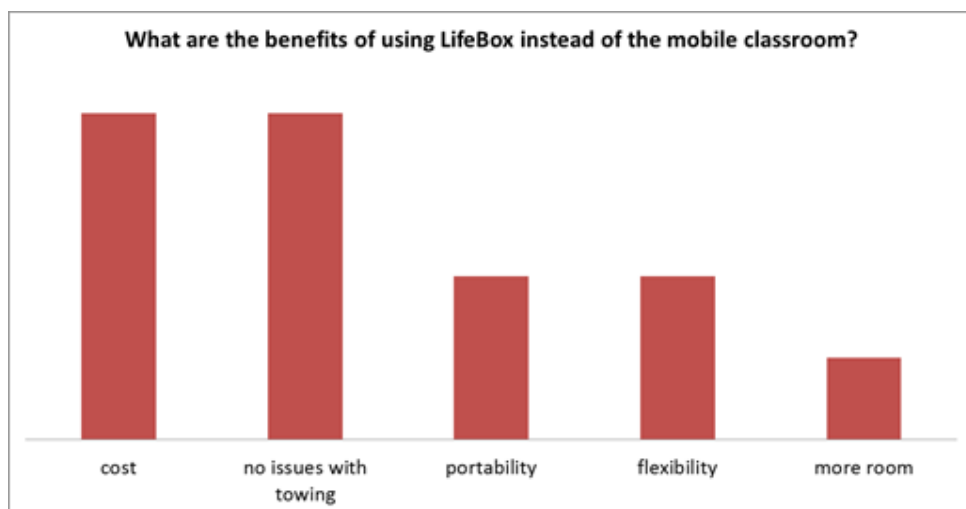
During the last academic year, in Essex and East Herts:

- We visited **44 local primary schools**
- We reached **11,739 vulnerable children** across the region.
- We started working in **11 new primary schools** across Essex and East Herts.

The CLE Team in Essex & East Herts continue to target already established school partnerships groups, promoting our work across consortia, schools clusters, local delivery groups, academy trusts, etc. to secure new bookings. As a result we have embedded a 'pay it forward' scheme, in which discounts are offered to schools that recommend CLE to others.

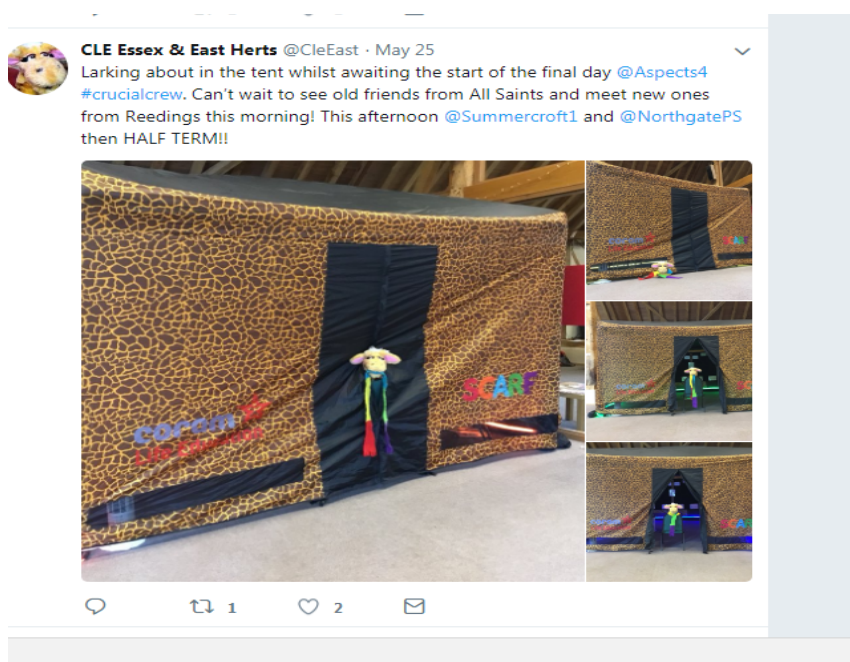


- We launched our new **Relationships Education** programme, teaching children how to form healthy friendships, understand their bodies, puberty and changes, consent and privacy, recognising safe and unsafe touch, and knowing who to speak to for help. This is exciting for us, as the government has confirmed plans to make Relationships & Sex Education compulsory in schools from 2020.
- We piloted a **teacher training workshop** to build teachers' skills and confidence to deliver **Relationships Education**, following a CLE survey revealing that two-thirds of teachers want support on how to deliver the topic to children.
- We piloted '**LifeSpace**', as an alternative to the traditional mobile classroom
 - Our educator, Nancy, was trained to assemble and teach in the prototype version of LifeSpace, piloting in 2 schools. Nancy's insight and feedback led to a number of modifications to improve the learning experience for children, and a final design was approved in July 2018
 - The design was pivotal as it is the first time in nearly 30 years that the national organisation has phased in a new way of delivering education programmes, as an alternative to the mobile classroom
 - Feedback from teachers included: *"It is set up really easily, it is totally appropriate for the children in primary school"*, and *"The use of technology is very engaging for the children"*
 - Our educators, including Nancy, compared the mobile classroom experience with LifeSpace:



- LifeSpace is unique as it can be assembled on the school premises, and is designed to look like Harold's (our mascot giraffe puppet's) house. Children have given fantastic feedback during the pilot, enjoying the safe, separate space, high quality projector screen, and new interactive technology that enables children to wear a special t-shirt showing the body's internal organs on the screen.
- The prototype LifeSpace was featured at the annual Crucial Crew week, an annual innovative and interactive event which sees over 1,600 school children aged 10-11 learn how to stay safe and make healthy choices. The tweet

below shows the LifeSpace *in situ*, waiting for the children to attend our mini workshops.



CLE Essex & East Hertfordshire is one of 7 CLE areas (out of 20) that have been able to purchase the new LifeSpace. This and the work that Nancy does have been made possible thanks to the grant we received from the Nineveh Charitable Trust. We now intend to begin delivery of CLE programmes in LifeSpace during the autumn term 2018.

Working with Teachers: We enable primary school teachers to deliver interactive **Personal, Social, Health and Economic Education (PSHE)** sessions themselves, and promote the messages we teach throughout the school year. Each school has access to **SCARF** online teaching resources, which consist of lesson plans, planning and assessment

tools. Nancy is considered a SCARF Champion in the national network, as she has supported local schools to be actively engaged in SCARF.



This year's increase in reach to children is in part due to our retaining the interest of schools at leadership level as part of our local business development approach, so that we have even seen head teachers championing our work, and recommending it to others. Our educator has worked with approximately **900 teachers in all 44 schools**, ensuring that they understand CLE's objectives, the impact on children's wellbeing and their engagement with the learning process.

Working with Parents: We worked with approximately **440 parents/carers** who attended a 30-45 minute workshop for each school, as well as at least one drop-in session. The rate of participation varies across the schools, but typically, 4-6 adults will attend a workshop session, and anywhere from 1 to 15 adults may pass through during the drop-in times. Schools are supported in their communications with parents through a pro forma letter that they can adapt to inform them about the upcoming visit by the mobile classroom and the opportunity to attend the sessions for adults.

Outcomes

Teaching Staff reported:

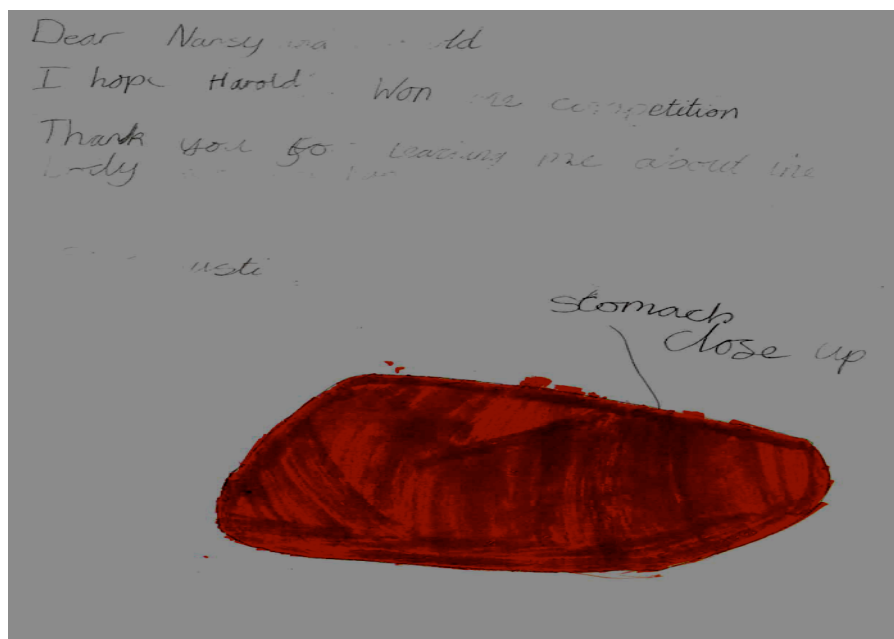
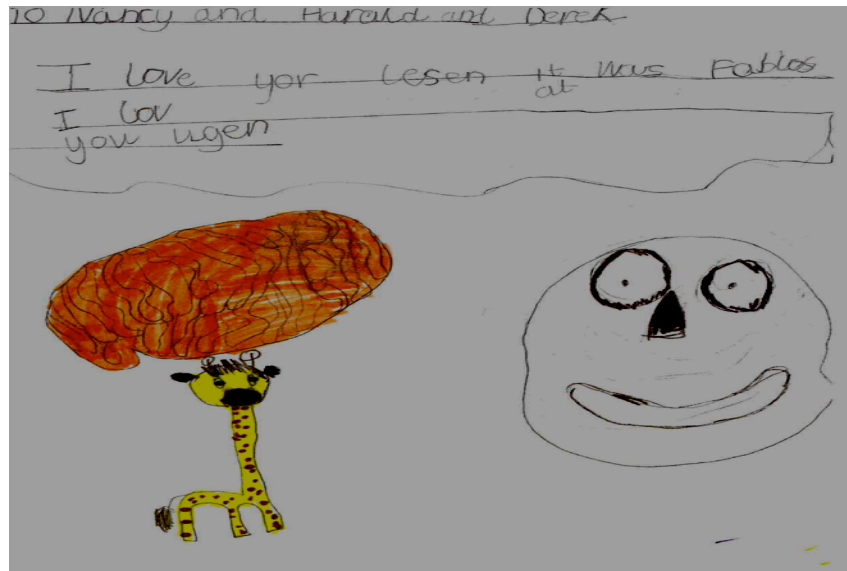
- **98% of staff were satisfied** with the content, approach and delivery of CLE sessions.
- **Senior staff** pointed out that **CLE is compatible with and strengthens existing school practices and programmes**. 98% of senior staff stated that CLE supports the delivery of PSHE at their school.
- **Staff have a better sense of what parts of the PSHE framework their pupils understand**. 91% of staff stated that CLE has shown them what their pupils understand in the PSHE framework.
- **93% of senior staff agreed that CLE contributes to their school meeting Ofsted requirements regarding wellbeing**.
- **72% staff** stated that they have become **more confident in delivering PSHE lessons** after attending a CLE session
- **CLE is helping some schools to raise achievement**. 80% of senior staff agree that CLE contributes to their school's strategies for raising achievement

Children told us:

- **92% of children in Year 5** believed **they could use what they had learnt in the CLE session to help them in the future**.
- **87% of Year 5 children** stated they **now know how to be assertive** with other people, including friends.
- **86% of children in Year 5** thought that the sessions were **good quality**.
- Over a quarter (**26%**) of children in Year 6 used what they had learnt in a **CLE session to help them handle situations in their own lives**.
- **97% of children in Year 6** stated after attending a CLE session they **understand the risks of drinking alcohol**.

- Comments provided by **children in Year 2** revealed that the sensory elements of the sessions and speaking to a puppet helped them to **understand and explore their feelings**.

Children wrote to Nancy:



Looking ahead

For the first time, Essex & East Herts is beginning to see the impact of CLE on children who have experienced it throughout all primary year groups, from Reception to Year 6. This is incredibly encouraging for the local team as, despite budgetary pressures, they value the approach and expertise Nancy has, as well as the impact on children and their feedback, such as that captured above.

With the 31% increase in reach over the last year, CLE Essex & East Herts is planning to recruit a new part-time educator to build capacity and promote CLE to even more schools.

This is the first time we have been in a position to recruit an additional educator, confident that CLE can sustain interest and strong relationships with schools in Essex and Hertfordshire.

We currently work with **22 schools** in **East Hertfordshire**, and are keen to **double this number to 44** (10% of all Hertfordshire schools), thus working with approximately **2,000 more children**. The **new educator** will be responsible for embedding existing work in East Herts; promoting Coram Life Education throughout the region; cultivating partnerships with the staff of a further 22 primary schools; and giving teachers in all participating schools access to our online teaching resources called SCARF, so that they can confidently deliver wellbeing and life skills education throughout the school year. In time, we aim to expand further across Hertfordshire County, as we believe the investment in a new specialist educator will raise the profile of our work with children, and the difference we make.

We would be grateful if the Trustees of the **Nineveh Charitable Trust** were to consider partnering with us again in 2018/19 by supporting the cost of a new educator for the Essex and East Hertfordshire region.

A gift of £10,000 would cover a large part of the cost of recruitment, training, expenses and salary of a CLE educator (see budget attached).

This would build on your invaluable support over the last two years, which has led to a raised profile in the local area, greater relationship-building with schools, and a reputation for high quality education delivered in innovative and engaging ways. The person we appoint must be equipped with the confidence and range of skills that make the role and its impact on children unique.

Many thanks on behalf of everyone here at Coram Life Education, particularly the team in Essex and East Herts, for another successful year.



Budget for part-time CLE Essex & East Herts Educator 2018/19

Item	Cost
Salary & employment costs for period of training part-time CLE educator*	£4,320
Salary & employment costs for remaining months of academic year to July 2019*	£5,760
Recruitment costs	£500
Training costs	£2,500
Expenses (travel, subsistence)	£400
Admin support (including bookings, invoicing and evaluation)	£1,540
TOTAL	£15,020

* £24,000 salary + 20% x 0.6 FTE @ 3 months training = £4,320; @ 4 months remaining months of academic year = £5,760.