



Mr R G H Lewis  
Nineveh Charitable Trust  
Park Farm  
Frittenden Road  
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Ashford  
TN27 8LG

5<sup>th</sup> February 2020

*Dear Mr Lewis,*

**Coram Life Education Essex and East Herts - helping children make healthy choices  
Update on your grant**

Last year we were fortunate to receive a grant of £6,000 from the **Nineveh Charitable Trust** towards the costs of an additional educator for Coram Life Education - Essex & East Herts. I now have pleasure in updating the trust on how this gift has enabled us to help even more primary school children develop essential life skills and positive attitudes to health at an early age.

**Background**

**Coram Life Education** is the UK's leading provider of children's health and wellbeing education, helping children understand and value what a healthy lifestyle comprises and make positive choices.

Many children grow up without the support or role models they need to make positive decisions about their lives, so it's important to act early in school to prevent future problems.

Our Life Education programme is an **early-intervention approach** that helps children **aged 4 to 11** to develop the knowledge, skills and attitudes they need to make the right choices about their own healthier, happier future.

**Coram Life Education – Essex and East Herts**

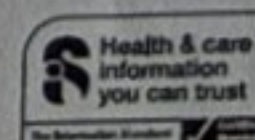
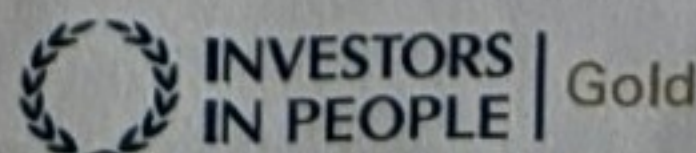
During transition from primary and into secondary school, young people are developing potentially lifelong health related behaviours, beliefs and attitudes. **To do this positively, they need early access to the right information and support, something our specially trained educators deliver.**

Sometimes, teachers do not have the confidence or capacity to broach sensitive topics - such as Relationships Education - that are necessary to protect children, especially those who are disadvantaged and vulnerable, to peer pressure.

Our educators Nancy and Ellie travel to primary schools across Essex and East Hertfordshire, delivering engaging, stimulating and exciting age-appropriate sessions to individual classes using technology, drama, puppetry and role play sessions. These are delivered in our own purpose built **LifeBus** and pop-up **LifeSpace** classrooms. By taking children out of the traditional school environment, children feel more open to express their opinions and feelings in a safe space. This change of environment is also helpful in reaching some of the most vulnerable children who may have negative experiences of learning within a traditional classroom and would therefore be more reticent about taking part. Topics include:

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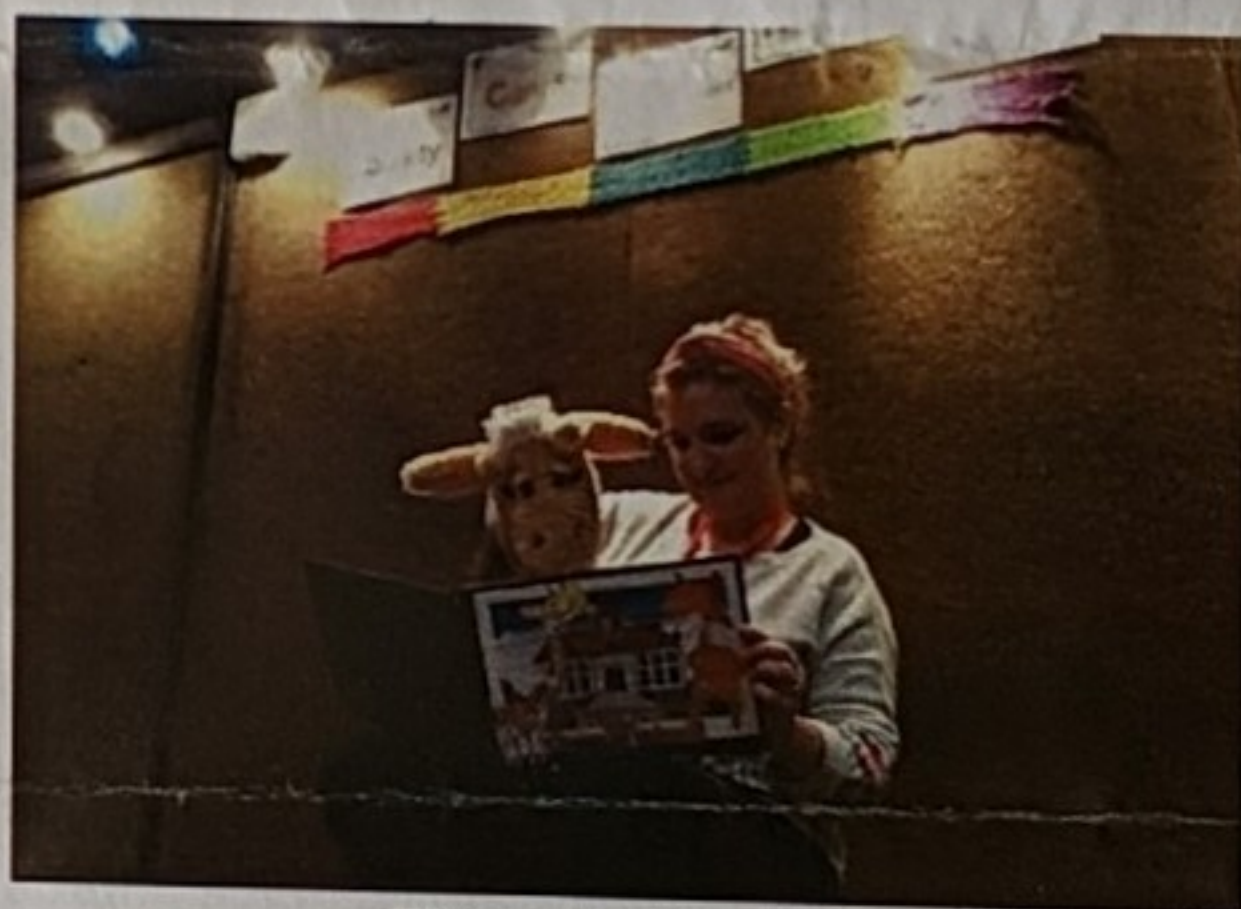
- How their bodies work and what it means to lead a healthier life
- The effects of food, exercise and drugs (including alcohol)
- Relationships and friendships
- Building skills to help make healthy choices and avoid risky options when they are presented
- Mental health and wellbeing
- Use of screens and social media
- Recognising actual norms of risk-taking behaviour rather than common misperceptions.

We also provide additional online **support to parents and teachers**. Each school has access to **SCARF** - a framework of resources, planning and assessment tools aligned to PHSE programmes of study and designed to embed wellbeing for pupils reflecting our values for children of **Safety, Caring, Achievement, Resilience and Friendship**.

### Update on CLE Essex and East Herts – 2019/20

#### *Employment of an additional educator*

In our original application, we asked for your support towards the costs of training and employing an additional educator to expand our reach in East Hertfordshire. Thanks to your generous funding, we were able to recruit an additional educator, Ellie Wild Rees, who had been a former teacher in a school with Life Education. Ellie had been so taken with the teaching and the engagement of children at CLE sessions that she applied for the role when it became available.



*Ellie and Healthy Harold*

Prior to Ellie we had recruited someone else who unfortunately had to leave for personal reasons. However, once Ellie was appointed we realised that we had struck gold. Ellie was recently verified as a fully trained educator, and is now able to deliver Life Education sessions herself. The initial setbacks occurred due to the first appointee's resignation has meant that unfortunately it has not been possible to demonstrate a significant increase in reach in East Hertfordshire this year. But with Ellie now in post, trained and settled into her role, we are confident that we will be able to develop new partnerships with East Hertfordshire schools and increase our reach over the course of the next year and beyond.

#### *Key activity*

In the last year, CLE Essex and East Herts visited 46 **schools (23 in East Herts) 5 of which were new to CLE**. In total, this meant that **we were able to reach approximately 11,800 children directly** through our CLE sessions. In the current climate of increased financial pressure on schools, and the staffing issues noted above, we have been pleased we have been able to help a similar number of children to previous years.

The use of SCARF resources has also continued to increase across Essex and East Herts. Of the 2,000 schools now using SCARF nationally, schools in this area are accessing and using the resources the most. This can largely be attributed to the additional promotion, support and guidance our educators in the area are able to provide.

**All schools** took up the opportunity to have a full **staff briefing or professional development session** this year. At these sessions teaching staff gained insight on modelling effective teaching strategies in the



Life Education classroom, making the most of the online SCARF resources to embed wellbeing across the school, and they were able to take part in Q&As on teaching relationships and health education.

**All schools** also had **parent drop-in and workshop sessions** timetabled into their visits, with around **350 parents attending** throughout the year. At these sessions parents were given an opportunity to ask questions about what their children were going to learn and the chance to meet one of our educators and Harold the Giraffe (as children often go home with stories of having met a giraffe at school!)

### Feedback

All children who attended completed surveys at the end of their sessions:

- **92% of Year 5 and 6 children** stated they understood how others could influence the choices they make, with **87%** having a better understanding about how to be more assertive with other people (including friends).
- **97%** said they had a better understanding of the risks of alcohol and **95%** recognised that smoking is risky to a person's health.
- **89%** of children enjoyed their visit from CLE.
- **91%** thought that what they had learned and talked about would help them in the future.

In addition to this, **77% of teaching staff** reported that they thought CLE sessions and SCARF resources provided children with the knowledge of how to keep themselves healthy and **97%** would recommend CLE services to another school.

### Plans and Funding Needs - 2020/21

With two educators now serving Essex and East Herts, we are in a strong position to increase our reach in the coming years. In order to help with this expansion, we have plans to purchase a second LifeSpace pop-up classroom. Moving towards greater use of LifeSpace, and eventually replacing our LifeBus classrooms, could potentially be transformational for us. It would allow us to be more environmentally friendly and bring significant cost savings, ensuring we can continue to be financially sustainable during this period of expansion.



Our Lifespace Pop-up classroom

The generous support of the **Nineveh Charitable Trust** in 2017 was key in being able to purchase our first LifeSpace and we would like to ask if the Trustees would consider a new application to help us secure a second. This would help us to give even more children in Essex and East Herts the knowledge and tools they need to lead happy, healthy and secure lives.

Many thanks again for your kind support and if you have any further questions about this report or our future plans, please do not hesitate to contact me.

*Yours Sincerely,*  
*M. Arnold*

**Mark Arnold**, Senior Trusts and Statutory Executive  
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