



one-eighty

▷ TURNING LIVES AROUND

Annual Report 2016/2017

Celebrating success: Our Journey 2011 - 2017



Our vision

Where every child can enjoy a positive and flourishing relationship with education.



Our mission

One-Eighty exists to connect vulnerable children and young people with a positive learning experience by working on patterns of thinking, behaviours and emotions to enhance learning.



Directors Report

Johnny Latham and Susie Besant

The last six years have been an incredible period for One-Eighty as we seek to turn the lives around of the young people and families who we support. We have seen children with anxiety going back into the class groups they once feared. Through our family work we have seen families who previously refused to talk to each other rebuild relationships. Young people with clinical depression are now smiling again, with depression scores going back to a normal range. Those young people who were aggressive and violent now engage in calm conversations and in some cases have successfully returned from foster placements back into their home. And we have seen hope return to families who have previously felt hopeless. To top it off, we have extended our support from reaching 13 people in our first year, to over 2,000 over the last six years.

This year, we were commended for all our hard-work when we won the Oxfordshire's Charity of the Year and we would like to thank everyone who has supported us over the last six years.

One-Eighty is about Turning Lives Around, 180 degrees, sustainably. Turning Lives Around is exciting. Turning Lives Around is inspiring. Turning Lives Around is contagious.



Chair of Trustees Report

Alastair Colin-Jones

This year One-Eighty has continued to extend its professional, highly regarded services to reach more vulnerable young people and families. As the London and Oxford teams have expanded to deal with the increasing caseload, the Trustees have worked closely with the Directors to underpin One-Eighty financially and organisationally. Some developments include the creation of a larger leadership team, increasing the reserves and implementing a new budgeting system. Such organisational developments are not exciting in themselves, but remain crucial in ensuring that One-Eighty continues to mature well.

As we look back on another year of One-Eighty turning lives around, the dominant emotion is not primarily pride or joy, but of anticipation.

Certainly, there is much to be proud of - much of which is shared in this Annual Report - but we feel that there is even more to look forward to in 2017-2018.



One to One Support

Short-term Interventions

Intensive psychological behaviour support interventions targeted at 4-18 year olds over a minimum six-week period. We identify the reason a young person is behaving as they do and implement a clear plan tailored to the young person, the school and other professionals to enable positive behaviour change.

"The team at One-Eighty understood our unique challenges and needs and went the extra mile to ensure the intervention really worked."

Parent, Oxfordshire

Long-term Interventions

Bespoke and intensive year-long packages of support to help young people maintain or increase educational engagement. Tailored to each young person and their educational provision. We provide intensive, consistent support to the young person and their family to help them overcome any potential barriers to education. This package typically suits children with a diagnosis of a Special Educational Need and/or extreme anxiety and can range from three sessions per week up to full time.

"It's an amazing feeling knowing you've helped a young person to change their life."

Annie, a volunteer in Oxfordshire

Personal story

James* initially completed a 6-week intervention of three, one hour sessions which focused on enhancing focus, becoming more resilient, reducing high levels of anxiety, and completing more homework. As this intervention came to a close prior to his exam period, a four-week booster was implemented to remind James of the strategies to use when completing exams, and to give him a space to reflect on his revision and satisfaction with the exams themselves.

Additionally, there were six joint-family sessions, as One-Eighty were concerned that the foster placement was on the verge of breakdown, and wanted to increase communication within the household. James attended some of these sessions, but was often in extra tuition, or at his biological mother's house. During the intervention, it became apparent that James had quickly become a young carer for this Mum and had developed a routine of going round regularly before and after school. However, as a result of the initial intervention, he was able to sit and complete all of his exams, and school commented that he had progressed significantly since the start of the academic year.

*Name has been changed for autonomy purposes

Top 5 targets for interventions (% successful)



Age and Education (average age)

9

Primary

14

Secondary

32

Parents

Gender split



Male
55%



Female
42%



Trans/non-binary
3%

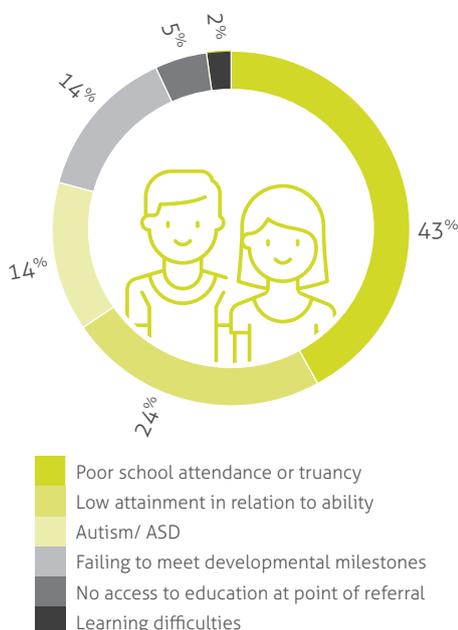




Mental and Emotional Health factors affecting a young person



Teaching and Learning factors affecting a young person



Mental and Emotional Health

Over 70% of referrals to One-Eighty indicate that poor emotional or mental health is a significant factor in the behaviour of the young person and arises from a range of causes such as: family breakdown, abuse, trauma or difficult experiences at school. We support children and families to build strategies to cope with anxiety, low mood and other more complex presentations and to develop resilience so they can access learning and begin to turn their lives around.

"This young person is one of the most vulnerable and isolated young people I have worked with. All of you have worked extremely hard to engage with them under the most difficult circumstance and everyone appears to be highly trained in their approach with a clear determination to meet their needs."

Social Worker, Oxfordshire

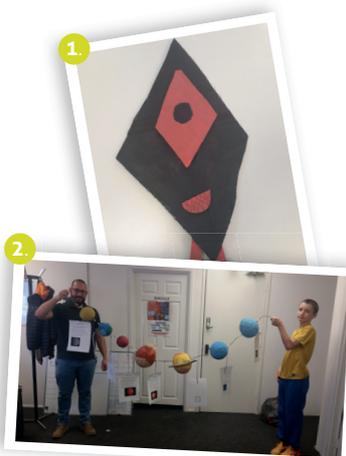
One to One Support

Teaching and Learning

The combined One-Eighty team has a wide range of skills and backgrounds including those from education settings. For those young people who are not engaging with school or education, we are able to work with professionals to provide teaching and learning opportunities in line with the national curriculum, whilst supporting our therapeutic interventions.

"With the help of One-Eighty, our young lady is slowly lowering the obstacles and contributing her views towards activities to improve her education. In general, her whole attitude is now changing... thank you One-Eighty for helping them with their emotional building blocks and giving them the skills on how to develop her growth mindset."

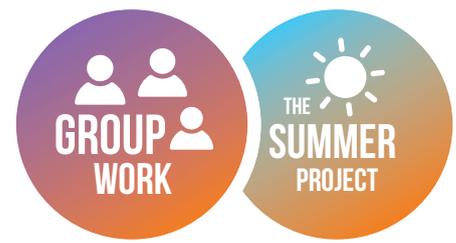
Engagement Mentor, London Borough of Hounslow Virtual School



Personal Stories

- Utilising creativity, a young person was able to design a physical character to represent their anger. In doing this, a distance to the issue is created, making it easier to explore the anger in more depth. **This character is Steve!**
- One-Eighty used a creative and practical approach to teaching and learning that supported young person to create a paper mache model of the solar system





Group Work & Summer Project

One-Eighty's Group Work aims to provide a cost-effective solution to supporting larger groups of young people with similar psychological and behavioural needs.

BE (Behaviour Education) utilises positive peer-pressure to re-engage those who would otherwise be disengaging from school. It is designed for teenagers who may be struggling with similar issues and allows them to explore and learn together.

Innerviews invites teenagers to listen to stories from real people who have faced personal challenges and despite adversity, have turned their lives around. It provides opportunities to ask questions, engage teenagers with positive role models and provides teachers with content to discuss in tutor groups.

Make Me Smile is an awareness project for Primary Schools about children's mental health. It explains mental health in an easy and understandable way for primary school children and supports them to feel happier whatever family situation they find themselves in.

"This course has given me an alternative starting point to consider when working with hard to engage young people."

Teaching professional, Swindon referencing One-Eighty's Resilience Course

Summer Project

One-Eighty's Summer Project is aimed at young people who have made an improvement over the last academic year and may be at risk of losing momentum in their success over the summer period. It engages young people in fun, educational trips and provides two one-to-one sessions to support their learning and well-being during the summer break. Regular check-ins with professionals and their family help to keep the summer as stable as possible.

Case Study

11 year old Dan* was a year-7 child when participating in One-Eighty's 2016 Summer Project. He had a diagnosis of Autism, and had been referred to the Summer Project to help him in forming new friendships, and to learn and practice socially appropriate behaviour. In addition, the academic aspect of the 2016 Summer Project trips and one-to-one's was very important for Dan's progress as he had only been attending school part-time the previous academic year and was extending his school day in September. Dan engaged positively with the other children on both of the trips. He worked well with the One-Eighty team and was able to share his reflections from the previous academic year. Dan set goals based on family relationships, education, and sport and benefitted hugely when he started his new school year. He also enjoyed taking part so much that he asked if he could join again the following year!

*Name has been changed

Group work

THINK DIFFERENTLY

Innerviews

Summer Project

Positive Psychology

Raise the Bar

Feelings

BE

Make Me Smile

KICK START

ENGAGING Behaviour

PEER SUPPORT

Group work

COST-EFFECTIVE

Enabling

Summer Project

<p>Oxford</p> <p>Young people participated</p> <p>20</p> <p>Areas</p> <p>Central: 6</p> <p>North: 3</p> <p>South: 6</p> <p>East: 3</p> <p>West: 1</p> <p>Bucks: 1</p>	<p>London</p> <p>Young people participated</p> <p>9</p> <p>Areas</p> <p>Hounslow: 5</p> <p>Richmond: 1</p> <p>Hertfordshire: 2</p> <p>Kent: 1</p>
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KEY ISSUES:

- Confidence
- Poor home life/Lack of opportunities
- Anxiety





Kick Start

- 5** Number of Kick Start groups we have run
- 60** Number of children we have reached
- 11** Volunteers who have supported with the project

Locations - Hook Norton, Chipping Norton, Didcot, Kidlington, Harwell.

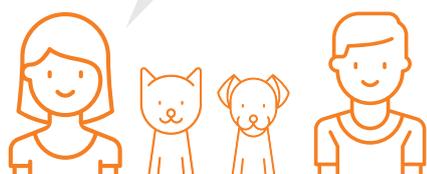
Kick Start is designed to help primary aged children who struggle to focus during the school day, either due to a diagnosis of attention deficit hyperactivity disorder (ADHD), for example, or distressing/dysfunctional home lives.

It combines evidence based practice from guided-relaxation, creative arts and co-ordination skills with aerobic exercise to produce a 1 hour session at the start of the day. It has proved very successful in local schools, with children having a more positive experience of school and increased engagement in their education.

Personal Story

Sarah was referred to Kick-Start due to her disruptive behaviour in class. During the project her behaviour steadily improved and she excelled in the relaxation element. Sarah's teacher reported a marked improvement in her listening/focusing skills, resulting in a more productive learning environment for the class. Sarah's parents noticed she is more contained and able to self-regulate, improving family life.

Young Person, Oxfordshire



Emerging Innovations Conference



one-eighty
TURNING LIVES AROUND



Interactive sessions
14 individual workshops

INFORMATIVE Practical, skill-based information
Street games

CREATIVE Successful behaviour change
Anxiety

MINDFULNESS Pets as therapy

Shame Positive parent relationships

60+ delegates
Yoga in schools

FAMILY THERAPY

Eating disorders

The Emerging Innovations Conference

Improving mental well-being and behaviour in children and families

Monday 9th October,
Unipart Conference Centre,
Garsington Road, Cowley. OX4 2PG

There are still a small number of places available to attend our conference in partnership with The Art Room. Follow the link on our website (one-eighty.org.uk) to book your place now.

"Short, sharp, sessions that were interesting and informative and increased my knowledge. I learned a lot."

Delegate, One-Eighty's Advanced Skills in Education Conference, October 2016



Training and Development

One-Eighty offers a range of training and development opportunities for school staff and other professionals to enhance their practice.

We deliver inset day training, external supervision and an annual conference to equip you with the skills and resources to support your work with children and young people.

"This has been a very informative, enjoyable and applicable course that will be used in various settings and areas of my work and could be used for a range of clients. I would highly recommend this course for anyone who wants to help people in life."

Delegate, One-Eighty's CBT+ training course



Training and Development

Focus on anxiety and depression

Raise the Bar

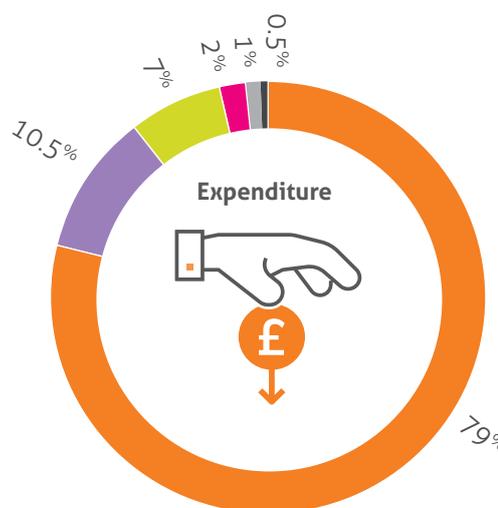
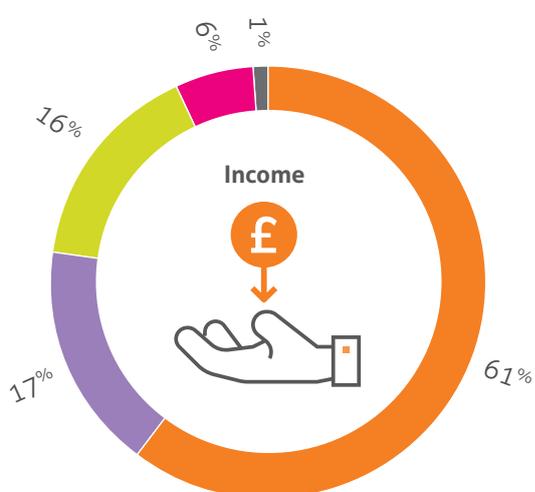
CBT+
Resilience
Inset-day training
Mindfulness

Focus on attachment disorders
Inside I'm Hurting

Focus on mental well-being

**GROWTH
MINDSET**

Financial report



- Commissions
- Office rent to help service expansion
- Grants
- Administration and office expenses
- Training
- Marketing (including conference)
- Other
- Service expansion and development to reach more families
- Fundraising and Donations
- Cost of raising funds

Our award winning year: promoting mental well-being in children & families

Oxfordshire Charity & Volunteer Awards 2017



The One-Eighty Team



We have an experienced professional team who provide short-term intensive interventions that bring about positive changes in a cost effective manner. This can take the form of one-to-one interventions or wider group projects. The team come from a wide range of backgrounds – psychology, education, youth work, occupational therapy etc. and they draw on this learning to develop innovative, fun and engaging activities that are based on cutting-edge research and deliver effective results.

"An absolutely fantastic agency. As a school, we needed a fresh perspective and One-Eighty provided this. Thank you so much for everything. You've changed a family life."

House Support Manager, An Oxfordshire Secondary School

Donate



Mobile

To give a one-off donation of £5 text:

YEAH005 to 70070

To become a Friend of One-Eighty and give £15 every month text:

MATE0015 to 70070



Online

one-eighty.org.uk

and go to our **'Get Involved'** page



Post

Please send a cheque made payable to **'One-Eighty Ltd'** along with your contact details to our address:

'Unit 20, Kings Meadow, Ferry Hinksey Road, Oxford, OX2 0DP'

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