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.

Celebrating success: Our Journey 2011 - 2017

In the last six years, over 2000 families, young people and professionals have been supported by One-Eighty.

2011-2012
12 young people and 1 family supported in Oxfordshire

2016-2017
64 teenagers through 1-1 interventions
51 families through family support

We have worked with 135 schools

Our reach covers:
Oxfordshire, Buckinghamshire, Swindon and West London

We have turned lives around for:
51 families through family support
12 young people and 1 family supported in Oxfordshire

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)

- Academic Achievement: 100%
- Understanding of self: 83%
- Interpersonal relationships: 71%
- Behaviour: 70%
- Family: 66%

Age and Education (average age)

- Primary: 9
- Secondary: 14
- Parents: 32

Gender split

- Male: 55%
- Female: 42%
- Trans/non-binary: 3%
Mental and Emotional Health

Factors affecting a young person

- Emotional vulnerability: 64%
- Mental health problems: 40%
- Behavioural problems (unrelated to circumstances): 50%
- At risk of care or currently in the care system: 52%
- Experienced or witnessed domestic violence: 26%
- Known neglect or abuse: 24%
- Evidence of traumatic incident: 24%
- Attachment difficulties: 26%
- Victim of crime or sexual exploitation: 5%

Teaching and Learning

Factors affecting a young person

- Poor school attendance or truancy: 2%
- Low attainment in relation to ability: 43%
- Autism/ASD: 14%
- Failing to meet developmental milestones: 24%
- No access to education at point of referral: 14%
- Learning difficulties: 24%

One to One Support

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

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

1. 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!*

2. 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.
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

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### 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

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**Group Work**

**STUDENTS ENROLLED:**

- London: 9
- Oxford: 20

**AREAS:**

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**KEY ISSUES:**

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

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**Teaching professional, Swindon referencing One-Eighty’s Resilience Course**
Kick Start

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

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

Financial report

Expenditure

- Service delivery (including client facing staff and resourcing activities)
- Office rent to help service expansion
- Administration and office expenses
- Marketing (including conference)
- Service expansion and development to reach more families
- Cost of raising funds

Income

- Commissions
- Grants
- Training
- Other
- Fundraising and Donations

61% 17% 16% 10.5% 7%
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”