

c/o Ms., S. Hutchinson. The Nineveh Charitable Trust,
8 Mill Lane, Saffron Walden, Essex, CB10 2AS

17 May 2023

Dear Trustees of The Nineveh Charitable Trust,
Report to The Nineveh Charitable Trust

We are delighted to be sending your report, which details how your generous donation of £4,000 received on 16/12/2022, has been turned into smiles, confidence and hope for children and young people on Go Beyond breaks from January to March 2023. We can only express our deepest gratitude to the Trustees of The Nineveh Charitable Trust for supporting children and young people living in seriously challenging circumstances at such a monumentally challenging time for everyone.

As a direct result of your donation, you have provided children and young people with the opportunity to laugh, play and conquer their fears for the confidence to take on the world. We hope you find the report informative and that you enjoy reading about the unforgettable experiences that they have had on Go Beyond breaks – making memories that will last a lifetime.

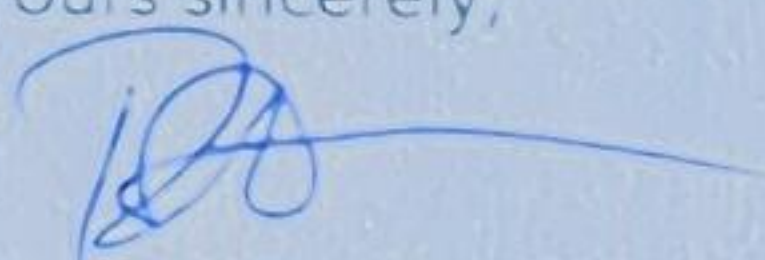
We know life was extremely tough for a lot of children last year, with the true impact of the COVID-19 pandemic on social, emotional and behavioural development, education, wellbeing and health continuing to be uncovered. The past couple of years have brought a world of even more uncertainty, where this generation has witnessed the negative impacts of climate change, conflict and a continuously worsening cost-of-living crisis. The effect on young people's mental health, and even the physical wellbeing of those living in the most deprived households, cannot be underestimated.

We stand with children and young people living in seriously challenging situations, whether they are experiencing neglect or abuse, living in a household significantly impacted by poverty, carrying the huge responsibility of caring for a family member or suffering with anxiety, depression or stress. We are dedicated to supporting and helping them to gain the experiences, skills and knowledge to help them feel able to face – and overcome – the challenging situations in which they live.

We thank you for supporting us in our mission to bring joy and opportunity to children and young people who are experiencing these, and many other, challenges. In a year where financial resources are becoming more and more limited, whilst the need of worthwhile causes is increasing evermore, we greatly appreciate the substantial demand on funders at the present time.

We hope that you enjoy reading about the positive impact you have made in the lives of the children and young people attending Go Beyond breaks in 2023. If you need any further information regarding this report, please do get in touch.

Yours sincerely,



Daniel Cooley, Rhiannon Lucas-Thompson & Sarah Eddicott, Trust & Foundation Fundraisers
E: info@gobeyond.org.uk Telephone: 01822 811 020 Website: www.gobeyond.org.uk

THE CHARITY GIVING BREAKS THAT LAST A LIFETIME

Registered Office
Suite B1 Higher Mill
Buckfast Abbey
Buckfastleigh
Devon
TQ11 0EE
t 01822 811020
e info@gobeyond.org.uk

Cornwall
Coastal Centre
Barn Park Farm
Well Street, Tywardreath
Cornwall
PL24 2QN
t 01726 817913
e info@gobeyond.org.uk

Derbyshire
Daleside Centre
Ravenscliffe Farm
Fenny Bentley, Ashbourne
Derbyshire
DE6 1LF
t 01335 350525
e info@gobeyond.org.uk



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THE CHARITY
GIVING CHILDREN
& YOUNG PEOPLE
BREAKS THAT
LAST A LIFETIME

Report for The Nineveh Charitable Trust

January to March 2023

"This has been the best week ever you know – I'm just really enjoying it and am happy to be here."

Alice, aged 10*

**Names, some details, and photos have been changed to protect identities*



**Supporting some of the UK's most vulnerable young people in 2023:
A report on Go Beyond's impact from January to March 2023.**

The difference you have made is incredible; thank you for providing a great start to the year, offering children and young people the opportunity to laugh, play and conquer their fears for the confidence to take on the world. Thanks to you, we've been able to give children and young people memories that will last a lifetime!

Your generous donation of £4,000, received on 16/12/2022, has been transformed into early spring fun, new and exciting challenges and plenty of laughter, supporting vulnerable children and young people at a critical time in their lives. Because of your support, children who face seriously difficult circumstances on a daily basis can see beyond their challenging home lives to a bigger, brighter future. On behalf of the children on our breaks, we would like to say a huge and heartfelt thank you! Go Beyond is delighted to be able to provide the following report on your grant.

The children and young people you've supported

From January to March 2023, 191 children and young people came to Go Beyond to enjoy a week like no other at our centres (Coastal Centre in Cornwall and Daleside Centre in the Peak District).

That's 15 break weeks filled with conquering challenges, 764 brave climbs on the rock climbing wall, 60 cozy evenings filled with stories of each day's 'best bits', 2,292 splashes in the sea at our Coastal Centre or the streams at our Daleside Centre, countless new friendships and confidence to last a lifetime.

Aged between 8-15 years, they had all been referred to Go Beyond by professionals who work directly with them and their families. Referrals for Go Beyond breaks are made by teachers, social workers or care professionals who identify children living in seriously challenging circumstances. The children and young people we target are therefore statistically more likely to experience significant negative implications for a range of developmental dimensions, including health, education, identity, emotional and behavioural development, family and social relationships, social presentation and selfcare skills.

58.2% of children and young people on our breaks between January and March are living in socio-economic poverty, having access to free school meals. Overall, 72.2% qualified for pupil premium.

The referral agents have a comprehensive and detailed knowledge of the children's needs, and in collaboration with our Director of Children, Break Co-ordinators and Senior Break Leaders, they are booked onto a break that can support them the most.

Your generous funds have supported four of the 191 children and young people who attended a Go Beyond break between January and March 2023. Two attending our Coastal centre and Two at our Daleside centre, break week commencing 13th February 2023.

2023 January to March referral data summary: Amongst facing other serious challenges at home (including low mood/depression, social anxiety, alcohol/substance abuse and having a parent in prison), the children and young people who attended a Go Beyond break from January to March were subject to the following in their everyday lives:

Caring responsibilities 27%	General anxiety 28%	Domestic violence 26%	Emotional abuse 16%
Bereavement 24%	Loneliness/ isolation 20%	Neglect 16%	Housing issues 16%

Sadly, many children fit into more than one category.



Where have the children come from in the UK?

Geographically, the children and young people attending Go Beyond breaks from January to March 2023 have come from various areas across the UK, including: Cornwall, Devon, Derbyshire, West Midlands, Cheshire, Northamptonshire, Gloucestershire, London, Staffordshire, Nottinghamshire and Oxfordshire.

Go Beyond Breaks – Under Open Skies

On Go Beyond breaks, children and young people are taken on a structured journey, under wide open skies. Through adventure, challenge, team-building, nature play, respite and making new friends, they can grow in confidence, explore nature, learn new skills, improve their emotional and physical health and wellbeing and develop an early passion for the environment. By taking children on this journey and immersing them in the natural world, they have had the chance to build positive associations to people and places, creating memories and developing skills that will last a lifetime.

Go Beyond Breaks: A Child's Journey (Monday to Friday)

Day 1	Day 2	Day 3	Day 4	Day 5
Go Beyond Welcome Day & exploring	Challenge Day	Nature Day	Fun Day	Celebration Day

Our breaks between January and March have accommodated groups of up to 16 children, giving the feel of a big family holiday and the chance for all children to spend quality time with the adults on break. Our break leaders and dedicated breaks volunteers (2:1 child to adult ratio) used focused activities to improve children's self-esteem, relationships with others and raise their aspirations for the future. During these breaks, we really emphasised conquering your fears (no matter how big or small) for the confidence to take on the world. Each day, activity, free-play session and chill-out time offers children and young people the opportunity to expand their comfort zones, whether that be simply being away from home for the first time, making new friends, conquering the highest rock climb or trying something new. Our centres are a home-away-from-home, and include:



With your incredible support, you've enabled children and young people to take on new challenges and conquer fears such as indoor rock-climbing sessions, high bridge walks (Eden Project, Cornwall), rushing down water slides, flying kites at Par Beach (Cornwall) or taking in the views at Dovedale (Derbyshire). Laughter has rung out whilst feeding lambs at the National Forest Adventure Farm (Derbyshire). The chance to experience something new has brought joy and confidence to all the children and young people who have visited our centres so far in 2023.

Every week, children on Go Beyond breaks make memories that grow their confidence and self-esteem. These memories inspire children in their home lives; with them finally being able to stand up in front of their classmates, become passionate about new hobbies and even forge aspirations for future careers and lives.

During their break, the children and young people get the opportunity to have 'free time' and simply enjoy the activities they are most interested in; we encourage this autonomy in a world where things can often feel out of their control. We have vast open spaces at our centres for them to run about – playing football, going for walks, building campfires and participating in fun team activities introduced by our break leaders. But for others, quiet contemplation is important and we encourage creativity, so artistic masterpieces may be created in our Arts & Crafts barn, new interesting dens built or board/card games enjoyed amongst friends in our lounges. The children and young people love nothing better than beating the leaders at a game of pool!



Conquering your fears for the confidence to take on the world

Daleside Centre Highlight – The start of the year brought about wonderful frosty morning views and blankets of snow across the fields – a Go Beyond Snow Day at Daleside!

Because of the wintery conditions, they couldn't get the minibuses out for off-site activities, but that never stops the fun at Go Beyond! Instead, the leaders gathered all of the wellies and big thick winter coats from the cupboard and everyone got wrapped up ready to go out in the snow. Most of the children weren't keen on the idea of going outside in the cold but, with lots of encouragement from the excited break leaders, they pulled on their wellies and agreed to head outside to the centre's fields.

The crunching of the fresh snow under their feet and the panoramic views of rolling white fields for miles and miles quickly changed the mood of the group. Suddenly, everyone was running around laughing, kicking up the powdery snow and making welly-boot imprints on the ground; the concerns of being outdoors in the cold quickly melted away. The group spent the morning making snowmen and having snowball competitions to see who could throw their snowball the furthest up the big field.



Then time for a Go Beyond challenge... who could make the biggest snowball?! The children worked together in pairs and the snowballs got bigger and bigger. It was incredibly difficult to judge which one was the largest – until one of the children suggested putting everyone's snowballs together to make one GIGANTIC snowball! The group teamed up to create the biggest snowball ever seen at the Daleside centre – the finished product was bigger than some of the children on break!

The evenings were spent wrapping up warm in front of campfires, eating s'mores and drinking hot chocolate. Campfire songs were sung until the leaders' throats were croaky, at which point the children and young people took over. 'Werewolves' was the popular game of choice; stories were elaborate and the defence pleas were passionate. It really demonstrated the story-telling and creativity that comes with the Go Beyond experience.



"I've never been able to socialise like this, I'm always just in my room." – A child on break



Coastal Centre Highlight – With spring fast approaching, a particular highlight for children and young people coming on a Go Beyond break at our Coastal Centre has been our nature day trips to The Lost Gardens of Heligan, where we have been exploring the ancient woodlands and lost valley.

Many of the children on break have never had the opportunity to explore woodlands to play in and the beauty of natural landscapes – a brilliant antidote to the stresses, anxieties and complex emotions we see many of them deal with as a result of their difficult lives.

All the children became intrepid explorers of the ancient woodland, donning blue rain coats and welly boots; they followed the twining 200-year old pathway through the woods – unbeknownst to them some sculptures were waiting to be discovered. Their eyes wide open, ears pricked to the sound of bird song and whispering gently to each other, “Can you see anything yet?”... then suddenly gasping as ‘The Giant’s Head’ revealed itself, then further along the ‘Mud Maid’ emerged from the ground and finally they met ‘The Grey Lady’!

Full of giggles and delight from their discoveries, the children then enjoyed some time to play within the giant woodland area; our break leaders led games of hide and seek and ‘puddle jamboree’ (in teams, how many puddles can you find and jump in?!) before settling down at the bird hide.

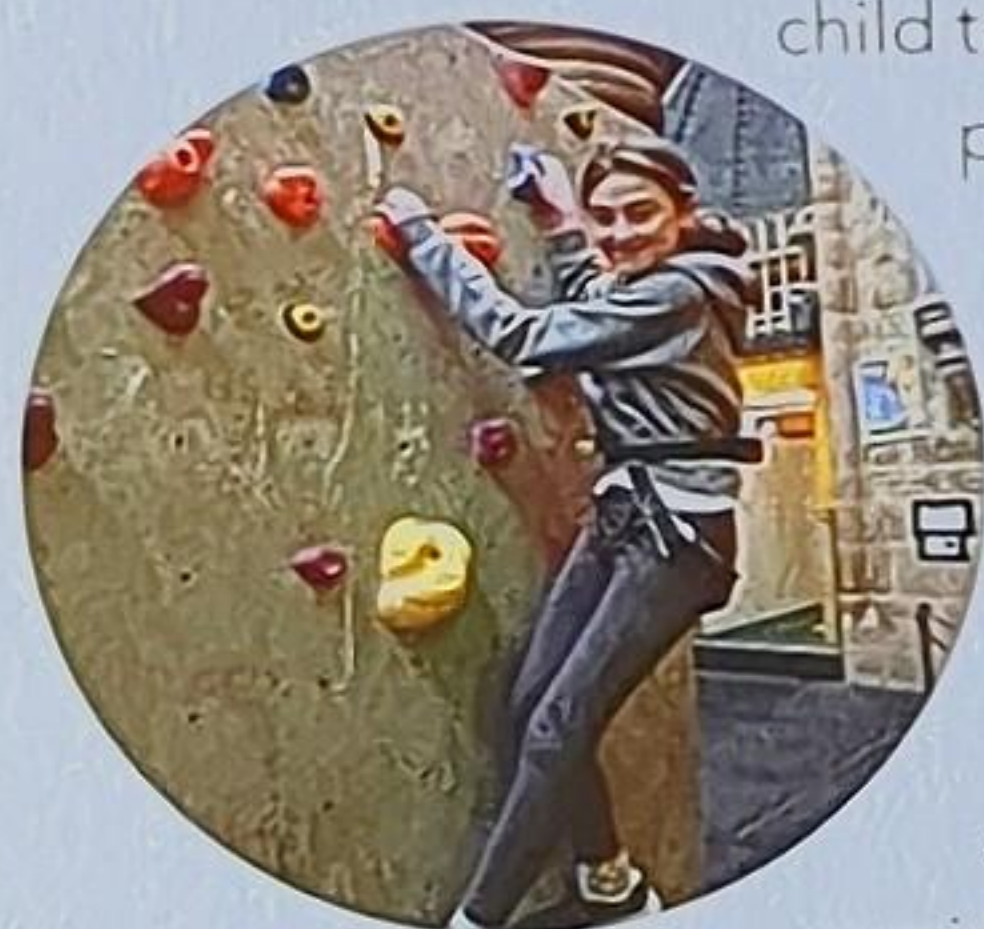
The bird hide at The Lost Gardens of Heligan has an enormous map of birds on display, the children worked together to spot the different types of birds. As soon as they found one it was ticked off the map – the most ticked off during our trips was 16 different birds!



A child during their visit to The Lost Gardens of Heligan – “I feel so free.”

Fostering communication, social and emotional development – A significant number of children attending a Go Beyond break have poor or limited communication, social and emotional skills with peers and adults, largely as a direct result of their seriously challenging circumstances. Throughout a break week, children engage in structured team-building games and play initiatives, offering the opportunity for each child to develop communication skills within a team setting, make new friends and have some

precious 1:1 time with break leaders and adult volunteers. January to March saw many ‘best bits’ shared, and personal reflections from our children and young people acknowledge the impact our volunteers had on their experience, and the new skill they had to make friends.



Finding new confidence within and conquering fears was a big part of the break experience, and our presentations at the end of the week encapsulated this development, with photos that the young people could take home to pose as a reminder of all they have achieved – “I can’t believe I did that!” All of this helps them to build trusting relationships to adults and peers, helping those children to ask for support beyond their time at Go Beyond.

“The only reason I’m here is because you make me feel so safe.”

Improving physical and mental wellbeing – Our breaks make time for children to be more active and have time away from screens. By switching off their phones for a week, it gives them a chance to fully embrace their experience and the activities we have to offer. Our centres are surrounded by beautiful countryside, and we have plenty of outdoor activities such as football, hiking, trampolining, and surfing – as well as Games Barns with snooker tables, table tennis and darts. Children can get creative in the Arts & Craft Barn and outside building dens, or have some quiet time in the lounge curled up with a good book.



Swimming is a great physical activity that we offer on break, but some of our young people have not had the opportunity to go before. On one break between January and March, this was the case with two of the children. They were given armbands to help but were still really unsure of the water. However, with the support of the break leaders, they were much more confident by the end of the session and had lots of fun splashing about with their friends. That night, they said they were really proud of themselves for learning how to swim.

"I thought it would be boring without my phone, but it was so much better than expected – if I'd had my phone it wouldn't have been as fun!"

Getting children to learn about the countryside and natural world around them – Many children that join us are from inner-cities and benefit from the centres' beautiful countryside surroundings. Some children have never seen the sea or farm animals such as cows or sheep, who are our neighbours at each centre! We've noticed even children who live nearby have rarely had the chance to enjoy the things the area has to offer because their families haven't had the capacity to take them to the beach or climbing in the hills.



With everyone wrapped up warm in coats, hats, scarves, gloves and welly boots, one child persisted, "I'm wearing shorts on the beach, because that's what you're supposed to do". All the children were enthralled in kite-flying; they each had to assemble their very own kite together, unravel the kite's line and handle and then, in pairs, launch the kite into the winds. The children explored the rock-pools and small caves, built grand sandcastles, splashed in the sea and dug giant holes to discover shrimp (Sandy the Shrimp was the favourite!).

At the nature farm in Derbyshire, the children were eager to discover that the lambs were being bottle-fed, and were naturals at joining in! Running around the farm to discover all the newborns and learn about the different animals was fantastic, and there were plenty of giggles with the licky cows at feeding time. Muddy puddles and snowball fights were a big staple for our breaks the beginning of this year too!

What the children say

Children are at the heart of everything we do at Go Beyond. Throughout the breaks, young people collect 'memories that last a lifetime', which are shared and celebrated at the end of each day as 'best bits'. We would love to share some of these moments with you from children and young people on breaks from January to March 2023:

"I came to make friends and that's what I've done."

"My best bit of the day was seeing everyone happy here."

"Please can I stay and help in the kitchen to get practice for the future?"

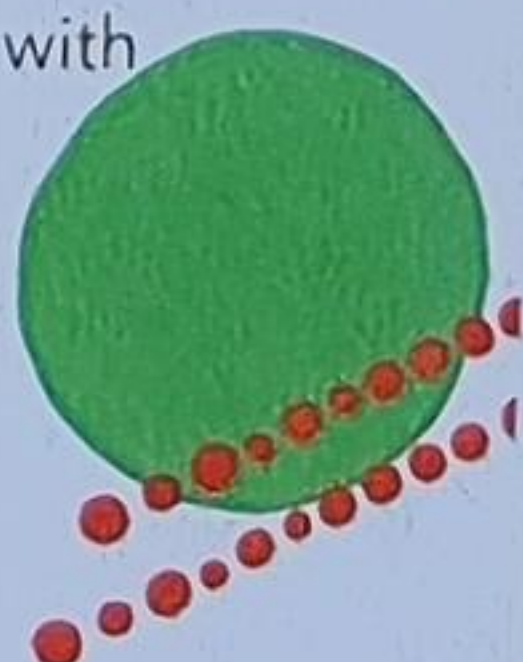
"I wasn't expecting it to be as good as it was – I enjoyed the week so much."



In their free time, the children were encouraged to relax, chat and create new friendships. Reflection times were held at the end of the day where children talked about their successes.

Go Beyond breaks provide positive outcomes for children & young people:

- **Outcome 1** – Improve their emotional wellbeing and positive outlook
- **Outcome 2** – Increase their confidence, resilience & sense of self
- **Outcome 3** – Increase their confidence in making new friends and communication skills with peers and adults
- **Outcome 4** – Develop and learn new skills including: cookery, environmental and conservation learning (e.g. growing vegetables & fruits, foraging, planting)






Evidence of our Impact

As part of Go Beyond breaks, we gather feedback directly from the Children & Young People using the nationally-recognised Stirling Children’s Wellbeing Scale (SCWBS). SCWBS was initiated by the Stirling Educational Psychology service with the objective of creating a holistic, positively-worded scale measuring emotional and psychological wellbeing in children aged 8 to 15 years.



Children & Young People answer a series of 16 statements, such as ‘I think positive things will happen in my life’, on a scale from 1 (never) to 5 (all the time). The numeric answers are placed into an algorithm to produce a scale measurement of a young person’s positive emotional state and outlook. In addition, we ask the children to self-measure statements (on the same numeric scale) that relate to our four outcomes such as ‘I’ve enjoyed learning about new things’.

Break leaders observe the young people throughout the week, noting any increases in their confidence, improvements in their interactions and relationships with others and their willingness to take part in activities and challenge themselves as the week progresses. These observations are collated in end-of-week reports for each child, tracking their progress from start to finish, and how they have benefitted from their break. Referral Agents also complete a questionnaire once the young people have returned home, which includes questions directly relating to our outcomes, as mentioned above.



Stirling Children's Wellbeing Scale

1	2	3	4	5
Never	Not all the time	Some of the time	Quite a lot of the time	All the time

January to March 2023 – Stirling’s Children’s Wellbeing Scale: Impact of a Go Beyond break

- Positive emotional state average of children and young people improved from 3.7 at the start of the break to 4.0 at the end of the break, on a scale of 1 to 5 – an 8% increase in 5 days.
- Positive outlook average of children and young people improved from 3.6 at the start of the break to 4.0 at the end of the break, on a scale of 1 to 5 – an 11% increase in 5 days.

January to March 2023 – Go Beyond breaks: Positive Outcomes for Children & Young People

- 83% of children enjoyed learning new skills during their Go Beyond break
- 82% of children liked being outdoors and in nature during their Go Beyond break
- 81% of children felt like they got on well with other people during their Go Beyond break
- 80% of children think there are things they can be proud of at the end of their Go Beyond break
- 79% of children felt like they didn’t give up easily on their Go Beyond break
- 84% of children enjoyed what each new day brought on their Go Beyond break
- 78% of children felt relaxed on their Go Beyond break
- 77% of children found it easier to make new friends on their Go Beyond break

78% of children feel that good things will happen in their life after being on a Go Beyond break.

Referral Agent Feedback – January to March 2023

- 86% of referral agents agreed or strongly agreed a Go Beyond break improved the children and young people's confidence
- 71% of referral agents agreed or strongly agreed a Go Beyond break improved the children and young people's relationships with others
- 100% of referral agents agreed or strongly agreed a Go Beyond break has widened the children and young people's horizons
- 100% of referral agents agreed or strongly agreed a Go Beyond break has enabled the children and young people to create happy memories
- 100% of referral agents wish to refer more disadvantaged children in need for a Go Beyond break

A letter from Ali Blake, Child & Family Wellbeing Leader, referral agent 2023

"A trip to Go Beyond can help a child improve on their attendance and behaviour. Being away from home helps children take responsibility for themselves and encourages independence... some of our children do not have the finances to go on holiday. The cost-of-living crisis will impact on families, making a holiday away even more out of reach. Some children rarely leave the area. Go Beyond is the only provision that provides children with the opportunity to have a break away. Young carers have attended a residential as a way of respite.

Go Beyond provides a safe, nurturing place where children are encouraged to engage in activities that help build their confidence. Children always come back from a Go Beyond break and speak positively about members of staff who have encouraged and nurtured them whilst being away from home.

Go Beyond is needed more than ever since we have experienced a pandemic. Children have been impacted socially and emotionally during Covid and missed out on important milestone experiences whilst being in isolation. Any child that has attended Go Beyond always returns happy and upbeat; it is very clear that the time away really benefits children and has a huge impact on their emotional wellbeing. Children share with their friends their experience and memories they have made."

After their break, the children are able to remember their break through:

- A memory bag filled with mementos from the week, including photos and certificates of their achievements, and FREEPOST envelopes so they can write to the break leaders after returning home.
- A postcard that they have sent home to themselves during the week, as a reminder of the positive experiences they've had, and as a way of keeping their 'happy place' close.
- A birthday card and Christmas gift from us in the year after their break, so they'll know we are still thinking of them; we continue to support them even after they have returned home.

Even more importantly, the young people return home with their new skills, supportive friendships and an increased sense of confidence, giving them a clear framework to overcome worries and challenges in the future and apply them to other situations in their lives.



Thank you again!

On behalf of the young people The Nineveh Charitable Trust has supported, we would like to say a huge and heartfelt thank you! Your grant donation has turned apprehension into confidence and sadness into smiles, helping young people to believe in a bigger, brighter future!

Go Beyond has had a very rewarding partnership with The Nineveh Charitable Trust, and we are extremely grateful. You make it possible to give children and young people a break that lasts a lifetime.

Please see the enclosed case study to read about the difference your donation has made in the lives of children and young people on Go Beyond breaks from January to March 2023.

A letter from a child

For many children and young people, the isolation of the coronavirus pandemic and an increasingly digital lifestyle has created loneliness, anxiety and a crisis in confidence. Furthermore, the world we are currently facing can be quite scary for young people, witnessing climate change, conflict and the impact of the cost-of-living crisis. For the children and young people referred on our breaks, these worries are intensified by seriously challenging personal circumstances, which often prevent them from just experiencing the carefree opportunity to simply be a child.

9-year-old Jason* has had a very stressful start to life, having experienced physical and emotional abuse, poverty and neglect. The past few months have increased these difficulties due to marital-break up and a decline in his parent's mental health. The ongoing issues at home have led to him struggling with his own anxiety and becoming very withdrawn from others. Despite a difficult home life, he has continued to work hard at school and deserved a break where he is able to be a child again.

Jason's* referral agent said that he is a clever, quiet boy who enjoys his own company. Although he is very shy, he is incredibly polite and just needs a little bit of encouragement to mix with other children. Despite regularly attending school, his anxiety has made it difficult to make friends. Jason* needed this opportunity to come out of his shell and develop the confidence to interact with others again.

A few weeks after he returned home, the break leaders received a letter from Jason*:

Dear go beyond. ^{Friday 24th March 2023}
I really enjoyed coming and I
hope I can come again. It was
so much fun and im more confident
now! 😊
Hope I'm able to come next
year.