



Report for Nineveh Charitable Trust

"My favourite bit of the day was getting to talk to the break leader about everything going on at home. It really helped me." – a Go Beyond Child

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



Your generous donation of £4,800, received on 22 May 2024, has been transformed into beaming smiles, new friendships, and a chance for children to rediscover the joys of childhood in the beautiful countryside, away from hardship. Thanks to your support, the children enjoyed a week filled with unique activities like rock climbing, swimming, baking, gardening, arts and crafts, and much more. Our breaks offer not just relief and respite but also structured activities that foster essential life skills, emotional resilience, and social connections. These experiences are crucial for children who, without our intervention, might not have the chance to thrive in a nurturing and supportive environment. These were more than just breaks; they have become memories that will last a lifetime

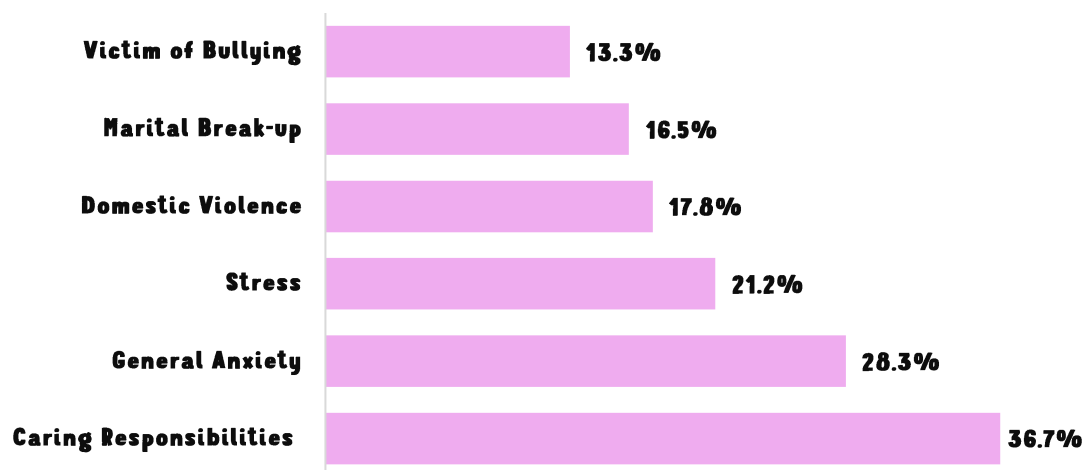
On behalf of the young people on our breaks and everyone at Go Beyond, a huge and heartfelt thank you!

Our 2024 Summary:

In 2024, we provided 1023 transformative breaks at our centres in Cornwall and the Peak District. Each break offers children and young people a unique chance to experience freedom – running through rolling fields, forging new friendships, and embarking on exciting adventures. At Go Beyond, many of these young people, perhaps for the first time, can set aside their troubles and revel in the simple joy of being happy, carefree children.

Supporting the UK's most vulnerable young people:

Referrals are made by teachers, social workers or care professionals who identify children living in difficult or seriously challenging circumstances, commonly referred to as adverse childhood experiences (ACEs). Our referral data* shows that the 6 most common reasons for referral are:



Sadly, many children fit into more than one category.

Amongst facing other serious challenges (including neglect, housing issues, alcohol, physical and substance abuse) 65%* of children qualified for Pupil Premium, with almost 54.7%* currently in receipt of Free School Meals.

Children have joined us from across the UK, with Cornwall, Devon and the West Midlands being the most common counties. According to the National Indices of Deprivation, 53%* of our young people's postcodes are in the Top 4 deciles of deprivation: these children are amongst the most underprivileged in the country.

As a result, the children and young people we target for breaks are statistically more likely to be negatively impacted across numerous developmental dimensions.

* Data collected January to September 2024



Our Outcomes

Go Beyond breaks are specially designed to help the children achieve four key outcomes:

1. To improve their emotional wellbeing and positive outlook
2. To increase their confidence, resilience and sense of self
3. To improve communication and social skills, leading to new friendships
4. To develop and learn new skills (such as cookery, gardening, and swimming).

Educational Benefits – As well as our four outcomes above, Go Beyond is registered as an ASDAN-accredited centre. Certificates and points are awarded for the children's learning and development whilst on break, and the children are also marked 'present' on the school registers, so their attendance record is not affected.

Our Impact

We believe the impact of Go Beyond will last beyond their stay with us, equipping them with the tools they need to go towards a brighter future. Through detailed impact monitoring and feedback, we have developed and honed our services to ensure our breaks are of the best possible benefit to the children.

To assess the impact of our breaks we use the Stirling Children's Wellbeing Scale, putting the children's feedback at the forefront of what we do. The young people complete the scale at the beginning and end of their Go Beyond break. In 2024, we found that following a break:

- Children's positive emotional state average improved by 10.8%
- Children's positive outlook average improved by 8.1%
- A 9.5% increase in children reporting feeling calm
- An 9.6% increase in children reporting they find it easy to make new friends
- A 8.9% increase in children reporting that they enjoy what each day brings

Recent quotes from children on their breaks...

'I'm so lucky to come to Go Beyond. I don't think I'll get a chance like this again. Everyone's been so supportive of me and I have never had that. I didn't think I deserved it.'

"I bet coming to Go Beyond is the greatest thing I'll ever do in my life."

"I don't feel different here like I do everywhere else. I feel normal and happy here."

Our latest impact report from Referral Agents has found:

- 100% agreed a Go Beyond break improved the children and young people relationships with others
- 99% agreed a Go Beyond break has enabled the children and young people to create happy memories
- 100% wish to refer more disadvantaged children in need for a Go Beyond break
- 99% agreed or strongly agreed a Go Beyond break improved the children and young people's confidence



Daleside Centre Highlights

At our Daleside Centre, 2024 kicked off with a burst of energy. In January, the children embraced the challenge of rock climbing, with many naming it as the highlight of their week, overcoming their initial hesitations with bravery. February welcomed the wonder of snowfall at our Daleside centre, sparking excitement among the group. The children took on our break leaders in an epic snowball fight, with the children claiming victory!

On a trip to the National Forest Adventure Farm, every child got the chance to bottle feed some greedy newborn lambs! The group were very sweet with the lambs, quietly appreciating this unique experience. At Gentle Shore Wildlife Centre, the young people also got to handle some slightly more unusual animals, including bearded dragons, snakes and kestrels. Even some of the more energetic members of the group were really calm, making sure to be kind to the animals.



An impromptu frisbee golf tournament saw both frisbees and children whizzing across our fields. The group were having so much fun, the outdoor games continued with an orienteering treasure hunt. Friendships were cemented as the children worked together, following clues to conquer the challenge. As the sun set on this glorious afternoon, the day was made even more special, as hot air balloons drifted through the evening sky.

Longer days and warmer evenings have meant that after dinner, campfire sessions have been a highlight. In this peaceful setting, the children can play games, share stories, toast marshmallows and look up at the clear night sky.

"My best part of the week was meeting everyone and making some new friends" – A Go Beyond child

A summer of sport kicked off in June, with football fever sweeping the centres as we cheered on England in the Euros. The Break Leaders saw an opportunity to foster the children's enthusiasm for the tournament, decorating the dining room with bunting and balloons. While some of the young people sat on the edge of their seats, others preferred to enjoy the peace of the Go Beyond gardens. A green-thumbed group had the thoughtful idea of picking some home-grown mint to make into tea as a relaxing treat for their friends. Whatever their interests, there is truly something for every child at Go Beyond.



Away from daily struggles, the children are empowered to express themselves and explore their passions. The Breaks Team loved seeing one group's ideas come to life through a talent show. While some opted for flamboyant fancy dress and impressive gymnastics, one of the quietest children surprised everyone with their amazing piano playing skills. Those who preferred not to take part still had a crucial role as judges and audience members, making sure to applaud their friends' performances.



As autumn arrived, our Break Leaders made the most of the remaining warm days by arranging alfresco lunches, where the children enjoyed jacket potatoes cooked directly over the campfire. Accompanying these meals were lessons in fire lighting and safety. The autumnal winds were perfect for kite flying, and our fields were soon covered with kites dancing against the backdrop of the Peak District. The breaks ended in a burst of creativity as each child added their fingerprint to our growing mural, quickly spiralling into a paint fight that left everyone, including our Break Leaders, covered in bright colours, with giggles ringing throughout the Centre.

The Christmas spirit sparkled at our Centre as a thick blanket of snow transformed our open fields into a winter wonderland, igniting pure festive joy among the children. The group revelled in the snow, building a village of snow people under the crisp winter sky. Inside, the warmth of the kitchen beckoned with a mince pie baking session, where the children learnt the art of pastry making and delighted in the sweet treats. This festive season at Go Beyond was not just about celebrating; it was about creating magical, lasting memories for the children, filling their lives with the joy and wonder of Christmas.



Coastal Centre Highlights

At our Coastal Centre, we embraced the outdoors, digging moats at the beach and making friends with lots of wildlife. Visits to the beautiful Par Beach are a recurring highlight for our children and young people: we are so lucky to have it right on our doorstep, but for some children this was their first time ever seeing the sea.

'I've been to the beach before but I've never really played on the beach.' – A child on a break

The beginning of 2024 has been marked by vibrant celebrations, with the children welcoming the Chinese Lunar New Year with an incredible giant dragon puppet, ingeniously designed by our talented break leaders. The air buzzed with excitement as the dragon danced around the enchanted audience! At dinner, the children took on the challenge of learning to use chopsticks, determined to use this new skill to finish their Chinese feast! It was a fantastic opportunity for the children to learn about a different culture. Trips to Trethorne Leisure Park have also been a group favourite, where having the entire play area to themselves meant endless joy. Diving into ball pits and sliding down slides, the children (along with the break leaders!) filled the air with laughter.

The start of Spring couldn't have been sweeter for our young people, who got into the Easter spirit with egg hunts and themed parties. Down at Coastal, an orienteering element added an extra challenge for one group, who got the opportunity to build skills in using maps and compasses, while also working as a team.



To signal the start of summer, a BBQ and den-building allowed the children to embrace longer days and the outdoors. The children used their problem solving and communication skills to build dens out of sticks they had found, tarpaulin and rope. Dens weren't the only thing being built as the group friendships flourished through this team-building challenge. They did a brilliant job, and their efforts were rewarded with a huge BBQ, complete with all the trimmings.

"I can't pick a best bit because it's all been so good – this has been my best day ever!" – A Go Beyond child

July saw a chance to brave the waves through surfing sessions. Although the sea was still a little chilly, any hesitation was washed away once the groups got on their surfboards. From a little boy who shouted with glee "This is the best birthday ever!" to our 82-year-old volunteer 'with the heart of a 21-year-old', this activity provided joy to all.

Autumn at our Coastal Centre was bustling with excitement, despite the rainy days. A Halloween treasure hunt had the children weaving through the centre, eagerly searching for clues decorated with skeletons and spiders. The creative spirit continued as they crafted Halloween candle jars, each uniquely decorated with feathers, pumpkins, and googly eyes. When the rain paused, the children found themselves enveloped in giant bubbles, skilfully crafted by our Break Leaders, filling the air with delighted oohs and aahs.

The magic of Christmas truly comes alive at Coastal during the winter months. Our dedicated Christmas Elves transformed the Centre into a winter grotto, setting the perfect scene for wreath-making sessions, a calm yet festive activity for the children. However, the tranquillity was soon replaced by the thrill of an ice-skating trip to The Eden Project. For many children, it was their first time stepping onto an ice-rink, adding an extra layer of excitement to the adventure.

Back at the Centre, the day's festivities continued with a Christmas feast. Gathered around the table, the children, now close friends, enjoyed pulling crackers and sharing jokes, immersing themselves in the warmth of festive cheer. For many, this was their first experience of Christmas magic, making it a truly unforgettable part of their Go Beyond break.





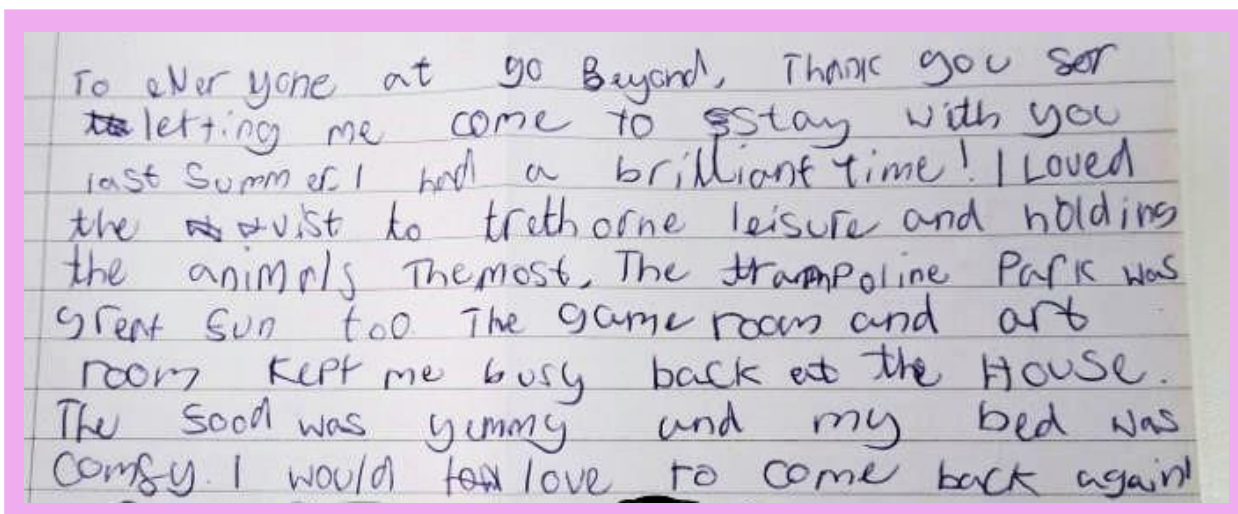
A Letter from a Go Beyond Child: The Lasting Impact of Your Support

10-year-old Charlotte* is a young carer who, like many of the young people we welcome at Go Beyond, rarely has the chance to engage in activities or new experiences outside of school due to significant responsibilities at home. As a result, she is lacking in confidence and social skills, and is very withdrawn at school.

When Charlotte arrived at Go Beyond, she was so shy that she could barely speak to anyone. Our Break Leaders gently encouraged her, allowing her to whisper her thoughts into their ears to share with the group. As Charlotte began to open up, her personality began to shine through. A few days in, Charlotte was frequently telling jokes and making the group laugh with her quick-wit.

Charlotte persevered through a bit of homesickness and threw herself bravely into every activity. By the end of the week, Charlotte's transformation was clear for all to see. Charlotte simply needed a break—a time to relax, rediscover herself, and flourish in a supportive environment. This break has not only boosted her confidence but also ignited a spark of joy and resilience that Charlotte will carry with her long into the future.

A few weeks after her break experience, we received this letter from Charlotte...



"To everyone at Go Beyond, thank you for letting me to stay with you last summer I had a brilliant time! I loved the visit to Trethorne Leisure and holding the animals the most, the trampoline park was great fun too. The game room and art room kept me busy back at the house. The food was yummy and my bed was comfy. I would love to come back again."

Your support means we can continue to offer transformative experiences to children like Charlotte.

**Names and some details have been changed to protect identities.*

Thank you again!

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.