

**Appendix 1 Barnardo's ReachOut Evaluation for
Improving Lives Select Commission**

1.	Date of meeting:	July 2017
2.	Title:	Evaluation ReachOut
3.	Directorate:	CYPS Commissioning

4. Introduction

The ReachOut Team celebrated their first year in operation in January 2017 and reflected on a very busy and challenging year. The information included in this report reflects the first year of operation and the position of the service in January 2017.

All the practitioners from a range of disciplines have worked together to share and develop skills which has ensured that all the staff are confident in delivering across the broad range for provision which has now been established.

This report demonstrates the amount of innovative activity being generated by the highly committed and creative team on a daily basis; through busy outreach, individual and schools work programmes.

5. Individual Referrals

ReachOut currently has 90 open cases and has received 116 referrals for one to one support to date; as anticipated the service received a steady flow of referrals from January to June which resulted in the service reaching capacity(i.e. all the practitioners carrying a caseload of approximately 10 in addition to their school and outreach work plans). At this point the ReachOut management team reviewed the nature of the concerns presenting at time of referral to satisfy themselves that the referrals being taken fitted with the preventative CSE remit of the service. They also audited assessments and plans to ensure that 'drift' and/or duplication was being avoided. The service has received 44 referrals in the last 6 months and concluded work with 55 young people over the last 6 months

The Service manager is continuing to work closely with the Head of Safeguarding and Quality Assurance to clarify and refine referral pathways and referral criteria in line with the review of the RMBC MASH function and processes.

For the short period that the service was unable to accept additional referrals as outlined above, the duty workers signposted to alternative support including Early Help (RMBC) and also provided advice along with relevant resources to professionals and carers who were in a position to offer preventative interventions directly. There were requests for support which did not receive a response.

Of the referrals received by the service, 7 of the young people have been identified as having a learning disability which continues to be a significant vulnerability indicator within the service especially in relation to online grooming. The team have benefitted from training provided by a Barnardo's specialist service working with young people who may be vulnerable to CSE with additional needs to ensure capacity to support this group of young people. This is reflected in school work targeting special schools and offering bespoke group sessions.

Only 10 of the total referrals to ReachOut have been for one to one work with boys; raising awareness of the vulnerability of boys to sexual exploitation particularly online remains an area of work the service will be prioritising during the next 12 months.

CASE EXAMPLE – PENNY

Presenting issues

Penny aged 15 was referred to the ReachOut service by her mum as she had been communicating with a 23 year old male via the social media Meow App. The police were involved and seized the phone as evidence and social care undertook an initial assessment but felt there was no need for further statutory intervention. The police subsequently arrested a 23 year old male.

Penny was living alone with her mum, was quite low and missing her sister who had recently left home. Penny also had little understanding of exploitative behaviour and despite Penny's mum referring Penny for support she was quite mistrusting of the worker due to historic negative feelings toward social care.

Nature of the Intervention

The ReachOut worker undertook some direct work to raise awareness of online safety and potential exploitation in an overall context of what constitutes a healthy relationship. In an effort to engage mum in the process she initially joined the sessions but as this was not productive for Penny this was changed to a debrief for mum at the end of each session with Penny agreeing what would be shared.

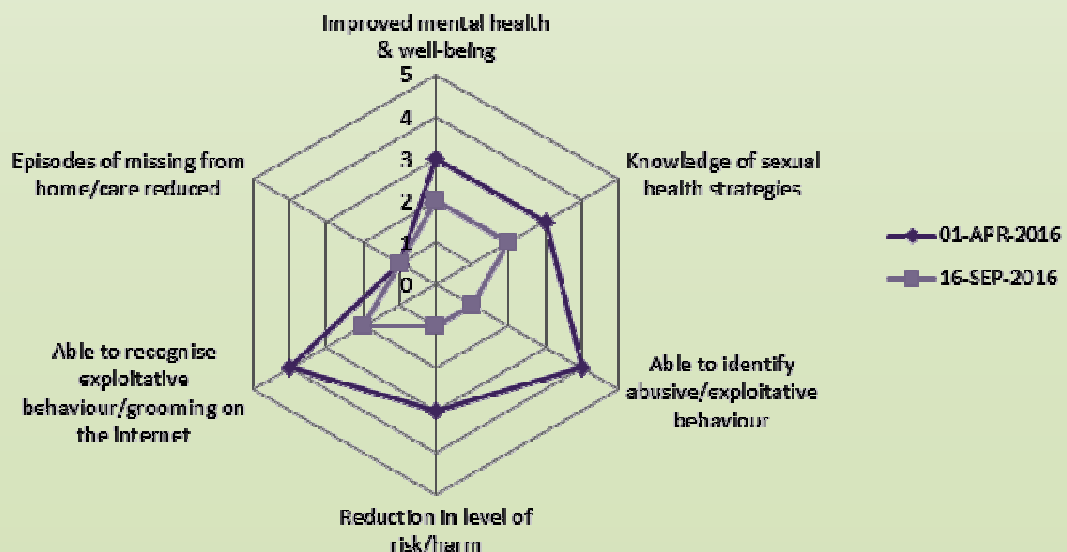
This worked well and gave Penny an opportunity to talk and to build a positive relationship with a male worker displaying pro-social modelling. Given PENNY's dad had left when she was very young the worker felt this valuable in promoting the healthy relationship work.

Outcome of the work

Penny engaged really well and developed the confidence to talk about her thoughts and feelings which in turn improved her relationship with her mother, reduced her isolation and increased her mother's ability to act as a protective factor.

The graph below illustrates Penny's progress from pre to post intervention using Barnardo's Outcomes Framework.

Assessment Scores



ReachOut continue to offers support to young people through bespoke weekly sessions based on their individual needs. These sessions typically include work on healthy relationships, keeping safe online, image sharing and the law, grooming and consent. Young people are provided with opportunities to explore issues using a variety of mediums, including arts, music, sports, creative writing and dance.

6. Work with Schools

The table below gives an overview of the schools programme from September 2016 - January 2017

Current Schools Programme				
School	Reason for targeting	Number Of Classes	Number of Pupils	Work Activity
<u>Primary</u>				
Crags Community School	Revisited as Crags were the first school to sign up, a number of referrals have been received. Engaged in evaluation with University of Bedfordshire. To be targeted for train trainers in 2016-17	2	48	Real Love Rocks
Kimberworth Community Primary	New school in 2016-17 feeder school for Winterhill Secondary	1	29	Real Love Rocks
Saint Anne's Primary	New school for 2016-17. Priority primary school due to catchment and feeder school for Clifton. A number of the pupils attend outreach sessions in Eastwood	2	52	Real Love Rocks (last session end of January)
Maltby Manor Primary	New school in 2016-17 linked to feeder school for Maltby Academy and MALP where lots of one to one referrals have been received	2	47	Real Love Rocks
Thrybergh Primary School	New school for 2016-17. Priority school due to	2	26	Real Love Rocks

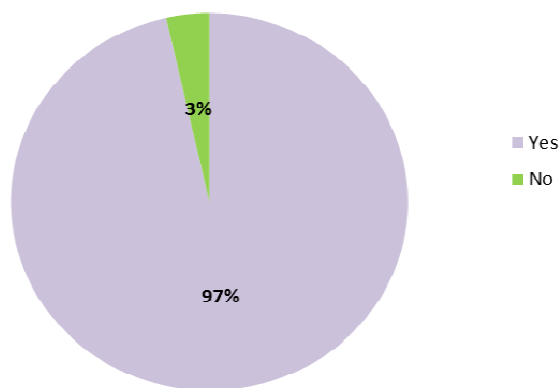
	catchment to Thrybergh Academy and a number of referrals have been received from the Secondary but have struggled to engage school in preventative education			
Laughton All Saints Primary	Direct request from the school for preventative education	Due to start May 2017		Real Love Rocks and Parenting session
Secondary				
Oakwood High School	Priority Secondary school due to catchment area and one to one referrals. Target school for Train the Trainers in June 2017	6	94	Real Love Rocks
Wingfield Comprehensive School	New school for 2016-17. RLR sessions planned for February-March 2017	1	18	Promotional Talk to Year 9 students
Winterhill School	Priority school due to recent police operation linked to the school and one to one referrals received	5	105	Real Love Rocks to 5 classes. Plus a whole year sexting assembly
Wath Comprehensive	New school for 2016-17. Priority school due to number of referrals received for one to one support. Safeguarding lead School and PENNYE lead have requested Train the Trainers in July			Real Love Rocks due to start May 2016
Clifton Secondary	New school for 2016-17. Priority school due to catchment and a number of referrals	Assembly		Sexting Assembly/ promotion of ReachOut Service

	for individual support.			
PRU & Special Schools				
Hilltop School	Young people vulnerable to CSE due to learning disabilities. Bespoke offer: Weekly lesson with last year in school delivered RLR from Sept until end of Dec 2016	1	16	Real Love Rocks

Feedback from Primary and secondary pupils and teachers

The chart below is one of the survey monkey results following delivery of Real Love Rocks; this is consistent with the national survey recently undertaken by Barnardo's (as part of its campaign for compulsory sex and relationships education in schools) which showed that 70% of 11-15 year olds want the government to introduce compulsory school lessons on sex and relationships and 74% believe all children would be safer if they had classes on the subject.

'I think children my age should have lessons about these things'



Young People Feedback

'The teachers had varied personalities and this help brighten the lessons up a bit'

'It was fun and good for children to learn about but it was a bit scary as well'

'I really enjoyed it, they explained everything very well'

'I enjoyed all of it. I mainly liked the grooming session as I now know the signs and how to spot them'

'I got informed about grooming and keeping safe, making me feel more comfortable and safe on the internet and in real life'

The table below illustrates the Survey Monkey results for a cohort of 203 children who attended Real Love Rocks

	Learned a lot	Leaned a bit	Not sure	Didn't learn much	Didn't learn anything	Total
What is a healthy relationship	59.7% (120)	28.36% (57)	4.98% (10)	3.98% (8)	2.99% (6)	201
What is sexual exploitation and grooming	71.29% (144)	22.77% (46)	3.47% (7)	1.49% (3)	0.99% (2)	202
How to keep safe when you're out	64.68% (130)	21.89% (44)	3.48% (7)	5.47% (11)	4.48% (9)	201
How to keep safe online	52.71% (107)	30.54% (62)	5.42% (11)	7.88% (16)	3.45% (7)	203
The impact of pornography and sexting	65.00% (117)	28.33% (51)	4.44% (8)	1.67% (3)	0.56% (1)	180
Where to go for help	68.47% (139)	20.20% (41)	5.42% (11)	2.46% (5)	3.45% (7)	203

Teacher Feedback

- 'Really helpful, useful and totally relevant' (Winterhill)
- 'Consistent approach very positive with the students, brilliant presentations and activities' (Winterhill)
- 'I think the class really engaged with the topics- this was down to the excellence of the delivery of the sessions and interactions with the pupils' (Oakwood)

ReachOut has been delivering Barnardo's Real Love Rocks preventative CSE age appropriate programme at both Primary and Secondary School level. The programmes focus on peer to peer grooming, e-safety, self-harming and suicide, body image and sexual health awareness. ReachOut is adapting the programmes resources to work with LGBT young people, young people with additional needs who are not in main stream education and children where English is not their first language.

Between September –January 2017 Real Love Rocks was delivered to 5 Primary Schools, 3 Secondary Schools and a Special School.

A total of 409 children for Years 6 & 8 received the programme. From January 2016 a total of 1114 have received Barnardo's real Love Rocks programme.

ReachOut has continued to respond to requests for creative ways to presenting issues within different schools including assemblies addressing sexting and group sessions with a group of girls identified as particularly vulnerable.

Train the Trainer

Following the success of Real Love Rocks delivery in school over the last 12 months, ReachOut launched the train the trainer programme at the LSCB Safeguarding Forum in January 2017. The one day training event including resource has been offered free to all Primary and Secondary schools in Rotherham and will commence in June 2017. It is envisaged 48 schools will be trained to deliver the Real Love Rocks. To date 8 schools have signed up for the free training.

7 Outreach

The mobile unit enables ReachOut to have a visible presence in priority areas and other key locations and events across the town. The mobile unit is used as part of the Outreach Programme and enables the Team to engage with young people within their own communities.

Current Outreach Programme			
Event/Group	Frequency	Where	Reason For Targeting
RUSH house drop in	Weekly	RUSH house	Targeted outreach for YP who may be vulnerable due to housing needs
Girls Group	Weekly	Clifton Learning Partnership	Weekly engagement session with young women who are in a priority area linked to police operation
CLP Youth Club	Weekly	Clifton Learning Partnership	Weekly open access sessions in partnership with CLP and Early help in priority location
Eastwood Outreach	Weekly	Eastwood Various Locations	Weekly outreach session in priority/Hot spot area
Girls Group/Boys Group, Winterhill	Weekly – 8 week programme	Winterhill School	Targeted work with vulnerable group of girls and boys

Rotherham Young Carers	Every 6 weeks	ReachOut	Awareness raising sessions on CSE every 6 weeks for vulnerable group of young people who are young carers
Hollowgate Care Leavers	Monthly	Hollowgate Care leavers accommodation	Drop in sessions for vulnerable group
Maltby Linx	Monthly	Linx youth and community centre	Drop in sessions for identified vulnerable group and open access for Maltby Pupils to attend drop in during lunch break
Action Housing	Fortnightly	Action Housing	Targeted drop in session for young people to engage with services who are vulnerable to homelessness
Saturday Outreach	Fortnightly	Rotherham	Intelligence led – hotspot areas /raising awareness of ReachOut service. Bus mobile and information/advice stalls throughout Rotherham including Meadow hall interchange

Large Annual Events				
Event	Date	Number of people engaged with	Aim of session	Outcome
Rotherham Show	10/09/2016	200	Raise awareness of brand and project. Promote safe selfie with Young	Weather affected the event with numbers etc, this meant activities such as Safe Selfie

			People.	booth didn't get as much interaction as intended. However the communication was successful and positive. Also activities were limited (badminton etc) due to pitch and weather
Rotherham Carnival	24/09/2016	150	To raise awareness of the ReachOut service	Safe selfie booth, great activity, service very well promoted

Action Housing

ReachOut have worked with Action Housing, a supported accommodation provider for young people, to deliver a three week course for residents on internet safety. Internet Safety sessions are mandatory for residents as part of their tenancy agreement. From October to January eleven sessions were delivered, however, these were sporadic in attendance and ReachOut are now revising the service requirement to include monthly drop in's and CSE awareness sessions for staff.

Sessions with local training provider

Barnardo's was approached by a local training provider for support with students who had been using sexually inappropriate language and making inappropriate sexual suggestions to other students. This concerning behaviour had led to distress within the group and several students being excluded. The group are predominantly students of Roma heritage.

After a meeting with the education coordinator, it was agreed that ReachOut would work alongside a practitioner from The Junction, Harmful Sexual Behaviour service to offer three sessions to the students addressing three separate but interwoven elements of Sex & Relationships education.

The first of these sessions concentrated on SRE elements such as; puberty, contraception, sexual acts, pregnancy & consent. This session ran well, being delivered to 23 young people and receiving good feedback from both staff and students.

The second session will concentrate on CSE awareness, discussing the grooming cycle and how young people can get help for either themselves or their friends. The final session will look at what is and what isn't appropriate in terms of sexualised language and acts within the classroom and to a range of other individuals. At the end

of the final session, the scheme of work will be evaluated with both the staff and students.

Planned Work

Weekly Drop in sessions will be delivered at JADE, a young people's charity based in Dinnington, which provides alternative curriculum and one to one mentoring support. This work will include supporting JADE to provide regular and consistent keeping safe work for highly vulnerable young people, many who are not in school.

Detached work is to be undertaken with Ferham Early Help Team using the youth service mobile unit, art, crafts and positive activities.

ReachOut is negotiating partnership delivery within the sexual health youth clinic network and has been approved by Integrated Sexual Health Services as a distributor of the new sexual health Hardwear Scheme. ReachOut is aiming to support three youth clinics a week including JADE as a pilot which will be reviewed at the end of March.

Following a recent meeting with REMA (Rotherham Ethnic Minority Alliance) The ReachOut team are in contact with the Hate Crime Coordinator for Ferham and Masbrough, Hate Crime Advocates and a facilitator of women's empowerment sessions for the Pakistani community, all of whom have requested support for members of their community who are concerned about their children's safety when using the internet.

8 Partnerships

ReachOut continues to work closely with police and social care to develop and deliver partnership responses to information and intelligence identifying children who may be vulnerable to sexual exploitation. These partnerships are productive at a strategic and operational level with Barnardo's being represented at all key multi-agency decision making forums.

A ReachOut Team Manager attends weekly meetings alongside Police, Social Care, Health and Licencing to discuss current intelligence and agree appropriate responses. This has proved invaluable for both Outreach and one to one work.

Rotherham LSCB (CSE Subgroup) has been undertaking work with partners to develop the use of an App to make the most effective use of CSE soft intelligence across the partnership. ReachOut is taking part in piloting the app in the next few weeks and looks forward to extending its use to all practitioners within the service.

ReachOut is currently following up expressions of interest for the service to engage with children, families and community members attending local Mosques.

ReachOut are a third party reporting centre for Operation Solar which was launched by South Yorkshire Police in May 2016. Operation Solar encourages people to report hate crimes anonymously or through community groups. It gives victims the confidence to report hate crimes and reassures communities that hate crimes will not be tolerated. All ReachOut staff have completed training on the process and attend regular meetings with the Operation Solar co-ordinator.

Delivery of Training to Partners

The table below gives an overview of the training and awareness raising sessions ReachOut has delivered to partners.

Training to Partners		
Type of Training	Organisation	Number of attendees
CSE Training. The Jay report and beyond	Nationwide Barnardo's staff	17
Presentation of service	Dalton Early Help Team	12
CSE Training x 2	Remedi (victim support, advocacy, mediation and restorative justice)	7
Multi-agency child sexual exploitation service training - Presentation of service x 4	Multi-agency	100
Presentation of service	Wath comprehensive school safeguarding staff	3
CSE Training	16+ students on a work based training course	5
Training needs meeting	South Yorkshire fire service	4
CSE training	SYEDA youth eating disorder charity	14
RLR train the trainer	Winterhill school teachers	3
Safezone/LGBT	Barnardo's Rotherham Services	23
RLR train the trainer	Winterhill School Teachers	3
LEAP Participation training	Barnardo's Rotherham Services	15
CSE Training	South Yorkshire Fire and Rescue – Red Watch	8

Fire Service Training

ReachOut has engaged in partnership work with fire service managers to deliver CSE awareness training with four fire crews. Feedback has been very positive and staff report that they now have a greater understanding of CSE risk indicators and feel more confident to identify vulnerable young people and relevant soft intelligence.

Operational Missing Meeting and Missing, Evaluation and Review Group (MERG)

ReachOut has been instrumental in helping to establish an effective weekly partnership missing meeting. These meetings are designed to discuss the previous week's missing young people and to ensure appropriate follow up action has been taken.

The Team Manager represents ReachOut at the MERG which oversees the quality and impact of multi-agency provision for children and young people who go missing from home, school or care in Rotherham.

ReachOut recently contributed to an audit undertaken by LSCB and received positive feedback:

'That's fantastic – your answers are really full and considered and will contribute well to the audit'.

LGBT – SafeZone

ReachOut practitioners undertook the Barnardo's Safezone and Train the Trainers Training, as run by the Positive Identities Service. ReachOut have delivered three Safezone training sessions to 40 members of staff.

Safezone Training is to increase participant's awareness of LGBT issues and understand the impact of living in a homophobic society and to consider personal values relation to LGBT issues.

ReachOut is convening a meeting between Local LGBT providers to promote a joined up approach and to identify gaps in provision and avoid duplication. ReachOut is prioritising this area of work to ensure that it is accessible to those children who may identify as LGBT.

Young People who Offend Online Resource

ReachOut is working collaboratively with The Junction HSB Service and their Digital Safeguarding Consultant to develop an online resource for young people who have offended online. It is hoped that this resource will be available within the year and will be of benefit to practitioners in preventative and specialist services.

9 Voice and Influence

LEAP – (Life skills, leadership, limitless potential):

This 2 year project is funded by the European Commission and is delivered in 4 countries (UK, Bulgaria, Romania, and the Netherlands). A central aim of the project is to develop confidence amongst practitioners and strengthen commitments to participatory practice when supporting children and young people who are affected by sexual violence.

The ReachOut practitioners directly involved in this project have attended a four day training course and continue to attend quarterly 'Communities of Practice' to develop their own work and that of the service through delivering workshops on what is participatory practice, the benefits of embedding participatory practice alongside ethical implications to consider.

ReachOut now has a cohort of young people who have volunteered to speak to the evaluators about the service they have received and in addition to other young people who have accessed the service through outreach and schools activity they will be offered the opportunity of joining a ReachOut Young People's 'Forum'. The name and terms of reference for this group will be determined by the young people but broadly their remit will be to provide challenge to the existing service provision, board function and co-production in terms of new service developments. The Service will make direct approaches to young people throughout February with a view to holding the first meeting in March.

Photography Project

A third year photography student on placement with ReachOut is planning to work with a group of young people to research and develop a series of photographic images which can be used in a range of applications to challenge perceptions and promote young people's images of where they live; telling us what makes them proud to live in Rotherham. These images will be displayed on the walls at ReachOut and will also be used in multimedia applications and promotional materials.

Voice and Influence Partnership

ReachOut is supporting the development of the Voice and Influence Partnership (VIP) through direct engagement and time limited/targeted funding. The VIP is a sub group of the CYP Consortium and a collaboration between statutory bodies and the VCS that aims to promote and share good practice in strengthening the voice of children, young people and families in the decisions which affect them. Funding will support the overall co-ordination and administration but also a young people's event:

- To showcase services for children, young people and families
- To influence services for children, young people and families
- To involve a wider representation in the work of the youth cabinet and furthering of the youth manifesto
- To promote self-esteem and confidence in celebration of the young people of Rotherham and their achievements and explore the possibility of awards for children/young people
- To turn around the negative image of Rotherham and challenge thinking about being proud of Rotherham
- To explore young people's ideas on what it means to be a child-centred borough

10 Reachout Team and Workforce Development

In the last 6 months the ReachOut Team has welcomed and waved goodbye to 2 social work students who made a valuable contribution to the team. Reachout have also recruited their first volunteer and have welcomed two new practitioners as a result of some staff having or expecting new additions to their own families.

The team are very much looking forward to further developing the work of the service through their attendance at the following training:

- **DICE** - is a six week parenting programme developed by Barnardo's Turnaround Service in partnership with Bradford Safeguarding Children's Board. The DICE Programme addresses: Coping; The Life of a Teenager; Grooming; Digital Dangers; Parenting the 'at risk' child; Who can help?
- **Infant Mental Health and Early Intervention with Under Threes and their Parents** - This intensive 10 week course in Infant Mental Health aims to help professionals to address difficulties in the parent-infant relationship. Following the 10 week course are 3 once-a-month consultations to help embed the learning into practice.
- **Understanding the sexual Exploitation of Children and Young People** – this is a five day taught and assessed short course delivered by the University of Bedfordshire and will draw on contemporary research and current academic debates within the field and explore the implications for policy and practice. The Team will be encouraged to critically engage with the complexities of safeguarding young people who may not see themselves as victims of abuse, and the challenges associated with the merging of the online and offline worlds and other key contextual factors.

Feedback from a Social Work student on placement:

"I completed my first placement at the ReachOut service. The project was a really valuable experience. It offered opportunities to work in a diverse setting undertaking challenging work. Each member of the team works to improve each other's practice through sharing resources, knowledge and skills. This enables them to deliver a high quality service to the young people. The work the project is doing is vital; it offers much needed support to vulnerable young people. The project is adapting to meet the needs of it young people and striving to offer as much as possible".

11 Financial Statement

ReachOut receives partnership funding from KPMG Foundation, Rotherham Metropolitan Borough Council, Department for Education, Department for Communities and Local Government and Barnardo's. Budget control is the responsibility of Barnardo's financial teams; as at January 2017 budgets are on target and forecasting is not currently set to change.

12 Conclusion

ReachOut is able to evidence a high level of activity with positive outcomes across the Borough for individuals, schools, families, other organisations and services. The responsive nature of the service means that it is able to flex in accordance with need which has been particularly valuable in the service response to Police Operations.

The Bedfordshire University Evaluation Team are constantly evaluating the work of ReachOut and gathering views of all stakeholders. Learning from the delivery of this service will be valuable in meeting the needs of children, young people and families in Rotherham in the future.

Jo Smith, Head of Strategic Commissioning CYPS
January 2017

Appendix 1 – Example of Direct Work



This was a piece of work was produced by a young person referred following her contacting people that she did not know online and also sending sexual images which were then being shared online.

The young person liked art and was asked if she would like to create a poster of the things that she had learnt about how to stay safe. This poster was used by the worker to assess what knowledge she had retained as well as getting her to think about her safety between sessions.

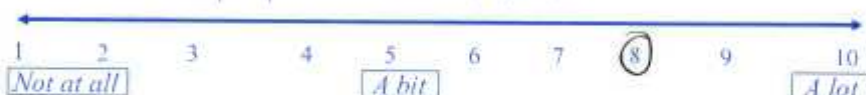
Appendix 2 – Individual Feedback



Barnardo's



1.
How much do you think Barnardo's helped you sort out the behaviour that people were worried about?



Do you want to say any more about this?

I feel alot happier now.

2.

How many of the activities in your sessions were helpful to sort out the behaviour that people were worried about?



Activities that helped...

writing a letter about what happened.



Activities that didn't really help...

making a poster about relationships.

3. What were the best things about working with Barnardo's?

The friendly people working there

What do you think we could do better when working with young people?

Do you have any ideas about how we could have done things different?



4. Think back to when you were told a worker from Barnardo's was visiting, draw or write how you were feeling.

When I was first told I was nervous because I was scared to talk about what happened to me.

Now the worker has finished, draw or write how you are feeling now.

I feel alot happier with myself.
Things have improved.

6.

How nice was your worker during your time working with them?



Tell me why you chose that number on the scale.

Very friendly easy to talk to
(selma)

7.

If someone you knew needed our help, what would you say to them about Barnardo's?

Thank you They are easy to talk to about your problem.



Thank you 😊

Parents/carers comments.....

If you are happy to provide your name then please do so, this is optional but if you would like a response from Barnardo's in relation to your feedback, we will need a name so that we can contact you.