



This year, your support has enabled One-Eighty to reach more young people than ever before, giving them and their families hope for a brighter future. The number of children experiencing mental health problems has continued to rise, as has concern for the 125,000 children in the UK not attending school at all. We will continue to strive to provide our unique support to those who need us.

Susie Besant, Chief Executive

Our year in numbers...

66



66 young people with complex mental health and educational needs received our intensive one-to-one support

1650



We delivered 1650 one-to-one sessions to young people and their families

1560



1560 children and young people accessed our mental health project Make Me Smile

32



32 young people took part in our Kick Start project

47

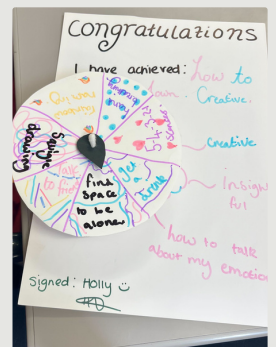


Our Summer Project changed the summer stories of 47 young people

26



We provided mentoring and training to 26 professionals to equip them with skills to support young people's mental health.



Turning young lives around

I would absolutely recommend One-Eighty. They are non-judgemental and are there to help and support with ideas, mainly about feelings the child has and what can be done to support them.

Before he would always say he was sad and upset, but now he tells me how happy he is. He used to isolate and become withdrawn, but now he comes and tells me so I can support him.

One-Eighty empowered Chloe and her mum to create a safer and healthier future for everyone involved.

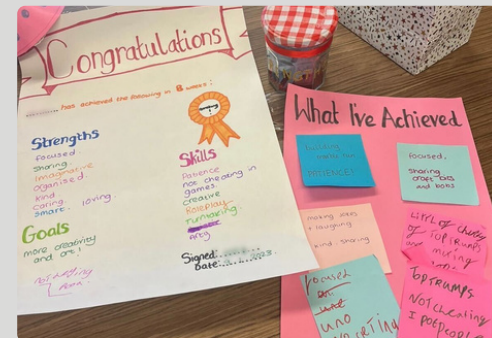
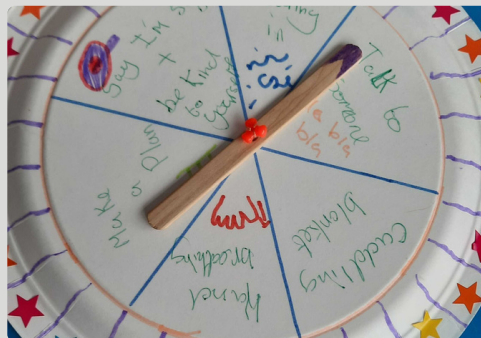
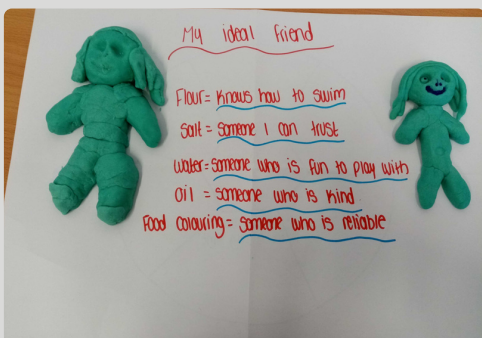
Designed to deliver lasting results for years to come, our **one-to-one interventions** engage vulnerable young people with complex personal challenges (such as experience of trauma, bereavement, mental health difficulties, neurodiversity and difficult family circumstances) which prevent them from engaging with school, sometimes meaning they do not attend for months or even years at a time. Following an in-depth assessment, we build a tailored intervention plan, and deliver three or four sessions a week over eight to ten weeks.

All 66 of the young people we supported this year were not attending school, or were on the verge of disengaging from education, with many at high risk of exclusion. 95% showed success against planned targets. This year we greatly increased our work in Buckinghamshire, with a third of the young people we supported from this area.

Our educational and preventative **mental health projects** provide children and young people with coping tools and strategies to help them understand and manage their mental health. Our projects include the **Summer Project** and **Transitional Summer Project, Make Me Smile** and **Kick Start**.

We offer **training, support, and external supervision** to school staff and other professionals to equip them with creative tools and strategies to help them work with vulnerable young people.

Combining all our services and working together with the school community, our **Schools Partnership Model** helps to create mentally healthy schools. We are proud of our long-standing partnership with Abbey Woods Academy, which began when Ofsted had recently placed them in special measures. We are thrilled that this year they have received a rating of 'good'.



Reaching more young people



We were thrilled that our co-founder and Chief Executive, Susie Besant, was awarded the High Sheriff of Oxfordshire Award 2023, in recognition of the outstanding contribution she has made to her community, and for going above and beyond to support young people from challenged backgrounds.

We were also delighted to be selected as finalists in the high profile Centre for Social Justice Awards, which honour the best grassroots, poverty-fighting charities and social enterprises across Britain.

She is like a different child and I can't thank you enough.



Amy's summer story

Amy*, aged 11, recently took part in our Transitional Summer Project. She was highly anxious and experienced separation anxiety, in particular in being away from her mum. Previous professional support had made no real progress and could trigger panic attacks, which was distressing for both Amy and her family.

One-Eighty team member Laura worked with Amy throughout the summer, sometimes one-to-one and sometimes supporting her to attend group trips to places like Millets Farm. It took a lot of time for Amy to feel calm and safe enough to leave her home, but with Laura's support and encouragement she did it. Laura helped Amy begin to rationalise her thoughts, especially around being away from her mum.

At the end of the Summer, Laura arrived for her last session and gave Amy the option to be at home or to go out. With very little thought, Amy said she wanted to go to a coffee shop and walked out of the house – the first time in over a year she had managed this without having a panic attack. Amy's mum was shocked – she never thought it would be possible.

As a result of her involvement in our Transitional Summer Project, Amy has now made a positive start to her first term at secondary school and is looking forward to her future.

**Name has been changed to protect identity*

Your support is changing young people's lives

One-Eighty could not deliver its life-changing work without your continued support. From running the Blenheim 7k, to taking part in our charity quiz night, to organising a school bake sale, to awarding us a grant or making a donation – we are grateful for every penny.

This year, your support has helped us to fund young people who otherwise would fall through the gap, and has enabled us to run our projects in schools. We have also employed three new members of staff to support children and young people in Buckinghamshire – we hope to expand our team to reach even more young people over the next two years.



I am really excited to run again for One-Eighty! I see their continued impact in ensuring young people get the access to education and opportunities they need for the best start in life.

Please help us to reach more young people and their families

“Education has a huge effect on your life chances. As well as being likely to lead to better wages, higher levels of education are linked with better health, wealth and even happiness. It should be a way for children from deprived backgrounds to escape poverty.” (IFS, August 2022)

The numbers of children not regularly attending school has risen dramatically in recent years and is of serious concern. We work to re-integrate the most social excluded children and young people back into their school and community; those who are marginalised and disadvantaged through a variety of circumstances. We won't give up.



Please consider helping us continue our vital work by making a donation or becoming a regular donor. £5 a month equates to just 17p a day; regular donations are so important as they help us to plan ahead and commit to long-term projects. To find out more about our fundraising events and how you can support us, visit www.one-eighty.org.uk/support-us.



www.one-eighty.org.uk

