



Reach Children's Hub 2019





I am delighted to present this report, setting out the story of the Reach Children's Hub so far. It is the latest stage in a journey which began with an application to open a school in Feltham in 2011. The Hub has emerged from Reach Academy Feltham, an all-through school that opened in 2012 and now serves 900 young people from 2-18.

The Reach Children's Hub offers a fantastic opportunity to broaden and deepen the work that has been done through the school since it opened.

- Through the Hub we are able to work with families before their children come to Nursery or Reception and our aim is to meet as many families as possible before their children are born through our antenatal offer.
- Through the Hub we are able to share our family support practices and approaches and we have already been able to offer Family Links and Peep classes to families in Nurseries across the community.
- Through the Hub we are able to scale the support we offer to young people and families and work beyond the Reach Academy Feltham community.

I would like to thank all those involved in developing our organisation, our supporters, trustees, partners, funders and, especially, our committed staff team. We are proud of the impact we have already had in our community and look forward to amplifying it dramatically in the years to come: making our vision of lives of choice and opportunity for young people in Feltham a reality.

A handwritten signature in white ink, appearing to read 'J. McGoh', set against a dark blue background.

Jon McGoh, Chair of the Reach Foundation



OUR STORY, VISION & MISSION

Reach Academy was founded in 2012 with the mission to help young people in Feltham from all backgrounds enjoy lives of choice and opportunity. In 2014, Ofsted rated the school 'outstanding' in all areas and it now educates 900 children and young people aged 2 to 18 years old. Over 40% of pupils attending Reach Academy qualify for free school meals and 27% of places are allocated to pupils from low-income families who are eligible for additional funding, in order to ensure that the intake reflects the community.

The school has achieved consistently strong academic results. Its 6th form students have secured places at top universities and it is nationally and internationally recognised for its inclusive approach. The school offers Place2Be counselling, universal and targeted home support, and Family Links parenting courses.

After working in the area for the last seven years, the school's governors and leaders decided to broaden and deepen the impact of Reach Academy in the local community, by building a scalable model for social transformation in the form of Reach Children's Hub.

A local consultation with students, parents and over 30 community organisations identified the need for more family support, antenatal and early years' support, careers guidance, mental health support, and adult education. The evidence and experience from the school also identified two main obstacles to pupil progress: the achievement gap between socioeconomically disadvantaged and less disadvantaged children in the early years; and the barriers to learning faced by the most vulnerable and young people who have had adverse childhood experiences.

Building on these findings, Reach Children's Hub began operating in 2017 and offers an innovative cradle-to-career pipeline of support, from the antenatal stage through to early adulthood, for children, young people and families in Feltham. Our approach is underpinned by a belief in the importance of early support for families to ensure children are securely attached to their parents and carers, and ready to learn, as well as a recognition that children and young people can experience complex difficulties at any stage of life.

Our team deliver a range of programmes and activities directly to the people who need it the most.

Some are offered directly by the Hub but we also do outreach work in other settings, including local Nurseries, Primary and Secondary schools, and Sixth Forms. We choose to run programmes that are well-established and are proven to have impact, as well as pilot projects that are grounded in research and evidence and which we rigorously evaluate. We work with partner organisations who have strong track-records of achieving significant impact, such as Save the Children UK and Career Ready.

Alongside this, the Hub seeks to enhance the collective impact of organisations and stakeholders working in the area and to develop sustainable local leadership, which will support systems change. By building collaborative networks and evaluating our impact every step of the way, we hope that Reach Children's Hub will be an internationally replicable model for community impact work and have a profound impact on both policy and practice.



VISION & MISSION

VISION

A life of choice and opportunity for every young person in Feltham.

MISSION

To enable children and young people to enjoy lives of choice and opportunity, by supporting them to be safe and well supported; healthy; academically successful; and to have strong relationships and networks.

THE CORE OUTCOMES WE AIM TO ACHIEVE FOR CHILDREN AND YOUNG PEOPLE

Based on international research evidence, our local community consultation, and discussion with academic and professional experts from Educational Psychology, Health, Early Years, and Social Sciences, we believe that a life of choice and opportunity requires children and young people to:



BE SAFE AND WELL SUPPORTED

Children and young people are free from harm and know how to keep themselves safe. They are well-supported at home.



BE HEALTHY

Children and young people are physically, socially and emotionally healthy.



ACHIEVE WELL ACADEMICALLY

Children and young people achieve good academic results and leave school prepared for the next stage. Families are actively involved in their education.



DEVELOP STRONG RELATIONSHIPS & SOCIAL NETWORKS

Children and young people have strong peer and familial relationships and engage positively with their local community.

These four core outcomes guide our work with children and young people aged between 0 and 21.

WE HAVE A PARTICULAR FOCUS ON THREE LIFE STAGES:



Making a great start in life: Ensuring that all children we work with are healthy and well-supported in their first few years, and that their parents have all the help they need to provide a safe, nurturing environment.

Succeeding at school: Providing the support, guidance, advice and activities that young people and their families need to ensure success in school and positive engagement with their local community.

Achieving ambitions: Supporting young people to refine their goals, make positive choices about their life after school, and succeed in whichever path they choose, whether that is attending a top university, undertaking a quality apprenticeship, or going straight into the world of work.

OUR CRADLE-TO-CAREER PIPELINE

We work closely with Reach Academy to provide a cradle-to-career pipeline of support and provision for local children and young people.

HELPING CHILDREN AND YOUNG PEOPLE TO:



BE SAFE AND WELL SUPPORTED



ACHIEVE WELL ACADEMICALLY



BE HEALTHY



DEVELOP STRONG RELATIONSHIPS & SOCIAL NETWORKS



BIRTH & BEYOND SUPPORT

0-2 years



P8-9



EARLY LEARNING COMMUNITY

0-5 years



P10-11



FAMILY SUPPORT

All years



P20-21



FARM

All years



P18-19



YOUTH ENGAGEMENT

10-18 years



P12-13



FELTHAM FUTURES

16-21 years



P14-15

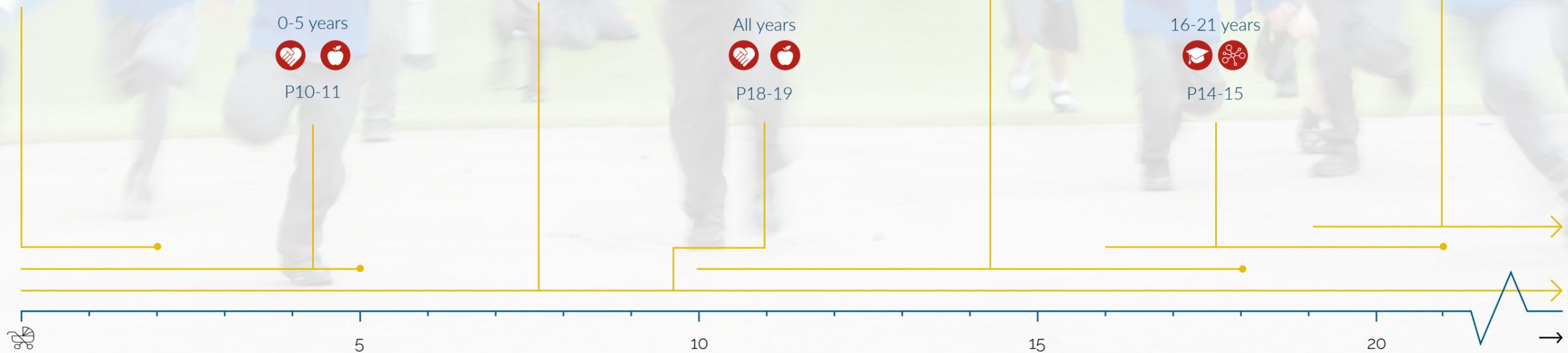


ADULT EDUCATION

19+ years



P16-17





“It is absolutely great meeting with Aerin, I appreciate her support so much, having someone to talk to who is another adult is great, and just having the time to talk means a lot to me. It reminds me that I’m not just a mother but an adult too.”

W, Local Mother

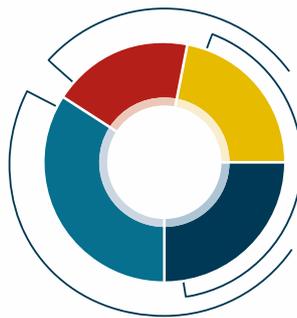
BIRTH & BEYOND COMMUNITY SUPPORTERS (IN PARTNERSHIP WITH THE NCT)

Between April 2018 and April 2019, The National Childbirth Trust (NCT) ran their Birth and Beyond Community Supporters project through Reach Children's Hub. The project works in five locations across England, funded by the Department of Digital, Culture, Media and Sport (DCMS) and Nesta, a global innovation foundation. We were the official partner for their Feltham project, and continue to support and facilitate it.

The project trains local mothers to act as peer supporters for new mothers in the Feltham and West Hounslow area and helps to:

- reduce social isolation
- boost confidence
- link new mothers with local support services

The project receives referrals from a range of local services, including health visiting and midwifery, and for a number of reasons:



- 19% ISOLATION
- 22% POOR MENTAL HEALTH
- 25% HELP TO ACCESS SERVICES
- 34% OTHER

- 36** Local mothers have been trained
- 298** Families have been supported nationwide
- 105** Families have been supported in Feltham
- 95%** Of interactions have been well or very well received
- 95%** Volunteers reported 95% of support sessions were good or excellent

“It was so helpful of Caroline to help me with the directions to the asylum hearing. I wouldn't have been able to do that myself. She is really kind to me.”

M, Local Mother

The isolation and social anxiety of mothers involved in the project has notably reduced: for instance, one mother who did not leave the house unaccompanied prior to gaining the help of a peer supporter now has the confidence to shop and attend appointments on her own.

FELTHAM EARLY LEARNING COMMUNITY

Reach Children's Hub has partnered with Save the Children UK to develop an Early Learning Community in Feltham. The project began in September 2018 and is funded for three years, with the overall aim to **improve early learning outcomes and school-readiness for children growing up in poverty.**

The Early Learning Community will achieve this aim through:

- direct delivery of evidence-based interventions
- innovating to create new or improve existing services
- creating the conditions for systems change

IN YEAR 1, WE HAVE IMPLEMENTED THE FOLLOWING INTERVENTIONS:



WORKFORCE DEVELOPMENT

We held seven sessions of the Early Years Network, offering free monthly professional development, which were each attended on average by 20 participants from five different local settings. That number increased when a specific session interested a wider audience.

100% of attendees said that the Early Years Network has had a 'positive' or 'considerable positive' impact on their practice over the last six months and 100% 'agreed' or 'strongly agreed' that the Hub would be a valuable source of support in the future.

Sessions have included topics such as:

- The impact of attachment on children's behaviour
- How to deliver effective speech & language interventions
- Creating an emotionally healthy climate in Early Years' settings



SOCIAL GROUPS

148 children have attended free holiday activities with their parents and carers. Activities have included trips to local parks, community farm days and cultural experiences.

The Hub runs several social groups for parents: Coffee & Crafts, Walk & Talk and a support group for parents who do not speak English as their first language. Parents who regularly attend have developed greater confidence and strong relationships. Their social network is now self-sustaining: they have organised their own daily exercise sessions and are attending ESOL classes together.



PARENTING COURSES

56 families engaged with at least one of the parenting courses, which were delivered across five local settings; staff in those settings were given follow-up training by the Hub so that they can continue to deliver the courses in-house. Six parents have also been recruited and trained to deliver the Peep 'Learning Together' parenting course for 2019-2020.

“The impact [of Families Connect] on parents was beyond what we had expected and as a result we have seen greater parental engagement in all areas of the curriculum since. Our parents are now more confident supporting their children at home with reading, writing and numeracy. Furthermore, they have also started supporting their children to express their emotions and name emotions they may not have come across before.”

Edward Pauling Primary School

96% of parents said they really enjoyed the Families Connect programme and that they benefitted from interacting with other parents as part of a group.



BUILDING BLOCKS

26 families have received a Building Blocks' grant to help with early learning packs and household items. The Family Nurse Partnership and health visiting team have become referral partners and are ensuring the grants reach families across the whole of the Early Learning Community.

“The grant has enabled Mum to buy a new bed so that the children can sleep separately from her and develop their bedtime routine. She is also more aware of the importance of developing her child's fine motor skills, as a result of the fun resources in the early learning pack.”

Building Blocks Referral Partner

*“We are helping a lot of young people in the community
by raising awareness about social problems”*



*“It helps us stay happy and healthy”
“It helps people see that teenagers are not just bad”*

YOUTH ENGAGEMENT

Since September 2017, Reach Children's Hub has been running Girls Group – a support, empowerment and informal education group targeted at female students aged 14-17, who have been identified as at-risk or vulnerable.

“We love what we do and deserve to spread the love we have”



The Girls Group have participated in Leadership residentials and Sports leadership programmes funded by London Youth.



In 2018 we were involved in the White Ribbon Campaign; a global movement of men and boys working to end male violence against women and girls.



The Girls Group participated in the International Women's Day 2018 and 2019.



29 young people attended the Future Stars programme ran by Hounslow Action for Youth at Reach.

“Thank you for creating this group and including me in it and making me one of the first members. I feel really safe and loved in this group and really wish everyday life could be like this.”

A focus group undertaken by our PhD researcher concluded that the members of Girls Group feel they are making significant progress in a range of areas, including:

- ✔ Feeling part of something and feeling accepted, supported and safe
- ✔ Learning new things
- ✔ Learning to express themselves
- ✔ Becoming better people
- ✔ Developing leadership skills
- ✔ Developing a greater understanding of exploitation, including Child Sexual Exploitation
- ✔ Better understanding of healthy relationships
- ✔ Feeling more confident
- ✔ Making more friends
- ✔ Helping more in the community

"[Feltham Futures] is the best thing that has happened to the sixth form"



FELTHAM FUTURES

Feltham Futures supports young people to develop an ambitious and clear vision for their future, and to reach the most suitable, highest quality post-school destinations that they can. A dedicated Feltham Futures Coordinator works 1:1 and in groups with students, providing tailored advice, guidance and support, as well as delivering information sessions and careers events for whole cohorts. The project also incorporates programmes delivered by our strategic partners, such as Career Ready and OxFizz. We have established relationships with widening participation teams from local Universities, and businesses operating both locally and nationally.

1,000+

The project has engaged over 1,000 local young people in at least one activity related to careers, Universities or employability skills.

800

800 students took part in our Bright Futures Ahead day, meeting volunteers from over 50 organisations including British Airways, GSK, Quantumblack, BP and Chelsea Hospital.

150+

Over 150 students and parents from across 4 schools in Feltham attended our community careers fair, engaging with over 40 future destinations across the corporate, charity and university sectors.

63

With the support of the project, 63 Students across Y12 and 13 have independently visited universities in Oxford, Cambridge, Lancaster, Newcastle, Edinburgh, Bath, Surrey and London, both residentially and non-residentially.

20

20 students in Year 11 received 1:1 NEET prevention coaching.

56

Thanks to our partnership with Career Ready, 56 students across Reach Academy and Logic School will have undertaken paid work placements for 4-6 periods at organisations such as BP and QuantumBlack.

120

120 students across Years 9 and 10 attended sessions to improve their knowledge of the local labour market, meeting 30 professional volunteers from GSK.





“The course is having a positive impact on my children. I talk English at home with them, I can talk to teachers at school, and I can talk to the Doctor to understand [their] health.”

A, ESOL student

ADULT EDUCATION

Between September 2017 and January 2019 we were able to support Hounslow Council Adult & Community Education team to run a number of Adult Education courses based in Reach Academy. The courses were attended by a mixture of Reach Academy parents and other adults from the local community – the majority of those who undertook the courses were not connected with the school.

“The TA Course is helping with parenting, as I have a better understanding of my child’s day at school. The Maths course is helping on a practical level, as my daughter was recently diagnosed with Type 1 Diabetes, so I need to calculate percentages in food content - I didn’t know how to do that until I started this course.”

A, Teaching Assistant Level 2 & Maths student

84

84 local adults benefited from a Hounslow Adult & Community Education course at Reach Academy through the Hub

5

We offered five different courses: Teaching Assistant Level 1, Teaching Assistant Level 2, Maths, English, and ESOL

20+

Over 20 of those enrolled on the courses were also able to undertake volunteering placements in Reach Academy

“The placement is giving me the opportunity to learn skills with older children, which I can then use at home in in my family. I’m using teaching skills at home to support my child.”

L, Teaching Assistant Level 2 student

100%

Of those surveyed in March 2018 from across all five courses, 100% of Adult Education students said they were either “satisfied” or “very satisfied” with what they achieved on the course

100%

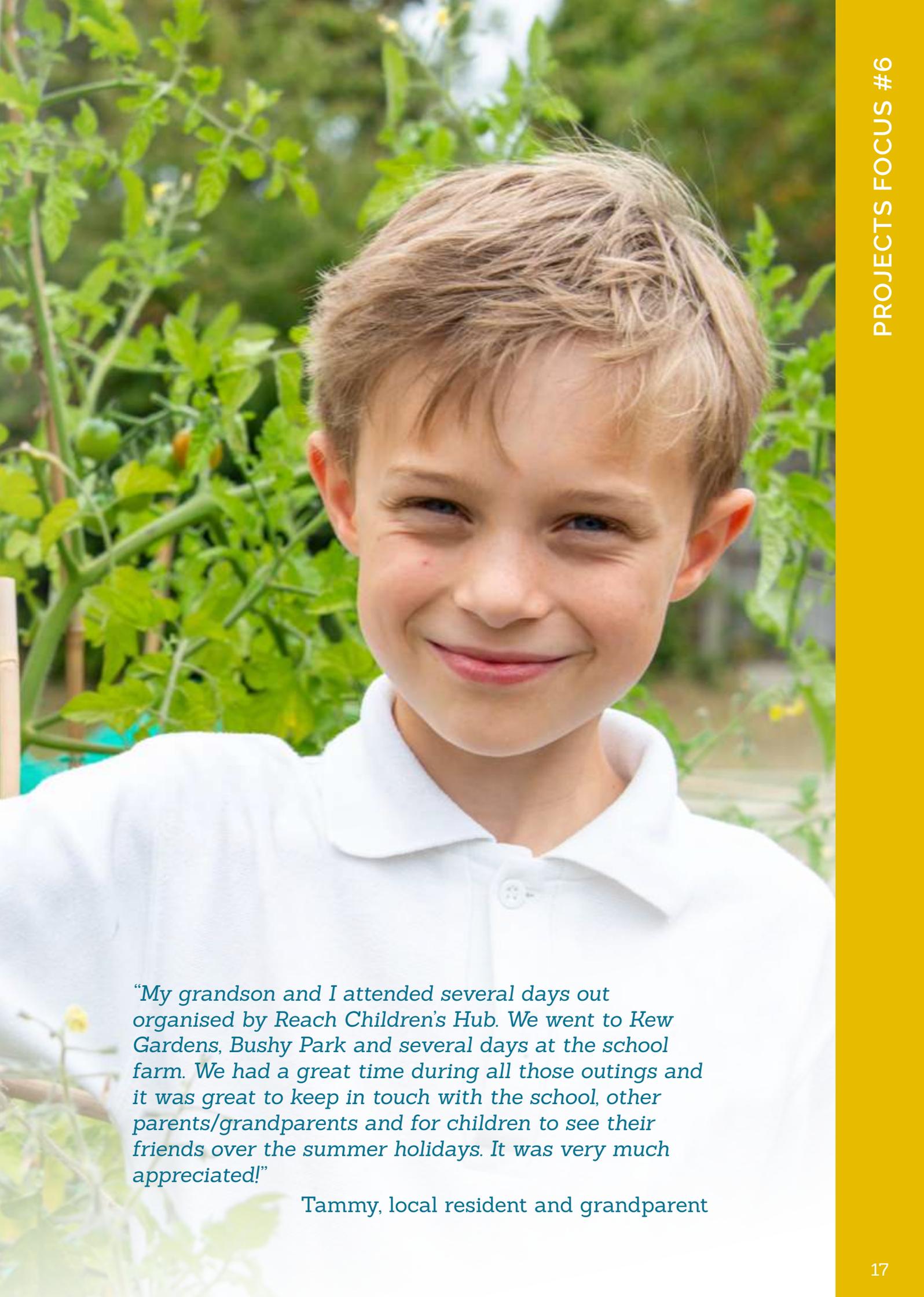
100% of survey respondents said that they were stretched to learn more than they expected, that they received feedback on their work which enhanced their learning, and that they were given helpful information on what to do next

90%+

Over 90% of respondents said they would recommend their Adult Education course to a friend

“The course is definitely helping with my children - I’m actually able to help them with their homework now!”

M, Maths student



“My grandson and I attended several days out organised by Reach Children’s Hub. We went to Kew Gardens, Bushy Park and several days at the school farm. We had a great time during all those outings and it was great to keep in touch with the school, other parents/grandparents and for children to see their friends over the summer holidays. It was very much appreciated!”

Tammy, local resident and grandparent

COMMUNITY FARM

Our Community Farm is located at Reach Academy and managed by the Reach Children's Hub. It is a fantastic resource that has undergone several transformations since it was built in 2016 with support from Heathrow Community Fund and School Food Matters, on behalf of the Whole Kids Foundation. The farm currently consists of:

- an extensive outdoor learning and play area, complete with a mud kitchen and an assortment of climbing logs and tyres to encourage children's physical activity
- a wild, natural area designated for Forest School activities
- planters and garden patches for growing flowers and vegetables
- outdoor structures for housing small farm animals such as chickens and guinea pigs
- a polytunnel for seed propagation and cultivation

Pupils and staff at Reach Academy use the farm to support the curriculum, for extra-curricular activities and to host family events. The Hub runs activity days on the farm for families and works together with teams such as the Family Nurse Partnership and Refugees Welcome Hounslow to connect families in need of extra support. A range of vegetables are grown seasonally on the farm, harvested by children and then distributed to families and staff, including beetroot, lettuce, kale, broad beans, chard, tomatoes, herbs and garlic. Throughout the year we worked with Riana Development Network, a non-profit charitable organisation that supports local communities' and schools' gardening activities.

90

90 children enrolled in Reach Up, the school's on-site nursery, access the farm daily as part of their outstanding early years' provision

6-11

A cohort of pupils from Year 6 to Year 11 volunteer as Young Farmers and take care of the animals

360

360 children in the primary phase access the farm throughout the school year as part of the wider curriculum, which includes Forest School sessions

3-5

Small groups of 3-5 pupils are given separate intervention sessions on the farm

60+

Over 60 children have attended activity days on the farm during school holidays with their parents, carers and grandparents



We believe the Community Farm can provide a unique opportunity for people of all ages and from different backgrounds to make social connections and work together. Gardening and other outdoor activities can improve physical and mental well-being; promote healthy eating and a healthy lifestyle; and develop life skills such as resilience, teamwork and communication.



“The Parenting Puzzle course has helped me deal with situations differently by using the strategies we discussed: a more positive attitude and praise. It felt like all the parents who attended had known each other for ages. The sessions were friendly and non-judgemental; a real eye-opener.”

Parent

FAMILY SUPPORT

At the Reach Children's Hub, we believe it is essential to engage with a child's whole support network and to build strong relationships with their key adults. We understand that people can experience complex difficulties at any stage of life and that every situation will be different. Therefore, our approach to Family Support is underpinned by a commitment to do whatever it takes to support individual parents and carers and to respond to their particular needs.

Our Family Support worker invests time building relationships based on love and trust, which enables her to effectively support families when they are at their most vulnerable. She currently works closely with the Inclusion Team at Reach Academy and manages referrals to work with specific families. Over the past 12 months, the Family Support worker and Inclusion Team have supported with issues as diverse as housing, immigration, substance abuse and domestic violence.

In addition to working 1:1 with families, our Family Support worker also delivers a range of Family Links courses, including the Parenting Puzzle, Talking Teens and the Nurturing Programme. Parents and carers are able to contact the Family Support worker directly, as we recognise that the intensity of support required will fluctuate over time and it is important that families do not feel abandoned and are able to contact someone during a crisis or if they need more informal support.

22

22 families accessed intensive, sustained support from our Family Support worker.

50+

Parents also attended workshops around Healthy Relationships, CSE, Diet and Oral Health and a network for Previously Looked After Children's parents and carers.

35

35 families attended a Family Links course at Reach Academy Feltham, with others accessing the courses through our Early Learning Community.

70+

More than 70 families accessed our programme of holiday trips and visits.

As well as helping parents and carers to create a nurturing home learning environment and support their child's development, good Family Support can improve health and wellbeing outcomes for the individuals themselves. Social isolation is often an underlying issue that exacerbates the difficulties parents face but through active signposting and accompanying them on outings or to appointments, individuals have reported **increased levels of confidence, resilience, wider social networks and more active engagement in their local community.**

Our analysis shows improvements in **attendance and academic outcomes** for children whose parents access intensive support.

NEXT STEPS:

- We will continue to offer Family Links courses to all Nursery and Reception parents at Reach Academy in September 2019.
- From January 2020, our Family Support worker and Early Years keyworker will be trained to deliver the Family Links 'Welcome to the World' antenatal group programme for parents expecting a baby.
- Our Family Support worker will deliver the 'Let's Talk' programme in Feltham, in partnership with the Hounslow Domestic and Sexual Violence Outreach Service.



THE LONG-TERM AMBITION

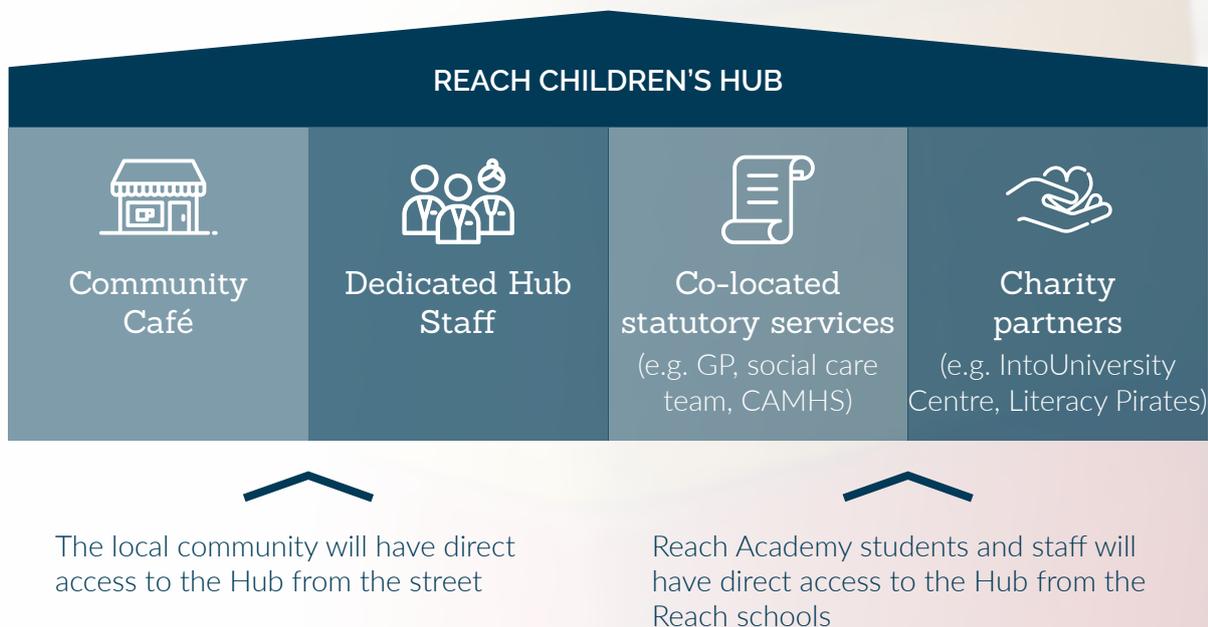
Our long-term ambition is to have a dedicated Hub building neighbouring Reach Academy Feltham's two schools (the Multi-Academy Trust has been approved to open a second school on an adjacent site to the current school, which will be completed by 2022).

The physical Reach Children's Hub will be a base for local cradle-to-career provision, and will bring together:

- The Hub's dedicated staff team, with expertise in Early Years, safeguarding, youth engagement, wellbeing and mental health, delivering the projects outlined in this report, as well as intensive support for young people and families referred by Reach Academy schools and other local schools
- Co-located statutory services, such as a satellite GP surgery, CAMHS provision, and social care
- Charity partners: the Hub would provide a space for mission-aligned local and national charities, which may include IntoUniversity and Literacy Pirates, among others
- Informal play space for young children
- An informal café space, providing a welcoming, friendly entry point into the Hub for the local community, as well as employment opportunities for local people, including those benefitting from the Hub's provision

The Hub building will have two entrances, one which is open to the local community, and one which is a dedicated entrance for pupils from the schools.

The diagram below provides an indication of how the Hub will be accessible for the community and for the Reach Academy schools:



As well as providing intensive support for students and families referred from the schools, the Hub will also provide training for school staff in areas such as mental health, wellbeing, and inclusion. When supporting students from the schools, Hub staff will adopt a closely coordinated approach with the schools' teachers and inclusion teams.

From antenatal classes to careers guidance, the Hub will be a place of care, nurture and support for local children and families from all backgrounds, from cradle to career.

PARTNERSHIPS

We know that in order to have the impact we aspire to we need to work closely with organisations that share our vision and values. We have developed strong relationships and formal partnerships with a range of aligned organisations, working both locally and nationally.

Over the past 12 months, we have worked with the following organisations based in Hounslow and Feltham:



Age UK Hounslow



Feltham Arts Association



Hounslow Action for Youth



Feltham Community Development Association



Metropolitan Police (Designated Ward Officer)



Riana Development Network

We are also supporting the work of various departments within the London Borough of Hounslow and the Hounslow and Richmond Community Healthcare NHS Trust including:



Family Nurse Partnership



Refugees Welcome Hounslow



Domestic and Sexual Violence Outreach Service



Health Visitors



Children's Centres



Early Help Hub



Families First

The Hub is bringing resource and capacity into the area through our partnerships with organisations based outside of Hounslow:



Save the Children

Save the Children UK have committed to fund the development of the Early Learning Community in Feltham over three years.



We ran a successful 1 year pilot of the **National Childbirth Trust's** Birth and Beyond Community Support network, which has now been commissioned for another year by Hounslow's Clinical Commissioning Group.



We are collaborating with **Kingston University** on several projects: the National Collaborative Outreach Programme (NCOP) in Feltham; an innovative longitudinal project around attitudes to Higher Education in Primary-aged pupils; and the local delivery of their popular Foundation Degree in Early Years.



The Hub is a member of the Sponsoring Committee for Hounslow Citizens and are working with **Citizens UK** to oversee community organising in the West of the borough.



Career Ready, **OxFizz** and **Spark London** are all partners in the delivery of our Feltham Futures offer to students considering their post-school choices.



We have a long-standing partnership with **Family Links**, running the nurturing programme within Reach Academy and across Feltham as well as bringing their staff development offer to Feltham. We are also working with **PEEP** to offer training and classes to strengthen the home learning environment.



We have begun to explore future opportunities for partnerships to create a much-needed youth zone in Feltham with **OnSide**, an **IntoUniversity** centre and a literacy intervention centre run by **Literacy Pirates** (formerly Hackney Pirates).

We are extremely grateful for the funding and support we receive from the following organisations:



The Harlequins Foundation



The Heathrow Community Fund



Inspire Hounslow



The KPMG Foundation



The Mohn Westlake Foundation



The Rank Foundation



School Food Matters
on behalf of the
Whole Kids Foundation



The Winston Churchill Memorial Foundation

THE REACH FOUNDATION

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