



# Annual Review 2019

# Our vision, aims & strategy

Place2Be is the UK's leading provider of school-based children's mental health services.

We provide emotional and therapeutic support in schools and expert training to improve the emotional wellbeing of children, young people, parents and teachers. We call this a 'whole school approach' to mental health.

Now in our 25th year, Place2Be's vision is for all schools in the UK to have access to high quality, effective, evidence-based mental health support.

Our work is backed by research, demonstrating the impact our support has in helping children to build lifelong coping skills and to thrive.

Our goal is to provide school-based mental health services in up to 10% of UK schools by 2025, and to continue to promote our 'whole school' mental health.

## Our work focuses on four areas:

1. Supporting children and young people's mental health through therapeutic work in schools
2. Building awareness, skills and knowledge in school communities
3. Building an expert workforce in the field of children and young people's mental health
4. Innovating, gathering evidence and communicating our impact.

# Our work with schools

In the past year, we worked directly with 639 schools, reaching a school community of 364,080 children and young people.

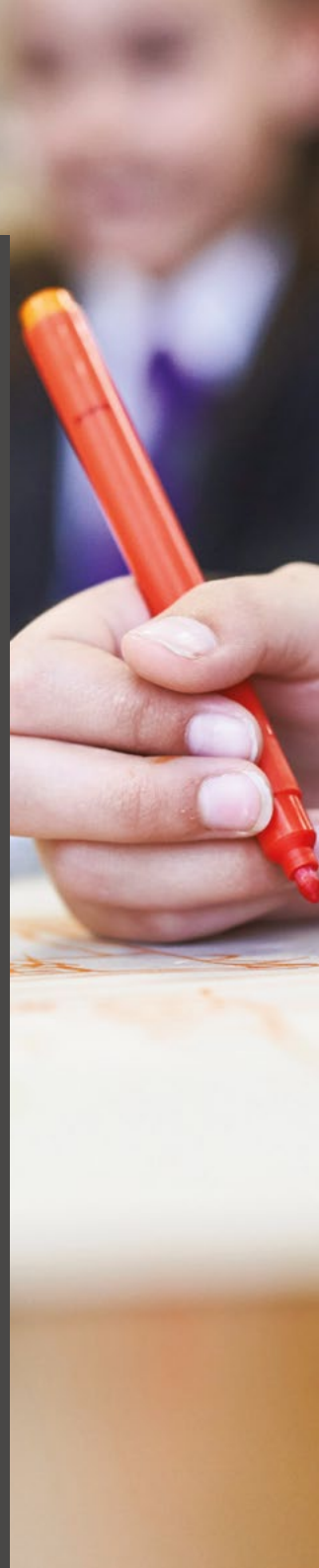
We worked in partnership with 390 schools to deliver our whole school approach to mental health.

**“Place2Be believes no child should face mental health problems alone. With the right support, children have a better chance to engage with their learning, build crucial relationships and go on to thrive in adulthood.”**

Catherine Roche, CEO, Place2Be

**“Place2Be's support for children, parents and teachers results in fewer young people needing referrals to people like me. Inspirational is a much over-used word, but Place2Be's work is just that.”**

Professor Sir Simon Wessely, Regius Professor of Psychiatry, King's College London and President, the Royal Society of Medicine



# Our impact

Early intervention is important to identify children presenting mental health issues and to provide the support they need before the issues escalate.



After children have had Place2Be counselling, our results show that:

Children who are presenting with mental health issues are referred to Place2Be for one-to-one support with one of our specialist child counsellors.

Around half (49%) of those who start with severe difficulties recover clinically after our support.

According to The Child Outcomes Research Consortium, the UK's leading organisation that collects and uses evidence to enable more effective child-centred

support, Place2Be's one-to-one counselling service is highly effective, especially in terms of parental engagement.

We continued to provide support for parents through our Place for Parents programme. In academic year 2018/19, we saw 645 parents in parent counselling sessions. Around three-quarters of these parents had a clinical mental health need. Of these, three in five (62%) improved after Place2Be's support.

## Drop in sessions

We promote positive mental health and wellbeing through our Place2Talk drop-in sessions, where children and young people can go if they have a problem, either individually or as a group.

In academic year 2018/19, 38,000 children attended these sessions.

86% said they felt happier having been to the service.

**68% cause fewer problems in the classroom.**

**75% find it easier to have & keep friends.**

**62% of children's difficulties had less impact on their learning.**

**81% of those with severe difficulties show an improvement in wellbeing.**

# How digital tools enhance our work

Place2Be is exploring a 'blended offer' and has introduced new digital platforms and products to complement our face-to-face services.

Working with Shout, part of Mental Health Innovations, we are promoting a 24/7 text crisis helpline in our partner secondary schools.

We have also introduced the use of the digital platform, HIVE Learning, as an integral part of our digital toolkit to further enhance our services.

As a Heads Together charity partner, Place2Be is proud to play a lead role in the Mentally Healthy Schools website which provides free, easily accessible advice and practical resources to all primary schools in England.

**“Place2Be’s Mental Health Champions Training gives teachers the knowledge and skills to support children’s healthy development, giving them the resilience and strategies to be healthy, confident, achieving adults.”**

Sheila Laing, SCEL Fellow

## Equipping school teachers and leaders

### Mental Health Champion programmes

Place2Be continues to equip school leaders with the skills, knowledge and confidence to create mentally-healthy learning environments.

### In the year to 31 March 2019:

359 staff, across 194 schools, took part in our **School Leader programme.**

409 teachers, across 124 schools, completed our **Class Teacher programme.**

**89% of senior leaders would recommend the programme to other teachers.**

**88% of classroom teachers would recommend the programme to other teachers.**





# Teacher-training

In August 2018 we launched our Teacher Education pilot in Edinburgh and Stirling Universities.

The pilot supports trainee teachers and their tutors in understanding how to support children's mental health, in preparation for their future profession.

From September 2018, 150 final-year teaching students at St Mary's University College, Belfast took part in our MHC Class Teacher programme, our first venture in Northern Ireland.

We have also established an expert panel to develop an online mental health module with the potential to be integrated into teacher training in the UK.

**“We need to know about mental health. If children come to us we need to be able to sufficiently support them. What Place2Be is trying to achieve in Scotland is really exciting and progressive.”**

4th year student

# Building a skilled workforce of children and young people's mental health professionals

Place2Be provides high quality training in child counselling and it is part of our mission to help develop a high calibre workforce of mental health professionals across the UK.

In the past year, **547 people completed a qualifying course** through Place2Be (Level 2 through to Masters) and **1,114 people attended a 'Taster Day' session.**

This year we celebrated the 10th anniversary of our Postgraduate Diploma in Counselling Skills for Working with Children, validated by the University of East London and accredited by BACP.

# Building a professional network of child mental health experts

2019/20 marks our 25th year, a key milestone in Place2Be's development.

**In 2019/20 we will:**

**Train over 650 child mental health professionals** through our Professional Qualifications.

Our accredited courses range from Level 2, 3, 4 and 5 Certificates in Counselling Skills with Children, through to a Postgraduate Diploma and Masters in Counselling Children in Schools.

Continue to respond to the needs of individual school communities with a flexible offer and **work with up to 700 schools.**

Deliver 55 new cohorts of Mental Health Champions training, **building the capacity, resilience and understanding of an estimated 825 school leaders and classroom teachers.**

Continue to share our learning and evidence, to benefit a wider audience ensuring Place2Be continues to be a **thought-leader in the field of school-based mental health services.**

We encourage everyone who trains or undertakes a placement with us to keep in touch. Our regular alumni newsletter encourages Place2Be graduates to continue to refresh their skills and to keep up-to-date with news, research and insight from our practice and partners.

**In the past year, we have expanded our alumni programme from 700 to almost 1,000 members.**

# Income & expenditure

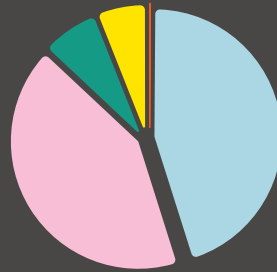
## Our income

Thanks to your support, we raised £17.3 million last year to help improve children's mental health in the UK. This continues a trend of increased income over the past five years.

Our diverse fundraising portfolio encompasses philanthropy, corporate and trust donors, events, individual supporters and grants.

### Income by type for the year ending 31 March 2019

●	<b>Voluntary</b>	£7,800,000
●	<b>School</b>	£7,249,000
●	<b>Commissioning</b>	£1,215,000
●	<b>Training</b>	£1,039,000
●	<b>Investment</b>	£18,000
	<b>TOTAL</b>	£17,321,000



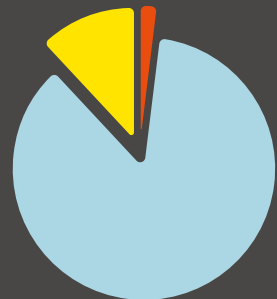
## Our expenditure

We've worked hard to ensure that every penny raised over the course of the past year has been used to maximum effect.

On the right is a snapshot of our expenditure across the year, but you can see the full breakdown in our Annual Report and Accounts for the year ending 31 March 2019.

### Analysis of activities for the year ending 31 March 2019

●	<b>Mental health services &amp; support</b>	£14,023,000
●	<b>Learning &amp; development</b>	£1,928,000
●	<b>Raising awareness &amp; promoting understanding</b>	£344,000
	<b>TOTAL</b>	£16,304,000



# A huge thank you

We are grateful to the following organisations and individuals who, amongst other generous benefactors, have given us financial and other support during the past year:

AOK Trust  
 Aspect Capital  
 Aspen  
 AXIS  
 Baillie Gifford  
 Bank of America Merrill Lynch  
 Barry's Bootcamp  
 Battersea Power Station Foundation  
 Bernard Lewis Family Charitable Trust  
 Charles Russell Speechleys  
 CHK Foundation  
 Citibank  
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 Simon Mackenzie Smith  
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 Taylor Howes  
 The Brook Trust  
 The Christina Mary Hendrie Trust  
 The Crerar Hotels Trust  
 The Gaudio Family Foundation  
 The Haber Charitable Trust

The Hugh Fraser Foundation  
 The John Horseman Trust  
 The Joyce and Norman Freed Charitable Trust  
 The Lord Mayor's Appeal  
 The Peter Cundill Foundation  
 The Plum Trust  
 The Queen's Trust  
 The Rayne Foundation  
 The Rigby Foundation  
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 The Robertson Trust  
 The Royal Foundation  
 The Sam West Foundation  
 The Three Oaks Trust  
 The Tomoro Foundation  
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 Sir William Boreman's Foundation  
 William Grant Foundation  
 William Russell  
 Winch Design  
 Wycombe Abbey School  
 Zochonis Charitable Trust

We wish to offer special acknowledgement to those who give us unrestricted funding, which provides security and flexibility for growth and development.

We would also like to thank all of the Friends of Place2Be, those who give personally, or those who have attended our various fundraising events or taken on a challenge for Place2Be, as well as their wonderful sponsors.

**“I lost my smile and  
Place2Be helped  
me to find it again”**

Pupil, Year 6

**“I love coming to school  
because Place2Be  
looks after us all”**

Pupil, Year 4

## Contact us

If you are interested in finding out more about Place2Be, please get in touch:

0207 923 5500  
enquiries@place2be.org.uk  
place2be.org.uk

## Follow us

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