

# Annual Report

## 2004 - 2005



**kidscape**

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# Introduction

*"Dear Kidscape,*

*I am sending you my heartfelt thanks for including James on your ZAP course last week. He had the most positive and fabulous day and was chatting all the way home about the things he learned. In fact he has already used Kidscape strategies successfully with the bullies. James' confidence has grown day by day and he has started again to make friends. He is becoming the lovely happy child he used to be.*

*When we arrived at your office and were engulfed in your warmth, I was holding back tears. When we contacted Kidscape, it was the first time we had been listened to and James was given a chance to be himself. You have given the children the realisation that they actually count, when for the longest time they have felt so unimportant. The same goes for us parents.*

*I don't know if you ever have days when you wonder if all the work you do is worthwhile? I'm here to tell you that it most definitely is."*

When we get letters and emails like this, we know that our exciting and exhausting work is worthwhile. I often think our wonderful small staff accomplishes so much, but I wish we were bigger.

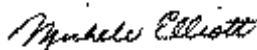
But we do have an invaluable tool which has given help to thousands - our website. This year we had over 2,000,000 hits.

We cannot do this work without support and so many of you have been brilliant - see our *Thank You* section. I want to especially thank PKF Accountancy (who again gave us a large donation instead of sending out Christmas cards), Argos, EBM, Motorola and Virgin Unite. We don't advertise, send out begging letters or chuggers and we don't have big overheads, so money goes directly to working with children and parents.

Give us a ring if you would like to see what we do. If you do, the first thing you will see in our office is a framed quotation from an unknown source:

*'Many years from now, it will not matter what my worldly possessions had been. What will really matter is that I was important... in the life of a child.'*

That is the Kidscape philosophy in a nutshell and summed up in a letter we received from a child who attended ZAP: "*Kidscape is better than Buckingham Palace and everything else in London*".



Michele Elliot, Director

# What's Kidscape?

Kidscape is dedicated to keeping children safe. We were the first nationwide charity committed to preventing bullying and child sexual abuse. We work to prevent the abuse and exploitation of children and any kind of bullying - emotional, physical, racial or homophobic. Where Kidscape can help, we do. Where we cannot, we refer to other organisations.

Kidscape encourages self-reliance. We work to provide individuals and communities with practical skills and resources to prevent harm. We equip vulnerable children with practical, non-threatening knowledge and skills to keep themselves safe and reduce the likelihood of future harm.

Kidscape works to keep children safe before harm occurs, and our work is based on the premise that:

- All children have the right as individuals to knowledge and skills that will help them be safe, independent and able to express their feelings and concerns.
- All adults have the responsibility to keep children safe, to listen to the feelings and concerns of children and to take them seriously.

## How Kidscape helps

- A helpline for parents and carers of bullied children (Monday-Friday, 10am - 4pm) which offers invaluable support and advice to families trying to tackle bullying problems
- ZAP assertiveness training sessions to improve the confidence and self-esteem of children who have been bullied
- A nationwide training programme covering topics from anti-bullying to peer mentoring and staff and interpersonal development
- Books, videos, posters and free booklets and leaflets on ways to tackle both bullying and child abuse
- An interactive website with a wealth of information for young people, parents, teachers and other professionals and the facility to download print versions of Kidscape's bully and child safety packs
- Conferences and research on bullying and child safety



The Kidscape team!

## Kidscape Offices

Finding office space at a reasonable price has always been a problem for small charities and Kidscape is no exception. Our first office back in 1985 was in a photocopy room, where we lived free for four years thanks to the generosity of John Hadjipateras. Then our quest for a more permanent office began and Grosvenor Estates stepped in with half price offices in central London. We have now been with Grosvenor Estates for over 15 years and we are very grateful for their support. We especially thank the staff for helping us out in many ways over the years - they have dealt with all our problems from heating to security and everything in between. We couldn't be where we are today (literally!) without them.



Kidscape Towers (2nd floor only!)

# Kidscape's Training & Development

Kidscape offers anti-bullying and child protection training to classroom practitioners, whole staff teams, parents and professionals including youth workers, police and prison officers, social workers, LEA advisors and health trusts.

Our training programme gets bigger and better each passing year.

In the past year the training team has addressed anti-bullying and child protection issues across all age ranges from early years through to further and higher education.

The demand for 'out and about' training remains at around 20 requests per week, although this does increase in relation to national INSET days and peak periods such as anti-bullying week, when demand can sometimes outstrip supply. Hundreds of parents, schools, youth groups and professionals have benefited from Kidscape's training courses.

Kidscape continues to recognise that each community, school and person is different. Our training and intervention programmes are therefore specifically designed to meet individual needs and



Delegates learn about bullying issues

requirements.

Each Kidscape training session is tailor-made and includes:

- Practical skills and exercises relevant to any classroom
- Lesson plans, activities, and teaching aids
- Supportive literature for in-hand school resources
- Considerable ongoing support from Kidscape's Training Manager and staff

We constantly renew our efforts to deliver sessions that contain ideas that are easy to implement, and that answer real needs in schools and other institutions. The wonderful thing about Kidscape's training programme is that it is a completely replicable model - all materials and information are easily transferable to any learning setting. Our stalwart team of trainers have built on previous successes and made a substantial difference to numerous community groups throughout the UK, including:

- **Warren Hill HM YOI, Suffolk** - working with young offenders to help them understand the cycle of bullying and teaching personal development and anti-bullying strategies
- **Community Education Lewisham** - working with parents to give them confidence in dealing with anti-bullying issues and their children's transition from primary to secondary school, and with professionals to detect early signs of bullying and how to tackle bullying behaviour
- **Home-Start Family Support, Sutton** - working with parents of pre-school children to help them learn ways to prevent their children from becoming victims of bullying and how to get the best start in life.

By sharing best practice, creating policies, implementing strategies and building partnerships, Kidscape training is capacity-building at its best.

*Some feedback from training sessions:*

*"This is to say a formal but genuine thank you on behalf of the WMCPD planning group for your superb contributions to our study day on 'Bullying'. Many people with whom I chatted at the end of the day had obviously been quite inspired by your presentations". (West Midlands Continuing Professional Development for Educational Psychologists, July 2004)*

*"Thank you so much for your excellent courses last week. I enjoyed both sessions immensely and felt that the participants really appreciated your advice on practical approaches". (Hertfordshire Standards and School Effectiveness, October 2004)*

*"I am writing to thank you for taking part in our recent Streetwise Kids Day. The students really enjoyed your sessions and learnt a lot from your workshops". (Slough & Eton Church of England School, October 2004)*

*"Thank you so much for organising the peer mentor training. It was a huge success and the children thoroughly enjoyed Olivia's sessions". (Sutton High Sports College, November 2004)*

# Training & Development (contd.)

## In-house training workshops

We are now also offering a cycle of workshops for professionals who want to raise their awareness of anti-bullying strategies and who wish to be given the tools to run assertiveness sessions for bullied children. The one-day workshops take place at our offices each school term. Since their inception in February 2005 they have offered an invaluable source of training for professionals. In the coming months we hope to be able to offer one course per month with an average attendance of 12 people, thereby extending the training opportunities even further for all those whose jobs involve working with children.

## Kidscape Training goes International!

During the past year we have run workshops at our offices for groups from Portugal, Poland and Japan. We have also delivered intensive 2-day workshops in Luxembourg and Poland. Visitors from Taiwan and Canada have also attended training sessions (on bullying and female sexual abuse of children respectively).



Ready to take the Kidscape message back to Poland...

As a result of our work with Polish psychologists, a 'Polish Kidscape' has been launched with the support of groups such as the British Council. We are absolutely delighted to be able to share our skills and knowledge with others outside the UK and make a small difference in children's lives internationally.



ZAP courses are whole-day intensive assertiveness training sessions for young people who are being bullied. These courses help break the desperate negative emotional and social cycles by:

- reducing bullying, truancy, self-harm and suicide attempts
- boosting self-esteem and confidence levels
- improving children's education, further education, future job prospects and relationship success

ZAP creates a positive legacy by:

- teaching crucial life-coping skills, resulting in more self-respect and more confidence
- instilling a sense of social responsibility – children are empowered not only to help themselves but also to help others stay safe from harm
- producing a lasting benefit – providing on-site courses so communities can hold their ZAP courses and hopefully establish on-going networks of support
- making ZAP teachings widespread – by informing local authorities and government initiatives

We have been running ZAP courses for five years, and for five years bullied children's lives have been transformed.



*'We've been ZAPPED!'*



## (continued)

Last year thousands of children were bully-proofed through ZAP, and many more children benefited as each participant went on to help their friends and siblings.

Both the children and the courses continue to go from strength to strength. It may seem incredible to believe that just one day can change a child's life, but the feedback we receive from children and their parents tells us just that.

The difference in the children's attitude and behaviour is noticeable even on the day itself, and in the weeks following ZAP the feedback is heartening. Letters, emails and photos from families keep us updated on the children's progress and it is wonderful to see the change. Over half of the children who attend ZAP have self-harmed before attending a session, but fortunately none report self-harming after ZAP.



At the end of the day - smiling faces!

## ZAP: Moving on Up!

This year we were able to offer special ZAP courses to year 6 children about to make the transition from primary to secondary school. Children are especially vulnerable to bullying during this transition when they become the youngest and smallest pupils at school. ZAP is the only national project that focuses on helping children prepare practically and emotionally for the secondary school transfer. We are also in the process of producing literature to complement these transfer sessions.

### How the children feel after ZAP:

*"My course really helped and the bullying has now stopped. Thank you very much for helping me". Alex, age 11*

*"I learnt lots of new ways to deal with the bullies at my school and where I live. Thank you Kidscape!". Anna, age 10*

*"I really enjoyed my ZAP course. I learnt a lot and made new friends. Thank you for showing me that I am not the only one who is being bullied. If I run into any bullies in future I will try to remember everything you taught me".*

*Philippa, age 10*

The demand for sessions is considerable - although we try to avoid having waiting lists, we do have children waiting for places, and we are working hard to obtain more funding to make sure that we can reach more children. We are also working with Local Education Authorities up and down the country to make ZAP teaching more widespread.

ZAP is free to participants thanks to the generous funding and gifts in kind from the following:



## Helping Families

Helping parents goes hand-in-hand with helping children. It is often the case that bullying impacts on the whole family: routines get disrupted, bullied children vent their hurt and frustration at siblings, parents disagree on how to deal with the bullying.



Parents and young people enjoy a ZAP lunch in the park

To support families, Kidscape offers PAZAP sessions to help parents cope with bullying and get advice on how to prevent it. The sessions run concurrently with ZAP and are designed to:

- help parents to develop skills to help their children
- create a support network for parents
- reduce bullying, truancy and self-harm rates
- improve the parent/child relationship
- help parents work productively with teachers and schools

The feedback is excellent and reveals that, like their children, parents also benefit from assertiveness training. They report feeling empowered to support their child and are far more confident in approaching the school. The wonderful thing about PAZAP is that the advice and skills will have long-term benefits, as they will be used to help their other children.

PAZAP is generously funded by **The Welton Foundation** and **EBM Charitable Trust**.

# Conferences

## Bullying: Current Issues and Practical Solutions

Because of the continuing and often tragic media coverage of the issue of bullying, Kidscape decided to hold a conference in November giving teachers and other practitioners practical solutions for dealing with bullying.

Our speakers were:

- Michele Elliott, – Director of Kidscape
- Lorna Ponambulam – Assistant Headteacher, Haverstock School
- Mary Louise Morris – Childnet International
- Carol Trower – Peer Massage in Schools Programme
- Graham Clayton – Senior Solicitor, NUT
- Dr Michael Halls and Roberta Fudge – The Intercom Trust/JAAHB

The conference was extremely successful, attended by over 100 people, and the feedback was excellent. Many participants wrote to say they had successfully used the suggestions and solutions put forward by Kidscape and its excellent list of speakers during the day.

Kidscape's conferences are a wonderful way to educate, share best practice and build regional networks of support for child-care professionals.



Delegates pass the message on ...

# Kidscape Online

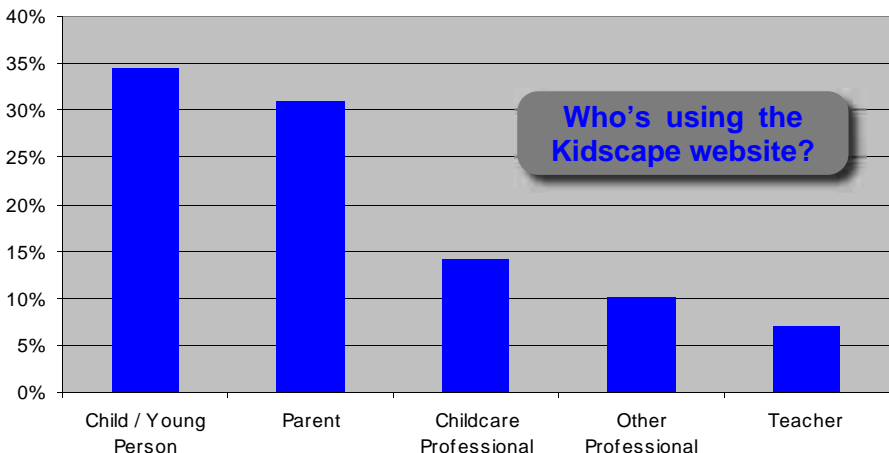
Kidscape's interactive website is a regular response service for children, parents and professionals. Child safety and anti-bullying information is available all day, every day, with just the click of a mouse,

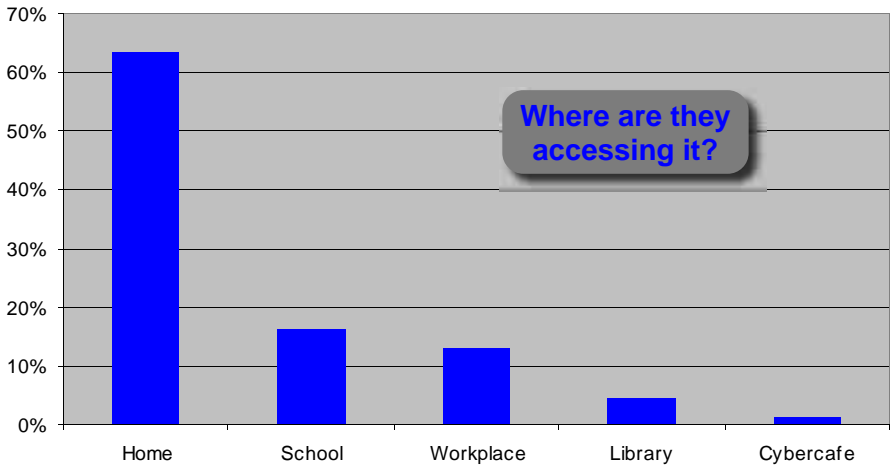


The website continues to build on previous strengths and offer newer and better services. In addition to the existing help and advice, visitors to [www.kidscape.org.uk](http://www.kidscape.org.uk) can now:

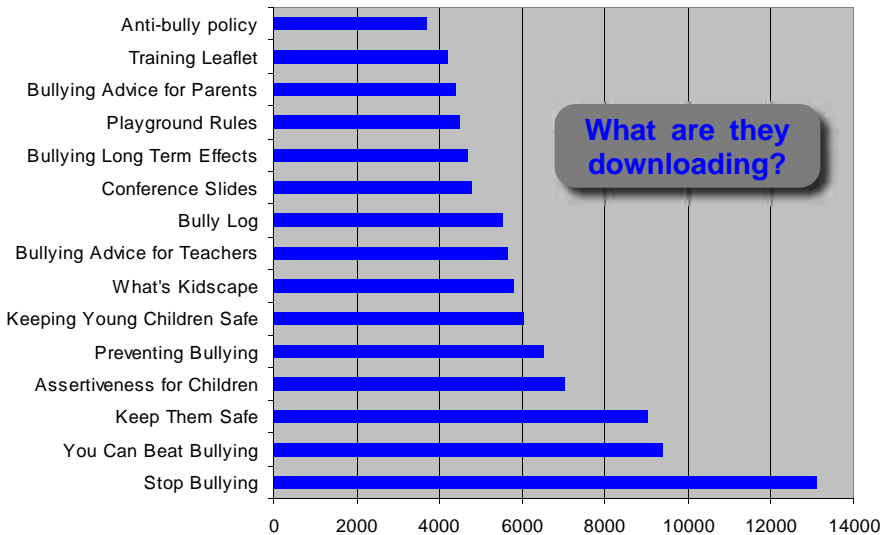
- Read suggested playground rules and '20 steps to a safe playground'
- Get advice on when and how to change schools
- Explore the Top 10 frustrations of parents with corresponding advice
- Review tips for safe internet use
- Search for helpful organisations in your area
- Learn how to start a peer mediation schemes and student councils
- Download guides on 'How to Deal with Bullies'
- Complete the Kidscape survey and inform future website development

The demand for online advice is considerable and continues to grow at a consistent and encouraging rate - about 20% per year.





Nearly 150,000 items were downloaded from the website during the year.



The Kidscape website is supported by the Big Lottery Fund



# Kidscape's Helpline

Last year, we received over 20,000 calls from parents worried about bullying.

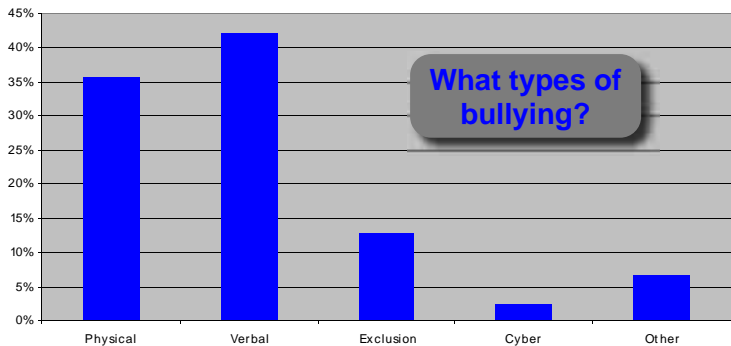
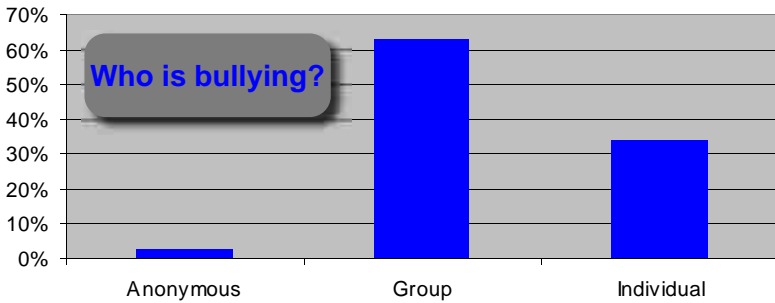
When parents ring our helpline they are literally at the end of their tether. Our trained team of advisors take the calls from desperate parents and offer practical advice on:

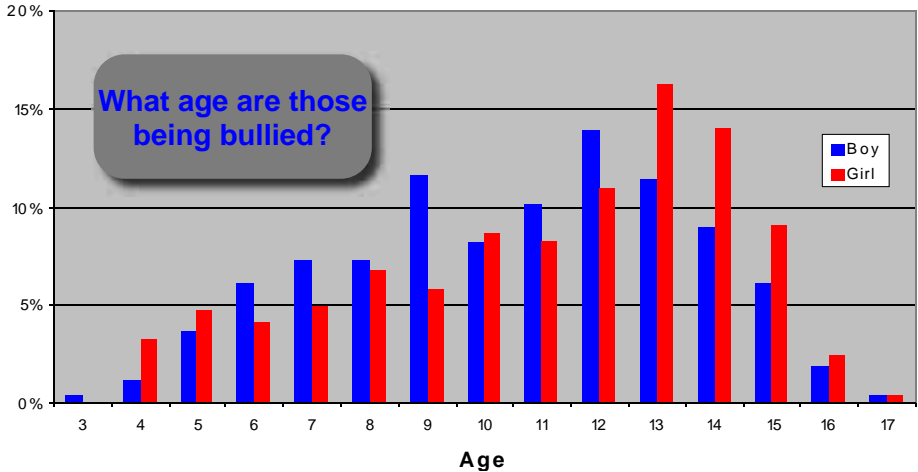
- how they can support their child
- how to boost their child's assertiveness and personal safety
- their child's rights, and the school's responsibility
- how to approach the school to make sure the bullying stops



Helping another parent

Our Helpline (**08451 205 204**) is a Lo-Call number so when parents ring they are only charged at a local rate. The other benefit of this facility is that we can now monitor the calls for new and emerging trends:





## National Helpline Association

Kidscape is a proud member of the National Helpline Association in recognition of the quality service that we provide.



Kidscape's helpline is supported by EBM Charitable Trust

*'I was so impressed with the kindness, help and advice I received this morning on the helpline that I am sending this email...I cannot express how grateful I feel'*  
Jane's dad

*'A huge thank you for empowering me and supporting me...I praise Kidscape whenever I can'*  
Robert's mum

*'Thank you so much for your help when I called today about my grandson. The sense of relief felt by both me and his mum is huge and we are so grateful. Your advice is invaluable'*  
James' grandmother



**Help is just a phone call away on  
08451 205 204**

# Events and Achievements

## Kidscape and Motorola: Making a Difference Together

Kidscape was thrilled to be selected as Motorola's UK charity for the second year running. After a hugely successful first year collaboration which involved inventive fundraising efforts, over £10,000 was raised by Motorola staff and we received an incredibly generous matched donation from Motorola UK.

The wonderful thing about this partnership is that the money raised at each site was spent within the communities that they serve. Schools were provided with a 'shopping list' of Kidscape resources for them to choose from. This 'pick & mix' approach allowed teachers to select materials that would best promote positive behaviour in their schools. Whether it was books, posters, leaflets or an on-site session with a Kidscape trainer, Motorola's donations were spent where they were needed.



Kidscape says thanks to Motorola



## Virgin Unite

Kidscape was over the moon to have been chosen by Virgin Unite as one of 12 UK charities they are supporting. Virgin Unite is the charitable arm of the Virgin brand and aims to help charities through sharing the many skills of all Virgin employees country-wide. We have been lucky enough to have volunteers to help at ZAP sessions, assist with artwork for publications and have a large waiting list of Virgin staff who are ready and willing to help us out as soon as we need them. As Kidscape only has 10 staff this is just the sort of help we need.



Kidscape meets Richard Branson

## London Triathlon 2004

For the first time in 2004, Kidscape was one of the official charities for participants in the London Triathlon. Held over a sunny August weekend, 9 intrepid athletes took part on our behalf in a 750m swim, 20km cycle and 5km run. A great day was had by all and nearly £5,000 was raised for Kidscape.



Well that's the wet bit over...!

## New Initiatives

One of the most exciting things to happen to Kidscape this year is our partnership with Argos. Argos has provided funding for three brilliant projects in 2005:

- A brand new leaflet, designed and printed for teenagers entitled *Street Sense*. A copy will be sent to 5,000 secondary schools in England, Wales and Northern Ireland
- ZAP courses for children, especially those recommended by Argos staff
- The revision and printing of 50,000 copies of the booklet *Stop Bullying*



Argos has also funded a project for next year to send secondary schools copies of an anti-bullying DVD with a manual. We will be working on it over the next few months. We are very impressed with the interest and commitment of Argos staff to keeping children safe. We look forward to working with Argos next year.

# Informing Policy and Education

Kidscape has a long history of working with government, agencies, other charities and the media to ensure that children's issues are at the forefront of policy and education. In 1984 we were the first charity in the UK to discover that children were being badly affected by bullying. We fought hard to make people believe that bullying was harmful.

This year Kidscape has been involved in:

- the Home Office Sex Tourism policy group (established to co-ordinate efforts with other countries and halt the trend for sex tourists travelling abroad to abuse children),
- the Children's Social Policy Group (which discusses issues relating to children's welfare and develops responses to government proposals)
- the Toy Council
- the Founders Club.

We also work with the media as much as possible to influence public opinion about the issues of bullying and child safety. We work with the media approximately 20 times a week (radio, TV and newspapers), giving interviews on issues relating to children and child protection. We will continue to work with, and attempt to influence, anyone who can make the lives of children better.



# Fundraising

A huge band of supporters spent time raising money for Kidscape's projects. Take a look at just some of the events which have taken place this year:



Brighton Dog Fundraising



Raising money at the Maitland Evangelical Church karaoke night

# Supporting Kidscape's Work

As a registered charity, Kidscape is entirely dependent on grants from public and statutory bodies as well as donations from the general public. We do not have a fundraising or an advertising budget - all our funds go directly to helping children. As a result we rely on word of mouth and the hard work of our staff to raise money to continue our work.

Even the smallest donation can help us, as you can see from these examples:

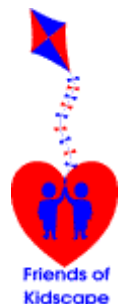
- £5 will send 5 anti-bullying packs filled with advice and strategies to help desperate families trying to cope with bullying
- £10 will give Braille and large print safety booklets to visually impaired children
- £50 will provide over 15 self-esteem guides to children attending Kidscape's ZAP assertiveness sessions
- £250 will teach 10 nursery-aged children safety strategies by running a half-day training session
- £500 will ensure that a counsellor can help over 100 children to stay safe from bullying by funding the helpline for a week
- £1000 will pay for one-on-one assertiveness training for 10 children who have been so traumatised by bullying that they cannot take part in the group ZAP sessions and the printing costs of 500 leaflets to send to parents and teachers, which will help even more children stay safe from bullying

If you would like to support Kidscape financially, there are several ways:

- Become a Friend of Kidscape. Friends are supporters who donate £25 or more per year in aid of our child safety and anti-bullying programmes.
- Run a fundraising event with the proceeds going to Kidscape.
- Nominate Kidscape as your workplace charity of the year
- Donate through your salary - suggest that your company sets up payroll giving
- Leave a legacy to Kidscape in your will

Remember that we put every penny to good use, and if you are interested in funding a particular project, we guarantee that the money will be put to the purpose you wish to support.

For more information on donations, fundraising or any other aspect of donating to Kidscape, please contact Nikki Kerr, Projects Manager, on 020 7730 3300 or [nikki@kidscape.org.uk](mailto:nikki@kidscape.org.uk)



# Financial Summary

On the next three pages there is a summary of financial information relating to both the balance sheet and the statement of financial activities. A simplified breakdown of income and expenditure is also included in the form of pie charts. The full statutory accounts were audited and did not contain a qualification. They were approved in October 2005 and can be obtained upon request to Kidscape. The full report and accounts have been sent to the Charity Commission.

## Consolidated Balance Sheet at 31st March 2005

	<u>Group</u>	<u>Campaign</u>
<b>Fixed Assets</b>		
Tangible assets	3,505	-
Investments		100
	<u>3,505</u>	<u>100</u>
<b>Current Assets</b>		
Stocks	20,000	-
Debtors	30,811	47,094
Cash at bank & in hand	237,541	213,240
	<u>288,352</u>	<u>260,334</u>
<b>Creditors, amounts falling due within 1 year</b>	(19,099)	(3,896)
<b>Net Current Assets</b>	<u>269,253</u>	<u>256,438</u>
<b>Total Assets less Current Liabilities</b>	<u>£ 272,758</u>	<u>£ 256,538</u>
<b>Financed by:</b>		
Restricted funds	43,600	43,600
Unrestricted funds	212,938	212,938
Profit & loss reserve	16,220	-
	<u>£ 272,758</u>	<u>£ 256,538</u>

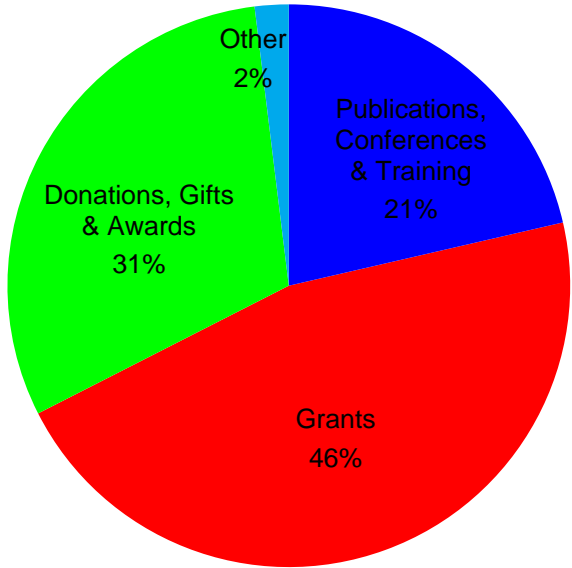
## Consolidated Statement of Financial Activities for the Year Ended 31 March 2005

	Unrestricted Funds (£)	Restricted Funds (£)	Total (£)
<b>Incoming Resources</b>			
Grants receivable		199,957	199,957
Donations & Gifts	133,716		133,716
Bank Interest	6,857		6,857
	<u>140,573</u>	<u>199,957</u>	<u>340,530</u>
<b>Trading Subsidiary</b>			
Sales & conferences	92,887		
Cost of sales	<u>(35,104)</u>		
Gross Profit	57,783		
Admin expenses	<u>(57,727)</u>		
<b>Net Result</b>	56		56
<b>Total Incoming Resources</b>	<u>140,629</u>	<u>199,957</u>	<u>340,586</u>
<b>Resources Expended</b>			
<b>Cost of Generating Funds</b>			
Fundraising costs	13,964	-	13,964
<b>Direct Charitable Expenditure</b>			
Educational projects & publications	54,609	85,586	140,195
Training Programme	33,902	4,999	38,901
Bullying Helpline	5,600	16,744	22,344
Other Children's projects	14,720	16,511	31,231
	<u>122,795</u>	<u>123,840</u>	<u>246,635</u>
<b>Other Expenditure</b>			
Management & Admin	68,612	32,517	101,129
<b>Total Resources Expended</b>	<u>191,407</u>	<u>156,357</u>	<u>347,764</u>
<b>Net Incoming / (Outgoing) Resources</b>	(50,778)	43,600	(7,178)
Consolidated funds at 1st April 2004	<u>279,936</u>	-	<u>£ 279,936</u>
Consolidated funds at 31st March 2004	<u>£ 229,158</u>	<u>£ 43,600</u>	<u>£ 272,758</u>
<b>Representing</b>			
Kidscape Campaign Funds	212,938	43,600	256,538
Kidscape Limited Funds	<u>16,220</u>	<u>-</u>	<u>16,220</u>

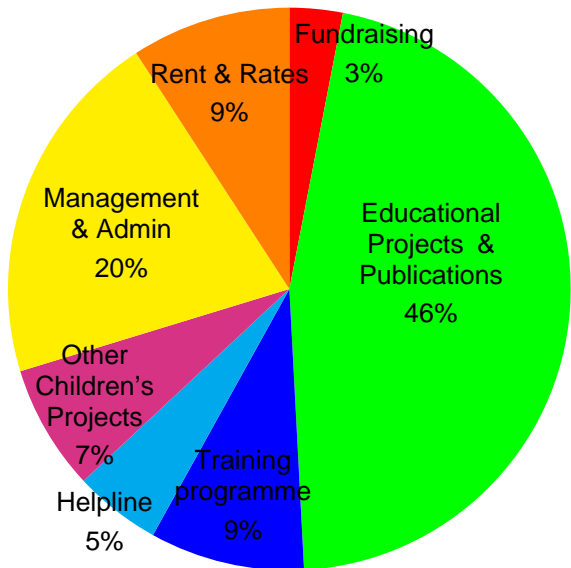
# Income and Expenditure

## Simplified Breakdown

### Income



### Expenditure



# Thank You!

Kidscape's pioneering work to keep children safe would not be possible without the optimism, commitment and financial support of the following individuals and organisations:

Argos  
Big Lottery Fund  
Cadbury Schweppes Foundation  
Coca-Cola Enterprises  
DfES  
The Drapers' Company  
EBM Charitable Trust  
Eynsham Youth Centre  
Garden House Parents' Association  
Goldsmiths' Company  
Gordano School  
Grosvenor Estates  
Haymills Charitable Trust  
Leathersellers' Company  
Marchday Charitable Trust  
Marks & Spencer  
Motorola UK  
Kevin Parke  
Persula Foundation  
PKF Accountants  
Smutty Productions  
Toy Trust  
Virgin Unite  
The Welton Foundation  
Woolworths



...and that of the many other individuals, groups and schools who have generously supported Kidscape this year. Thank you - we couldn't have done it without you!

# The Organisation

## Kidscape Patrons

Katie Boyle  
Phil Collins  
Lady Anne Eyre  
Lord Brian McKenzie  
Dan Norris MP  
Dr Wendy Piatt  
Claire Rayner  
Lord Taylor of Warwick

## Kidscape Trustees

George Gawlinski (Chairman)  
Miles Barber  
David Davies  
Peter Gwynn  
John Hadjepateras  
Anna Raeburn  
Amanda Ross

## Kidscape Staff

Michele Elliott (Director)  
Lisa Flowers  
Claude Knights  
Nikki Kerr  
Cath Calvert  
Linda Frost  
Michelle Edwards  
Rosemary Harrison  
Dave Taylor  
Andrew Morrison  
Brenda Stafford

## Kidscape Trainers

Claire Burnell  
Jackie Engelberg  
Olivia Gibb  
Jean Gawlinski  
Charlie Taylor  
Christine Tanner  
Juley Murray  
Yvonne Kinsella

## Kidscape Volunteers

Caroline Beevis  
Geraldine Mushett  
Westminster Volunteer Bureau

## Accountants

Moore Stephens

## Auditor

D J Barwick

## Solicitors

Muscatt Walker & Hayim

## Bankers

Lloyds



Registered Charity 326864

2 Grosvenor Gardens  
London SW1W 0DH

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