

Celebrating 25 years of keeping children Safe, Strong and Free



Annual report
August 2019 - July 2020

CAP UK's Mission

CAP UK's aim is to keep children Safe Strong and Free and prevent child abuse.

We help to create a culture in schools where children can speak out if they feel unsafe and adults will believe them and know where to access support.

We are building safer communities for children to grow up in.

Why is CAP UK needed?

1 in 4 children suffer some form of abuse by the time they are 18, and these are only the ones we know about . Many children never tell anyone. (NSPCC 2020)

Research shows that 1 in 20 children in the UK have been sexually abused. More than 1 child per classroom. But these figures provide a significant underestimation of the scale of abuse, as many children never come to the attention of services. (NSPCC 2020)

During Lockdown:

Coronavirus has made safeguarding even more important than ever. Children have been cut off from vital support networks such as school and friends. For some children, feelings of loneliness and vulnerability have increased.

2019-2020– What did we achieve?

Our 3 teams worked with 44 schools and delivered our CAP training to:-

8477 children

347 adults



‘Excellent service so valuable - a very important area of education taught with skill and compassion. All tricky conversations and situations were covered in age appropriate way. Thank you’—Headteacher

The impact of Covid 19 and school closures

As the government closed schools in March, we were unable to continue to deliver our services in the same way. Instead, we concentrated on supporting our communities in lock-down with regular newsletters containing useful information and links to resources.

In addition, 93 schools received an Activity Booklet that we created to keep our messages alive at this important time. This was filled with fun activities and was sent out to all the school’s family groups.

We also distributed 2 short films made by us to remind both adults and children that they have the right to be **Safe Strong and Free**, and to celebrate our 25th year!

Chair of Trustee's Report



A particularly warm welcome during these unusual and challenging times. CAP has continued to thrive and most importantly strived to keep children Safe, Strong and Free.

This year CAP has worked with 44 schools reaching 8,477 children and 347 adults, but unfortunately, figures are lower this year due to the Pandemic. We continue to receive excellent feedback from staff with 100% agreeing that the workshops were useful for the children and 100% recommending CAP to another school.

A member of Staff commented: ***“I thought the structure of each session was excellent and the way you built up to the very sensitive issues by session 3 was outstanding. Thank you for an awesome course for the children”.***

Teachers also agreed: ***“The children were engaged and questioning. I would suggest they are far more equipped in keeping themselves safe because of the workshop”.***

Head teachers noticed a 86% change in staff confidence relating to child protection issues. 86 % saw a noticeable change in staff noticing/ referring CP concerns.

This year has been our 25th Anniversary but we have not been able to celebrate it as planned. However, we have kept CAP alive and in the public eye through our excellent use of social media. A big thank you to Sam Entwistle for her work in this area. Thank you as well to those who contributed and made it possible to put together a 25th Anniversary film, which has allowed some celebration and recognition of our 25 years.

We have been busy appointing new members of staff during the year. A new Team Leader for Plymouth, Emma. A new Office Manager, Trishyah and new facilitators– Gunda, Lilian and Marie.

Our greatest challenge has been getting back into schools following the Lockdown but CAP continues unstinting in its determination to keep children safe. As Kate, our CEO, informed the trustees, schools felt *“we have thought of everything”*. *“We definitely seem very prepared”*

The comment of ‘thinking of everything’ sums up CAP completely. Nothing is too much when it entails keeping children Safe Strong and Free.

I would like to thank all the CAP staff, the Trustees and all our funders.

Sharon McGregor

Chair of Trustees.



The Impact of our programme

Following our workshops, children have an opportunity to talk to the facilitators individually to ask questions about the session.

2569 individual conversations with children at review time

690 involved problem solving

153 children referred to class teacher for support

55 referred to school's designated safeguarding officer



After our workshops :-

92% of parents felt more confident in talking to their children about keeping safe



89% of school staff had more knowledge about child abuse

84% of school staff more confident to talk to children about staying safe

100% of Headteachers noticed an increase in children coming forward to problem solve

Help a child learn how to be Safe, Strong and Free by making a regular or one-off donation through our website.

The community's responses.....

Teachers said:-

'I think this had a massive impact on the children and I think all our children will now know who to talk to if they feel unsafe'

'I think all of the workshops were delivered at the appropriate level for all the children.... Thank you all.'

'Reinforcement of saying NO and confidence in the playground. They have learnt it is unacceptable to be touched if they don't like it'

Parents said:-

'I saw the way to discuss dangers with my children in a more positive way to make sure they always feel comfortable to tell me & my husband if there is anything bothering them.'

'Knowing how to better equip my child with the tools to help them stay safe.'



Children and young people said:-

I liked....

'The fact that we can all share our ideas together as a group and listen to others and even if we feel alone there is always someone there'

'How honest they were and how open'

'How there were many examples and that we will not be judged.'

We are so grateful for the support and can't recommend the service highly enough.– Headteacher

School Partnerships

2019-20 workshops:

South Devon Area Primary schools:- All Saints Babbacombe, Bearnese; Hennock; The Grove; Ilsham C of E; St. Mary's Roman Catholic; Landscope C of E; Widecombe-in-the-Moor; Aveton Gifford;

Plymouth Area Primary schools:- Chaddlewood; Sir Robert Geffery's; St Budeaux Foundation; Woodford; Boringdon ; Victoria Road

Exeter Area Primary schools:- Haywards; Kenton; Kenn C of E; Halberton; Uplozman; Newton St Cyres; Cheriton Fitzpaine; St.Martin's C of E; Feniton C of E; Tipton St. John C of E

Secondary schools:- Combe Dean; Kingsbridge Community College; Marine Academy

2019-20 assemblies

South Devon Area Primary schools:- Chudleigh Knighton; Barton - Hill Academy; Moretonhampstead; Collaton St.Mary's; Buckfastleigh; Galmpton C of E; Harberton

Plymouth Area Primary schools:- High View; Egguckland Vale; Manor; Morice Town

Exeter Area Primary schools:- Dunsford Community Academy; St. Josephs Catholic; Hatherleigh Community; Stoke Cannon

'These workshops are invaluable for the children. They have remembered so much from a previous CAP workshop so I can tell that the messages are being very well taught.' Teacher



The 2019-20 CAP UK Team

Trustees (at 31/07/2020)

Sharon McGregor (Chair)

Tom Cook (Treasurer)

Richard Garton

Susie Hudson

Andrew Frankland

Kate Patten

Sally Jones



Staff

CEO: Kate Shillaker

Office: Aggy/Trishyah (Office Managers) and Sam E (Social Media and Communications Officer)

Devon Team: Mel, Ami, Leah , Jenny and Laura

Exeter Team: Rose, Tammie and Vickie

Plymouth Team: Emma, Sam E, Lydia, Sam C and Laura

Sessional workers: Elaine, Sacha

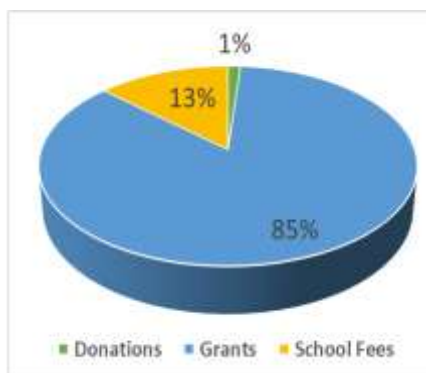
CAP UK is a charity registered with the Charity Commission in England and Wales. Registered charity number 1056377

Original Charity Constitution adopted on 22 November 1995, most recently amended on 21 May 2014. Trustees are appointed, or re-appointed during the AGM and all are volunteers. All volunteers and paid staff at CAP UK are subject to safer recruitment practices—DBS and reference checks.

Finance

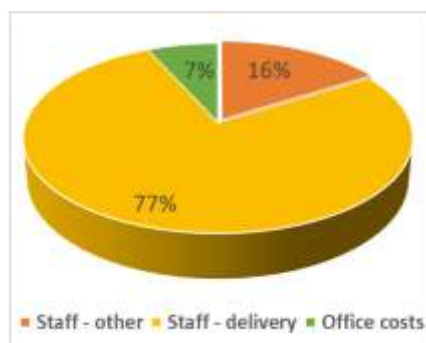
Total Income £157,730

Donations	£1,967
Grants	£134,516
School Fees	£20,848
Bank interest	£399



Total Expenditure £136,286

Staff - other	£22,149
Staff - delivery	£104,775
Office costs	£9,362



Free reserves policy is updated regularly to recalculate the amount the charity holds in free reserves. This includes four months running costs, and allows for redundancy, closure costs and deposits held for future work.

A full set of accounts is available on request.



With thanks to our supporters

**Without your help we could not continue
our important work.**

Big Lottery

Linnet Trust

Gibbons Family Trust

Sushila Dharma Britain

Norman Family Trust

Co-op



*'Absolutely brilliant. Great with all pupils and very engaging
and welcoming' Teacher*

“We cannot simply wait for abuse to happen and expect the police to catch the abuser and bring them to justice; if this is the limit of our ambition then we as a society will be failing children.”

Director of the Centre of Expertise on Child
Sexual Abuse

Prevention is the key

**CAP UK's whole school community approach
brings positive change**

Please support our work by giving £5 a month



safestrongfree.org.uk

CAP UK, 35 Fore Street, Totnes, Devon TQ9 5HN
01803 866559 | info@safestrongfree.org.uk

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