

SAFE AND SOUND PERFORMANCE REPORT 2022/23

Safe and Sound's vision is to always be there when young people need us and to prevent exploitation wherever and however we can.

We help transform the lives of children, young people and families affected by exploitation in Derby and Derbyshire.

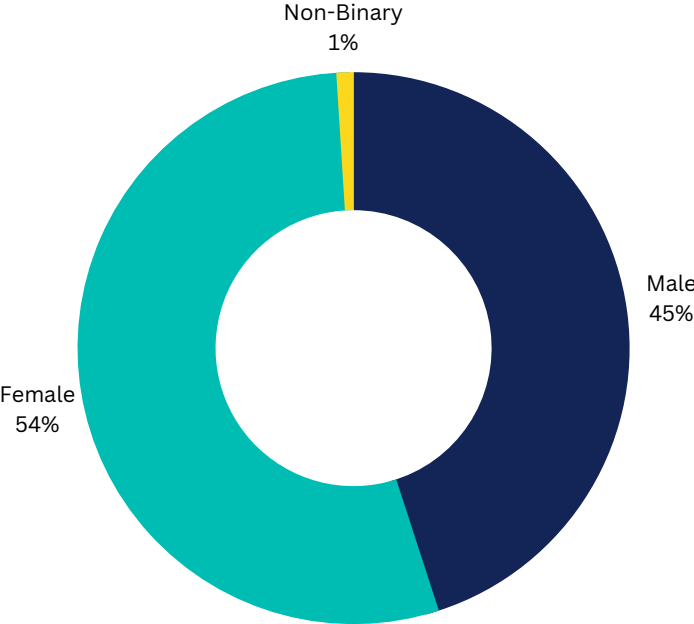
Between April 2022 and March 2023, Safe and Sound supported 346 children and young people through individual one to one case work. Our work with young people is preventative or assessed as low or medium risk of exploitation; Safe and Sound received new 210 referrals for this type of support for children and young people aged between eight and 21 years.

- Our work supporting children, young people, and young adults with Special educational needs and or disability (SEND) accounts for 28% of our support. A further 10% of our caseload are awaiting assessment for SEND.
- Of those who gave ethnicity information 33% of all cases did not identify as White British.
- Our work with males has increased to 45% from 38% in the previous year. This correlates with our increased work within wider exploitation. Early intervention with boys at risk of criminal exploitation has the best opportunity for impact.
- 47% of the young people we work with are affected by child sexual exploitation. 32% are affected primarily by child criminal exploitation. 14% of our cases were affected by both criminal and sexual exploitation.
- We conducted a total of 96 outreach sessions in South Derbyshire and Derby City and engaged with 3462 young people. 217 individuals signed up to the sexual health C-Card scheme during these outreach sessions.
- We have held 119 awareness sessions in schools for children and young people of primary and secondary school age. These sessions reached 4043 children and young people. We also ran seven training sessions for educators, parents and carers, reaching a total of 140 people.

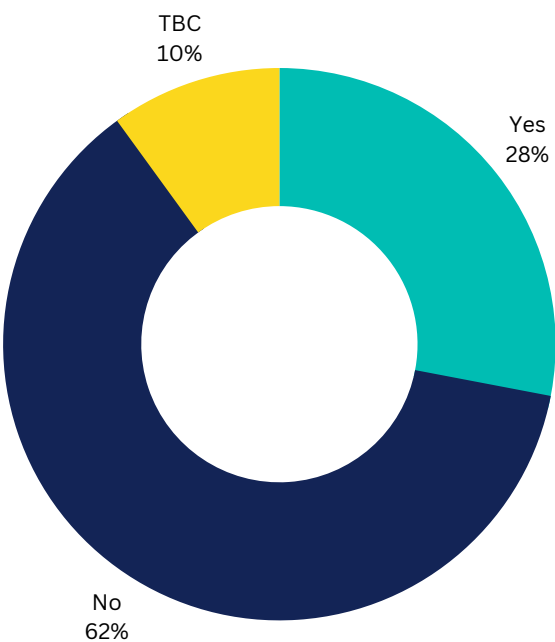
Prior to Covid-19 we were supporting an average on 100 young people each year. We have seen a significant year on year increase in referrals. This year we have seen an increase in referrals from parents and self-referrals.

The charts below show the demographics of the young people we have worked with both independently and as part of our family services.

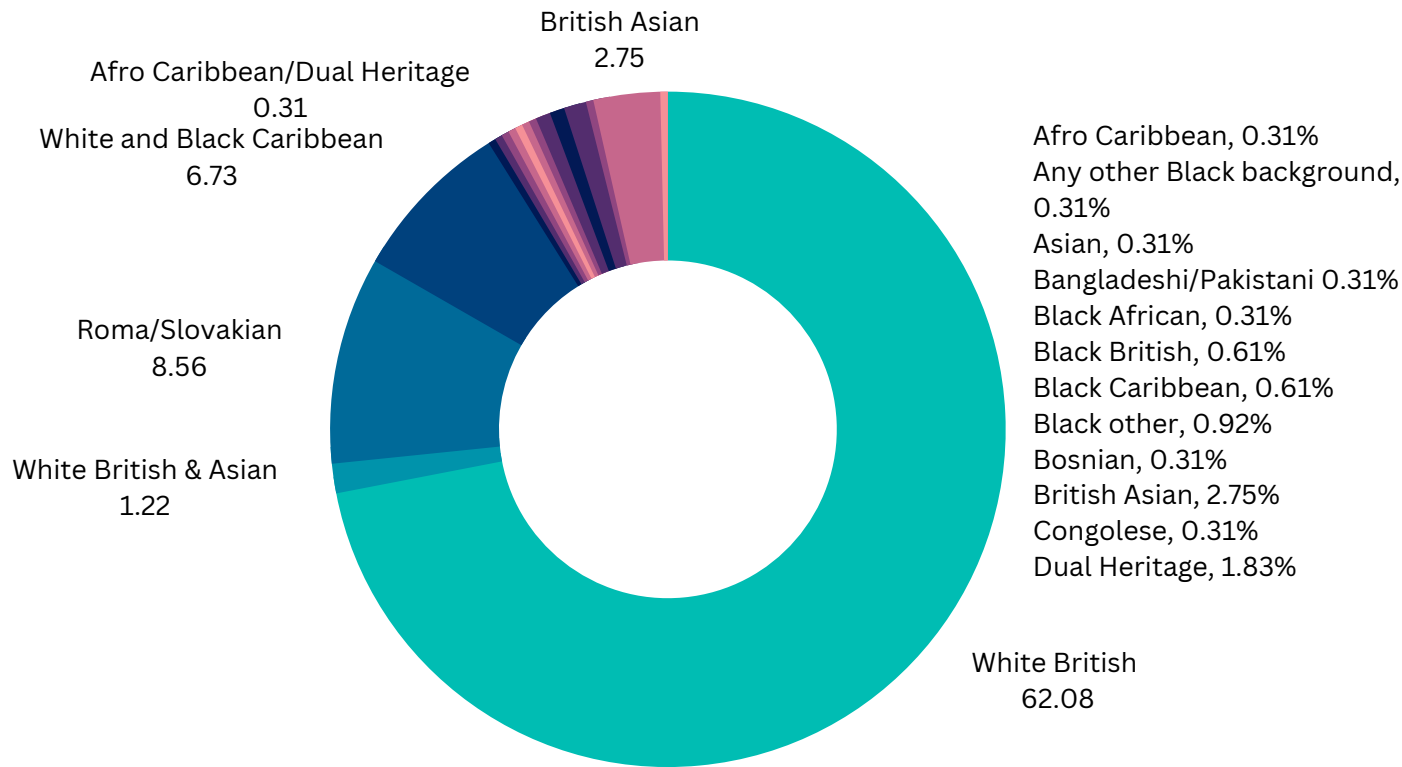
YOUNG PEOPLE BY GENDER



YOUNG PEOPLE WITH SEND

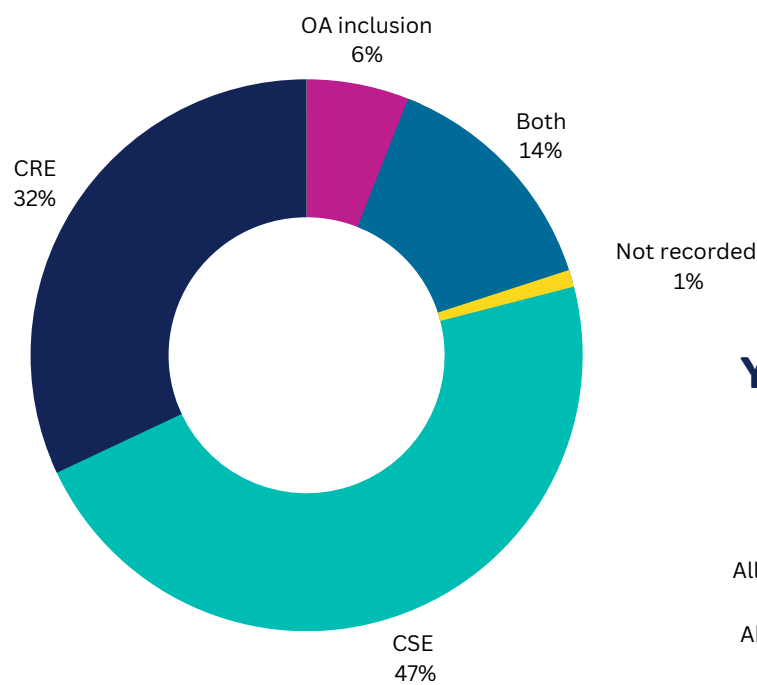


CASELOAD BY ETHNICITY (%)

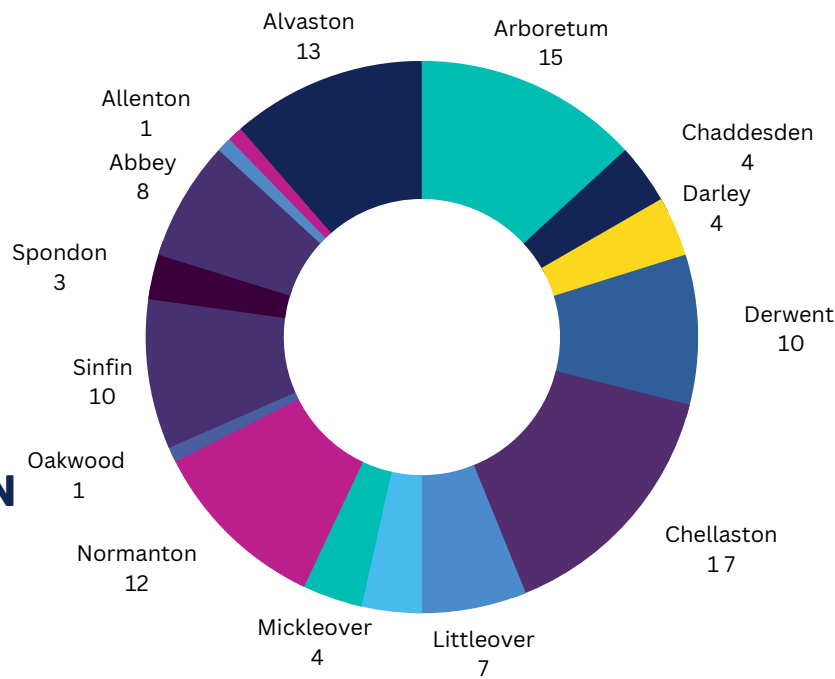


The charts below show the risk category and location of the young people we have supported.

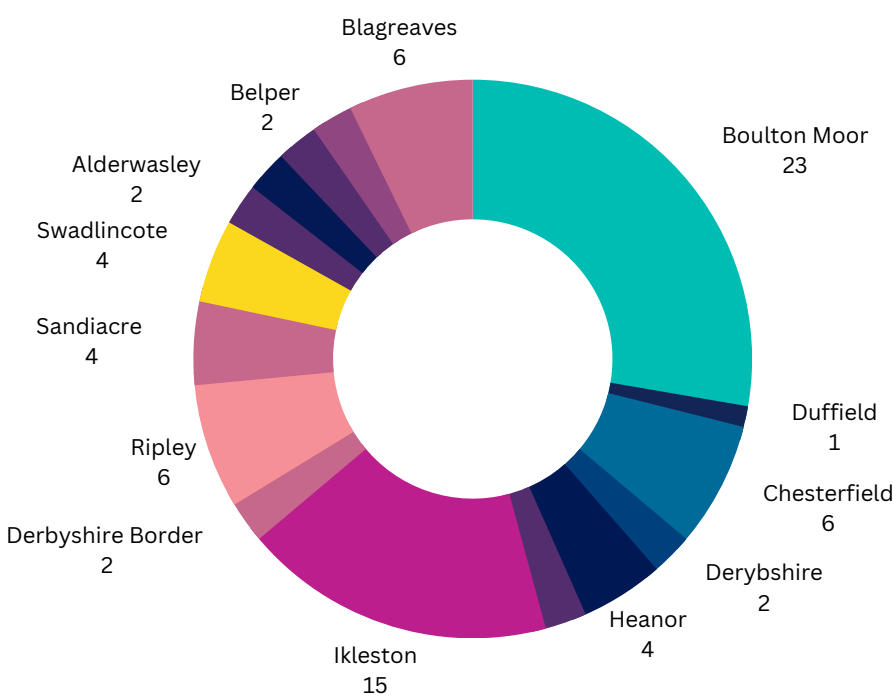
CASES BY RISK CATEGORY (%)



YOUNG PEOPLE BY AREA IN DERBY (%)



YOUNG PEOPLE BY AREA IN DERBYSHIRE (%)



Our work is evaluated using our NEAT (Needs Evaluation and Assessment Tool), which asks young people to rate their perception of their situation and risk factors every six weeks during their journey with Safe and Sound. Overall, the NEAT reporting tool showed the following outcomes:

100% of young people had a reduced risk of exploitation

98% of young people said they had improved relationships with their friends and family

98% of young people said they were more aware of their rights

94% of young people had a reduced risk of going missing or associating with risky peers/adults

82% of young people said their home life had improved

Young people reported that their mental health, physical health, confidence and self-esteem had improved by 25% on average.

Some of our key achievements this year include:

- Safe and Sound was presented with the Derby Community Respect Award in recognition of outstanding work to promote dignity and respect by the Derby Safeguarding Adults Board in 2023
- Safe and Sound became a Youth Rights Champion for Young People's Health (AYPH) in 2022
- CEO Tracy Harrison was a finalist in the leadership category of the national Women Who Awards in 2022.
- Tracy won at the East midlands Leadership Awards 2023 as a Public and Third Sector Leader
- Amelia Roe won the Contribution to the Community award at the Derby Youth Awards in 2022

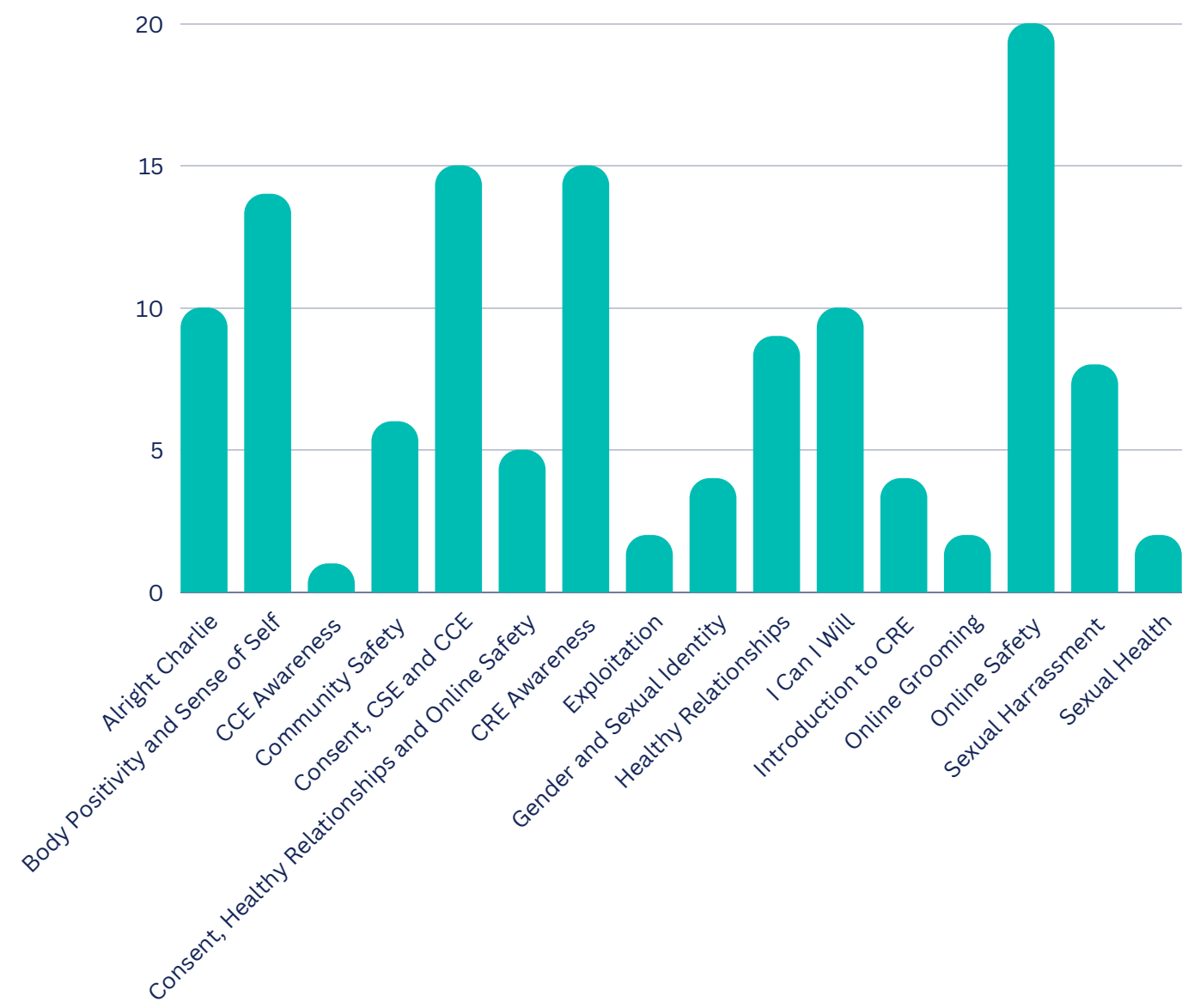
Our approach is centred around the four objectives laid out in our Strategic Framework: Awareness, Prevention, Support and Recovery.

AWARENESS

Our awareness and training work includes providing awareness sessions in schools around consent and healthy relationships, online safety, bystander training, and child criminal and sexual exploitation awareness. This training is bespoke and adapted to the schools and young people attending.

We have developed a dedicated education resource to support our educational provision and provide programmes that educate professionals, parents, carers, families, children and young people about the signs, symptoms and impact of child exploitation, as well as the actions to be taken to enable children and young people to be safe from harm. Our aim is to continually raise awareness amongst professionals and leaders with our communities to ensure governance and safeguarding is high on their agenda, to prevent exploitation and gain intelligence and information to enable appropriate support to be available at the earliest opportunity. We have improved our online educational resources to increase our reach.

SESSIONS DELIVERED BY TOPIC



AWARENESS

We have grown our delivery of the 'I Can I Will' workshop across primary and secondary schools in the city and county. The training equips young people with the knowledge of how to speak up and safely intervene in situations that make them feel uncomfortable. This includes situations where they witness bullying, sexual harassment, hate crimes, or domestic abuse. Research shows that bystander intervention can be an effective way of stopping sexual assault before it happens, as bystanders play a key role in preventing, discouraging and/or intervening when an act of violence has the potential to occur.

We know statistically that children and young people with SEND are three or four times more likely to be exploited. Awareness sessions were adapted to this demographic in the following ways: by at the start of the awareness session, explaining the order of the session from beginning to end. By using differing explanations to assist understanding (breaking down and recalling). By continually observing, looking for reactions and responses. Flexibility/adapting sessions when necessary. Having a back-up plan. A positive attitude. Listening. Reiterating and reinforcing. Allowing time for spontaneity. Breaking down subject to aid understanding, and learning with very small group numbers.

Our awareness and training sessions have been really well received and in Q3 we were recommended by Ofsted to both a care home and a secondary school that had recently been scored as 'requiring improvement'. Our referrals for awareness sessions in schools continues to increase.

We have also utilised our significant safeguarding experience and completed safeguarding reviews with partnership organisations.

In total for 2022-2023, we held 119 awareness sessions in schools for children and young people of primary and secondary school age. These sessions reached 4043 children and young people. We also ran seven training sessions for educators, parents and carers reaching a total of 140 people.



Young people were asked what they found most useful from the sessions. They responded:

'Awareness of certain actions that are classed as sexual harassment.'

'Learning about the different apps and how to keep people safe online.'

'Signs that someone is grooming you.'

'To know what's right and wrong and to know when to say yes and no in the right time.'

'Recognise which is an unhealthy relationship or healthy relationship.'

Young people were asked the same question in the specialist SEND sessions, and their educators responded:

'I found this useful for the young people in my group to understand healthy relationships and to understand that it's ok to say no.'

'Seeing statistics and being able to ask questions. Also the offer of being able to contact Safe and Sound.'

'Raising awareness of issues and the real tips presented in the video.'

IN THEIR WORDS



PREVENTION

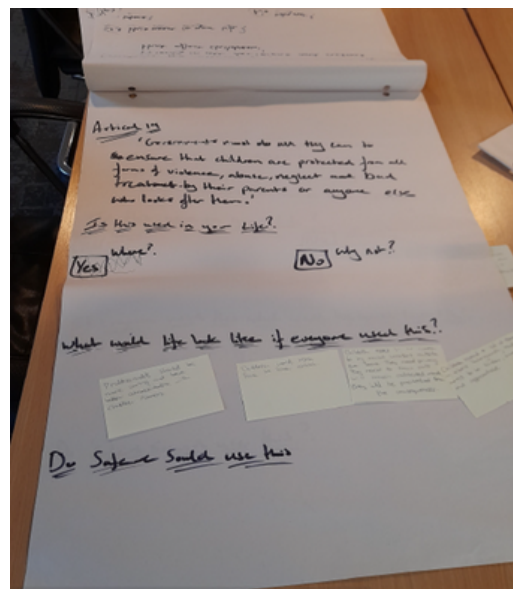
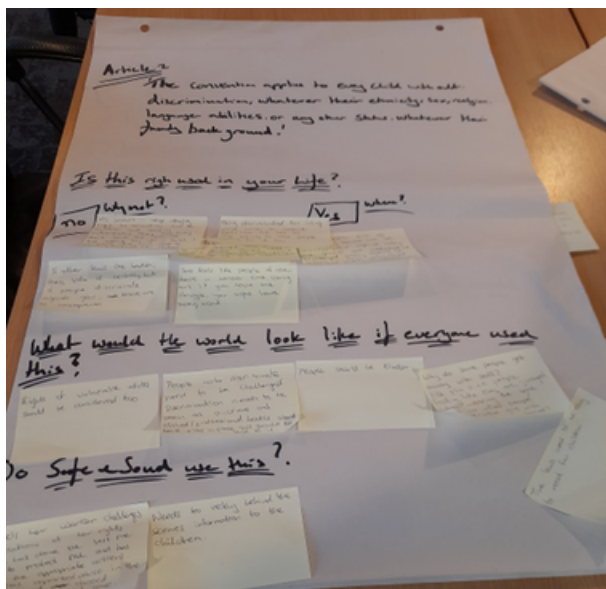
We're committed to listening to the voice of young people and parents and using it to shape our prevention work with partner organisations, to challenge barriers and embrace change. We work in the community through our outreach programme, which focuses on those areas identified as the greatest risk. We signpost to other organisations to reduce vulnerability, and therefore risk.

We ensure all our young people and families have the opportunity to see and understand any submitted reports, empowering them to participate. We consult to identify ways of developing better services and outcomes, through our monitoring and participation and parent as partners groups. We encourage all to have a voice, feedback and be involved in wider service development or future projects e.g. being the first in the UK to be officially recognised as a Youth Rights Champion by the Association for Young People's Health (AYPH) following work by our participation group on young people's rights and voice. Our participation group supports our work and gives us a youth voice including victim blaming and keeping safe projects.

We support our parents and have an established parent support group who meet regular to support each other. They have grown in confidence and a parent as partners voice and influence group has now been established to work with strategic partners to ensure parents are able to help be part of solutions rather than previously sometimes being seen as part of the problem. They meet police and social care leads and are active supporting place-based risk. Three have trained as peer mentors and four have supported us interviewing candidates as part of our recruitment. They have produced films of their stories to help learning by statutory agencies. They are currently developing parent led resources for awareness sessions in the community. We feedback nationally through appropriate networks including the National Working Group for exploitation (NWG).

We are the first organisation to be recognised by AYPH as Youth Rights Champions after working with AYPH on the 'We're All Right' project. Young people have met to develop their own rights-based approach that can be applied to Safe and Sound's resources. This opportunity enabled Safe and Sound to hear directly from young people about what works well and how things can be improved.

Young people were asked a series of questions about their experience with various services as well as their experience with Safe and Sound. They made comments about how their voice and their rights could be centred in their support.



CERTIFICATE

— of recognition for —

Safe and Sound

— who have become —

YOUTH RIGHTS CHAMPIONS

09/11/2022

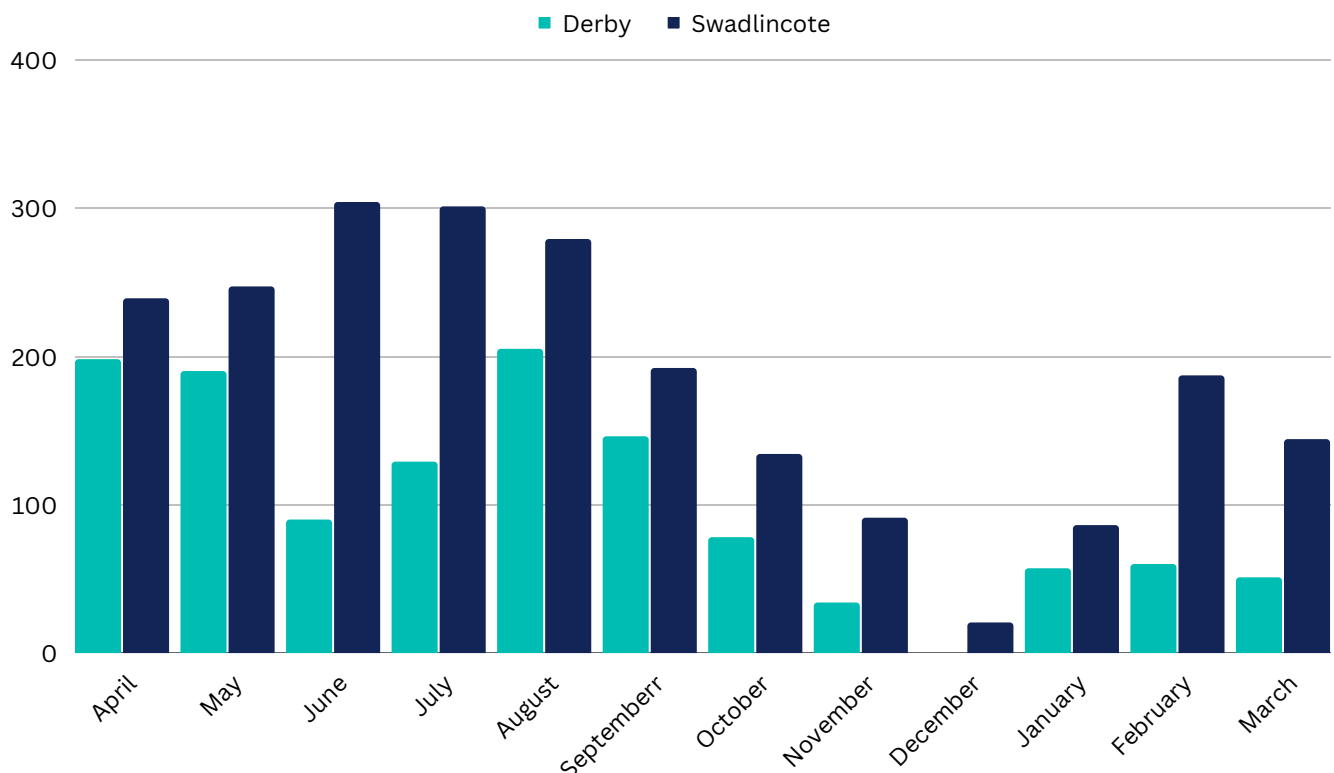


OUTREACH

Our outreach team, which includes a group of our highly dedicated, passionate and knowledgeable volunteers, has taken the outreach programme from strength to strength. Outreach sessions happen on Wednesday evenings in South Derbyshire, and Thursday evenings in Derby City. Our team is responsive and reacts to intelligence that's shared from partnership agencies; our routes change according to the needs of the community. It's important to note that alongside raising awareness, our outreach team work with in partnership with the NHS Sexual Health team and South Derbyshire outreach to the benefit of the young people they engage with. We have received self-referrals from young people who need our help, and we have been able to assist one young person access the bereavement counselling they desperately needed, all because our outreach team are a regular, reliable, approachable service, known for helping and giving advice where they're able.

We conducted a total of 96 outreach sessions in Swadlincote and Derby City and engaged with 3462 young people. 217 individuals were signed up to the sexual health C-Card scheme during these outreach sessions.

OUTREACH ENGAGEMENTS BY MONTH



Our outreach team also worked with Derby Youth Alliance throughout the six weeks of summer to engage with young people at Derbion. The issues included: anti-social behaviour from young people primarily aged between 11-16 years, damage to car parks and furniture in the food courts, drug use on the stairwells and in carparks, vulnerable young people (including those reported missing to the police) frequenting the centre and causing concerns for staff, and issues spreading outside the centre to St Peters quarter, the bus station and the river gardens. Derbion had tried to address the issues with support from the police, council and with increased security but were looking to a more coordinated, multi-agency approach with organisations that have the expertise of working with young people and the ability to engage and divert their activities in the city centre.

All organisations engaged with an average of 40 young people per session. In total, the group engaged with 831 young people and 274 adults and families. We received excellent, actionable feedback from young people and developed a continuing plan of action with Derbion to keep young people safe.

Sexual Health

All staff completed their 'Sexual Health – It Matters' training with the NHS. The training provided has enabled staff to talk to young people about making the best decisions for their sexual health. In total over the year we have worked with 46 young people across 84 one to one sessions. Our outreach team has proactively promoted sexual health advice and worked alongside NHS Sexual Health Practitioners. 179 young people were given individual support across 12 outreach sessions. We have developed a lunch club specific for Roma young people and have completed four awareness sessions about sexual health and healthy relationships for 80 young people. We are working closely with a Roma young person who is volunteering with us having received one to one support in previous years, to translate our sexual health resources into Slovak and Czech.

FAMILY GROUP CONFERENCING

We know that care experienced children and young people are far more likely to be vulnerable to exploitation. We worked with Derby City Council to launch our Family Group Conferencing scheme in 2021. We support families in making safe decisions and plans for children who are at risk of being taken in to care, strengthening family involvement and relational ways of working to achieve best outcomes for children. To date, we have held 56 Family Group Conferences and 18 review meetings.

In addition to the Family Group Conferences, we have also provided:

- Baby hampers for families
- Two families support through our Easter HAF programme - hot meals and cinema trip
- Currently assisting one family with obtaining furniture via our Family Support Worker (Buttle)
- One family is being supported by weekly Catharsis Arts therapy
- Assisted parents to register birth of baby
- Families calling for advice/support after our involvement has ended
- Signposting to other support organisations



Feedback from Social Care and families has been very positive:

‘It empowered the family to discuss issues and come up with a plan’

Coordinator explained purpose of the meeting and concluded the meeting’

‘Discussed family network and plans for the future’

‘The family work together and they own the plan’

‘Family are given the opportunity to discuss and come up with their own plan’



PARTNERSHIP WORKING

- We sit on the children and young people's group under Derby and Derbyshire Safeguarding board
- We are a Partner in Derby Opportunity Inclusion Project tackling poor social mobility
- We support the city's holiday, activity, food and warm spaces programmes
- We have led the city safe places and violence against women and young girls' project
- We work with organisations to improve safeguarding helping with policies advice and training
- We continue to support care homes and the Children in Care Concordat
- We are a strategic partner for the Youth Alliance working together with other youth organisations
- We are the community lead for place-based risk /contextual safeguarding in the city
- We are a participant in the delivery of multi-agency training for exploitation
- We work with the university of Derby to evaluate our work in the community

SUPPORT

Our approach is child-centred and enabling, allowing young people to be in control of their journey. We are not time bound and will support our young people for as long as they need. We impart information, support, and guidance using a variety of techniques. We help children understand the risks and what has happened to them through our one-to-one support.

Each child has a designated Support Worker. Meetings take place as often as required, typically once a week, and usually in locations where the child feels safest and most comfortable.

Once the risks are lowered sufficiently, the one-to-one support comes to an end and children can receive further support through our Youth Work or Transition programmes. Our support for a young person averages six months.

We have specialist caseworkers in the areas of SEND, Boys and Young Men, Derbyshire County, Family Work, CHISVA, New Communities, and Domestic Abuse, who work with young people or families on a one-to-one basis. We work with young people and children who have been assessed as having a low or medium risk of exploitation, however our family work covers all levels of risk and includes prevention and diversionary work for siblings.

Our family support provides specialist support for the whole family (child, siblings and parents/carers) where any form of child exploitation is the primary issue. Our caseworker offers independent, consistent support to engage, advocate and support families to work with agencies more effectively.

Many families are bewildered by statutory services as they are already struggling to cope and experiencing extreme disadvantage, a single agency point of contact can relieve the pressure and stress on families whilst supporting them to engage meaningfully with services. As we help the family move on and deal with other issues affecting them, we have a greater likelihood of success long term.

Our family work with children at high risk of exploitation does have a large impact on the reduction of risk specifically through gaining intelligence and building relationships with partners. The need for family work is ever increasing so we are funding a second family case worker through our core funds. Between April 2022 and March 2023 our Family Workers supported 59 families. We have seen an increased need for support in the county, as well as in new communities, specifically the Roma community in Derby.

Brief summary/background

J is a 16yr old male who was being criminally exploited. Mum is a single parent and we have supported the family for two years. J had been stabbed on two occasions and had been assaulted three times. J would not engage with professionals. He is in year 11 on a Personalised Programme preparing for his GCSE.

What has worked well

We organised for J to have weekly boxing sessions 1:1 which he continued through his Personalised Programme and gained a qualification. We attended meetings to advocate for mum and helped mum share information with other agencies. We supported J when arrested as his Appropriate Adult and at court. We would constantly share information to all professionals working with especially Youth Offending, Social Care and School. We advocated for and supported J to stay in Derby when a placement out of area was found due to his risk of harm. The rationale was that J had a good support network around him that he was engaging with, and if he moved, he would lose that and his risk would increase. We gave mum emotional support. We found a mentor that has a Music Studio which has helped J develop his music and advocated successfully for Social Care funding. The family have benefited from tickets for Pantomime, Cinema, Theatre and Markeaton Park as well as Christmas Presents and Easter Eggs.

Reflection

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RECOVERY

Therapy

We secured grant funding to support Expressive Art Therapies for seven families, including 12 young people. We have delivered 14 expressive arts therapy sessions for 2 families in this year. With Catharsis, we have run 2 group music therapy sessions with 8 young people in the beginning of the year, and our placement student from Catharsis has delivered 30 sessions between 4 young people. We are currently bridge funding sessions with Catharsis for one of our CHISVA cases as she would have lost her therapist while a funding application with social care came through; this means she can carry on her sessions until the funding is in place, which is crucial for her recovery.



Youth Work

Our team provides one-to-one group support and diversionary activities for children and young people, either those coming through our one-to-one support or referred directly from another agency as a prevention opportunity. Youth activities as a diversion and risk reduction mechanism have been successful and are designed to be structured.

Youth work provides diversionary activities and help with transitions (for example, from primary to secondary school) for the young people we work with, both during and after their support has ended.

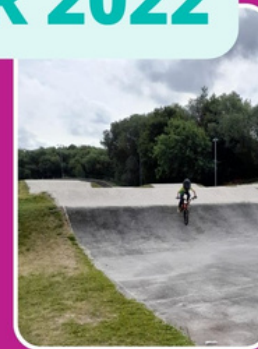
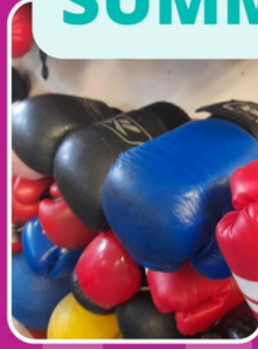
The aim of the work is to increase their physical safety by providing diversionary activities, to improve their emotional wellbeing and self-perception, to provide signposting to partnership agencies for therapy and sexual health education, all leading to a reduced risk of exploitation. The work is transformational and allows children and young people to move on from the abuse and exploitation they have experienced. Our regular youth activities include a weekly youth club, boxing, music, and basketball.

RECOVERY

We also participate in HAF (Holiday Activities and Food) during the school holidays. Through HAF we have provided an additional 34 activities over summer, winter and Easter, and we additionally funded the activities and food over October and February half term. These included BMX biking, mountain biking, fishing, Megazone, Padel tennis, woodshop, Lush bath bomb making, ice skating, dance, and trips to Monkey Forest and the Galleries of Justice in Nottingham. Throughout the HAF projects between April 2022 and March 2023, we supported 85 young people with activities, and 35 families with food and activities. We delivered over 3000 meals.



SUMMER 2022



This case study tells the story of a young person who worked with Safe and Sound on a one to one basis. This young person also attended our youth club and was involved in the activities offered during the school holidays.

Brief summary/background

L was referred by Social care. She had been groomed online at the age of 12 by a 17 year old male. He has been arrested and charged. She was a Child In Need (CIN) at the time of referral.

L needed supported in coming to terms with what has happened to her.

What has worked well

We would visit L in School every week and worked on the issues outlined in her NEAT assessment form by using a combination of awareness videos, artwork, communication cards and discussion to raise L's awareness around online safety, healthy relationships, consent, self-care, confidence building, risky behaviour and appropriate peers. L's awareness has been raised in all these areas which has reduced her risk of exploitation in the future.

L needed emotional support and mentoring to help her to process what has happened to her. In our one-to-one sessions she has been given a safe space to talk her narrative, be listened to without judgement and to feel supported emotionally. L has been reassured that what happened to her was not her fault. She recognises that she was groomed and is starting to process the feelings of anger she has towards her abuser. At first she blocked it out and was unable to recognise the affect the abuse has had on her but after a few months of us getting to know each other and talking about related issues she has begun to open up. Having this safe space to talk has been essential to L's healing process.

She is now in a relationship; it appears to be healthy at present. Through her one-to-ones she understands consent and what a healthy relationship should look and feel like. This has increased her resilience and helped her to feel more confident in herself.

We have used a multi-agency approach and worked closely with School, Social care and the Police. L has been closed to Social care now and things have settled down at School. We are still liaising with the Child Exploitation officer who's dealing with L's case.

Reflection

L needed space and time to get to know me and to be able to trust me enough to be able to talk through such sensitive issues. The safe, non-judgmental space she has been given during our one-to-one's has enabled her to talk through her experiences and has helped her to process the difficult emotions she has felt. L feels listened to, heard and supported emotionally. She realizes the abuse was not her fault and has the awareness and tools to recognize the signs of abuse to enable her to pursue healthy relationships in the future and move on with her life. Here is an example of the work she did around healthy relationships.

CASE STUDY

What has worked well



CASE STUDY

LC said:

"Safe and sound showed me how great I actually am. They helped me process the things that have happened to me and shown me that it wasn't my fault. We have worked on online safety, healthy relationships and self care. It has shown me how to feel safe and how to calm down when I get mad or upset. "

This case study outlines the journey of a young person who is being assessed for SEND and has participated in our youth activities every school holiday alongside their one-to-one support.

Brief summary/background

(A) is 9 and lives with his mother and sister. (A) has been referred for an assessment for ASD.

Issues have included:

- Difficulties socialising with others at school.
 - Anger and challenging behaviour.
 - Bullying.
 - Staying up late playing games on the internet.
- Associating with older children in local area.

What has worked well

Working on a one to one basis we have worked on online safety, grooming, boundaries, friendships and keeping safe.

During conversations with (A's) mother, prior to the school holiday, she talked about improvements she has seen in his (A's) behaviour since he has been working with Safe and Sound. However, she was concerned regarding keeping (A) occupied during the summer break. (A) took part in our Summer activities including: Football, Fishing, BMX, Woodwork, Laser, Galleries of Justice, Basketball, visit to Wollaton park and family Cinema trip. After discussing these with (A's) mother, she commented: "I couldn't of afforded this". The family were also supported with food throughout the holidays.

Reflection

Feedback from mother:

(A) was so excited to go fishing and when he got home he didn't stop talking about it. Even the neighbour said to me she heard (A's) had been fishing! (A) said "I actually caught a fish and I held it". (A's) has asked if I will take him fishing! (A) is always on his bike so I knew he would be happy to go to the BMX track with Eddie. (A) said "it was so fun and we wore helmets and gloves to keep us safe". (A) came home from each activity really happy. He loves going in the mini bus with Eddie. (A) hasn't had any positive male role models in his life and he has that now with Eddie.

We were so pleased with the food that was delivered. (A) loved his favourite "chicken pasta bake". There was a curry which both the children enjoyed and because it wasn't too spicy they both ate it all! We had ingredients to make "turkey fajita wraps". It's good to have the ingredients and then a recipe to follow, it gives me ideas for other times. We also had ingredients for bacon and cheese jackets, again brilliant because I'm vegetarian so can just leave the bacon out. On the last day we were given the biggest bag of shopping ever and also some pork and vegetables in gravy with Yorkshire puddings. I really appreciate everything. I had been off work with stress the last 2 weeks of school term so I was dreading the holidays but with all the activities you let (A) go on made (A) have the best summer holidays ever. I got to have a break which I never normally get.

CASE STUDY