



Impact Report

2022-23



**We unleash
the power of
children and
young people so
that they can
build happy
and fulfilling
lives.**



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*The names of some of the children and young people in this report have been changed to protect their identity.

Who we are

Our vision

We want to see a world where all children and young people – no matter their background and challenges – can thrive and reach their full potential.

Our purpose

With our support, children and young people who are experiencing vulnerabilities and disadvantages improve their wellbeing, re-engage with school and learning, build networks and access opportunities.

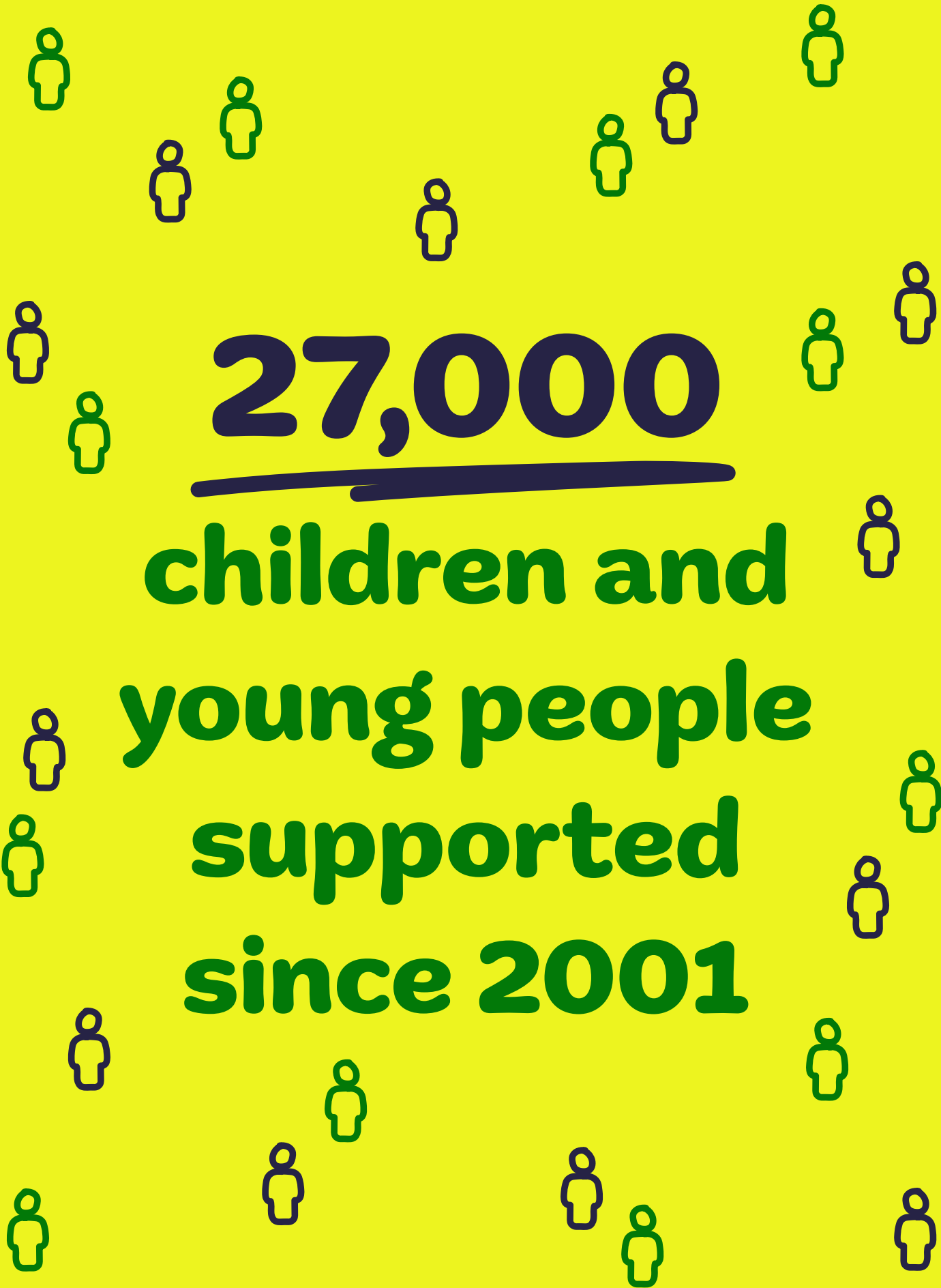
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There are so many of our young people facing complex difficulties and in need of support, having this provision on site allows many more of our young people to receive one to one support and build a trusting working relationship.

Power2 is a great addition to our existing support offer.

Helen Hill, Deputy Head,
The Whitby High School, Ellesmere Port

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A note from our Chair

I'm delighted and proud to introduce you to this report outlining key highlights of Power2's last year.

Demand for our work is increasing and we're proud to have launched our new five-year strategy with its ambitious growth plans to respond to need. We want to be the service provider of choice for work with children and young people in the North West, a significant player in London, and to establish a foothold in other areas of England and Wales.

We're already well on the way to achieving this, with significant new government and local authority commissions, including to deliver the SAFE taskforce in London and Manchester, and the Another Chance programme in Manchester.

Power2 is nothing without its people, and we're emphasising staff wellbeing and development in our new strategy – it's incredibly important to us as a Board. We're proud that so many of the team have lived experience of the issues we seek to address, and we'll continue to centre this – as well as ensuring that Power2 remains a great place to work.

We know our approach works and with more funding we can support even more children and young people. Please get in touch if you can help us to do this.

Nicci Russell, Chair of Trustees



CEO's introduction

It's been a year of significant growth for us, with more programmes delivered, more partnership working, and – most importantly – more children and young people reached through our life-changing interventions.

We've worked with over 1,000 children and young people, 22% of whom are care-experienced or supported by a social worker. We know that this group is amongst the most vulnerable in society so everything we're able to do to support them makes a difference.

We're delighted that we've had such an impact, with 86% of our programme participants increasing their wellbeing through working with us and 73% becoming more engaged with school and learning.

We're pleased to have secured more external recognition for our work, and particularly for receiving a Centre for Social Justice Award and Fair Education Alliance Scaling Award, both of which will help us to deliver our new strategy and raise our profile.

The work we do at Power2 changes lives. I'm incredibly proud of the children and young people we work with and everything they have achieved.

Julie Randles, CEO

Our income



40%

charitable trusts and foundations



30%

local and national government



12%

schools



12%

corporate partner organisations



6%

individual donations



Our impact

Supporting children and young people to improve their wellbeing is a key part of everything we do. We've always used wellbeing measures such as improved self-confidence and self-esteem, and we wanted to build on this by introducing an external wellbeing-specific measurement to add an extra layer of evidence of our outcomes.

We've been using the Warwick-Edinburgh Mental Wellbeing Scale* since September 2021, when we rolled out our Power2 Rediscover programme following its successful 2020 pilot and evaluation. This year we were pleased to be invited by the What Works Centre for Wellbeing to write about our expertise in using it.

We also use the Outcomes Star – a family of evidence-based tools for measuring and supporting change – which take a person-centred and strengths-based approach to impact measurement, exactly as we do with our programme delivery.

Our work is involved in two external evaluations: the YMCA George Williams College and Youth Endowment Fund's trial of mentoring interventions and #BeeWell/Pro-Bono Economics' evaluation of the impact that mentoring with a focus on wellbeing has on secondary school pupils in Manchester.

*WEMWBS was developed by the University of Warwick, Edinburgh and Leeds in conjunction with NHS Health Scotland.



1,061
children and young people reached



79
volunteers gave collectively...



701
hours of their time



£17.82
of social value delivered by Power2 for every £1 invested

Our graduates

This year, for the first time since the Covid-19 pandemic, we held our graduation ceremonies in Manchester and London, celebrating the success of all the children and young people who we've supported over the past three years.

At the ceremonies, children and young people are invited to the front to talk about the programme and their reflections on their personal growth. Sydney spoke at our ceremony in the North West, and Sabira spoke at our London ceremony.

Who we work with:

22%

are **care-experienced** or supported by a **social worker**

91%

are living in **poverty**

94%

have a **social, emotional and mental health need**

98%

are **disengaged** from school and learning

62%
girls

37%
boys

76% of participants in London are from **racialised communities** and **25%** of those in the **North West**

What children and young people say about our programmes:

99%

enjoyed the programme

97%

would **recommend** programmes to others

What they achieve:



86%
improved their **wellbeing**



82%
improved their **self-confidence**



81%
improved their **self-esteem**



80%
became less **shy or withdrawn**



73%
improved their **engagement** with school and learning

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In Year 8, I felt really down because of the way I looked and the way people saw me because I don't like seeing myself at all, and the way people called me names.

Teens and Toddlers has helped boost my confidence a lot and now I don't care what people say about me. The programme made me see that you shouldn't be someone else you should just be yourself and be kind to others.

No matter what.

Sydney

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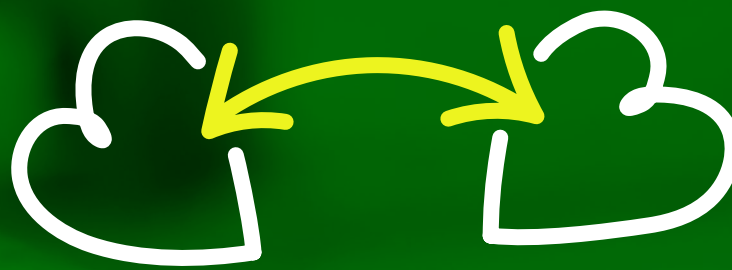
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I feel like ever since I joined I've made a massive improvement and I've become a better person. Before I joined the programme, I used to get mad easily and I'd take it out verbally towards others but my mentor taught me that it's natural to make mistakes. Ever since then, I've created a new motto, 'it's okay not to be okay'.

Thank you to Power2 and my mentor for helping me through my journey. We are all special and unique in our own way.

Sabira

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Mutually beneficial relationships

Whether it's young people and children, or our programme leads and young people, bringing different groups of people together for mutual benefit is at the heart of what we do.

Teens and Toddlers

Teens and Toddlers participants spend 16 weeks mentoring a toddler in a local nursery. This experience develops their confidence, self-esteem, interpersonal communication skills and overall happiness. Participants also take part in reflective group sessions where they are supported by our programme facilitators to talk about and learn from their experiences, recognise their strengths, and work towards an NCFE Level 1 Award in Interpersonal Skills.

Of the children and young people we support:



Ole's story

"I think I was referred to the programme because of behavioural issues because if you see everyone that's in the group, none of them would be the best behaved in class. I was getting into a lot of trouble and that," says Ole.

Ole was paired with a toddler with additional learning needs called Flynn.

Becoming a positive role model to Flynn helped Ole improve his behaviour and reflect on his experience caring for his brother.

"My brother himself also has special needs and obviously I have had to help him out all his life. Now I know what it's like so I can understand what he's going through. In certain situations, I've learnt to not lose my temper and answer back and that. It's just about respect now and I think being on this programme has released a lot of respect because I can see what other people go through and live through."

"I think the programme should be an open option to anyone. It just brings out a different side in you like being in someone else's shoes and knowing what they are going through."



Power2 Thrive

Power2 Thrive is a 16-week programme for children and young people who are struggling with poor mental health and wellbeing.

As with Teens and Toddlers, secondary school-aged students become mentors and role models to children in a local nursery, spending a morning or afternoon a week supporting their learning and development. They also take part in reflective group learning sessions that focus on identifying and addressing mental health challenges and include therapeutic coaching to support their wellbeing.

On successful completion of the programme students achieve a nationally recognised NCFE Level 1 Award in Interpersonal Skills.

“For the young people on Power2 Thrive, there was a completely smashed sense of self and self-worth amongst them. They just didn't feel very good about themselves.

Our primary criteria for referral to Power2 Thrive was poor attendance for a variety of different reasons. School refusal is never just a simple case of saying ‘a child doesn't like school’, there's always a reason behind that. Kids don't wake up in the morning wanting to fall out with the adults in the school.

Chaos in the home, a lack of engagement with services, the impact of real poverty on their lives, and attachment disorders suddenly appearing from nowhere were just some of the challenges the young people who were referred were facing. Some simply didn't want to leave their parents which is why they weren't attending school.

One of the evident and obvious impacts of the programme on these young people was that the day the Power2 Thrive session was on was the day that they would be in. When you want very simple evidence of how much a youngster values something, that's the quickest and easiest way.”

Katherine Kilbane, Assistant Headteacher,
Denton Community College, Denton



Of the children and young people we support:



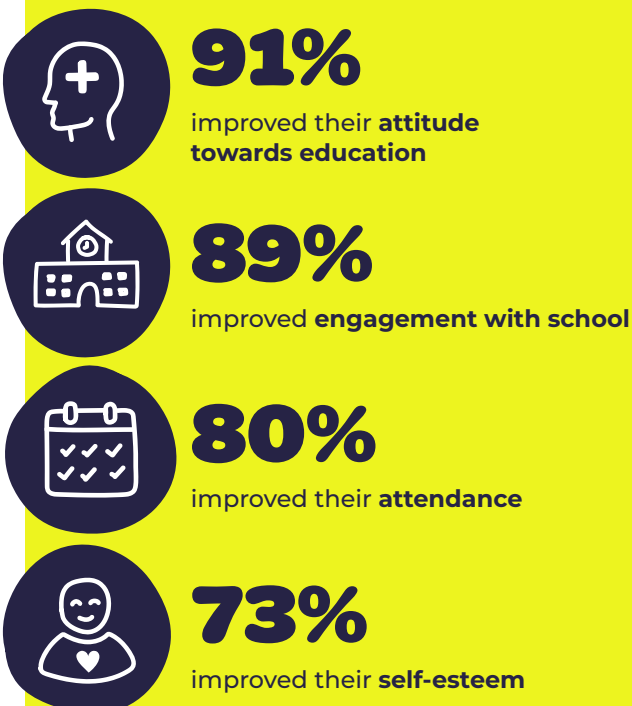
Power2 Progress

Power2 Progress draws on a combination of peer mentoring, mutual benefit and social action. Year 8 students mentor primary school students who will be joining their secondary school in the following September.

Mentors benefit from the experience of inspiring a younger child, thus recognising their own strengths and developing their resilience and interpersonal skills, and primary school students are supported through the often-challenging transition to secondary school.

Of the children and young people we support:

Year 8s



Year 6s



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Power2 Progress has been a huge success. The young people chosen by the primary schools to participate have benefited from a smooth transition and the opportunity to get to know some key staff and pupils which has lessened their anxieties around high school.

The confidence in one Year 8 student has grown so much that he has been able to discuss with staff an area of concern he has had outside of school. He would have been reluctant to do this beforehand.

Anna Connaughton, Welfare Team,
Lostock High School, Stretford

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Support from a trusted adult

Teachers tell us time and time again that they don't have the resources or capacity to provide the intensive level of support that young people need, and that they rely on charities like us to help provide that.

Our 1:1 support helps when it's needed, and before things get worse.

Power2 Rediscover

Research shows it's children and young people who are experiencing vulnerabilities and disadvantages who benefit most from a 1:1 relationship with a trusted adult. Young people often tell us they prefer to talk to someone they don't know in another capacity.

Power2 Rediscover provides up to 12 weeks of personalised practical and emotional support for young people struggling with wellbeing and engagement with school and learning.



Lena's story

Candice has been working with Lena who has made a lot of progress on the programme so far.

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The sessions are going well with Lena. We have formed a trusting relationship and she feels comfortable working with me.

In fact, I feel like I'm the only adult she will really engage with in school at the moment. She is very good at knowing what she needs support with, which has enabled me to find strategies to help.

We've been working to find ways to ensure her routines are helpful for her everyday life. One significant challenge she faced was that she would come to school late, which leads her to spend her school days in isolation and believe that the school staff don't want her to do well. As we unpicked this challenge, we made a timetable to help Lena get ready in the morning and come to school on time.

It seems like a simple solution, but Lena hadn't had anyone to speak to about the reasons why she's late, or to help her with a plan to change that.

Candice, Programme Lead,
Power2

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Of the children and young people we support:



85%

improved their **wellbeing**



80%

improved their **self-confidence**



80%

improved their **self-esteem**



73%

made **educational progress**

We're increasingly asked to provide 1:1 support to children in primary schools. In response, we developed an adaptation of our Power2 Rediscover programme for pupils in school years 3 to 6 and are delivering in schools across London and the North West.

The power of 1:1

The success of our Power2 Rediscover programme has firmly planted Power2 in the 1:1 intensive support space. Over the past year, we have been commissioned by several local authorities to provide this support to children and young people experiencing a wider range of vulnerabilities and disadvantages.

Our Power2 Rediscover approach supports children and young people for up to 3 years who are:



At risk of school exclusion

We've been working as delivery partner for RootED, an innovative early-intervention programme which is transforming outcomes for children and young people in Ellesmere Port who are at risk of school exclusion. RootED is delivered in partnership with Social Finance and Cheshire West and Chester Council.

We're also working in partnership with the London Borough of Southwark's Violence Reduction Unit to support young people who are at risk of school exclusion or are attending Alternative Provision settings.

"Pupils who were once at risk of permanent exclusion are now much more positive, not just about school, but also their future. Pupils do not miss out on their lessons."

Joan Bonenfant, School Improvement Partner, Cheshire



At risk of criminal exploitation

We've been commissioned by the Greater Manchester Violence Reduction Unit to deliver the Another Chance programme in the City of Manchester and North Trafford, supporting young people aged 14-25 to leave a life of violent crime behind them.

We're also delivering 1:1 mentoring as part of the government-funded SAFE initiative, working with children and young people who are at risk of criminal exploitation in Southwark and Manchester.

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Michael has had declining attendance since Year 8. He struggled to attend due to poor mental health and had a reversed sleep cycle which was making home visits difficult.

Power2 worked tirelessly with Michael, initially connecting with him via his Mum, to build confidence and trust. The team's persistence and attention to detail, following through with calls and arrangements at agreed times, and using a child-centred approach, had a significant impact on Michael.

He was able to come into school on multiple occasions since starting the programme, to meet with Power2 and even tried a day independently. He was in regular contact with his Power2 Programme Lead, something which would not have been achievable before the programme started.

Michael shared the reasons with his mentor for falling attendance, which stem back to being isolated during the coronavirus lockdowns and losing confidence in being able to socialise.

He is on the waiting list for support from the Child and Adolescent Mental Health Service (CAMHS) and Power2 has also suggested a referral to The Nest (a wellbeing service in Southwark), in the interim. We are setting up a meeting with our Careers Coordinator to follow up work on Michael's future aspirations, off the back of the work he has done with Power2 Rediscover.

I do believe that Power2 has succeeded in engaging Michael where even his trusted school staff have not been able to.

**Carole McIlwain,
Welfare Support Assistant,
Haberdashers' Borough
Academy, Southwark**

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Our work with care-experienced children and young people

Children and young people who have spent time in the care system often have significantly poorer life outcomes than the general population through absolutely no fault of their own.

We're increasingly providing our therapeutically informed trusted adult support to care-experienced children and young people.

We provide support through our standard programmes such as Teens and Toddler and Power2 Rediscover, and through commissions from local authorities.

Power2 Advance

Power2 Advance is our long-term structured support programme for care-experienced young people. The programme supports participants with their wellbeing, skills, employability and transition to independent living.

Of the children and young people we support:



100%
are **care-experienced**



100%
struggle with **poor mental health and wellbeing**



Bailey's story

When Bailey was referred to Power2 Advance, her wellbeing and self-esteem were poor and she was lacking routine.

She had dropped out of college and because she wasn't doing anything with her time her anxiety had increased. She was also wanting to help her mum out by contributing to the household income, especially since her mum had recently been made redundant.

Bailey engaged well with the programme from the start. She was clear that she wanted to go back to college to study media, and she also wanted to find employment to boost her confidence and support her mum.

Bailey worked with Mark, our Programme Manager, to create a CV and a cover letter, and he also supported her to develop her interview skills. She applied for a job and was invited to interview; she was delighted to then be offered the role.

Mark also helped Bailey enrol on a Creative Media course and identified an opportunity for her to attend a two-week programme to learn about the entertainment industry with help from industry experts. Bailey and Mark worked together to complete the programme application form, and she was delighted to be accepted onto it. She really enjoyed her time on the programme, especially meeting new people, and really developed her confidence through it.





Inspiring futures

We work with young people to understand the support they need for life after school, whether that's the skills they need to be able to access quality employment in the future, to live independently or to manage their mental health and wellbeing.

Power2 Aspire

Power2 Aspire is a structured support programme for over 18s who are currently in further or higher education and aspire to have a professional career. The programme provides 1:1 support and group workshops focusing on wellbeing, independence and employability skills.

We also work with corporate partners to find valuable external opportunities for participants. Young people are given the opportunity to learn from and network with a range of professionals and to gain access to meaningful work experiences and placements.

Of the children and young people we support:



100%

were previously in receipt of **free school meals**



87%

improved their **wellbeing**



Lisa's story

"When I was first introduced to Power2, I was on the brink of not completing my level 4 and 5 qualifications in Sports Massage, facing the challenges of caring for family, housing instability and financial issues. The burden was overwhelming, and despite tirelessly seeking help and support through various channels, I felt utterly abandoned. The very organisations designed to assist individuals like me seemed unable to provide aid, often due to lack of funds or being oversubscribed.

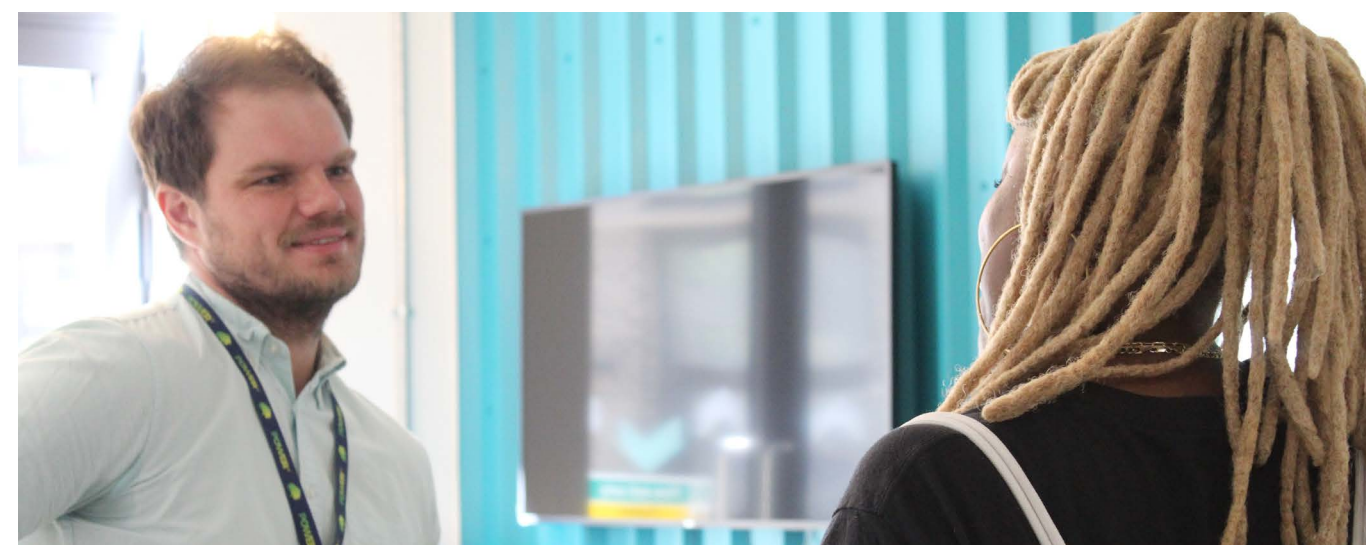
It was during this bleak period that Andrew introduced himself and the Power2 Aspire program. Andrew's down-to-earth approach led to an honest conversation about my aspirations and the practical steps needed to achieve them – two aspects that often felt worlds apart. Among those aspirations was the dream of attending university, something that

always seemed like an unattainable fantasy, given my commitments and the absence of a support system. I was taken aback when Andrew expressed his intention to explore this possibility.

Methodically, we addressed each of my barriers, both perceived and real. Andrew and the Power2 team have continued to stand by my side in my professional and personal journey. I no longer feel isolated in my pursuit of success.

I now have a future to look forward to with renewed optimism. I cannot speak highly enough of all the help and support I have received, especially at a time when I felt lost and without hope."

Lisa has now started university and is studying osteopathy.



The Mentoring Academy

The Mentoring Academy is a 6-month mentoring programme that enables young people to develop skills and raise their aspirations as part of the Power2 Aspire programme.

Employees from our corporate partnerships become mentors to young people and help them with the development of soft skills and their career goals.

Teams of corporate mentors are also supported by us to work through a personal and professional development curriculum for each mentee.

We're delighted to have run two academies this year, with Moorhouse Consulting and AMD.

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My mentor talked to me about the really interesting personal projects he has worked on and how these projects had helped him to get jobs. He emphasised that you have to show your passion to employers and working on projects because you are interested in them and not just for the sake of it proves that.

I have been inspired by him to spend this summer working on my own personal projects, which should really help me in job applications.

Dahir, AMD Mentee

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In early 2023, we were seeking a new charity partner who would enable us to deliver, in partnership, meaningful impacts for the people they served, and who shared our organisational commitment to unlocking people's potential.

Power2 has slotted into life at Moorhouse seamlessly.

Seven of the Moorhouse team have since taken part in Power2's Mentoring Academy becoming mentors and role models to university students on the Power2 Aspire programme. These meaningful 1:1 relationships have been mutually beneficial and we're thrilled that some of the third-year students have been successful in securing employment!

Joe McGarry, Partner and Responsible Business Lead, Moorhouse Consulting

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Andrew's story

"I've been meeting Eleni once a month and it's been going really well! She has provided me with so many tips and guidance about how I should navigate the office and what I can do to ensure my success in my career. She even helped me with my presentation skills.

I have now secured a role at Apple as a software engineer."

Andrew,
AMD Mentee



Thank you!

We'd like to thank our supporters, funders, local partners, schools, volunteers and trustees whose support for our work makes a positive difference to thousands of children and young people.

Our fundraisers

Thank you to all our fundraisers who helped ensure that we could be there for even more children and young people. Here are just a handful of the fantastic things they've achieved to raise vital funds for Power2.

George and Kiddist, Weil, Gotshal and Manges LLP

George Stamp and Kiddist Forsythe, winning the Power2 Puzzle 2023 title which was kindly sponsored by Waverton Investment Management.



Carlotta, KKR

Carlotta Broglia celebrating leading her team to victory at our annual Power2 Paddle dragon boat race.



Alex and Maya

Alex Grady being awarded the world record holder for the fastest marathon run dressed as a boxer and Maya Nickituk our top marathon fundraiser for 2023.

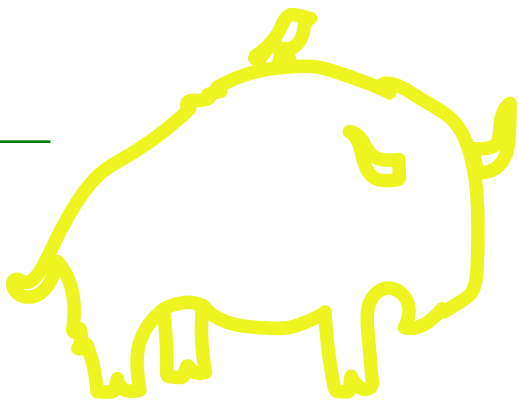


Our Ambassadors

Angela Rayner
Dan Freedman
Kemoy Walker
Jane Asher
Lord Jim Knight

Our Board

Alex Reppold
Amira Shariif Ali
Gemma Caroll
James Potter
Lauren Livingston
Mohamed Abdallah
Nicci Russell
Nina Ma
Reena Gogna



Our funding partners

Access – The Foundation for Social Investment / Enterprise Development Programme
Action Together
Alex Ferry Foundation
AMD
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BBC Children in Need
Blue Owl Capital
Charles and Elsie Sykes Trust
Charles Hayward Foundation
CVC Capital
Hays Travel Foundation
Heathrow Community Trust
Holbeck Charitable Trust
Jack Petchey Foundation
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KKR
Manchester Health and Care Commissioning
Masonic Charitable Foundation
Moorhouse Consulting
Newby Trust

Nike's Black Community Commitment London
NIQ Brandbank
North West Young People's Development Trust
Peabody Community Foundation
Pilkington Charities' Fund
Shears Foundation
Social Investment Business
Society of the Holy Child Jesus
St James's Place Charitable Foundation
St Olave's Foundation Fund
Swire Charitable Trust
Team London Bridge
Terra Firma
Tesco Community Grants
The #IWill fund partners: The National Lottery Community Fund, Department for Culture, Media and Sport and Co-op Foundation
The Big Issue Invest / Social Enterprise Support Fund
The Cherry Family Foundation

The Childhood Trust
The Fair Education Alliance & Credit Suisse
The Henry Smith Charity
The Mercers' Charitable Foundation
The National Lottery Community Fund
The Rayne Foundation
The Topinambour Trust
The Vintners' Company
The Walcot Foundation
United St Saviour's Charity
Waverton Investment Management
Weil, Gotshal and Manges LLP (London)
William Wates Memorial Trust
Womble Bond Dickinson
YMCA George Williams College / Home Office / Youth Endowment Fund
Young Manchester

A final note from Amira, Young Trustee

Amira participated in the Teens and Toddlers programme in 2011 and has stayed in touch with Power2 ever since.



Amira's story

"It's been around 12 years since I took part in Teens and Toddlers, but I still remember it fresh in my mind, that's how much I enjoyed it.

I was suggested to take part in the programme because I was what I call a 'yes person'. I didn't really think for myself. I was in Year 11 when I took part in the programme which was quite an important time when I needed to be able to think for myself and express my honest emotions. Being able to say, I want to do a specific subject at A level was a really big thing for me."

After graduating from the programme, Amira remained in contact with Power2. Once she completed sixth form, Amira started to apply for jobs but faced similar challenges to most young people who are trying to get onto the career ladder.

"My parents encouraged me to focus on my studies so once I completed sixth form, I started to look for part-time jobs for the first time. I applied for lots of jobs – every job you could think of – I did not get even an interview.

I wasn't having much success until Power2 told me about this job fair at Buckingham Palace and I was fortunate enough to be one of the young people invited to go along with the charity. It was here that I discovered a summer role being advertised at Buckingham Palace.

Power2 provided me with a mentor which was exactly what I needed. My mentor helped me with my application form and my very first interview. When I went for the interview, my interviewer remembered me from the job fair. This helped me to stay calm in the interview and it felt more like a conversation – and I got the summer job at Buckingham Palace!

Whilst in that job a similar position was advertised in the Houses of Parliament and I was fortunate enough to get that role too. I've now worked in Parliament for 8 years."

In August 2021, Amira became one of our Young Trustees, bringing her experience of participating in our programmes and her insight into the challenges young people are facing today into our strategic discussions.

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It's an honour to oversee such an important charity and the work it does so that a lot more people can benefit from Power2's support in the way that I have. Without Teens and Toddlers, I don't think I would have been as confident as I am at work and be able to speak up when things aren't going right.

Amira

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Amira



How to get in touch

Email: info@power2.org

Visit: www.power2.org

Connect with us:



[@power2org](https://www.instagram.com/power2org)

Power2 is a registered charity in England and Wales, no. 1099782.

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