

Impact Report

April 22/March 23



Live Unlimited's Vision and Mission

Live Unlimited's VISION is that all care experienced children and young people are able to achieve their potential and lead happy, fulfilled lives

Our AIM for Live Unlimited is that we are there on the journey with care experienced children and young people in Barnet, helping them gain life skills, building relationships and networks, reducing isolation and providing them with the best opportunities possible.



Our year at a glance

Welcome to Live Unlimited's 2022/23 Impact Report. This year saw us deliver four schemes providing opportunities, developing new skills and reducing isolation among Barnet's care experienced young people. Thanks to new funders, we relaunched our popular Imagination Unlimited fund, helping unlock young people's potential, and ran a successful film-making pilot producing some amazing feedback.

Despite the ongoing difficulty of being able to book a driving test, our young people refused to be daunted. Seven care leavers took their tests and to our delight six successfully gained their driving licence. As well as boosting their confidence and self-esteem, the young people have been able to secure jobs making themselves more financially resilient, helping them move on to exciting new chapters in their lives. Our forest-school based Outdoor Club continued to go from strength to strength, with the children's carers reporting them being happier, more relaxed and self-confident at home, school and among friends.

We could not have done this without the generosity of donors, funders and volunteers. Your incredible support means we can help young people unlock their potential and realise the endless opportunities waiting out there for them.

Our year in numbers



557 hours of driving lessons bought
31 Participants
6 driving licences gained



46 young people benefited from this fund



423 young people impacted through opportunities

573 hours' schemes delivered

103 young people directly supported through our programmes;

320 Christmas vouchers bought



6 young people gained new skills
2 films made & **1** film premiere



Total hrs delivered **448** hours
Number of unique children in 2022/23: **17**

Driving Ahead



Our flagship scheme continued to prove extremely popular among Barnet's care experienced young people. **Driving Ahead** provides a package of 46 hours of driving lessons, with theory test support and driving test fee, delivered by AA & BSM driving schools for care experienced young people aged 17-25.

Delivering the scheme continued to be a challenge due to the lack of availability of practical driving tests, but our young people showed remarkable resilience and six young people are now driving with improved life chances.

Driving Ahead numbers

Number of driving lessons purchased: **557 hours**

Number of participants: **31**

Of which

19 YP have received driving lessons

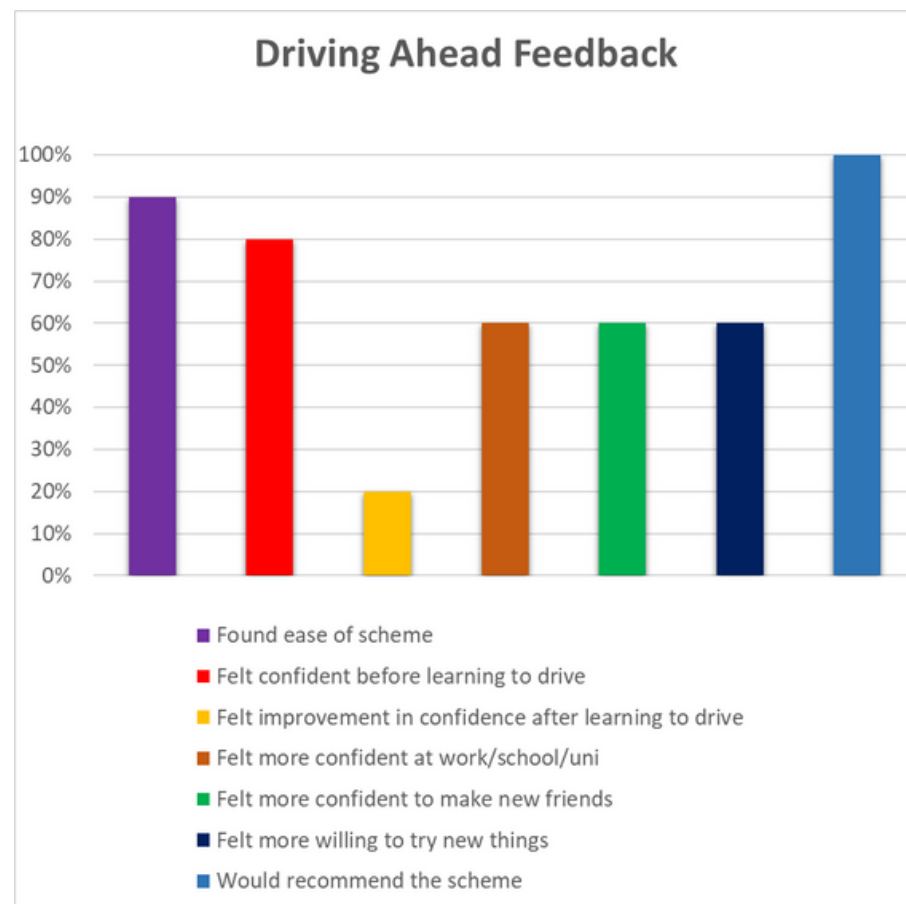
7 took their test

6 passed

1 failed and is currently retaking

7 YP studying theory

5 YP on waiting list



Driving Ahead feedback

Nahom, 22, passed his test first time in June 2022

He said: "I felt very excited when the examiner said I had passed my test. Now I can get a driving job and start earning some money. Driving Ahead has given me new opportunities and helped me feel more confident in myself."

Kadisha, 22, passed her test first time in July 2022

She said: "Thanks to your support and guidance with the Driving Ahead scheme this enabled me to become a confident and test ready driver, I enjoyed my experience with the scheme and worked hard to achieve the best end result, thank you again! It's been a pleasure working with you! And I'm so happy I'm now officially a driver."

Kane, 22, passed his test first time in August 2022

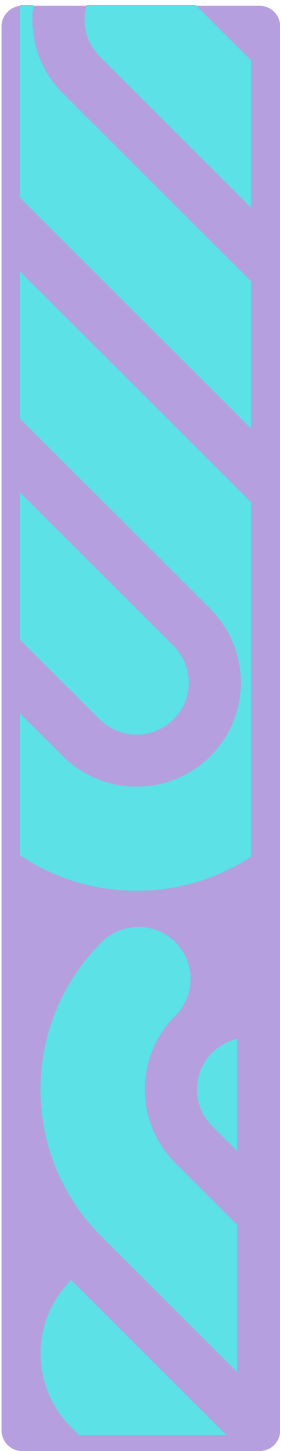
He said: "I feel as if a weight has been lifted off my shoulders. I was accepted on the scheme back in 2019 but I broke my leg and then Covid happened. I'm over the moon I've finally passed. Now I've got my licence it gives me whole new options for work."

Hadayat, 20, passed his test first time in January 2023

He said: "I could not recommend learning to drive more. I had zero driving experience before I started my lessons. It took me a while, but I passed my test first time without any faults. I had an amazing instructor with a brilliant sense of humour."

Jamarion, 25, passed his test first time in March 2023

He says: "I have just completed the onboarding process to become a mental health worker, which will increase my income and allow me to put more money towards saving to buy a car so that I can travel to and from work and other places more easily. The timing couldn't be better."



Reel Lives



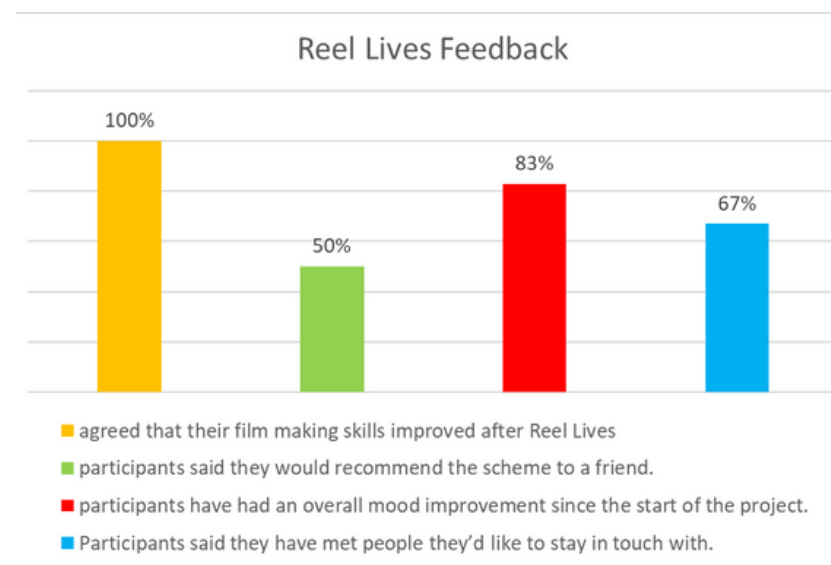
Top L-R Ikari, Emily, Keziah, Jasmine, Aisha, Miguel (front)

Reel Lives was a pilot scheme aimed at giving Barnet care experienced young people and an opportunity to express themselves creatively and be the author and narrator of their own stories. It was fantastic to see the young people stepping out of their comfort zone, learning new skills and making new friends. Working together as a team to produce their own films meant the young people bonded quickly and have stayed in contact since.

Their individual short films were created into one longer film which was showcased at the Phoenix Cinema in October and on our website. 'Amazing', 'Inspiring', 'Uplifting' and 'Educational' were just some of the words used by guests to describe the event.

Jasmine, age 15, said: "I really loved my experience, it was amazing. It boosted my confidence being in front of the cameras. Meeting new people and being able to engage with others was good and I have kept in contact with some people. I enjoyed being able to pick what we wanted our films to be about and having our say. Through the film we were able to tell our stories so other people in the same situation do not feel alone."

Aisha, age 23, said: "I would act, sing and direct all over again because of this opportunity. Sometimes we're not aware of the endless opportunities that lay in front of us because of immediate challenges, but it's important we do our best to amplify our voices. This project had been a great way to do that and let care leavers, through art and connection, take centre stage."



Imagination Unlimited fund



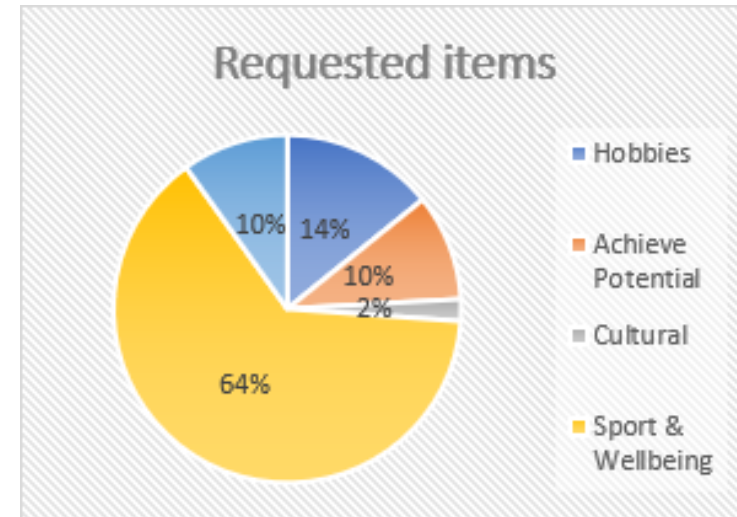
Our relaunched **Imagination Unlimited fund** proved a hit this year, with 46 young people receiving items up to the value of £250 to help them reach their potential and improve their health and wellbeing.

The most popular requests were for bicycles and sporting items (67%), followed by items to help them reach their potential such as training courses in football, boxing and cricket and music software (19%), and items to support young people's hobbies, such as guitars, a keyboard and a sewing machine (14%)

One application was for a group of 6 care leavers to go on a trip to Chessington. Their support worker said: "It was a nice opportunity for our young people to be outside with each other making new friends and see new things. It gave the young people a day to be out and enjoy themselves. Some of them had never been to a theme park so it was very enjoyable for them."

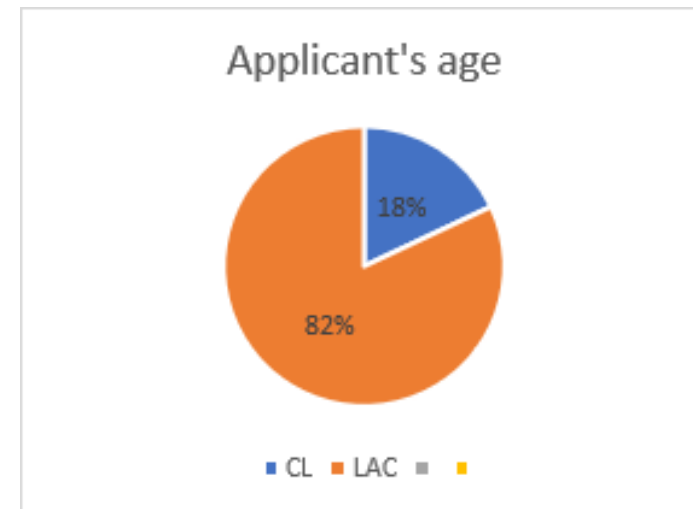
Another application was for an electric guitar to replace T's old guitar - bought by us 3 years ago - which he'd outgrown. He said: "Thank you so much for giving me the opportunity to own such a brilliant guitar. It plays so well and is going to really help me in my grade 6 which I'm taking this summer, and in my band. It sounds elite."

A received football kit so he could pursue his love of football. He said: "I'm happy you helped me to buy the items because this means I can continue with my passion. As an asylum seeker, I am not entitled to any benefits. I'm now able to play in football matches and attend training sessions and to learn new skills when playing against other teams."



KEY NUMBERS

- 46 applications received
- 41 approved
- 46 people supported
- 82% looked after child applications
- 18% care leaver applications



Outdoor Club



KEY NUMBERS

Total hrs delivered **448 hrs**

Number of unique children: **17**

Broken down as:

5 attended 3 OCs 5 attended 2 OCs 9 attended 1 OC

Total attendees: **34**

Our forest-school based scheme **Outdoor Club**, delivered by charity partner GROW, continued to be popular. The scheme encourages trauma experienced children aged 6-18 to connect with nature, learn new skills, take risks, build confidence, improve wellbeing, reduce anxiety and make friends.

The children had great fun getting muddy, feeding chickens, gaining their wheelbarrow licences, making fires and toasting marshmallows. It has been wonderful to see their confidence blossom and new friendships made throughout the year.

We delivered one six week and two seven-week programmes programmes in May-June 2022, October-December 2022 and February-April 23 broken down into two age groups 6-10 years and 11-18 years.

Low 1 2 3 4 5 6 7 8 9 10 - High

2. Is there anything you learned during the GROW club that you have used in your daily life? You can circle more than one.

Mindful breathing exercises Food growing/growing plants

Fire-making Spending more time outside in nature

Other: Making friends

3. How did spending time outdoors during the GROW club make you feel?

Connected to nature Energised Confident

More able to focus Calm I slept better

Carers' feedback

"The GROW staff were lovely, and I felt they understood the needs and anxieties of my little ones."

"The staff are so friendly and understanding of the children."

"It is an amazing opportunity."

Facilitators' feedback

"It's been lovely to see how the younger age group and individuals in it have grown and developed over the past few months. Child S, B, and J have been with us for over a year, and it really shows. Child B is incredibly comfortable with the farm, S has got used to the club and settled in well and is now becoming more confident, and J has really matured.

"The familiar routine seemed good for two of our older children, E and C. Even though they appear to not be enjoying circle time/sitting down together and talking, it does seem beneficial for them. After we cooked burgers on the fire we were sitting around eating together and Child C said, 'does anyone else think this feels like a second family? Child E really enjoyed herself. She kept saying that she 'wouldn't miss it for the world'."

Outdoor Club

Outdoor Club feedback

Carers feedback (based on 12 respondents)

91% said their child would have liked Outdoor Club to continue after it finished

58% said their child was OK before going to Outdoor Club, 41 said their child was Happy

33 said their child was Happy after Outdoor Club, 41% said their child was very Happy

25% said their child was not very confident before Outdoor Club, 33% were quite confident, 41% confident

25% said their child was confident after Outdoor Club, 41% very confident

100% said their child spoke about their friends when they got home

100% had seen positive improvement in other areas of their child's life including educational, sleep & taking responsibility

91% said their child would like to return to Outdoor Club

Children's feedback (based on 7 respondents)

100% gave Outdoor Club 10 out of 10

70% said Outdoor Club made them feel confident

40% said they felt connected to nature

70% said they felt energised

85% said they enjoyed making new friends



Aspire Higher



Ikari, above, gained a job at artsdepot thanks to our Aspire Higher scheme.

Aspire Higher feedback

Although our **Aspire Higher** scheme remained on hold pending the launch of a redesigned new intensive scheme, we provided ongoing support to three young people who had been previously referred on to the scheme. Following his paid work placement at artsdepot Ikari gained a job as a Visitor Support Assistant. He said: "Without Live Unlimited I would never have got this job. Thank you for the opportunity after opportunity you have given me."

Xmas Vouchers

As in previous years, we helped to brighten the lives of our care leavers a little over the festive period by providing 320 x £25 gift vouchers. For many young people this is the only gift they receive and particularly during the cost-of-living crisis it is a guilt-free opportunity to treat themselves.



LIVE UNLIMITED

INSPIRING BARNET'S LOOKED AFTER YOUNG PEOPLE TO THRIVE

