



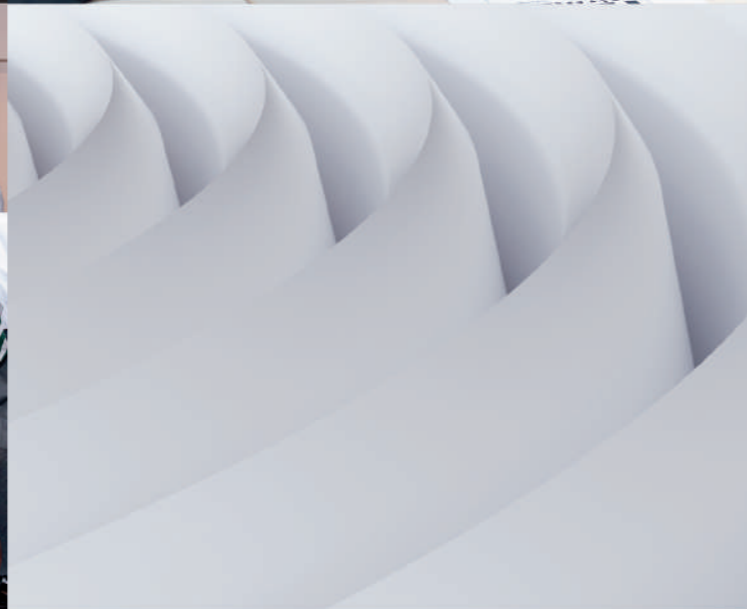
# REACHOUT

CHARACTER | CONFIDENCE | CHANGE

at

# 20





## Celebrating Macquarie's impact with **ReachOut**

**For over 10 years Macquarie has worked closely with ReachOut through a shared vision to support social mobility opportunities for young people from lower socio-economic backgrounds across the UK, through mentoring, practical advice, and workplace visits.**

We are proud that this collaboration has grown organically during this time. Through multi-year grant funding, staff volunteering, pro-bono support, and fundraising, we have worked with ReachOut as it has grown, and championed new initiatives along the way. We were a founding funder of the ReachOut Level Up Experience, and a headline sponsor of the 2018 Summer Reception at the House of Commons, and during the Covid-19 pandemic, we provided an unrestricted grant to help ReachOut transition their programmes online.

We have an employee-led approach to giving at Macquarie, supporting our passionate people to contribute skills, financial support and leadership to the communities in which we live and work, and our employees are at the core of this relationship. Senior members of Macquarie staff have joined the ReachOut Board of Trustees over the past few years, our technology teams have lent their skills, and over 300 staff have taken part in various fundraisers such as football tournaments, the London Marathon, and half marathons, raising £95,000 for ReachOut.

Through this meaningful collaboration, over £475,000 has been donated to date, and we were proud to see ReachOut become a £1million charity in 2021. Congratulations to ReachOut on this 20 year milestone. We look forward to seeing your continued growth and impact in empowering people to build a better future.

# Welcome from the Chair



On the 12<sup>th</sup> March 2003, ReachOut went from being an informal home-work club, started by students at the University of Manchester, to a fully-fledged, registered charity.

In the following 20 years, it's grown into one of the UK's leading youth organisations, working with thousands of young people across London, Greater Manchester and Liverpool.

I took up the role of ReachOut's Chair of Trustees during our 20<sup>th</sup> anniversary year, and it's already clear to me the difference this organisation makes. I believe in the mission that every young person should be equipped with the skills and behaviors to go on to lead good, happy, and successful lives. This is part of my personal and professional belief system and is at the core of what ReachOut does.

I've had a mentor for most of my life, from when I was a young person to now, as a CEO. For me, mentoring has always been a safe place to have open and honest conversations, share ideas, learn new things and to grow in character, confidence and self-belief.

In this report, we're celebrating 20 years of ReachOut – looking at what mentoring has meant to our mentees, mentors, staff, friends and supporters.

I'd like to extend a personal thank you to all our volunteer mentors, funders, partners and staff for making our work possible. Over the last 20 years, today, and as we look to the future, you make ReachOut the organisation it is.

Best wishes,

*Simon Hepburn*

**Professor Simon Hepburn**  
Chair of Trustees

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# A Short History of REACHOUT

## ReachOut becomes a registered charity.

Operating under the name ReachOut! we were officially registered as a charity, working in the Moss Side, Baguley and Wythenshawe areas of Manchester. Our initial objectives were to "promote educational opportunity, social responsibility and multicultural awareness amongst children and young people."

## First mentees transition from primary to secondary school.

2006 saw mentees stay with ReachOut during their transition from primary to secondary school for the first time.

ReachOut supports over 500 young people in a year for the first time.

## First Project Leaders employed.

ReachOut projects were delivered by paid, sessional Project Leaders for the first time, offering a more sustainable way to run our projects.

## We launched the ReachOut Level Up Experience

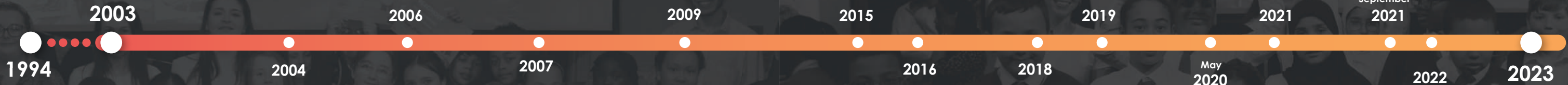
- now called ReachOut Futures - a pioneering volunteering scheme connecting student mentors with internships and work experience opportunities.

## The launch of ReachOut Voice,

our structured youth participation programme, giving young people more ownership of how programmes are developed and delivered.

## In person mentoring sessions resume.

Following the relaxation of lock-down rules, we were able to return to in person mentoring sessions. Experience gained from our ReachOut Home programme also gave the opportunity for some schools to continue online mentoring if they preferred.



## ReachOut founded as an informal homework club.

In 1994, what would eventually become ReachOut was founded as an informal homework club by students from the University of Manchester.

## Operations start in London.

With funding from Hackney Borough Council, ReachOut open an office in Hackney. Our first project was with Jubilee Primary School who we still work with today!

## Mentoring in youth centres.

As well as our work in schools, ReachOut begins to run mentoring sessions at local Manchester youth centres.

## Partnership with the Manchester Deaf Centre.

The Centre provide ReachOut mentors with sign-language training so they can support deaf young people in Manchester.

## Former mentee speaks at Character Symposium.

ReachOut alumnus Abdullahi Ali Aden is a keynote speaker at the Department for Education's inaugural Character Symposium.

## ReachOut expands into Liverpool.

We expanded our projects beyond London and Greater Manchester for the first time, running three pilot ReachOut Club projects in Liverpool.

## Project delivery moves online.

In response to the Coronavirus pandemic, we launch ReachOut Home - moving our delivery online to continue supporting young people during lockdown.

## Character, Confidence, Change.

After consultation with a wide range of stakeholders about what makes us unique, ReachOut launched an updated logo and a new strapline - Character. Confidence. Change. These are the three things that underpin everything we do.

REACHOUT turns 20!

In the last 20 years, ReachOut has worked with over 12,000 young people



# About ReachOut

At ReachOut, we work with amazing young people who need some additional support to reach and be confident in their potential. Through long-term mentoring and engaging group activities, we help our mentees to develop key Character Strengths, build their academic and social confidence, and prepare them for a world of opportunities.

Here's how we do it:

## Where we work:

Working closely with teachers and other school staff, we identify students who are most likely to benefit from our interventions. For example, students who might benefit from:



Increased **confidence and self-esteem**

abc 123

Improved **Maths and English skills**



Better school **attendance**



A sense of **achievement and belonging**



**Positive relationships** with their peers and additional adult role models

*"The children have grown in confidence, worked great as a group and have become more resilient in dealing with situations. A big positive for me is how the children have shown kindness and empathy towards each other throughout the sessions."*

**Teacher at a ReachOut Partner School**

# Our programmes

We work with young people aged 9 – 19 through our **ReachOut Club, Academy and Plus** programmes.

## REACHOUT Club

- ReachOut Club takes place in primary schools with young people aged **9-11**.
- We focus on building academic confidence, Character and a growth mindset.
- Mentees are prepared for the transition to secondary school.



**1-2-1 and group mentoring** with ReachOut's volunteer mentors.



Academic work including **Maths and English**.



**Fun group activities** including sports, arts, public speaking, debating and drama.



Classroom **career talks**.



**Workplace experience** visits.

## REACHOUT Academy

- ReachOut Academy takes place in secondary schools with young people aged **11 – 16**.
- It helps young people navigate their teenage years socially and academically.
- Mentees are prepared for GCSEs and the transition to higher education and work.

## REACHOUT Plus

- ReachOut Plus projects help **16 – 19-year-olds** with the transition from secondary school into adulthood.
- Volunteer mentors support young people with university and job applications as well as CV writing.
- We offer help with accessing higher education, work experience, internships and employment opportunities.

*"I'm going to have a good future because learning about all of these things is going to help me with my life skills. I can be successful because of what I learned in ReachOut."*  
**Perisu, ReachOut Mentee.**

*"My time at ReachOut really impacted my life in a big way, I am now much more confident in what I am capable of and in who I am as a person thanks to ReachOut."*  
**Rihana, ReachOut Alumus**

# Our people

## Our Staff Team



ReachOut's team of full-time staff are based in London, Manchester and Liverpool. They ensure we're able to effectively deliver our services and operate sustainably as an organisation.

## Youth Project Leaders



Our Youth Project Leaders are part-time members of the ReachOut team, facilitating each mentoring session to make sure it's fun and impactful for every young person.

## Mentors



Our volunteer mentors are at the heart of ReachOut. They're from a wide and diverse range of backgrounds, often working professionals, university students or retirees. They give two hours of their time a week to mentor a young person in their community.

"Working with ReachOut has shown me the importance and power of words. Simple words of encouragement and patience have had such a positive impact on the young people I've worked with. For me and the mentees, I believe it's been truly life changing." **ReachOut Mentor**

## What else does ReachOut offer?

### REACHOUT FUTURES

ReachOut Futures is a pioneering volunteering programme that connects companies with motivated and talented university students. Students volunteer as ReachOut mentors, and in return, we work with our amazing corporate partners to provide them with career mentoring, training and workshops as well as opportunities for work experience and internships.

### Our Alumni Community

Our Alumni community brings together past mentees and mentors, keeping them connected to ReachOut and everything we offer. Alumni can stay involved by:

- Accessing resources, training, and job opportunities through our online alumni platform.
- Sharing their stories and inspiring the current generation of mentees as a guest speaker.
- Coming full circle and making a difference as a volunteer mentor.

### The REACHOUT Youth Panel

Youth participation is an integral part of what we do. The ReachOut Youth Panel is made up of mentees who meet once a month to have their say on how ReachOut operates.

As part of the Youth Panel, young people also learn transferable skills such as teamwork, public speaking and time management.

"Our objective was to advocate for change so that young people's voices are listened to. We wanted young people to get involved, but for their thoughts and ideas to be heard on a larger scale. I learnt how to let others share and that sharing my ideas is important too. I can truly say it was a pleasure to be a part of the ReachOut Youth Panel." **Jevan, ReachOut Youth Panelist.**



# Our why:

## There are three things that are at the heart of everything we do. Character. Confidence. Change.

Take a look at what this looks like and how it shapes our work.

# Character

The high-quality, intensive programmes we deliver go far beyond academic tutoring.

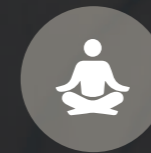
Fundamental to our approach is developing Character by which we mean **Staying Power, Self-Control, Fairness and Good Judgement.**

We believe a focus on these Character Strengths helps young people to make better decisions and take on whatever life throws at them at school, at home and in later life.



### Staying Power

Resilience, grit, the ability to stick at something, honour commitments and see tasks through to the end.



### Self-Control

The ability to keep emotions in check and choose to act (or not act) in a certain way, despite how we may feel.



### Fairness

To treat others with respect and empathy, honouring rights and responsibilities and being honest.



### Good Judgement

The ability to consider consequences and make decisions that benefit both ourselves and those affected by our choices.

"I understand myself on a much deeper level than I would without ReachOut and some of the things they teach, like Character Strengths. Slowly I could see that my character has built up and I've become a much better person." **Aya, ReachOut Mentee**

"In all of our mentoring sessions, we use the ReachOut Character Strengths to encourage positive development and provide young people with a reflective framework for personal growth. When Project Leaders and mentors deliver activities—whether academic, creative, or sporting—these Character Strengths are a key component.

For instance, we'd encourage a mentee to say "I'll use Fairness to ensure everyone's opinions are

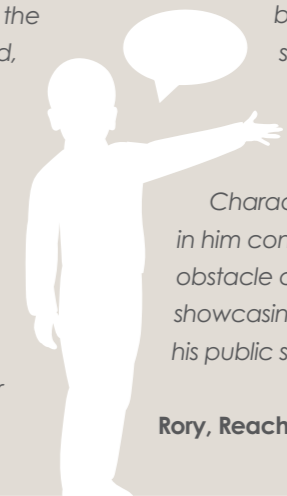
considered" before a group task. Post-activity, mentees discuss the Character Strengths they used, with their mentors, emphasising and rewarding the use of good character.

### One example that stood out to me this year is Ben.

Ben is a Year 6 mentee, and when he started at ReachOut, he and his mentor set a goal to improve his

Staying Power and public speaking. Guided by his mentor, he gradually built his confidence by sharing ideas within small groups and eventually presenting to the entire group. Ben's Character journey culminated in him confidently leading an obstacle course activity, showcasing his Staying Power and his public speaking skills. "

**Rory, ReachOut Project Officer**



# Confidence

We work with amazing young people who need some additional support to reach and be confident in their potential.

Through long-term mentoring and fun group activities, we help young people to build their academic and social confidence and prepare them for a world of opportunity.

"The main impact has been seeing their confidence grow within themselves. They've blossomed as young adults."

**Teacher at a ReachOut Partner school**

"I used to always just be there as a background character, but I'm finally being put in the spotlight."

**Sam, ReachOut Mentee.**

"**You're not shy, you're really great at this,**" is one of the affirmations that Kaydi has been practising with her mentor Maisie.

Kaydi says that practising the affirmations she and Maisie have come up with, and saying them to herself in different situations, has helped her feel braver.

**She believes in herself a lot more and has made a lot of positive change."**

One of the things Kaydi is proudest of, and that she attributes to the confidence gained from her time with Maisie, is entering a singing competition – something she loves but has always found frightening. She said she entered it because of ReachOut and the confidence it's given her; a testament to how much working with a mentor can support and encourage amazing young people like Kaydi who just need that extra push to believe in themselves.

Kaydi is a Year 5 student and the focus of her time with mentor Maisie has been increasing her confidence, resilience and courage.

She's said that she's been working hard at "**fighting the shyness**" something which has been motivated by her conversations with Maisie.

"**I've noticed a big change in Kaydi,**" Maisie told us, "**She's now so much more confident in herself and less self-conscious.**"

"**At first, I found it a little bit tricky,**" said Kaydi, talking about how she felt starting at ReachOut, "**but when I met Maisie, I knew she was the right mentor for me.**"



# Change

ReachOut works in areas where young people face a variety of social and economic challenges. Our programmes support young people to overcome the barriers they face and create wider positive change in society.

Mentoring, group activities and work experiences open up fresh horizons for young people and give them new tools and networks to support their future success.

At the heart of all our work is our desire that the young people we work with go on to live good, happy and successful lives, whatever that looks like for them.

"For me and my friends who took part in ReachOut, it helped to level the playing field, providing us with the same opportunities as young people from more well-off backgrounds." **Boma, ReachOut Alumnus**

"Our mentors often act as additional role models for the young people they work with. That's why we ask them to do mentor shares – presentations in front of the whole group, looking at their lives and careers.

Crucially, these mentor shares show the ups and downs of how the mentors got to where they are – the bumps and twists in the road that don't always make it into job adverts or recruitment brochures.

There's often so much pressure on young people to do specific things in a specific way, and have everything planned out. Our mentor shares give them the confidence to know that everyone can chart their own path."

**Jess, ReachOut Project Manager**

## Work and Careers



"I learned that in the future, I can do anything."

**ReachOut mentee** after a workplace visit.

Through our Workplace Experience Visits, we partner with a range of different employers, aiming to introduce young people to different sectors and specific roles .

Take a look at some of the sectors our mentees have learned about:

- **Hospitality** at Dakota Hotels
- **Banking and Finance** at Barclays Bank
- **Property Trading** at Tibra Capital
- **Investment Management** at Blackrock
- **Further Education** at the University of Manchester
- **Retail** at Mindful Chef
- **Farming** at The Children's Adventure Farm Trust





# Our Numbers

Take a look at some of our highlights from the last few years.

## 1,630

young people

have taken part in ReachOut primary school programmes since 2017.



## 2,780

young people

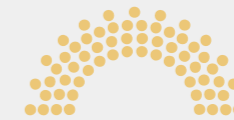
have taken part in ReachOut secondary and 16+ programmes since 2017.



## 419

students

have gone through the ReachOut Futures Programme since 2019.



## 13

mentees

were on ReachOut's Youth Panel in 2023.



## Over 12,000

young people supported in the last 20 years.



# REACH OUT

CHARACTER  
CONFIDENCE  
CHANGE



ReachOut has trained, placed and supported

## 3,518

volunteer mentors since 2017.



We ran **80**

mentoring projects

in the 2022/23 school year.



## £1.3m

our income in 2022/23.



ReachOut has delivered

## 126,242

hours of mentoring and group activities since 2017.



## 48

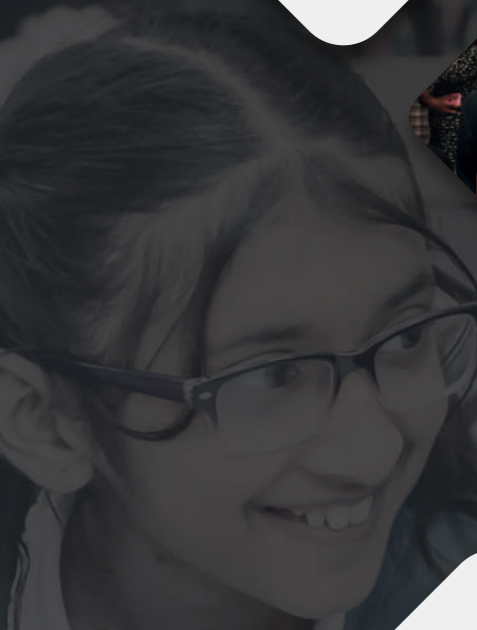
schools worked with since 2014.



Over **250**

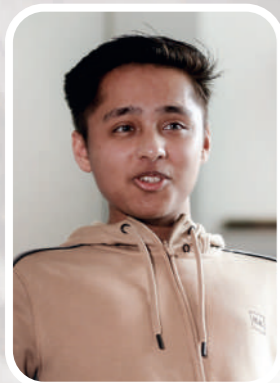
work experience visits and career talks

delivered in 2022/23.



# People of REACHOUT

At the heart of ReachOut are the people, past and present, who have made us the organisation we are today.



## Meet Sam,

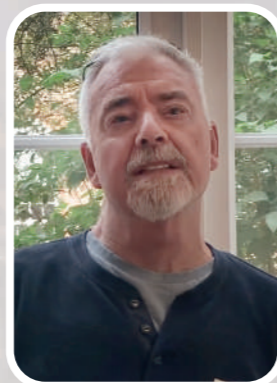
a ReachOut Mentee



“ Hi, I'm Sam, I'm 16 and I've been doing ReachOut since Year 8. When I started at ReachOut I was this tiny, self-conscious awkward kid. I'm still a bit self-conscious, but ReachOut has helped me understand who I am, it helped me get out there and socialise with people that I don't really talk to. **I used to always just be there as a background character, but I'm finally being put in the spotlight.**

I feel like I've grown more comfortable being in social situations. I don't always like talking to people, but I feel like I can talk to people now. ReachOut has helped me understand other people's points of view, where they come from and their ideas. I've become more open-minded about other people's perspectives.

Eventually, I want to become a software engineer and buy my mum a house and ReachOut's actually helped with that. They helped me research which universities are good, which colleges are good, what courses to take and **it helped me to have a clear career plan.** ”



## Meet Mike,

a ReachOut Mentor



“ I wanted to become a mentor to benefit young people. **I've got six grandkids and now I've got the time to support other children.** Mentoring is really fun and it's great seeing the mentees enjoying themselves, growing and reaching their goals.

My mentee was a really bright individual but initially was quite disruptive and easily distracted. Over the course of the year, he became more focused, paid attention and won a Character Legend award which was thoroughly deserved. He's just a great, great person to work with.

If you want to make a difference in a young person's life, you should become a mentor. **You've got the opportunity to reach out to someone who needs that support and guidance. It's magic!** ”



## Meet Lauren,

Trustee at the Helvellyn Foundation



“ At the Helvellyn Foundation, we were looking to fund organisations that support young people with a personalised and unique approach. ReachOut's Character focused methodology stood out to us from the start as their Character Strengths are fundamental skills for all citizens. **The way ReachOut connects their work with young people to the impact on society is special.**

We really enjoyed getting to know different ReachOut stakeholders. We met young people and volunteers, we learnt more about their approach with the delivery team, and we heard about their strategy and operations from the fundraising team. Everyone has been so willing to share their expertise and ideas.

Our society faces so many challenges ahead, from the cost-of-living crisis to climate change and pressures on education. **We have a responsibility to ensure that young people are prepared for the future and that they are confident to shape it.** ReachOut is doing that. ”



## Meet Shervann,

a ReachOut Alumnus



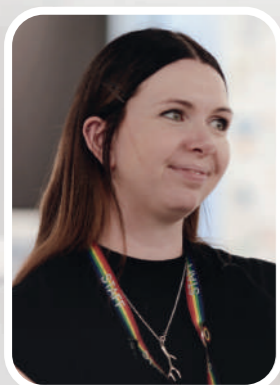
“ I joined ReachOut in 2005 when I was 9. At that time, I was getting good grades, but I think that led to me being a disruptive student, hardly listening to teachers and always talking in class. I also had a very short temper, which led to a few altercations with other students and I believe this is what ultimately led to me joining a ReachOut project.

When I was 14, ReachOut arranged an insight day at Macquarie Group's London office. **It was my first experience of entering a professional office** and we were taken through a day in the life of a trader. As soon as I got home that evening, I googled financial services, investment banking and so on.

It sparked an interest in me and I pursued working in financial services from that day on, later studying economics at university and now working for a commercial real estate and investment firm.

Having access to a mentor was invaluable as it gave me an opportunity to learn about what I could expect from university and life, good and bad. It was something I wasn't able to get from school. **My mentors were amazing role models, and people I could aspire to be like;** ReachOut has undoubtedly had a massive impact on my life. ”





## Meet Tiffany,

Assistant Head Teacher at Wapping High School



" We've worked with ReachOut for 8 years now and it's something that's really important to the school. **Children that were once really shy have been given an opportunity to flourish.** To do that in a small group where they can build up relationships not only with their peers but also with their mentors and with their Project Leaders has been amazing for so many of them. They've got to talk to other people and feel more so much more confident.

The ReachOut team are the loveliest people. They genuinely care about each and every kid. I would 100% recommend ReachOut to other schools. I think it's a brilliant programme - it is so tailored to the needs of each cohort, and you don't get many programmes that are like that.

**ReachOut is one of the best things we do as a school and our students get so much out of it.** Every year there is excitement, every year they want to get involved and it's just gone from strength to strength. "



## Meet Hind,

a ReachOut Mentor



" I'm very passionate about working with young people and particularly with young people who need extra support to access their potential. I had a lot of obstacles growing up and ReachOut is a programme I would have massively benefited from. **Now, I aspire to be the help and support I needed for someone else.**

Reach Out has forced me to get out of my comfort zone each week. I've become more comfortable with public speaking, team work, one-to-one support, taking initiative and leading activities in a big group setting. I've also learnt that you can get a lot from building friendships with people that are very different to you.

I'm really grateful to have come across Reach Out and to have had the opportunity to be a mentor this past academic year. My group was excellent, the mentees, mentors and Project Leader alike. **We have gone through ups and downs and seen incredible changes in our mentees.** I'm very proud to have been part of this project. "



## Meet Bhavin,

ReachOut's Operations Officer and Alumnus



" Back when I was a mentee, my mentor helped me in so many ways. We set a goal for me to pass my Maths GCSE, which I did, and my mentor was even happier than me about that! I really struggled with Maths, but **my mentor believed in me even when other people didn't.**

And it wasn't just work - one of the things my mentor said to me was to never give up. I wouldn't be here in the position I am without him. He was a great role-model, I could speak to him about anything, get advice and just have a conversation.

We kept in touch over LinkedIn and he really helped with university and my career. We checked in during university about exams, did interview prep and he looked at my CV. He was really happy when he found out I got my job at ReachOut!

I was so excited to join ReachOut in my role as Operations Officer. **I can't wait to open a new chapter here, as I personally know how key and beneficial ReachOut can be for others.** "



## Meet Carolina,

a ReachOut Mentee



" Hi, my name is Carolina and I'm in Year 9. **Since I started at ReachOut I've got more confident, and my spirit of teamwork has increased** - I take more opportunities now and I get involved with everyone instead of just working on my own.

Sometimes when we did tasks, I was too nervous, and I couldn't do them - now I'm fine with doing anything! In one session we wrote letters to MPs and that really stuck with me because it let me show my skills and got me excited about learning. We also got the opportunity to speak in front of people - before I wouldn't do that, but now I can speak to anyone.

**I feel way more confident about my future - ReachOut gave me so many options** and I know what I want to do now, which is to become a dentist.

I love the community and the people at ReachOut - you'll meet so many great people and everyone is so nice and supportive. I'd like to say thank you to my mentor for helping me through the difficult times I've had with my feelings and with my learning. "

# Creating Brilliant Partnerships

Our corporate partners aren't simply funders – our relationships are much broader than that. We're lucky to have partnered with some amazing organisations over the years, creating bespoke partnerships encompassing funding, volunteering, fundraising and skill sharing.

## Partnership Spotlight

James Hambro & Partners

### Why did James Hambro & Partners want to support ReachOut?

"ReachOut's core pillars of character, confidence and change align with the culture of James Hambro & Partners. We wanted to provide staff with the opportunity to share their knowledge, help support young people in the local community, make a positive, lifelong impact and facilitate a leveller playing field. On an individual basis, we could all recognise how having a mentor there that provides guidance and looks out for you can make the world of difference, so it was our time to give back."

### What's the most rewarding thing about working with ReachOut?

"It has been wonderful to meet people whose lives are positively changed through the amazing work ReachOut has done. It is clear the volunteers are passionate about providing a caring environment to help guide these young people through life's curveballs."



Everyone we have spoken to has been a pleasure to work with and with more projects in the calendar, we can't wait to see more members of staff get involved with supporting ReachOut and offering mentorship."

### What benefit has supporting ReachOut had on your team?

"We have seen increased charity engagement through the likes of the Workplace Experience Visits and talks from ReachOut mentees. It's been great for cross department comradery such as supporting one another in the Charity Cup and Hackney Half Marathon. We have also learnt a lot from these children, their inquisitive minds kept us on our toes!"



# THANK YOU

to our supporters and funders

We'd like to say a huge thank you

to all the organisations who have supported ReachOut in recent years:

- Aegis London
- AKO Foundation
- Aldgate and Allhallows Foundation
- Axa XL
- Bespoke Capital Partners
- Blackrock Investment Management UK Ltd
- Bloomberg LP
- Bregal Investments LLP
- CBPE Capital
- CJW Trust
- Constable Educational Trust
- Eight Advisory
- Fidelity UK Foundation
- Fishawack
- Four Acre Trust
- Garfield Weston Foundation
- Henry Smith Charity
- Herbert & Stefanie Straus Memorial Trust
- Hobson Charity Limited
- HSBC
- Impala
- Investec
- Jack Petchey Foundation
- James Hambro & Partners
- John Lyon's Charity
- Liz and Terry Bramall Foundation
- Marsh
- PACT
- Peter Stebbings Memorial Charity
- Pilkington Charities Fund
- Prophet
- Quadrant Estates
- Rede Partners
- Richer Sounds
- Society of the Holy Child Jesus
- St. James's Place Charitable Foundation
- Swire Charitable Trust
- The 29<sup>th</sup> May 1961 Charity
- The Clothworkers' Foundation
- The Helvellyn Foundation
- The Lujenna Educational Trust
- The National Lottery
- The Newby Trust
- The Pokemon Company International
- The Progress Foundation
- The Shears Foundation
- The Vintners' Company
- Theirworld
- Tibra Capital Foundation
- Wellington Management UK Foundation
- West Hackney Parochial Charity
- Zurich Community Trust

## REACHOUT FUTURES

OUR REACHOUT FUTURES PARTNERS SINCE 2019



# What should the world look like in 20 years?

To mark ReachOut's 20<sup>th</sup> anniversary, we asked mentees in our club and academy projects what they wanted the world to look like in another 20 years.

## ReachOut Club (aged 6-11)

## ReachOut Academy (aged 11-16)



# How can you support ReachOut?

The "disadvantage gap" - the gap in attainment between young people from lower income backgrounds and their peers - is at its highest level since 2012\*. Young people receiving free school meals are more likely to be absent from school and struggle with motivation and concentration. There has also been an increase in anxiety, mental disorders and emotional difficulties amongst young people.\*\*

Is it any surprise that nearly half of young people in England say the tumult of the last few years has made it harder for them to reach their potential?\*\*\*

At a time when young people face more challenges than ever, our focus as an organisation remains firmly on growing our impact so that we can continue to reach the young people who need us the most.

Your support, in whatever way you're able to offer it, is vital to this.

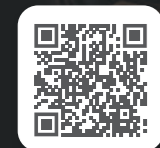
Here's how you can get involved and make a difference:

## Volunteer as a mentor

As a volunteer mentor, you can be part of a community of volunteers making an enormous difference to the lives of young people.



## Get your company to partner with us



We work with fantastic corporate partners to create bespoke partnerships that have an enormous benefit for ReachOut and the organisations we work with. Why not connect us with your company?



REACH OUT



## Start a ReachOut project at your school



ReachOut works in close partnership with schools, making sure our projects reach the young people who need us the most. If you think students in your school would benefit from having a mentor, get in touch.

## Donate to ReachOut



Whether it's a one-off donation, a monthly contribution or if you're interested in philanthropy, your support will make a huge difference to our work.

## Take part in a sponsored event



There are so many ways you can fundraise for ReachOut including taking part in some fantastic fundraising events.

However you get involved with ReachOut,  
**THANK YOU**  
for  
making a difference

\* Fairer Education Alliance 2022

\*\* DFE State of the Nation Report 2022

\*\*\* Action for Children 2022

# Leaving REACHOUT

A Poem by a ReachOut Mentees Michael and Jaylan

It's been a pleasure being in ReachOut for many years,  
we've worked together with our mentors to overcome our fears.  
We shake each other's hands and then we say cheers,  
and we'll say goodbye to each other and shed our tears.

And now we're going to go to great lengths,  
to show how we demonstrate the **character strengths!**



Grab your harness, I'm going to tell you about **Fairness**.  
Listening to others, showing great awareness,  
be humble, don't stumble, be careful, not careless.

Now we're on a roll, let's talk about **Self Control**.  
If you don't use this it will take its toll,  
and later in life it could make you fold,  
so let Self-Control stick to its role.



Every Wednesday for two hours, we showed our **Staying Power**.  
It's a skill that will help you blossom like a flower,  
and stand up tall like a tower.



Finally, let's move on to **Good Judgement**.  
This strength gives us all encouragement,  
helps us stay in our element,  
and gives us the belief to run for President.



So let's hear it for ReachOut, a place for you and me.  
Sit tight for next year, you'll love it, you'll see.





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