

ANNUAL REVIEW AND IMPACT REPORT 2024



INTRODUCTION FROM MICHELE FARMER, CEO AND BARBARA PEACOCK, CHAIR OF TRUSTEES

Over 1000 children had a magical time at Go Beyond this year. That was our target and marks a huge milestone in an incredible journey of recovery since we started rebuilding in 2021 after the ravages of the pandemic.

But we're not stopping there. Next year we aim to increase the number of breaks by 10%, but we're holding the cost of the break for each child. In the background, we are working hard to build our capacity to do more – with exciting plans to remodel our Coastal Centre to accommodate 50% more children and a dramatic new build to replace our barns at Daleside with a state-of-the-art, sustainable and purpose-built facility for children.

Of course, none of it would be possible without our fabulous supporters who give what they can, large or small, because they know the difference it can make to children who need a break from circumstances at home.

Sadly, life has continued to be difficult for many children in 2024. There seem to be ever deeper divisions in our society. Recent reports tell us as many as a third of children are living in poverty and many are finding it hard to stay at school. We are all concerned about children's anxiety and the impact on their emotional wellbeing.

Despite all of this difficulty, we can bring a little sunshine to children's lives and show them how much we care about them. It is heartwarming to see children meet for the first time at the start of the week and after a couple of days, real empathy has grown. All of us know how much it helps to know you are not alone and there are others in the world who have some understanding of what life is like for you. We've seen first hand the impact

of simple acts of kindness on children who have experienced bereavement, who care for someone else in their family and are simply struggling with growing up.

No wonder then, that the Princess of Wales chose us to be one of the special charities highlighted in her annual Carol Concert, in a year which saw her dealing with her own challenges. The themes of the concert were love, kindness and reflection. In her invitation to our children, the Princess wrote about the joy she has found spending time in nature:

"Nature gives us an opportunity to escape from the stresses of everyday life, to slow down and properly connect with ourselves"

We agree, and we see the magic unfold every week. Simple, old fashioned, screen-free breaks with plenty of time outdoors is a recipe for success and it has worked for our charity for over three decades.

As we look forward to the years ahead, we are determined to do more: reach more children, deliver more breaks.

There are so many people we should thank for the successes this year: our staff who work tirelessly to support the children in any way they can, and run this charity as efficiently as possible. The Referral Agents who trust us with their children, and the parents and carers who send us heartwarming feedback about our breaks. Our Trustees, and over 100 volunteers who gave their time for free because they believe in what we can offer, and they enjoy seeing first hand the difference we make. Our corporate volunteers who have painted walls, fences, cleared ponds and made our centres even better. We thank you all – and we hope you'll come back for more.



A handwritten signature in blue ink that reads "Michele Farmer".

Michele Farmer
CEO



A handwritten signature in blue ink that reads "B Peacock".

Barbara Peacock
Chair of Trustees

FINANCE AND FUNDING



YOU
HELPED
US RAISE
£1.5M

Each break costs **£1200**

Thanks to you we were able to raise £1.5 million to fund 1023 children to come on a life-changing break.

Here's how your support has made this possible:

Income from trusts and foundations **£663K**

Donations from our major donors **£271K**

Corporate donations raised **£230K**

Donations received from our supporters **£290K**

Gift Aid amounted to **£43K**

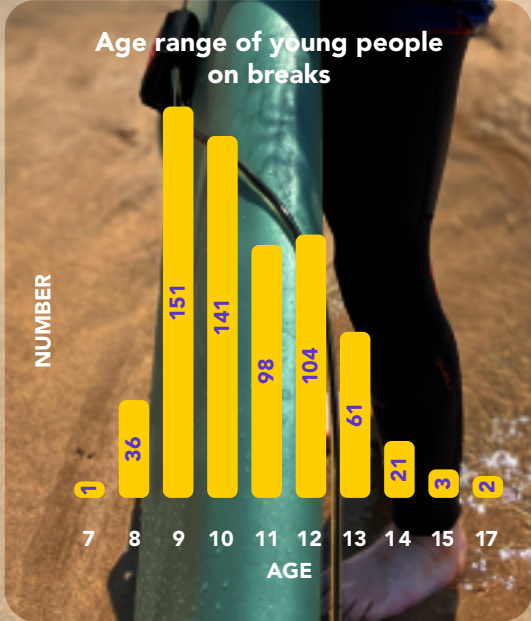
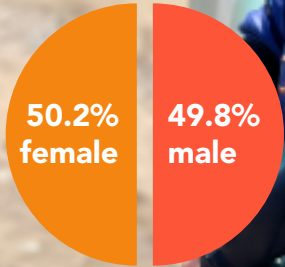
We received **£42K** in Legacies

Duke of Edinburgh Participants **£3K**

Total income **£1.5M**

OUR YEAR IN NUMBERS

WE HELD
1023
BREAKS THIS
YEAR

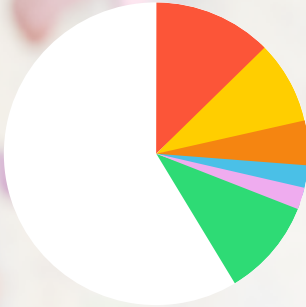


61% of our young people attending a break qualify for Pupil Premium, with **55%** currently receiving Free School Meals



70.2% of referral organisations were from the most deprived areas of the UK

42% of children attending a break have a diagnosis or trait



79	Autism
52	ADHD
29	Specific Learning Needs
14	Developmental Delay
14	Physical Disability
72	Other
358	None

In 2024 our top reasons for referral were:



Sadly, many children fit into more than one category

Following a break:

85% of children thought lots of people cared about them

86% of children thought there were many things they could be proud of

84% of children felt cheerful about things

88% of children liked being outdoors

80% of children found it easier to make new friends

Volunteers – Adding the extra sunshine to our breaks

169
WEEKS OF
VOLUNTEERING

845
DAYS OF
VOLUNTEERING

20,280
HOURS OF
VOLUNTEERING





20,000 CHILDREN, AND COUNTING...

This summer, we celebrated a significant milestone – providing 20,000 children facing serious challenges with the opportunity to take a break. To mark this achievement, we launched a campaign to raise awareness of the benefits of time away, advocating for every child to be given the chance to experience a break from their daily struggles.

Our campaign focused on the 4.3 million children living in poverty who, instead of enjoying a holiday, remain in households struggling to afford basic essentials like food and clothing. These children miss out on the chance to escape the pressures they face at home.

Over our 32 year history our breaks have provided a safe, supportive environment where children can experience respite and joy, far from the challenges they face at home.

We've witnessed the life-changing impact of just a few days away. Even a short break in new surroundings can significantly improve children's confidence, resilience, and aspirations for the future, giving them the opportunity to dream big and feel empowered.



CHILDREN LIKE NISHA*

Nisha's story is a powerful testament to the impact of support and care in the lives of young people facing difficult circumstances. As a young girl, Nisha found herself looking after her mother and siblings. This experience left her emotionally neglected, and it was only when her mother attempted to take her own life that Nisha's role as a young carer was brought to light. She was referred for a break with Go Beyond.

For the first time, Nisha found a place where she could truly be herself, a safe space where her needs and emotions were acknowledged.

She discovered the joy of participating in activities that inspired her, including drama, which ultimately led her to pursue a university degree in the field. Nisha reflects on how the week away at Go Beyond had a profound and lasting impact on her life, teaching her that there were people who cared about her and saw her as a good person.

Now as a parent herself, Nisha stresses that the skills and emotional support she gained from Go Beyond helped her get through difficult times and continue to dream of a brighter future.



TOGETHER AT CHRISTMAS

This Christmas, we were lucky enough to be featured in HRH the Princess of Wales' Christmas Carol Concert, broadcast by ITV at 7:30pm on Christmas Eve. Six Young Carers who enjoyed the benefits of a Go Beyond break featured in a short film about the healing powers of nature. This year's service provided a moment to reflect on the importance of love and empathy, and how much we need each other, especially during the most difficult times of our lives.

The service shone a light on individuals from all over the UK who had demonstrated love, kindness, and empathy within their communities – whether on a personal level with friends and family, through their work, or by selflessly giving up their time to volunteer like our very own Ed Chapman who also made an appearance.

It was a wonderful opportunity to highlight the life-changing impact of our services and to inspire support for the children who benefit from them.



Go Beyond

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*Nisha's name and some details have been changed to protect her identity.
Data is based on that collected January - December 2024

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