



What your support made possible in 2025:

Children are referred to Go Beyond for a range of challenges, with caring responsibilities being the most common.

My best memories at Go beyond is the Amazing Breaks Leaders (Especially Aidan) and Tretborne Indoor Play area!

Sleeping
Food
meeting Staff
and friends
Singing in Van

I will remember everything

my favourite bit of my week at go beyond was when I got stuck in the Big Ball pool at tretborne Leisure park and Ryan + Lauren had to save me! :)



1,103 free residential breaks for children who needed them most

59% of the children we welcomed came from areas of high deprivation

Over 1/3 had additional needs including autism or ADHD

80% were referred due to mental health concerns

For many children, this was the first time in a long while that life felt calm, predictable, and safe. A week where meals arrived on time, adults stayed, routines were clear, and nothing was expected of them except to be themselves.

For children whose lives are shaped by uncertainty, that kind of steadiness can be life changing.

Looking ahead to 2026

The safe, steady space children experience on a break is only possible because of the continued kindness of people who support us.

In the year ahead, more children will arrive at our centres feeling anxious about what's next. Many will be facing change they did not choose, carrying worries that feel far too big for their age.

With your continued support, we can offer them the same steady presence, safe routines, and moments of confidence that help children believe new beginnings can be okay.

Because when someone stays, everything changes.

Go Beyond Charity is a Company registered in England and Wales under Company Registration Number 03985540. Registered charity in England & Wales 1080953. Registered Office Go Beyond, 2 Conduit Street, Mayfair, London, W1S 2XB. *Names and some story details are changed to protect the children's identities.

We know our breaks help Children feel better

To understand how children are feeling, we use something called the **Stirling Children's Wellbeing Scale**.

Children answer short questions about things like how happy, calm, confident or hopeful they feel. By asking the same questions before and after a break, we can see how their feelings and wellbeing have changed.

Children tell us about sleeping well, feeling safe at night, being included, and finally relaxing.

Referral agents report:

- **100% want to refer more children**
- **96% say breaks improved relationships**

Parents speak about their children feeling safe and valued.



Our alumni tell us:
100% said their break increased confidence and resilience



What makes the magic happen?

Why stability matters more than we realise:

Go Beyond breaks are carefully designed around what we know about child development. Research shows that even short periods of safety, reliable support, and positive connection can help reduce chronic stress and support healthy brain development.

When a child lives with ongoing uncertainty, their body stays on high alert. At Go Beyond, familiar routines, kind words, and reliable adults help that stress begin to ease. Feeling safe allows the brain to rest, reset, and grow.

This is not just time away from home.

It's time spent feeling safe enough to simply be a child again.



Aimee
Everything

meeting my friends 😊❤️

Swimming is so much fun