

## IMPACT OF COVID-19 ON DISADVANTAGED CHILDREN

**Government research shows that much of the progress made in reducing the attainment gap for disadvantaged children over the past decade could have been eradicated during the pandemic.**

Many less privileged children have fallen even further behind and, without intervention, Covid will have a lifelong negative impact.

While society is beginning to make the connection between mental health and personal and social resilience; consumerism, advertising and social media pressures are becoming even more pervasive, sophisticated and influential. Use of personal social media has increased. Many children's access is unlimited. Our children are suffering from an epidemic of stress, anxiety, obesity and a lack of exercise leading to multiple health problems.

### What can be done to help?

Outdoor education centres represent a constructive and effective response. We are dedicated to helping young people learn successful behaviours to better cope with their emotions and understand and embed healthy behaviours. Many GPs are already prescribing natural remedies and encouraging all patients to spend time in nature to treat a range of conditions. Outdoor education challenges children to unlearn many negative and restricting habits and attitudes. We have seen some children who perceive themselves as failures rediscover themselves as leaders.



Expanding horizons through outdoor education equips children to better cope with their lives, have the confidence to overcome challenges and to treat themselves and others with respect. It can create a new love of exercise and walking which builds a healthier lifestyle. This is a strong counterbalance to so much of their normal, sedentary, indoor lives; dominated by a plugged in culture on social media and online entertainment.



**Outdoor Education was important before, *but it is even more important now***



## UFTON THEORY OF CHANGE

Our theory of change shows the goals and objectives of our work and maps this back to pre-existing conditions. This is an overview of our strategic educational direction, showing how a holistic therapeutic approach to outdoor education can develop beneficial skills and attitudes.

**At Ufton we demonstrate how outdoor education can be combined into well designed and structured programmes with demonstrable, measurable and repeatable benefits.**

## OVERVIEW OF OUR WORK IN THE OUTDOORS





## UFTON THEORY OF CHANGE METHODOLOGY

### CHILDREN'S LIVES AFTER INTERVENTION

Spend more time outside	Manage physical & mental health	Develop positive attitudes & behaviours towards change, choice & challenge	Positive attitude to learning	Develop & maintain nourishing relationships
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### CHILDREN'S LIVES NOW

Stranger danger	Obesity	I can't attitude	Family history of rejecting school	Poor attachment
Outdoors not valued	Anxiety	De-skilled children	Desk-based learning	Split family
Increased traffic	Self image	Learned helplessness	Narrowed curriculum	Long working hours
No green spaces	No exercise			Online friendships
No LOTC engagement	Social media			Not talking
Plugged in children				





**FEEDBACK FROM TEACHERS SHOWS:**

- \* Increased resilience and confidence in the classroom
- \* Reduction in behaviour incidents
- \* Improved attendance
- \* Increased self-esteem
- \* Better team work skills
- \* Increased ability to self regulate emotions

**CASE STUDY: HAZEL**

Hazel has a diagnosis of Autism Spectrum Disorder and has difficulties with expressive and receptive language. She is working below age-related expectations and has difficulty maintaining attention. Hazel finds it difficult to manage her emotions and changes to routines, and she has sensory needs. At school, Hazel frequently refuses to go outside and finds it difficult to engage with the outside environment. At Ufton, this is completely different. She is excited for the sessions and often says 'I love Ufton' and 'Ufton is beautiful'. Her time at Ufton has had a really positive impact on how she responds to and enjoys being outside whilst there. It has also had a very positive impact on her communication, as she will seek out the adult leading the sessions to ask questions and talk about the activity.



**Ufton's Christmas Wish List 2021**

This Christmas support disadvantaged children by setting up a regular monthly payment to Ufton Court Educational Trust.

- \* **£10** buys a great quality torch for night time walks
- \* **£25** buys a Fitbit for healthy living education
- \* **£250** buys a bike to help children be physically active
- \* **£1,000** buys a compost loo for woodland camping
- \* **£30,000** buys a modular bike track

Open the camera on your phone and hover over the QR code below. Open up the notification and set up a regular donation. Alternatively, please post a cheque payable to:

Ufton Court Educational Trust to Green Lane, Ufton Nervet, Reading, RG7 4HD

or make a donation by clicking the link below:

[www.cafdonate.cafonline.org/1365](http://www.cafdonate.cafonline.org/1365)



Contact Sara Price in Fundraising for more information  
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