Established in 2001, One to One Children’s Fund pioneers evidence-based interventions that leverage local knowledge and lived experience to fill core gaps in care for vulnerable children across the world. During this time, our award-winning programmes have directly impacted the lives of over 100,000 children, using a successful three-stage methodology.

**INNOVATE**

by identifying and piloting new, evidence-based approaches to tackle the greatest risks facing children and young people.

**ESCALATE**

successful programmes to refine and expand into new communities to deliver holistic, cost-effective interventions where crucial gaps exist.

**GRADUATE**

our programmes by embedding proven models into local systems and integrating them into government structures or local organisations.

We are rapidly growing the potential of our life-transforming work by establishing an innovation fund to incubate high impact programmes. We have set an annual fundraising goal of £180,000, to invest in three exciting, ground breaking projects – Youth Champions, Positive Start and Next Stage (now known as One London).

Together these three programmes will have an immediate impact on the lives of 425 vulnerable children and young people and an additional 2,125 immediate family members.

However, this is only the start. The learning and evaluation from these pilots will help us refine cost-effective models that can be escalated to reach 20,000 vulnerable children and 100,000 immediate family members over the next three years.

To invest in our Innovation Fund for the future of children living with or affected by chronic disease and trauma, please complete the enclosed pledge form.
POSITIVE START

KICKSTARTING COGNITIVE DEVELOPMENT FOR VULNERABLE CHILDREN IN SOUTH AFRICA

INNOVATING FOR THE FUTURE
Our ENABLE programme has already demonstrated the potential of a community-based approach to deliver real change. In the Eastern Cape of South Africa, our 30 local Mentor Mothers bring targeted maternal and child healthcare services and education into the homes of some of the poorest families especially those affected by HIV. In the first 18 months, they have reached over 1,000 mothers and children.

Now there is mounting evidence that 70% of children who live in HIV-affected households experience developmental delays and cognitive deficit, whether the children themselves are infected or not. Early childhood is a critical stage of development that forms the foundation for children’s future learning and wellbeing.

One to One Children’s Fund is addressing how to deliver early childhood development support to young children and families affected by HIV. This initiative is grounded in the academic research of Professor Lorraine Sherr of UCL/Royal Free Hospital, which shows that intensive engagement with prescribed educational toys and one-on-one time with a parent or caregiver can have positive outcomes for these children.

The initial pilot will be undertaken in a targeted, deprived community in South Africa with high HIV prevalence.

### Positive Start

#### Kickstarting Cognitive Development for Vulnerable Children in South Africa

- Develop a ‘toy toolkit’ designed for graded learning that encourages one-to-one time with children and their caregivers as they play together in a step-by-step fashion.
- Train community workers to deliver regular sessions for children and their caregivers.
- Deliver early learning support to 100 HIV-affected children aged 2-5 years.
- Adopt rigorous evaluation methods to understand the impact of the project on cognitive development and potential for scale-up.

£36,000 will ensure we can deliver essential early childhood development support for 100 HIV-affected children and their families.
YOUTH CHAMPIONS
SUPPORTING TEENAGE MENTORS LIVING WITH CHRONIC DISEASE
Since 2005, global deaths from AIDS have fallen by almost 40% across all age groups except for adolescents. Despite the scaling up of treatment, AIDS is now the leading cause of adolescent deaths in Africa.

The management of chronic conditions in adolescence, a time of change, is a major challenge for young adults, their families and healthcare teams. Low diagnosis rates and limited access to care contribute to adolescent mortality.

For those receiving treatment, the outcomes are still poor. With children, parents often directly manage care and enforce adherence treatments and medications. As adolescents start to manage their own care, things can fall apart. Adolescents can struggle with planning and organisation. They often have difficulties in conceptualising future consequences of their actions and tend to see themselves as ‘bulletproof’. Concerns about peer relationships and self-image often conflict with the demands of chronic illness and treatment regimens.

Together with clinicians in Groote Schuur Hospital, we are developing a cross-departmental support group for adolescents with chronic illnesses, including HIV. This programme is one of the first of its kind worldwide to identify the advantages of bringing young people with different conditions together, especially when it comes to overcoming the sense of isolation and stigma.

One to One Children’s Fund is now working to hone this approach with Groote Schuur Hospital, creating a new model of peer-led adolescent support groups that helps them cope with their illness on a physical, psychological and social level.

This programme will:

- Provide weekly peer group sessions for 12–19-year olds who live with chronic illnesses. Instead of separating out young people into illness–specific groups, this approach aims to reduce the stigma associated with certain chronic illnesses by providing young people with an adolescent-friendly space to share their experiences.
- Deliver medical and psychosocial support and information from a psychologist, different clinicians and social service staff and ensure a focus on therapeutic games to address issues including chronic illness, self-esteem, self-harm, depression, anxiety, gaining insight and coping skills.
- Have a Family Planning Sister provide one hour of support each week — a “one-stop-shop” providing advice on counselling, contraception and protection.
- Train 10–15 young people to become Youth Champions so that they can go out into their community and support hard to reach young people who might not be accessing services. There will be 15 sessions with two follow-up courses to provide ongoing support to mentors.

£39,000 will be invested in this programme, which will impact 250 young people living with chronic illness.
NEXT STAGE

A CREATIVE AND NURTURING SPACE FOR YOUNG REFUGEES
Children and adolescents exposed to violence and the upheaval of war and relocation have often witnessed horrors no young person should have to go through. Many have been traumatised as a result of experiences in their home country, on the journey to the UK as well as since arriving in this country – this includes exposure to political conflict, starvation, physical violence, trafficking, sexual exploitation and discrimination.

Indeed, although research suggests over 50% of refugees are likely to develop post-traumatic stress disorder (PTSD), few are able to access appropriate mental healthcare resources as the needs far outweigh the resources (McGuinness, 2015).

Building on our experience of working with refugees in Kosovo, with traumatised children in the Middle East and in the refugee camps in Northern Greece, One to One Children’s Fund is partnering with Barnet Refugee Service and Wac Arts in providing two linked services aimed at helping children and young people make sense of their experiences, rebuild their lives, strengthen their resilience and develop their self-esteem.

An initial pilot will be centred around young refugees aged 14-18 living in the boroughs of North London.

**OUR PROGRAMME WILL:**

- Deliver a series of 10-week drama-based arts programmes at the Wac Arts centre providing a safe welcoming space for young refugees to come together and take part in creative arts activities culminating in a final performance.
- Give young refugees opportunities to explore their talents, interests and stories whilst promoting self-esteem, independence and building new social networks.
- The first arts programme ‘Walking Through Time’ will explore ancient civilisations and the themes of diverse culture, communication and identity using a wide variety of art forms.
- Provide up to 150 individual sessions of counselling support for young refugees over a period of 3 – 6 months.

This programme requires an investment of £40,000 to deliver the workshops and a complementary youth counselling service, which will help up to 75 young refugees adapt to life in the UK.

**NEXT STAGE**

**A CREATIVE AND NURTURING SPACE FOR YOUNG REFUGEES**

“These sessions have helped reduce my stress and fears, and by listening to others’ experiences, I feel less alone. I have learned many things, like how to adapt and I have met new people. After each session, I feel less overwhelmed. It has been empowering and I have also learnt how to express my feelings and engage with my family in a positive way.”

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