



IMPACT

REPORT

2023



**COMMUNITY
FUND**

**& CAMDEN
GIVING**

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1.INTRODUCTION

YourStance are a team of experienced doctors and nurses teaching young people at risk of serious youth violence, how to respond to an emergency in London. We teach vulnerable young people aged 11 – 25 how to perform cardiopulmonary resuscitation (CPR) and haemorrhage control becoming ‘Zero Responders’ before a first responder is able to arrive.

Since we established ourselves as a Community Interest Company in 2019, the project has taught **3000** young people and run nearly **200** workshops across London. Most of those taught felt that what they’d learned had been directly and immediately helpful to them.

Our Goals

- 1.Reduce morbidity and mortality caused by serious youth violence in London by teaching more zero responders
- 2.Challenge stigma and prejudices among medical professionals
- 3.Tackle class and racial inequalities by reaching young people most harmed by such inequalities and have a positive impact on those we reach

Why is it important?

Interpersonal violence involving knives is a major public health problem. Research released in 2022 illustrated the influence of age on injury patterns resulting from knife violence, and supported the expansion of outreach initiatives promoting bystander-delivered haemorrhage control of extremity wounds. It highlighted how timely treatment and action can improve health and life outcomes for young victims of serious youth violence. The National mortality database reports clinicians now have a duty to train young people on how to save lives.

Our workshops are called ‘Zero Responders’:

Our workshops are taught by experienced healthcare professionals from acute settings. The workshops cover skills such as bleed control, basic life support, communication skills and psychological first aid, training young people to be zero responders before first responders arrive.



1.INTRODUCTION



This report collates data collected from participants, volunteers, and partner organisations in the course of 2023.

This includes analysis of:

637 participant feedback forms

69 volunteer feedback forms

18 partner feedback forms

The report also includes quotes and analysis from:

Four interviews conducted with young people at a London prison,

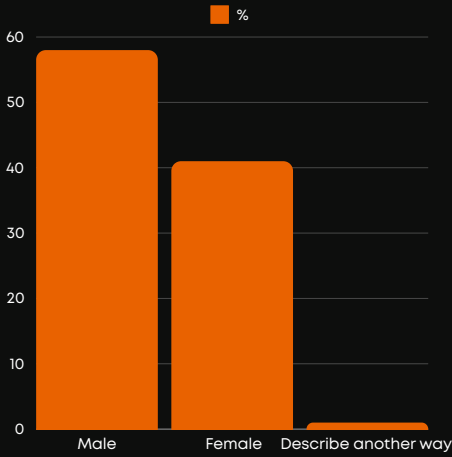
Six interviews conducted with young people and staff at an AEP in Tower Hamlets

2. DEMOGRAPHICS

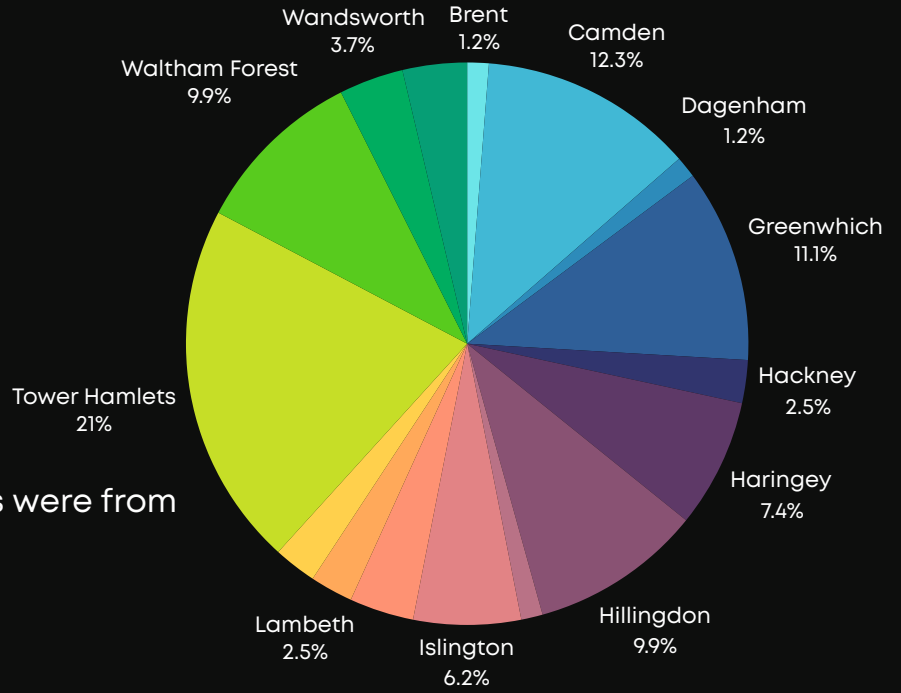


The following data is collated from feedback forms collected at the YourStance session conducted throughout 2023. In total, 687 separate feedback forms were analysed.

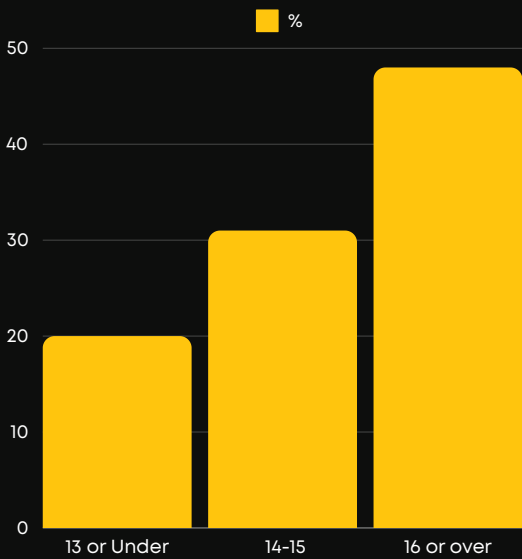
In 2023, different gender identities were reflected among participants at YourStance:



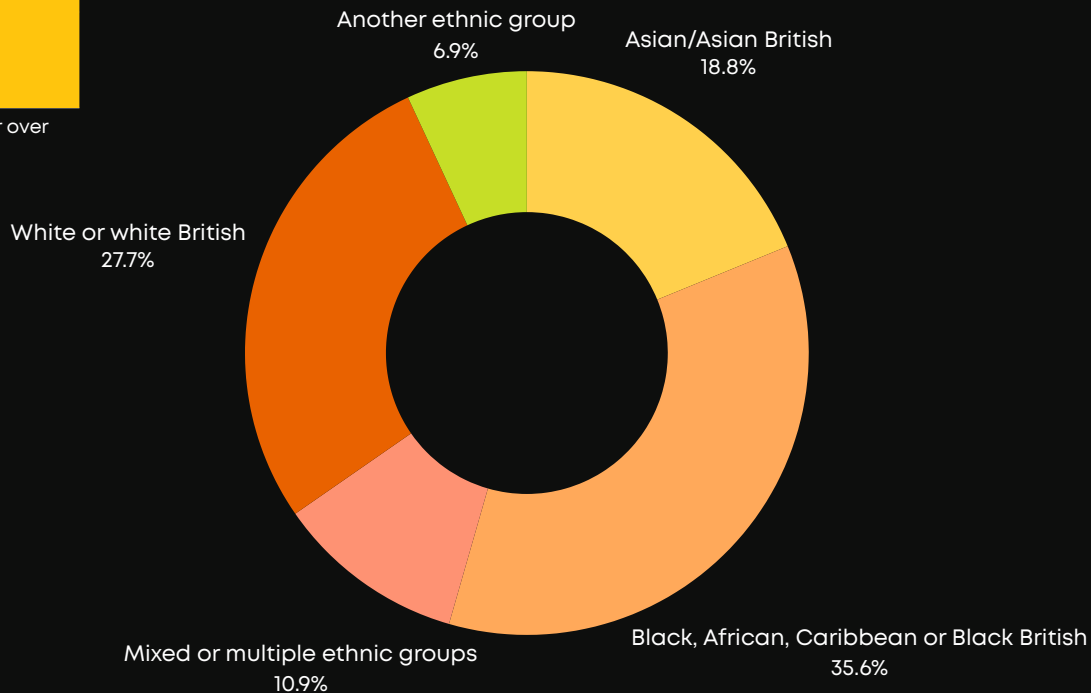
Location of workshops:



Participants at YourStance sessions were from a wide range of age groups:



Participants at YourStance sessions came from a range of ethnic backgrounds:



3.SERIOUS YOUTH VIOLENCE



31%

of attendees at YourStance sessions were victims of serious youth violence

Experiences of serious youth violence were more common among attendees at prison sessions:

56% of prison session attendees were victims of SYV

43% of AEP session attendees were victims of SYV

25% of youth hub session attendees were victims of SYV

This is reflected in responses to the session:

Overall, **64%** of attendees said they had previously been in a situation where what they'd learned at the session would have helped them

Among prison attendees, **88%** said they had previously been in a situation where what they'd learned at the session would have helped them

“As a young person growing up in London, not a very privileged background, I have seen a lot of violence. I do come from a violent household myself. So I definitely would say this is quite relevant.”
Young person, prison



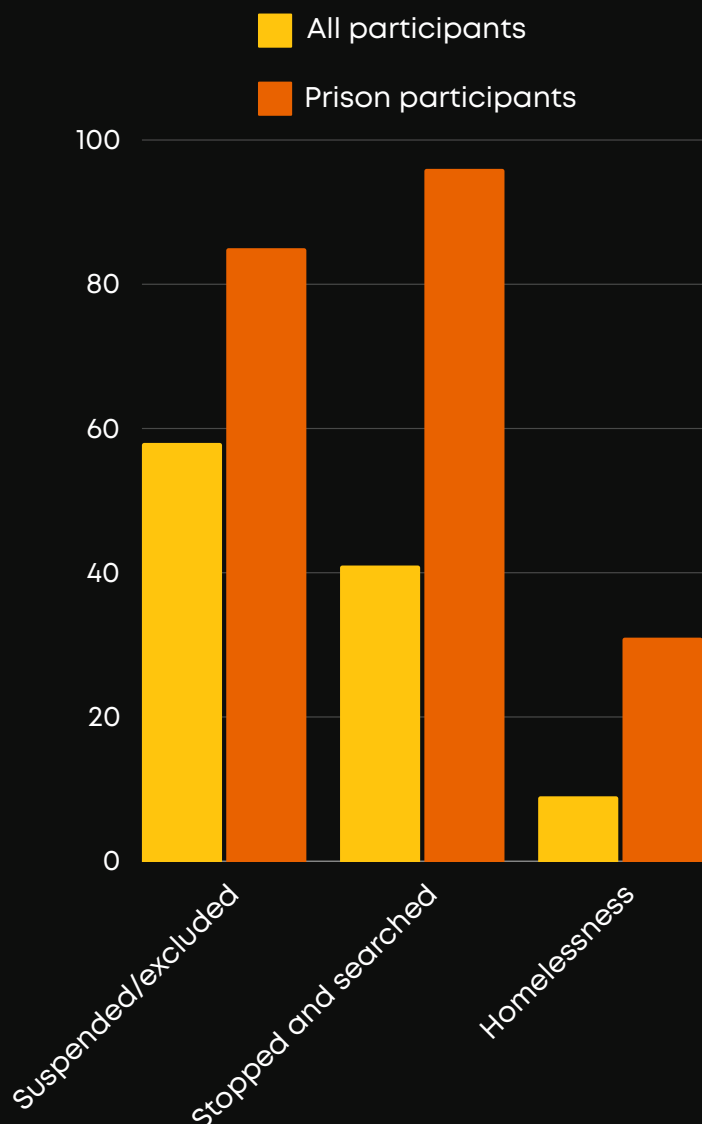
4. ADVERSE CHILDHOOD EXPERIENCES



Adverse Childhood Experiences (ACEs) encompass potentially traumatic events, such as neglect, violence exposure, and family challenges, occurring during childhood. These experiences can profoundly impact individuals throughout their lives, affecting opportunities and well-being. 2

From our participants:

Nearly two-thirds – 60% - of attendees at YourStance sessions had been suspended, excluded or expelled from school; been stopped and searched by the police; or been homeless:



96%

Of prison attendees experienced one of these events

“I have quite a unique experience, where I have family members who are very ingrained in the culture, and take part, sadly, in the violence that we see every day. So it's reassuring to know that I have the skills to be able to do something.”

Young person, prison

5. IMPROVED SENSE OF COMMUNITY FOR BOTH PARTICIPANTS AND VOLUNTEERS

Firstly, YourStance is successfully tackling barriers between young people affected by SYV and healthcare workers: 70% of participants said that their opinion of the work of NHS staff such as nurses and doctors had improved as a result of the session.

This was more pronounced among those most affected by SYV: 78% of prison attendees said that their opinion of the work of NHS staff such as nurses and doctors had improved as a result of the session.

“I’ve learned that I would be more than willing to put my life on the line to save someone else, making sure that they get home safe, because that’s what a good person would do.”

– Young person, prison

Secondly, YourStance sessions are also helping to address barriers among volunteers – who are all professional healthcare workers:

- 94% of volunteers said the session had a positive impact on their ability to communicate with young people affected by SYV
- 91% of volunteers said the session had a positive impact on their empathy towards young people affected by SYV
- 94% of volunteers said the session had a positive impact on their confidence challenging discrimination against young people affected by serious youth violence in healthcare settings

70%

of participants reported an enhanced perception of NHS staff's work

6. IMPROVED MENTAL HEALTH, WELLBEING AND ABILITY TO CONTRIBUTE TO THEIR COMMUNITIES AS A RESULT OF ENGAGEMENT

Evidence of problems with mental health were common among attendees: overall, nearly half of attendees said they often felt stressed or overwhelmed in day-to-day life.

At the same time, the vast majority participants felt psychologically well-supported during the YourStance session: nearly three-quarters of participants said they felt they could speak to a volunteer if they became distressed.

This was reflected in metrics which indicate improved wellbeing as a result of the session:

- 81% of participants said the session had helped with their confidence
- 70% of participants said the session had helped with their self-esteem

The vast majority of participants also expressed an increased desire and capacity to contribute to their communities as a result of what they'd learned in the session:

46%

of attendees said they often felt stressed or overwhelmed in day-to-day life

74%

of attendees said they felt they could speak to a volunteer if they became distressed

“[YourStance] teaches you, not only how to be self-confident in yourself, but learn how to save lives in the process. So that way, you can prove people wrong, and let them know that you’ve actually changed yourself and you actually learn something that can be beneficial to others.” – Young person, prison



7. IMPACT OF SESSION: WIDER POSITIVE IMPACT

The findings also demonstrate broader positive impacts of YourStance sessions:

This impact was most pronounced among those most affected by SYV:

- 84% of prison attendees said the session had helped with their confidence
- 75% of prison attendees said the session had helped with their self-esteem

The positive reaction of participants to YourStance sessions is reflected in proportion who would recommend the YourStance to a friend:

- Overall, 84% of attendees said they would recommend the session
- Among prison attendees, 95% said they would recommend the session

81%

of participants said the session had helped with their confidence

76%

of participants said the session had helped with their self-esteem



“

“It's taught me how to save people's life. It's something that I could use whenever I need it. And it's something that can literally save someone. That's what it is. So I feel happy that I know something.”

Young person, AEP

”

8. IMPROVED COMMUNITY SAFETY



77%

**of attendees
said the
session made
them feel
more safe**

85%

**of prison
attendees said
the session
made them
feel more safe**



“

Being in prison, there is a lot of violence, as you can imagine. From previous experiences, I do have that sort of trauma that I think makes me ready to defend myself, but then it's nice knowing what I know now, that I've learned from YourStance. So maybe I can now help the situation, I could make it a bit easier for someone else.

– Young person, prison

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9. IMPACT OF SESSION LEARNING



The evidence indicates that YourStance is fulfilling its core mission: reducing the impact of SYV by empowering young people to make informed decisions when faced with an emergency:

84% of attendees said that, as a result of the session, they felt more confident about what to do in a situation in which somebody has been injured

Case study

A consultant at major trauma centre reported: “We’ve had some information about a young person on intensive care [due to SYV injuries] who has told staff he used skills taught at YourStance workshop to create a makeshift tourniquet.

Whoever of your team taught him, taught him extremely well, as he would not be alive otherwise.”



Such learning also had a wider positive impact on attendees:

77% of attendees said the session made them feel more safe

These positive impacts were particularly evident among those most at risk of SYV:

94% of prison attendees said that they felt more confident about what to do in a situation in which somebody has been injured

85% of prison attendees said the session made them feel more safe

10. PARTICIPANTS LEARNING NEW SKILLS



“Before the session, I didn't really know how to do CPR. And I never knew how to try to stop bleeding if someone got stabbed. But because I've done this session, now I know how to ... if someone's stabbed and I'm around that area and I know about it, then I can try to help them and stop the bleeding.”

Young person, AEP



“It has taught me skills, skills I would have needed in the past. Now I am better equipped to deal with situations I have previously encountered.”

Young person, prison

10. PARTICIPANTS LEARNING NEW SKILLS



“[YourStance] will help teach people, especially young people ... how to not only save lives, but understand the reason why taking a life, or hurting someone or any possible way of putting them into a threatening situation, is not really worth it, and doesn't solve any problems, it just makes things much worse.”
Young person, prison

“In terms of the environment I'm currently in in jail, healthcare here is not really the best. But if anything like this were to ever happen while I'm here, I would do my best to help. Before I probably would have just stood back. Now that I can help, let me help kind of thing, and get more involved.”
Young person, prison

“I've learned that I would be more than willing to put my life on the line to save someone else, making sure that they get home safe, because that's what a good person would do.”
Young person, prison

11. Impact of session: barriers to healthcare



The evidence indicates that YourStance is also fulfilling its commitment of improving communication and reducing other barriers between young people affected by SYV and healthcare workers: of reducing communication and other barriers between young people affected by SYV and healthcare workers: of reducing communication and other barriers between young people affected by SYV and healthcare workers.

70% of attendees said that their opinion of the work of NHS staff such as nurses and doctors had improved as a result of the session

This was more pronounced among those most affected by SYV:

78% of prison attendees said that their opinion of the work of NHS staff such as nurses and doctors had improved as a result of the session

“

“I felt like the YourStance team were very helpful. Very nice, very welcoming. And it just felt like friendly vibes. It was more like a peer, a classmate kind of thing, more than when I go to the doctor ... I enjoyed it.”

Young person, AEP

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“In all my other interactions with healthcare professionals in hospitals or the pharmacy, etc. I'd say everyone's just kind of trying to get their job done and get the day over with. But when I was working with YourStance, they came around to everyone individually and explained it more thoroughly.”

Young person, AEP

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12. ACCESS BARRIERS – AND WHAT ADAPTATIONS WERE MADE IF ACCESS BARRIERS WERE IDENTIFIED



31% - of attendees at YourStance sessions were victims of SYV

One access barrier YourStance have become aware of is that some of the training scenarios may be triggering for people who have experience of SYV, as the scenarios involve role-play of emergency situations.

This is a particular concern for YourStance as nearly a third – 31% - of attendees at YourStance sessions were victims of SYV.

YourStance have addressed this barrier by:

Providing psychological support during sessions;
Training volunteers on being trauma-informed and being alert to signs of distress among young people during sessions; and
Introducing a feedback form question on the extent to which young people felt they could speak to a volunteer if they became distressed – so as to ensure that the measures YourStance have implemented to make participants feel psychologically supported are working.

All our volunteers are healthcare professionals - doctors, nurses, paramedics, and physician associates

YourStance also collects feedback from volunteers. The overall response of volunteers to YourStance sessions is very positive:

- 100% of volunteers felt supported by YourStance in advance of the session
- 100% of volunteers would volunteer for YourStance again
- 100% of volunteers would recommend volunteering for YourStance to a colleague



“The engagement from the children and young people that have attended have been phenomenal, the ability to articulate their perspective, their reality, and the ability to challenge us as the adults in the room. This gives learning to both those facilitating the session and those partaking in the session.” – volunteer

13.IMPACT ON VOLUNTEERS



YourStance volunteers are all professional healthcare workers. Volunteers reported that YourStance sessions gave them skills which would help them in their work:

- 94% said the session had a positive impact on their ability to communicate with young people affected by SYV
- 91% said the session had a positive impact on their empathy towards young people affected by SYV

97%

felt the session would have a positive impact on their professional relationship with young people going forward

79%

said volunteering has had a very positive impact on wellbeing



“This is a great opportunity for giving back to the community, building communication skills and also for self reflection and satisfaction of a job done for the right reasons”

Volunteer

“Great session and a fantastic eye opener into how I would work with younger people in the future. Great team for me to learn from and overall a very positive experience, with some good take aways for future practice in work and in Your Stance.”

Volunteer

14. IMPACT ON PARTNER ORGANISATIONS



In 2023, collaboration and funding were essential in enabling us to make an impact and enhance our capability to educate young individuals on saving lives more effectively.

This feedback demonstrates the positive impact YourStance sessions can have on such staff.

In terms of skills:

93% said attending the YourStance session had made them more confident in applying basic life support skills

100% said attending the YourStance session had made them more confident in applying bleed control skills

93% felt their attendance at the YourStance session had helped them address barriers they experience when communicating with young people affected by serious youth violence

93% felt their attendance at the YourStance session would have a positive impact on their professional relationship with young people going forward

94% would recommend attending a YourStance session to their colleagues

"I think that YourStance did very well considering our cohort are some of the most vulnerable in the Borough. Our pupils are both the victims/perpetrators of crime, often involving violence, and these workshops will undoubtedly be useful in their lives outside of school, both from a reflective sense as well as practically. To be able to engage our cohort is not easy and the leaders should be commended for their work."

Headteacher, AEP

14. IMPACT ON PARTNER ORGANISATIONS



94%

partners felt the young people benefitted from attending the YourStance session

94%

reported that YourStance volunteers kept young people engaged throughout the session

“I think the volunteers have dug deep into their experiences of being medically trained professionals who deal with the public on a day-to-day environment. They communicated at the level they saw the young people were at, and practised some good reflection techniques back to the groups who asked questions of them. Very down to earth - approachable (good bed side manner!) .This is very important - and they did amazing.”

Youth outreach worker

“It’s a really important life skill, specifically for young people growing up in London. I think it’s invaluable, and the work YourStance do is amazing.”

Teacher

“Overall very impressed and I believe that all young people should have access to this service via their school.”

Police officer

“Everyone thoroughly enjoyed the session, staff and young people alike, and most importantly the young people were engaged throughout.”

Youth outreach worker

“Our pupils are both the victims/perpetrators of crime, often involving violence, and these workshops will undoubtedly be useful in their lives outside of school, both from a reflective sense as well as practically. To be able to engage our cohort is not easy and the leaders should be commended for their work.”

Teacher

References:

1. National Center for Injury Prevention and Control, Division of Violence Prevention. (June 29, 2023). Last Reviewed: June 29, 2023.
2. World Health Organization. (n.d.). Adolescent mental health. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health#:~:text=It%20is%20estimated%20that%203.6,and%20unexpected%20changes%20in%20mood.>



**EMPOWERING
COMMUNITIES
TO SAVE LIVES**



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