It is a huge pleasure and privilege to lead the movement that is StreetDoctors. The energy, expertise and enthusiasm of the medical volunteers to tackle the scourge of youth violence in our society is both inspiring and infectious.

The last year has been an exciting one for StreetDoctors with new teams established for the first time in Scotland and Wales. In collaboration with local delivery partners, StreetDoctors’ volunteers taught life-saving skills to 1,694 young people at risk of violence. We know the training changes attitudes and that some young people have put that training into practice to save lives. In June, our work was Highly Commended at the Civil Society Charity of the Year Awards and in recognition of the evaluation of our impact we were awarded a Level 2 Standard of Evidence by Project Oracle.

But tragically StreetDoctors work is needed more than ever. There has been a sharp increase in youth violence, particularly knife carrying and use and many young people do not feel safe on our streets. While much of the world is in turbulent convulsions, StreetDoctors remains a place of hope for the future where one amazing group of young people help other young people to help others. The world can be a better place.

Peter Lewis
Chair, StreetDoctors
StreetDoctors in 2016

- 408 sessions taught to young people at risk
- 2703 attendances at StreetDoctors sessions
- 1694 young people taught emergency lifesaving skills
- 360 volunteers in 18 teams
- 102 delivery partners in 14 cities

Young people were encouraged to help others in a medical emergency, and were taught:
- what to do when someone is bleeding
- what to do when someone is unconscious
- the medical consequences of violence

21 young people received an entry level first aid at work accreditation through the StepWise programme and were introduced to careers opportunities in medical and healthcare professions.

In post-session evaluations young people demonstrated that...

- 84% would be willing to act if first aid is needed
- 95% know what to do if someone is bleeding/unconscious
- 95% understand the consequences of violence

Feedback from young people:
- "I have learnt so much that I wasn't aware of before. This has built my confidence and I am ready for any troubles ahead."
- "I am more likely to help someone after this."
- "The session was useful and I feel like I would be more confident helping someone who had been stabbed now."

11 known cases of young people using StreetDoctors' teaching in emergency situations:
- One helped a friend who was unconscious and had fallen down the stairs
- Another helped a fellow young person who collapsed in the youth centre shortly before a StepWise session was about to begin
- One young person administered first aid at the scene when his friend was stabbed

Our work was recognised with these awards:
- Nesta Standards of Evidence Level 2
- Highly Commended at the Charity of the Year Awards
We teach young people at high risk of violence emergency life-saving skills. When someone is bleeding they need treatment quickly, the more blood they lose, the lower their chance of survival. Teaching young people, who are likely to witness violent incidents how to call for help and what to do before professionals arrive, saves lives and enables young people to acquire practical skills. Just as importantly, we challenge attitudes to violence and treat young people as potential life-savers, capable of making positive choices.

StreetDoctors was set up in 2008 in Liverpool. Two medical students, Nick Rhead and Simon Jackson delivered first aid training at a local Youth Offending Centre and realised that most of the young people they were teaching had witnessed a stabbing or shooting, or had been a victim themselves. Profoundly shocked by this information they decided to act.

Following a successful partnership with Liverpool Youth Offending Service, news of the initiative spread via social media to other cities. In 2013, StreetDoctors became a national charity and has since tripled in size. We now operate in England, Wales and Scotland and in early 2017 StreetDoctors Ireland, was established and registered as a separate charity.

Since we began in 2008 we have taught over 5,000 young people. We now have:

18 teams in the UK
in 14 cities
with 360 active volunteers

Nick and Simon were recognised in 2012 with a Britain’s New Radicals Award by Nesta and the Observer newspaper. StreetDoctors continues to receive recognition for its innovative approach; most recently in 2016 with a Highly Commended at the Charity Awards. In 2016 we were also awarded a Level 2 Standard of Evidence by Nesta and accredited at Standard 2 by Project Oracle.

Introduction

StreetDoctors is a national network of medical volunteers who utilise their skills and knowledge to reduce youth violence.
Why we are needed

Youth violence is a leading cause of death in the UK.

Young people are significantly more likely than the general population to be both victims and perpetrators of violence and are often caught up in situations where violence feels like the only option. Some deaths happen because those present panic, do not act and do not call for help.

Health and crime statistics

**26%**

Of convictions or cautions among young people in 2015/2016 were for violence

**13%**

Increase in hospital admissions for knife wounds in 2016

**11%**

Increase in offences involving a knife or sharp object in England & Wales in 2015/16

Public health impacts of violence

**2.5 mil**

Violent incidents in England and Wales each year

**£2.9 bn**

Estimated annual cost of violence to the NHS

**£29.9 bn**

Total estimated annual cost of violence to society

For StreetDoctors this indicates that:

♥ Violence continues to be a significant issue for young people.

♥ Targeted work with young people who are at most risk of being both perpetrators and victims of violence may be effective in reducing violence overall.

♥ There is a longer term public health benefit to early and prompt intervention to ensure that violence does not become habitual and embedded behaviour for young people.

1. Youth Justice Statistics (England & Wales), Youth Justice Board/Ministry of Justice (January 2017)
StreetDoctors teaching modules

StreetDoctors volunteers teach two clear, simple, practical and interactive modules, appealing to all learning styles. Two to four volunteers teach groups of 6-12 young people with our target audience being those aged 12-25 years old.

What to do when someone is bleeding
(60-90 minutes)

This session covers how to call an ambulance and deliver immediate first aid to someone who is bleeding, before professional help arrives. Visual props and a DVD are used to explain the science behind blood loss and why it is important to call for help. The session is practical, using role play scenarios to prepare young people to use skills in an emergency.

What to do when someone is unconscious
(60-90 minutes)

Young people leave this session knowing how to assess if someone is unconscious. They learn how to put a person in the recovery position if they are breathing, or deliver chest compressions if they are not breathing. It covers how the heart, blood and lungs work together and what happens if they are not working. Young people practice putting someone in the recovery position and delivering cardiopulmonary resuscitation (CPR) with resus dolls so that in a real life situation they are ready to act.

StreetDoctors projects have two key aims:

1. Equip young people with practical skills to save lives when and where most needed

2. Change attitudes, increase young people’s confidence and aspirations, reducing the likelihood of violence
StreetDoctors' StepWise programme

StepWise offers personal development through peer education, first aid training and career advice.

StepWise is underpinned by StreetDoctors’ core ethos of reducing mortality and morbidity amongst young people. StepWise is currently in its pilot phase, funded by Trust for London. A full evaluation will be undertaken with the aim of rolling StepWise out to other locations nationally in 2017.

**Steps:**
1. Young person attends two StreetDoctors sessions:
   - [ ] What to do when someone is bleeding
   - [ ] What to do when someone is unconscious
2. Young person attends intensive joint teaching sessions in preparation for first aid training
3. Young person attends a one day emergency first aid at work session
4. Young person attends a careers day to explore pathways into healthcare professions

**Learning and achievements in 2016**
During the year, we recorded the following achievements:

- **3** StepWise pilots in London
- **32** Young people attended the programme
- **19** Young people gained first aid accreditation
- **2** Young people put their skills into practice by helping other people with their first aid skills
Impacts

Evaluation of impact

Last year StreetDoctors continued to invest in our approach to research and evaluation supported by independent evaluators, RedQuadrant. We have made research and evaluation core to the objectives of each volunteer team by creating an identified lead in each locality responsible for data collection from youth participants through feedback forms after each session, volunteer input and follow-ups with delivery partners.

In 2016 we were awarded a Level 2 Standard of Evidence by Nesta and accredited at Standard 2 by Project Oracle. Project Oracle is a children and youth evidence hub in London aiming to improve the chances for children and young people in the capital by promoting evidence of what works. Securing accreditation by Project Oracle demonstrates the efficacy of our approach.

Direct impact

Our observations of young people before they attend a StreetDoctors session, show that even if they have received first aid training they still underestimate the seriousness of blood loss, and the risk of infection, and are not confident of how to help, for example, not knowing how to call an ambulance or administer CPR.

Before 2016, there were eight known cases of young people acting in a medical emergency after attending StreetDoctors sessions. Last year, a further 5 young people put their new skills into practice shortly after attending a session:

- 1 young person helped a friend who was unconscious and had fallen down the stairs
- 1 young person helped another who collapsed unconscious
- 1 young person administered first aid at the scene when his friend was stabbed.

What young people say

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The sessions were very helpful and the teachers were very interactive which made it easier for me to learn

Good sessions. I know how to save someone’s life

I found this session interesting and fun. I’ve also learnt that we all have 10 pints of blood in our body

I learnt CPR which was helpful because I wouldn’t have known what to do before and I also feel confident enough to perform it on someone
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5. An independent research consultancy
Our evaluation shows that:

95% of young people agreed that the session had helped them to understand the consequences of violence.

95% of young people stated that the session had helped them to know what to do when someone is either bleeding or unconscious.

84% of young people agreed that they would be willing and able to act if first aid was needed.
What our delivery partners say

Our delivery partners were asked for their assessment of StreetDoctors' sessions.

Our delivery partners agreed with young people’s evaluation and additionally said:

❤️ Young people had a positive interaction with medical volunteers;
❤️ They valued having an interactive and engaging session delivered to young people by other young people.

We have some students who are in gangs or who carry weapons. I think StreetDoctors’ volunteers were able to help these students do a reality check, and to understand that this is real.

**Pupil Referral Unit, Wandsworth**

The skills being offered are a must for all in today’s climate. The fact that the volunteers are actual medics and are young people themselves means they are more likely to be able to relate to the audience.

**Kirklees Youth Offending Team**

We had a group of 8 young people and quite a lot of challenging behaviour, lots of shouting out and inappropriate answers. The StreetDoctors’ volunteers dealt with this difficult session brilliantly. By the end of the session, all 8 young people were able to talk through the AALERT system and felt that they would be able to make a difference to someone in crisis.

**Leeds Youth Offending Service**

The sessions were fantastic! As always, we were more than happy with the delivery, content and engagement. We will definitely be booking more sessions.

**Delivery partner, Manchester**

Case study

In October 2016, we ran a pilot of the StepWise programme with homeless young people at the New Horizons Youth Centre in North London. During the teaching sessions, several young people shared stories about friends who had been stabbed and gave an insight into how this type of violence is normalised. Over the course of the programme, the young people demonstrated the impact StreetDoctors had on them.

"For the past 4 weeks we’ve had StreetDoctors coming to the centre to do essential life-saving skills with our young people. Today we had an amazing breakthrough, one of young men ran straight to scene when one of our young women in the centre collapsed. He provided first aid on the spot and put her in recovery. Absolutely spot on and was observed by staff and fed back “oh right, yeah this is why you’ve got to go to the sessions”, so we’re really proud of him for that.”  

**New Horizons Youth Centre**
StreetDoctors received 7 grants in 2016 to cover the cost of salaries, our annual training conference, expansion to Scotland & Wales, the StepWise programme and other delivery costs. The remaining income was primarily generated from donations, volunteer fundraising and delivery partner contributions.

StreetDoctors charges delivery partners £50 per teaching session as a contribution towards costs. We believe this represents good value for money and removes budgetary barriers, allowing the charity to reach more young people at risk of experiencing or witnessing violence.

In 2016, StreetDoctors generated £205,819 in income and spent £170,067 on running the charity: £136,672 was spent delivering our teaching to young people and £33,395 on central support costs.
Our work would not be possible without the ongoing support and dedication of all those involved in StreetDoctors.

We would particularly like to thank:

- The young people to whom we deliver sessions
- Our dedicated and committed delivery partners who work tirelessly to better the lives of vulnerable young people
- The fantastic volunteers who give their time to help reduce youth violence
- Experts and specialists who have generously donated their skills and expertise
- Our funders who provide essential financial support

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