

# StreetDoctors Impact Report 2018



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**4039**

Young people taught



**810**

Sessions taught



**29**

Young people recieved a  
first aid at work accreditation



## Gareth Jones

Chair of StreetDoctors  
Trustee Board

The continued misery inflicted by violent crime has resulted in much public concern and anxiety in the last year; prompting calls for action to stem the flow of victims caught up in the after effects of violent actions. Many commentators have described the current situation as a 'crisis' and there are vociferous demands for 'something to be done'.

We at StreetDoctors offer our 'something' by equipping young people with the knowledge and skills to be able to positively influence the outcomes for anyone in a medical emergency. In 2018, StreetDoctors healthcare volunteers taught over 4000 young people in 16 cities across the UK - our highest ever annual reach.

While immensely proud of reaching this milestone, we are all too aware of the current suffering and distress still being experienced by victims' families, friends and our local communities. We see young people as part of the answer and our young volunteers continue to quietly and diligently address the issue in their own unique way. StreetDoctors has worked to increase our reach by piloting the inclusion of nursing and paramedic students into our teams, thereby ensuring our volunteer cohort is truly representative of a multi-disciplinary approach.

For myself, and the Board of Trustees, young volunteers are a source of inspiration and hope for the future. Supporting young people to reconsider their actions enables our communities to be better and safer for all. I am immensely proud of StreetDoctors volunteers. As we continue to grow, we know we have yet more to do.



**430**

**Volunteers in 20 volunteer teams**

**Over 150 delivery partners in 16  
cities across the UK**

# Introduction

StreetDoctors is a UK-wide movement of young volunteer healthcare students that utilise their skills and knowledge to reduce youth violence.

We teach young people at high risk of youth violence emergency life-saving skills as well as the true medical consequences of violence. Just as importantly, we challenge attitudes towards violence and discuss their willingness to act.

We know that when someone is bleeding, each passing moment before they receive medical help greatly affects their chances of survival. We teach young people who are most likely to be on the scene of a violent assault how to call for help and what to do before professionals arrive, empowering them to view themselves as potential life-savers in their communities, capable of making positive choices.

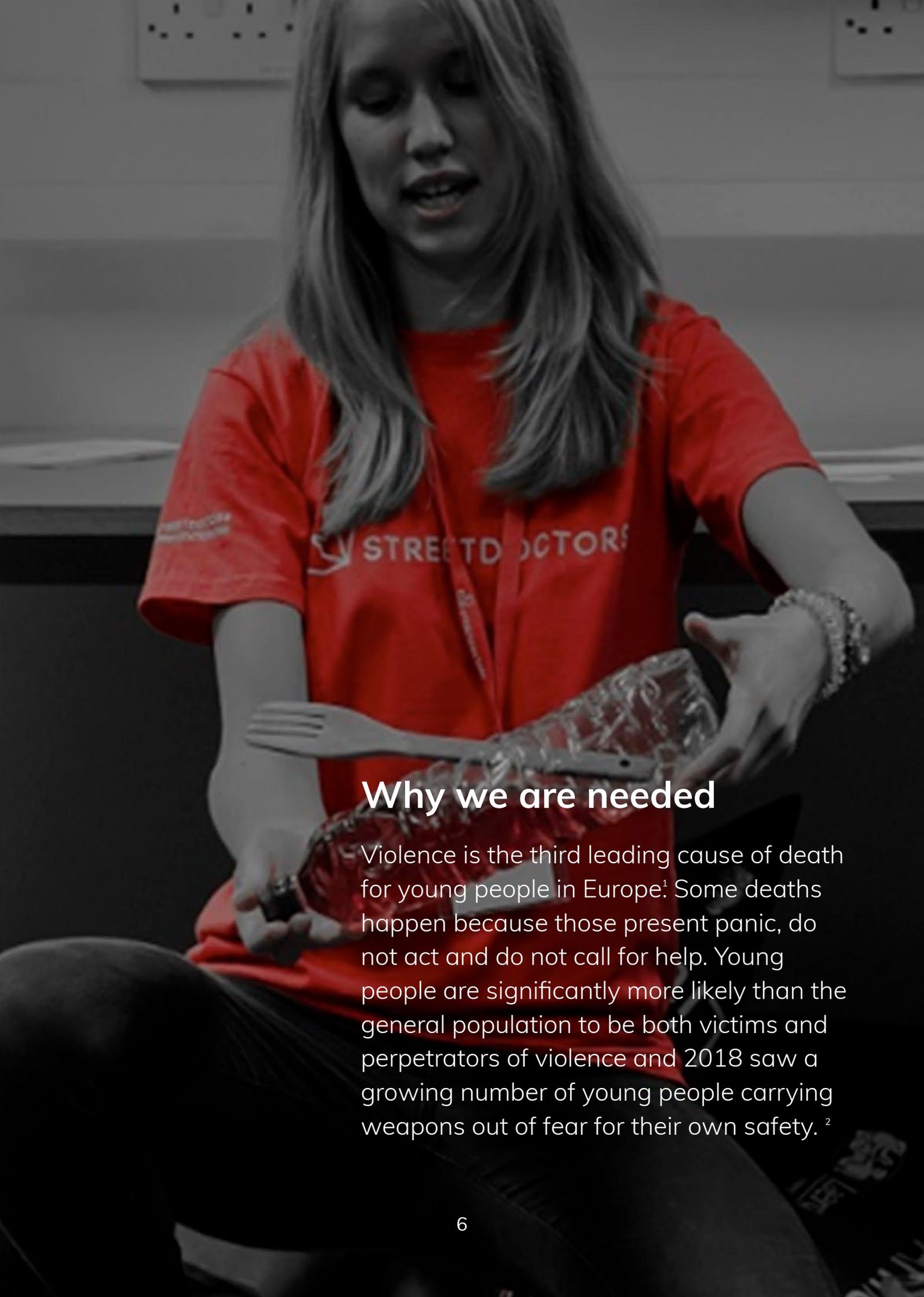
**StreetDoctors** was born in the socially conscious minds of two young medical students in Liverpool in 2008. StreetDoctors quickly spread to other cities and in 2013 was established as a national charity. We now have 20 teams in 16 cities with 430 active volunteers who have **taught 12,975 young people since 2013**. We are a proudly volunteer-led organisation, believing that truly long-term social change can only be driven by young people who see first-hand the indelible consequences of violence.

StreetDoctors views violence as a public health issue and believes that prevention is key. Through securing successful grants from national funding organisations and creating strategic partnerships across the sector, we have been able to work with over 150 local delivery partners to teach over 4,000 young people in 2018. This is our highest annual reach to date.

For the second year running we were successful in securing a grant from the Home Office's Knife Crime Community Fund to support delivery in Bristol, Liverpool, Leicester, Sheffield and Stoke. Through our ongoing partnership with the West Midlands Violence Prevention Alliance we have continued to provide training to many young people throughout the West Midlands. We are working with the Positive Youth Foundation to collaboratively change hundreds of young lives and the violence landscape across Coventry.

These are but a few examples of StreetDoctors working hand in hand with partners. We deliver simultaneously strategic and ultra-local programmes that directly reach out to young people across the country to offer them an opportunity to learn practical skills. We continue to reach further afield to ensure that, wherever youth violence is present, we are making every effort to be there to respond with life-saving training sessions and empowering young people to act.





## Why we are needed

Violence is the third leading cause of death for young people in Europe.<sup>1</sup> Some deaths happen because those present panic, do not act and do not call for help. Young people are significantly more likely than the general population to be both victims and perpetrators of violence and 2018 saw a growing number of young people carrying weapons out of fear for their own safety.<sup>2</sup>

## Health and Crime statistics:

- 📄 2018 was the **worst year for knife deaths** among young people in **10 years**.<sup>3</sup>
- 📄 One in four victims of knife deaths in 2018 were men aged **18-24**.
- 📄 **1 in 20** young people know someone who carries a weapon, and in many areas that figure is much higher.<sup>5</sup>
- 📄 Police recorded knife crime has **risen by 36%** between 2013/14 and 2016/17.<sup>6</sup>

### The public health impact of violence:<sup>7</sup>

- 📄 **2.5 million** violent incidents in England and Wales each year
- 📄 **£2.9 billion** is the estimated annual cost of violence to the NHS
- 📄 **£29.9 billion** is the total estimated cost of violence to society each year

But behind these statistics there is also the huge cost to individuals, families and communities, through loss of life and the physical and psychological trauma caused by youth violence.

### For StreetDoctors these figures indicate:

- 📄 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 most effective in reducing violence overall.
- 📄 There is a longer term public health benefit to early and prompt intervention to prevent violence becoming habitual and embedded behaviour for young people.

<sup>1</sup> The Global Burden of Disease: 2004 update. Geneva, World Health Organization, (2008) ([http://www.who.int/healthinfo/global\\_burden\\_disease/2004\\_report\\_update/en/index.html](http://www.who.int/healthinfo/global_burden_disease/2004_report_update/en/index.html))

<sup>2</sup> <https://www.theguardian.com/uk-news/2016/oct/13/most-london-knife-no-longer-gang-related-police-say>

<sup>3</sup> <https://www.theguardian.com/uk-news/2018/nov/29/surge-in-young-knife-deaths-amid-police-cuts-and-climate-of-fear>

<sup>4</sup> <https://www.bbc.co.uk/news/uk-42749089>

<sup>5</sup> Population Estimates Analysis Tool, Mid-2015. Pivot-table analysis, Office of National Statistics

<sup>6</sup> Serious Violence Strategy, April 2018, Home Office, (2018) (<https://www.gov.uk/government/publications/serious-violence-strategy>)

<sup>7</sup> Protecting People, Promoting Health: a public health approach to violence prevention for England. A WHO Collaborating Centre for Violence Prevention Liverpool John Moores University. Mark A Bellis, Karen Hughes, Clare Perkins and Andrew Bennett. (October 2012)

From January to September 2018



**39,818**

were cautioned, reprimanded or  
convicted for carrying a knife in England and  
Wales.



**1 in 5**  
**(4,459)**

were under the age of 18, the highest  
number for eight years. <sup>8</sup>

<sup>8</sup> [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/774866/youth\\_justice\\_statistics\\_](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/774866/youth_justice_statistics_)

# StreetDoctors Teaching Sessions

StreetDoctors volunteers teach two, clear, practical and interactive sessions appealing to all learning styles. They also facilitate wider conversations about youth violence.



## 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 short film are used to explain the science behind blood loss and why it is important to call for help. The sessions are 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 learn why someone might become unconscious and how to assess if someone is unconscious. They learn how to put a person in the recovery position if they are breathing, and 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.

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### StreetDoctors teaching has 2 key aims:

-  Equip young people with practical skills to save lives when and where most needed.
-  Change attitudes, increase young people's confidence and aspirations, reducing the likelihood of violence.



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

**85%**

would be willing and able to act if  
first aid is needed

**94%**

know what to do when someone  
is bleeding or unconscious

**94%**

understand the consequences  
of violence

# StreetDoctors Stepwise 2018

StepWise is currently in its second pilot phase. It is a peer education programme comprised of two steps.

**Step One** enables young people to acquire skills to learn how to help in medical emergencies by attending StreetDoctors sessions and a First Aid at Work one day accredited course. They also have a session dedicated to learning about healthcare careers.

During **Step Two** young people learn how to be co-facilitators of StreetDoctors sessions and subsequently go on to co-deliver sessions alongside StreetDoctors volunteers to their peers in their local community. 2018 was the first time young people co-delivered StreetDoctors sessions, a real achievement for all involved.

## Learnings and achievements in 2018:

-  4 pilot cycles of StepWise completed <sup>9</sup>
-  40 young people attended the programme
-  29 young people gained first aid at work accreditation
-  8 StreetDoctors sessions were co-delivered with young people from the StepWise programme

<sup>9</sup> Two cycles were run at Wetherby Young Offender Institute with support from the Scurrah Wainwright Trust. Two other cycles were delivered in London with Voyage and JAGS Foundation with support from MOPAC; this project will be completed in 2019



**“This is the first course I have ever completed in my life. There are a lot of things that we have done that we are not going to forget.”**

Stepwise Gradute

# Our Impact

## Evaluation of impact

Research and evaluation are core to the objectives of each of our volunteer teams. After being awarded a Level 2 Standard of Evidence by Nesta<sup>10</sup> and accredited at Standard 2 by Project Oracle in 2016,<sup>11</sup> we have continued to invest in our approach to research and evaluation, supported by Wavehill independent evaluators.<sup>12</sup> An identified Impact Lead in each locality is responsible for data collection from youth participants through end of session feedback forms, surveying delivery partners, documenting case studies or conducting interviews.

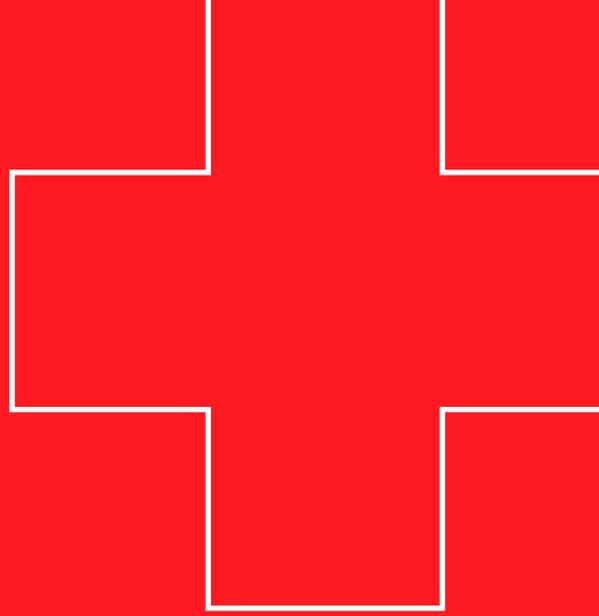
## Direct impact

Our observations show that even if young people have received first aid training prior to attending a StreetDoctors session they still underestimate the seriousness of blood loss, the risk of infection and sometimes believe there might be a 'safe place' to stab someone. Typically they are not confident in how to help in a medical emergency, for example, calling an ambulance or administering CPR.

<sup>10</sup> <http://www.nesta.org.uk/publications/nesta-standards-evidence>

<sup>11</sup> <https://project-oracle.com/projects/info/streetdoctors1/>

<sup>12</sup> <https://www.wavehill.com>



Over **2,900 young people** revealed the following:

**94%** of young people agreed that the session has helped them to understand the consequences of violence.

**94%** of young people agreed that the session has helped them to know what to do when someone is bleeding or unconscious.

**85%** of young people agreed that they would be willing and able to act if first aid is needed.

To date, we know of **19** instances of young people acting in a medical emergency after attending StreetDoctors session. The number of unreported cases is likely to be much higher. In 2018 seven young people put their new skills into practice shortly after attending a session.

**2** helped on separate occasions to put someone in the recovery position whilst having a seizure

**5** young people administered first aid when either themselves or a friend had been stabbed



## What young people say

'It was good because I can use these skills in my life.'

'Fun session and really active with the others.'

'I learnt something new and I now know what to do when someone is bleeding.'

'Really informative and was delivered in a calm and practical way that was accessible for us.'

'I learnt a lot and now I would know what to do when someone gets stabbed.'

'The session was good and I learnt a lot of things and now I know what to do and I can help if anything ever happens.'

## Longer term impact

To deepen our understanding of the lives of some of the young people participating in our sessions and to learn more about their experience of StreetDoctors training, our volunteers carried out in-depth interviews with young people at Youth Offending Teams.<sup>13</sup>

<sup>13</sup> In depth interviews were carried out at 3 Youth Offending Teams several weeks after the usual two-session intervention

# We have learnt the following from young people

Youth violence and knife crime are almost taken for granted as an everyday part of their lives.

“I think maybe it just opens the younger people’s eyes more when it comes to wounds and how serious it is”

For some of the young people the StreetDoctors sessions had made them reflect on the criminal and medical consequences of knife crime.

“It has changed my mind, now I wouldn't think about taking a knife out because number one I can hurt myself and you just look silly hurting yourself and then giving yourself all these problems and then the guilt of doing it to someone else because that's someone else's child.”

Young people are able to recall many of the key messages and skills from the training sessions.

“It broadened my knowledge to what happens when you're stabbed and the more serious side. Not many people know the ins and outs like that.”

There remains practical and belief based barriers as to why young people may not help someone in need of first aid.

Social media perpetuates a feeling of being unsafe.

Young people’s existing peer networks and wider culture of violence continues to exacerbate concerns around their personal safety and contributes to continued weapon carrying.

A group of young people are gathered in a room. Some are sitting on the floor, some are standing. They are wearing casual clothing, including red t-shirts and grey hoodies. The scene appears to be a workshop or training session. The text is overlaid on the image.

**“If you’re all hooded up and he’s on the floor bleeding and you’re applying pressure it looks like you’re probably trying to rob him or something, so it’s a misinterpretation.”**

Young Person

## What our partners say

StreetDoctors delivered their sessions in collaboration with over 150 partners throughout the UK, such as Youth Offending Teams (YOT), Pupil Referral Units, youth centres and other youth organisations. 36 delivery partners responded to a survey for their assessment of StreetDoctors sessions. We received a number of positive comments related to:

- ✂ The peer-to-peer model with a smaller age gap between volunteers and young people makes a positive difference
- ✂ Sessions are interactive, informal and non-judgemental
- ✂ Volunteers are seen as positive role models
- ✂ The use of props and activities aids recall

“ I love the interactive stuff, you fit a lot in one hour which our young people always enjoy. I've had young people that have special educational needs and I invite them to the group and everyone's like oh I don't know if they're going to do it. But then they last the whole session and I always make a point of saying that's a real big achievement. That they've actually engaged with something for an hour because normally we can't get them for more than 20 minutes.”

**YOT Worker**

“Less than a week after the StreetDoctors session one of the young people contacted the whole group to tell us that he had administered emergency first aid on a stab victim. He had said without the StreetDoctors session he wouldn't have felt comfortable or capable of administering the first aid.”

**Youth Worker**

“To keep a group of students from our school engaged for 45 minutes with very few behaviour issues proves that the sessions that StreetDoctors ran were highly successful. To have students talk about the sessions in the days after the event is also an indicator of high success.”

**Pupil Referral Unit Teacher**

“I really liked the idea of it being about how to save someone that has been injured by a weapon or how to save someone that's been bleeding and also the certificate element of it. As much as it is an hour workshop, for some of our young people they couldn't cope with any more than that in one go. So, in terms of the time of it I think it's worked really well.”

**YOT Worker**

“Immediately after the session the young people made reference to StreetDoctors many times within the programme. Another one of our less confident young people, actually aided in an incident where a knife was used.”

**YOT Worker**



Our work would not be possible without the ongoing support and dedication of all those involved in StreetDoctors.

We particularly would like to express our thanks to:

- 📄 The enthusiastic young people to whom we deliver our training
- 📄 Our fantastic volunteers who willingly give their time to StreetDoctors
- 📄 Delivery partners and young people who have participated in research
- 📄 Specialists who have generously donated their skills and expertise
- 📄 Our funders who have provided essential financial support

Two mannequins are lying on their backs on a grey carpet. They are wearing bright red long-sleeved shirts. The mannequin on the left has its head tilted back, and the one on the right has its head tilted forward. The text is overlaid in the center in a large, white, sans-serif font. The background is a dark, textured grey carpet.

**“I learnt a lot  
about how  
to save lives  
before an  
ambulance  
arrives.”**

Young Person



**For more information, please get in touch:**

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