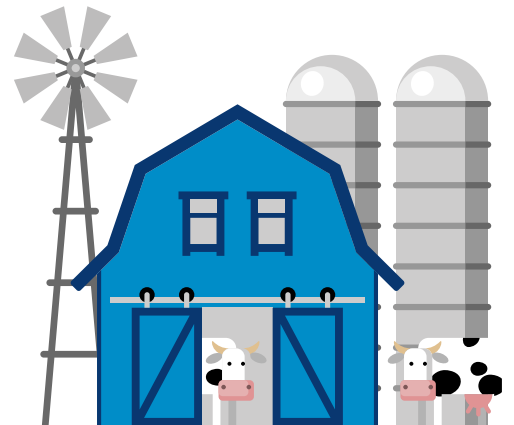
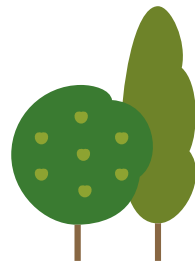
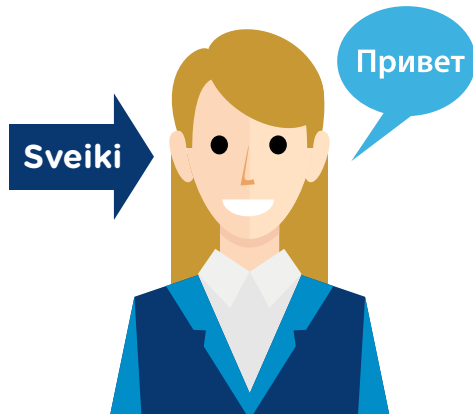




Enable2

Social Impact Report 2017-18





Our Mission

To be a leader in the integration of communities by providing interpreting, employment and impactful social return initiatives to support people to live healthier, happier lives.



What we do

We provide interpreting and translation services across the UK in face-to-face settings, via telephone and secure video link.

We have a bank of over 500 self-employed interpreters covering 130 languages, and are supported by a team of booking administrators who fulfil all the requests from our varied customer base.

Originally a department within the Primary Care Trust in Bradford, we set up as a social enterprise in 2011 under the Government's Right to Request Scheme and haven't looked back since!

Over the last two years we have developed a state-of-the-art video interpreting system, a bespoke booking system, purchased our own premises and set up a video interpreting suite.



500
self-employed
interpreters



130
languages

Social Return Activities

Since 2011, when we set up as a social enterprise, we have invested in supporting employment initiatives in Bradford. However, since 2016, upon recruitment of a Social Return Manager, we now invest a percentage of our profits into wider community projects within the geographical areas where we deliver our core interpreting services. We now focus our projects on not just employment but three key themes:

- Health and wellbeing
- Language and culture
- Employment and education

Impact Measurement

To date, we have not measured the social impact of our core services or our social return activities but appreciate the importance of doing so for several reasons:

- To maximise the value we create by knowing what social return activities achieve the most impact
- To gain a competitive advantage by getting to know even better the communities we aim to serve
- To create a sense of wellbeing both internally and externally by knowing exactly how much we have helped people and communities

Methodology

For this first year of impact measurement reporting, we have decided to report on the difference we have made through our investment. We acknowledge that this is our first attempt at a social value report and, as such, includes many assumptions which we aim to replace with hard data in future years as this work develops.

Social value figures have been calculated using the Social Value Engine.



This online tool follows the methodology set out in the Cabinet Office's [Guide to Social Return on Investment](#) which is consistent with HM Treasury's Green Book (Appraisal and Evaluation in Central Government). <https://whatworkswellbeing.org/blog/treasury-green-book-and-wellbeing-the-analysis/>.

In addition, the Engine has been accredited by Social Value UK as being consistent with the seven principles which are the international standard for accounting for social value, one of only four software applications to have achieved this standard internationally.

The Engine contains more than 160 carefully researched proxy values from peer reviewed and academically robust sources to enable a systematic analysis of social value across our activities.

Projects

During the financial year ending 31 March 2018, we funded 12 social return projects, investing £21,710, plus staff time and worked with over 900 individuals.



These projects were designed and delivered in partnership with a range of other organisations, such as social enterprises, charities and organisations that have expertise in their own individual field and with the identified client groups we aim to support:

Exerscience - Beckfoot Heaton Primary School Page 10

In partnership with Little Sports Coaching, we paid for a 12-week exercise and nutrition programme for parents and children at a local primary school in Bradford (See feature on [ITV's Calendar programme](#))

Barnardo's Stronger Families walks Page 12

In partnership with Get Out More CIC, we funded travel for guided community walks for disadvantaged families from the Barnardo's project in Bradford

Westend Mill history project - One in a Million Free School and charity Page 14

We donated to this local Bradford inner city school and gave some of their pupils the opportunity to complete a unique history project about our new premises

Dads' and kids' forest school activities Page 16

In partnership with Get Out More CIC, we funded three forest school taster sessions for children and their dads from primary schools in Dewsbury

Enable2Bhealthy Page 17

In partnership with Healthy Lifestyle Solutions CIC, we developed a new diet and exercise programme based on the Blood Sugar Diet and delivered it at seven GP surgeries in Bradford

Farm trips - Schools Page 18

In partnership with national charity The Country Trust, we funded travel costs for 11 inner city primary school children in Bradford

Farm trips - Bevan Healthcare CIC Page 20

In partnership with national charity The Country Trust, we funded travel and interpreter costs for nine farm trips for refugees and asylum seekers in Bradford, which was subsequently featured on BBC's Countryfile programme as presented by Bradford's Anita Rani

Modern slavery awareness workshops Page 22

In partnership with international charity Hope for Justice, we funded five modern slavery awareness workshops for professionals across South Yorkshire

Single mums' interpreting event Page 23

In partnership with Neesie CIC, we held an event to encourage dual language mums in Bradford to consider interpreting as a career

Empowered Conversations Bradford - phase 1 Page 24

In partnership with Six Degrees CIC and Bradford District Care Trust, we funded three workshops to support carers of people with dementia in communicating with their loved ones more effectively

Empowered Conversations Bradford - the sequel Page 24

In partnership with Six Degrees CIC and Bradford District Care Trust, we funded three workshops to support carers of people with dementia in communicating with their loved ones more effectively by using music and rhythm

Empowered Conversations Keighley Page 24

In partnership with Six Degrees CIC and Dementia Friendly Keighley, we funded three workshops to support carers of people with dementia in communicating with their loved ones more effectively by using music and rhythm

Social value of projects

Using the Social Value Engine impact measurement tool, we have calculated the value of the above activities. Using conservative assumptions about proxy values and the other variables throughout, we have arrived at a figure of:

£10.64 per £1 invested

Our learning and actions to improve our future reporting on social return projects

As we are usually the third party that is funding projects, we are reliant on the data and evaluations we received from our delivery partners.

Next year we will focus on collecting data to reduce the number of assumptions we have to make in calculating our social value. This will hopefully make our calculations more robust.

Working closely with our delivery partners, we plan to discover more about the actual outcomes for the project beneficiaries to gain a clearer picture of how our support has made a difference.

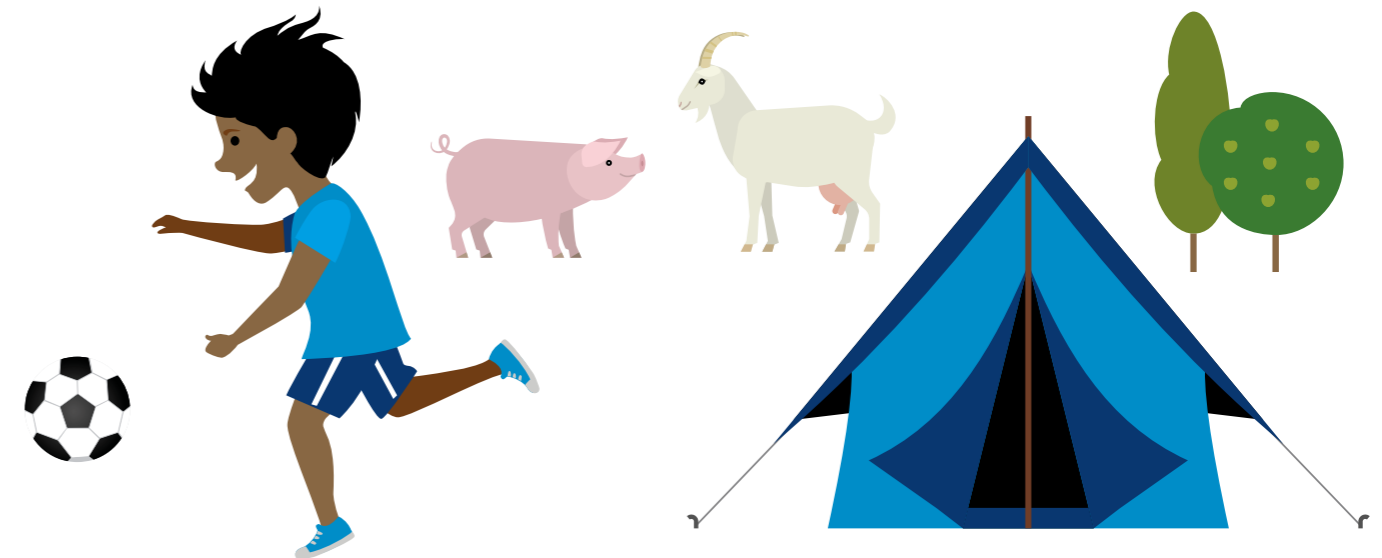
As this year has progressed, we have analysed our existing social value data and used this to inform our decisions on which projects to focus on. This has been a useful aid to our social return department's project planning.

Social value of core business

In order to gather information on the social impact of our core interpreting and translation services, we are working to develop a method of collecting social value information from the beneficiaries and customers who use our services.



Our Projects

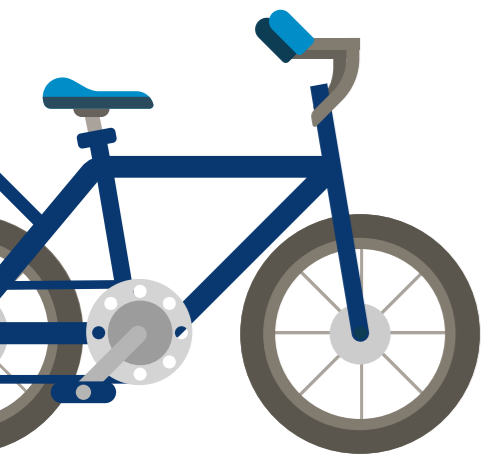


ExerScience – Beckfoot Heaton Primary School

Budgeting for meals and ensuring children are active is one of the many struggles the modern-day family face. This is how one programme we funded aimed to help.

Research has found that unhealthy foods are three times cheaper than healthy foods. This is an alarming statistic that illustrates how much children, who don't grow up in affluent families can be affected. In fact, research has gone on to prove that **“children living in the most deprived areas experience double the rates of obesity than those in the richest”**. As a social enterprise, we are fortunate in being able to target those children in local communities who may face obstacles with their diet and exercise. Through outreach work in partnership with other organisations, we can provide them with long-term, healthier ways of living.

A pilot programme we funded this year called ExerScience took a two-pronged approach to educating the families about diet and exercise. On one hand the project aimed to educate parents on what to look out for on food labels, and how to shop 'savvy' in a world where junk food and unhealthy alternatives are increasingly advertised. At the same time the children of these parents took part in fun, physical activities designed to prove how important exercise is and that it needn't be boring. Given that children, on average, need 60 minutes of physical exercise a day, the project was a great way to show these parents and children how to incorporate more physical activity into their everyday lives.



ExerScience ran for 12 weeks, after the end of the school day, to make it easier for parents to attend and also not to disrupt the children's lesson time. The programme ran from January to May, with a total of 29 parents attending with their 53 children aged from four to 12 years old. The project was developed and run by [Little Sports Coaching \(LSC\)](#), a specialist children's sports coaching company based in Manchester. The pilot programme was delivered by nutrition expert Emma Savage and sports coach Matt Richardson. They both reflected on the outcome of the project:

Emma: **“Throughout the weeks of ExerScience I feel the group gained confidence to talk about what they wanted to learn and achieve as a family. Some sessions, the parents would come and tell me what they had achieved that week, which showed me how motivated and determined they were at making small changes to achieve a healthier lifestyle for them and their children.”**

Matt: **“It has been a pleasure to launch ExerScience; working closely with local families has been a great experience. Over the 12-week programme the children had lots of fun during the games and activities, with improved confidence, stamina and motivation. We feel at LSC that sport is a great facilitator for both physical and mental health as well as building on the children's social skills.”**

A parent commented on what they have taken from the programme: **“Now after being educated, you know what to look for, especially if there are 100 ingredients in there - you know to stay away.”**

One child said, **“If you run around you're healthy.”**

Due to the success of this programme, roll out to another school is planned for next year.



Some of the children from Beckfoot Heaton Primary School who took part in the ExerScience project

Barnardo's Stronger Families walks

In collaboration with local social enterprise [Get Out More CIC](#) and the [Barnardo's Stronger Families Project Bradford](#), we funded four guided community walks. The walks took place across Bradford and were aimed at parents and their children as an enjoyable, free exercise activity, enabling them to connect and bond with nature.

The feedback from the families was extremely positive. They enjoyed "seeing spring", and, "how welcoming and friendly [the leaders were]". One family member commented that it was great "getting out into the fresh air and having some exercise, looking for signs of spring and getting to know people".

Walking in itself has many health benefits -[NHS England](#) notes that it is one of the easiest ways to lose weight and become healthier. These outings were about much more too. Annie Berrington, Managing Director of Get Out More, headed the walks and incorporated numerous activities including tram rides, tent building and other outdoor games.

This meant that the families were also able to mingle with each another. When asked why projects like this are important, Annie replied:



Building a shelter and drinking hot chocolate!

"Walking is not just great exercise for the body; it's good for the mind too. Studies have shown that walking helps to combat depression, reduce stress and has a positive impact on mood, and that the benefits are greater when we walk in nature. February can be a cold, miserable month, but getting some fresh air, seeing signs of spring and chatting to other people can be wonderfully uplifting, as we have seen in these series of walks in Bradford this month."

Similarly, Cath Ormerod the Bradford Hub Manager for Stronger Families commented that "the activities have been a revelation", and that the walks "had really great outcomes for our families".

This project allowed parents and children to connect with nature, mix with others and escape from the economic and other pressures they experience in today's society.



Westend Mill history project – One in a Million Free School and charity

In March 2017, Enable2 purchased its own premises on Sunbridge Road in Bradford city centre - a Victorian building right in the middle of the Goitside conservation area.

During the refurbishment, we began to wonder what activities had gone on in the building over the course of its history, who the previous owners had been, who had worked there, what had they done and where did they live?

To help us with our quest for knowledge, we got in touch with local secondary school, [One in a Million Free School](#) to ask if they would undertake an enrichment activity to research the history of the building and prepare a display of their findings for our reception area.

A small group of students were chosen to work on this project and the results were really interesting. The display in our reception that the children produced for us also looks amazing.



The students with their History Teacher, Lisa Jagger, right, handing over the project to Enable2 Managing Director, Liz Weatherill, left



One in a Million Director of Enterprise, and History Teacher, Lisa Jagger said:

“I have thoroughly enjoyed working with our young people on this project. They have approached it with maturity and produced work of a high standard. The project has been a fantastic opportunity for our students to engage with real historical documents and to research their local history in Bradford. I am very proud of their efforts.”

One in a Million Principal, Philip Grant said:

“Mrs Jagger has ignited a flame of interest into local history with the students. They have worked tirelessly and passionately in their forensic, interpretation of the facts they have uncovered about the Westend Mill.”



Display in Enable2 reception area

Comments from some of the students:

“Doing the mill project helped me develop many skills such as research and being able to collaborate with others. It was extremely fun to try and read the deeds and break up the activities and then at the end gather our ideas and place it on a display. Overall, it was a great experience.”

“I joined the mill project and I learnt a lot. I now know how to learn history of families, and places and buildings.”

“The researching process was exceedingly interesting and beneficial in my gaining knowledge about history. Collaborating with all the learners made this little journey immensely joyful. I am honoured to be part of this spectacular opportunity.”

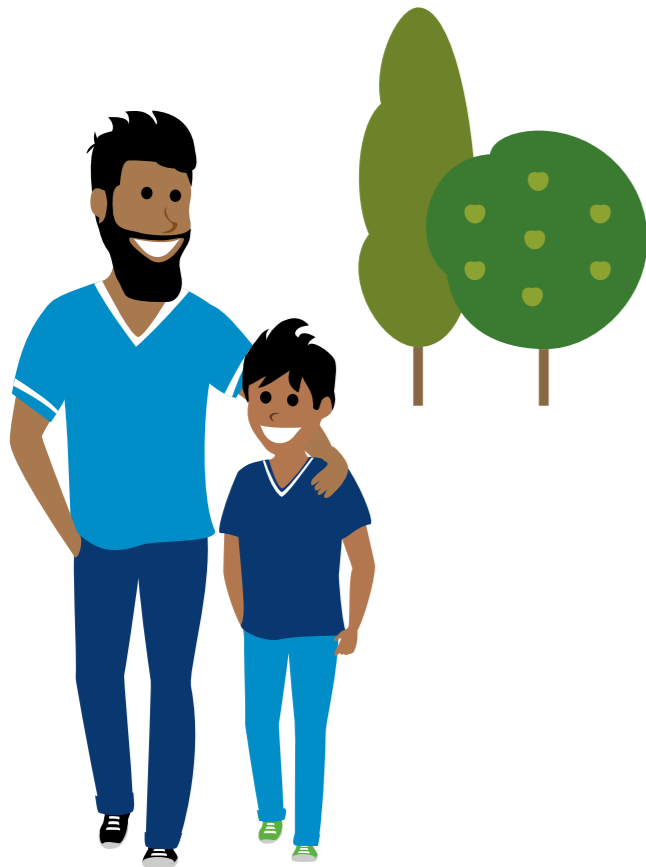
“Doing this project, I have learnt many skills such as collaborating and my drawing, because I have drawn many pictures of the mill. This project has helped me meet a lot more people, which has developed my social skills. Finally, learning about this mill has helped me develop a lot more knowledge about the area my school is in.”

“Recently I attended the mill project and I successfully gained some unique and useful skills such as: cooperation and meeting new people from my peer group. I have used inference and research, and I recognise existing mills in my local community.”

Dads' and kids' forest school activities

We funded a project that invited school children from Dewsbury and their fathers on forest school taster sessions filled with fun activities. The sessions were run by Annie Berrington from our social enterprise partner [Get Out More CIC](#). The project was designed to strengthen the bond between fathers and their children, and facilitate an improvement in both father-child and father-school relationships.

The families came from [Boothroyd Primary Academy](#) and [St Paulinus Primary](#). Activities such as fire lighting, marshmallow toasting and den building took place on the sessions. These 'family building' tasks allowed the fathers and their children to learn new skills with each other.



[Studies](#) have found that there are many advantages of fathers spending quality time with their children. To give some examples: it makes a child more socially and psychologically stronger, it increases a child's physical and mental development and also reduces stress levels for fathers and their children.

Feedback was gathered from those that attended. One of the fathers from St Paulinus Primary School commented on how he and his daughter found the session:

"I enjoyed spending time with my daughter and also interacting with other families. It was great to teach the kids about the great outdoors. My daughter really enjoyed herself, thank you."

Another parent gave feedback:

"Just to say a really big thank you for the dads' afternoon we had. Everyone really enjoyed it. Further to this, we would like to be involved in other similar afternoons."

Boothroyd Primary had been trying to engage fathers in their children's education for some time. A fathers' forum had not recruited many dads, but the forest school taster sessions were so popular, the school requested further support to carry on the initiative. For this reason, next year we are funding a series of further forest school taster sessions and walks in the area to again promote bonding and engagement with fathers and children from Boothroyd Primary.

Enable2Bhealthy

We teamed up with [Healthy Lifestyle Solutions CIC](#) to pilot a 10-week blood sugar programme. Enable2Bhealthy is aimed at people who are prediabetic or who are at risk of developing diabetes. The results presented a decrease in weight, a drop in blood sugar and reported better health.

Healthy Lifestyle Solutions developed and delivered programmes aimed at reducing health inequalities in disadvantaged areas of Bradford, which were hosted in medical centres across south and east Bradford including Tong Medical Practice, Sunnybank Medical Centre, Farrow and Rockwell Health Centre.

A Mediterranean diet and low GI foods were introduced. The diet and physical exercise were teamed with life coaching skills as well as de-stressing, using mindfulness techniques. The exercises were taught to patients by a qualified instructor who tailored the routines to make them easy to replicate at home. The mindfulness lifestyle coaching incorporated an 'awareness' of the participants 'normal' diet.



One of the exercise sessions

The results overall were as follows: 82.57% of the participants recorded a loss of weight, with a collective weight loss of 125 kilos; 37.50% of people lost 5% or more of their starting weight and 28% of people reduced their blood sugar levels. Two of the female participants even decided to take up dancing together after meeting on the programme. Julie Wakefield, Chief Executive of Healthy Lifestyle Solutions who delivered the programme, noted that some of the participants did not start dieting until week two and it took some participants longer to implement diet changes. She added, ***"It is a long-term lifestyle change that shows health improvements"***.

Comment from participants:

"Very relaxed and friendly class - helped me immensely."

"Julie explained everything so well, really enjoyed it."

"I feel that we gelled really well, we all got on and it was an enjoyable course."

Farm trips – Schools

We were approached by the West Yorkshire representative of [The Country Trust](#), a national charity set up to engage young people from disadvantaged inner city areas. Their aim is to provide day trips to the countryside for the children, for health and wellbeing, and educational purposes, and they asked us if we could help towards the transport costs to take the children to [Gazegill Organic Farm in Clitheroe](#).

We agreed to fund 12 farm trips for school children from across the Bradford district. Over the year, ten schools benefited from this social return activity that saw 261 students visit the farm.

The children got the chance to see how organic, free-roaming animals live, how cows are milked, how vegetables are grown and the process of how meat ends up on supermarket shelves, plus much more. The feedback from all the schools was extremely positive.



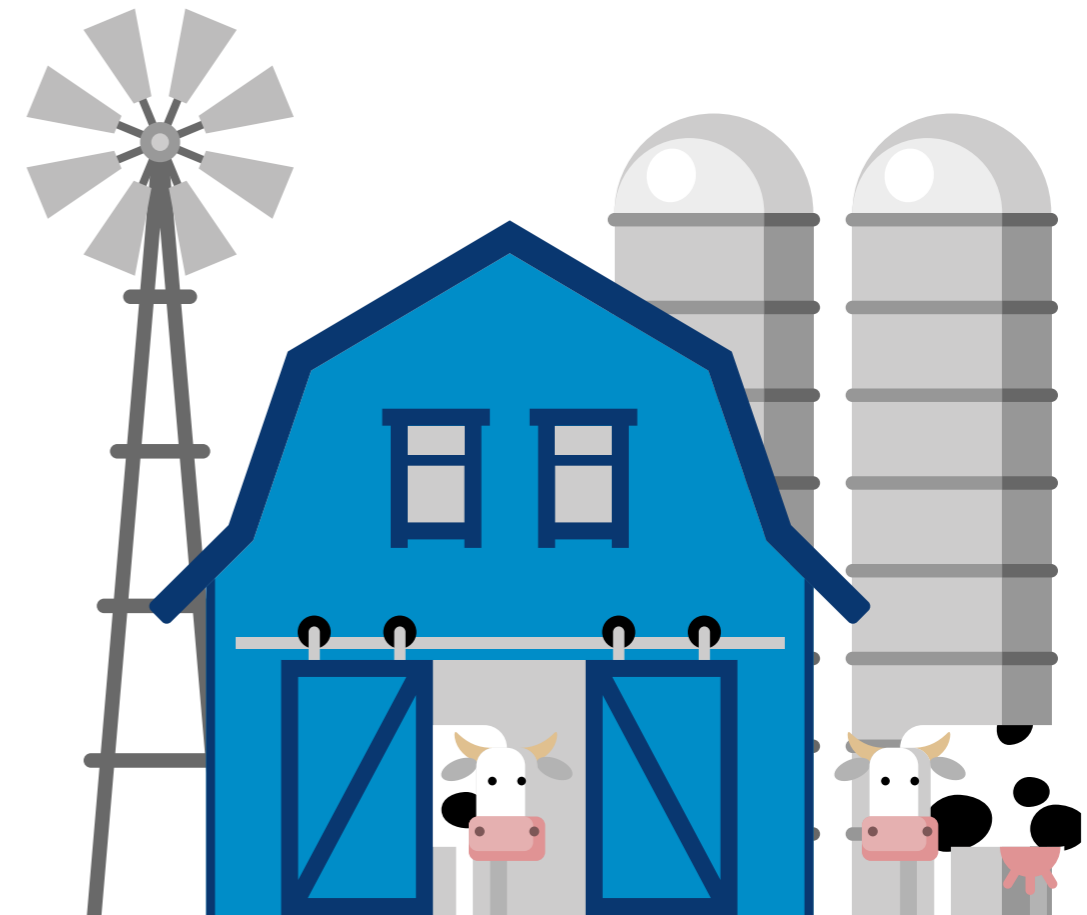
A representative from [Lister Primary School](#) commented, *“the children and staff had a fantastic visit; thanks to very friendly, helpful and knowledgeable staff. The guides were engaging and brilliant throughout”*.

[Long Lee PRU School](#) brought a group of students with special education needs to the farm and were delighted with the way in which the farm adapted to and took all their pupils into consideration. Their representative said it was a, *“fantastic day for children with extreme needs”*.

[Ingrow Primary School](#) brought a group of Year 4 students to Gazegill Farm and they thought it was, *“a fabulous experience! For some of our children that has been a brand-new experience - one they’ll always remember”*.

The schools also commented on how the trips gave the children an understanding of the world, food chains, habitats, science and types of animals.

With the constant advertising and marketing around fast food, video games and mobile phones it is important that children are exposed to the outdoors and fresh, organic produce. Links can be made to the foods that children eat every day and when the question is posed to them: where does your food actually come from? The experience from these farm trips will help them to answer.



Farm trips – Bevan Healthcare CIC

Following on from the success of the school farm trips, we approached the [Country Trust's](#) Local Coordinator to see if they were interested in taking refugee and asylum seeker families on farm trips. Our reasons were:

- To give the families a fun day out after the traumas encountered in getting safely to the UK
- To show families the beautiful British countryside
- To enable them to meet ordinary working British people in a non-official capacity
- To educate them as to where some British food is grown
- To potentially encourage them to work in the agriculture sector

After linking up with GP surgery [Bevan Healthcare CIC](#) in Bradford, we funded nine farm trips for the refugees and asylum seekers they look after, benefitting 22 families and 67 children of four nationalities, providing an interpreter for each trip.



These farm trips were featured on BBC's Countryfile with Bradford presenter Anita Rani.

Feedback from Bevan staff and the interpreters was very positive. The families, without exception, spoke of how enjoyable the days were and how good it was for them and their children to feel safe.

Interpreted comments from families:

"It's our first time in the UK countryside."

"I liked the ice cream."

"I liked watching the pigs."

"The smell of the pig was bad!"

"It was muddy."

Feedback from interpreters who attended the farm trips:

"It was amazing for them. I remember one child said this is first time I see these kinds of animals (sheep, pig, horse).

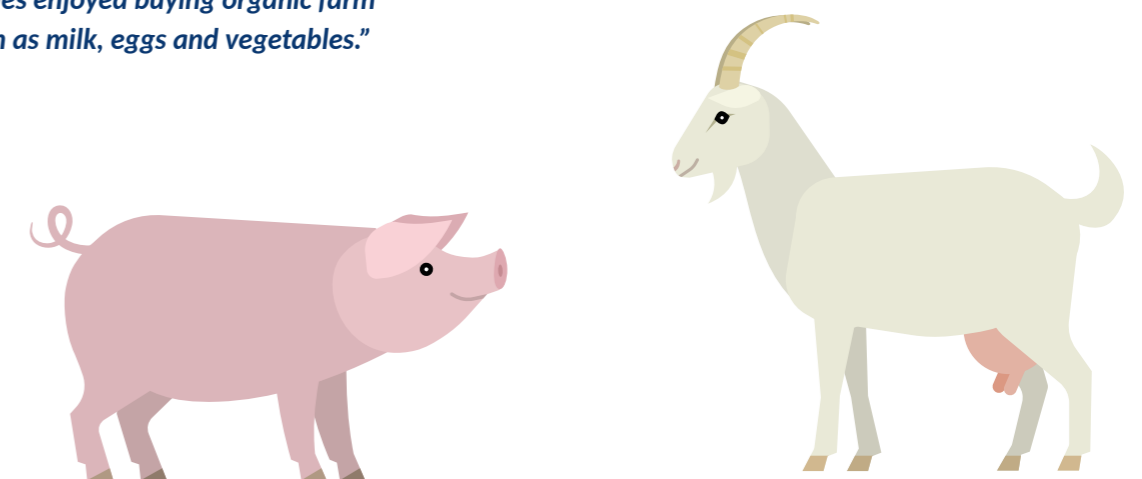
The family was happy how you and other white British people were so kind with them and try to do the best for them and you did the best.

The children were happy with ducks; also feeding the horse was exciting for them. The families were happy; it helped them to relax and to be together. They wanted to do it again."

"Firstly, there was excellent coordination on this trip that was a high level of craftsmanship, good treatment and the level of responsibility starting from the driver to the rest of the team members. Secondly, what drew my attention was the lady who met and guided families in the farm. She was wonderful and was able from the first moment to acquire the hearts of families and children, as well as knowing everything in the farm, provided us with explanations in a professional manner combining information and fun. This lady has information about all the animals on the farm, such as the rare species of goats, and when they were brought to the farm. The families told me the most important thing in the visit is that they had a great time which helped them to reduce the psychological pressure that they suffer and their pleasure increased by the excitement shown by their children when watching the animals and collecting eggs from the chickens. The families said they really needed this visit to entertain themselves with the wonderful nature of the countryside and were happy because their children had a nice time and fun. Families met the farm owner with his wife and daughter, and many other workers; all were very kind and respectful - they left a good impression about white British people. Finally, families enjoyed buying organic farm products such as milk, eggs and vegetables."

"The trip was amazing. The families enjoyed being out of town, away from their daily stressful routines. You could see how memorable these trips were for them. The drivers and people at the farm were so kind. They saw another side of life in UK. They could ask questions, took pictures, had a laugh...children also were safe. To conclude, these families coming from stressful conditions had a chance to have fun."

Lee Holmes MBE, Local Coordinator for The Country Trust said, *"Without your initial offer to support The Country Trust we would not have gone down the avenue of working with families, disabled groups or refugees so a massive thank you for allowing us to diversify. I hope that our joint work continues well into the future".*



Modern slavery awareness workshops

Sadly, modern slavery is currently a huge problem in the UK. Victims are going unnoticed because of the lack of knowledge about this issue. Our professional interpreters work with international charity, [Hope for Justice](#) and see many harrowing cases of human trafficking, so we felt compelled to support the charity to ensure more professionals across the region were able to access these workshops.



We funded five modern slavery awareness workshops for professionals in Barnsley, Sheffield and Doncaster. The workshops were delivered by Hope for Justice, to 158 attendees comprising of health workers, police officers and council staff, to provide them with a better understanding and awareness of today's slavery, what is happening in their cities and what Hope for Justice does to tackle the problem and support victims. Potentially, on completion of the workshop, delegates would be in a position to detect the signs of modern slavery and be able to report instances to the charity and police, who can then support the victims.

The attendees were provided with a handbook, multilingual flyers, posters and case study exercises. The feedback from delegates was extremely positive.

A participant from Barnsley said, *"I just wanted to say a huge thank you for providing such an excellent training event. The session was full of exceptionally useful information and guidance. The training delivery was first class and extremely thought provoking. Hope for Justice provide a crucial service in the fight against human trafficking and modern slavery"*.

An attendee from Doncaster said, *"We found the sessions provided by Hope for Justice incredibly informative and our staff are now more aware of modern slavery in our area, with many already planning to use what they have learned to identify signs in their local communities. Because of the success of these sessions, we are already looking to book another session for them later in the year with plans to open these up to a wider audience"*.

Hope for Justice have already seen an increase in referrals since the South Yorkshire workshops. Enable2 look forward to continuing to support the charity in this vital work.

Single mums' interpreting event

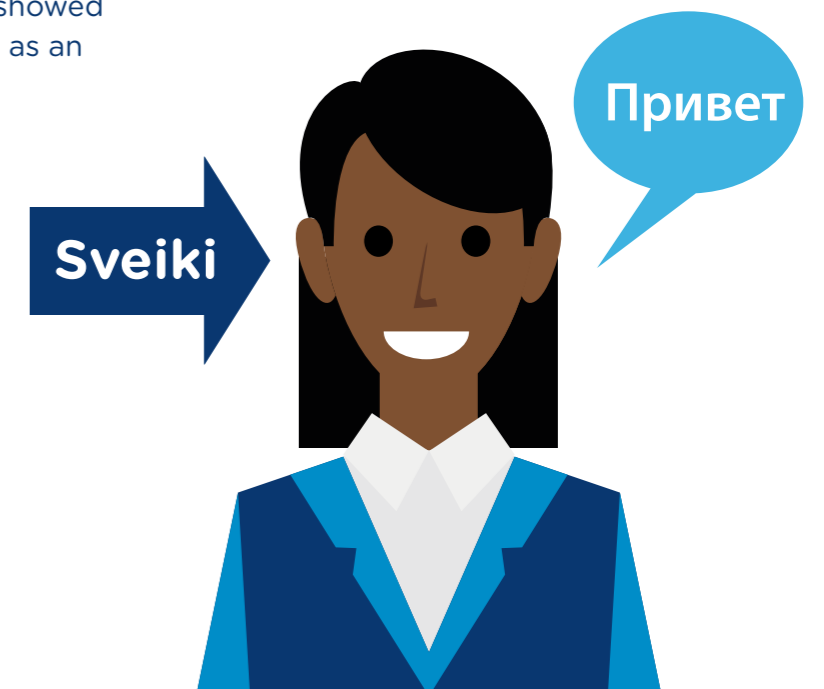
We funded an event at the [Carlisle Business Centre](#) in Bradford to raise awareness amongst local single mums of a potential career available to them in interpreting. We worked in partnership with [Neesie CIC](#), who facilitate activities for single mothers to enable them to grow independently and better their lives.

After the event took place, three mums immediately signed up to complete the Community Interpreting Course at Bradford College and another eight asked for more details of the [course](#).

This event was a great way for Enable2 to reach out to talented individuals from disadvantaged communities. The day was extremely positive, informing attendees about the many benefits of working as an interpreter and working for an organisation rated so highly by its own interpreters. The talks and information presented on the day appealed to the mums and they showed a real interest in starting a career as an interpreter.



Attendees listening to a presentation about the Community Interpreting Course



Empowered Conversations – Bradford and Keighley

In partnership with fellow NHS social enterprise [Six Degrees CIC in Salford](#), we funded a series of three workshops, (two in Bradford, one in Keighley), to support carers of people with dementia in our communities.

We heard about the [Empowered Conversations](#) work that Six Degrees were developing to support and improve communication between carers and their loved ones suffering from dementia. As a result we decided to fund two sets of sessions for family carers, one set at the Carers' Hub, run by [Bradford District Care Trust](#), and the other at [Dementia Friendly Keighley](#).

The sessions included a mixture of talking, singing and using rhythm to aid communication and support the carers' own mental health and wellbeing.



Keighley session using instruments to create a 'storm'

Feedback from the participants:

"It has been useful being able to talk and know that I am not alone - speaking to others in the same boat is very helpful."

"It has been helpful hearing other people's experiences and how they deal with them."

"I have used some of the strategies learnt and tried to be more patient."

"I make sure we have eye contact and now speak more clearly and slower."

"I've enjoyed it - very positive and worthwhile."

"Lots of time to share and express feelings in a group setting - I learnt some useful tips."

"Fresh ideas and things I can try at home. I feel better in myself. I feel a bit more empowered."

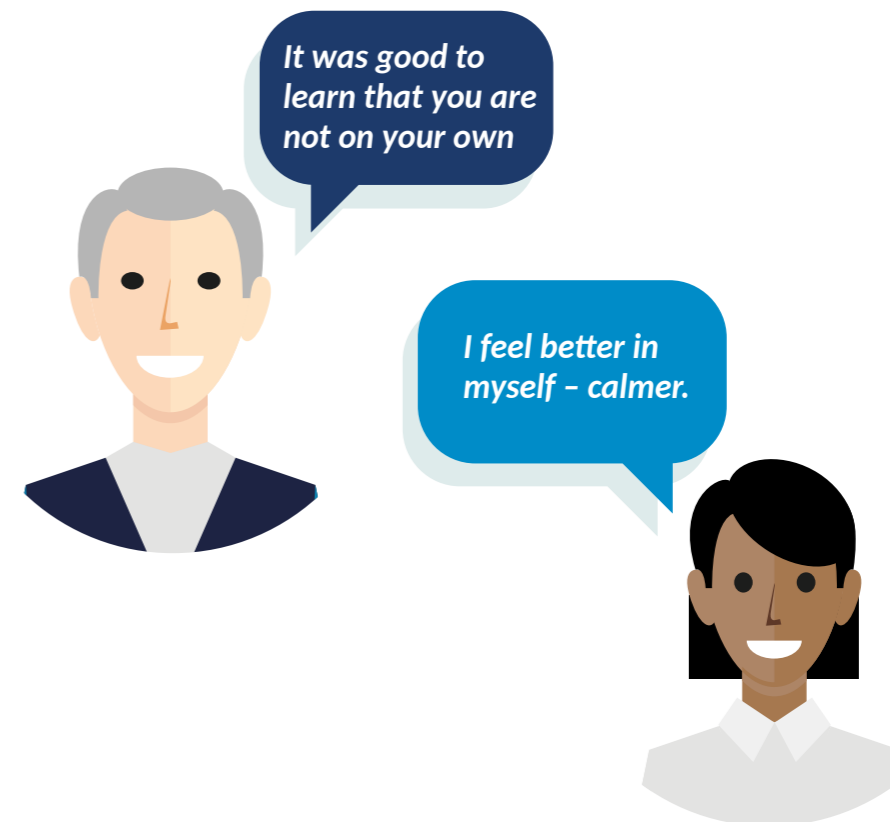
"Taking time to sit quietly and just breathe slowly for, say, five minutes each day does calm things down and sets you up to go on."

"I'm singing and making up songs at home. I'm taking charge in a proactive way. I feel better in myself."

"An excellent way to take time out and get support for how to cope. Quite stimulating, fun and therapeutic."



Creating a 'storm' in Bradford Carers' Hub



It was good to learn that you are not on your own

I feel better in myself - calmer.

Projects for next year

For the year 2018 to 19, we have assessed the above social value calculations as well as the evaluation reports from each of this year's project partners. This important information will help us in planning our future projects and guide us in assessing where our social return investment will have the most impact.

We will look to repeat some of those activities that have had a markedly sizeable impact on participants. And we will also look to extend our reach to support projects further afield, in line with the expansion of Enable2 CIC's core interpreting business.






Enable2

 01274 753030  info@enable2.com  www.enable2.com

 @enable2  @enable2CIC  @enable2 CIC