



Be Heard As One (BHAO)

Heath Community Hub, William Belamy
Nursery, Frizlands Lane, Dagenham,
RM10 7HX

Dear Parent/Carer,

We are pleased to inform you that your child's school has booked a place on the No Knives Better Lives (NKBL) Primary School Programme, a unique and powerful educational workshop developed at the Central Criminal Court, commonly known as the Old Bailey.

This workshop has been created in response to the increasingly young age of children being targeted or groomed into unsafe situations. It is designed to help Year 6 pupils build confidence, recognise risks and make safe positive choices as they prepare for the transition into secondary school.

About the Workshop

The NKBL Primary Programme is a 2-hour interactive session delivered by Be Heard As One, a trusted East London mentoring and outreach organisation that works closely with young people across London alongside Her Honour Judge Sarah Munro KC and the Old Bailey.

The session helps pupils to:

- Understand risks they may encounter as they get older
- Build confidence in making safe and informed decisions
- Recognise positive pathways and opportunities
- Learn how to seek help if they ever feel unsafe

The programme is especially important because those involved in serious youth violence and knife crime are becoming younger. The aim of the workshop is early intervention – giving children the knowledge, confidence and support they need before they are exposed to harmful influences.

The workshop is age-appropriate, sensitive, and designed specifically for Year 6 pupils.

The session will be delivered in school, during the normal school day.

Why Your Child's School Is Taking Part

Contact Details: 020 4631 7439 / 07564 882 122
admin@beheardasone.com
Registered Charity No: 1204478

The City of London Corporation funded the pilot programme and there is now funding in place for a limited number of 20 primary schools across Greater London. Your child's school has secured one of these limited places.

Safeguarding and Support

All facilitators are fully trained, DBS-checked, and experienced in working with children and young people. The content is delivered in a supportive, trauma-informed way, with school staff present throughout.

If you have any questions or would like to discuss the workshop further, please contact the school office.

Kind regards

Shenell Brown

Business Manager

Be Heard As One (BHAO) Charity

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