

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

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The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Constitution, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

### **Objectives and activities**

The charity's objects are:

To act as a resource for young people living in the London borough of Tower Hamlets and neighbouring boroughs by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

(i) advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals.

(ii) advancing education.

(iii) relieving unemployment; and

(iv) providing recreational and leisure-time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving their conditions of life.

There has been no change in these objects during the year.

Newark Youth London was formed in 1984. Originally run as a football team by dedicated volunteers. In more recent decades, Newark Youth London has developed beyond football, and now provides a comprehensive range of services for young people and other members of the local community.

### **Our Vision**

"To provide opportunities for young people and community."

### **Our Mission**

"To develop the skills, capacities and capabilities of young people and adults to enable them to participate in society as independent, mature and responsible citizens."

### **Our Aim**

Helping, supporting and delivering a stronger community, by providing sport and other self-development activities to young people and adults.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### Our Objectives

- Provide safe space for young people, where they can positively occupy their time and keep away from trouble.
- Provide opportunities for self-development for young people and other members of our community, to support their future personal achievements.
- Provide great experiences, that are attractive to young people.
- To develop the personal, social, physical and educational potential of young people through programmes of sports, informal education and social activities.
- Provide a space to develop friendships and nurturing relationships, enabling people to be part of their community.
- Maintain and build our reputation for sustained quality and delivery.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

### PRINCIPAL ACTIVITIES AND BENEFICIARIES

Newark Youth London aims to develop the personal, social, physical and educational potential of disadvantaged young people through programmes of sports & leisure activities, youth clubs, employment & training support, social action projects, informal & formal learning, leadership and volunteering and outdoor activities/experiences. We aim to enable young people to participate in society as independent, mature and responsible citizens.

Working with over 2,000 young people annually, most of our beneficiaries come from disadvantaged backgrounds (experiencing poverty, overcrowding, unemployment, and family breakdown). Our services primarily support people in London Borough of Tower Hamlets, especially young people living in social housing estates in Whitechapel, Shadwell, Wapping, Bethnal Green and Stepney areas. Young people in Tower Hamlets experience high levels of deprivation, poverty and racism, and are exposed to crime, drugs and anti-social behaviour.

Many parents struggle as they are not working or are on low incomes, and for many who have migrated to the area, English is not their first language. They may not have experienced a formal education themselves. As the Cost-of-Living crisis continues, many families find themselves struggling with rapidly rising household costs such as energy, food and rent.

The challenges faced by families and young people in Tower Hamlets can also be found in other areas of London. During the course of the year, we developed and delivered services in other London Boroughs including Newham, Barking and Dagenham and Redbridge. This is part of our long-term plan to further develop the charity and build our future financial sustainability and resilience.

Newark Youth London continued to rise to the challenge of responding to difficult circumstances and supporting young people to be confident to face the world. The projects delivered during the year provided opportunities for young people to engage in positive activities, develop themselves whilst staying out of trouble, and fulfil their potential in life.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### Football Academy

In Tower Hamlets we delivered weekly football training and managed youth, adult and veteran's football teams during the year for over 200 people. We had two youth teams playing in the Hackney Youth League involving 40 young people. Our adult team played in the Community Football League involving 40 young adults and the veterans team played in local tournaments and had around 25 players. Our Sunday Football Academy sessions engaged close to 100 children and young people aged 6-16, and our Tuesday night training session attracted around 50 young people.

### Youth Clubs

During the year, Tower Hamlets Council contracted us to provide three youth club hubs at Haileybury, Christian Street and Wapping, engaging over 1,236 young people between 11-19 years old, in 549 sessions. With something on offer every day of the week, the clubs provide a safe place for young people to meet, socialise and develop their life skills and experiences in an informal setting. The clubs offer a range of indoor and outdoor activities, sports, short courses & workshops, study support, and trips & residentials.

We overachieved on all our targets for the youth service contract:

KPI's	Combined Yearly Target (3 hubs)	Actual Achieved
Contacts	750	816
Participants	540	600
Recorded Outcomes	270	451
Accredited Outcomes	90	101

We delivered workshops on Substance Misuse, Stop & Search, Violence Against Women and Girls, Hate Crime, Healthy & Unhealthy Relationships, Mental Health, CV-Writing, Job Applications & Interview Skills and many more. Young people completed practical cooking sessions and took part in International Women's Week and Black History Month. We delivered a host of short, accredited courses such as Duke of Edinburgh Bronze Award, Level 2 Customer Service, ASDAN Leadership course, First Aid at Work, Safeguarding and other courses. Young people also had the opportunity to participate in trips and excursions.



**Hate Crime workshop at Christian Street Youth Club**

### Estate Based Outreach Programme

Aligned to our youth club offering, we continued to deliver outreach sessions across several social housing estates in Tower Hamlets. This project started in 2022 and is funded by Tower Hamlets Homes (THH). We delivered 9 hours of outreach sessions per week in Stepney area and 6 hours of outreach sessions in Shadwell and Wapping area, working with hard-to-reach young people. The aim is to engage and support them to access mainstream services and move away from anti-social behaviour and drugs/alcohol abuse. Through a continuous presence building trust and engagement, we encouraged 159 young people to engage with our service for the first time during the year.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### Holiday Programmes

The school holiday programmes are an extension of our youth clubs and provide an opportunity to engage new children and young people to Newark and to keep them occupied in positive activities during the school holidays, especially the long summer holidays. We secured HAF funding from London Borough of Tower Hamlets to run holiday programmes in the Easter and Summer school holidays in 2023, for young people aged 6 to 16 years. This years' activities were focused on Locksley Community Centre and Cyprus Street Community Centre.



**Young people enjoy a huge craft project at our school holiday programme**

### Girls in Action

The project aims to provide opportunities for girls and young women to participate in regular youth activities, bringing them together, facilitating their passions and interests and support them to develop their confidence, skills and experiences. The project is co-designed with the girls, who deliver their own social action project based on their needs, learning and interests. The project was funded for 3 years and ended in October 2023. During the final year we engaged 36 girls, and they chose to deliver social action projects focused on the Cost-of-Living crisis and a programme to engage women and girls in sports.

### Work It Hub

This project responds to young people's concerns about their future education and employment prospects. Aimed at disadvantaged young people aged 14 to 25, the programme helps them identify their future career options/pathways; improve their employability skills; help them access apprenticeships, training courses or work experience and support them to move into paid employment or start their own business.

We are very grateful to London Community Foundation, Woodroffe Benton Foundation and Salters Charitable Foundation, whose support has enabled us to continue to provide this vital and popular service to young people. The project directly supported 56 young people during the year, supporting 8 to secure sustainable jobs and a further 9 to secure valuable voluntary work experience placements.


# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### Back to Nature


Responding to feedback from young people who wanted to connect with nature and open spaces, we secured funding from City Bridge Trust to develop our Back to Nature 1-year programme starting in October 2022. The programme was a great success in enabling 66 young people to have a host of learning experiences, develop their leadership skills and interests and make new friends whilst doing something positive for the environment. We also learned a lot as an organisation and were pleased with all the new partnerships we built with local environmental with local environmental and outdoor organisations.



**Let's Clean Up  
Tower Hamlets!**

**Come along and join Newark Youth  
together with Moo Canoes for a day  
of canoeing, kayaking, and social  
action. 25 spaces left! Sign up by 4  
August using the information below.  
Lunch will be provided.**

**Poplar Union**  
**10am - 11:30am**  
**11th August**



07553 715 138 | [diona.berisha@newark.org.uk](mailto:diona.berisha@newark.org.uk) | [www.newark.org.uk](http://www.newark.org.uk)  
Back to Nature Call to Action Event

### BBC Children in Need Youth Social Action Project

We began this project in February 2023, giving young people from disadvantaged backgrounds the opportunity to participate in social action projects of their choice, to change and improve their local community. During the year two cohorts participated in the programme, engaging 40 young people mostly aged 16 to 19 years old, 35 of whom took up the opportunity to experience leadership roles. Through weekly meetings the cohorts developed and planned their own projects, undertook accredited first aid training, and delivered their social action projects benefitting the local community.



# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### HeadStart Action

Our new programme started in January 2023, funded by the Greater London Authority, administered by London Youth and supported by Family Action. The project offered young people in Tower Hamlets and Newham the opportunity to participate in social action projects of their choice and receive employment mentoring to help them progress into education and employment. 91 young people participated in the project and received employment mentoring support.



The poster is for the 'Summer HeadStart Action Project'. It features a teal and blue color scheme. At the top left, there are five colored dots (blue, dark blue, grey, light blue, white). The title 'Summer HeadStart Action Project' is in large, bold, white and blue text. Below the title, there are four bullet points: '14-18 years old?', 'Live in Newham?', 'Need support and help?', and 'Want to improve your social and employability skills?'. A paragraph follows: 'Join our summer HeadStart project for a boost in confidence, communication, and employability skills. Gain valuable work experience and job opportunities. We'll help you create a CV, improve interview techniques, and connect with you real employers offering live jobs.' To the right is the Newark Youth London logo, a circular emblem with a map of London and 'EST. 1984'. Below the bullet points, a dark blue arrow points right with the text 'Through HeadStart you can'. Under this arrow are four checkmarks: 'Have fun & discover your passion', 'Meet other extraordinary young people', 'Get support to kickstart your career', and 'Plan, organise and deliver a community social action project of your choice'. To the right of this is a megaphone icon with a blue banner that says 'FREE TRIPS/GIFT VOUCHERS FOR ALL THOSE WHO COMPLETE THE PROJECT'. Below the checkmarks, the dates '25 JULY TO 24 AUGUST (2PM - 5PM)' are listed. To the right of the dates is the location: 'JACK CORNWELL COMMUNITY CENTRE, JACK CORNWELL ST, LONDON E12 5NN'. There are three circular photos: one of a young man in a black shirt, one of a young woman in a white hijab, and a larger one of a young man in a red plaid shirt. At the bottom left, it says 'SUPPORTED BY' followed by logos for 'MAYOR OF LONDON', 'Family Action', 'HEAD START', 'LY London Youth', and 'MANOR FC'. At the bottom right, a blue box contains contact information: 'For more information email Fehin.akanwo@newark.org.uk info@newark.org.uk or call 07770 489669'.

**Summer HeadStart Action Project**

- 14-18 years old?
- Live in Newham?
- Need support and help?
- Want to improve your social and employability skills?

Join our summer HeadStart project for a boost in confidence, communication, and employability skills. Gain valuable work experience and job opportunities. We'll help you create a CV, improve interview techniques, and connect with you real employers offering live jobs.

**Through HeadStart you can**

- ✓ Have fun & discover your passion
- ✓ Meet other extraordinary young people
- ✓ Get support to kickstart your career
- ✓ Plan, organise and deliver a community social action project of your choice

**25 JULY TO 24 AUGUST (2PM - 5PM)**

**JACK CORNWELL COMMUNITY CENTRE  
JACK CORNWELL ST  
LONDON E12 5NN**

For more information email  
Fehin.akanwo@newark.org.uk  
info@newark.org.uk  
or call 07770 489669

### Homework Club

Something that young people always ask us for is support with homework and exams. We were delighted to receive funding from Canary Wharf Group to meet the wishes of our young people and set up a Homework Club in September 2023. The funding enabled us to support 50 young people by providing weekly sessions with experienced teachers in Maths and English. The young people were supported with both their regular homework and revision for their GCSEs.

### Youth Voice and Leadership

Newark has a long history of supporting young people to step up into youth leadership roles, growing to become future youth leaders and trustees. This year we ran our leadership programme for 18 young people, giving them the opportunity to develop their confidence and skills through volunteering and helping to run our youth projects.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024



### Jack Petchey Achievement Awards

Newark Youth London is enrolled on the Jack Petchey Achievement Award scheme and every year 9 young people are awarded £300 each to spend on their peers and for their youth club/football team. The awards are designed to motivate and encourage young people to be positive and take responsibility for their action and behaviour.



**Recent Jack Petchey Achievement Award Winners Nabilah, Hana and Qayas**

Nabilah helped to set up and lead a group called 'Girls for Change' who wanted to transform the way girls are perceived. They successfully raised money for the earthquake in Turkey and Syria.

Hana's motivation and encouragement, as well as her willingness to push herself, had a positive impact on our BBC Children in Need social action project. Qayas is creative, thinks outside the box and inspires others with his positive approach to self-reflection.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### Annual Awards Ceremony

We delivered our annual awards ceremony for 400 children and their parents in November 2023. This allowed us to celebrate and recognise the achievements of the children, young people and volunteers, and to encourage others to do the same in the future. Next year (2024) we will celebrate Newark Youth London's 40th anniversary.



**Young People with Elizabeth Haines at the Newark Annual Awards Ceremony**

### Just Smiles (homeless project)

The project has been engaging local young people and volunteers to fundraise and put together winter packs for homeless people in London and other parts of the UK. The young people learn about the homeless community in London and show their support by raising money and buying winter packs for distribution. Every year we distribute around 500 winter packs and help our partners on their events, serving food and other items.

### Quality Marks

- Newark achieved the London Youth Bronze Quality Mark in 2023, which is validated for 3 years.
- We retained the Matrix quality standard and the annual England Football accreditation.

### Partnership working

We work in partnership with many local organisations and schools, to ensure we provide young people with the richest experience possible. Working in partnership is vital to ensuring we remain embedded in the local communities we serve and enables us to harness and access the best resources for young people to benefit from.

**Quote from our partner Raja Ali, CEO of IBD Partnership group with whom we are working to develop our participation in the Turing scheme:**

*"Our partnership with Newark has been a source of great pride and purpose. Together we share a commitment to empowering young people and driving meaningful change in their lives. By working hand in hand, we have been able to invest in initiatives that not only inspire but also create lasting opportunities for the next generation."*



# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### Quote from our partner Mulberry School:

*"Newark Youth London has been able to provide excellent training with Volleyball/Basketball since the beginning of the academic year. It has been brilliant to watch the confidence of my students grow with each session. NYL have been able to cultivate a wonderful productive safe space for our students to learn a new skill, work in a team and get fit. Many of the students that attend volunteering, have become passionate champions of the sports and have even created their own lunch time club to practice before their session. I would like to thank everyone from Newark Youth London for this amazing partnership."*



Young people, staff, volunteers and trustees at the Awards Ceremony



Special Recognition winners at the Awards Ceremony

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### OUR IMPACT

Our focus has been to support young people to overcome the challenges they have experienced. This has primarily been through:

- Providing an extensive programme of youth club, football and sports activities where young people can spend time in a safe place and engage in positive activities.
- Delivering programmes aimed at supporting young peoples' personal development, including those at risk of dropping out of school, college or work.
- Delivering employability skills to support young people to move into training and employment.
- Providing young people with new and enjoyable experiences that allow them to develop personally and try new things in new environments.

Our impact is measured in terms of our young people being able to develop themselves, create and take advantage of opportunities in life and keep themselves safe.

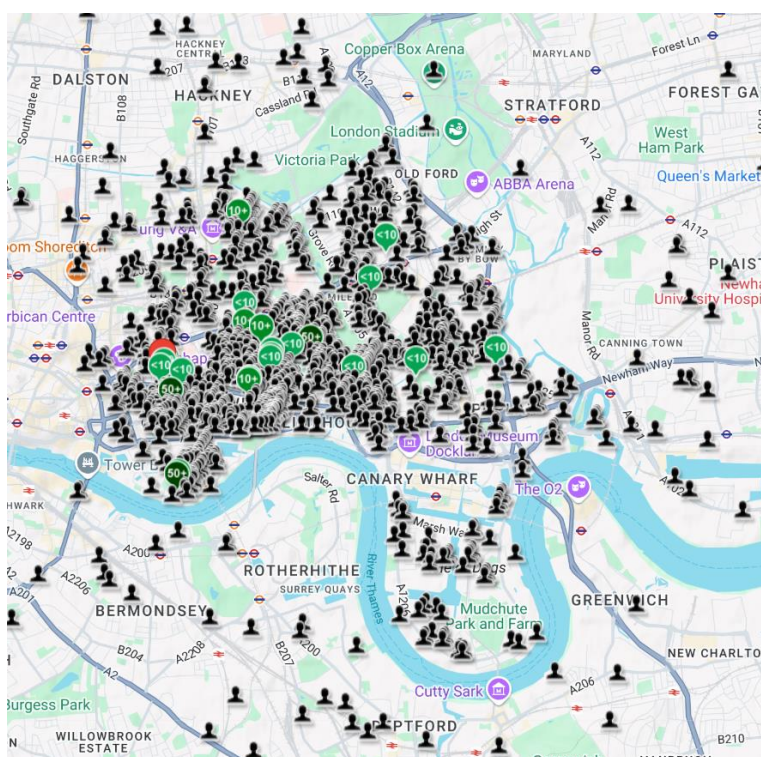
### Quote from young person attending our youth clubs:

*"I like coming to Newark because it gives me the time, space, and necessary resources to build the character and skills within me as a person. It has also given me the chance to hang out with my friends in a relaxed caring environment and has given me the opportunities such tuition and the creation of my CV which will really help me build my future and career I aspire to pursue."*

### Serving our community

A map of attendees at Newark activities during the year shows that we have a wide reach across the whole borough of Tower Hamlets and beyond. During the year to 31st March 2024 we recorded in our Upshot database 1,565 individual participants, who attended 11,397 occasions. We recorded over 690 sessions delivered during the year ranging from sports, youth club to 1-2-1 mentoring.

A significant 29% of the young people who attended our sessions during the year live in the lowest ranked 20% of neighbourhoods on the English Indices of Multiple Deprivation, indicating the level of poverty and deprivation and life challenges our young people face. 2.6% reported to us that they have a disability, 3.3% told us they were Not in Education, Employment or Training, and 1.9% told us they had caring responsibilities.



Although this data does not capture everything we did during the year, it contributes to the overall picture of the scale of our delivery looking at all of our programmes combined, and the number of young people whose lives we impact across the borough.



# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### Football Academy

Our football activities engage children and young people and keep them involved in positive activities and away from anti-social behaviour and crime. It develops their passion for sport and healthy lifestyle and improves their attitude, behaviour, commitment and dedication. They learn to work for success, teamwork, accepting defeats and becoming resilient. The young people improve their confidence, self-esteem, interpersonal skills and develop strong friendship and understanding between each other. It also gives older youths the opportunity to volunteer, gain coaching and leadership awards and develop their employability skills. We use football as a tool to engage young people and later provide advice and support to help them develop their skills and experiences so they can access training and employment opportunities. Football is often the route through which many young people start with their personal journey with Newark, as we then encourage them to take advantage of all the other programmes we have on offer.



**Youth Club excursion to Stubbers outdoor centre**

### Youth clubs

1,236 young people attended one of our youth clubs during the year. The young people get the opportunity to meet and socialise with other young people, which they love. But they also get the chance to participate in a wide range of workshops and activities which support them to develop individually, gain accredited qualifications, bolster their CV and learn something new in a different setting to school. Our programme aims to support young people to make positive life choices and develop goals and ambitions, develop critical thinking and be resilient to the negative issues they may experience in their lives.

### Quote from young person attending our youth clubs:

*"Newark has been an amazing experience over the past two years. From the beginning I have gained an understanding of what youth work is and how youth centres are not just places to use but also a way to give back to the community. Newark has helped me become confident in approaching new tasks whilst developing my communication skills with others. The staff have been really caring and supportive, always there showing me the practical sides of youth work."*

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### Case Study, 15-year-old, Male

This young person joined Newark in 2021, seeking to do something positive during the pandemic and started participating in our youth activities in Shandy Park. Now 15, and a regular member of our youth club, this young person has participated in many workshops ranging from Hate Crime awareness, Healthy Eating & Lifestyle, Stop & Search and more. They have also acquired formal qualifications in Basketball coaching, First Aid, Level 2 Customer Service and ASDAN Volunteering. This has led to the young person taking on a volunteer leadership role at our summer programme, thinking about how to deliver the events safely and successfully. He has learned about punctuality, to be patient with other young people and still having fun. He quickly became a role model for other young people through his can-do attitude and good behaviour. Going on a residential trip provided this young person with an opportunity to be away from home for the first time, learn some independence and resilience and address their fear of heights. Over the last couple of years this young person has grown so much as a person, gaining significant life experiences.



Young people at a mental health resilience workshop



**WOMEN AND GIRLS SPORTS & WELLBEING WEEK**

**INTERNATIONAL WOMEN'S DAY** **Sat 02 March**  
Celebrate International Women's Day with a variety of indoor fun-filled games and competitions, wellbeing and pampering sessions, information and advice, raffles prizes and light refreshments.  
**Location:** Locksley Community Centre, Dora Street, London E14 7TP.  
**Time:** 1:30-5:30pm. Age - 14+

**CYCLING FOR BEGINNERS & RIDERS** **Mon 04 March**  
**Location:** TH Cycling Club, Mile End Stadium, Rhodeswell Road, E14 7TW  
**Time:** 10am Beginners & 11am Riders. Age 11+

**CYCLING FOR BEGINNERS & RIDERS** **Tues 05 March**  
**Location:** TH Cycling Club, Mile End Stadium, Rhodeswell Road, E14 7TW  
**Time:** 10am Beginners & 11am Riders. Age - 11+

**YOGA FOR WOMEN & GIRLS** **Wed 06 March**  
**Location:** Redcoat Community Centre, 256 Stepney Way, E1 3DW  
**Time:** 10am-12pm. Age - 14+

**GIRLS SPORTS SESSIONS** **Wed 06 March**  
Girls taster sports sessions (football, basketball, boxing) with medals for all those participating.  
**Location:** Halleybury Youth Centre, Ben Jonson Road, E1 3FQ.  
**Time:** 3-6pm. Age - 11-19



To register please call Mina **07904 198 590 / 07852 180521** or email **Minara.uddin@newark.org.uk / info@newark.org.uk**



**WOMEN AND GIRLS SPORTS & WELLBEING WEEK**

**02-06 March 2024**

**Activities restricted to Tower Hamlets residents only! Limited spaces!**



**FREE Activities Include:**

- CYCLING
- BASKETBALL
- BOXING
- FOOTBALL
- YOGA
- FUN GAMES & COMPETITIONS
- WELLBEING AND PAMPERING SESSIONS
- LIGHT REFRESHMENT & RAFFLE PRIZES

To register please call Mina **07904 198 590 / 07852 180521** or email **Minara.uddin@newark.org.uk / info@newark.org.uk /** Charity No: 1112289



# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### Estate Based Outreach Programme

Our outreach project funded by Tower Hamlets Homes saw us regularly spend time each week on the streets in some of the largest social housing estates in Tower Hamlets. We were able to engage 159 new young people during the year and introduce them to the wide range of support and activities on offer not only at Newark but also in the wider community.

Young people were attracted in through sports and activities as well as organising attendance at various events and festivals. Over 34 young people were encouraged and supported to complete an accredited course such as First Aid or Customer Service. Young people were encouraged to take up the programmes offered at our youth clubs and holiday programmes, and those with specific needs were supported to access specialist services, such as our Work It Hub. This is a vital service aiming to catch young people who may otherwise fall between the gaps in services.

### Holiday Programmes

The holiday programmes offer young people exciting and fun opportunities to engage in positive activities and to stay out of trouble in the school holidays. During the year we engaged 75 young people (two times) at our holiday programmes run from two different community centres in Easter and Summer. The programme provided a hot meal at every session, a vital lifeline for families suffering from the cost-of-living crisis, especially during the long school holidays when some children go hungry as the family cannot provide even one hot meal a day. We delivered indoor and outdoor sports and activities, as well as day trips and community celebration days. The young people get to try new activities with experienced staff and volunteers on hand to coach and guide them.

Parents really appreciate the care and support staff provide. They like how their children are engaged and entertained during the school holidays in a safe environment, which also provides stimulating activities. Feedback from parents:

*"Thank you, Newark, with all the help you have given my kids over the holidays & ongoing activities, programmes, courses, trainings, especially youth club which they love."*

*"Thank you so much to you and your lovely team for hosting all the different sessions. From what I hear and see - It's really fun, interesting and informative. It's also a peace of mind when the kids join in as I know it's a safe environment."*

*"[My son] has additional medical needs, so as a parent I am very pleased with the way the staff catered to his needs. He is safe and well looked after."*



**Boys residential trip to Kingswood**

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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### Residential trips

To support the young people's learning and development we took a boys group and a girl's group on a 4-day residential trip to Kingswood outdoor activity centre in Kent. They participated in individual and team challenges, and this improved their confidence, motivation and life skills. For some it was the first time staying away from their families and they had to be independent and make decisions for themselves, as well as being resilient in doing outdoor activities in the cold environment. The young people gained new experiences and learned about themselves, including overcoming fear of heights, and teamwork to complete obstacle challenges.



**Girls Residential to Kingswood**

### Girls in Action

During the final year we engaged 36 girls, and they chose to deliver social action projects focused on the Cost-of-Living crisis and a programme to engage women and girls in sports. The girls participating in the programme spend time getting to know each other and build relationships through initially participating in recreational activities such as table tennis, basketball and pool. They are then supported to develop skills like writing letters and emails, presentation skills, promoting projects, working in a team, taking the lead, doing research, etc. This leads to the girls delivering a social action project using the learning from the first part of the programme.

Cohort 1 focused on the cost-of-living crisis, as they identified that families are finding it difficult and young people are directly impacted by it. They organised two foodbank days, one on the Isle of Dogs in partnership with Docklands Community Initiative and Just Smiles and the other in Stepney in partnership with Redcoat Community Centre and Just Smiles. They identified the venues, promoted, and involved in packing and preparation and distribution of food packs on the day.

Cohort 2 organised a series of sports activities for girls and women during the summer months. They consulted other young people to find out how local services can meet their needs. 12 sports sessions were set up including cycling, football, multi sports and trips. The participants promoted the project, supported sessional workers, and organised the sessions, etc.

In February 2024, the group took part in an outreach walk with our Just Smiles project supporting people experiencing homelessness. The girls created and handed out essential packs including food, personal items and sleeping bags. Supported by the staff, the girls were able to talk to some of the people living on the street in Tower Hamlets and hear their stories.

# NEWARK YOUTH LONDON LIMITED

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The programme significantly supports girls to grow their confidence in their own abilities, leadership skills and decision making. Pre and Post Participant Surveys revealed the impact of the programme on the young people's confidence to meet new people, willingness to participate in community activities, and more confidence in being able to cope in new settings and experiences. 11 girls achieved Level 2 ASDAN Leadership qualification and others applied for the Youth Mayor programme or volunteered with other organisations as a result of their boost in confidence.



**Girls in Action on an excursion to the Escape Room**

### **Work It Hub**

Young people remain uncertain about their chances of securing a job and a decent income, have doubt about their academic record and continue to experience low motivation and personal confidence. Through the Work-it-Hub young people are supported to create individual action plans to help them identify their short, medium and long term career goals. They are given advice on options and supported to build their portfolio of skills and qualifications. By giving attention to each individual, we are able to explore their interests and motivations and match them to education, training and employment opportunities of their choice.

The funding this year enabled us to provide a programme of 10 short courses targeted at disadvantaged young people aged 16 to 25, aimed at supporting them into education, employment or training. This was in direct response to the priorities identified by the young people, who wanted to have the opportunity to do courses that would help them gain employment or training, provide new skills and help them get into college. For some young people, it was their first opportunity to attain a recognised qualification or award, which gave them the stepping stones to build on and progress.

As well as the 1-2-1 support and accredited courses, we delivered four workshops covering CV writing, interview skills, confidence building and made links with a number of external education and training providers. Young people were alerted to job and training opportunities and assisted to make applications. Through our partnership approach, we were able to refer young people to other services and opportunities they could access that would further support their journey. This included Workpath, Job Centre Plus, SIA and CSCS training courses, volunteering opportunities, and 10 young people were referred to Centre Point for housing support. Our strong links also enabled us to support a partially-sighted young person to access a job board designed for disabled people.

During the year our highly skilled and experienced Employment Support Officer delivered 142 one-to-one sessions and provided direct support to 56 young people in total. Young people received personalised support to address everything from personal hygiene, appropriate clothing, interview behaviour and body language as well as developing their CV, practice verbal reasoning and situational judgement, develop model answers, experience mock interviews and prepare the videos that some employers now request.



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## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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The programme also included a career fair attended by 58 young people and 16 local employers and education institutions including: Barclays, Price Waterhouse Coopers, NHS, Princes Trust, London Metropolitan Police, North Eastern University, Canary Wharf Group, West Ham Utd, Rich Mix and Capital City College. Young people also visited British Land (Broadgate) in the city and Barclays head office at Canary Wharf.



**Young people on a visit to Broadgate Tower in Liverpool Street**

Eight young people secured sustainable employment as a result of the support they received including jobs at Moss Bros, Waitrose, JD Sport, Halfords, Eon, and a public health degree apprentice with London Borough of Redbridge. 9 young people also secured voluntary work experience placements. For Newark as an organisation, this programme provides us with a valuable route to recruit and train young people to initially volunteer and then became paid, qualified youth workers.

### **Case study 1**

A 19-year-old came to Work It Hub having dropped out of university and then being sacked from their job. We worked extensively with the young person through twelve 1-2-1 sessions, creating a fresh CV, teaching how to job search and apply for opportunities. We completed a deep dive into the career/education/training ambitions of the young person which led to apprenticeship being identified as the preferred route. With our support, the young person began applying for opportunities and reached the 2nd stage of recruitment with Canary Wharf Group and with Amazon. We supported the young person to prepare and submit the video assessment. Although neither of these applications were successful, we supported the young person to persist and apply to EON energy. This time the young person was successful and secured a customer service role. However, he still wanted to secure his dream apprenticeship. With further support the young person finally secured an apprenticeship with Berkely Offshore Underwriting Managers UK as an Exposure Analyst with an apprenticeship salary of £25,000. Reflecting on this life changing opportunity, the young person told us:

*"No one has ever helped this much with my life ambitions and finding employment, all your help, all your support pushed me to work harder and try harder. I knew if I didn't take your help no one would offer me this type of help again. I can't express how grateful I am."*

### **Case study 2**

A 16-year-old female was brought to Work It Hub by her mother who was concerned about her daughter struggling with the application process. We learned from the 1-2-1 meeting, that the young person was very shy and lacked confidence in vocal communication. We invested time supporting the young person to be comfortable to opening up, discuss her achievements and her ambitions. We guided her to identify her strengths and prepare her CV. She quickly understood the approach to take and applied to be young people's ambassador at Brady Arts Centre. We then provided 3 intense sessions covering interview preparation, mock interview and practice speaking her answers out loud. This supported her to develop a flow of speaking and allowed her personality to shine. The interview was a success, and the young person secured their new role.



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The challenge of supporting young people into work remains, with young people often the first to be made redundant and needing continued support to sustain their engagement in jobs after they have started.



**ASDAN leadership course at Christian Street Youth Club**

### **Back to Nature**

Young people in Tower Hamlets can have virtually no experience of the natural environment as they live in “concrete” urban areas and are often sceptical and uncomfortable about being in an environment where they are surrounded by nature.

Thanks to funding from City Bridge Trust, we ran a peer-led environmental project to engage 8-21 year olds in Tower Hamlets to connect with nature. We recruited 10 enthusiastic young people as Ambassadors and engaged over 66 young people and family members in the programme. Young people had a host of learning experiences, made new friends and gained new insights and knowledge about the environment and environmental issues.

As part of the programme young people got the chance to acquire accredited qualifications in First Aid and ASDAN leadership, as well as courses on water safety, marine conversation and permaculture. They took part in workshops covering climate change, conservation and outdoor leadership. We explored a wide range of recycling and waste issues such as fast fashion, carbon footprint, sustainable alternatives to items we use every day, food waste and mending and sewing.

This led to two Call to Action initiatives involving 42 young people. Firstly, a clothes swap event in partnership with R-Urban and SwopitUP. The young people were trained in how to run and promote their own event at which they supported 40kg of clothing to be swapped and saved it from going to landfill. They donated the remaining 10kg of clothing to local charity shops.

Secondly the young people developed their campaigning skills and wrote to their MP as part of community advocacy. They took part in litter picking in collaboration with Moo Canoes in Poplar Union canal, collecting 16kgs of rubbish. 3 young people and their families are continuing to volunteer with East London Canal Network and Aquapuddle.

The young people experienced new activities including gardening, urban growing, forest surveying as well as outdoor activities on the water, and got to work with local green groups. Many participants secured a certificate in environmental leadership from John Muir Trust, and some of the Ambassadors are continuing with their new found interests since the programme ended. 90% of participants said they had a better understanding of nature, and 97% said they had a better understanding of environmental issues.

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## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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**Basketball always popular at Haileybury Youth Club.**

### **BBC Children in Need Youth Social Action Project**

We began this project in February 2023, giving young people from disadvantaged backgrounds the opportunity to participate in social action projects of their choice to change and improve their local community. 40 young people participated in the programme during the year, each benefitting immensely from the opportunities to take on leadership roles. The young people were supported to acquire/improve communication, event management, teamwork and leadership skills.

We ran two cohorts during the year, supporting the young people to develop and deliver their own social action project. The first cohort the young people elected to support local people experiencing homelessness and were able to develop the project in conjunction with the Whitechapel Mission. The young people collected winter clothing and personal essentials, creating winter packs to distribute to people who were experiencing homelessness. They also did online fundraising to support the project. Unfortunately, they were not allowed to visit the organisation themselves due to the risks to their personal safety from the homeless people. However, they did get to meet a homeless person and hear her story.

The second cohort of young people were surprised to learn that many older people in care homes do not have many relatives visiting them and were therefore relatively isolated and lonely. In January 2024 the young people pitched their social action project idea to the London Youth NCS competition aiming to win a prize of £500. Despite tough competition and never having spoken on stage before, the young people won the competition! They elected to put the money towards their chosen community project supporting mental well-being for the elderly and the youth of Tower Hamlets. They went on to create a 1950's themed party/ball for residents of Westport Care Home. The residents were thrilled and had an amazing time filled with games, laughter and food. The care home manager commended the young people for their kindness, patience and compassion. The older and younger people all enjoyed each other's company and the positive well-being experience.

As a result of giving young people ownership, they were more engaged and motivated to see the project through to the end and take action to make a real change. Being able to act on their own ideas allowed more young people to be involved in the project and in Newark as a whole. The project enabled us to attract a new group of young people who may not have joined our services previously.

Seven young people visited BBC headquarters and studios as part of the programme, with one saying, "It was a really mind-blowing and surreal insight into the world of the iconic BBC."

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**BBC Children in Need project team winning their pitch at London Youth**

### Case study

A young female joined the project who was lacking self-confidence but had lots of potential that she was not fulfilling. She had not previously attended any youth club activities, so this was an entirely new experience for her. With support and training, her enthusiasm and determination grew, and she has been able to achieve more than she and her parents envisaged. Her confidence boosted, she took on the role of Filming and Photography Manager. Through this leadership role she was able to showcase her work and talent, leading to her work being recognised by other organisations. As a result, she was offered a part time job in her desired career.

Initially, she felt she was not capable of achieving her goals, but she now believes in herself and her work. She now confidently makes videos for social media for a charity and gets paid for her work. She was also invited to a film shoot in Tower Hamlets, by an Oscar-winning film director. She was able to go behind the scenes, meet new people and make contacts to propel her into her desired field of work. This case study shows the significant impact a young person can experience when they are supported to grow their confidence, increase engagement in positive activities and improve their employability skills.

### HeadStart Action

Our new programme started in January 2023, funded by GLA and administered by London Youth and supported by Family Action. The project gave young people in Tower Hamlets and Newham the opportunity to participate in social action projects of their choice and receive employability skills mentoring to help them progress into education and employment.

Our goal was to recruit 84 young people, but in fact we signed up 91 young people to participate in the social action projects and receive employment mentoring support. The programme included workplace Insight Days, paid work experiences, volunteering and support to apply for entry level jobs. The goal of the project was to support young people to feel more prepared for the world of work, have more confidence in their skills, build new networks and be better prepared to talk about their skills to employers.

Partnership working with local organisations was key — we worked with London Enterprise Academy in Tower Hamlets and Little Ilford School in Newham. We also developed relationships with new organisations, delivering the Newham project from Bonny Downs Community Association and working with Manor Youth Project.



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**We celebrated the young people's achievements at a special HeadStart Action award ceremony**

### **Homework Club**

Something that young people always ask us for help with is support with homework and exams. We were delighted to receive funding from Canary Wharf Group to meet the wishes of our young people, setting up a Homework Club in September 2023. The funding enabled us to support 50 young people by providing weekly sessions with experienced teachers in Maths and English. The young people were supported with both their regular homework and revision for their GCSEs. The Homework Club provided two 2-hour GCSE sessions delivered by four qualified teachers for 36 weeks, supported by a regular youth worker.

### **Quote from young person attending the Homework Club:**

*"The GCSE study support has really helped me with homework that I am struggling with. It has helped me revise for upcoming tests because I can ask for extra support on harder topics. The tutors are very kind and explain difficult questions thoroughly. The study support has really made a difference in my learning."*

### **Quote from parent:**

*"Our daughter has been regularly attending the GCSE Maths and English study support group and is finding it extremely helpful, her knowledge and confidence in both subjects is improving. She enjoys the sessions and gets on well with the tutors and always looks forward to going. I highly recommend this support group, and we are grateful that it's available."*



**Stop and Search workshop with Metropolitan Police at Haileybury Youth Club**



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### **Youth Voice**

We support young people to take a lead and shape the organisation based on their ideas, needs and decision making. Through a process of co-production young people inform the design, delivery and evaluation of our services. We take an asset-based approach which starts with the positive resources and skills within young people and channel this to develop their leadership skills.

As well as young people participating in our youth leadership programme, we also run a quarterly Youth Board. The Youth Board decides what programmes they want delivered at Newark Youth London and how programmes and services can be improved. The Youth Board presents to the Trustees giving feedback and making recommendations, a number of which are then implemented.

We have learned to be transparent with young people from the outset, and really listen to what they want to deliver and achieve. We use this to inform the planning of projects in conjunction with them. We have also learned to trust and empower young people to make decisions about how their projects will be delivered. This builds trust and engagement with the young people and also their parents.

Our young people's voices are being heard and they are becoming leaders in the community. They become motivated to continue projects with Newark and volunteer to provide further change in the community. This helps Newark too, with the succession of young people interested in being on our Youth Board and progressing into staff and trustees for the future.