

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

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The trustees present their annual report and financial statements for the year ended 31 March 2025.

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.

### **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.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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### PRINCIPAL ACTIVITIES AND BENEFICIARIES

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

Working with over 1,500 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, Mile End, Limehouse 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 ongoing high household costs such as energy, food and rent. All of this impacts the young people we seek to support.

During the year we continued extending our services into the neighbouring London Boroughs of Newham and Havering. This is part of our long-term plan to further develop the charity and build our future financial sustainability and resilience. Long-term population trends indicate a decrease in the number of young people in Tower Hamlets as families migrate eastwards in London, searching for better value places to live. Some of the families we support have been making this transition and moving into existing and new residential areas in neighbouring Boroughs. The challenges families and young people face in Tower Hamlets persist and evolve as they move into their new homes.

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.

#### Celebrating 40 years of Newark Youth London

2024 was an incredibly special year as we celebrated 40 years since the creation of Newark Youth London. 200 young people and special guests attended a glittering gala event in November 2024.

We looked back on four decades and honoured the pioneers who planted the first seeds of Newark. Our founders stood against racism, fascism and poverty, and through their vision created a space for friendship, support and unshakeable unity.

Little did they know they were building a legacy – a foundation that we proudly continue today. From humble beginnings as a loosely run football team, Newark has blossomed into an organisation that embraces and uplifts every young person, no matter their background, faith or financial standing.

Newark has a rich history of strength and perseverance, and today's members, volunteers, supporters and leaders are writing the next chapter of the charity, shaping the next 40 years and beyond. The last forty years embody resilience and growth and most of all, they reflect our unwavering commitment to empowering young people.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025



### 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 youth teams playing in the Tower Hamlets Youth League involving 50 young people. Our adult team played in the Inner London Football League involving 40 young adults and the veterans team played in local tournaments and has grown to around 40 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.

Whilst football has always been a core activity for us, this year we had a stronger emphasis on other sports as well such as basketball, boxing, cycling and volleyball.



*Football Academy with their new Tops*

### Youth Clubs

During the year, Tower Hamlets Council contracted us to deliver three youth hubs from Haileybury, Christian Street and Wapping youth centres, engaging over 1,155 young people between 10-19 year-olds (up to age 25 for young people with special educational needs or disability). With something on offer 3 days a 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 & residential.

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

KPI's	Combined Yearly Target (3 hubs)	Actual Achieved
Contacts	750	1155
Participants	540	691
Recorded Outcomes	270	454
Accredited Outcomes	90	144

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

We also secured other funding to run a youth club at Locksley Community Centre in Limehouse, attracting 50 young people to attend.

We delivered workshops on Substance Misuse, Stop & Search, Violence Against Women and Girls, Hate Crime, Anti-Bullying, CV-Writing, Job Applications & Interview Skills and many more. Young people completed practical cooking sessions and took part in Black History Month. We delivered a host of short, accredited courses such as Level 2 Customer Service, ASDAN Leadership course, ASDAN Volunteering, First Aid at Work, Safeguarding, Food Safety and Introduction to Youth Work. Young people also had the opportunity to participate in trips and excursions including learning to swim and ride a bike.

### **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 funding from London Borough of Tower Hamlets HAF programme to run holiday programmes in school holidays in 2024, for young people 6 to 16 years, attracting 70 young people to our Easter Programme and 90 young people to our Summer programme.

As part of our strategic growth into other boroughs, with support from L&Q Housing Association we began delivering school holiday activities at a large new housing development in London Borough of Havering called Beam Park. In November 2024 we took part in a winter fair to meet local parents and young people, learn more about the kinds of activities they would like to see in Havering and how we can support local young people to flourish at a time of significant population change.

We also ran a summer programme in Newham, based in East Ham at the Well Centre and Gooseley Park for young people aged 6 to 18.



*Young People at Aqua Park*

### **Young and Active Tower Hamlets & Newham**

New funding from GLA Go London fund enabled us to deliver a wide range of sporting activities across Tower Hamlets and Newham:

- Cycling for girls aged 6 to 24, especially for beginners, from Mile End, supported by Tower Hamlets Cycling Club
- Volleyball for boys and girls from John Orwell sports centre, supported by Wapping Wildcats
- Multi-sports for disabled boys and girls 6–16-year-olds, from Stepney Green Park
- Football and multi-sports for 8- to 18-year-olds, from Gooseley Park, Newham

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

### 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, courses or work experience to support them to move into paid employment or further education or training.

We are very grateful to various grant funders, whose support has enabled us to continue to provide this vital and popular service to young people. The project directly supported 53 young people during the year, enabling 4 young people to secure sustainable jobs and a further 4 to secure valuable voluntary work experience placements; and others to achieve accredited qualifications.

### Girls in Action

We successfully delivered the Girls in Action (GIA) project for another year. 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.

During the year we worked with 3 cohorts, engaging 34 girls into personal development and community social action.

We achieved the following outputs and outcomes:

- 34 girls and young women registered on the project
- 25 attended 5 or more sessions
- 25 achieved a recorded outcome
- 34 volunteered and delivered the social action projects
- 47 youth club sessions delivered
- 3 community social action project delivered
- 2 accredited leadership courses delivered, 24 girls achieved a certificate
- 2 celebration events held for the girls
- 97% of the girls said they had positive experience from the project



*Girls in Action delivering their social action project*

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

### National Citizens Service (NCS)

Newark participated in the 2nd and final year of the NCS programme. We recruited 48, 16-17 year olds to participate in 12-14 hours in 3 key areas; lifeskills, employability and social action. The project enabled us to work with young people from Tower Hamlets and Newham and provide them with structured opportunities to develop their confidence, life experiences and employability skills.

### Turing Project

Through our strategic collaboration with IBD partnership, we supported schools in Tower Hamlets and Newham to apply for the Turing Scheme. The programme fully funds educational visits to Europe and rest of the world. Our young people have very little opportunity to travel and experience the language and culture of other countries. The project represented a great opportunity to empower children to broaden their horizons and gain invaluable life experiences. With our help, 4 schools (Monega - Newham, Mowlem, Marion Richardson and London Enterprise Academy - Tower Hamlets) were successful in taking 164 children to Spain, France, Italy and Bangladesh.

### Youth Voice and Leadership

Newark has a long history of supporting young people to step up into youth leadership roles, growing into the future youth leaders and trustees. This year we ran our leadership programme for 10 young people, giving them the opportunity to develop their confidence and skills through volunteering and helping to run our youth projects.

### 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 clubs/football teams. The awards are designed to motivate and encourage young people to be positive and take responsibility for their action and behaviour.



Young People on an Accredited course

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

### Just Smiles

The project has been engaging local young people and volunteers to support homeless people in London and other parts of the UK for over 8 years. 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 aim to distribute 500 packs and help our partners on their events, delivering food and other items and volunteering in the soup kitchens.

### Annual Awards Ceremony

Newark Youth London's 40th Anniversary was celebrated at a glittering gala event, where we were able to honour those who helped the early formation of the charity, our current friends and supporters, and of course, the achievements of our young people. Around 200 people attended the celebration, including the Mayor of Tower Hamlets and together we watched videos, sharing the history of Newark.



*Just Smiles project winning Tower Hamlets Voluntary Sector Awards*

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

### OUR IMPACT

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

- Providing an extensive programme of youth club, football and sports activities where young people can spend time in safe spaces and engage in positive activities;
- Delivering programmes aimed at supporting young peoples' confidence, motivation, personal development, lifeskills and experiences
- Delivering 1-2-1 employability skills and training support to help young people to move into education, employment or training
- Providing young people with new and enjoyable experiences that allow them to grow personally and try new things in new environments.

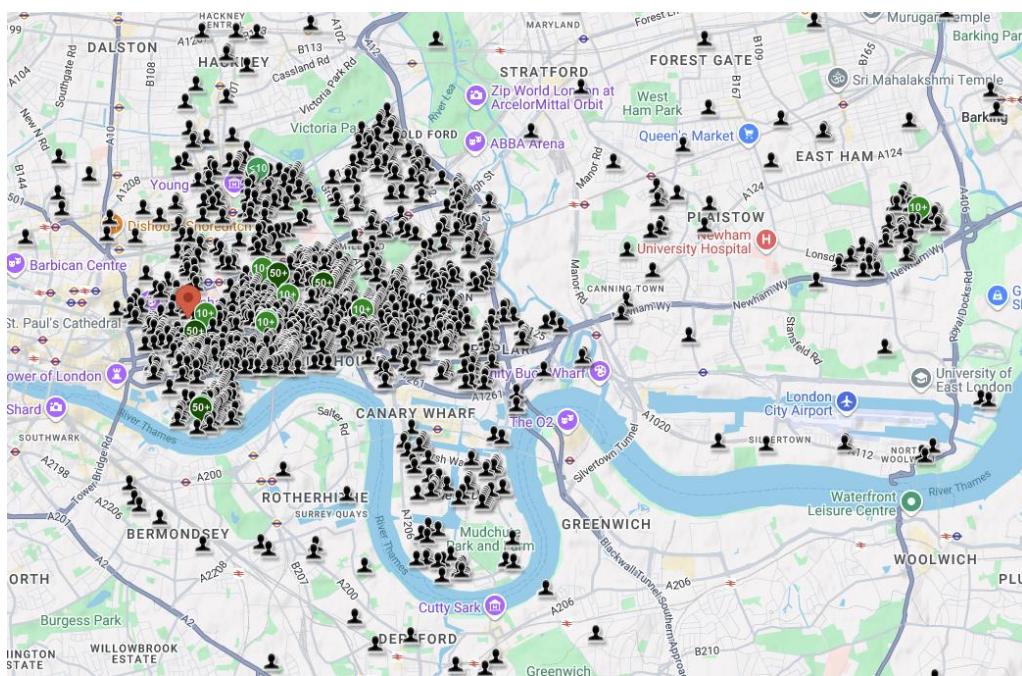
Our impact is measured in terms of our young people being able to develop themselves, create and take advantage of opportunities in life and keep themselves safe.

### 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 2025 we recorded in our Upshot database 1,641 individual participants, who attended on over 13,899 occasions. We recorded over 724 sessions delivered during the year ranging from sports to 1-2-1 mentoring. This represents over 41,000 hours of positive contact with young people.

A significant 32% 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. This is an increase from 29% the previous year. Around 12% reported to us that they have a disability, serious allergy, asthma or eczema. As in previous years, 3% told us they were Not in Education, Employment or Training, and 2% told us they had caring responsibilities. Furthermore, 116 young people reported to us upon joining that they did not exercise regularly and 10 young people said they were lonely and isolated.

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 impacted across the borough.



# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

### 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 clubs

Approximately, 1,155 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 enjoy. They also get the opportunity 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.



Young people with 'Intro to Youth Work' certificate

### Girls Volleyball Team

We were delighted to announce in January 2025 that IBD Partnership agreed to sponsor our Girls Volleyball team. The team is affiliated to Volleyball England and have competed in Regional Tournaments. The sponsorship enabled us to provide the team with high-quality kit, a visible demonstration of our investment in girls' sport. The team trains at John Orwell Sports Centre in Wapping every Thursday. The project is a collaboration with Wapping Wildcats volleyball organisation.

### Basketball for Girls

As part of our youth club, we deliver basketball for girls from Mulberry School. In their feedback they told us.

*"Newark Youth London has been able to provide excellent training in basketball since the beginning of the year. It has been brilliant to watch the confidence of my students grow with each session. They have been able to cultivate a wonderful safe space for our students to learn new skills, work in a team and get fit. Many of the students become passionate champions of sport 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."*

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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### **Holiday Programmes**

Holiday programmes offer young people exciting and fun opportunities to engage in positive activities and stay out of trouble in the school holidays. This year we engaged over 210 young people at our holiday programmes.

As part of our HAF funded holiday programme in Tower Hamlets we provided a hot meal to every child at every session. The service was an important lifeline for families during the school holidays with the cost-of-living crisis. We delivered indoor and outdoor activity sessions, sports, as well as day trips and community celebration days. The young people had the opportunity to try new activities with experienced staff and volunteers on hand to coach and guide them.

Thanks to funding from L&Q housing association we were able to extend our summer provision to the new housing development in Beam Park, London Borough of Havering. As a new development there are no facilities yet for young people. Drawing on our usual resilience and ingenuity, we were able to provide fun, attractive and engaging activities for young people living on the estate. This was really impactful, with one parent commenting how their child had not yet made friends even though they had been living in the area for nearly 2 years.

### **Young and Active Tower Hamlets & Newham**

We ran 4 different sports sessions for young people in Tower Hamlets and Newham, enabling 249 children to actively play sport, through the provision of 160 sessions, with support from some great volunteers.

- 62 girls learned how to cycle for the first time. We received so much interest from mum's wanting to learn we have now secured funding to teach mum's to cycle as well, so the whole family can join in.
- 48 young people learned to play volleyball for the first time, many saying they did not get the opportunity to play the sport elsewhere. We set up 2 volleyball teams to enable the young people to continue with their new skill.
- 37 sports sessions delivered specifically for children with a disability, supporting young people with emotional and behavioural challenges and guiding them to stay safe and healthy.

### **Work It Hub**

Young people remain uncertain about their chances of securing a job, decent income and about their academic record. As a result they continue to experience low motivation and personal confidence. Through 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.

The funding this year enabled us to provide a programme of short courses targeted at disadvantaged young people aged 14 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. This included accreditation in First Aid at work, Customer Service, Food Safety and Safeguarding. For some young people, it was their first opportunity to attain a recognised qualification or award, which gave them 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, and volunteering opportunities. We made 8 referrals to Centre Point to support young people with their housing needs.

During the year our highly skilled and experienced Education & Employment Mentor delivered 142 one-to-one support sessions to 53 young people. 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.

Four young people secured sustainable employment as a result of the support they received including jobs at Dexters Letting Agent, DVSA Test Centre, Youth Ambassador at an Arts Centre and as a team member at Lovisa.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

4 young people secured work experience placements at Canary Wharf Group and another 4 young people secured volunteering opportunities.

### Girls in Action

During the year we continued with our very successful Girls in Action project, with another 3 cohorts totalling 34 girls participating in this programme this year. All the girls took part in volunteering activities with each cohort delivering a social action project, such as advocacy around genocide in Congo. The participants decided on their project, researched the issues, made posters to raise awareness of the issues and also carried out activities to raise funds for their chosen cause.



*Girls in Action presenting to rest of the group*

25 girls achieved an accredited qualification during the programme, and 97% reported their positive experience of the project. 100% reported being more confident to be themselves and not feel pressured to be like others; 90% said they have participated in activities they believed would bolster their CV.

One participant said, *"I was made a leader and it helped my confidence as it was a role I didn't know how to uphold but I grew to enjoy it as it made me respectable and I enjoyed the responsibilities."*

### National Citizen Service

The NCS programme enabled 16 to 17 year-olds from Tower Hamlets and Newham the opportunity to develop their lifeskills and employability skills through attending regular youth clubs and sports sessions, workshops on budgeting, and accredited courses such as first aid and food safety, and delivering social action project of their choice. They developed their confidence, leadership & communication skills and had practical experiences to boost their CV and personal statement.

### Turing Scheme

The Turing project demonstrates our commitment to fostering an environment where both primary and secondary school students can embark on a life changing journey abroad. These experiences not only enrich the students' academic pursuits but also cultivate essential life skills, cultural awareness, and global citizenship.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025



*Final meeting before group of young people from London Enterprise Academy visit Valencia, Spain*



*Young people from London Enterprise Academy in Valencia, Spain, in January 2025*

### **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 direct feedback and recommendations.

# NEWARK YOUTH LONDON LIMITED

## TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025



Young leaders being recognised at our 40<sup>th</sup> Anniversary Gala event

We have learned to be transparent with young people from the outset and 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 to with the succession of young people interested in being on our Youth Board and progression into sessional staff and trustees for the future



Young people being recognised for their achievements and contribution at Newark's 40<sup>th</sup> Anniversary Gala event in November 2024