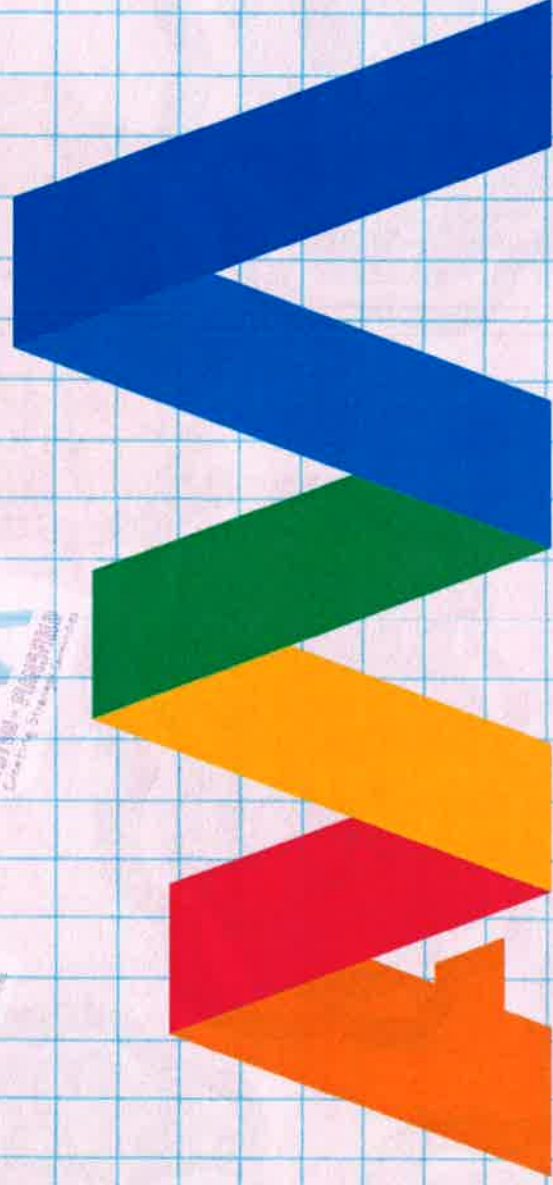




ASTON-MANSFIELD

Creating Stronger Communities

Impact Report 2016/17

What a year!

This year we have focused on rejuvenating and re-energising our organisation, concentrating our attentions on what we are really good at and spending some time finding out where there is potential to grow. Our aims this year were to:

- Work alongside local communities to help enrich and improve people's lives
- Offer new developmental learning and personal growth experiences
- Work in a sustainable empowering and lasting way
- Create safe, neutral places where people from different ethnicities, religions and cultures can come together and learn from each other

We have reached out to over **180** young people, through a combination of centre based and detached youth work.

125 people participated in workshops/training aimed at improving voluntary/community sector performance in Newham

225 children have developed socially, physically and creatively through a range of play experiences

70 community groups/organisations strengthened their organisation through receiving 1 to 1 support and advice from our community involvement unit.

We have directly delivered services to over **600** people and **950** organisations

Over **50** young people have developed their ability to become successful and active citizens, contributing to their communities through participating in our targeted programmes

Over **2700** individuals have learned, connected and improved their wellbeing through participating in activities at The Froud Centre and Durning Hall

37 Organisations improved their connections and understanding of ESOL learning in Newham





This year we have undergone the process of updating our strategy, focusing on our strengths and growing areas of our organisation in order to cater to the changing needs of our community.

Our new strategy focuses on supporting children, young people and families in Newham and east London through both direct delivery and signposting. We will nurture relationships; offer opportunity, community and inspiration throughout our provision. We will give children, young people and families greater opportunities to thrive and flourish.

Vision

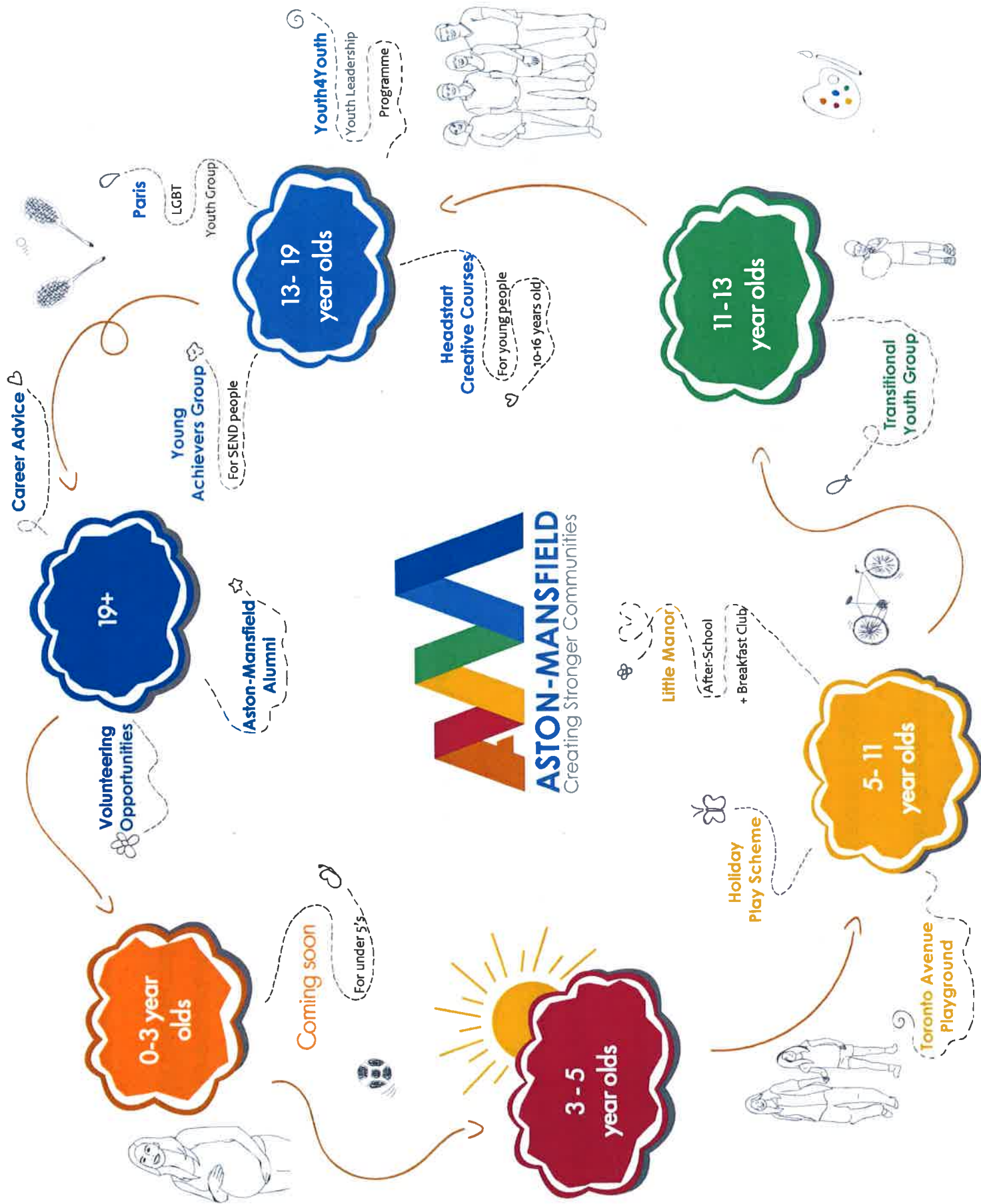
We want to see more children, young people and families in Newham and east London leading happy healthy lives, realising their potential and unlocking their ambition.

Mission

Using a holistic and community focused approach we will make long lasting change, offering opportunity, community and inspiration to children, families and young people in Newham and east London.

In Brief

- **We will offer a continuum of support, through both direct delivery and signposting, from cradle to career. We will nurture relationships; offer opportunity, community and inspiration throughout our provision.**
- **We will build on our current children and youth programmes, collaborating with inspirational and successful individuals and organisations to offer the best opportunities and experiences.**
- **We will continue to develop and seek out partnerships with the community, voluntary, public and business sectors to ensure that our work is relevant, complementary to local service provision, sustainable and embedded in best practice.**
- **We will give children, young people and families greater opportunities to thrive and flourish. We will share our expertise and methodologies with other organisations to help inform best practice in the sector.**



Childrens Work

We work with approximately 150, 5 - 11 year olds every year and deliver services 50 weeks out of 52. Children attend breakfast, after-school and holiday play-scheme sessions where they participate in a wide range of fun and stimulating activities. At weekends, we also provide free outdoor activity community days in our open access playground in the heart of Manor Park which are well attended by local families.

All of our activities are designed to facilitate social, physical and creative development through a range of play experiences. The children benefit from improved life-skills, confidence and self-awareness, whilst the programme offers parents affordable childcare that allows them to participate in work, study, or training. We focus on strengthening the sense of community in Manor Park, bringing families and networks together.

38 families filled in our impact report this year, some of the areas we excelled in were:

- ✧ - Willingness to try new activities. 🍌 - Knowledge about healthy eating
- ♥ - Positive behaviour ★ - Opportunities for outdoor play

74.5% of parents said that their children were now more willing to try new activities

80% of parents rated quality of care received as **excellent**

72.3% of parents said that their childrens cycling ability had improved **a lot**

60.4% of parents said that their children now have **a lot** more knowledge around healthy eating

We support grown-ups too

By providing stable, flexible and affordable day care for children, which helps parents and guardians concentrate on; working, finding new work or in undertaking further education. This in turn has a big impact on the happiness and welfare of our children.

"Little Manor is a godsend and so essential to my daily needs, I have no idea what I would do if it was to go or never existed."

"A very well respected group, I am glad I sent my daughter there, she is in safe hands"

92% of parents said Little Manor had a positive impact on their level of concentration.

♥ The vast majority of parents said that Little Manor had helped them and their partners to continue in or search for work, study or training, and most described the impact as **significant**.

86% of parents said that Little Manor had allowed them to be more flexible in their day -to-day lives.



"Little Manor has helped me and my husband a lot about taking good care of our children. And my children learn how to be more confident in life"



"I don't know what I would have done without Little Manor. My children and I are extremely happy. The team has done a great job"

"Being in a fun zero tolerance atmosphere where respect is encouraged has made my child go to school with this ethos."



Some of our projects...

There are lots of projects which sit inside our core provision, which align with our aims and values around healthiness and happiness. These projects offer opportunities and skills, that the children would not ordinarily experience. Thanks to the funding we receive from partners we are able to offer children and families a wide array of health and wellbeing services which nurture the healthy happy humans of the future.

Healthy Hearts

Over the last year, children from Little Manor after school club have taken part in an ambitious range of activities designed to improve their knowledge about heart health. Every week **60** children participated in a number of activities looking at what we eat, how we keep active and the lifestyle required to maintain a healthy heart.

Alongside this, they have been racing Pedal Pros (static bikes) as part of a team challenge to see who could reach Blackpool first. They learned to take their heart rate before and after each session and we've been tracking how this improves over time.

To celebrate all the hard-work of the children and all the new achievements we hosted a Bistro Night. The Little Manor Loves Healthy Hearts Bistro night, saw all the children who had taken part invite their parents along for an evening of celebration.

60 children with increased knowledge about keeping their hearts healthy

60 children taking part in regular activity to improve cardiovascular health

60 children better able to talk about healthy heart lifestyles and choices

Our cycling project is built around the children, catering to their specific levels of ability and it takes each one of them on a personal journey. This year we have carried out cycle training with 34 children. The children we work with have all learned to cycle or become more confident cyclists as a result of our intervention.

Parents are more confident in allowing their children to cycle and both parents and children look forward to the cycle training.

We've taken **14** children from non-cycling to going on their first big cycling adventure - all the way to the Olympic park

10 of our beginner/novice cyclists went for a big cycling adventure to Fairlop nature reserve

Every child who started out as a non-cyclist can now cycle

SupaPlay Saturday

SupaPlay Saturdays are a chance for families and the community to come together. Funded by BBC Children In Need, these events offer families the opportunity to experience play in a safe environment, with activities supervised by professional play-workers. With monthly themes, there are lots of activities, from making kites, badges and microwave mug cakes to bouncing on the castle, creating sand art and so much more!!

This year we have put on over **10** SupaPlay Saturday events

We have welcomed over **70** children and families from the local area to meet and enjoy our outside play area.

There has been lots of fun and new friendships forming and a great sense of community in Manor Park





Our youth department celebrates the diversity, energy and uniqueness of young people and we also understand the struggle faced by many young people, and the pressures that they experience. We aim to support young people to tackle challenges and make positive choices and to help them discover and realise their full potential.

We are here to provide opportunity and inspiration, by offering understanding, community, networks, activities and training.

Collaboration: We work with specialist facilitators, charity partners, corporate organisations and public services to offer a wide range of provision and opportunity.



Projects: Our individual projects described below are targeted at a range of young people from across the borough



Youth4Youth is our new youth leadership scheme for Newham, bringing together an annual cohort of young emerging leaders from across the borough to make change, motivate others and to campaign for issues close to their heart.

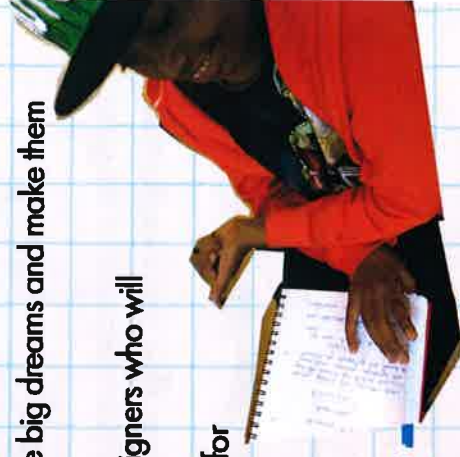
The aim of the project is to:

Unlock leadership skills, teach young people how to network, present, research, speak to power, have big dreams and make them happen.

Mobilise other young people across Newham's diverse communities, building a movement of young campaigners who will participate in innovative activities.

Respond to issues that matter to the young people involved. Co-produce services with specialists. Create programmes + activities for youth in Newham.

Impact the future for young people in Newham by sharing insights, ideas, and experiences with leaders, policy makers, people in power and the business world.



PARIS is our specialist LGBTQ+ project for 13 - 19 year olds in Newham. PARIS provides a safe space for young LGBTQ+ people and their allies to come, meet, chat, share stories and opinions learn and have fun. The project is linked to similar provision in other boroughs.

Our aims are to:

Support LGBTQ+ young people in their personal development needs by providing access to a safe non-judgemental service with a team of expert youth workers.

Empower young people to be proud of identifying as LGBTQ+.

Educate our members to make informed choices about positive mental health, self-harm and safe sex practices.

Challenge stereotypes and homophobia in generic settings such as local schools and colleges.





Creative courses to improve confidence and self esteem

Our Headstart courses are an amazing opportunity for young people who are emotionally vulnerable and at risk of developing mental health issues to have a chance to learn new skills and take part in creative activities. The courses aim to equip young people to cope better with difficult circumstances, and to prevent them from experiencing common mental health problems before they become serious issues. Our creative courses in Film, Art and Creative Writing are part of a larger national scheme run by London Borough of Newham, and funded by The Big Lottery to use a joined up approach to tackle young people's mental health issues.



"Since my son started activities he has improved his confidence and self esteem he also has a good report from school."

"I could see that his enthusiasm and communication skills also improved - which I really appreciate and believe that such 'life skills' are essential."

"[M] was feeling down coming out of GCSEs, he needed a boost and to do something that would stretch him artistically. Most summer programmes are for younger kids and it was good for him to be with a few older ones."



A group for young disabled people in Newham

We run a group for young people aged 16-25 with Special Educational Needs and Disabilities. We focus on developing life skills, confidence and learning through socialising and activities such as sports, cooking, personal safety, travel and much more.

This year we ran an awareness raising and fundraising campaign 'Fuller Futures' which included an art auction, films, social media activity and selling greetings cards that the young people had made online and in our local community. We raised £1800 and awareness of the group.

"... The reason I like coming here, is to see my friends and talk to them..."

"I like going to YAG cos I do sports and play games...and use computers..."

Over 20 young people have attended our group this year

We've been on 17 trips out and about in Newham

We had a super fun day at The Mayors Show in Newham



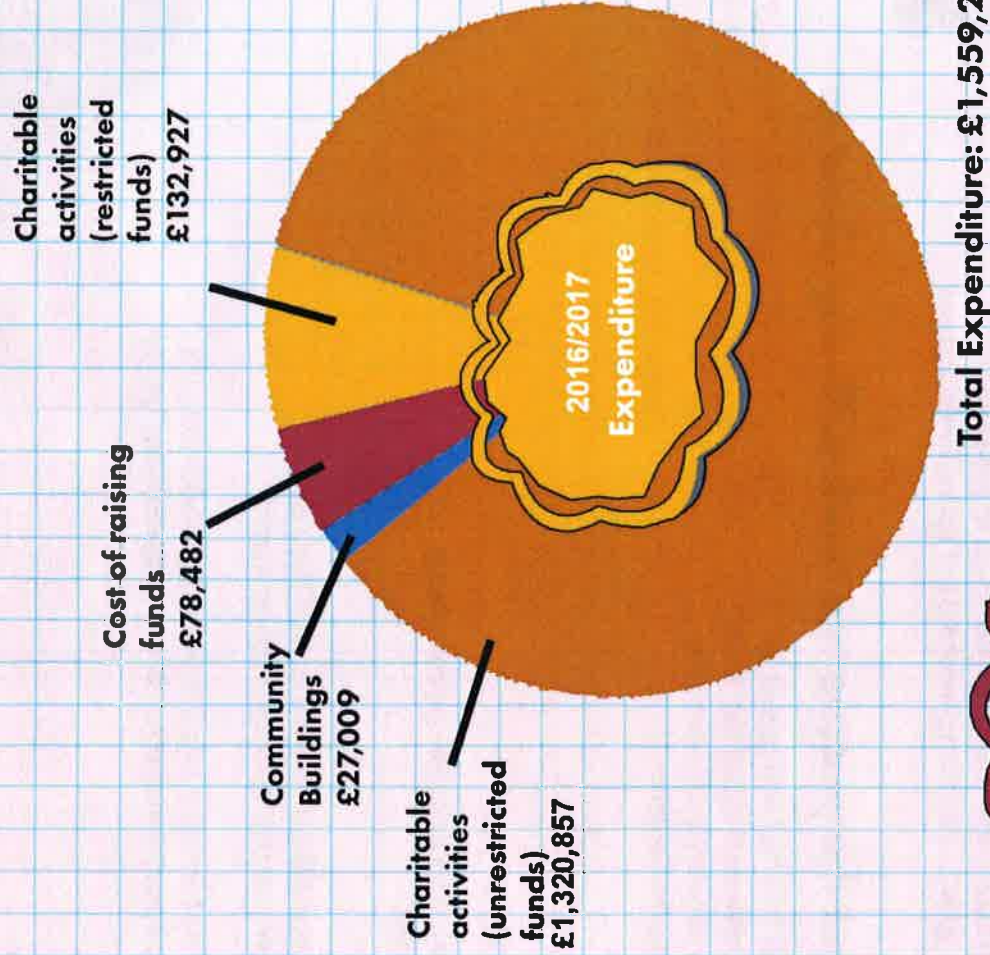
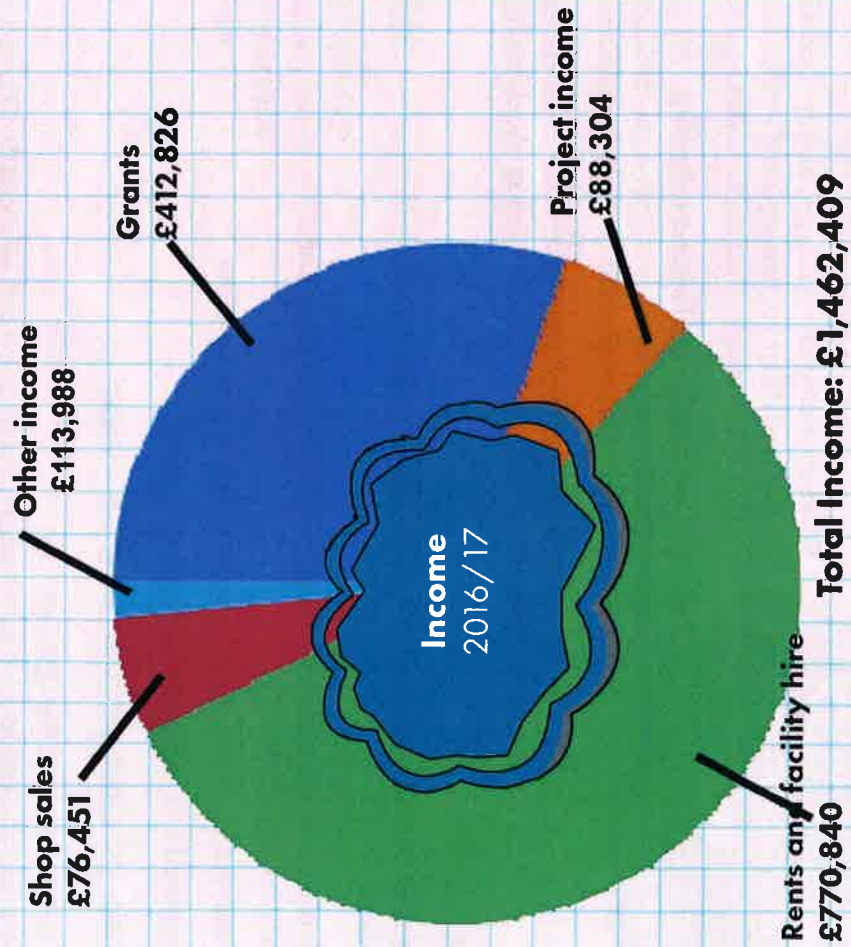
Youth Providers Partnership

We believe in community and collaboration and networks. The Youth Providers Partnership (YPP) represents our commitment to this way of working, we are the lead organisation in this Newham wide partnership of organisations working with young people. We are proud to work with six partners with whom we collaborate on a number of projects across the borough as well as meeting regularly to share information, good practice and training.

The YPP currently delivers a range of positive activities for young people in Newham, funded by the London Borough of Newham. These include boxing, come dine with me, drop in sessions, music production, sports and life advice - our aim is to have something for everyone. As part of this provision, we also run a detached youth work project in the Green Street area.

This year Aston-Mansfield's Detached project worked with over 20 young people across East Ham and Green Street.

Income + Expenditure



Reserves

Total free reserves at 31 March 2017 were £345,140, (2016: £385,478)



The CIU provides organisational and developmental support to our in house services, partner organisations and other voluntary and not for profit organisations across Newham and east London.

Contacts, networks and signposting - Producing digital and accessible directories of organisations who provide services for children, young people and families, ensuring these remain useful and relevant. Building networks that bring together a wide range of organisations working around a particular issue.

Research, evaluation and impact reporting - We carry out low-cost commissioned research and evaluation for organisations working in the voluntary, community and social enterprise sectors. We evaluate and report on the impact and evaluation of our own programmes and help departments compile their individual impact reports.

Training and information workshops - We ensure our staff and partners are able to keep their knowledge up to date and are aware of the latest trends and issues affecting the sectors. We deliver high-quality wide ranging workshops and training for local groups and individuals.

This year

The CIU ran 19 events with over 250 people accessing training and information.

73% of respondents said that their group was now better organised. thanks to the support of the CIU

600 organisations were in receipt of our monthly electronic newsletter

We supported 143 organisations by phone or email

Some of our projects this year

Irish womens survivors group

We were commissioned to carry out an organisational review and follow up development work and training with the Irish Women

Survivors Support Network (IWSSN). This is a national organisation that is based in north London.

Newham statistics report

'Aston-Mansfield's Community Involvement Unit has updated its comprehensive factsheet of key statistics in Newham for 2017. This is an impressive collation of vital statistics drawn from the latest available sources and pulled together in one useful document, giving a good overview of the current socio economic makeup of Newham. It provides voluntary, community and faith groups with an up-to-date and accurate picture of our borough to help with planning and fundraising. This resource is an example of the voluntary sector helping itself by producing a tool to support the important work of not-for-profit organisations/groups in Newham.' " Stephen Timms MP

CIU mentoring services.

We have now introduced an option for groups to pay for customised one to one mentoring on an organisational issue. The group will receive intensive one to one support for a set number of meetings to work through a specific organisational issue. This mentoring will help groups focus on the issue, learn about ways to work through the issue and receive support to implement the agreed action.

What the people we work with say about us

"We feel less isolated and generally much better informed about the local voluntary organisation scene in the borough of Newham"

"We are significantly better informed about support and services available to us, means we don't feel we miss out on important opportunities"

"CIU staff have been really useful and helpful in facilitating our charities steering group to plan, look forward and assess our current work, how we do things and why, and possible changes we need to make"





ASTON-MANSFIELD

Creating Stronger Communities



**INVESTORS
IN PEOPLE**

Registered Charity number: 220085

Aston-Mansfield

Durning Hall

Forest Gate

London, E7 9AB



A_Mcomms



Aston-Mansfield

www.aston-mansfield.org.uk

