

# ASTON-MANSFIELD

# 2021-2022

# IMPACT REPORT



# MESSAGE FROM OUR CEO

We are living in really difficult times: the Cost of Living Crisis, the effects of the Covid-19 pandemic, the war in Ukraine, coupled with a government that appears to have lost its way. We are seeing the worsening mental health of children, young people and families, and the effects of the pandemic on people's resilience. In a borough which was already experiencing high rates of poverty, the Cost of Living Crisis is making life for the people we work with, and for many of our staff and volunteers, intolerable.

In response to this, we have increased our emotional and practical support for families, expanded our food distribution service, and grown our work with vulnerable children and families, and with young people. Despite the inevitable effects that the Cost of Living Crisis is having on Aston-Mansfield's own finances we are determined to stand alongside the people we support and to do everything we can to help them.

I am particularly grateful to our wonderful staff and volunteers, and to our funders and partners, who have sustained us throughout these grim times, and enabled us to have the impact demonstrated in this report.

We don't know what the future will bring, and the uncertainty gnaws away at all of us. But we do know that part of our role in supporting the community, particularly children and young people, is to hold on to hope, to believe in the possibility of a good future, and to encourage and inspire those around us to do the same.

**Claire Helman**  
**Chief Executive Officer**

# OUR YEAR IN NUMBERS

We delivered services to around:

**400**  
young people



**140**  
children

**26** community  
organisations

**108** adults with mental  
health issues



people used  
our centres  
for activities



families  
received free  
food and  
support



organisations rented our office spaces

organisations supported  
with fundraising, key  
systems & procedures



# LITTLE MANOR PLAY PROJECT



The Little Manor Play Project provides high-quality, affordable wraparound care for children in Newham aged 5-12 and comprises breakfast, afterschool and holiday provision. The project helps the children develop through play and enables parents to participate in work, study, training or benefit from respite.

**140** **children**  
participated in our  
face-to-face sessions

“

I love this programme, I drop my child off for breakfast, pick her up around 5.45, get to hear all the great stuff she's done, make her dinner and then she's so tired she wants to go to bed. Quality time for me and my partner! Thank you.”

- a parent

# LITTLE MANOR SUPERMARKET

Little Manor Supermarket is our free weekly food distribution service where families are given a personal time slot during which they can collect various food products.

During these slots, staff talk to the families, identify additional support and provide signposting on issues including housing, debt, benefit applications, mental health and wellbeing, family conflict, difficult behaviour, domestic violence, bullying, keeping children safe online and more.



**families**

used the Little Manor  
Supermarket

**229 family  
members**



benefited from the Little Manor supermarket



“

Thank you for all your support to me and my children. You see, when Lockdown was at its peak, I was unable to queue up at the grocery stores to buy food for my family because I am extremely medically vulnerable. So, the food that you have been giving us enabled me not only to feed my children without stress but also to save money.

In addition, my husband passed away during lockdown. So, I had to adjust to a life of a single parent. Some days when I did not feel like cooking at all, I will heat the cooked meals and feed my children. You gave me access to Wi-Fi in your centre and helped me deal with some of my husband's affairs, putting me in contact with the Embassy and bereavement services.

THANK YOU to you and to ALL the people who are contributing to this food and support service. You are saving life without knowing it.” - a service user

# HOLIDAY ACTIVITIES & FOOD PROGRAMME

This year, we expanded our holiday programmes to include many more vulnerable children and their families, supported by funding from the London Borough of Newham/National Government Holiday Activities and Food Programme (HAF).

**80** **vulnerable  
children**

attended our holiday programmes



We built Go Karts it was such fun. After we built them, we went outside and got to play with them, then we had races. I won two of my races.” - a child





“

I liked making the pasty, I got to choose what I put in it. I put chicken, baked beans, peppers, and cheese. My mum put it in the oven at home and it was yum.”

- a child



# THE MANOR

## TRANSITIONAL YOUTH PROJECT

The Manor is a project for young people aged 11-14, aimed at building confidence, resilience, citizenship, independence, and diverse young leaders. Young people have a direct input in creating the rules of the programme; they are creators, not just consumers, which helps them to build ownership of the programme.



**23 YOUNG PEOPLE**  
participated in The Manor

**20**  
volunteered by distributing  
food to local families

**17** felt that they  
had become  
more tolerant  
of others

**19** young people had a  
better comprehension  
of exploitation and  
County Lines

**20** young people took  
part in activities that  
broadened their  
life-experiences

**19** young people  
gained new  
friends

# THE MANOR

## TRANSITIONAL YOUTH PROJECT

When registering the young people for The Manor, we asked parents and young people to disclose anything that might be helpful for us to know so we could give the best possible support. We became aware that the group had diverse needs and included different young people who:

- had social anxiety
- was blind in one eye
- lived with ADHD
- lived with autism
- lived with dyspraxia
- came from a household with historic domestic violence
- had attempted self-harm
- had been bullied at school
- whose parents had recently separated
- had suspected autism (parent seeking diagnosis)
- whose social engagement is solely through social media
- lived with lots of family in a two-bedroom flat with no garden
- was experiencing undiagnosed seizures





“

The programme has helped my boy in so many ways. His social skills have improved, and he has also really matured since attending transitional youth. Every time he attends, he comes home having learnt something new which I think is really great. It is very nice to see children learning whilst also having fun.” - a parent



# YOUNG FACILITATORS

Our youth work model includes employing young people (18-25) to work as paid young facilitators, in developmental roles, usually lasting around 12-18 months.

With support and training from more experienced youth workers, the young facilitators play a key role in engaging and supporting young people across all our youth programmes whilst co-producing and delivering activities, workshops and learning days.



I learnt how to work with groups, my confidence talking to people and in public increased and I think it was a stepping stone to getting into field that I am in now, supporting young people to get into employment.

The support that I received made me feel like I could make mistakes and [the support] was always available, off line, out of hours, over dinner etc. One of the key things I have learnt is how to better listen and plan my time better and that has helped at work but also in my personal life.” - young facilitator



“

The Young Facilitator role really helped me develop myself. I wasn't very good at admin before I got the job but Yokeu and Shanaz and the processes we had to follow means that I had no choice but to do admin every week.

It hasn't always been easy because I had other jobs and family commitments but the flexibility of the role allowed me to do everything I needed to do.” - young facilitator

# YOUTH4YOUTH PROJECT

Youth4Youth (Y4Y) is a leadership development scheme for young people from around Newham. A diverse group of young people from across Newham who may not ordinarily meet or befriend one another come together for a series of team building and skills development sessions.

As part of their journey toward becoming a change agent in their community, young people plan and deliver events and campaigns at different scales growing their confidence, experience, and networks.

**182** **young people**  
benefited from the  
Youth4Youth programme

**35** **young changemakers**  
**received training on:**

- social action
- goal setting
- budgeting
- communication
- decision making
- project management



“ I didn't realise just how easy it is to reduce your carbon footprint, you just have to do little things on a day-to-day basis which will have a big impact on the environment in the long run ”  
- a young person



117

external children & young people benefited from social action projects  
- 2 family fun days on mental health and environmental issues

# S.K.Y PROGRAMME

## SKILLS, KNOWLEDGE IN YOUTH

S.K.Y was our youth employability programme teaching transferable skills through engaging in learning days covering personal branding, interviews, and assessment centres, exploring careers and interests, confidence at work as well as developing professional and social networks through networking events.

**87**

participated  
in our youth  
employability  
programme

**10**

completed a 3  
month part time  
paid internship

**40**

completed 2  
weeks work  
experience

**20**

got 1-2-1  
coaching  
from a  
specialist

**100%**

stated that overall the SKY  
programme has helped them  
to improve their skills and knowledge for employment



“

I was grateful that I was able to work with different departments during my internship placement, as I was able to pick up lots of new skills and also had an insight into different roles ranging from finance, to I.T to Comms, I feel a lot more confident about my CV now, as I can put down more skills.”- a young person



# ADDITIONAL PROJECTS

65

young people benefited from 4 activities on the topic of **RACIAL JUSTICE** which were researched, planned, and delivered by 9 young people with support from our Young Facilitators.

18

young people participated in the **ACTIVATE** workshops focused on: health inequalities, busting myths, keeping safe and exploring how to overcome difficult conversations.

8

young people were recruited onto the **YOUTH COLLECTIVE PANEL** to shape services, raise Aston-Mansfield's profile, support fundraising, and identify key themes.

36

young people attended **JUST CONNECT** a combination of virtual & face-to-face activities around learning and training, emotional support (1 -2-1 and group) and social activities.

# COMMUNITY CONNECTORS

Community Connectors support service users within Newham Primary Care Networks (PCNs) who are experiencing mental health difficulties. They do this by assisting people to access sources of support, which are provided by a range of organisations, including the Voluntary and Community Sector.

This includes advice and support around:

- housing
- immigration
- welfare benefits
- financial advice
- food banks
- loneliness
- learning new skills
- attending support groups



# 108

**service users**

and close relatives received support from Community Connectors

# FITTER FINANCES



The Fitter Finance programme aims to improve the financial management of micro and small community and voluntary sector organisations in Newham. The programme expanded during the pandemic, as it became clear that organisations needed practical guidance to apply for funding, particularly from Trusts and Foundations.

**36** sessions delivered  
to over 20 groups

**£120K** secured

for 12 groups and developed key systems and procedures for a further four organisations



# AMCT SEED GRANTS

AMCT Seed Grants are for small, ethnic minority, community groups and charities that have an annual income of £10,000 or less. Groups must be based in Newham, with a focus on supporting and promoting health and wellbeing for Newham residents.



**£8.5K** awarded  
to 10 BAME organisations

# VOLUNTEERING AT ASTON-MANSFIELD

According to national statistics, the average volunteer who consistently volunteers with an organisation for a sustained period tends to be older and educated. This is not the case for Aston-Mansfield. Our volunteers come from diverse backgrounds, including neurodiverse, long-term unemployed, undergraduates, and postgraduates to those volunteers with few to no qualifications.

**45** **people  
volunteered  
with us this year**

“

I haven't worked in a long time and lost my confidence. What I like about volunteering at Aston-Mansfield is that I'm treated as part of the team.” - a volunteer

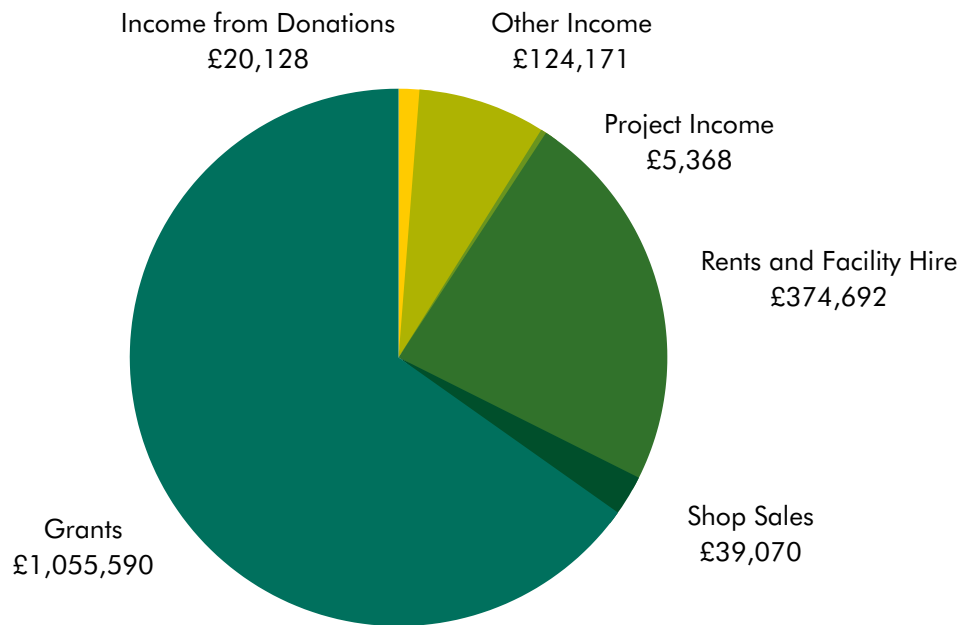


“

When I started volunteering, I had anxiety problems. I needed a lot of reassurance and doubted myself a lot. Keeping a work diary has shown me how much I have grown. I have been given more responsibility, and I now help to train new volunteers when they start.” - a volunteer



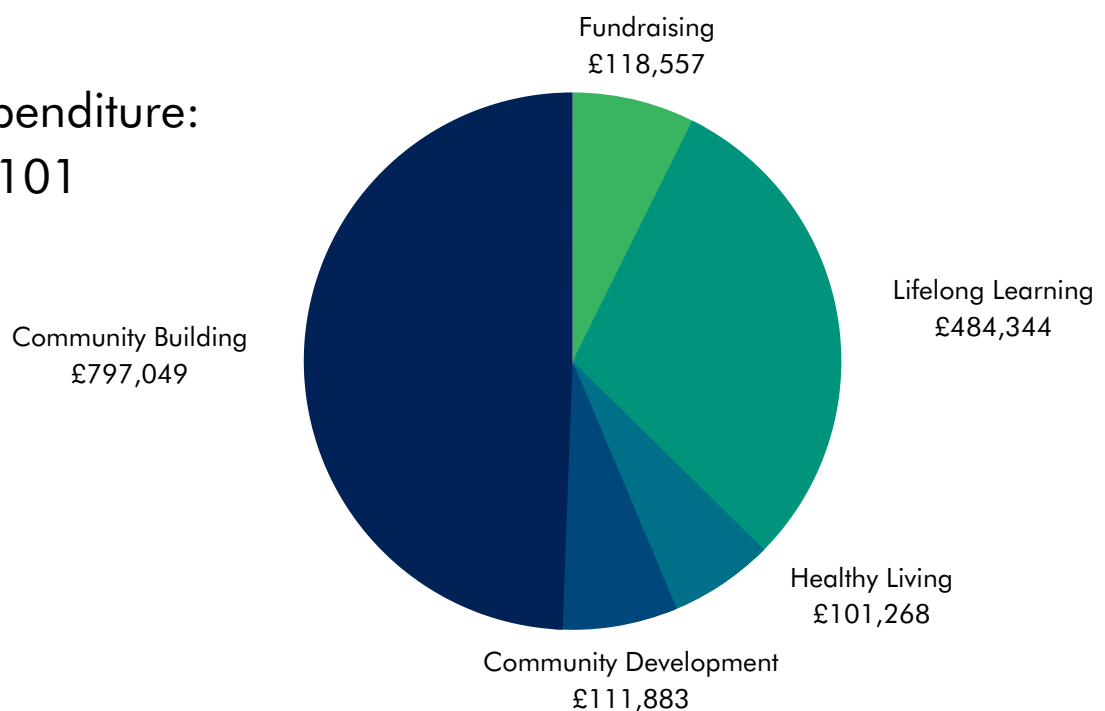
# INCOME



Total Income:  
£1,619,019

# EXPENDITURE

Total Expenditure:  
£1,613,101





Find out more about our work:  
**[WWW.ASTON-MANSFIELD.ORG.UK](http://WWW.ASTON-MANSFIELD.ORG.UK)**

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