

# ASTON-MANSFIELD

# 2022-2023

# IMPACT REPORT



# MESSAGE FROM OUR CEO

We continue to live in very difficult times, and it is not easy to find the chinks of light. As I consider everything we have been doing over the past year, it strikes me that we are fortunate to work with so many children and young people who are those chinks of light. From the young people leading amazing social action projects, to those making themselves vulnerable and striving to achieve, to those volunteering with us in all kinds of ways, they bring courage and commitment which gives hope to us all.

Whilst we see the impacts of the cost of living crisis, the pandemic, and the climate emergency all around us, we also see what can be achieved by the aspiration and energy of our staff, volunteers, and those we work with. Long may that continue.

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



# OUR YEAR IN NUMBERS

We delivered services to around:



&



organisations  
supported with  
fundraising,  
key systems &  
procedures



# WORKING WITH CHILDREN

We're dedicated to supporting children to lead happy healthy lives, realise their potential and unlock their ambition.

167

↑ from 140 last year

children

participated in our face-to-face sessions:



children attended  
Breakfast Club



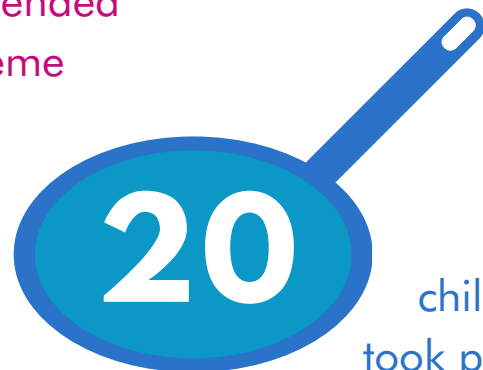
children attended  
Playscheme



attended After  
School Club



attended  
Transitional  
Youth



children  
took part in  
the Cooking Collective



# LITTLE MANOR SUPERMARKET

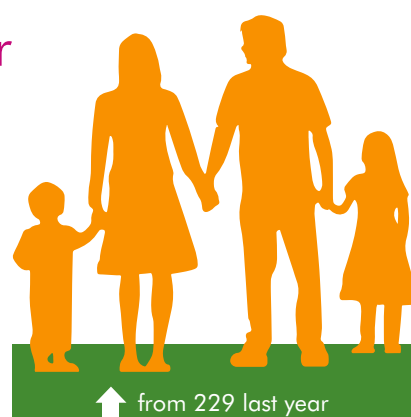
Little Manor Supermarket is our free weekly food distribution service where families are given a personal time slot during which they can collect various food products.

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



**244 family  
members**

benefited from the Little Manor supermarket

# HOLIDAY PROGRAMMES

Our holiday programme provides fun and enriching activities for children during the school holidays as well as respite for parents who are working, studying, training or actively seeking employment.

The activities included cooking, trips, craft, physical activities and more.



children attended  
our Playscheme



“ The kids had fun and really enjoyed it. It's a different sort of fun. They were really engaged with the cooking activities and could not stop talking about it when they got home because the fun doesn't stop at the centre. My daughter now wants to help out all the time when we cook at home. ”

# 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.



Young people  
attended  
The Manor during  
the summer  
holidays, and took  
part in:



From evidence provided by 21 young people, we know that:

**90%**

felt that their  
physical health  
or wellbeing had  
improved

**86%**

reported increased  
awareness &  
understanding of  
other cultures

**86%**

reported  
improved mental  
health or  
wellbeing



“

Sometimes we were being physical and I didn't even realise. Like the beach trip. I didn't think it counted as physical activity until the debrief time. It was just fun. - a young person

”



# WORKING WITH YOUNG PEOPLE

658

↑ from 400 last year

young people

participated across 4 youth programmes and our Young Facilitators model.



Our annual youth survey of 42 young people showed:

91%

significantly  
developed their  
leadership  
skills

94%

indicated that  
being involved  
significantly  
reduced loneliness

93%

felt more  
connected to  
their community  
and expanded  
their networks

100%

would recommend our activities to others



# YOUNG FACILITATORS

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





# YOUTH 4 YOUTH (Y4Y)

Youth4Youth (Y4Y) is a leadership development scheme for young people from around Newham - bringing them together for a series of team building and skills development sessions, including working as Changemakers running a range of social action events.

**36** young people  
were recruited  
to Y4Y

**31** were regular  
participants and the  
main Changemakers

This year we introduced **Mini-Social Action Projects**.  
The young people were given 4 weeks and a £100 budget  
to plan and deliver a social action project of their choice:

## Mental Health Campaign



people  
engaged

**£262**

fundraised for Ukraine  
with a stall at the Forest  
Gate Community Festival

## Self-Care Event



girls  
aged  
14-18  
took part

# YOUTH 4 YOUTH SOCIAL ACTION PROJECTS

## Culture Fest

A celebration of different cultures to promote cultural understanding and appreciation among people from different backgrounds.

224

members of the  
community attended



21

young women  
attended sessions

## Weekly Sessions for Women

Sessions for 16-21 year-olds included journaling, guest speakers, self-defence, talent shows, socials, vision-boarding, well-being and more...

# YOUTH 4 YOUTH SOCIAL ACTION PROJECTS

## Life After Covid Exhibition

A photo exhibition showcasing the ways in which society has changed and adapted in response to the pandemic.

43

people attended the  
exhibition



76

people participated in  
the Community Iftar

## Community Iftar

An event breaking down barriers,  
promoting interfaith harmony,  
sharing food and celebrating the  
spirit of Ramadan

# ELEVATE EMPLOYABILITY PROGRAMME

Elevate helps young people (16-24) with limited or no work experience to build their employability skills, confidence, resilience, wellbeing, and networks through an interactive and fun journey, making them more attractive to employers.

**190**

young people  
benefited directly

**&**

**80**

young people  
benefited indirectly





A background photograph showing the backs of several people standing in a line, looking towards a stage or screen. The people are dressed in casual to semi-formal attire. The scene appears to be an indoor event or conference.

“

I really enjoyed coaching and found it beneficial for my personal development. Due to understanding myself more, my particular strengths and being able to visualise these using the VIA character strength method that my coach used, I feel motivated to nurture the other strengths and virtues that I sometimes lack in.

My coach really listened to me and I felt like I built a genuine rapport with her that allowed me to be vulnerable and evaluate where I am in my life right now. Because I was given this opportunity, I feel like my capacity to think about myself and my position in the lives of others has increased.

Coaching has helped me reflect on my time at Aston-Mansfield and how I will use the experiences and skills I have learnt during my time here in all my future endeavours.

”

# ELEVATE WELLNESS PROGRAMME

The main focus of the Elevate Wellness programme was to create a safe space for young people to discuss barriers to keeping safe. The programme helped young people develop holistically, developing emotional well-being, greater resilience and mental toughness. As well as tackling the issues they faced due to the impact of Covid-19 on their mental health.



young people  
took part in  
Elevate Wellness

This project was  
planned and  
delivered  
by

Elevate Wellness was solely led by young people's voices. Young people debated inequalities and created solutions and innovative ideas to cross barriers.

We also upskilled our young facilitators and trained them to be Covid Champions for Newham.





# JUST CONNECT

Just Connect continued the impactful work of the Wireless Programme (piloted during Covid-19) and brought together a range of young people from different parts of London.



## Just Connect helped young people to:

- Broaden perspectives
- Increase skills and knowledge
- Build resilience and mental wellbeing
- Reduce loneliness
- Feel valued and recognised
- Grow in self-belief and confidence

# COMMUNITY CONNECTORS

Community Connectors support people who are experiencing mental health difficulties. Our holistic interventions focus on supporting people to address their social needs and increase their independence, resilience, confidence, and self-esteem, which has a positive impact on their overall wellbeing.

202

people were assisted by the  
Community Connectors team

↑ from 108 last year

## Case Study

A service user was referred to the Community Connector team to get support with isolation, having recently lost a parent.

With the Community Connector's help, she was able to seek a bereavement service and attend local activities that has had a positive impact on her social anxiety.



# JOURNALLING AND COACHING

We piloted some preventative and early intervention services that focused on emotional and mental health and wellbeing. The pilots used evidence-based:

- Therapeutic Writing
- Expressive Writing
- Coaching Psychology
- Applied Positive Psychology

**92%**  
of women

**&**

**95%**  
of men

experienced feeling less overwhelmed

**100%**

experienced reduced  
rumination and improved  
thoughts and emotions.

learnt about cost-effective  
tools to help their mental  
health and well-being

**100%**

# FITTER FINANCE PROGRAMME

The Fitter Finance programme aims to improve the financial management of micro and small community and voluntary sector organisations in Newham. Fitter Finance ran:



Up from 36 sessions last year



10 individuals attended an additional workshop for Community Garden groups in partnership with Forest Gate Community Garden

# 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.



**£4000** awarded  
to 4 BAME organisations

# VOLUNTEERING AT ASTON-MANSFIELD

Volunteers are vital in achieving our core mission and aims. We are lucky to have a vibrant and very active group of volunteers. Our volunteers come from diverse backgrounds, including neurodiverse, long-term unemployed, undergraduates, and postgraduates to those volunteers with few to no qualifications.

**60** people  
volunteered  
with us this year

up from 45 last year

“

I struggle with my mental health. I started volunteering when I was well, but I needed to take a break. I felt bad thinking I was letting everyone down and had messed up. I was told to take as much time as I needed and when I was ready, I could come back. It's nice to know that I am not judged for my illness and there's a place for me here.” - a volunteer



“

I started volunteering because I struggle with verbal communication, working in a team helps me communicate in different ways. This helps to increase my confidence in my day-to-day life to make new friends. - a volunteer

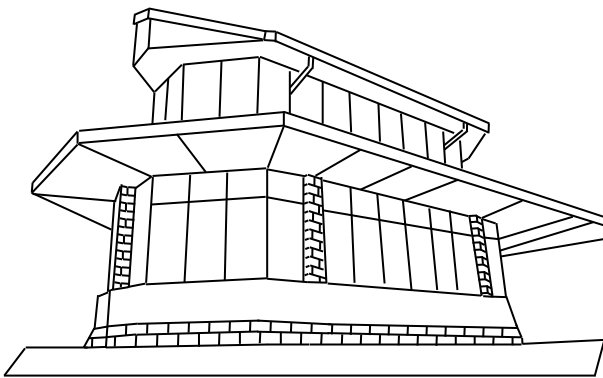
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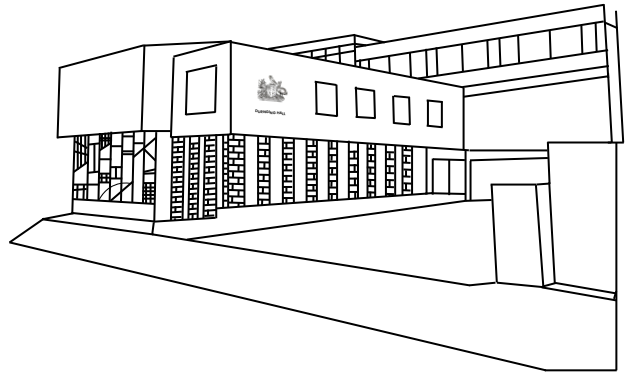
# OUR COMMUNITY CENTRES

We rent out Durning Hall in Forest Gate and Aston-Mansfield Community Centre in Manor Park at affordable rates to the community to use for a range of events and activities.



**3860** ↑ from 2400 last year  
**Individuals & 71**  
**Community Groups & Organisations**

Connected, and improved their wellbeing through participating in activities at our two community centres.



**19** **organisations rented office space**

Private Functions & Events

Religious/Faith Groups

Local Scouts and Cub Groups

Dance and Fitness Classes

Education/Tuition Classes



Find out more about our work:

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