



**Westminster
Brighter Futures
Fund**



BRIGHTER FUTURES FUND

2024

Evaluation report



**Young
Westminster
Foundation**

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Introduction

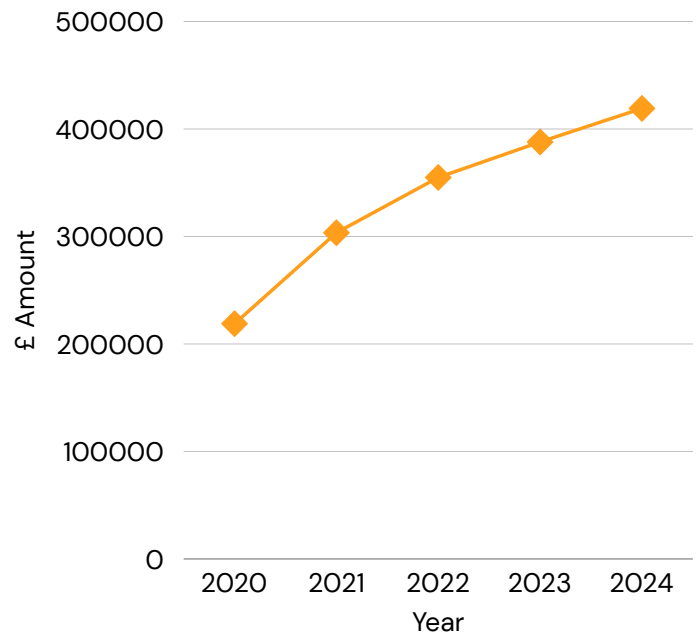
The Westminster Brighter Futures Fund was established in 2019 to continue Young Westminster Foundation's (YWF) aim of increasing long-term funding for the children and young people's sector to support Westminster's young people to grow up healthy, safe and happy.

The Fund is designed to respond to the needs of young people in Westminster. It also aims to encourage providers to work with Youth and Family Hubs across the borough and to sign up to Westminster City Council's Early Help Strategy 2022.

Funders 2023

The Brighter Futures Fund is a pool fund made up of a number of contributors. This year's funding was made available by Westminster City Council with further contributions from The Aziz Foundation, Berkeley Estate Asset Management, British Land, Capital Arches Group, Conway FM, Derwent London, Eyre Estate, Great Portland Estate, Grosvenor, The Howard de Walden Estate, John Lyon's Charity, Landsec, Shaftesbury Capital, St Giles & St George and Total Media. Corporate investment into the fund has increased year on year, this year **37% of funding was contributed by businesses and partners.**

Growth of Fund



Since its inception the Brighter Futures fund has grown year on year (2020: £218,877, 2021: £303,469, 2022: £354,913; 2023: £387,946). The current fund (2024-25) totals £419,139.

However, the need for funding has also increased and it remains one of YWF's core priorities to strengthen the community of support for children and young people in Westminster by increasing the number of grants to YWF members.

"Helping our young people to have a great start in life is so important. That is why I am proud that Westminster City Council is once again supporting the Brighter Futures Fund to help young people and families across Westminster.....enabling them to develop skills to forge exciting careers in the future, and also to engage in fun activities and make new friends." –

Cllr Tim Rocca

Project funding

The 2023/24, the fund received a total of 51 applications totalling £824,600. Thirty four grants totalling £387,946 were awarded to youth organisations across Westminster. The grants awarded ranged from **£3,500-£21,373**. Nine organisations received grants totalling over £15,000.

Half of the projects (N=17) received the total amount applied for in their application, half received less than the total amount applied for. Part funding was given only where it was possible to proceed with the project, i.e by reducing the number of weeks delivered / scope of geographical delivery location.

79%
funded organisations
annual turnover <500k

56%
previously funded by BFF

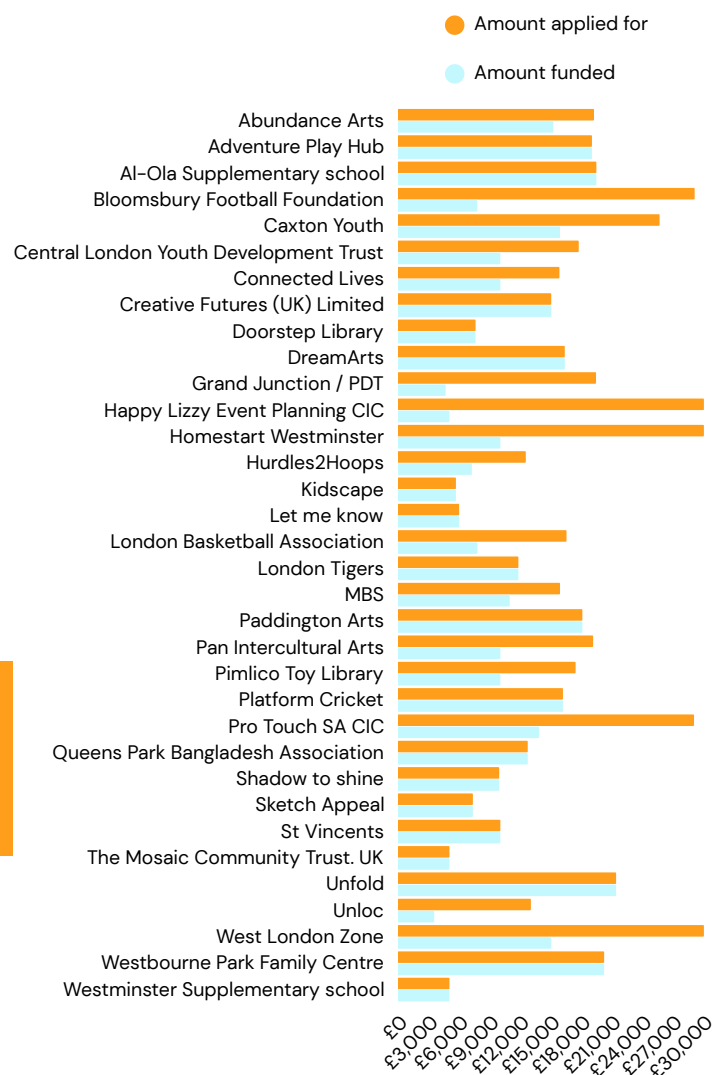
Average grant awarded

£11,263

34 grants awarded totalling

£387,946

Difference between amount applied for and amount funded



"This is one of the most accessible grants to small and local grassroots organisations like ourselves"

YWF Member

Grant making

Our Approach

The Brighter Futures Fund invites anyone who is a member of young Westminster Foundation to apply for 1 year of funding for up to £30,000.

Priority is given to those demonstrating a local need, strong youth voice element, effective evaluation practice and good fit with Early Help strategy. Applicants are welcome to book a funding surgery with one of the YWF team. We held 12 funding surgeries in October 2023.

The YWF team undertook due diligence checks on applicant's safeguarding policies, accounts and organisational budgets as well as initial assessments of all applications. Following this, a Young Grant Makers Pre-Panel was held with 4 of YWF's Young Ambassadors and applications assessed by young people. The Young Grant Makers provided feedback on whether or not projects were of interest to and/or meeting a need for young people in Westminster. These insights were then presented to the full grants panel consisting of local funders, businesses and Westminster City Council, who made the final decision on awarding grants using the funding criteria. Grants were either fully funded, part funded, funded with conditions or not funded. Applicants were notified of the outcome in writing including feedback from the panel. Once funding had been confirmed, grantees received a grant agreement, and terms and conditions of the grant. These are signed and returned to YWF in order to release funds.

The YWF team invited all grantees to a workshop to share and discuss the fund's evaluation framework and to provide advice and guidance about implementing this.

YWF has signed up to the Institute for Voluntary Action Research (IVAR) key values as part of our broader commitment to creating a more equitable and effective funding environment for voluntary organisations. These are:

- Proportionality: advocating for light-touch reporting, ensuring that reporting requirements are proportionate and meaningful
- Flexibility: encouraging funders to adopt flexible funding practices, allowing organisations to respond to changing needs and priorities
- Transparency: promoting open and transparent communication about funding priorities, requirements, and decisions
- Trust: building trusting relationships between funders and grant recipients, respecting the expertise and knowledge of the organisations they support
- Efficiency: aiming to make grant processes straightforward and efficient, minimizing unnecessary burdens on applicants and recipients.

YWF is committed to ensuring these values are implemented in all our grant-making activities.

Projects funded



Amount funded: £15,212
Provision type: SEND
CYP reach: 300 (8–18 years)
Locality: Northwest

Abundance Arts received funding to deliver 16 sessions of musical experiences, African drumming and percussion for students with severe and multiple/profound learning difficulties at QE2 Jubilee School and College Park School (SEND provision). Sessions create hands on, tactile learning opportunities which improve spatial awareness.



Amount funded: £19,000
Provision type: Play/SEND
CYP reach: 53 (5–12 years)
Locality: Northeast

Adventure Play Hub is Westminster's only Adventure Playground, open year-round after school, Saturdays, and holidays. APH received funding for their SEND project worker who coordinates play programs giving SEND children enriched local experiences. Activities develop creativity, sociability, and resilience. APH plans to work with Youth Hubs helping older SEND children transition from play to youth provision.



Amount funded: £19,434
Provision type: Education
CYP reach: 400 (4–18 years)
Locality: Northwest

Al-ola Arabic school is based at St Mary Magdalene CE Primary and leads this partnership with the Sudanese School. This project takes place on Saturdays and Sundays, young people explore their cultural identity (middle eastern, north African, Arabic and Kurdish culture) through dance, music and visual art with professional artists, musicians and dance teachers.



Amount funded: £7,736
Provision type: Sports
CYP reach: 178 (3–18 years)
Locality: Northeast

Bloomsbury Football received funding for “Changing the Game for Young People in Westminster”. Based at Harris Academy, 40 term time sessions of social, emotional learning focused football is delivered by community integrated coaches. Sessions improve mental and physical health, social mobility and life opportunities.



Amount funded: £15,861
Provision type: SEND
CYP reach: 55 (11–25 years)
Locality: South

The Caxton Youth Government empowers young people through skill development and workshops, ensuring their voice shapes internal and external decision making of the organisation. Led by elected ministers with support from a Youth Worker and the CEO, the funding is used for 12 government meetings, 1:1 support and activities. Goals are to influence the organisation and increase youth impact in education, social media and community partnerships .



Amount funded: £10,000
Provision type: Sports
CYP reach: 59 (8–16 years)
Locality: Northeast

Central Youth Development Trust received funding to deliver afterschool Bollywood dance sessions at Gateway Academy and Christ Church Primary School. The project culminates in a showcase event whereby the local community are invited to join in the celebration. The project directly benefits young people from global majority backgrounds.



Amount funded: £10,000
Provision type: Communities
CYP reach: 155 (10–18 years)
Locality: Westminster

Connected teens is a therapeutic programme delivered over 6 sessions, for parents of teens based on the latest neuroscientific research, Attachment Theory and trauma research, equipping parents and enhancing adolescent wellbeing. The funding was used to deliver 4 new groups, 2 in person in different locations in Westminster, as well as outreach sessions across youth hubs and family hubs.



Amount funded: £15,000
Provision type: Communities
CYP reach: 400 (3–18 years)
Locality: Northwest/east

Creative Futures deliver deliver free music drop-in programme for families in North Westminster. The funded programme offers 8 weekly sessions for mothers and babies, targeted nurture groups for vulnerable families, and open access sessions for families with children under 5. The sessions focus on music, play and socialising to support early childhood development and parents' mental health, with Nurture groups providing a crucial smaller-group / peer support environment for some families.



Amount funded: £7,566
Provision type: Education
CYP reach: 20 (0–11 years)
Locality: Northwest

Doorstep Library received funding to deliver a reading project on the Mozart estate. Volunteers knock on doors carrying stories to bring into the homes of children and families on a weekly basis during term time. Each family gets a 20 minute reading slot per week. The project aims to equip children with essential literacy skills, motivation and confidence to thrive at school, at home and beyond. In addition to reading volunteers signpost a variety of local services to all families.



Amount funded: £16,330
Provision type: Creative Arts
CYP reach: 73 (6–19 years)
Locality: South / Northeast

DreamArts EXPERIMENT project activities are delivered on weekends and include facilitating participants to devise and present creative works such as musicals and immersive theatre. The funding was used to pay the salary of the Project producer role who supports young people including young carers and young asylum seekers in activities focused on wellbeing supported by trauma-informed/attachment based approaches addressing social and political issues through creative expression.

GRAND • JUNCTION

Amount funded: £4,623
Provision type: Creative Arts
CYP reach: 7 (16–20 years)
Locality: Northwest

Grand Junction received funding towards “Takeover the Future Festival”. 16–20 year olds produced this youth-led festival with a final event and performance in collaboration with Westbourne Festival. This 8 week project provided an experienced event organiser and facilitator to guide a group of local young people through the process of curating a creative community festival including, live music, arts, sports, wellbeing activity stalls, food and more.



Amount funded: £10,000
Provision type: Youth Club
CYP reach: 19 (18–24 years)
Locality: Northwest

Happy Lizzy received funding to deliver 2 social clubs for young adults: ‘Thursday Vibes – Music/Band Social Club’ and ‘Friday Chill and Hobby Chat Wellbeing Social Club Youth Club Staff and Friends’. These Neurodiverse-friendly sessions gave young people opportunities to socialise, explore interests and hobbies, learn new skills (finance, life skills, first aid, DIY, Bystander, Social Care skills knowledge bank), and cook and share a meal together. Participants felt like they could be themselves and that they were safe and supported.



Amount funded: £10,000
Provision type: Communities/Families
CYP reach: 232 (0–5 years)
Locality: Westminister

HomeStart Westminister The funding provided core service provision to Westminister families. Support is tailored to each family's individual needs and circumstances and aims to empower and enable families to cope with the difficulties they face. All families are offered a combination of the following services: Befriending, therapy, weekly structured parent and child groups, and family outings.



Amount funded: £7,200
Provision type: Sports
CYP reach: 45 (6–18 years)
Locality: Northwest

Hurdles2Hoops is led by a group of young women and ex-professional basketball player. The funding was used to pay the salary of a basketball coach to deliver free access to weekly basketball sessions targeted at refugees and asylum seekers housed in Westminister's contingency hotels. As well as learning basketball skills it was a chance to socialize and make friends, and encourage future basketball talent!



Amount funded: £5,634
Provision type: Education
CYP reach: 17 (10–14 years)
Locality: Westminister

Kidscape's funding went towards 'ZAP in the Community' resilience and assertiveness workshops for young people (and their parents) experiencing bullying in Westminister. The funding covered three full-day anti-bullying workshops providing young people with a range of tools to increase assertiveness, build confidence and help manage bullying situations.



Amount funded: £5,950
Provision type: Education
CYP reach: 411 (11–16 years)
Locality: Westminister

Let Me Know Relationship Abuse Prevention Workshops: 10 Signs Workshops form a prevention programme that educates and empowers children and young people to choose healthy, nurturing and supportive relationships. This funding was a contribution to salary costs for the Engagement and Delivery Team.



Amount funded: £7,750
Provision type: Sports
CYP reach: 213 (10–25 years)
Locality: Northwest

London Basketball Association delivered a 20 week development, mentoring and training programme to engage, develop, and challenge disadvantaged Westminster young people, helping them reach their full potential. Through Basketball sessions young people could progress to LBA's Qualifications Training, and Volunteering Programme.



Amount funded: £11,772
Provision type: Youth Club
CYP reach: 103 (4–25 years)
Locality: South

London Tigers provided two weekly sessions of indoor safe space and after school activities for children and young people. Sessions were open to all. Activities included supporting physical health and mental wellbeing and enabling the development of life-skills e.g. social, communication and team building skills through team activities and friendly games.



Amount funded: £10,920
Provision type: Youth Club
CYP reach: 78 (5–14 years)
Locality: Northeast

Marylebone Bangladeshi Society's funding went towards running their Junior club – a place based youth club providing educational and recreational programmes in a safe and relaxed environment. Activities included: indoor games, homework club, IT support, workshops and health and sports sessions. These sessions were delivered after school and at weekends in Church Street.



Amount funded: £18,060
Provision type: Education/Employment
CYP reach: 31 (14–18 years)
Locality: Northwest

Paddington Arts received funding to produce an online magazine created and designed by young people for young people, to deliver information, views and opinions about the North Paddington Programme and the Creative Enterprise Zone. The project also provided training, emotional support and careers advice to young people, with a particular focus on the creative industries. Training included: Camera set up and operating, lighting techniques, interview techniques, editing software & techniques, research and information sharing & media and the law.



Amount funded: £10,000
Provision type: Creative Arts
CYP reach: 35 (10–18 years)
Locality: Northeast

Pan Intercultural Arts delivered in-school enrichment workshops for students to provide a creative and supportive outlet for at-risk young people at Beachcroft Academy through the use of different creative practices. This funding also enabled them to deliver an after-school project: drama workshop to build leadership and foster peer-to-peer support (group/1:1 projects, initiative, reflection & skills building).



Amount funded: £10,000
Provision type: Communities/Families
CYP reach: 200 (0–11 years)
Locality: South

Pimlico Toy Library work with families in South Westminster, some with identified needs e.g. special educational needs and disabilities, parental mental health difficulties and those living in poverty. Funding was used to deliver a term time play sessions for 0–4's including 'Harpbeeps' music class. Funding was used for staff time administration/ data & evaluation (membership and toy loan data base), maintaining stock of 1000 toys and toy-loan system.



Amount funded: £16,150
Provision type: Sports
CYP reach: 135 (8–11 years old)
Locality: South

Platform Cricket received funding for a pop up youth cricket hub in the Pimlico area of Westminster – sessions focus on mentoring, fitness, team-building, problem-solving, multi-sport activities and social events. The projects were targeted at young people from Churchill Gardens, Millbank, Pimlico, St Gabriel's and Westminster Cathedral Primary Schools.



Amount funded: £13,800
Provision type: Sports
CYP reach: 49(16–25 years)
Locality: Northwest

Pro Touch SA received funding for SEND Project which provided 2x weekly face-to-face physical and health well-being engagement for mixed gender participants. Project also has an employability strand offering 4 training sessions, qualification training (NGB L1/2) and paid and voluntary work opportunities across the academy for participants in the programme.



Amount funded: £12,690
Provision type: Sports
CYP reach: 109 (6–25 years)
Locality: Northwest

Queens Park Bangladesh Association received funding to deliver The 'Khushy Project' which aims to improve health and wellbeing of young people from Bangladeshi and Arabic speaking communities through badminton, cricket, football and tennis sessions. It also aims to build confidence, self-esteem and reduce isolation through participation in activities and mentoring. Delivered in settings with access to high quality sports pitches such as Westminster Academy Sport, Paddington Recreation Ground, Moberly Sports Centre, Jubilee Community Leisure Centre.



Amount funded: £7,300
Provision type: Creative Arts
CYP reach: 50 (7–16 years old)
Locality: South

Sketch Appeal received funding to deliver 'Chill Art', a creative space for neurodiverse children and young people to come together to PLAY attention – to relax, focus, express and absorb the benefits of mindful and unrestrained creativity specifically aimed to support those with a diagnosis of ADHD and/or mild autism. Project delivered in fortnightly workshops on Saturday afternoons.



Amount funded: £10,000
Provision type: Communities/Families
CYP reach: 20 (16–25 years)
Locality: Northwest

St Vincents Family Project used funding to enhance support for families with children aged 0–5 with special educational needs. A dedicated Tuesday session in the Sensory Room, equipped with a recently funded Sensory Projector, offers tailored engagement for SEND children, with a dedicated Support Worker assisted by staff and volunteers. The initiative is inclusive, extending support to families seeking assessments, providing a safe and stimulating environment for children's development.



Amount funded: £5,000
Provision type: Communities/Families
CYP reach: Mothers
Locality: Northeast

The Mosaic Community Trust received funding to deliver weekly workshop for local global majority mothers to raise awareness and capacity around prevention of issues related to crime, exploitation and serious violence and supporting young people and families in managing youth violence, delivered by a team of specialists. Also conducted focus groups and a needs assessment survey to inform the project's specific activities



Amount funded: £21,373.00
Provision type: Communities
CYP reach: 37 (16–25 years)
Locality: North West

Unfold delivered a weekly support group for young asylum seekers in Westminster aged 16–25. Providing a welcoming and inclusive environment for young asylum seekers, cultivating a sense of community and peer support, while serving as a means to identify support needs and operate referral pathways for access essential groups, services and organisations.



Amount funded: £3,500
Provision type: Education/Employment
CYP reach: 30 (15–18 years old)
Locality: South

Unloc supported students at Westminster City School to be changemakers through a high-energy and inspiring Future Leaders Summit, hosted at the school. The students identified their leadership styles and worked with each other across the day to build a social action project or campaign for their local community – which they showcased at the end of the session. Through this, they developed their teamwork and communication skills and gained the confidence to speak in front of an audience, before embarking on launching their projects with the support of school staff and Unloc.



Amount funded: £20,200
Provision type: Education
CYP reach: 248 (0–14 years)
Locality: Northwest

Westbourne Park Family Centre received funding to run 4 after school clubs targeting Brunel, Hallfield, Warwick and Brindley housing estates and local children in local contingency hotels. Activities included sports, games, creative arts, learning, reading and lifestyles.

Westminster Supplementary School

Amount funded: £5,000
Provision type: Communities/Families
CYP reach: 35 (5–18 years)
Locality: South

Westminster Supplementary School used this funding to deliver an Arabic language and homework Support Club. 78 sessions were delivered on Saturdays and Sundays for three hours per week. This project also gave volunteering opportunities for parents / community members to provide them with hands on experience of working with children from diverse backgrounds.



ALLCHILD

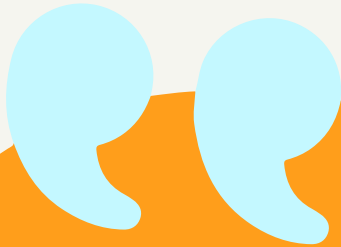
Amount funded: £15,000

Provision type: Education CYP

reach: 30 (10–14 years)

Locality: Northwest

AllChild received funding to deliver two terms of of their Impact Programme, working with 30 young people at St. Augustine's School. The project was a targeted programme of support for at-risk children and young people who have multiple needs in school attainment and wellbeing, unmet by existing support systems. The project provided young people with a trusted adult, WLZ Link Worker, who supported them to build the relationships, self-belief, and skills they need to get on track socially, emotionally, and academically to take on life positively.



"The course has made a profound difference in my relationship with my son. We can now communicate much more effectively, and I've learned to be more patient and mindful of our cultural differences. One of the most impactful changes is that I now know how to praise him when he's done well, which has been invaluable in strengthening our bond" Connected Teens



Project participants

In total, 28 out of 34 funded organisations provided demographic data regarding project participants. Whilst each organisation endeavoured to capture a complete dataset for each project, there were instances where this was not always possible due to data sharing processes, lack of consent and incomplete forms. As a result, the data presented below is based on the information that is available and may not reflect the true numbers across some variables. We removed two communities/ families projects from the analysis as these included data for both parents and children (N=1,315) Due to this, the reach of the fund may be underrepresented in the data presented below. Moreover, as the numbers provided are totals given by each organisation they should not be interpreted as unique reach across the fund.



Overall reach

2,777

Children & young people reached

1,034

ECHP*/ additional needs

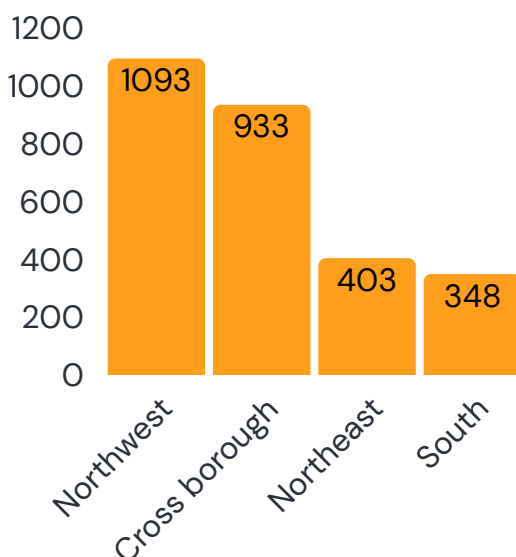
1,315

living in (IMD 1-3) areas of multiple deprivation

73%

global majority background

Number of young people reached by locality

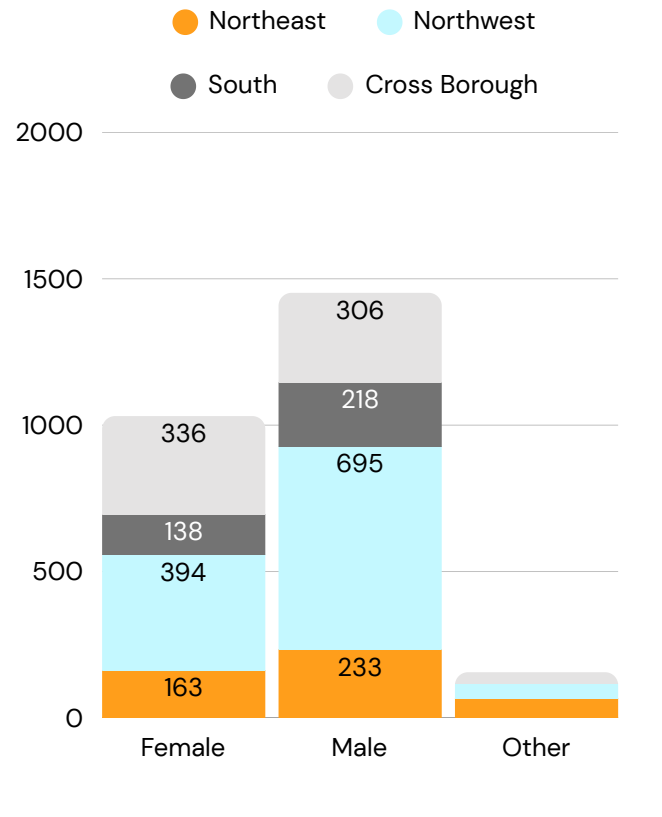


Demographics

Gender

Overall, 1031 (39%) of participants were female and 1452 (55%) were male. This contrasts to the 2022 BFF fund where 55% of participants were female compared with 45% male. Data across all localities showed a higher representation of males in projects compared with females.

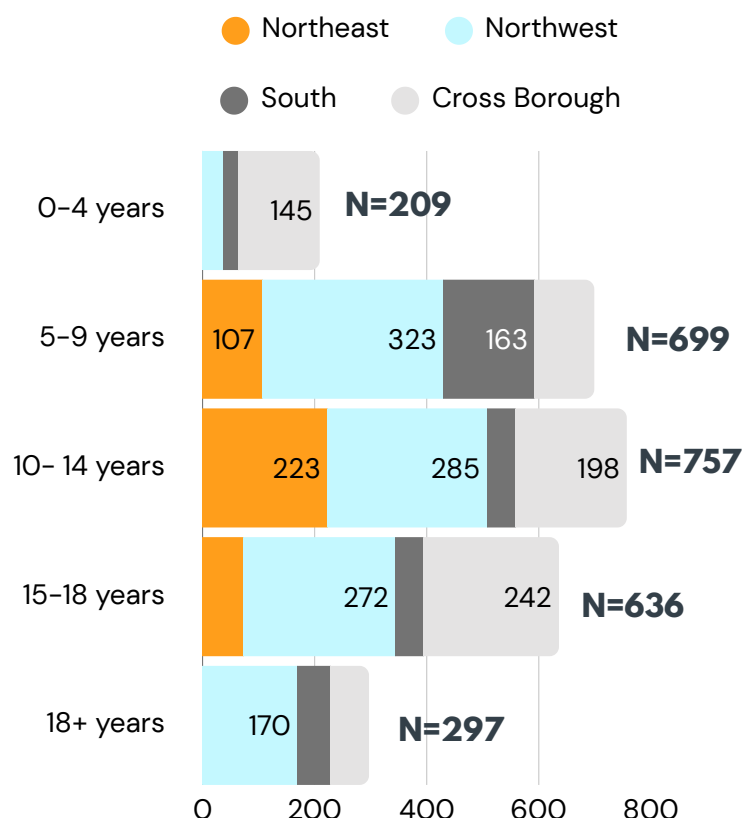
There was higher representation of Females in project themes: Communities and Families (201 vs 179), Creative Arts (65 vs 45), Education/Employability (158 vs 136). Project themes that saw a higher representation of males compared to females were Sports (568 vs 213) and Special Education Need targeted projects (232 vs 176). Project themes with less than 40% female participation were: Mentoring (37%) and Sports (23%) projects.



Age

Eighty percent of young people attending a BFF project were aged between 5–18 years old. Projects were attended most by 10–14 year olds. Due to the exclusion of data from two communities/families projects the true number of 0–4 year olds attending projects is most likely an underrepresentation. In 2022, the 0–4 age group made up 25% of the participant sample.

The 5–9 year old group were most represented in Youth club (62%) and Sports (28%) projects. 15–18 year old group were most represented in Education/Employment (37%) and Sports (32%) projects. The over 18 year group were most represented in Sports (34%), Communities and Families (22%) and SEND (16%) projects.

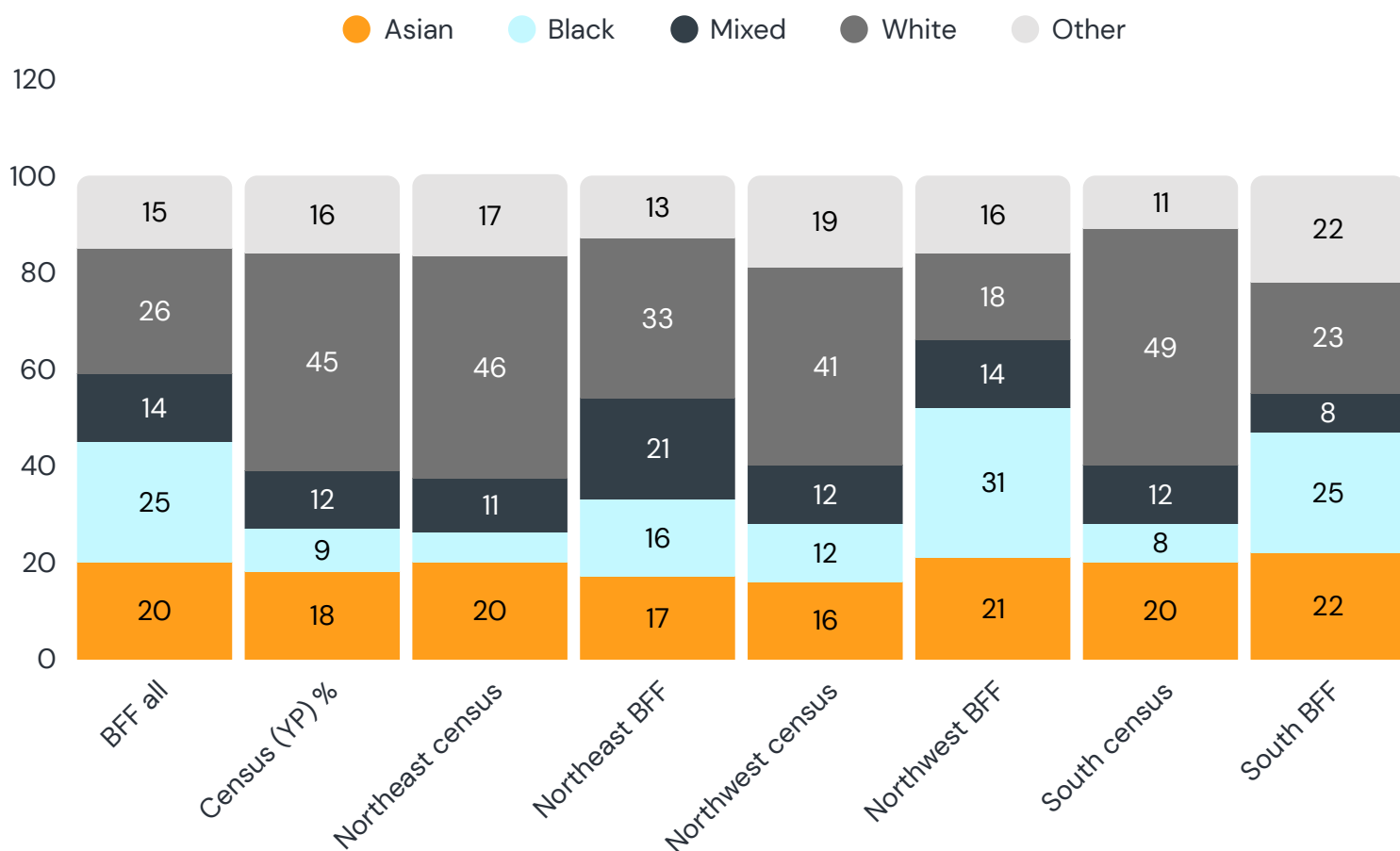
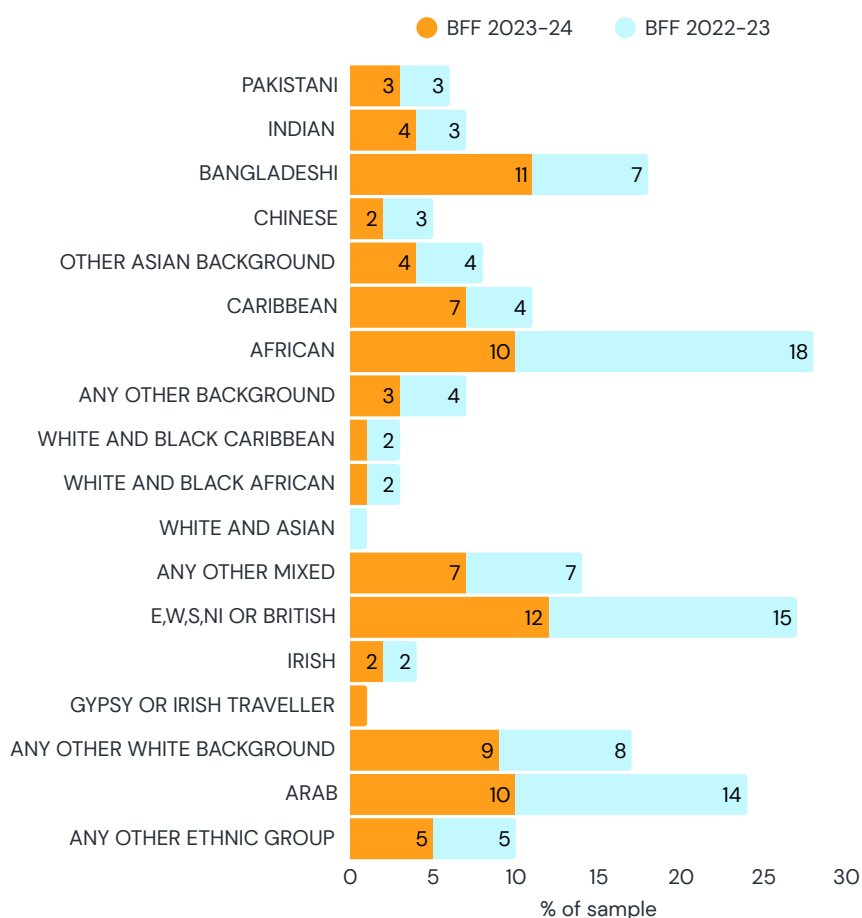


Ethnicity data

Sub-category ethnicity data was reported for 1,536 children and young people. More organisations reported Main Category Ethnicity data rather than sub-category data for children and young people (N=2,354) this year. Compared with the data returns from BFF fund 2022, there were a higher proportion of children and young people in the 2023 sample from Bangladeshi, Indian, Caribbean ethnic backgrounds. Children and young people from African, English, Welsh, Scottish, Northern Irish or British, Other White, White and Black, Mixed or Dual heritage, and Arab ethnic backgrounds were less represented this year.

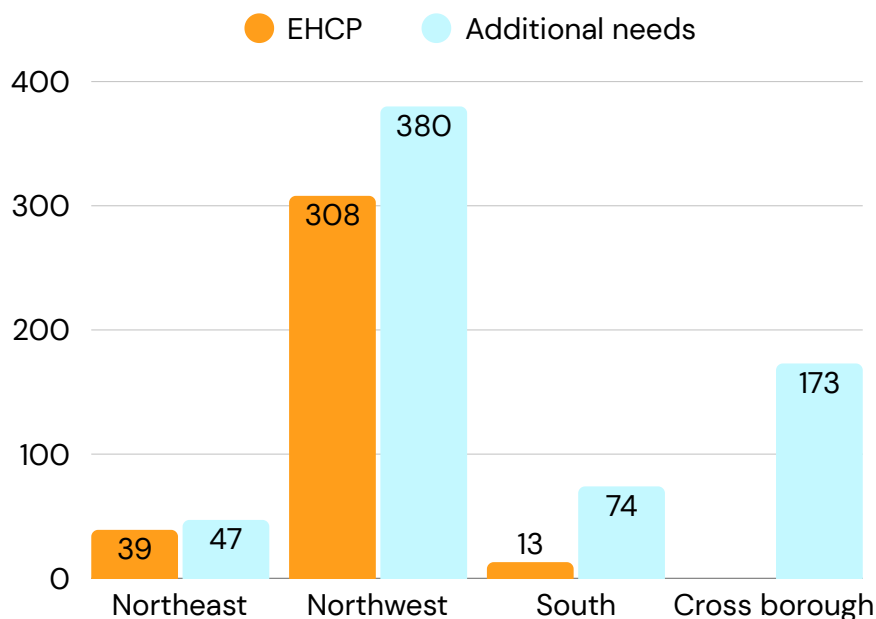
Census 2021 ethnicity comparison

Compared with Under 24 Census data (ONS, 2021), children and young people from Black, Asian and Mixed/Dual Heritage backgrounds are overrepresented in the BFF project sample. The stacked bar chart below provides further insight into Main category ethnicity proportions by locality area (BFF vs Census).



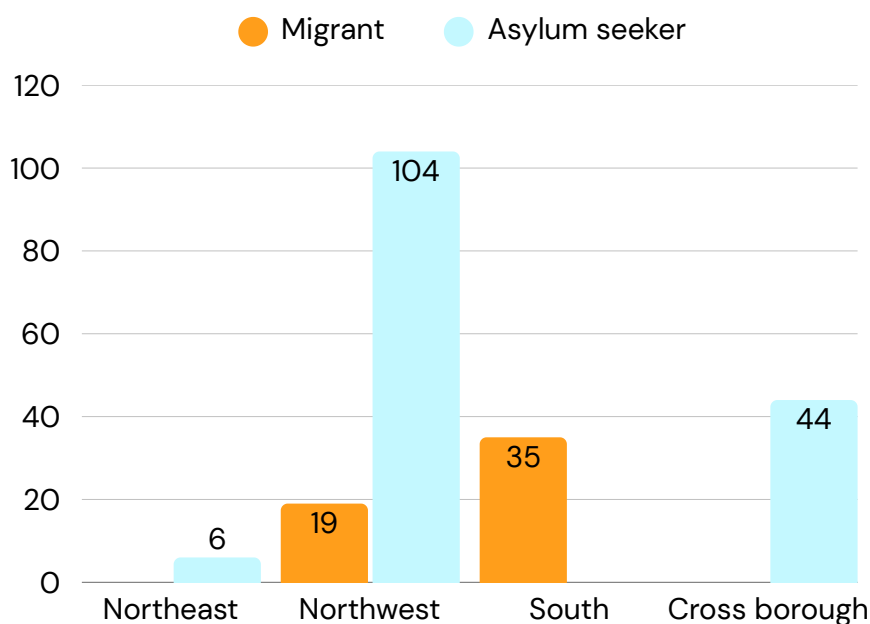
Education, health & care plan and additional needs

In total, 360 (12%) children and young people participating in a project had an EHCP, with a further 674 (24%) identified as having an additional need requiring more support in the setting. Young people with an EHCP attended a SEND (96%) or a Youth club (2%) project. Those with additional need had representation across all project theme groups, the most in SEND, Education/Employment and Sport. Fifteen young carers attended creative arts and youth club projects. The SEND rate for The Holiday, Food and Activities Programme (Summer 2023) was 23% which aligns with these observations.



Young migrants and asylum seekers

In total 54 young migrants and 154 young asylum seekers attended sports (40%), youth (33%) club, mentoring (24%) and communities/families projects (3%).



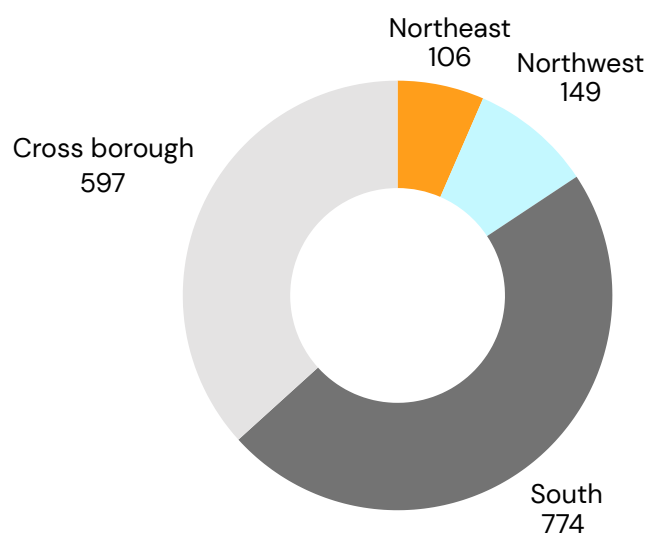
Children and young people living in areas of multiple deprivation

Data was reported for 1,315 children and young people living in multiple deprivation index (1-3 deciles). 57% were reported for Northwest, Cross-borough (21%), Northeast (13%) and South (7%).

Number of parents supported

1646 parents were supported through a Brighter Futures Project, 47% of these were recorded for South Westminster, 36% cross borough. Northeast had the lowest proportion of parents supported (6%).

Parents supported by Brighter Futures



Attendance

2,646 (95%) of children and young people attended 70%-90% of all sessions delivered.

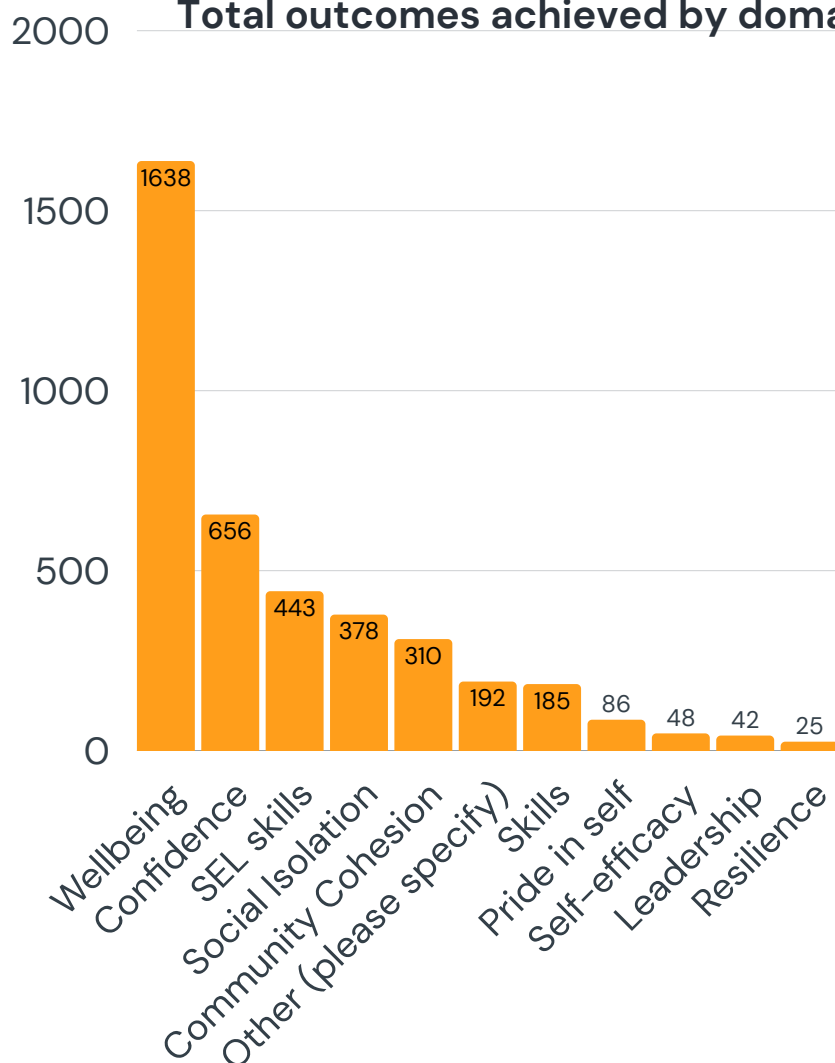
Outcomes

Eighteen projects (52%) reported outcome data for beneficiaries. This graph reflects total outcomes achieved by children and young people as reported by grantees. Each grantee could report up to three outcomes for their work, which means individual young people may appear across multiple outcome categories. The totals therefore represent the frequency with which each outcome was reported as achieved for CYP, rather than unique counts. A total of 1,643 CYP achieved the first reported outcome, 1,184 the second, and 1,176 the third. Wellbeing is the most common outcome domain (14 projects), followed by confidence (7), other specified outcomes (6), and social isolation (6). Community cohesion, skills, and social-emotional learning (SEL skills) each appeared 5 times. The least reported outcomes—leadership, pride in self, resilience, and self-efficacy—were recorded only twice.

Self-report surveys was the most common evaluation method, mainly post-intervention or pre-post surveys to measure change. Many also used direct observation to assess changes to behaviour and engagement. Some grantees undertook interviews and focus groups with children and young people. A few projects utilised standardised tools like the Strengths and Difficulties Questionnaire, while others developed bespoke instruments tailored to their project goals.

Employability projects supported young people through training, qualifications, and work experience opportunities. A total of 59 young people received training, while 69 achieved a qualification or accreditation. Additionally, 76 gained unpaid work experience, 68 paid employment, and 49 in unpaid/volunteering roles.

**Children and young people:
Total outcomes achieved by domain**



88%

Median outcome progress rate

Median progress outcome rate

Half of all reported outcomes have reached at least 88% completion for project cohorts, demonstrating strong overall beneficiary progress across the majority of projects reporting outcomes data.

Case studies

Khusy project

Individual Case Study

Provided by Queens Park Bangladeshi Association

Since the 'Khusy project' (happiness) began there has been much interest and engagement from the local community. It has opened opportunities for diverse young people to join up, have fun and benefit from our activities.

Abdul's Story

Abdul, aged 16, from Queen's Park W10, has been a regular participant and mentioned how much he benefitted from the sessions. He had just completed his GCSEs and was spending a lot of time during the new year hanging around the streets just to pass the time. Often, there was boredom because there was not really anything to do. When our outreach team told him about the sports sessions, encouraged by his friend, he agreed to come, together with some of his peers. It became a regular attendance for them, and he mentioned the benefits it provided.

"I'm really enjoying these sessions. It's been good" he said. We had a conversation with him to give us some in-depth feedback. These sessions had multiple impacts on him and the wider community. For example, he spoke about the health changes he made specifically because of the sessions. "I feel much healthier and confident. I used to eat like chips and burgers, but to play football like this I need to eat properly, so I cut out the fast foods and just eat better now. Try to stay off the fried stuff, eat more home food like rice and curry but adding in veggies and fruits". Although a minor change, he mentioned that he became more conscious and aware of how he should moderate his lifestyle with healthier choices. Hence, our aims resonated with Abdul, and also with other participants.

There were other socio-economic benefits deduced from our interview with Abdul. We asked him how our sessions impacted the wider community. "It has benefitted the community. I've met new people, talk to people I never would... it brings everyone together, we enjoy the games so yeah, it's been good" he stated. We also asked, 'How has it impacted your wellbeing?', to which the response was "I feel much better than before because I am keeping busy with good friends. Before either I was hanging around the estate or just home. I needed this for the weekend, I look forward to Sunday". Hence for Abdul, our sessions added an element of positive discipline to his schedule.

The overall improvement in wellbeing is reflected in his demeanour. Before our engagement, we could see the potential negative influences in the area e.g. ASB, Drugs, and Crime which could impact Abdul and his peers. Hence, by engaging them through our sessions it is nice to see that they're connecting with everyone and are more optimistic about their future.

Grosvenor Estate Youth Club

Individual Case Study

Provided by London Tigers

"Before London Tigers life was really boring with nothing to do after school and after college. I go to college now. I used to be a really shy quiet person with lack of confidence and getting anxiety if asked to speak up in front of people. I have been attending London Tigers club since I was a little child, it was so fun, full of activities and the highlight of my week. I still feel the same about London Tigers even now. I look forward to it every session. The days when there is no London Tigers session I just sit around at home, doing nothing or occasionally I go to the park. Pretty much its boring and depressing.

I started attending London Tigers when my mum used to bring me here when I was a young child as she also felt so happy coming here. We have never stopped attending, my mum, myself and my brother, not to mention all my friends, my brother's friends and even my mum's friends. London Tigers is the place where I made true friends and to this day the friends I made at London Tigers are my closest friends. My mum feels the same about her friends. There is something about London Tigers, it is difficult to explain, but in the simplest words I can put it is that being at London Tigers and with London Tigers staff makes you feel special, you forget your worries, you feel happy all the time and do not want to leave, in fact Halima (the Manager) has to keep telling us please guys I have to lock up now, I have really far to travel home. This is not just how I feel but I know that everyone else at London Tigers feel the same, whether you are old or young, everyone always ends up overstaying from the closing time, sometimes even more than an hour.

Growing up as a child I knew that there would be exciting games, adventures and activities happening at London Tigers the staff always created exciting projects for everyone, we loved every session so much. When it closed during Covid, we used to keep messaging to ask when it will open. After Covid when it reopened, I was ecstatic to meet the staff again but also very nervous and shy. I did become rather withdrawn after London Tigers closed for those Covid years. I wasn't sure what to expect and whether I would be allowed to attend any longer as a member as I now go college.

Now coming back to London Tigers I feel like I have found my self confidence again. I feel really empowered and lifted. You won't know the feeling unless you are with London Tigers. We really feel at home, in fact more at home than home, there is a purpose, there is challenge and there is so much fun. We were put in charge of fun activities and we helped set up and lead activities for the little kids e.g. treasure hunts and dodgeball contests. When I am given these roles I see myself change into someone who is a leader and it is really motivational that the younger kids then look up to me with respect, it drives me to want to achieve more. Staff give me opportunities for self-development and progression. They always guide me to improve myself and help me develop skills and experiences to make me work ready once I get a job. When they give me roles of responsibility, I feel truly honoured that they trust me and have confidence in me".



Broadening Horizon Arrival

Individual Case Study

Provided by Unfold

Aaliyah* is a young woman from Saudi Arabia who is seeking asylum and used to live in one of the contingency hotels in Westminster when she joined the programme.

"As an asylum seeker over the age of 16, I did not have access to school or employment which was really isolating, and I had no idea what support I could access. I heard about Unfold when they did outreach at my hotel, they told me about the youth support group that was nearby and the mentoring opportunities. Because I didn't have community here, I wanted to join so I could socialise with people my age. I really wanted to connect with the community, try new activities and to build my confidence."

As the project started, Aaliyah expressed a desire for more regular connections in spaces where she could go to meet and talk to young people in similar situations as her and participate in fun activities, so that she could more easily navigate the complexities of life in a new city and country.

"I have been exploring places I have never been. From the start we made a connection but around the second session I felt really comfortable. We have been exploring places and lots of chatting. Something I'd never done before was going on trips, exploring new places in and around London. I loved going to London Zoo, especially seeing the monkeys. It pushes myself out of my comfort zone. Before I was really scared and anxious to meet new people but now I feel more confident talking."

As the sessions went on, Aaliyah started realising the diversity of services and opportunities offered to her and especially at the youth club where we hold the sessions. As she has an interest in music, she often uses the music room at the youth club to work on her music and producing skills with the support of a youth worker. When Aaliyah first joined the youth support groups, she also expressed the need to take part in other strands of our services and was paired up with a mentor. In the summer, Shada heard about the opportunity to join our Youth Advisory Council (YAC), which is composed of a group of young people who have been through our programmes and provides us with direction and holding Unfold to account.

"I have nearly completed my mentoring, I have about 4 sessions left! The sessions have helped me to open up more about myself. Mentoring really met my expectations; it is more fun than I thought. We have a lot of common interests so I could see why Unfold had paired us up. I also joined the YAC as an opportunity to develop my confidence, meet more young people, develop my skills, and understand what Unfold does on an organisational level. I found it really challenging to meet new people, now joining the Youth Advisory Council, it's something I am actively working on overcoming as I get more involved with the YAC. The most important thing I've learnt is to not mask, to be myself and be confident in myself. Giving myself grace, time and patience."

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