

# Annual Report

Jan – Dec 2022



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# Chair's Report

## Welcome to A.P.P.L.E.'s 2022 (Draft) Annual Report.

A.P.P.L.E. is registered charity ( 1076880) working with young people based in Acton. We are a free, open access, drop-in organisation.

2022 has been our first year relatively Covid free. We have been able to run our full programme made up of our core projects - Food Programme and Eating Together, Art and Creative Projects, Sport and Outdoor Play and Youth.

A.P.P.L.E. continues to provide a safe, nurturing place for children and young people to come to where they can experience an active and exciting time.

We see on average 100 children and young people a week in term time at our out-of-school sessions and 200+ a week in the school holidays.

A.P.P.L.E have run 63, Mon – Fri, holiday sessions over the past year, with multi activities, events, and trips. The highpoints include the residential trip at the activity centre in Amersham provided by Jack Petchey and the Littlehampton trip to the seaside, Acton Carnival, and our Halloween party with the usual mayhem.

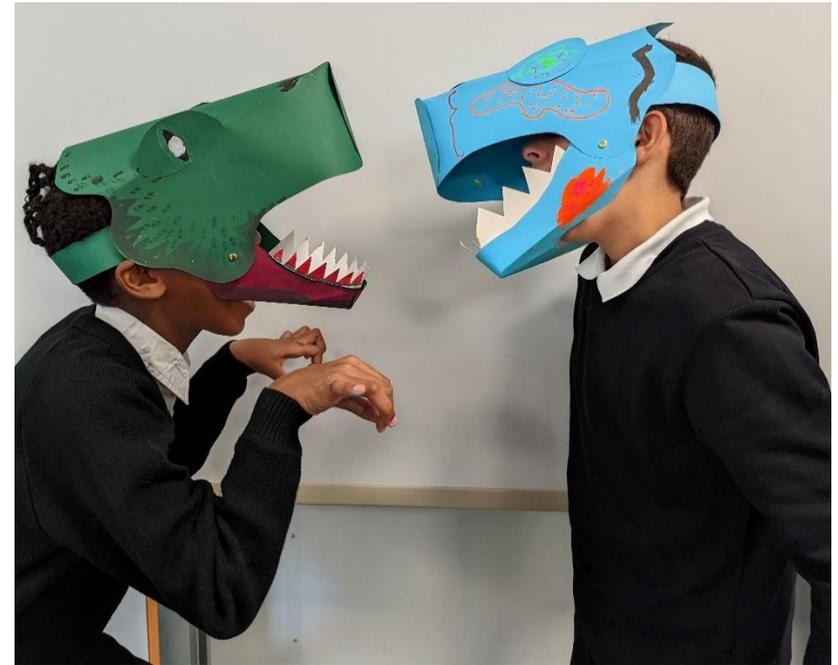
We have run 30 term time sessions for each project -Tuesday Drop-in Art Club, John Perryn Art Club, Cooking Club, Friday Youth, and Saturday sessions .

One of our primary aims has been to re-establish 'old school' pre Covid A.P.P.L.E.: playing out, eating together, making stuff, going places and being with friends. The content of these sessions are planned to engage children and young people and assist in building confidence, developing life skills, enhance education and work opportunities.

The ARTBLOCK, based here in Acton Park, offers all those who come a welcoming, safe and creative environment. We have seen a record number of children this year.

853 individual children and young people have attended this year at least once.

Our core group is made up of 98 children and young people who attend on a regular basis.



We are seeing more families with younger children since the Children's Centre closed. This has made more demands on our resources as we now accommodate parents and the needs of the under 8's. In order to give the youth time for themselves we have established a Friday Youth Session. Our main issues this year have been around coming out of Covid and the cost-of-living crisis. Food insecurity and evictions are increasingly dominant issues. Our children and young people face various challenges linked to home, school and personal relationship. Many of them have complicated feelings about their futures. Most of the problems our young people are experiencing are usual ones, bullying, difficulties at home but also there is a lot of general anxiety and tiredness with families as they face a difficult winter. This is reflected in the children and young people.

We are also supporting 31 children /young people with additional needs and requiring extra attention. This includes, Downs syndrome, autism spectrum disorders, ADHD, bullying and anxiety.

A.P.P.L.E.'s income for the past financial year was the highest so far. Even so, A.P.P.L.E ran into cashflow difficulties in February this year as our funding reached a low point with no new project grants in sight and our 2 large long-term grants covering all our expenditure.

We were helped out by an uplift grant from the Big Lottery of £23,000 (10% of the total grant) This was to cover the increased costs during the current economic situation. In addition, John Lyons Charity agreed to bring forward their grant payment from August to May. The situation eased as we went into the new financial year with 2 new project grants awarded from Young Ealing Foundation and Garfield Weston.

We have several grant applications in at the moment with HS2, St James Place, London Community. We are waiting to hear the results. We are also planning to apply to Children in Need in the new year for a grant covering core organisational costs.

## **STATS**

- A.P.P.L.E. has supported 23 families with weekly groceries and meal prep packs.
- We have provided 1117 session places during the summer holidays averaging 39 individuals per session
- 853 individual children and young people have attended this year at least once. Our core group is made up of 98 children and young people who attend on a regular basis.
- Our core group is made up of an exact 50/50 split between boys and girls (49 girls, 49 boys)
- During the summer holidays 12% were under 5 years old, 49% were under 12s, and 39% were over 12s.
- Children and young people attending A.P.P.L.E. come from over 46 different ethnic background. 76% of individuals attending coming from an ethnic minority background.

In November, A.P.P.L.E. incorporated our new A.P.P.L.E. Achievement Awards whereby young people can complete a series of tasks and gain awards in the following areas:

Art    Sports    Camping    DIY    Youth Leadership    Cooking·    Gardening    Event Management    Member Recognition

With every award achieved young people will have £10 placed into a pot which they can spend on trips or equipment, as well as combine it with that of their friends for something of greater financial value. Six awards have been presented so far in camping and event management, with at least 7 more in progress.

A.P.P.L.E. has also restarted its membership with the Jack Petchey Foundation and presented its first Jack Petchey award in November.

## THE FOOD PROGRAMME

### TUESDAY GIVE AWAY

On Tuesday afternoons we get our delivery from City Harvest and from 2 – 5pm families come and collect food packages from the ARTBLOCK.

City Harvest is a local charity re-distributing food, they help solve some of London's biggest problems; waste, inequality and food insecurity.

City Harvest "feed some of our most vulnerable and deserving fellow Londoners: The oldest. The youngest. The newest arrivals and the people with the deepest roots in the city." [www.cityharvest.org.uk](http://www.cityharvest.org.uk)

14 families collect regularly from A.P.P.L.E. on Tuesdays., with a further 9 making use on occasions. These families are living in various challenging circumstances: newly arrived, single parents, low-income employment and poor housing. 14 children take home food they have cooked at Cooking Club, 20+ children and young people take home food after the sessions, for example, packets of biscuits and fruit. 5+ families come on Saturdays and take home whatever there is left at the end of the week, this is usually fruit and vegetable. Many families are finding the cost-of-living crisis a struggle and at A.P.P.L.E we aim to help out by sharing what we have.



## THURSDAY COOKING CLUB

Last year's Cooking Club was a challenge as there were a majority of very fussy eaters. Almost none of them would eat any fruit or vegetable. There was a lot of anxiety around food. The staff worked very hard to encourage the children to be more adventurous in their eating, including holding a Taste A Vegetable Competition, with points awarded for the most vegetables tried. There was some progress made but it was hard work

This year's group are completely different. They are really enthusiastic about cooking and more willing to try new things. They enjoy creating their own recipe books. A number have brought in recipes from home and we have some very supportive parents who we are hoping will come and cook with us in the new year.

It makes a big difference if the majority of the group are willing to try new foods, when most of the group are reluctant eaters the atmosphere becomes cautious. This year's group are quickly becoming accomplished cooks.



## EVERYDAY EATING

A.P.P.L.E provide food at every session, during term time that includes Tuesday Drop-in , Thursday Cooking Club, Friday Youth Night and Saturday open session. In the school holidays we provide food Mon – Fridays.

As well as food deliveries from City Harvest we are also helped by the London Mayors Social Kitchen grant.

Children and young people help with cooking – everything from shopping, prepping, cooking, laying up, serving and clearing away. On busy days in the holidays we can be providing food for more that 50 children.

We are cooking at our limit. SB,(staff) has said that they cannot cook enough food on Saturdays.

We dream of a kitchen hub.



## CREATIVE WORK

A.P.P.L.E have been running After School Art Club for over 20 years.

30 x Wednesday- term time art sessions from 3.15 – 4.30 for 16 pupils from Years 5/6

These sessions take place in the Practical Room at the school. The years programme is designed, prepared and delivered by 3 experienced arts workers, part of the in-house A.P.P.L.E. arts team.

This year's group is made up of the Year 5's from last year (now in Year 6) and a new intake from Year 5. The new group are noisy and exuberant. They are enthusiastic and are very keen to have something to take home each week. The aim is to build up to longer projects and some group work.

Over the year, general projects have included - work on the Tree Trail – monkeys, goblins, beetles and the snake and during the summer holidays- artwork for Acton Carnival , hand puppet chameleons, Mexican wrestling masks, Cowboy wanted posters, Turtle boxes, Diwali lanterns, Autumn lanterns, clocks , tie-dying and more.





## **TUESDAY DROP-IN ART SESSIONS, SATURDAYS and HOLIDAYS**

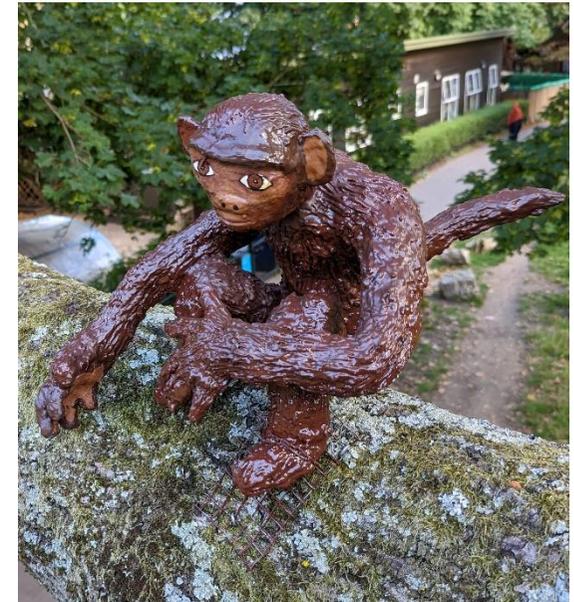
The creative activities at A.P.P.L.E. are often ambitious and require creative problem solving to realise end products of a high and imaginative standard. There are many benefits to creative work, the process of making artwork develops multiple skills. The projects require patience, application, and the acquiring of techniques. Projects can be long and require many stages of work. They teach perseverance, flexible thinking, self-motivation and exacting and critical standards.

The projects can be demanding, and children learn to demand high standards for themselves. The reward comes from the effort made. Success leads to confidence-trust- risk taking and problem solving.

Art with A.P.P.L.E at the ARTBLOCK provides a safe environment where the children can take risks with their imagination.

The artwork this year has Knights, Star Wars props and costumes, Fish whirligigs and mobiles, Carnival art, Halloween costumes and props.

There is always the opportunity for children and young people to work on their own creations as well.



# SPORT AND OUTDOOR PLAY

Sport and outdoor play happen all the time, at every open access session. There is always table tennis, roller skates, bikes and skateboards, hoops, skipping ropes and a tyre swing available. Sports include, football, basketball, volleyball, badminton and some hockey and croquet. Lots of group games, tug-of-war, bulldog and dodgeball. We aim develop our sports, games and outdoor play to improve the fitness and well-being of young people and to encourage exercise and sport to be part of their future lives.

Many of our young people do not generally participate in organised sport, dislike 'games' and exercise, or can't/don't join sports clubs for financial and/or other reasons. The connection between physical activity and mental health and wellbeing is well established. After the restrictions of Covid during the last summer holidays, A.P.P.L.E concentrated on inclusive, physically rough and tumble outdoor games to build stamina and group cohesion and lots of fun and laughter. The emphasis is on physically moving, enjoying being outside and playing.



# EVENTS and TRIPS

A.P.P.L.E. have provided a wide array of events and trips throughout the year including at least one event or external trip every week of the school holidays. In the February, young people were taken on an ice-skating trip to Queensway. During the June half-term and throughout the summer, regular trips to Oxley skatepark in Watford were held for our more confident skaters, which proved to be hugely popular every time. The summer holidays saw a total of 5 trips which included two skate trips, a rock-climbing trip, a day trip to Littlehampton beach for children and their families (53 attendees on this trip), and a 3-day residential trip to Woodrow High House.

In July, after a 2-year break, Acton Carnival finally returned. Children joined the parade dressed in tiger-themes t-shirts and masks which they had decorated themselves, with 5 young people drumming in the parade. For a large number of our attendees this was their first time attending the carnival and have since been very excited for next year's parade.

A.P.P.L.E. also hosted 3 major events throughout the year. In June, a Jubilee Tea Party was held in celebration of the Queen's Platinum Jubilee. In August, a beach-themed party was held to wrap up the summer holidays, and in October our annual, highly popular Halloween party was held.

Overall, trips and events were numerous in 2022, and A.P.P.L.E. hope to continue this into the new year.



# FUTURE PROJECTS

Our main aim is to continue doing what we do. Which means securing enough funding to keep all areas of our programme operating.

Also to continue to develop our Youth session and expand the new AAwards.

We also dream of a new kitchen hub.

# SUMMARY

A.P.P.L.E.'s role continues to change and expand as we look for creative ways to develop as a community resource for children and young people and their families. The food programme and eating together has always been at the heart of A.P.P.L.E and has grown to include our Tuesday Food Give Away, something we did not envisage even 3 years ago.

The summer holidays reinforced the need for children, young people and their families to have somewhere to meet and play. The costs to families of even a simple trip out such as swimming have been made more difficult with the rising costs of everything from food to heating. A place that is safe and free, offering exciting activities, support and friendship has become increasingly needed.

A.P.P.L.E would like to thank all those who have been a part of A.P.P.L.E over the year and especially **City Harvest** for their contributions of food which have helped support our families through the past year. It makes a big difference to our food budget .

We would like to thank all the companies and individuals who have donated to A.P.P.L.E. – Churchfield Community Association, Barrett's Housing and Volker Fitzpatrick (who undertook the Tough Mudder Challenge and made A.P.P.L.E their particular charity). As ever all donations are most welcome. The extra funds go towards things that fall outside our grants, for example, refreshments on trips out.

A.P.P.L.E would also like to thank **The Big Lottery** and **John Lyon's Charity** for their unwavering support especially with all the changes we have made to support our children, young people and their families during the past year.

A BIG thank you to **the staff** who have again been outstanding. They have worked tirelessly over the past year putting our programme back together after Covid, introducing new projects, and inspiring and supporting all our children and young people. Thanks also to the committee, trustees and all the people and organisations that continue to support A.P.P.L.E



A large, stylized handwritten signature in black ink, consisting of several overlapping loops and lines.

DAVID THADDEUS - CHAIR

## **APPENDIX 1**

### **A.P.P.L.E. STAFF, COMMITTEE AND TRUSTEES**

A.P.P.L.E. is a registered constituted charity with a Management Committee of Chair, Treasurer and Secretary and six trustees.

There is a core support group of staff. A.P.P.L.E. has a large group of volunteers ranging from regulars to those who come and help for specific projects, e.g. carnivals.

#### **Committee:**

**Chair:** David Thaddeus      **Secretary:** Sharon Duce      **Treasurer:** Tessa Swithinbank

**Trustees:** Deborah Catesby, Amanda Mason, Edward Parkinson, Rachel Pepper, Dilys Tisshaw , Kit Harington

**Project Coordinator & Co-founder** - Vicki Barker

**On-site Project Manager** - Sam Barker

**On-site Building Manager** – Jake Barker

**On-site Safeguarding Officer** – Nella Novy Johnson

**On-site admin support** – Abigail Leitao

**Off-site admin support** - Jessica Mason

#### **Lead Youth and Project Workers**

Jake Barker

Nella Johnson

Sam Barker

#### **Project Staff**

Taranom Mansoubi

Kai Thomas Lewis

#### **Gardener**

Neville Capil

## APPENDIX 2

### FUNDING ORGANISATIONS

Our work is supported by:



JOHN LYON'S  
CHARITY



**The London  
Community  
Foundation**

YOUNG  
EALING  
FOUNDATION



**PayPal**  
Giving Fund

THE JOANIES TRUST



**VolkerFitzpatrick**



**BARRATT**  
DEVELOPMENTS PLC

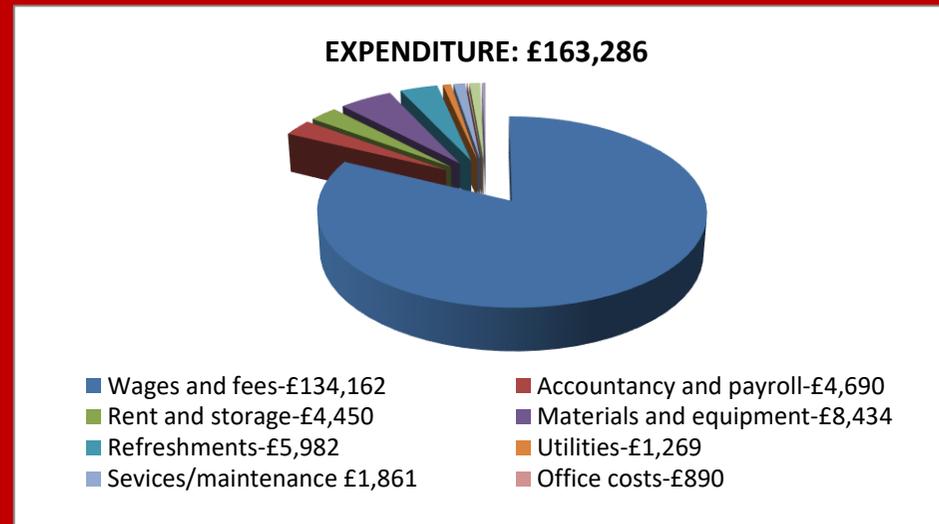
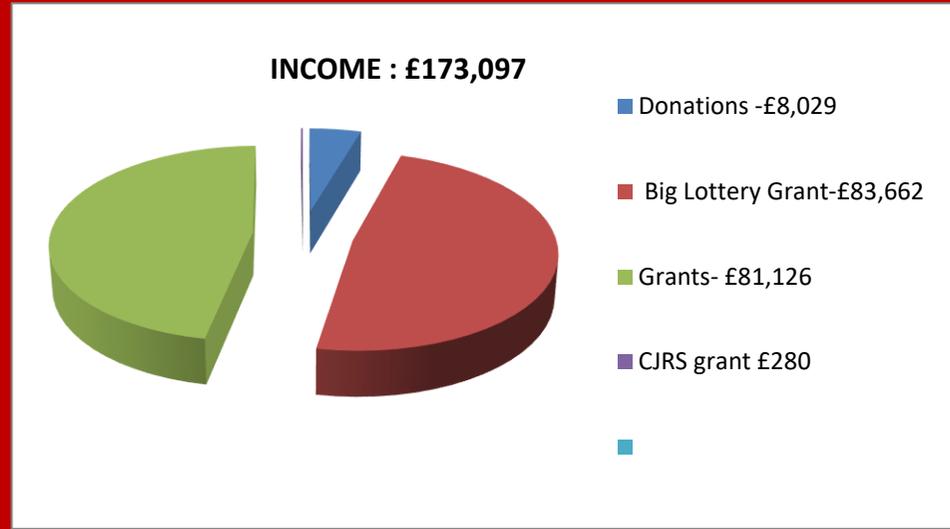
### CONTACT GROUPS

Churchfield Community Association ~ John Perryn Primary School ~ East Acton Primary School ~ Artification ~ Derwentwater Primary School ~ LB Ealing: Parks, Environment, Children's Services, Youth & Connexions ~ Bollo Brook Youth Club ~ Ealing Skateboard Association ~ Young Ealing Foundation

### APPENDIX 3

## A.P.P.L.E.'s Annual Accounts for the period 1<sup>st</sup> April 2020 – 31<sup>st</sup> March 2022

Accountants: Clarke and Co, Acorn House 33, Churchfield Road, Acton, W3 6AY





## **A.P.P.L.E. Contacts**

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E-mail: [vicki\\_appleplay@btconnect.com](mailto:vicki_appleplay@btconnect.com)

[www.apple-play.com](http://www.apple-play.com)

### **Abigail Leitao– On-site Administrator**

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