



# Annual Report

Jan – Dec 2019



## **Chair's Report**

Welcome to A.P.P.L.E.'s 2019 Annual Report.

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, exciting and challenging time.

A.P.P.L.E. is registered charity ( 1076880) working with young people based in Acton, which includes highly deprived wards of the London Borough of Ealing.

A.P.P.L.E. was established in 1996 by local parents. Our purpose is to "enrich the lives of disadvantaged children and young people living in poverty and social exclusion by providing free, open access recreational, educational and creative opportunities."



A.P.P.L.E. is a free, open access, drop-in organisation. We see 100+ children and young people a week at our out of school sessions. 200+ a week in school holidays. The drop-in nature means that we see different children and young people at every session. About 68% of any session is made up of core group users.

Our participants are children and young people mainly from 8 - 18 years old. The range of disadvantage and difficulties experienced is extensive with personal, individual problems and declining socio economic circumstances. They may be experiencing one or more of the following: poor living conditions, low income families, unemployment, single parent families, estates experiencing high levels of anti-social behaviour, crowded living space, bereavement, poor parenting, poor nutrition, in care/fostered, neglect/abuse, newly arrived to the UK, English as second language, isolated groups, poor school attendance, low expectations and achievement levels, educational statements, behavioural difficulties, low self-esteem and poor confidence, anxiety around peer pressure, bullying.

## This year

A.P.P.L.E has run 144 sessions of multi activity/events and experiences over the past year. The sessions engage children and young people and have assisted in building confidence and increasing life skills and work opportunities for young people living in disadvantaged circumstances providing non-formal educational opportunities.

The opening of the Skate Park earlier this year has been an excellent boost giving us access to the new facilities and giving young people exciting new opportunities to develop skateboarding skills. We ran a cake stall at the official opening on 13<sup>th</sup> April 2019. Kai Thomas who has been coming to A.P.P.L.E. for many years and been involved with teaching skateboard skills has been recruited to a permanent post with 'My Little Boarders' who work in schools and communities.

Our main issues this year have been children and young people experiencing food insecurity, anti-social behaviour and gang influence; many of our children and young people have older siblings/cousins involved in gangs and drug dealing.





We were visited by our local MP, Rupa Huq along with Kitchen Social on 6<sup>th</sup> August. Kitchen Social is a project supported by the Mayors fund to address holiday hunger. After her visit Rupa Huq said:

*"I was delighted to visit APPLE who do so much for young people in Acton and have done so for many years on many fronts: encouraging sociability, camaraderie, physical fitness, creative arts and culinary skills. With 400,000 Londoners living in food insecurity they are also doing lots to combat holiday hunger as every kid attending will leave with wholesome, nutritious fresh food in them. I would wholeheartedly recommend them to any funder as a worthy cause that turns no child away."*

A.P.P.L.E has had a very difficult year financially, as two of our major grants came to an end. There are very few organisations that will fund the long term, holistic, prevention work that we do. This last year has been especially hard as we patched things together with a number of small, short term project grants.

However, in September we were successful in being awarded a substantial Big Lottery grant which will run for four years coming to an end in September 2023. And earlier in the year we received a very generous donation from a supportive individual who has been involved with A.P.P.L.E for many years, a donation which enabled projects to keep going while other funding was running short.

We are still £30,000 short of our target budget for next year and will need to continue fundraising vigorously.

We are delighted that Taranom Mansoubi has rejoined us on the staff this summer to provide much needed on-site administrative support.



## STATS

Over the year we have run 144 multi-activity sessions providing 4131 sessions places for 253 individual children.

**144 sessions Cooking** - We provide food every session to help combat food insecurity, holiday hunger and poor diets. We are helped by donations from the Felix Project and support from Kitchen Social. Funding from St James Place Foundation has supported a learning programme through the academic year to develop skills in preparing, cooking and serving a meal.

**17 sessions Growing** - children and young people have participated growing produce in our new garden. The gardening project has included DIY projects such as building planters. In addition to these formal sessions gardening takes place through the growing months as a general activity.

**144 sessions in art, craft and construction.** This year we have concentrated in re-building the Tree Trail. We have redone- the Goblin Tree, Grandfather Tree, The Marble Tree and the Wolves. New this year have been the Monkey Tree, The Fungi area, The Raven Nest, The Bee Mosaic. On-going are the Orangutan Figure and the Orangutan mosaic. Take home projects have included, dragon hand puppets, dinosaur masks and owl cushions

**94 sports sessions** -including table-tennis, football, rounders, skateboarding, biking, basketball, croquet, badminton, volleyball and active games: skipping, hula-hooping, tug of war, go-carting, rollerblading.

**8 trips out** - including to a forge, BaySixty6, Tower Bridge, South Bank, wall climbing, playing croquet at Ealing Croquet association, a trip to the seaside.

**10 events** - including Halloween, Christmas party, Skatebiscuit, My Little Boarders, 4 guest cooks.





### **Of those attending we have:**

- 50% aged 11yrs and under with 50 % aged 12yrs and over
- We have more boys than girls this year with 55% boys to 45% girls.

259 young people have attended more than 3 times and have chosen positive activities to get involved in. (An increase over last year of 68 young people)

66 young people (our core group) have attended more than 10 times and are making choices about how they spend their time and the activities they want to pursue.

50 young people have started to identify goals and take actions to achieve them through AAA awards and work experience.

1 young person has made outstanding progress acquiring skills in a range of activities, developing confidence and leadership skills, and increased self-motivation. And 3 young people have shown excellence in these areas.

52 individuals have worked as youth helpers/assistants/mentors on sessions. (Requirements for workdays include, kindness, consideration for others, respectfulness towards others, positive/welcoming language. To be given a workday a young person must be observed demonstrating these qualities.)

66 A.P.P.L.E. Achievement Awards (AAAs)\* were given out to 38 young people.

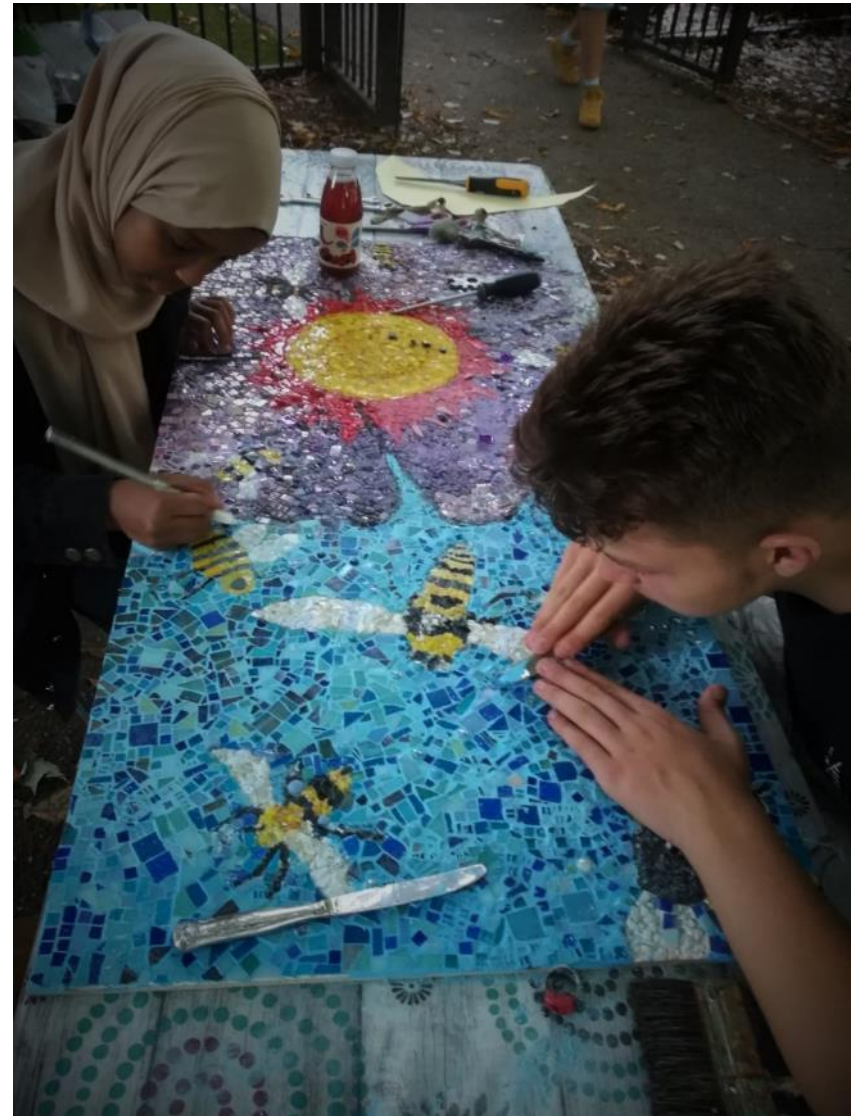
\*A.P.P.L.E. Achievement Awards - We introduced our own AAAs when the local authority stopped participating in the AQA scheme. The AAAs offer an understanding of self development , of pursuing an interest to gain skills. They are valuable later when the young people go for interviews at colleges or for jobs as they illustrate self motivation and self directed accomplishment outside of school. The variety of topics they can gain a qualification in is very wide and encourages them to find and pursue their interests and talents. The awards are a measure of how the young people become involved in A.P.P.L.E's programme of self development. These awards recognise achievement and reward effort and go towards building confidence and resilience.



## Projects and Activities

### Art projects

- 144 sessions including John Perryn After School Art Club, Tuesday Club, Sat and holiday open access sessions.
- A.P.P.L.E. continues to work on **The Tree Trail Sculpture Project** in partnership with LB Ealing Parks Dept and East Acton Ward Forum and to make artwork for the park. Over the year children and young people have made models of monkeys to go in one of the trees.
- We have received a grant from Foyles to make a new piece led by 2 young artists. The piece entitled "***Out of place out of time***" will be of an orangutan. Link to website <http://app.imcreator.com/static/8872CDB7411245528D345024B1CF9D04/2>
- **Acton Carnival** in July was as ever a lively event. A.P.P.L.E. celebrated the hot weather with our bird themed costumes and carnival props.





## Events and trips

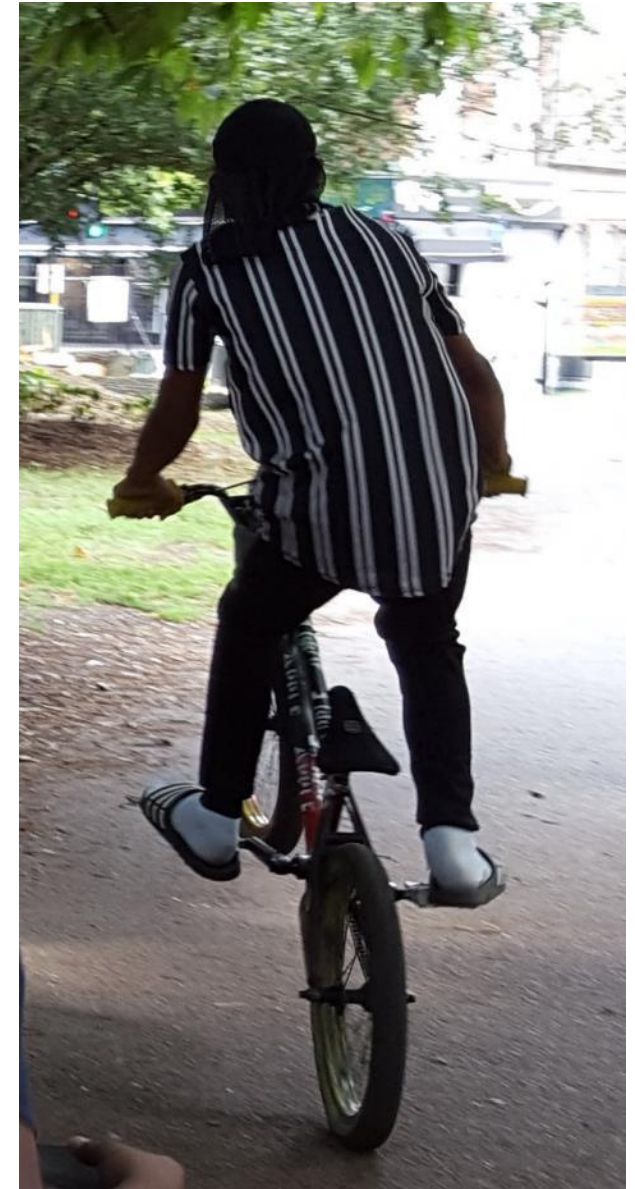
- 8 trips and 10 events at the art block
- Trips including to a forge, BaySixty6, Tower Bridge, South Bank, wall climbing, playing croquet at Ealing Croquet association, a trip to the seaside.
- Events and parties at the ART BLOCK including Halloween, Christmas party, The Summer Party, Sports day.
- Visits from Skate Biscuit, My Little Boarders, Bollywood Dancers, 4 guest cooks, Rupa Huq MP & Kitchen Social





## Sports

- 94 sports sessions including: table-tennis, football, rounders, skateboarding, biking, basketball, croquet, badminton, volleyball and active games: skipping, hula-hooping, tug of war, go-carting, rollerblading.
- As well as formal sessions there is active outdoor play at all sessions
- Sat and school holidays football with our coach.
- Skate School ran mainly in the holidays
- Have-fun-exercise sessions to encourage general fitness – Bollywood dancing
- Trips to climbing wall and croquet



## Gardening

- 17 gardening sessions including those with East Acton Primary school. (combined with cooking club)
- General gardening as part of open access sessions
- Making planters for our new garden





## Cooking

- 144 healthy eating sessions
- 25 cooking club sessions with East Acton Primary School
- Cooking and eating together as part of every sessions
- Cooking for events, parties and themed days e.g. Spanish Day
- 4 visiting cooks



## Successes

- Participation in the planning, approval and building of the new **skatepark** being built in Acton Park and which opened this year. Our young people assisted in designing the artwork for the skatepark. We have had Skate School running through the holidays.
- 66 **AAA's** have been awarded over the year
- A.P.P.L.E has been successful in being awarded a significant core grant from **Big Lottery** to run for the next 4 years.
- We have a small grant from Tideway to put much needed heating into The Art Block
- We have received deliveries from the **Felix Project** to help with our food bill and have received support from Kitchen Social. We have an increasing number of children and young people gardening, cooking and eating with us. A significant number are experiencing poor diets, using food banks and not enough food during the school holidays.
- **AND WE ARE STILL HERE** we are still here supporting children and young people through the difficulties they are experiencing. Providing somewhere for children and young people to go with an exciting, challenging and fun programme of activities.





## Difficulties

We are still dealing with the effects of austerity which have given rise to an increase in the influence of gang culture and antisocial behaviour and knife carrying along with food insecurity, an increase in the number of household evictions and pupil school exclusions.

Difficulties can come at any time into anyone's life and vulnerable children and young people are especially susceptible to events beyond their control which can change very quickly and affect all aspects of their lives, health and wellbeing.

Faced with these difficulties our strength at A.P.P.L.E. is that we are steadfast in what we do – we are always there for children, young people and the community providing for each young person whatever their need is – whether it is food, or something to do or someone to talk to in an environment where they can feel secure to be themselves.



## Future Plans

We now have a very strong in-house team and a robust administration team working both on and off-site.

We will continue with our sports and active play programme.

We will be starting the new year in the best position we have for several years with 3 park-based projects supported by The Big Lottery to run through the coming year. The first project will continue to develop the Tree Trail. The second project will look at growing and construction activities in the park for the benefit of A.P.P.L.E. and the community. The third project is to extend our healthy eating and cooking programme engaging with other community groups and park users.

We are developing a new Youth Experience Programme to broaden the experience of young people in seeing work opportunities that exist in and around the locality and also to discover and experience the cultural life of London. We need to find funding for this programme.





## Conclusion

We continue to operate at capacity.

The number of those attending has increased over the past year despite the reduction in the number of sessions. Though the programme of activities we offer has not changed much in recent years, the content continues to be exciting and imaginative (e.g. the inclusion of croquet and the making of the new Monkey Tree.)

Our aims are to continue to equip young people for their adult life by building confidence and resilience and developing life and work skills; learning to lean on those around you when life gets difficult is at the heart of A.P.P.L.E. We want to give our children and young people the chance to have a happy, fun, exciting childhood.



A.P.P.L.E would like to thank everyone who has supported A.P.P.L.E over the past year.

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 four 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, Sharon Walters

**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** - Taranom Mansoubi

**Off-site admin support** - Sheila Farrell and Jessica Mason

### **Lead Project Workers**

Jake Barker

Nella Johnson

Sam Barker

### **Project Workers**

Kai Thomas (Trainee), Priscilla MESAQUE (Art & sport)

### **Session Workers**

Mpangula Andeke (Sport/General), Dexter Brathwaite (Football),

### **Volunteers**

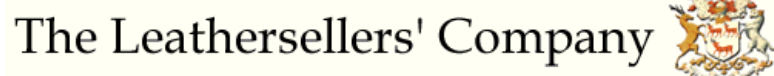
Irene, Fabiola and Caroline who have been helping with art & cooking



## **APPENDIX 2**

### **FUNDING ORGANISATIONS**

Our work is supported by:



### **CONTACT GROUPS**

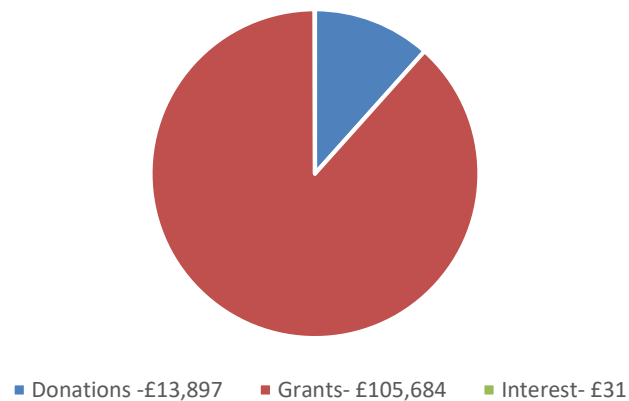
Churchfield Community Association ~ John Perryn Primary School ~ East Acton Primary School ~ Artification ~ Derwentwater Primary School ~ Acton High School ~ Gunnersbury Park and Museum ~ Acton Gardening Association ~ LB Ealing: Parks, Environment, Children's Services, Youth & Connexions ~ Shared Assets ~ Trusted Spaces ~ Ealing Croquet Association ~ Ealing Skateboard Association ~ Ealing Youth Foundation ~ Kew Gardens

### **APPENDIX 3**

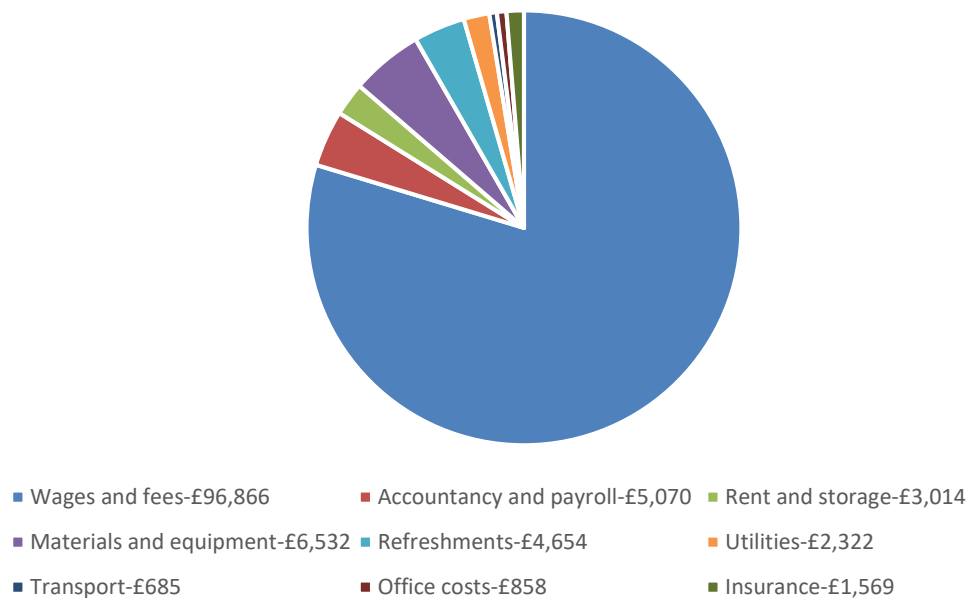
## **A.P.P.L.E.'s Annual Accounts for the period 1<sup>st</sup> April 2018 – 31<sup>st</sup> March 2019**

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

Income 2018-2019 : £119,612



Expenditure 2018 - 2019 : £121,570







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

### **Vicki Barker – Project Co-ordinator**

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

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