

Annual Report



Jan – Dec 2018



Chair's Report

Welcome to A.P.P.L.E.'s 2018 Annual Report.

It has been a busy year and A.P.P.L.E. has continued to provide a safe, nurturing place for children and young people to come 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. 200-250 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.



This year

The children and young people's circumstances are as varied and individual as ever. Our main issues this year have been children experiencing food insecurity, anti-social behaviour and gang influence, attendance at a failing school with safeguarding issues (bullying, gangs), debt and evictions along with difficult individual personal situations at home such as bereavement.

We have had a very difficult year with our 12-14's most of whom are attending the failing high school. There are serious safeguarding issues and very poor academic results. There has been a high level of anxiety around GCSE's, the young people are concerned about their results and how it will affect their college course choices. Those attending have decreasing confidence in their future opportunities and are becoming more disaffected and disengaged.

We are witnessing increasing levels of anxiety and mental health issues as children and young react to and reflect the concerns of the adults around them in addition to responding to their own individual concerns. In some areas and with a significant number of children and young people we are working to maintain the status quo and to keep a large number of our young people out of youth crime/anti-social behaviour and gangs.

Against this background and with continuing cuts to services A.P.P.L.E offers a place for children and young people to experience a positive time and at least while they are with us they have:



- something to eat
- somewhere to hang out with friends
- activities to take part in

For the young people these are the things that are important.



While at A.P.P.L.E. the children and young people learn work and life skills, gain confidence and build resilience. They come to an understanding of the social skills that are needed for handling social/life situations through immersion in the habit of A.P.P.L.E. where there is high expectation of kindness and cooperative behaviour. More opportunities become available as young people become more aware and responsive to the needs of others. For example, observation of kind behaviour will lead to more opportunities of work days, going on trips, etc.

Young people can feel good about themselves having taken part in something e.g. helping to create the new garden.





There is about to be a new skate park in Acton Park and A.P.P.L.E has been closely involved in its development. Skateboarding is a good example of an activity which demonstrates the building of resilience. It demands huge commitment as it takes constant practise to acquire even the simplest of skills. But skaters are very encouraging to each other and form very tight knit crews. They support and teach each other and praise and are pleased with each other's successes. The activity allows the staff to talk about resilience – quite literally getting up off the ground and trying again but also to consider resilience in a wider context. We see the positive effect of this across our activities with individuals and I social situations.

There has been an increase in the number of young people who have gained AAA awards this year which shows commitment and sustained involvement in projects. A lot of this has been around the energy and excitement of creating the new garden which has allowed a lot of children and young people to take part in practical activities.

There is a younger group coming up through the Art, Cooking and Gardening Clubs. This group are more engaged and positive. Many of them will be starting

High School this September and we are waiting for the effects of that particularly on those going to Acton High - now under new administration.

Stats

Over the year A.P.P.L.E. has provided 175 sessions of multi activities, events and experiences for children and young people.

This means that over the year we have provide 4972 session places for 265 individual children.

Of those attending we have: Under 12's: 37% Over 12's: 63%

We have more boys than girls this year with 59% boys to 41% girls.

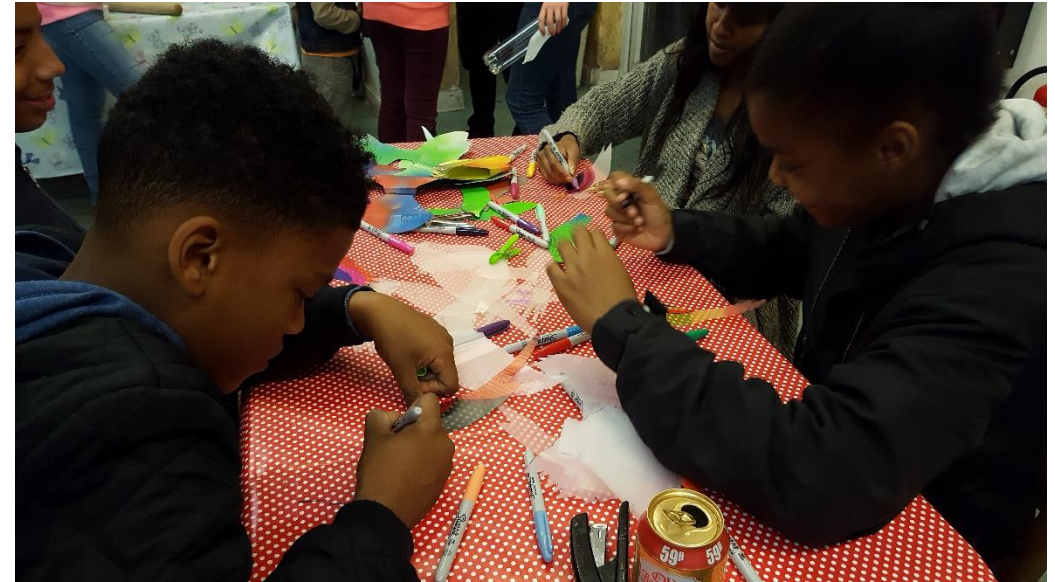


191 young people have attended more than 3 times and have chosen positive activities to get involved in.

73 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

48 young people have started to identify goals and take actions to achieve them.

3 young people have made outstanding progress acquiring skills in a range of activities, developing confidence and leadership skills, and increased self-motivation.

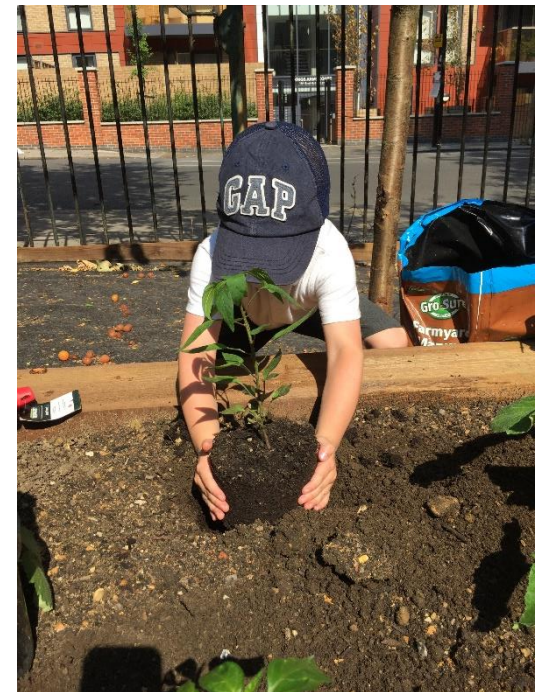


57 individuals have worked as youth helpers/assistants/mentors on sessions. (Requirements for work days include: kindness, consideration of others, respectfulness towards others, positive/welcoming language. To be given a work day a young person must be observed demonstrating these qualities.)

40 A.P.P.L.E. Achievement Awards (AAAs)* were given out to 23 young people.

55 AAA's will be given out before Christmas this year.

*A.P.P.L.E. Achievement Awards - We have introduced our own AAAs as the local authority no longer participates in the AQA scheme due to lack of funding which left us with no support for accreditation awards. The AAAs are an important step for the young people to take. They offer the 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. For our core group as they become more engaged with A.P.P.L.E they begin to focus on the areas that interest them and they show ability in. For example, skateboarding requires commitment and practice. These are qualities that are helpful in life. These awards recognise achievement and reward effort and go towards building confidence and resilience.



157 sessions on Growing and Cooking - children and young people participating in growing produce in our garden (this year rebuilt with Crowdfunder money), learning to make homemade family meals from scratch and eating together.

168 sessions in art, craft and construction. Everything from free art table to making monkeys for the Tree Trail.

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

9 trips out including: The Natural History Museum, Green Corridor - cooking in a professional kitchen, Skateboarding,

25 events including: Skate School, Summer Party, Halloween etc



Projects and Activities

Art projects

- 168 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 art work for the park. This summer children and young people started making 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 Park Mural Project** was finished just before Christmas 2017. It was short lived and was taken down by the building contractors in the spring as the new school build was completed.
- **Acton Carnival** in July was a lively event. A.P.P.L.E. celebrated the hot weather with our sun themed costumes and carnival props.



Events and trips

- 9 trips and 25 events at the art block
- Skateboarding trips
- 4 trips to Green Corridor (a growing and cooking project) for our young people to experience cooking in a professional kitchen
- London trips to The Natural History Museum and The South Bank
- Events and parties at the ART BLOCK including Halloween, Christmas party, The Big Summer Party all organised by the young people.





Sports

- 122 sports sessions including
- Sat and school holidays football with our coach.
- Summer Rounders
- 4 sessions of Skate School
- Have-fun-exercise sessions to encourage general fitness – Bollywood dancing



Growing and Cooking

- 157 healthy eating sessions.
- The big project of the year has been the building of our new garden.
- A.P.P.L.E have had to give up the allotment as it was too expensive to run. The decision was made by the committee and young people to Crowdfund to raise the money to re-make our garden at the ART BLOCK.

Gardening

- 25 gardening sessions
- 25 x gardening club sessions with East Acton Primary school. (combined with cooking club)
- General gardening as part of open access sessions
- Making our new garden



Cooking

- 157 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. Italian Day



Successes

- The biggest event of this year has been our **Kitchen and Garden Project**.
www.crowdfunder.co.uk/the-kitchen-and-garden-project
- Participation in the planning, approval and building of the new **skatepark** being built in Acton park. Our young people are assisting in designing the artwork for the skatepark.
- 40 **AAA's awarded** over the year with more to come at the end of this year.
- The start of a **new after school art club** in the new year. We will be delivering a weekly, term time art club for Year 4/5 in Southfields primary School focussing on the children least likely to attend paid out of school clubs
- A.P.P.L.E have been successful in 3 small project **grants for cooking, art and sport**.
- This year we started getting deliveries from the **Felix Project** to help with our food bill. 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.



Training etc.

- **Staff Training**

- All staff have renewed their First Aid.
- 3 young members have completed their basic safeguarding training and our on-site Safeguarding Officer has renewed her training.
- 2 members of staff have completed training as Fire Wardens
- 2 members of staff have up dated their Food Safety and Hygiene Training

- **AAAs**

Since we can no longer offer AQA awards due to council cuts in providing the accreditation. A.P.P.L.E has developed our own **A.P.P.L.E. Achievement Award**. The award is modelled on the AQAs with a set of tasks to be completed in an area, e.g. skateboarding, gardening, construction etc.

- All policies and procedures are up to date.

Difficulties

Funding

Funding is still very difficult. There is little funding available that will adequately cover the general running costs of the organisation, particularly those that fall outside of a project; accountancy, maintenance, rents/rates/utilities.

We do not have enough administration resources with all the focus being directed to keeping the doors open to the young people.

The administration relating to many of our grants has increased and the monitoring and evaluation is more extensive.

The proportion of our organisation's resources that is now required towards running costs and administration has greatly increased over the past 5 years.

We are now spending time on lengthy applications with extensive monitoring requirements for smaller amounts and shorter-term grants.

Our numbers are at the same level as 6 years ago while our income has dropped. We have managed this through non-replacement of staff, cutting material and equipment budgets, fewer trips.

Where we are

Through the course of this year children and young people attending A.P.P.L.E. have experienced, evictions, changes of school, arrival in the UK, bereavement, crime as perpetrator and victim and more.

While children and young people are at A.P.P.L.E we do our best to create a calm, safe, positive environment in which they can begin to make positive choices for themselves. But we recognise that the majority of a young person's time is spent elsewhere and in circumstances which are beyond the reach or control of A.P.P.L.E.

So, what we are continually learning is how difficult it is to understand where and how we make a difference. We know we do make a difference. Our best understanding of our effectiveness comes from our over 20's as they start out on their adult lives.

"A.P.P.L.E. gives you responsibility and independence to help you flourish as a person" Daniel S

"I cooked at the ARTBLOCK a lot. I've learned how to make everything from salad dressing to bread to homemade pasta, and of course lots of cakes. As I have got older I have taken on teaching others how to cook." JM

"The cooking opportunities at A.P.P.L.E. have not only helped me to let go of my fear of change and trying new experiences but have also made me less afraid of making a mistake." AL

We have found that young people are often not aware of the benefit/significance of the things they are experiencing/learning at A.P.P.L.E. For example, as adults we can look back and see the effect a teacher/individual has had on our lives having been unable to appreciate it at the time. Young people don't necessarily know that learning to make a spaghetti bolognese will be useful when at college both in terms of the skills required but also the confidence to attempt it.

We are in the process of collating their recollections so that we can use this as feedback with our present young people.

Future Plans

1. To secure funding to strengthen the administration and the on-site team.
2. To bring in more specialist freelance tutors and coaches
3. To continue to develop the garden and kitchen project.
4. To get out and about more.

Conclusion

We continue to operate at capacity, our numbers and the range of activities we offer have not changed much in the past 6 year despite our income shrinking and our staffing reducing by the equivalent of 2 full time members. 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 provide friendship and family.

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

Deborah Catesby
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: Deborah Catesby **Secretary:** Sharon Duce **Treasurer:** Tessa Swithinbank

Trustees: Edward Parkinson, Rachel Pepper, David Thaddeus, Sharon Walters

Project Coordinator & Co-founder - Vicki Barker

On-site Project Manager - Sam Barker

On-site admin (To be recruited)

Admin Support - Sheila Farrell

Lead Project Workers

Jake Barker - Art/Sport/Food/General with additional responsibility for Maintenance and equipment.

Nella Johnson - Art/Sport/Food/General with additional responsibility for Children and Young Peoples Welfare and Youth Helpers

Sam Barker - Art/Sport/Food/General with additional responsibility for purchasing, petty cash and on-site management.

Project Workers

Kai Thomas (Trainee)

Session Workers

Mpangula Andeke (Sport/General), Dexter Brathwaite (Football), Nicola Blick (Gardening),

Gill Jesson (Gardening and cooking), Taranom Mansoubi (Art/Food/General)

Lead Youth Mentors

Jessica Mason, Daniel Shirley, Priscilla Meseque, Mohammed Al-Maliki

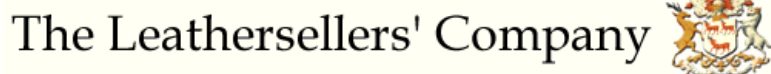
Volunteer

Carol Piper (Gardening)

APPENDIX 2

FUNDING ORGANISATIONS

Our work is supported by:



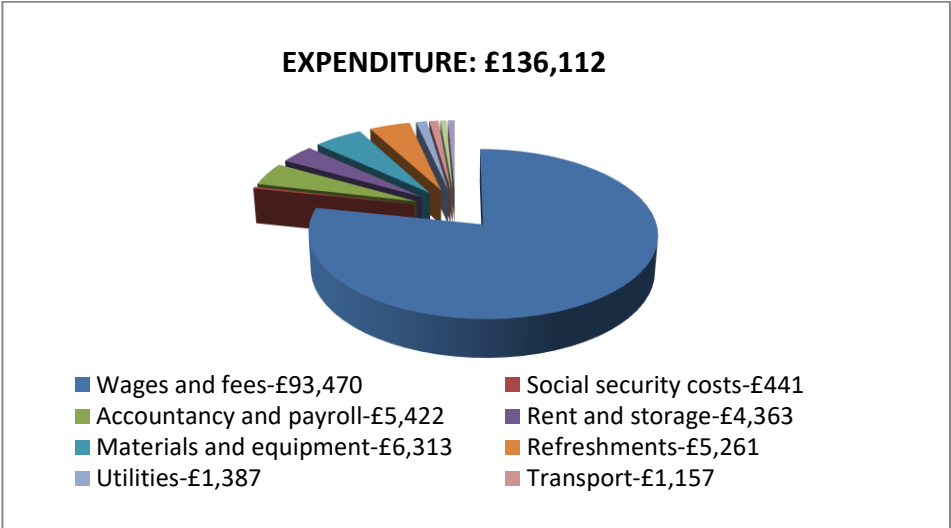
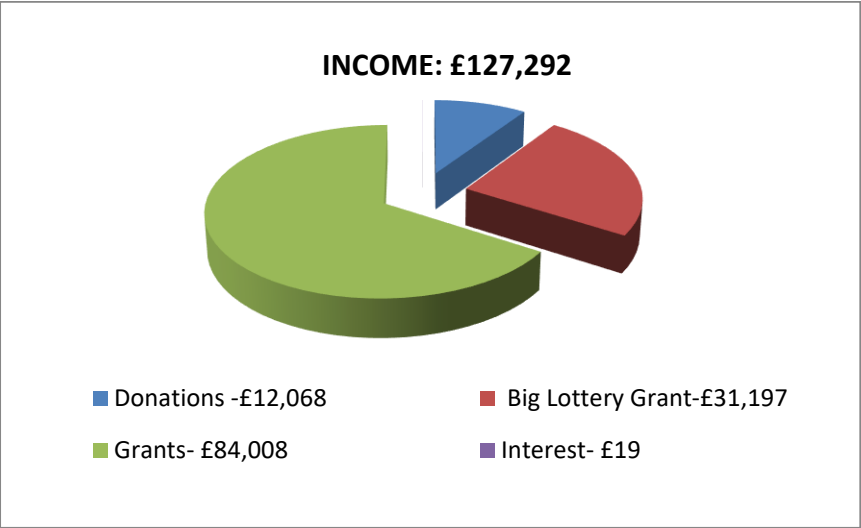
CONTACT GROUPS

Churchfield Community Association ~ John Perryn Primary School ~ Horsenden Primary School ~ East Acton Primary School ~ Acton Community Forum ~ Artification ~ Acton High School ~ Gunnersbury Park and Museum ~ Acton Gardening Association ~ LB Ealing: Parks, Environment, Children's Services, Youth & Connexions

APPENDIX 3

A.P.P.L.E.’s Annual Accounts for the period 1st April 2017 – 31st March 2018

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





A.P.P.L.E. Contacts

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