

Bikeability Project

In July 2020, we were awarded a School Holiday Activity Fund (SHAF) grant by John Lyon's Charity to buy 15 bikes, helmets, and locks, as well as a shed in which to store them. Our aim was to teach as many children and young people as possible the practical skills necessary to ride a bike safely on London's roads and parks. 21 Junior members and six Senior members took the training during the summer, and all enjoyed themselves immensely.

The training was delivered by qualified instructors from Walk & Cycle CIC, operating within the Bikeability quality assurance system. Lessons taught included how to control your bike in any situation, understanding the rules of the road, cycling in traffic, planning your route, and keeping your bike roadworthy. All practical skills that will last a lifetime, and which we will continue to teach children and young people as part of our regular youth work programme, with many thanks to John Lyon's Charity.

What did you enjoy most about the bike riding training?



"I enjoyed the long ride at the end, using all my new skills."

"Eating raspberry ice cream, riding a bike, and learning how to ride on the road."

"My favourite thing was doing snake and signals."

"Now I know more routes and know to always pump my bike."

Quality Assurance

We have been awarded a Bronze Level London Youth Quality Mark, a quality assurance system, a programme accredited by City and Guilds.



The Sulgrave Club

Trustees / Management Committee

Angela Clarke MBE	Chairman
Chris Hammond	Vice Chairman / Trustee, Sulgrave Foundation
John Wilson	Treasurer
Sarah Grant	Chairman, Sulgrave Foundation
Matt Hedges	
Robert Kolaczynski	
Caroline Needham	

Full Time Staff

Nick Sazeides	Club Manager
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Part Time Staff

Barbara Perry	Finance Worker
Piers Player	Fund-Raising & Development Worker
Piret Randam	Cleaner
Paul Volino	Building Manager

Youth Workers

Moe Gentle	Dylan Quilligan
Anthony Nolan	Carol Sawney
Atik Oumast	Nataleigh Taylor
Saif Oumast	

Specialist Tutors

Jacqueline Adu-Sarkodie	Saimoore Sarsoza
Kevin Byfield	Edenilson Speck Da Silva
Philip Sangchin	

Junior Leaders

Bayan Al Ghazzouli	Kerry-Anne Moran
Shanai Clarke	Dylan Nelder
Tia Mills	

Volunteers

Lauren Christie-Jones	Danielle Hutchinson
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Independent Examiners

Freeman Carr, Chartered Certified Accountants

The Gatehouse, 2 Devonshire Place, Heathfield Terrace, London W4 4JD

Chairman's Report January to December 2020

For The Sulgrave Club, as for everyone else, 2020 was dominated by the Covid-19 pandemic. Throughout the year, government restrictions limited the range and scale of services the Club was able to provide. In trying circumstances, the staff team led by Club Manager, Nick Sazeides, did an incredible job.

The highlights of this difficult year were:

- The Junior Summer Holiday Scheme, taking place just after the end of Lockdown 1, which provided "a small but significant step on the road back to normality for the 74 children and young people who attended."
- The introduction of an Intermediate Youth Club for children and young people in School Years 6, 7, & 8, which has proved popular with our younger members;
- Our selection as one of 15 London Youth member organisations to receive a grant from the fashion company Burberry, supported by the England footballer, Marcus Rashford, focussed "on alleviating hunger and helping young people growing up in poverty to catch up on (their) education..." and
- Our distribution of food parcels over the Christmas and New Year period, in partnership with City Harvest, which benefited 34 Sulgrave families who would otherwise have gone without.

Financially, our income from lettings, fees and sales went down by 12%. But, despite the limitations on our ability to deliver, our funders continued to support us, for which we are extremely grateful. The grant from Burberry, and a government grant in support of businesses during the pandemic, meant that what could have been a precarious financial year ended with the Club in a relatively strong financial position.

From February 2020 to January 2021, we recorded an income of £293,034 and expenditure of £231,833, giving us a net surplus for the year of £61,201. We concluded the financial year with reserves of £301,359, of which £184,956 was designated and £42,733 was restricted for our building refurbishment project. This left us with restricted youth programme reserves of £13,659 and unrestricted reserves of £60,011, equivalent to approximately three months running costs, which is in line with our reserves policy.

In 2020, we started the renewal of the heating and hot water system within the Club, the beginning of the second phase of our much-needed building refurbishment project, which will extend the nature and range of activities and services we are able to offer. By the end of the year, we had also raised an additional £30,000 in grants for the refurbishment. With designated reserves, we now have over £225,000 to put towards this project. We have recently commissioned a tender document for the remaining work, which we intend to complete within the next two years.

I would like to take this opportunity to welcome Matt Hedges to the Board of Trustees, whose skills and experience as an Architect will be of great value, and to thank my fellow Trustees and our Club Manager, Nick Sazeides, and his dedicated team of staff and volunteers, for all their hard work in 2020 facing up to the challenges brought on by the Covid-19 pandemic.

Angela Clarke MBE
Chairman of Trustees

Review of Activities 2020

Purpose

The charitable objective of The Sulgrave Club is "to help and educate young people through their leisure time activities so to develop their physical, mental and spiritual capacities, so that they may grow to full maturity as individuals and members of our society and that their conditions of life may be improved."

The Club aims to achieve this by providing children and young people with a safe and comfortable place to meet; an enthusiastic team of skilled and caring adults to work with; a wide range of stimulating activities and opportunities to experience; the space to express their views and opinions; and the opportunity to take an active part in the running of the Club.

Club Manager's Report

2020 has been a difficult year. In the light of government guidelines "for everyone to stop non-essential contact with others and to stop all unnecessary travel", The Sulgrave Club closed its doors and ceased providing services on Tuesday 17th March 2020. Little did we know that this was to be the first of three lockdowns that were going to seriously disrupt our ability to provide activities and services for the children and young people of Hammersmith & Fulham.

Up until then we had been operating as normal. In the first two and half months of 2020, over 370 children and young people had enjoyed one of our Junior or Senior Youth Club nights, had attended one of our Extra Maths & English, Performing Arts, or Taekwondo After-School Clubs, or benefited from one of our afternoon Club sessions at Hammersmith Academy and West London Free School.

But from 17th March until the middle of July we were in lockdown and our building was closed. We stayed in touch with our members via Instagram, Snapchat, mail shots, and phone calls. We started an online service with video tutorials in Performing Arts, Music Production, Arts & Crafts, Cooking, and Fitness. Initially arousing some interest, however, we ultimately found ourselves unable to compete for young people's online attention with the likes of Fortnite and Minecraft.

We did however work with City Harvest, arranging food parcels for Club Members' families, which benefited over 200 people. And, as the Covid rules relaxed in June and July, we began running informal football and fitness sessions for small groups of young people in Ravenscourt Park, while taking others on accompanied bike rides along the River Thames. We spent the rest of the time making the Club Covid-19 secure in line with National Youth Agency and government guidance.

Club Manager's Report (cont.)

On Monday 27th July 2020, we re-opened the Club with a three-week Junior Summer Holiday Activity Scheme, followed by a one-week Senior Bike Riding Project. The Junior Holiday Activity Scheme was different to our normal provision. Instead of day trips for two minibuses full of children to the likes of Legoland, Windsor Aqua Park and Go Ape, we ran indoor activity sessions for 24 children, in six groups of four, morning and afternoon, giving 48 children a day the chance to benefit from the scheme.

We found that what children wanted more than anything else, after four months of lockdown, was to be with their friends. What they missed most, as one child eloquently told us, was: "My normal life where I would be with everyone." Children and young people needed a return to normality as soon as possible. The Sulgrave Summer Junior Holiday Activity Scheme was a small but significant step on the road back to normality for the 74 children and young people who attended.



After the Holiday Scheme, we spent the final week of August and the first two weeks of September preparing to fully re-open the



Club, which we did successfully on Tuesday 15th September 2020. To cope with Covid-19, the most significant changes we had to make to our usual delivery were:

1. Online booking: Only a limited number of children and young people could now attend what used to be open access youth clubs. To ensure that numbers were not exceeded, that limited places were allocated fairly, and that accurate attendance records were kept (in case we had to contact 'Test and Trace'), we introduced an online booking system using Google Docs. This worked remarkably well.

2. Limited numbers: By putting on different activities in three different areas of the Club, we made it possible for up to 35 young people, in separate groups of 10 or 15, to safely attend Club Nights in line with the Amber level of the National Youth Agency's Guidance for safe delivery of services during Covid-19.

3. Limited hours: Because children and young people now had to stay doing the same activity all night, we reduced Club nights to two hours. This prevented boredom setting in, which in turn helped discourage mixing between different activity groups.

Club Manager's Report (cont.)

4. An Intermediate (Inters) Youth Club: Pre-Covid-19, we always had an issue transferring the enthusiasm and attendance numbers of our Junior Youth Club (90+ per night) into our Senior Youth Club (40+ per night). Our preferred solution was to introduce an Inters Youth Club, for children and young people in school years 6, 7, and 8, with younger members still able to attend the Junior Youth Club and older members still able to attend the Senior Youth Club. This proved popular for children in School Year 6, but less so for young people in School Years 7 and 8.

We were able to continue this level of delivery until the end of October when, after another successful Junior half-term holiday scheme enjoyed by 45 children, the country went into its second national lockdown. With the Club closed for face-to-face delivery, we moved our After-School Performing Arts and Extra Maths & English classes online, enabling us to stay in regular touch with some of our younger members.

The Sulgrave opened again at the beginning of December, and we were just starting to get into the swing of things with a full programme of After-School Clubs, Youth Clubs, and a new Football & Food programme, delivered in partnership with Chelsea Kicks, when on December 19th 2020, London entered Tier 4 (stay at home) restrictions and we were forced to close for the rest of the year.

In November, we were fortunate to be one of 15 London Youth member organisations chosen to receive a grant from a charity initiative, led by the fashion company Burberry, and supported by the Manchester United and England footballer, Marcus Rashford. This grant was to be focussed "on



alleviating hunger and helping young people growing up in poverty to catch up on (their) education..." We used a small part of this money to fund the purchase and delivery of 43 food parcels to 34 member households over the Christmas and New Year period, benefiting a total of 125 adults and children who would have otherwise gone without.

It was a positive end to a difficult year. We are grateful to all our funders, who showed great understanding and flexibility in continuing to support us despite the lockdowns and our reduced ability to deliver. We are grateful to our management committee and our fantastic staff team who continued to perform in the most challenging of circumstances. We are grateful to the children and young people who came back to the Sulgrave as soon as they were able. And we are grateful to their parents and carers who continued to support us through it all.

"Thank you Nick and all the team!!! The kids love attending the sessions and always have so much fun and always look forward to coming. The club is such an important resource and happy place for the kids, especially during these crazy and challenging times. I salute you."

Senior Youth Provision

In the Sulgrave Senior Youth Club, the Sulgrave Intermediate Youth Club, and the Sulgrave Senior Youth Development Project we provide young people aged 11-19 years with a variety of activities, projects, and workshops with the aim of supporting them on their personal journey into adulthood.

The pandemic severely affected our services, forcing us to reduce delivery by just over a half. However, we remain confident that as restrictions are lifted, we will be able to re-engage successfully with greater numbers of young people.

Our Senior and Intermediate Youth Club sessions are primarily funded by the local authority, via a sub-contract with the Urban Partnership Group, as part of the borough's Family Support service. Our Senior Youth Development Project is primarily funded by the local authority via a grant from the 3rd Sector Investment Fund. We are extremely grateful for the support the Council and Council Officers have given us throughout the pandemic.



Junior Youth Club

In the Sulgrave Junior Youth Club we provide children aged 8 to 11 years with a variety of challenging and fun physical, social, creative, and educational activities designed to encourage and promote participation, social interaction, and healthy play.

Our Junior Youth Club was the most affected by the pandemic, with restrictions on numbers and hours reducing attendance by over one third. However, for the children that did attend, the Sulgrave Junior Youth Club performed an important function. As early as May 2020, child mental health experts were urging the government to prioritise children's play and socialising with friends over formal lessons and academic progress when lockdown restrictions were eased:

"We hope that when policy decisions are made in the coming weeks and months that children's emotional health is given the consideration it deserves... Poor emotional health in children leads to long-term mental health problems, poorer educational attainment and has a considerable economic burden." The Guardian, 7th May 2020.



Junior After-School Clubs

Thanks to a grant from BBC Children in Need, we offer three After-School Clubs – Taekwondo, Performing Arts, and Extra Maths & English, where children can explore their interests and improve their learning with more in-depth tuition and practice over three 10-week terms.

As with all our services, the number of sessions we were able to deliver was severely curtailed by the pandemic. We started the year with term-long schedules and progression routes for pupils, but after the pandemic began children had to make do with occasional classes, often reduced in length, as and when we could put them on.

However, when we were able to reintroduce classes between lockdowns, attendance numbers were not significantly affected. Additionally, during lockdown 2, we started to deliver Performing Arts and Extra Maths & English online, which enabled us to stay in touch with our younger members.



Junior Holiday Activity Schemes

Our Junior Holiday Activity Schemes normally run for two weeks during the Easter holidays and three weeks during the summer holidays, providing children with the opportunity to enjoy a wide range of stimulating and exciting social, educational, and physical activities and outings at a price they can afford. Trips to places of interest in and around London are central to these schemes.

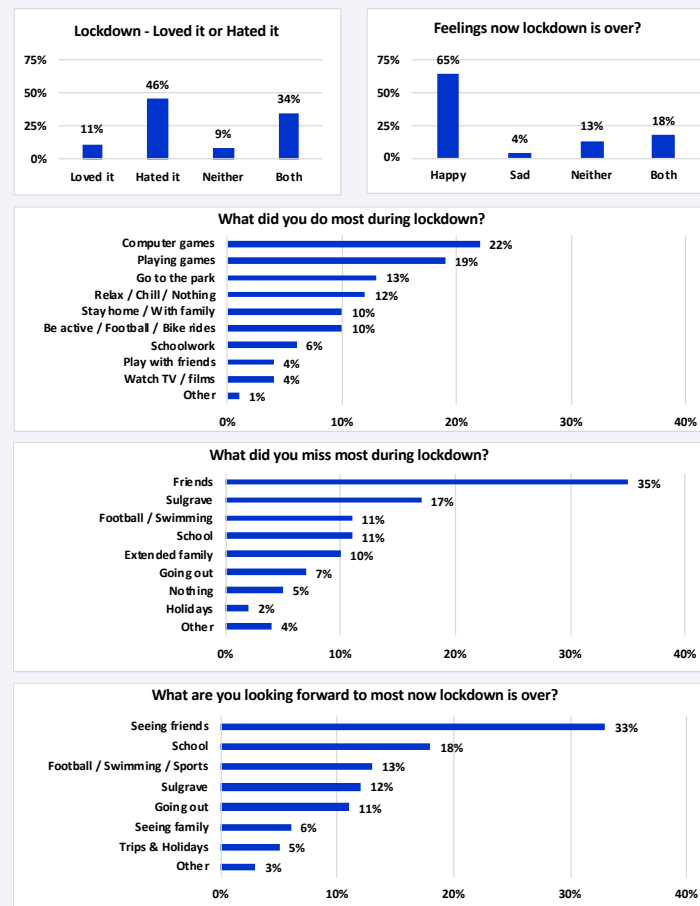
Because of Covid restrictions, we could only provide day-long indoor activities. However, we did this successfully for three weeks during the summer holidays and one week during the October half term. While not as popular as our trip-based schemes, three quarters of the 95 children who took part in one or both of these Covid-19 affected schemes described them as: 'Fantastic!'

BBC Children in Need provide the primary source of funding for all our Junior Youth provision. During the pandemic, their staff have shown great understanding of the difficulties we have faced, and have continued to support us throughout, for which we would like to say a big thank you.



Lockdown – the children's view

As part of the evaluation of our Junior Summer Holiday Activity Scheme, which took place just after the end of the first lockdown, we asked the children five questions about their experiences and feelings during and after lockdown.



Half the children hated lockdown, and the other half had varying reactions, from loving it, to neither loving nor hating it. However, even if some showed some ambivalence toward its ending, very few were sad that lockdown was over. From talking with the children, it is clear what they missed most were their friends, and even when they said they were most looking forward to school, Sulgrave, football, swimming, or sports, it was almost always qualified by the phrase: "Because my friends are going to be there."

Accounts Summary

1st February 2020 to 31st January 2021

Statement of Financial Activities	Unrestricted funds	Restricted funds	2021	2020
For the year ended 31 January 2021	£	£	£	£
Income and endowments from:				
Donations and legacies	43,700	179,493	223,193	184,330
Other trading activities	841	-	841	5,870
Investments	44,000	-	44,000	49,017
Other income	25,000	-	25,000	-
	113,541	179,493	293,034	239,217
Expenditure on:				
Raising funds	(17,371)	-	(17,371)	(15,575)
Charitable activities	(98,021)	(116,441)	(214,462)	(187,095)
	(115,392)	(116,441)	(231,833)	(202,670)
Net income / expenditure	(1,851)	63,052	61,201	36,547
Reconciliation of funds				
Total funds brought forward	227,425	12,733	240,158	204,611
Total funds carried forward	225,574	75,785	301,359	241,158

We would like to thank the following organisations for grants received in 2020/21:

- BBC Children in Need
- Burberry / London Youth
- The Clothworkers' Foundation
- The Hedley Foundation
- John Lyon's Charity
- LB Hammersmith & Fulham
- The Leathersellers' Company Charitable Fund
- The Sulgrave Foundation
- UK Youth



Statement of Financial Position	2021	2020
For the year ended 31 January 2021	£	£
Fixed assets		
Tangible assets	-	1,580
	-	1,580
Current assets		
Stocks	100	100
Debtors	11,939	5,184
Cash at bank and in hand	313,132	257,805
	325,171	263,089
Creditors: amount falling due within one year	(23,812)	(23,511)
Net current assets	301,359	239,578
Total assets less current liabilities	301,359	241,158
Net assets	301,359	241,158
The funds of the charity		
Restricted income funds	56,392	12,733
Unrestricted income funds	225,574	228,425
Revaluation reserve	19,393	-
Total funds	301,359	241,158

Full copies of the Report of the Trustees and Unaudited Financial Statements for the year ended 31 January 2021 are available from the office on request.

