



IMPACT REPORT

2017-2018



**HEALTH &
WELLBEING**

**EDUCATION
& WORK**

**COMMUNITY
ENGAGEMENT**

WHO WE ARE

The Salmon Youth Centre has been reaching out to young people and their families in inner city London for over 100 years.

We inspire young people to reach their potential and contribute positively to the community in which they live.

We promote positive change in young people and support their transition to adulthood in three key ways:

- Improving young people's **Health & Wellbeing**
- Preparing young people for **Education & Work**
- Involving young people in positive **Community Engagement**

WHAT WE OFFER

We provide generic youth work to young people aged 6-25, across 35 weekly sessions, including adventure, arts, dance, drama, music and sports. Alongside, we deliver targeted provisions including:

- Apprenticeship Scheme: offering young people the opportunity to study and work over nine to twelve months
- Harmonies of Hope: youth music empowerment programme
- Mentoring: one-to-one support for young people, including our disability befriending schemes
- Mixables & Mixters: our work with young people with disabilities
- Work experience and student placements: offering training opportunities in youth work
- Young Leaders: young people giving up their time to volunteer in youth clubs at Salmon and work towards their Duke of Edinburgh Award

HEALTH & WELLBEING

GETTING ACTIVE

Apart from a variety of sports being available throughout our open access clubs, we have been running 14 weekly specialised sessions involving sports, including adventure, dance, football, multi-gym, trampoline and wheelchair basketball.

SUPPORT

We delivered a variety of workshops throughout the year looking at topics such as self-esteem, healthy relationships, healthy eating and sexual health. This included the delivery of eight mental health workshops and six sessions on knife and gang crime to over 40 young people. Over 70 young people received mentoring.

DISABILITY WORK

Thirty-seven young people regularly attended our youth clubs for disabled young people,

called Mixables and Mixters. They tried out different activities including wheelchair basketball, climbing, trampoline, art, music and dance. They had the option of regular peer mentoring where young adults took them out into the community to the cinema, museums, etc. They learnt independent living skills and had the opportunity to attend two residentials and five trips.

SPIRITUALITY

Creating spaces for young people to explore their spirituality is part of our holistic approach to youth work. Twenty-six young people took part in a weekly Alpha Course. Over 300 young people joined us for our five weeks of holiday schemes during which they did not just engage in arts and sports sessions, but also explored faith. Nineteen young people attended our yearly residential to Soul Survivor.

“Mixables club has helped my son to mix with his peers after school. Salmon has made him less isolated and given him so much support.”



EDUCATION & WORK

STUDY SESSIONS

We provided two study session groups this year. The first was for Year 5 pupils who are sitting their SATs and wanted support. The second study session was initiated by a group of our 14+ football players who requested help with their GCSE revision. We arranged for a tutor to come in and support them.

PHOTOGRAPHY PROJECT

We ran a seven-week photography project in collaboration with a professional photographer whose business is based on nearby Bermondsey Street. Twelve young people attended and learnt about the profession of photography and how to compose photos. Each young person was given a camera at the end of the course and two young people gained a three-month apprenticeship with the photographer.

BACON'S COLLEGE LUNCH TIME CLUBS

We developed our relationship with Bacon's College by engaging their students in sports activities during their lunch break. Salmon workers have been able to provide some structure and start to develop relationships with the students which has helped to direct their energy in a more positive direction.

APPRENTICES

Our apprentices work and study full time at Salmon for a year. With a new grant from the Big Lottery, we took on ten apprentices. A real highlight has been the opportunity to sail around the south coast as the crew of a 72-foot yacht with Tall Ships. As a team we have greatly benefitted from their many and varied talents in our work and look forward to seeing each of them make the next steps in their career choices.

Young people at Salmon were awarded 231 AQAs, 2 NVQ Level 3s, 9 bronze DoE Awards, UK Gymnastics Trampoline Proficiency Awards and many more in-house certificates.

COMMUNITY ENGAGEMENT



OPEN ACCESS

Open access work is at the heart of everything we do. Over the year, we ran close to 200 open access club sessions, which were attended by 500 young people, counting around 7,000 visits.

PARTNERSHIP & EVENTS

Parents and carers came to enjoy their children's talents at our Salmon Celebration Events. We took part in the Big Half London Marathon and Mayor Sadiq Khan launched his new fund for young people at Salmon, resulting in several newspaper articles and TV coverage. We worked with Bermondsey Waiters to provide elderly residents with their yearly Christmas meal and celebration. We also linked up with local businesses, including Gallup who are based at the Shard. They provided us not just with funding for our

apprentices and disability work, but have also coached our senior management team and some of their staff have received training from us to mentor our young people.

YOUNG LEADERS

Our young leaders group ran at full capacity with a diverse group of fifteen young people. They helped out in clubs, received training and worked towards their Duke of Edinburgh awards, going on several expeditions over the last year.

VOLUNTEERING

We offered volunteering opportunities to people in the local community. 12 new mentors were trained to work with our young people. We also launched our new website and online newsletter and prayer diary, which currently have over 500 subscribers.

Over 400 young people joined us on one of our 33 trips and 11 residential. For some of these young people it was their first time away from home.

WHAT OUR YOUNG PEOPLE SAY



"Being at Salmon on work experience for six weeks inspired me to be a better person and to think wiser when it comes to bad situations.

Salmon is a place where young people can discuss your feelings and problems with someone who has most likely already had an experience on what you've been through and can give you ideas on how to overcome it. It's a place where you could release stress from school.

Young people come first at Salmon and the staff love to help out and encourage everyone to do better. Everyone is nice, humble and very bright. The youth workers are very engaged to do what they have to do by making the youths feel very relaxed and happy.

Being here helped me overcome my confidence issues and feel comfortable talking with everyone and getting to know people in the youth club. It's also made me think about working in a youth club in the future."

CHRISTIAN, 16

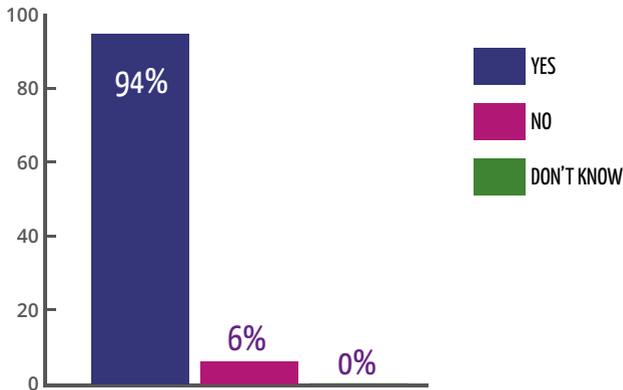
"I've been coming to Salmon for six months. I started coming here because my friend told me about it and I thought it might be really fun. I come every week because it's fun. I like making new friends, playing lots of board games and just being with my friends. What I like the most about Salmon is that we can bring anything here and we can wear anything and express ourselves."

NANCY, 8



PARENTS' & CARERS' SURVEY

Have you seen any positive change in your child since they started attending sessions at Salmon?



"Salmon has helped my children to form positive friendships. They have grown in confidence and their behaviour has changed for the better." – **PARENT**

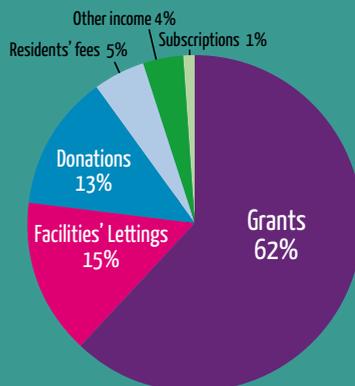
"Salmon is a safe environment that is able to nurture kids and help them improve their skills." – **PARENT**

Would your child have similar opportunities elsewhere if the Salmon Youth Centre wasn't there?



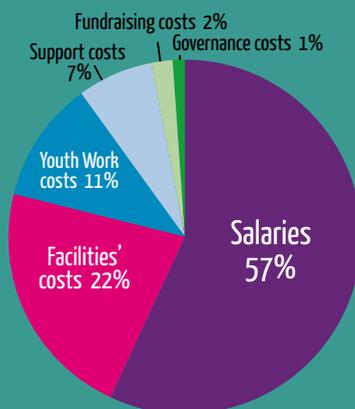
FINANCE 2017-2018: INCOME

For year ended 31 March	2018	2017
Grants	£464,062	£495,045
Donations	£95,750	£79,052
Facilities' lettings	£111,380	£123,579
Residents' fees	£37,781	£45,210
Subscriptions	£5,055	£6,204
Other income	£26,294	£17,284
Total Income	£740,322	£766,374



FINANCE 2017-2018: EXPENDITURE

For year ended 31 March	2018	2017
Salaries	£474,389	£441,821
Youth work costs	£95,666	£95,734
Facilities' costs	£181,750	£156,156
Support costs	£58,506	£56,210
Fundraising costs	£19,400	£16,453
Governance costs	£10,332	£8,308
Total Expenditure	£840,043	£774,682
<i>Deficit for the year</i>	<i>-£99,721</i>	<i>-£8,308</i>



It is disappointing to report a loss for the year ended 31 March 2018 of £99,721. Total income was 3% lower than the previous year mainly because two significant grants commenced later than had been anticipated. However, donations were up as a result of raising over £27,000 from a sponsored bicycle ride from London to Cambridge and the Big Half London Marathon. Expenditure in 2018 was 8% higher mainly as salary costs were up reflecting the increased number of trainees and apprentices for whom Salmon is providing training and work experience. Facilities' costs were also higher because of one-off maintenance and utility costs. The deficit for the year has been deducted from our General Fund reserves, leaving a balance carried forward of £292,433 at 31 March 2018.

For the coming year, the Trustees are aiming to maintain our many activities at current levels but this depends upon the successful outcome of several grant applications. A copy of the full Trustees' Report and Audited Financial Statements for 2017/18 is available on request.

We are most grateful to all our funders and donors for your generous support and look forward to your continuing support in the coming year.

WHAT OUR YOUNG PEOPLE SAY



"I've been attending Salmon since I was six years old. I started speaking at the age of seven and Salmon was a big part of that because it helped me interact with people and also boosted my confidence. It's just such a good environment for young people to hone their skills.

When I got older, I became a Young Leader so I could help out in sessions to gain more experience working with young people. Being a Young Leader allowed me to volunteer in 10-13s club and make new friends. It also allowed me to complete my Bronze Duke of Edinburgh Award, and most recently, my Silver.

Now that I'm a Youth Work Apprentice at Salmon, I'm looking forward to achieving my Levels 2 & 3 qualifications in Youth Work and to gain more experience working with young people and of how a youth centre is run.

My future goal is to become a youth worker."

ALEX, 18

"I've been coming to Salmon since I was six years old. I've learnt some new skills here, like how to play wheelchair basketball. This was a good experience because when you watch it through the telly in the Olympics, it looks so easy but it's actually really hard. I was playing with some people who were actually in a wheelchair and I just kind of understood how they felt. I don't think I would have been able to get that understanding if I hadn't tried wheelchair basketball at Salmon. In everyday life you don't really get to do stuff like that which is why Salmon is so great."

MAISIE, 12





Feature story

FOR THE LOVE OF ART

Nick Fenn, 24, has been a part of Salmon's Mixables* club for over six years, from where he has mostly pursued and developed his love of art. Here he shares how he first got involved with Salmon and his grand ambition for his future...

"My mum is the one that influenced me to do art. I used to go to an after school art club one day a week, which was really fun. The people at my school, Spa School, saw a drive in me for art and told me about Salmon. Then my friend, who was already coming to Salmon, said, 'You should totally check out this youth club, you'll like it.'

I started coming to Salmon when I was about 18 years old. I remember visiting with my class and we did sports first and then went up to the art room. We did one art session on a Wednesday and I really liked it. At first I was nervous

but then I started coming to Salmon on Wednesdays and Fridays for art club.

It was really good getting to know people at Salmon. I felt like there was other people like me who I could talk to. People with autism like me, who have a disability, or people who are into art, sports or certain music.

"I felt like there was other people like me who I could talk to. People with autism like me..."

When I do art, I feel different emotions. Sometimes I feel inspired. Sometimes when I don't feel like doing art, I do art anyway. I've made my room at home into an art space so I'm kind of doing my art every day. If you keep thinking about it you get more ideas. I look at music for inspiration and to movies and people, the way people look. I mainly work with ink and black and white and grey contrasts.

Salmon is somewhere where I can focus on my art work and also have fun and meet with my friends. I like talking to Eugene, the Art tutor, about my art and new projects I can come up with. I had my first art exhibition last year in Brixton through Salmon. We had to submit our artwork and work around a theme, which was the colour blue, aqua blue. It was really fun. That's why I like Salmon because you get opportunities. Ever since I've been here I've had different experiences.

"That's why I like Salmon because you get opportunities. Ever since I've been here I've had different experiences."

It's also been good just get to know different people from the community. I live in Rotherhithe but I didn't know about my community before I came to Salmon. When I came here I felt like a part of something.

I can't ever forget Salmon – Salmon is the place that helped me into my art. Salmon helped me by realising my potential. I want to be an Art Conservator. It's basically like looking after the artwork and taking care of art which are really old. I went to university for a bit to pursue this. It was something I really wanted to do, a new experience. In a way uni was good because it was about being independent, but it was really difficult at the same time and I struggled because of my autism.

I tried really hard to concentrate and focus but it wasn't enough.

I felt bad for dropping out of uni because I let my mum down, but at the same time I came back to Salmon and Eugene was like, "Don't worry, you're going to go on a different path. Don't feel down about it."



These things happen and you have to accept them. If you don't accept something, even if it's bad or good, you're not going to progress. I'm still going to get to where I'm getting, I'm just taking a different route. It's going to take a bit longer but I'll get there in the end."

"I can't ever forget Salmon – Salmon is the place that helped me into my art. Salmon helped me by realising my potential."

**Mixables is one of Salmon's two disability clubs, catering for young people from age 12 to 25.*

“The Salmon Youth Centre inspires all children, young people and their families to fulfil their potential and contribute to their community within a framework of Christian life and values.”

“Salmon is a great place for my son to build on his confidence and relationship with peers.” – PARENT

With grateful thanks to all our supporters and funders in 2017/18



Alan & Babette Sainsbury Trust

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