



HELPING YOUNG PEOPLE
TO BE HAPPIER, HEALTHIER
AND MORE HOPEFUL
FOR THEIR FUTURE.





"Salmon represents, to me, a place of freedom, opportunity. I feel encouraged and cared for by everyone when I'm here."

OUR YEAR IN NUMBERS



We worked with...

1,564

young people aged 6-25

17,566

overall attendances

45,785

contact hours

840

sessions delivered

8,423

hot meals provided

101

young people mentored

28

hours of physical activity
delivered each week

55

young people sought
professional help for
mental health support

A MESSAGE FROM OUR DIRECTOR



For over a century, Salmon has been a beacon of hope in Bermondsey, providing unwavering support for young people. Our mission is delivered by dedicated youth workers who build long-term relationships with young people. These connections are the foundation of our work.

We believe that every young person is unique, with the potential to contribute something special to the world. Our role is to guide them as they explore the arts, sports and other activities, helping them to discover their passions, develop their skills, and enjoy their uniqueness. We aim to enhance their health and wellbeing, improve their prospects, and encourage positive engagement with their community.

We offer hot meals, homework support, and on-site counselling.

Our thanks to our exceptional staff, residents, volunteers, apprentices, placement students, young leaders, trustees, and our council of reference. Together, we are committed to helping young people to be happier, healthier and more hopeful for their future.

"It's a really nice club: you can do loads of things like sports, climbing, adventure, gym, music, art and trampolining."



OUR VISION

We aim to inspire young people to fulfil their potential and contribute to their community within a framework of Christian values.

OUR MISSION

We seek to...

- Improve young people's physical and mental health and wellbeing by encouraging healthy diets and active lifestyles;
- Prepare young people for further education and work by improving their educational attainment, providing access to training and supporting their transition into further education or employment;
- Involve young people in community engagement by encouraging volunteering and by boosting their political and spiritual awareness, so increasing their ability to relate to others.

Our method

- We are open to all: we welcome all young people and their families.
- We provide open-access, targeted and specialised activities which are enjoyable, educational, challenging and safe.
- We build relationships that inspire young people to develop their ambition to achieve a fulfilling life by discovering and developing their talents and increasing their enthusiasm for learning and training.

WHO WE ARE

Salmon Youth Centre is one of the largest youth centres in the UK and is a model of youth work excellence.

Thanks to the support of our six full-time, five part-time and five sessional staff, our apprentices, trainees, and over 70 volunteers, we ran 840 sessions in 2023/24 and logged over 45,000 contact hours with 1,564 young people.

Salmon provides an outstanding recreational facility where young people have fun, form healthy friendships and develop their interests and skills. Salmon is a welcoming, safe and encouraging environment where they develop their self-worth, their communication skills and their interpersonal relationships. This transforms their prospects when they transition from primary to secondary education and from there to college or work.

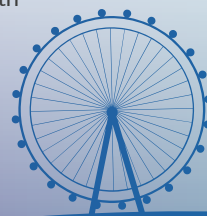
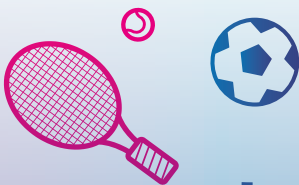
Accessible to everyone aged 6-19 for a nominal contribution of just 50p per visit, members enjoy a wide variety of activities, starting with

a free hot meal, which is a vital help to many families struggling with the cost-of-living crisis. Healthy food is followed by healthy exercise. Salmon has facilities for badminton, basketball, boxing, climbing, dance, football, gymnastics, trampolining and volleyball. These take place in our four-court sports hall, our well-equipped exercise gym, and on our 30-metre climbing wall.

In everything, we encourage young people to realise and foster their gifts and talents; to cultivate their sense of self-worth and self-respect; and to nurture their interpersonal skills. Our aim is to inspire belief in their own potential and agency. We aim to promote and improve their health and wellbeing; improve their prospects in their education and work; and encourage them to engage positively with their community.



"If I didn't come to Salmon, I'd probably be still doing illegal substances or even worse."



2023/2024 HIGHLIGHTS



MENTAL HEALTH SUPPORT

Increasing numbers of young people attending Salmon have experienced four or more Adverse Childhood Experiences (ACEs). We employ a sessional qualified psychotherapist to provide individual support on a weekly basis. The aim is to help young people find coping mechanisms to manage their trauma.

INTEGRATED THERAPY SERVICE

55 young people engaged with our Integrated Therapy Service. The service provided support at individual, group and whole club level, offering informed and relevant interventions that are preventative and attentive to existing mental health experiences. The service provides specialist support surrounding trauma, complex trauma, identity and holistic wellbeing experiences. Young people often describe symptoms and experiences of stress, low mood, fatigue, apathy, anxiety, anger, isolation, desensitisation and deflection (avoidance of feelings).

Interventions were made to identify and manage health symptoms, cultivate self-care practices and raise awareness around relationship dynamics.

HEALTHY EATING

In 2023/24 we provided 8,423 nutritious hot meals to children in the after-school sessions. These healthy meals, which always include fruit and vegetables, are much appreciated by parents, many of whom are struggling to provide regular cooked meals due to the ever-increasing cost of food and the overall cost-of-living crisis.

"I wish everyone could have a great youth club like Salmon."

FULL-TIME APPRENTICES

5 apprentices aged 18–25 worked full-time gaining vital work and leadership skills and improving their employability.

The Hargreaves Foundation also funded four sports trainees. They worked alongside the staff to deliver sport and physical activity in clubs. They gained coaching qualifications in basketball, gymnastics and football and completed a number of work-related courses in safeguarding, trauma-informed practice, mentoring and first aid. They have been a great addition to the team creating five new sports teams and helping young people to gain over 150 sporting accreditations.



"I've learned leadership skills, teamwork skills. I've learnt how to be patient and learn how to understand different people. I cannot tell you how many skills I've learned being here, I'd be here all the time if I could."



YOUNG LEADERS

Ten young leaders aged 14–19 took part in the programme this year. The aim is to provide them with vital skills to raise their aspirations and improve their employability whilst contributing positively to their community through volunteering. The young leaders help support the primary age club sessions, termly trips and a holiday scheme for over 100 primary school children. They also take part in weekly training learning about youth work.

They are an integral part of the team, leading with great maturity. They used their training to solve problems and manage issues. This year's highlight included travelling to Germany for an exchange in the summer and a visit to the Gallup team in the Shard when they completed a strengths finder assessment and had some professional strengths coaching from Gallup coaches. The day also included support with job applications and interview skills.

TRIPS, RESIDENTIALS, AND HOLIDAYS

Salmon outings and holidays are the highlight of the year for many of our young people, especially if their family cannot afford holidays.

There have been 41 excursions this year that have been free of charge or at nominal cost. They have included a visit to Lion King at the Lyceum Theatre, paintballing; Go Ape!; five days outward bound residential; a week's camping at Limitless festival; travelling to Germany for an exchange; and trips to London attractions such as the Natural History Museum, the Victoria and Albert Museum, and London Zoo. We believe that trips like these stimulate the young people's wonder and interest in the world. Altogether, 150 young people came on trips in 2023/24.

During the school summer holidays we also delivered several daytime holiday schemes with more than 300 young people taking part in our weekly Centre-based activities.



WORK EXPERIENCE VOLUNTEERS

Our 40 work experience students were aged 14–19. Some were City of London School students doing community service for nine months. Some did weekly volunteering as part of their Duke of Edinburgh award for three months. Some volunteered on a weekly basis on school or college work experience placement. All of them engaged with our various activities with enthusiasm and energy.



CREATIVE ARTS

Our young people can express themselves artistically in our music studio, dance studio and visual arts studio. The music studio is equipped with keyboards, guitars, drums and other instruments, and a recording suite where demos and podcasts can be made. Each week we delivered 22 hours of facilitated sessions in music, art and dance. The young people have continued creating podcasts, all the content including artwork, music and voices is exclusively the young people's own.



THE DUKE OF EDINBURGH'S VISIT

The Duke of Edinburgh visited Salmon in February. The visit was part of The Duke's patronage of London Youth, an organisation which champions and strengthens London's 600 youth organisations.

The Duke met Salmon's team of youth workers and young leaders, senior staff, and Chair of Trustees Adrian Greenwood. He was given a tour of the facilities, and given the opportunity to get stuck into t-shirt painting in the art room, mix tracks and write lyrics in the music studio, and play table tennis. He also observed young people trampolining and playing dodge ball.

WELLBEING PROJECT

The research phase of the Wellbeing project is almost complete. So far 27 young people aged 13-16 have shared their views on wellbeing and what we can do to help the other young people who attend to maintain good levels of wellbeing. They kept a wellbeing journal for a week and talked about their experience of doing this. We have learnt a lot about the pressures young people face and what they do to stay well despite them. For some, the opportunity to express their feelings was very helpful. The research will be written up in a short report and the next phase of introducing a wellbeing tool for young people at Salmon will start in September.



KYRA-LI'S JOURNEY



Kyra-Li reflects on how Salmon has helped her make new friends, develop leadership skills, and overcome anger management issues. She emphasises the importance of forgiveness in personal growth and how Salmon has been instrumental in her journey.

"I was born in Bermondsey and lived with my mum, brother and sister. Life wasn't always easy. I was hanging out with the wrong crowd. Everything changed when I started attending Salmon at 13. From the moment I walked through the doors, I never felt lonely – Salmon quickly became a place where I always felt at home.

The best thing about Salmon is the vast array of opportunities it offers. I became a young leader at 14, which opened doors to incredible experiences like travelling to Germany, sailing a 72-foot yacht for a week, creating podcasts and going on exciting trips. I've developed

essential life skills, learnt to manage my anger and taken on leadership roles. I've built strong relationships, learned to maintain a healthy lifestyle, and steered clear of negative influences. Conversations with youth workers have often given me new perspectives, helping me change the way I see things. I used to be very angry, but I've learned the power of forgiveness.

I wish every young person could have access to a youth club like Salmon. My advice to others is to take the time to learn about yourself, love yourself more and find the right friends."

Kyra-Li had the privilege of showing HRH the Duke of Edinburgh around Salmon, a testament to the leadership and confidence she has gained during her time at the club.

"I wish every young person could have access to a youth club like Salmon."

SPOTLIGHT DERRICK JOHNSON

Derrick began his journey with Salmon in 2015, transitioning from a young leader at Hollington Youth Club.

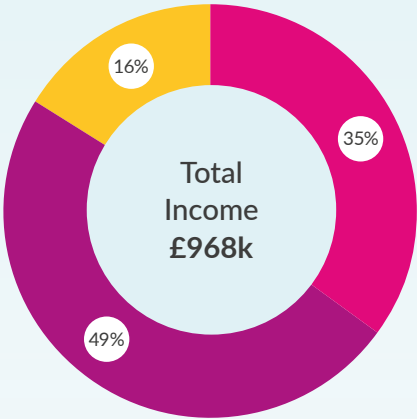
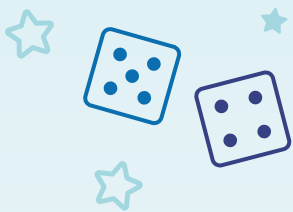
He embarked on his youth work career through Salmon's apprenticeship programme, earning his Level 2 qualification in 2015 and his Level 3 in 2016. Nearly a decade later, Derrick has become an integral member of our team. His extensive experience includes managing clubs, training young leaders, and supervising our apprentices and volunteers. Today, Derrick plays a crucial role in developing and leading our youth work sessions for the 11-14 age group

He says, "Salmon has been a blessing from the moment I arrived. Being given the chance to explore youth work and all it entails has shown why I have such a passion for being at Salmon. If I was given a chance to go back... I'll do it all over again!!"

"The workers are the best thing about Salmon. The workers make everyone feel comfortable."



FINANCIAL OVERVIEW

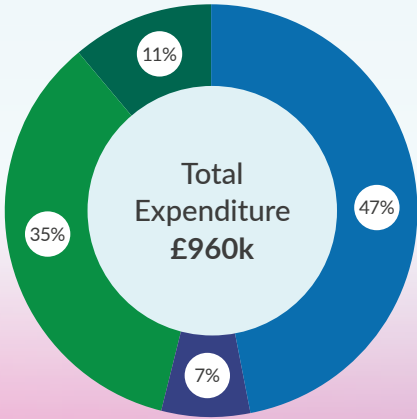


Income 2023/24

- Donations from individuals £340k
- Grants and corporate donations £474k
- Income from facilities £154k

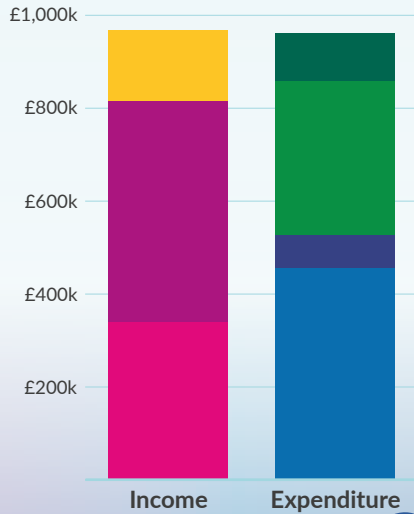
We are very grateful to all our donors and grant funders for their contributions during 2023/24.

The figures are extracted from the audited Annual Financial Statements to 31 March 2024 which have been lodged with Companies House and the Charity Commission and are available on request.



Expenditure 2023/24

- Salaries £456k
- Youthwork £70k
- Building costs £332k
- Support costs £102k



PARENT'S FEEDBACK

"I would like to give the biggest shout out to all staff at the Salmon Youth Centre! What you do for the children is unbelievable.

The passion and care that is demonstrated is what keeps the local children and mine safe and happy.

The service is also so inclusive of all families' diverse needs including their financial situations. Providing the level of care and activities offered for 50p is amazing. I cannot sing the services' praise enough. Thank you, thank you, thank you!"





HOW YOU CAN GET INVOLVED



VOLUNTEER

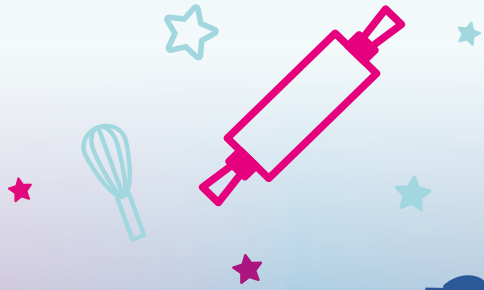
- Once a week or once a month
- In after school or evening sessions
- Share your skills in cooking, computers, music, dance...
- Become a Trustee

GIVE

Help Salmon to continue serving young people

- A regular gift of any amount is really valuable to us
- Become an SYC ambassador or patron at your church or workplace
- Consider leaving a legacy to Salmon

“I’m more sociable than before, for me to go to Germany and spend time with people that I’ve never met from across the world and make friends with them has made me realise I’m quite sociable.”



WITH GRATEFUL THANKS TO ALL OUR SUPPORTERS AND FUNDERS

OUR IMPACT

100%

of young people said they have learnt something new.

88%

of young people said they have made new friends.

71%

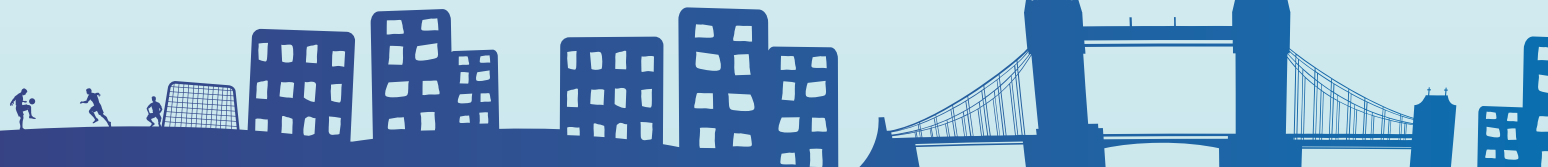
rated the club as excellent, with 29% rating it as good

71%

of young people said being at Salmon makes them more confident in school.



"Salmon's helped me a lot with housing, money and my family, it's played a big role in my life."



the salmon youth centre
in Bermondsey 

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