

ALFORD HOUSE CLUB

promoting the wellbeing, training and recreation of young people

Annual Review

2017 - 2018

Founded:

by Frank Briant in 1884

ALFORD HOUSE CLUB

Alford House Club is a club for young people aged eight to twenty-two. The objects of the club, are "to promote the mental, moral, physical and spiritual well being of, and, in particular, to provide facilities for mental, moral, spiritual and physical training and recreation.....particularly for those between fifteen and twenty years of age no longer in full-time attendance at school".

Premises: Alford House, Aveline Street, Kennington, London SE11 5DQ

Tel: 020 7735 1519

Website: www.alfordhouse.org.uk

Auditors: Wilkins Kennedy, Anglo House, Bell Lane Office Village,
Amersham, Buckinghamshire HP6 6FA

Bankers: Lloyds TSB Bank plc, Victoria House, Southampton Row, London
WC1B 5HR

COIF Charity Funds, St. Alphage House, 2 Fore Street, London
EC2Y 5AQ

Solicitors: DMH Stallard, 6 New Street Square, New Fetter Lane, London
EC4A 3BF

Registered Charity Number: 1123902

Registered Company Number: 6521183



Opening doors to a brighter future

Governors:

N. Baker	Chair of Governors
A. Behrens	(Appointed 22 March 2017)
P.S. Bickerdike	
B. Carter-White	(Appointed 2 October 2017)
G.F. Chase	
N. Cheeseman	
T. de Vere Green	Honorary Treasurer
W. Francis	(Resigned 14 December 2017)
R.M. Harley	
C. Lloyd	
W. Maunder-Taylor	
N. Priestnall	
J. Sanchez	
M. Shaw	
A.W. Welch	
J.R. Wells	
P.M. Woodroffe	

Clerk to the Governors:

J. Orloff

Staff of Alford House:

Tim Saunders	Club Manager
Sue Proctor-Watson	Finance Administrator
Patrick Davis	Targeted Youth Support Worker
Lisa Cole	Part-Time Youth Worker
Clive Graham	Part-Time Youth Worker
Shaval Heaven	Part-Time Youth Worker
Kathryn Saunders	Part-Time Youth Worker
Nicky Thomas	Part-Time Youth Worker
Dennis Lee	Part-Time Youth Worker
Hollie Vincent	Part-Time Youth Worker
Pam Buttery	Housekeeper
Tina Kerner	Housekeeper
Sophie Amaro	Volunteer
Mercedes Harrison	Volunteer
Yemi Oviolu	Volunteer

Governance

We welcomed two new trustees to the governing body this year.

Anthony Behrens joined the Governors in March 2017. Anthony brings with him a wealth of experience in charity investment and is also a trustee of a number of charities which are primarily interested in education and helping disadvantaged youth.

Blake Carter-White became only the second ex-member to join the Governors. Blake was a member of the Club for seven years before becoming a volunteer and then a part-time youth worker. He was Procurement Lead for the National Citizens Service before becoming a Senior Analyst with Accenture. At 26 when joining the board, he is, as far as we know, our youngest ever trustee.

Sadly, after nine years service to the Club, Wendy Francis resigned from the Governors in December 2017. We would like to thank Wendy; we will miss her insights into youth work practice.

As expected the Governors continued to work on the redevelopment of our premises.

A skills audit was carried out with the Governors and we will not have been alone in developing new Privacy and Data Protection procedures over the course of the year. We are grateful to our Clerk, James Orloff, for all his guidance and work on this matter.

Staff

The core salaried staff remains stable and we believe this is a key factor in building lasting and trusting relationships with young people in the local community.

You may see from our staff list that the number of volunteers has dropped significantly. We are not alarmed by this as we are very pleased that some have moved into full and part time work in the field, some have moved into university and, as above, one has joined the Governors. Whether through a reference and or experience here at Alford House we are delighted that the Club has played a positive part in their development and progression.

We are also delighted to report that, following a long tradition, older members continue to put themselves forward to make the transition from members of the youth club to volunteers.

Key facts

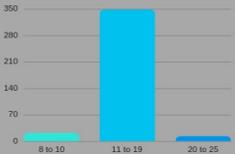
2017 – 2018

415 YOUNG PEOPLE 
Registered Members 
(Target 200) 

94
Females Reached
(Target 100)

321
Males Reached
(Target 100)

AGE DISTRIBUTION



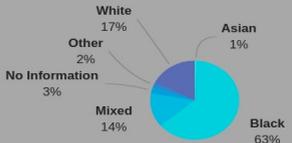
3,797 ATTENDANCES



SESSIONS 418



ETHNICITY



119 TIME

Attended 10 times or more



General Review

It has been a satisfactory year for the Club. Some young people had been with us for sometime and as they began to move on we faced getting to know new young people, particularly towards the end of the year.

Given the change in membership we are delighted that our reach remained strong. 415 young people registered as members during the year; a slight drop of just 4 on the high of the previous year and still somehow above our target of 200.

The majority of members fall into the 11 to 19 years age group where the majority of our activities and resources are directed. The only downside to the change in membership was that attendance dropped by several hundred over the year. It should be noted however, that most of this was due to the changes between October and February, when the change in membership and programme made for a quiet period of attendance.

We are not satisfied with our performance in attracting young women, although attendance to the Club is at 25%, which is 2% higher than actual membership.

We hope to report on an increased attendance percentage next year.

**“
I have been coming to Alford House for 5 years and it's the best decision I've made**

Monitoring continues to demonstrate that membership of the Club reflects the ethnic diversity of the local population.

The club has delivered a wide variety of activities for young people on a weekly basis. This has included football, unihoc (a form of indoor hockey), cricket, badminton, snooker, art, music production, table tennis, dance and health and fitness training.

Our health and fitness activity has been operating for seven years now and has engaged several hundred young people. Twice a week we hold afternoon/early evening sessions and

these are popular with pupils after school.

Over the course of the year, we delivered 3939 hours of health and fitness training during the afternoon and just over 200 young people took part in these sessions. In addition, we are finding that these sessions widen the reach of the Club further into Lambeth. While young people, (perhaps on advice from their parents), may not be willing to travel a mile or more in the evening to attend the youth club, they are happy to attend after school and then travel home.



We are also finding these sessions are appealing to young people with special needs, including those with autism and will explore further how we can reach out to become more inclusive.

After only a short period of time members are confident enough to access the facility and work on their personal programmes with minimal intervention from the fitness instructors. Through this activity young people:

- Improve cardiovascular health
- Maintain a healthy weight
- Improve bone health

They also engage in nutritional workshops with the fitness instructors and can gain AQA accreditation for fitness activity.

Our Monday night workshop evening continued to offer health and fitness training, music production, and an intergenerational circuit training class. We have found that the structure of the workshop night helps young people to pursue an activity with more purpose and

“ I’ve had a good experience at the Alford House; it’s helped me in situations that I was not able to manage before I came to Alford House, and it has helped me express my feelings to others in a manageable way

with less distraction than they would otherwise find on an open access youth club evening. This has its own benefits in that it enables young people to develop their skills quicker and to a higher level and this in turn increases their self confidence and self esteem. Out of necessity, for a short period over the winter, from December to February, we established Friday night workshops as well. These included Art, Fitness, Music and Dance. We are pleased to say that all these activities, apart from music, remain as part of the open access programme on a Friday evening.

Our evaluations methods, which continue to be strengthened, demonstrate the value of the above programme.

“ I feel it is a place that I can get comfortable and come to with my friends. Alford House is a very friendly place that I enjoy coming to

We have now collected Life Effectiveness Questionnaire (LEQ) data for two years. The data across all LEQ factors in 2016/2017 were interpreted as very strong. This year, the overall effect size against all the outcomes still showed a significant increase but was interpreted between strong and very strong. We were surprised last year by the very strong results and were concerned about the amount of bias there maybe in using a reflective model of evaluation rather than a pre/post assessment, even though we have used both and have observed issues with both methods.

This year, staff gave more attention to explaining the questionnaire to young people. Those factors that showed a very strong effect were time management, social competence, active initiative, and intellectual flexibility. Those factors that demonstrated a strong effect were achievement motivation, emotional control, task leadership and self-confidence.

There were exceptions, but more often than not the young people demonstrating the most overall positive change had a higher rate of attendance.



We still believe that the length of time a young person has been a member has a positive bearing on their reflections about the benefits of attending the Club. However, we have not been able to analyse with certainty whether this is a more important factor in young peoples progress than the range of activities they take part in. We have observed in the past that the longer a young person has a relationship with the Club the more positive the effect the club has on their personal functions and resources. This is an element of data collection that still needs to be explored.



Our targeted interventions to support young people with additional needs has a significant emphasis on preventing young people being excluded from school who were identified by their schools and parents as needing additional support.

“ I have enjoyed these sessions and it has affected my behaviour positively

The Targeted Youth Support Worker has had a full caseload throughout the year and the support given to young people has in some cases been very intensive. Interventions continue to centre on helping young people to develop strategies to make improvements at school.

There has been a substantial increase in the number of young people we have seen over the last year. All group work and one to one sessions include the opportunity and encouragement for young people to talk about their successes within the school environment, no matter how small. This is particularly helpful to some young people who are so entrenched in supposedly negative behaviour that they forget that they actually do

“ I feel very good with my experience in these sessions, I believe that these sessions helped me to discover who I really am and that I'm capable of doing anything in life

achieve and their achievements are worthy of recognition. We actively encourage the whole group to celebrate the successes achieved; this helps to promote a healthy attitude towards education, positive shared experiences and new methods to deal with existing or old issues or barriers.

Using group work and one to one support in school, the interventions have helped to prevent several permanent exclusions.

There is increasing evidence from a major study by the University of Exeter that excluding children from school may lead to long-term psychiatric problems and psychological distress. This study also shows that poor mental health can lead to school exclusion.

“ I have had a good experience so far in Alford House. They is a very welcoming accommodation and the people are approachable. I feel safe and I am able to do what I need to do

The study found a “bi-directional association” between psychological distress and exclusion: children with psychological distress and mental health problems were more likely to be excluded but their exclusion acted as a predictor of increased psychological distress three years later on.

“ I enjoy Alford and it has made me more confident

It warns that exclusion can contribute to a range of mental disorders, such as depression and anxiety as well as behavioural disturbance.



Given the evidence that is building we were delighted to have the opportunity to add to our skills and knowledge to assist our targeted work by joining a consortium made up of Lambeth organisations aiming to increase the psychological resilience of young people.

Through the consortium, made up of Beyond the Classroom, Rathbone Society, St Michael's

Fellowship and the Resilience Foundation, we were able to access a small amount of Public Health England money to train staff and a small group of young people to be peer educators and to add mental health as part of the group work sessions in schools.

We again used Life Effectiveness data to assess the outcomes of our targeted work and again the data was encouraging, with a significant positive effect across all eight factors.

As well as the above consortium we continued to work with others or in partnerships.

The Club has continued to be part of Brooks' Condom Distribution Scheme and we have distributed condoms to young people on a regular basis. The rate of under 18's conception in Lambeth has decreased significantly since the scheme has been in operation and we are pleased to have played our small part in this success.

**“
I enjoy going to Alford House because I get to socialise with my friends and we do a lot of exciting activities**

We continued to be a member of the iDream Alliance. Consisting of Photofusion, Raw Materials and Alford House. The Alliance was commissioned by Lambeth Council to deliver their Youth Drugs and Alcohol programme.

It ran until the end of September 2017 and consisted of building blocks of positive activities including group work and creative workshops, enabling participants to gain skills in photography, moving image, rap, lyricism, spoken word, music and sound recording.

**“
I have become more active and energetic**

A significant development during the year was the formation of the Young Futures Alliance. Made up of Lollard Street Adventure



Playground, Oasis Venture Play, Sports City, Triangle Adventure Playground and ourselves, it came together to tender for the contract to deliver services to young people in north Lambeth. Alford House led this consortium and we are delighted to report that a contract was secured until March 2019. Part of securing the contract involved young people coming together from the different organisations to make a presentation to commissioners and once again the young people did not let us down. Their knowledge and enthusiasm contributed significantly to us being successful.

***“Alford House is good because when I come here I know that I’ll be safe and I can improve my social skills*”**

After holding the Gold Quality Mark for three years the Club has begun the process of renewing and at the time of writing has completed the Silver Quality Mark for the second time. Accredited by City and Guilds, the scheme aims to ensure that organisations provide the highest standards of service and activities that are needed and wanted by young people.

Financial Review

This year's unrestricted funds surplus of £25,320 (2017: £9,760) led to an increase in reserves generated from unrestricted activities to £289,834 (2017: £264,514) excluding the value of the Club's freehold premises. This surplus was generated through a mixture of increased grants and a better performance in lettings income.

Plans for the Future

The Governors have reviewed the Club's financial budget for the coming year. The budget forecasts a deficit over the coming financial year. There remains uncertainty over the level of restricted income and grants and income from lettings and the need for repairs to the fabric of the building. Most of the costs associated with taking the redevelopment to the planning stage have been absorbed from the designated fund in 2016/2017. Although there will be further costs, they will be smaller this year. Whilst recognising that in the short term the Club's reserves are adequate to fund possible reductions in funding, additional expenditure and urgent repairs, the Governors have asked the Club Manager to seek additional funding sources to cover some of these.

Plans for developing our premises have made progress, albeit slower than we would have liked. At the time of writing we are very close to submitting a planning application for the full redevelopment of our present site.

**STATEMENT
OF FINANCIAL
ACTIVITIES**

for year ending
31 March 2018

**Incoming resources from
generated funds**

Voluntary income:

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2018 £	Total 2017 £
Donations and legacies	10,699	-	-	10,699	8,147
Commissioned work and fundraising	328	327	67,900	68,555	53,114
Investment Income	120,661	-	-	120,661	111,476
Income from charitable trading - Grants	-	-	17,623	17,623	20,250
Total Income	131,688	327	85,523	217,538	192,987

Expenditure

Raising funds	1,070	-	-	1,070	1,015
Charitable Activities	105,298	343	93,200	198,841	229,379
Total Expenditure	106,368	343	93,200	199,911	230,394

**Net income/(expenditure)
before transfers**

25,320 (16) (8,677) 17,627 (37,407)

Transfers between funds

- - - - -

Net income/(expenditure)

25,320 (16) (7,677) 17,627 (37,407)

Net movement in funds

25,320 (16) (7,677) 17,627 (37,407)

Total Funds brought forward
at 1 April 2017

2,441,892 20,458 33,427 2,495,777 2,533,184

**Total Funds carried forward
at 31 March 2018**

2,467,212 20,442 25,750 2,513,404 2,495,777

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006. All of the above results are derived from continuing activities. All gains and losses recognised in the year are included.

BALANCE SHEET
as at 31 March 2018

	2018		2017	
	£	£	£	£
Fixed assets				
Tangible assets		2,177,378		2,177,378
Current assets				
Debtors	29,632		30,624	
Cash at bank and in hand	343,092		309,392	
	<u>372,724</u>		<u>340,016</u>	
Creditors: amounts falling due within one year	(36,698)		(21,617)	
	<u></u>		<u></u>	
Net current assets		336,026		318,399
		<u>2,513,404</u>		<u>2,495,777</u>
Total assets		<u>2,513,404</u>		<u>2,495,777</u>
Funds				
Restricted funds:				
Unexpended funds for specific purposes		25,750		33,427
Unrestricted Funds:				
Designated funds				
Members Fund		10,244		9,917
Redevelopment reserve		10,198		10,541
General Funds:				
Balance on income account		2,467,212		2,441,892
		<u>2,513,404</u>		<u>2,495,777</u>

These summarised financial statements contain a Balance Sheet and a Statement of Financial Activities, and are extracted from Alford House's full audited financial statements for the year ended 31st March 2018 on which the auditors, Wilkins Kennedy, gave an unqualified report. The full financial statements were approved by the Board of Governors on 10th July 2018 and will be filed with the Charity Commission. These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full annual accounts, the auditors' report on those accounts and the governors annual report should be consulted, copies of which can be obtained from Alford House, Aveline Street, London SE11 5DQ.

WALCOTFOUNDATION



Mill Hill School Foundation



www.jackpetcheyfoundation.org.uk

Beatrice Laing Trust



**NATIONAL
LOTTERY FUNDED**

The Michael Bishop Foundation

