



Annual Review **2022-23**

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Charity Number:
1123902

Company Number:
6521183

Principal Address:
**Alford House
Aveline Street
London SE11 5DQ**

Independent Examiner:
**Azets,
Suites B & D,
Burnham Yard
Beaconsfield
Buckinghamshire HP9 2JH**

Bankers:
**Lloyds Bank Plc
113-117 Oxford Street
London WC1B 5HR**

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



“To promote the mental, moral, physical and
spiritual wellbeing of the young people of Lambeth”
Frank Briant (1864-1934) Founder of Alford House

GOVERNORS

Nick Priestnall (Chair)

Nigel Baker (President)

Paul Bickerdike

Tim de Vere Green (Honorary Treasurer)

Jane Sanchez

Janet Wells

Peter Woodroffe

Martin Shaw

Chris Lloyd

William Maunder Taylor (Vice Chair)

Blake Carter-White

Byron Bond

Beej Chandaria (from 14/7/22)

Toba Shittu (from 12/9/22)

Rosie Walsh (from 24/1/23)

Secretary/Clerk to the Governors:

James Orloff

STAFF

Tim Saunders

Club Manager

Sue Proctor-Watson

Finance Administrator

Patrick Davis

Targeted Support

Youth Worker

Safia Bashir

Targeted Support

Youth Worker

Kathryn Butcher

Part-Time Youth Worker

Lisa Cole

Part-Time Youth Worker

Clive Graham

Part-Time Youth Worker

Shaval Heaven

Part-Time Youth Worker

Steve McQueen

Part-Time Youth Worker

Nicky Thomas

Part-Time Youth Worker

Pam Buttery

Housekeeper

Tina Kerner

Housekeeper

Sophie Amaro

Volunteer

Lawrence Lewis-Ackah

Volunteer

Péter Horváth

Volunteer

The Club seeks to provide a range of challenging and supportive activities for personal and social development in a climate that is increasingly polarised. It is crucial that Alford House continues and expands its reach and impact.

The Governors and Management of Alford House are still committed to the Founder's objectives. The delivery may have changed over 139 years but the objectives and the need to achieve them haven't. The need for such resources for the young people of the area is as acute now as it has ever been, perhaps more so. The young people of the area are growing up in an increasingly polarised environment which includes inter-community rivalry. When asked what they find appealing about Alford House, a word which comes up again and again is "safe": it is a safe place to meet friends and have fun. Public funding resources are stretched and limited and are constantly under threat. It is crucial that Alford House continues and indeed expands what it does and its reach.

Based on these objectives, the Club seeks to provide a range of challenging and supportive activities for personal and social development. These are designed to support a curriculum that is educative, promotes equality of opportunity and community cohesion, and is empowering and participative.

Do we think that we are achieving this? Alford House is regularly evaluated. Every time we put in a grant application the funders interrogate the Club to find out if it is doing what it says; they wouldn't make their grants if they didn't think we do. Recently Eastside Primetimers completed an evaluation which showed some very positive results. But for me, the strongest proof of the impact is in the words of the former Club members quoted in this report.

The Alford@70 campaign, launched in 2021 to mark 70 years in the Club's Aveline Street buildings, originally aimed to raise £2m of which £1.75m would be spent on the refurbishment of the Club buildings and £0.25m on delivering an enhanced programme of activity. Thanks to the successful sale for development of land and the generosity of a number of charities and individuals, the £2m target has been reached!

However, construction inflation over the last few years means has been extraordinary. It means that we need to raise an additional £600,000 so we can still achieve our objectives.

In practical terms it also means that we have to phase the work in order:

1. To start the first phase without needing to raise the whole sum;
2. To be able to maintain Club activities for members throughout the process.

Once the refurbishment is complete, Alford House will be able:

1. To reach more young people and provide a wider range of activities and resources for them at a time when these are needed perhaps more than ever;
2. To provide spaces and an environment where youth services and income generation can co-exist and members can feel safe;
3. To secure sustainable income to futureproof against the reduction in current levels of public funding.

In parallel with the efforts to design and manage the refurbishment of the buildings, the Trustee body continues to review its work and structure to ensure that it too is fit for purpose and suitably equipped to lead and support the Management and Staff of Alford House.

"As a young adult, my exposure to sport, travel and the arts was greatly enhanced by my time at the Club and continues to shape my life. The Club also provided myself and my peers with inspirational adult role models. Their impact remains with me to this day and certainly influenced my career choice."

**Steven Donegan (AH Member 1980-87)
Headteacher.**



Nick Priestnall, Chair of Governors
(nick@alfordhouse.org.uk)

General Review

The achievements of the Club this year is spread across many aspects of club life. The pursuit of refurbishment, the recruitment of new trustees and securing ongoing funding in light of increasing costs. All proved challenging, but we can reflect on many successes in all these areas.

Membership increased slightly on the previous year, and we registered a very respectable 350 young people over the course of the year. This is well above our targets. It is disappointing that our core membership, those that have attended ten times or more over the year dropped slightly. Having said that, those that did attend more often did so at an increased rate. One young person attended 146 times over the year, with over 50 attending 20 to 100 or more times.

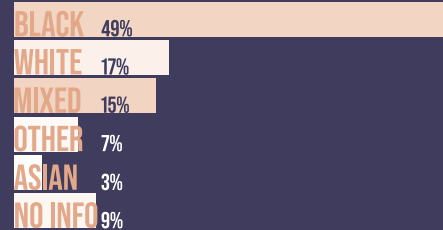
Female membership increased 4% to 38% of total membership and this was reflected in female attendance being up 5% at 39%. 1% registered as transgender or other.

Monitoring demonstrated of those engaged with, 49% were Black, 17% White, 15% Mixed, 7% Other, 3% Asian and 9% did not provide information. With regards to the ages of our members, 66% were aged 11 to 15, 20% 16 to 19 years, 11% 8 to 10 years and 3% 20 to 24 years.

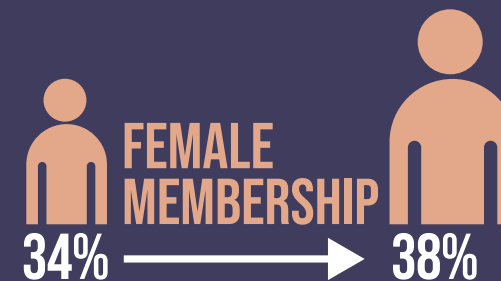
Our own analysis, utilising the Indices of Multiple Deprivation (IMD), reveals that **68% of the young people we work with live in the 30% most deprived neighbourhoods.** Only 6% reside in neighbourhoods above the 50% most deprived.



ETHNICITY



AGE



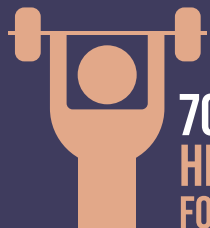


10,031 CONTACT HOURS WITH YOUNG PEOPLE

Moving to activity, health and fitness activity features strongly on the weekly programme. We have been providing at least 14 hours per week spread over four sessions for over ten years and it has engaged hundreds of young people.

Two sessions take place in the afternoon/early evening and these prove popular with young people after school.

Over the course of the year, we delivered 700 hours of health and fitness training during the afternoon and over 80 young people took part in these sessions. In addition, we are finding that these sessions widen the reach of the Club beyond the local area. 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.



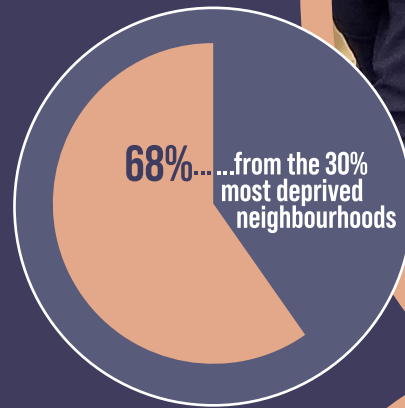
700 HOURS HEALTH & FITNESS FOR OVER 80 MEMBERS

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.

Come the end of the year, the fitness studio had to move to a new home within the Club due to the sale of the car park. Whilst the machines were moved by professionals, young people got stuck in to helping move sundry equipment from one end of the Club to the other. The studio also benefitted from several new items of equipment made possible through s106 funding.



General Review





Some users have shown a keen interest in recording other artists under guidance with regards to mic technique, sound engineering techniques, track balancing, mixing and equalisation and the application of the many effects on available.

We have had the pleasure of producing a diverse group of genres from rap to soul to classical with some young artists whose first language is other than English. The service users are encouraged to collaborate on each other's projects and give feedback.

As well as music, the studio has been used to record podcasts around such subjects as Black Lives Matter and gang violence.

Recently there has been some young attendees who have been interested in simply learning to play the piano or 6 string/bass guitar and percussion.

Throughout all of the above there are other repertoires which are developed and expanded on; conversation and debate at peer level, self-confidence, being receptive to criticism, vocabulary and self-expression.

A feature of both these activities running concurrently, is the number of young people who use this opportunity to **talk to youth workers about their lives**. It may be difficulties they are facing, school life, anxiety about exams or just the changes in their lives as they move to adulthood and how to face them. It could be support with a CV or an application to college. This is a particular area of our work we want to expand by providing more suitable facilities for this work in phase two of the redevelopment.

Our Monday **evening workshops continued to offer health and fitness training, music production** and, until the end of 2022, **dance**. We replaced dance session with a table tennis club in January 2023 and experienced very good attendance. We have found that the structure of the workshop night helps young people to pursue an activity with more purpose and with less distraction than they would otherwise find on multi activity youth club evenings. This has its own benefits in that it enables young people to develop their skills quicker and to a higher level.

Roller skating remained on the programme for Tuesday evenings. Attendance to these sessions can go up and down but it is mostly a very popular evening.

Our **girl's night**, which has been a factor in increasing female participation, has had a solid attendance over the year. It is very much a self-determining evening whereby members and staff co-produce the coming terms activity. This can range from a treasure hunt for the younger members, (but the older ones join in), to film nights and health and fitness sessions.

A number of activities are available on Friday evenings, including the addition of music production. It has always been our busiest session of the week and there is a strong social element to the evening. It is the end of the week and young people are keen to socialise, listen to music and take things far more informally.

During the course of the year, we put some effort into providing **support for young people transitioning from primary to secondary school**, but only with young people that attend the youth club. Despite a fair response from parents over the summer, we only managed to work with a very small cohort of young people. We will reassess this to see how we can expand the number of young people receiving support in the youth club in the coming year.

Two afternoons and one early evening a week, Music production and Health and Fitness run concurrently.

Our **Music Studio** is based around a digital audio workstation (Logic Pro) which is an industry standard multi track recording, production and mastering setup.

The studio is open to young people as solo artists or small groups of up to 5.

During these sessions we work on backing tracks using digital instruments e.g., drum programming and string sections. We then layer over these with live instruments, including percussion, piano and vocals which are recorded in our vocal booth.



during the summer. To this end, the Club provided activity in both the Music and Health and Fitness studios 4 afternoons a week for 5 weeks. Attendance to these sessions got off to a great start, but dissipated towards the end of the summer. A highlight of recent summers has been providing a work placement with stockbrokers ICAP. Facilitated by a trustee and a member of staff for a young person who has faced significant challenges and expresses a future in finance.

After some inactivity due to pandemic closures, The **Members Fund** became active again during the year. The Members Fund is a group of approximately 10 members that control a part of the Club budget. Whilst they can decide how to spend the money under their control, other members can join in the process by making applications for funding. Staff sit in on the meetings but are only there to advise if called upon by the young people. It is a new group of young people and we hope that their impact on Club life will be as great as it has been in the past.

We are delighted that, with additional funding from the Roger Raymond Charitable Trust, we have been able to increase our targeted provision in both schools and the youth club. Titled 'Building Young Aspirations' the project aims to reduce exclusion from school. The work in schools incorporates sessions designed

to explore several themes including, mental health, consent, critical thinking and masculinity. The sessions are delivered in groups and with individual young people.

A number of volunteers join the groups from time to time to give an insight to their journeys from the localities in which they lived (the same as the young people) through to their education and their successful careers. These sessions are always inspiring and are thoroughly enjoyed by the young people. In addition, schools often comment on how these session impact positively on their students.

Our first year external evaluation of this targeted support work made for interesting reading. We used three main tools to gather evidence.

A Youth Engagement Survey, designed to capture, as recommended by the Centre for Youth Impact, areas of environment and relationships, nature and delivery of activity and empowerment and community. The questions were finalised by young people at Alford House after researching a mix of questionnaires including a previous Quality Assurance/ Satisfaction Questionnaire co-produced by young people at Alford House many years ago, the Centre for Youth Impact's Youth Engagement Survey and feedback questions based on learning from the Youth Investment Fund.

The feedback points to the project's significant success, in particular in creating an environment where young people:

- **feel welcome and included**
- **feel safe while taking part in activities**
- **feel they can express themselves**
- **and their ability**
- **have opportunities to learn about themselves and their community**
- **feel a sense of purpose and achievement.**

We continued to use the Life Effectiveness Questionnaire (LEQ). A simple to use, psychometrically valid tool developed by James Neill, to gather self-report data from young people on the life skills that they have developed.

Resulting scores point to very strong effect sizes across three areas – emotional control, task leadership and self-confidence – with strong effect sizes in all the other areas. Looked at young person by young person, 29 young people reported positive overall change. Scores given by seven young people suggested no change. Scores from the remaining three suggested some deterioration.

The early signs for the coming year are encouraging and we expect a real increase in the number of young people benefitting from these sessions.

We have been limited in the amount of offsite activity we do at present due to the lack of a minibus, but indoor skiing with **Snow Camp** made a welcome return to the programme this year and several young people enjoyed two days at the Snow Centre in Hemel Hempstead and gaining their first certificates for skiing.

Alford House does not have a reputation for summer activity, concentrating its activity during the academic year. But there is an increasing need to provide activity to teenagers

As opportunities allow, the team has gathered 'stories of change' from young people. The approach used asks young people to describe in their own words the most significant change resulting from their involvement with Alford House and to elaborate on why this is significant for them. Young story tellers are also invited to give their story a title or headline, and to say which headings (or domains of change) their story falls into. A number of headings are suggested, linked to outcomes in Alford House's theory of change, namely:

- **Fresh hopes and plans for the future**
- **Feeling safer**
- **Getting on better with others**
- **Making better decisions**

However, storytellers also have the option of adding a different heading of their own. An example of these is from "Zero to Hero".

For several, the most significant change resulting from Alford House support was to help bring about a positive change in mindset. Asked to describe the most significant change resulting from involvement with Alford House, the young man suggested that: 'The project has given me a better perspective of my situation and [I've] found that I am able to move forward mentally. I am now able to focus on schoolwork more efficiently. I would have been in a downward spiral without my mentor. I think

my mentor has helped me a lot. Also, I am in the financial market(dabbling) and my mentor set me up with a possible work experience with a stockbroker.' This young person did not give his story a title, but felt that it related to two headings, or outcomes: Fresh hopes & plans for the future and Making better decisions.

We look forward to continuing our evaluation and strengthening the evidence base in the coming year.

We continued to be the lead organisation for the north Lambeth consortium of youth providers to the end of the Lambeth contract in March 2023. Leading up to this point, Alford House was instrumental in expanding the consortium from 5 to 7 organisations for the next round of commissioning from Lambeth Council from April 2023. The outcome was a new contract for the next three years.

In addition, after 5 years, it is a good time for Alford House to step down as the lead organisation as it moves forward with the exciting plans for the major refurbishment of its own premises. An element of these plans aims to provide expanded services for young people, particularly with targeted youth support workers, for which some additional financial resources have already been secured to expand staff hours.

The new consortium comprises of Active Communities Network as the lead, Triangle Adventure Playground, Oasis Youth Hub, Young People Matter, Fight 4 Change, Oasis Adventure Play and Alford House. The consortium has already started to map the provision it provides to schools, and it will shortly be discussing each other's provision, learning and future plans and co-ordination. This move means we will relinquish the lead of the consortium and immediate financial resources will be spread more thinly, but we believe an expanded consortium will be better placed to secure additional financial resources in the future.

In other partnerships, we remain part of Brook's condom distribution scheme and we also continue to provide accommodation to Lambeth's Youth Justice Service to meet young people fearful of travelling across the borough to their offices.

Alford House moves forward into the coming year with excitement about the new consortium, the relationships built with schools and the plans for refurbishment. It will need to ensure its resources are carefully managed and staff and volunteers supported to continue the work and success achieved this year.



Alford House

Balance Sheet (Company No: 6521183)

As at 31 March 2023

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
INCOME						
Donations and legacies	2	4,242	-	83,297	87,539	130,244
Charitable activities	3	212	212	40,400	40,824	41,176
Investment income	4	121,316	-	-	121,316	132,301
Grant income	5	3,000	-	123,842	126,842	79,724
Other income	6	556,179	-	-	55,6179	-
TOTAL INCOME		684,949	212	247,539	932,700	383,445
EXPENDITURE						
Charitable Activities	8	118,917	95	174,051	293,063	287,235
TOTAL EXPENDITURE		118,917	95	174,051	293,063	287,235
Net income/(expenditure) before transfers		566,032	117	73,488	63,9637	96,210
Transfers between funds		-	-	-	-	-
Net movement in funds		566,032	117	73,488	63,9637	96,210
Total Funds brought forward at 1 April 2021		2,338,024	23,847	100,513	2,462,384	2,366,174
Total Funds carried forward at 31 March 2022		2,904,056	23,964	174,001	3,102,021	2,462,384

	Notes	2023 £	2022 £
Fixed Assets			
Tangible assets	11	925,062	1,988,671
Current Assets			
Debtors	12	14,838	21,482
Cash at bank and in hand		2,500,378	469,251
		2,515,216	490,733
Creditors: amounts falling due within one year	13	(338,257)	(17,020)
Net current assets		2,176,959	473,713
Total assets		3,102,021	2,462,384
Funds			
<i>Restricted funds</i>			
Unexpended Grants for specific purposes	15	174,001	100,513
<i>Unrestricted funds:</i>			
<i>Designated funds</i>			
Members' Fund	16	11,512	11,395
Redevelopment reserve	16	12,452	12,452
<i>General Funds</i>			
Balance on income account	17	2,904,056	2,338,024
		3,102,021	2,462,384

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 2023, on which the auditors, Azets, gave an unqualified report. The full financial statements were approved by the Board of Governors on 3rd August 2023 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 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.

Nick Priestnall
N Priestnall
Chair of Governors

T. de Vere Green
T de Vere Green
Honorary Treasurer

Financial Review

This year the unrestricted fund had a surplus of £566,032 (2022: surplus of £9,777) which led to an increase in reserves generated from unrestricted activities to £1,978,994: (2022: £349,353) excluding the value of the Club's freehold premises. The budget for the year was for a deficit of £8,697. The reason for such a large surplus in the year was due to the sale of the car park which resulted in profit on disposal of £556,179 in the current year (see full audited accounts note 6). Excluding this one off item the underlying unrestricted fund surplus for the year was £9,853.

Plans for the Future

We could be entering some uncertainty during the year due to possible building works, leaving us needing to adopt a flexible approach to budgets and operations. The Trustees have reviewed the Club's financial budget for the coming year. The budget forecast is better than in the previous two years and predicts a balanced budget over the coming financial year, but uncertainty about grants and theatrical letting income remain a concern. Ensuring a good level of letting income is preserved in the face of refurbishment will be critical. This will be a challenging task.

The Estates & Development Committee is continuing to lead the work on a revised strategy that has been approved by the Governors to refurbish the existing Club building and secure a sustainable future income. As a result of the concern about the budget over the coming year, the Estates and Development Committee together with the Finance Committee have decided not to expend large amounts of reserves to progress the redevelopment of the Club and will only authorise expenditure based on the amount of funds raised for this specific purpose. We are pleased to say that funds have already been raised to enable us to continue at a steady pace for this purpose.

“It’s fun and I know I can talk to the staff about anything. I feel safe here.”

With thanks to the generous supporters of Alford House

Lord Glendonbrook
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Foundation

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The K N Shah Trust

Mr Felix Charity Trust

The Roger Raymond
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Roger & Irene Graham
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The Old Millhillians Lodge

Alford House
Aveline Street
London SE11 5DQ
020 7735 1519 • theclub@alfordhouse.org.uk • www.alfordhouse.org.uk

