

ASTON-MANSFIELD 2023-2024 IMPACT REPORT



ASTON-MANSFIELD
Creating Stronger Communities

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OUR YEAR IN NUMBERS

We delivered services to around:

160
young people

developed leadership abilities,
skills, confidence, networks
self-esteem & resilience



182
children

developed socially, physically,
and creatively through our
range of play experiences

377

adults with
mental health
issues

↑ from 200 last year

68

↑ from 67 last year

community
organisations
provided with
capacity building
support tailored
to their needs



22



5570

↑ from 3860 last year



families received
free food and
support

people used
our centres
for activities

82

↑ from 71
last year

community
organisations



26

↑ from 19
last year



organisations rented our
office spaces

WORKING WITH CHILDREN

We're dedicated to supporting children to lead happy healthy lives, realise their potential and unlock their ambition.

182

↑ from 167 last year

children

have developed socially, physically, and creatively through a range of play experiences



104

children attended Breakfast Club

↑ from 89 last year



127

children attended Playscheme

↑ from 111 last year



58

attended After School Club



28

↑ from 27 last year

attended Transitional Youth

FAMILY SUPPORT

LITTLE MANOR SUPERMARKET

Little Manor Supermarket is our free weekly food distribution service where families are given a personal time slot during which they can collect various food products.

During these slots, staff talk to the families, identify additional support and provide signposting on issues including housing, debt, benefit applications, mental health and wellbeing, family conflict, difficult behaviour, domestic violence, bullying, keeping children safe online and more.



“ Little Manor really helped me out. What was so nice was that I didn't have to ask for help. I would never have asked as I find it all a bit embarrassing. Instead, one of the staff took me to one side and we had a chat. To be honest it was a relief to talk about my problems to someone. ”

HOLIDAY PROGRAMMES

Our holiday programme provides fun and enriching activities for children during the school holidays as well as respite for parents who are working, studying, training or actively seeking employment.

36% of the summer HAF children were declared as having Special Educational Needs and Disabilities.

127

children attended our Playscheme



I went to a show, we had to take a bus and a train there. The people in the show were funny and were hyenas pretending to be humans. I liked the Dad he kept telling jokes and was a good dancer. On the way back we had to get another train. I was a bit squashed at first but then I could sit down. It was my favourite day.

THE MANOR

TRANSITIONAL YOUTH PROJECT

The Manor is a project for young people aged 12-14, aimed at building confidence, resilience, citizenship, independence, and diverse young leaders. Young people have a direct input in creating the rules of the programme; they are creators, not just consumers, which helps them to build ownership of the programme.



Young people attended The Manor during the summer holidays.

Around 28% of the young people had a diagnosed disability.

From evidence provided by 25 young people, we know that:

88%

felt that their physical health or wellbeing had improved

100%

felt that their social, communication and relationship skills improved

92%

reported improved mental health or wellbeing

WORKING WITH YOUNG PEOPLE



WORKING WITH YOUNG PEOPLE

We delivered services to:

100% said we were inclusive & accessible

96% said they significantly developed their skills

160
YOUNG PEOPLE



38
LOCAL
COMMUNITY
MEMBERS

attended our youth run Community Iftar

WORKING WITH YOUNG PEOPLE



YOUNG PEOPLE

took part in our

Digital Well-being

programme

100%

said they improved their knowledge about **mental health & wellbeing**

YES
(a lot)
44.4%

YES
(a little bit)
55.6%

“ —

Participating in the discussion about men's mental health was eye-opening and rewarding... The openness and honesty in the conversation made me realise that I'm not alone in facing challenges related to mental health. ”

- JBY 18years

WORKING WITH YOUNG PEOPLE

Our **PROJECT MANAGEMENT MASTERCLASS** was a one-week intensive training course designed to help young people develop the skills they need to boost their CVs.

13

young people attended the taster session

young people attended the masterclass

17

“

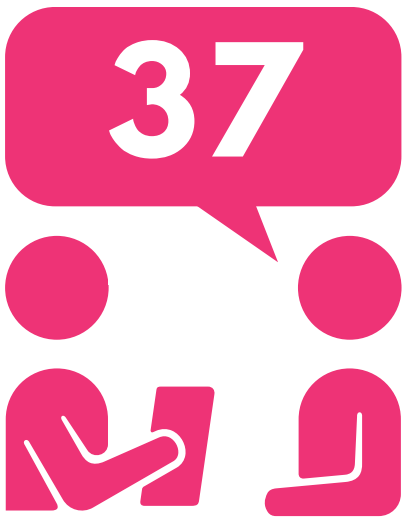
I think I improved on quite a few skills from when I first started, I am happy I have a new skill to add to my CV, as I am currently looking for work.”

- a young attendee



SKILLS MANAGEMENT TW **CV PREPERATION** SELF
DEVELOPED BUDGETING EO **DIGITAL TIME** REFLECTION
COMMUNICATION MK TROUBLE-SHOOTING **MANAGEMENT**

YOUTH SURVEY



completed our youth survey

100%

said we are inclusive
& accessible

said they would recommend us

75.7%

developed their
networks

96%

significantly
developed their skills

78%

improved their
confidence & resilience



YOUNG FACILITATORS

Our youth work model includes employing young people, aged 18 to 25, to work as paid young facilitators, in developmental roles, usually lasting around 12 to 18 months.

10 YOUNG FACILITATORS

With support and training from more experienced youth workers, the young facilitators play a key role in engaging and supporting young people across all our youth programmes whilst co-producing and delivering activities, workshops and learning days.



“ —

I always thought that I was confident and able but working as a YF and the responsibility and the challenges that come with it, I now fully realise that I still have lots to learn, and I think I am doing that with help from the youth team. My planning and organisation are so much better now...

... the amount of support and training opportunities that come as being a YF is a lot, and my CV now reflects that. I was given direct support by my managers, and they really helped me to secure my apprenticeship that starts in Autumn in project management ”

- Young Facilitator



WELLBEING

Positive Psychology Journaling & Coaching

Following on from last year's pilots we expanded our wellbeing work with evidence-based:

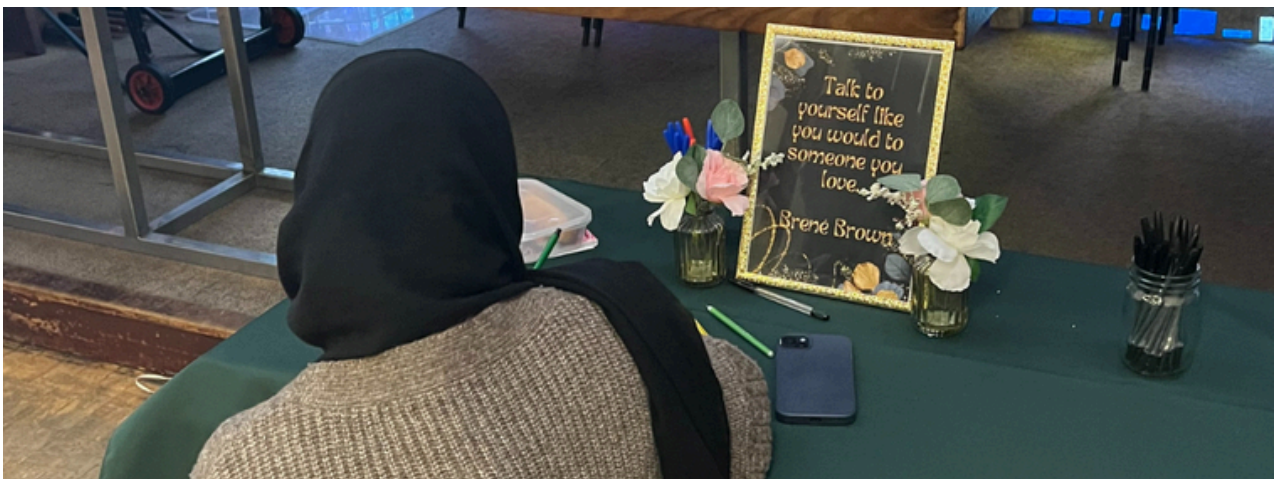
- **Therapeutic Writing**
- **Expressive Writing**
- **Applied Positive Psychology**
- **Coaching Psychology**

The programme focused on early intervention, mental health support, providing wellbeing tools and signposting services.

As part of our commitment to fighting racial injustice our culturally tailored programmes were delivered to Black and Asian men and women.



people engaged
with the programme



WELLBEING

Positive Psychology Journaling & Coaching

QUOTES FROM THE PROGRAMME

“ I FELT...
LOVED FULFILLED NOT
AMAZED ALONE ”
NURTURED SAFE TO BE
EMPOWERED VULNERABLE



“ I enjoyed having
a space where I
could learn,
be reflective,
practice journaling
and work
towards my goals
and dreams ”

WELLBEING

Positive Psychology Journaling & Coaching

100%

benefitted from being able to learn together, share their lived experiences & grow within groups

learnt & implemented cost-effective tools to improve their mental health & wellbeing

100%



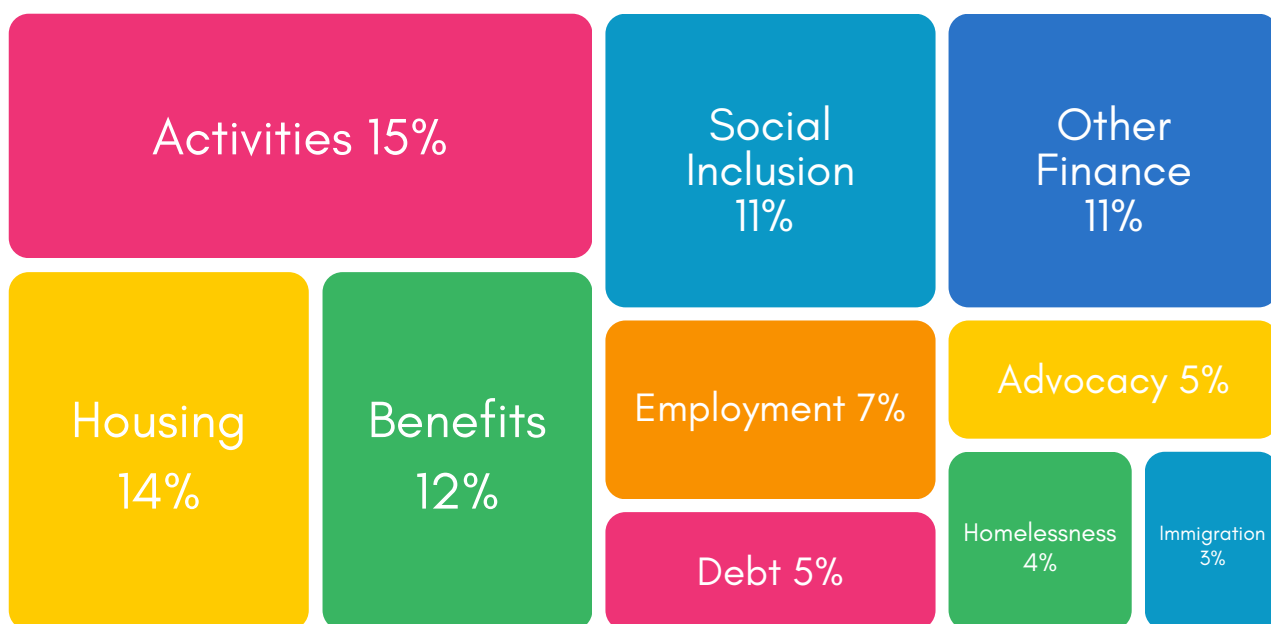
COMMUNITY CONNECTORS

Community Connectors support people who are experiencing mental health difficulties. Our holistic interventions focus on supporting people to address their social needs and increase their independence, resilience, confidence, and self-esteem, which has a positive impact on their overall wellbeing.



across the whole Community Connectors team in Newham
(including Aston-Mansfield, Community Links and Mind Stratford)

Most Common Referral Categories



COMMUNITY CONNECTORS

SERVICE USER STORY

A **service user** came to us having been recently discharged from a psychiatric hospital due to being suicidal.

He was separated from his partner and had been made redundant. He was heavily isolated, actively responding to voices and very paranoid.

Through the support of a **Community Connector** and the transformation team, a home visit and more robust medical review was done.

Through regular community meet ups, rapport building and advocacy, our team were able to help him apply for various benefits.

He was introduced to peer-to-peer support and supported in numerous community engagements - utilizing his experience to help others.

He recently proudly walked his daughter down the aisle.

His family has learnt more about suicide in men and the great impact mental health has on the Caribbean community.

He is currently being supported by the employment team and is actively involved in running podcasts, support groups and journaling.

FITTER FINANCES: INVESTING IN HEALTH

Fitter Finances: Investing in Health aims to enhance the financial stability and sustainability of grassroots organisations dedicated to promoting health and well-being.

We successfully launched in September 2023. Our primary focus has been to engage with and support various community groups to foster a healthier and more resilient community.



COMMUNITY GROUPS received capacity-building support



In March 2024, we participated in the Newham Voluntary Sector Spring Fair, organised by COMPOST.

We also presented at the LBN Mental Health & Wellbeing Community Grant celebration event.

At these events, we:

- presented the AMCT Grant
- promoted the work of Investing in Health
- engaged with community groups and organisations.



VOLUNTEERING AT ASTON-MANSFIELD

Volunteers are vital in achieving our core mission and aims. We are lucky to have a vibrant and very active group of volunteers. Our volunteers come from diverse backgrounds, including neurodiverse, long-term unemployed, undergraduates, and postgraduates to those volunteers with few to no qualifications.

48
people
volunteered
with us
this year

HIGHLIGHTS



Mental Health

Supporting those with mental health challenges and who are neurodiverse to have meaningful volunteering experiences

Community Coaching

Working with the University of East London to bring coaching into the community & provide post-grad students coaching opportunities



Moving into Employment

Volunteers moving onto employment or education - expressing gratitude for gaining work experience or developing their self-esteem with us

VOLUNTEERING AT ASTON-MANSFIELD

"I like volunteering at Aston-Mansfield. I enjoy the away days because I get to meet other staff and volunteers and get to contribute by having my say about things Aston-Mansfield is doing. It's nice to know that my opinion matters."

VOLUNTEER STORIES



"Everyone is so friendly & supportive."

"As an international volunteer on a 12-month placement, I appreciated the support I got living and working in a new country. My host family is AMAZING."



"I like being able to meet new people and being part of a team."

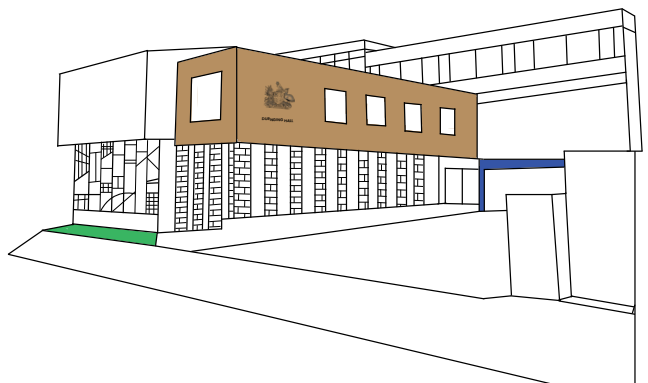
OUR COMMUNITY CENTRES

We rent out Durning Hall in Forest Gate and Aston-Mansfield Community Centre in Manor Park at affordable rates to the community to use for a range of events and activities.



Our community centres welcomed Skills Enterprise as a new office hirer, and we were happy to assist Well Newham and Newham Recovery College with their launch events.

We also continued to host local Scout and Cubs meetings. We've had a relationship with the local Scout movement dating back to the 1930's.



OUR COMMUNITY CENTRES

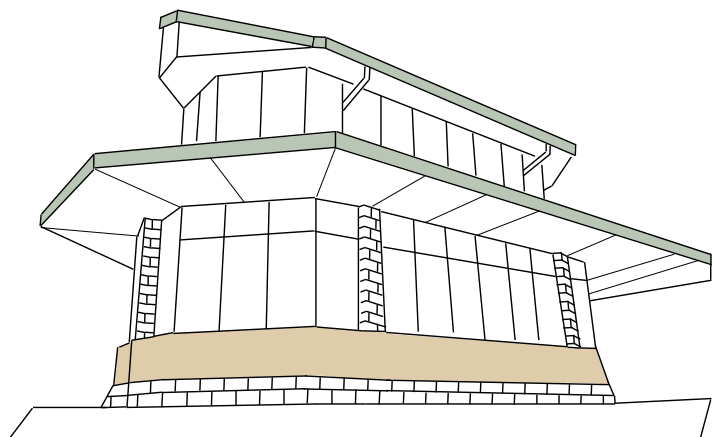
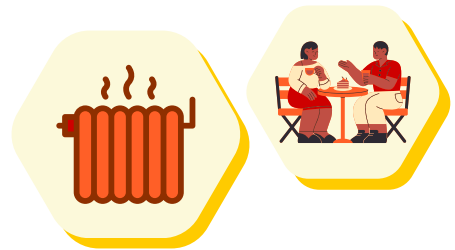
Warm Haven

Over January, February and March 2024, we ran a Warm Haven at our community centre in Manor Park.

The Warm Haven was a chance for people to get out of the cold, have a conversation and get the support they might need.

It was completely free, open to everyone and a chance for the community to come along and:

- Enjoy hot drinks, cakes and biscuits
- Charge their devices
- Play board games
- Chat and socialise





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