



THE HARROW CLUB



OUR FAMILY OF YOUTH CLUBS

# IMPACT REPORT

2022 / 2023



## INTRODUCTION

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The Harrow Club is a community-based youth organisation offering innovative, accessible and high-quality opportunities, enabling young people from disadvantaged backgrounds to maximise their life chances.

The Harrow Club is a place for *firsts*. A first trip to the beach, a night-time walk in the woods, an overnight stay without parents, and for some the first place where a child really feels at home and that they have a home. Firsts are especially important, they are part of a child's development but also, they build an outlook on life and shape pathways that will go on to determine futures, as well as offer a chance to form new interests and friendships.

This is a place, proud, of second chances. We support children who struggle to stay in the classroom to continue in their education and we work with young people who are not allowed in regular youth clubs/sports clubs, so that they can still have some level of engagement and support, even if they are on the periphery. We allow young people to make mistakes, learn and move forward.

There is no better testament to what the Harrow Club can achieve than some of our current youth workers, who have turned their lives around and are now working to keep young people away from criminality and harm. They can show, with immediacy and authenticity, that there can be Another Way, to live life.

The Harrow Club operates from the club's five locations, providing an incredible range of projects covering sports, arts and performing arts, media, music, digital and specialist our gang's project, motor vehicle workshops and educational programmes aimed at reducing school exclusions. We engage with an incredible five hundred young people each year. For many, the effect is life-changing.

### Overview of our 2022/23 programme:

**5** locations

**20** projects completed

**500+** unique young people supported every year

**300k** raised from individual donors

**£1+** million raised overall

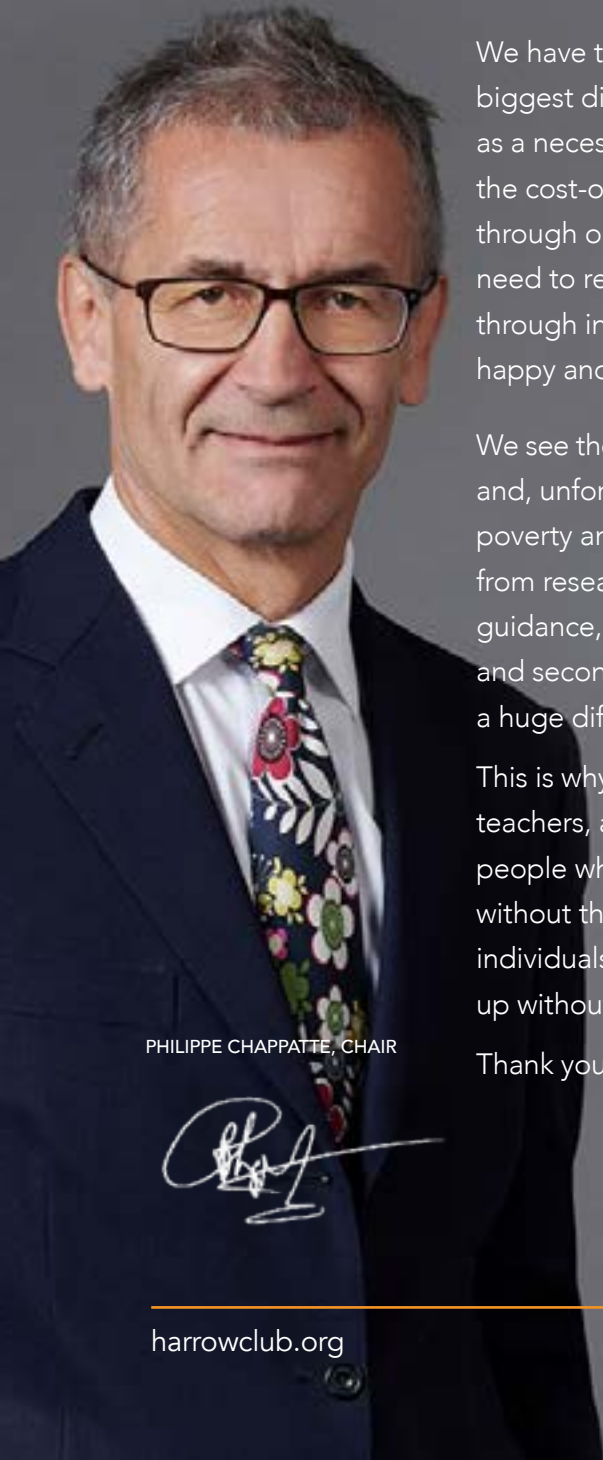


WE WORK WITH CHILDREN WHO ARE FROM SOME OF THE MOST DEPRIVED AREAS OF LONDON FACING MULTIPLE CHALLENGES

## A MESSAGE FROM OUR CHAIR

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**"I AM VERY PROUD TO CHAIR THE HARROW CLUB, A YOUTH CLUB CELEBRATING 140 YEARS."**

A portrait of Philippe Chappatte, the Chair of Harrow Club. He is a middle-aged man with short grey hair, wearing glasses, a dark suit jacket, a white shirt, and a colorful floral tie. He is smiling slightly and looking towards the camera.

We have taken a step back, collectively, to reassess where we can make the biggest difference with the resources and expertise we have. In recent years, as a necessity, we have reacted to issues such as Grenfell, the Pandemic, and the cost-of-living crisis, trying to solve problems and create opportunities through our many clubs and projects. Taking stock, we have agreed that we need to refocus much of our capacity on the young people who are 'slipping' through increasingly frayed safety nets, that are meant to keep them healthy, happy and safe.

We see the struggles that young people face as multi-faceted and challenging and, unfortunately, worsening, this is especially true for those growing up in poverty and with additional needs. We know from our own experience and from research that having a trusted, caring, and knowledgeable adult providing guidance, particularly during milestones such as the transition between primary and secondary school, the GCSE exam years or into college or work, can make a huge difference to achieving goals and longer-term success.

This is why we developed a new offer to train up dozens of local volunteers, teachers, and youth workers to provide life coaching over six months to young people who need that extra support right now. Our work would not be possible without the ongoing guidance and support of so many institutions and individuals who share the same determination as us that no child should grow up without the support and opportunities to achieve and thrive.

Thank you for your ongoing interest and support.

PHILIPPE CHAPPATTE, CHAIR

A handwritten signature in black ink, appearing to read 'Philippe Chappatte', written over a white background.

# OUR PROJECT AREAS

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## Youth Work

- Youth Clubs
- School Holiday Trips
- Residentials
- Sports, Music, Arts & Crafts
- Motor Skills Project



## Keeping children in school

- Moving On Up
- GRIT Life Coaching
- Targeted Mentoring – Transition To Secondary School



## Keeping young people and the wider community safe

- Late Night Safe Spaces
- Detached Youth Work
- Mentoring
- Pathway To Earn



## Special Projects

- Carnival Project
- Working With Refugees
- Our Response To The Cost Of Living Crisis
- Parents Project
- Mental Health – ‘Real Talk’



## YOUTH WORK

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Our approach to educational success offers young people programmes such as Moving On Up, which works to keep young people in school and a life coaching initiative, in partnership with the charity GRIT.

We work with children who are from some of the most deprived areas of London facing multiple challenges. The main club building is situated in the most unequal borough in the country – life expectancy is 12 years longer in the most affluent ward of Kensington & Chelsea compared to the most deprived ward. Residents are subject to some of the highest housing costs and overcrowded accommodation in the UK.

To achieve all this, we offer the children and young people in our community high-quality youth work in safe, supportive and accessible spaces, including activities such as football training, basketball, fencing, a healthy eating club, beauty and a well-being club.



**1,071** total youth sessions delivered

**100+** off-site trips to museums, events and attractions

**8** short UK holidays provided

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## Last year we delivered over 1,000 youth work and targeted sessions which were attended by 503 young people aged 8 to 19.

Kara joined our Junior Club and suffered from low confidence, as well as speech and language difficulties, which impacted her ability to engage with her peers and take part in group-led activities. She attended youth sessions regularly but communicated very little with the other children, only engaging when she had significant adult support. She found it hard to articulate her feelings and she often displayed very attention-seeking behaviour.



Last summer Kara joined our summer residential. This would have been the first time she was away from home. Although she was nervous, the change the youth workers saw in her from the first day to the last, was incredible. With some initial encouragement from staff, she started to engage in team-building activities, slept independently in a pod with peers without hesitation, and performed around the campfire – becoming a confident, outspoken member of the camp. The confidence blossomed upon our return to the club, when she joined the Notting Hill Carnival workshops with the Junior Club and took part in wearing one of our main costumes at the carnival. This was a significant step for her and her confidence continues to develop.



The Harrow Club has provided further support to her mum through our parent support group, and written letters of support in line with the family's housing needs.



## KEEPING CHILDREN IN SCHOOL

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Our approach to educational success, combines elements such as the Moving On Up programme. A transformative collaboration with life coaching charity GRIT, providing targeted mentoring for a seamless transition into secondary school.

The two West London boroughs we work in have some of the highest school exclusion rates in the country, meaning children are removed from mainstream education and placed in pupil referral units where sadly, their life chances are dramatically reduced.

Loss of schooling and face-to-face social and community support during the pandemic has also adversely affected the children and families we work with, resulting in reduced academic attainment, increased mental health issues and more challenging behaviour. These issues have been exacerbated by the Cost of Living crisis.

In the UK, over 700 primary school students are permanently excluded in a single academic year, with a startling 75% of those being under the age of 10. These alarming statistics are the reason the Harrow Club set up three key programmes.



**In the last school year:** we worked with 24 children aged 9-13, who were at risk of exclusion. All of the young people remained in school.

**12** of whom carried over from the previous academic year

**100%** were children from minority ethnic backgrounds

**85%** were from homes where English is not their first spoken language

**4** were from families in which there is active social worker engagement

**12** had diagnosed additional learning needs

**5** had diagnosed behavioural conditions affecting their ability to engage in mainstream education



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## Supporting children to help them succeed in school through the Moving On Up programme.

The Moving On Up programme aims to build confidence, recognise strengths, and develop skills that can be transferred into the classroom, giving children a better chance to access and understand their education. Our team of experts is working in partnership with four schools, to make a real impact in the lives of over 34 young people.

Moving On Up is more than just an intervention programme. The project offers an alternative to exclusion and supports a child's human right to an education. The team works extremely closely with social workers, family support workers, Special Educational Needs Co-Ordinator (SENCO), class teachers, parents, and other professionals to provide a holistic approach to each young person's needs. The programme runs 45 weeks of the year, delivering 117 sessions.

### **THE OUTCOMES FOR YOUNG PEOPLE:**

The results speak for themselves: Moving On Up has a zero exclusion success rate, a direct result of the hard work and dedication of the young people who attend the project. They gain skills and experiences that they cannot experience in school, providing them with memories and tools that will remain with them for life.

### **CASE STUDY**

The Moving On Up programme offered by Harrow Club is incredibly valuable to the children and staff at our school. It provides an opportunity for the children to experience things we cannot offer them in school and gives them the chance to develop their confidence. Many of the children who attend the intervention struggle with school or home life. Moving On Up helps them to explore their feelings, and their perception of themselves and grow in confidence. It is so heart-warming as a teacher to see how the children grow and mature through this intervention.

*"It has been running in our school for a few years now and I can really see the impact. The children are more able to engage in their learning, they have experiences to talk about with others, which helps them develop social skills and most importantly they believe in themselves. It is hard to describe truly how valuable this programme is to our young people, but I can confidently say it is the most impactful intervention I've experienced in my career."*

**(Gemma Potter - Year 5 Teacher - Miles Coverdale School)**

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# GRIT life coaching to develop attitudes and expectations in secondary school students

The collaborative intervention initiative between the Harrow Club and GRIT, introduced in October 2022, has been targeted at addressing the needs of young individuals in partnership with two local secondary schools, Kensington Aldridge Academy and All Saints. This endeavour primarily centres around a group of 13-year-olds identified as being at a heightened risk of school exclusion.

Within this framework, these young participants are provided with invaluable life coaching sessions conducted by trained volunteers. Additionally, a comprehensive personal development curriculum tailored for the pupils is implemented within the schools.

The programme encompasses a total of 24 young individuals, focusing on the exploration of attitudes and expectations. It challenges preconceived notions, biases, and limiting beliefs, while also addressing doubts and fears. Root causes underlying the thought patterns, emotions, and behaviours of these young people are meticulously examined. Furthermore, the programme facilitates the identification and transformation of self-limiting belief patterns, fostering the establishment of new and existing connections, and setting meaningful goals.

The Harrow Club's involvement with some of the most vulnerable and academically challenged students is extended through this initiative, with a particular emphasis on enhancing their behaviour, attendance, and academic performance. This programme stands out by emphasising leadership development, engagement, and overall academic achievement.

## **THE OUTCOMES FOR YOUNG PEOPLE:**

The projected outcomes for the young participants are promising, as evidenced by overwhelmingly positive feedback from pupils, volunteers, and schools. While the data outlining the impact on the current cohort is expected to be available in the coming year, the initial response underscores the positive trajectory set by this innovative partnership.

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## CASE STUDY

Child A was referred to the project by his school, with very serious concerns around his ability to learn but also his emotional well-being and behavioural difficulties. He is a very energetic child, always running around and very hard to engage in sit-down classroom activities, sometimes refusing to even enter the room without a lot of adult support; also he did not have friendships in the group and struggled to communicate with his peers, often creating issues to get their attention.

As the project went on Child A became a lot more trusting of staff, opened up about his fears of his mother dying, and also started to talk about his emotions with friends rather than just hitting out.

Child A is supported by social services and has a family support worker, soon to be moved into a school with more specialist support and hopefully will be given an Education, Health and Care Plan to support him further.

Child A became more able to attend classroom sessions and group and team-building activities.

The project was invaluable for this particular child, offering security, care and understanding. It also prepared him to transition into a new school with social skills and the ability to manage his emotions without having too much of an impact on his learning and friendships.



Child A at various residential activities

## KEEPING YOUNG PEOPLE AND THE WIDER COMMUNITY SAFE

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Our Keeping Young People and the Wider Community Safe initiative is a comprehensive effort, offering late-night safe spaces known as the Another Way Project. Detached youth work, mentoring for young individuals, and a pathway to skills programme are also offered through our in-house Pathway to Earn. Together, we foster a safer environment for both young people and the broader community.

We extend our support to marginalised young people who face the risk of being entangled in violence, offering them pathways to escape and abandon detrimental lifestyles, thereby ensuring the safety of both these individuals and the broader community.



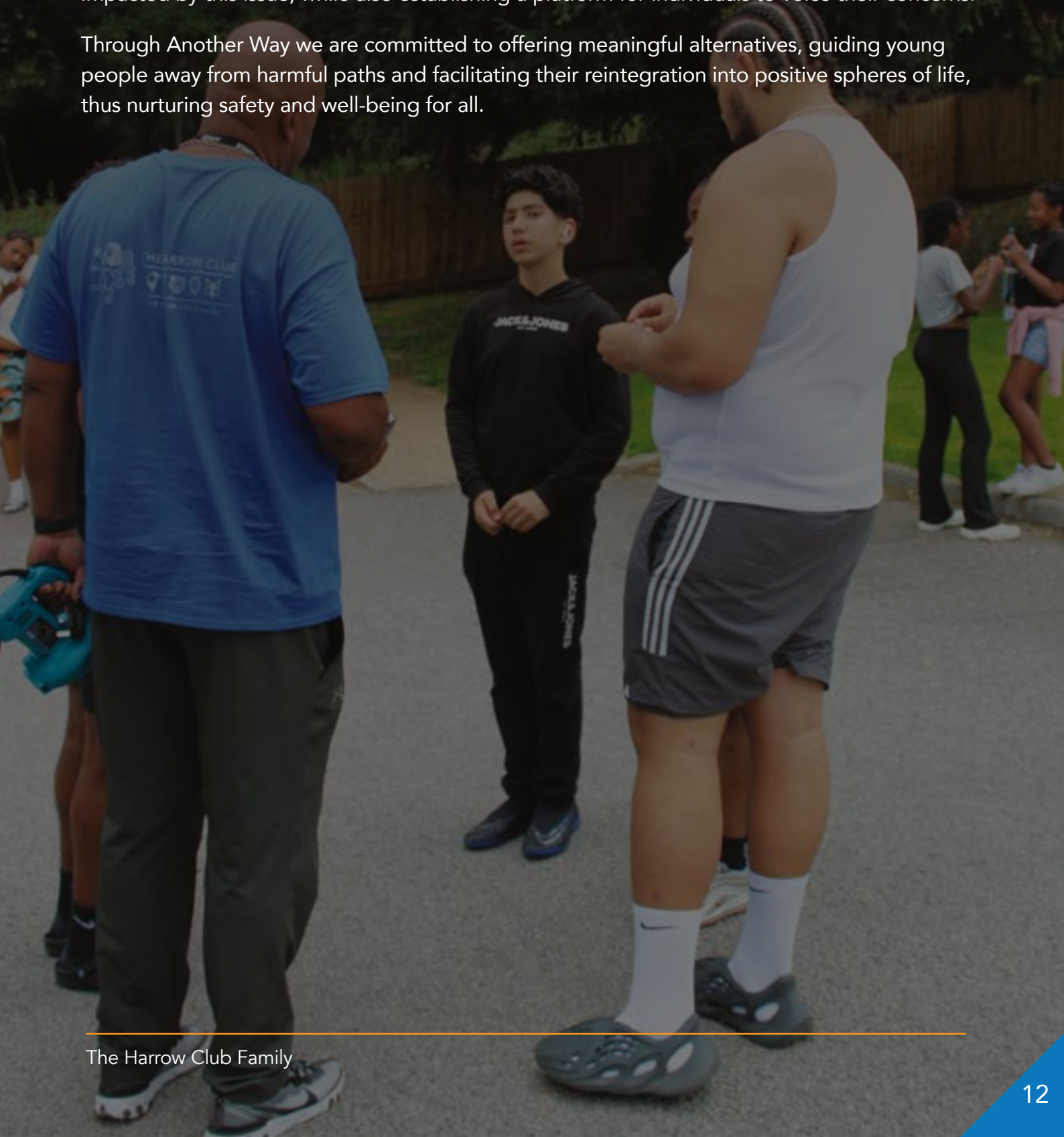
Our Youth Violence Reduction programme, named Another Way is a focused endeavour involving our dedicated team of youth workers, who patrol the streets in some of the most troubled districts in West London. Their mission is to engage with young individuals who are frequently exposed to violence and criminal activities. The team, comprising of five experienced youth workers, possess a deep understanding of connecting with young people in challenging environments. Several team members were once themselves in need during their youth, seeking individuals who would genuinely acknowledge their concerns. Drawing from their personal experiences, our team provides positive role models for the young individuals we seek to reach.

This initiative operates in collaboration with local councils and the police, targeting locations where young people urgently require positive interaction. Our approach involves meeting these young people in their familiar spaces, fostering a sense of comfort and empowerment. We endeavour to act as advocates for these young individuals, genuinely comprehending their viewpoints and perspectives. Through organised sessions and purposeful activities, our team establishes an environment where the young person can openly discuss the issues affecting them.

Within this programme, we have recently introduced the Weapons Awareness Programme, specifically tailored for young people entangled in serious youth violence, either as victims or participants. These sessions unfold within a non-judgmental ambience, with the discussions being youth-led. This platform offers an opportunity for self-reflection, enabling them to evaluate their choices and delve into the factors that allure young people towards gang-related and knife-centric cultures.

In addition to engaging these vulnerable young people, our efforts extend to addressing serious youth violence on a broader scale. We provide support to communities profoundly impacted by this issue, while also establishing a platform for individuals to voice their concerns.

Through Another Way we are committed to offering meaningful alternatives, guiding young people away from harmful paths and facilitating their reintegration into positive spheres of life, thus nurturing safety and well-being for all.



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## **THE OUTCOMES FOR YOUNG PEOPLE:**

We have seen a huge improvement in the outlook and life prospects of the young people who work with us, including a broadening of skill sets, for instance, moped qualifications, as a means to employment. We have also supported young people in re-entering education via apprenticeships and other alternative training opportunities. In the last year we have:

- Worked with over 100 unique young people at very high risk of involvement in serious youth violence.
- Supported over 50 young people with ongoing mentoring relationships, helping them navigate very challenging circumstances and move on to a safer and healthier lifestyle.
- Provided in-house training for 11 young people, in areas such as security work and driving, through our Another Way – Pathway to Earn programme.

## **CASE STUDY**

MK has been attending the Another Way project since last year and has become a regular member. Through his engagement with the project, we have come to learn a lot about him as he is an open individual, willing to try new things and very influential on the other members at the centre. He comes from a complex background, whereby he was educated in his early life in what would be considered quite an affluent environment. He attended a boarding school for most of his primary education. However, since coming to the UK, his life has changed drastically for a number of reasons.

Getting in trouble with the law has impacted his right to stay in the country and his mother is very often in despair about the potential outcomes for her son. He has found himself engaged in criminal activity as a way to survive, however, he is a highly intelligent person. He is multi-talented but tainted by his unfortunate circumstances. His mother is struggling to provide for her son and is very upset that he has not been able to go to university at this stage due to his ongoing visa issues. This year MK has attended every session to train with our Boxing Coach (Chris) and has become focused on body confidence and overall healthy eating. Chris has offered MK:

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- Advice on conditioning and nutrition
  - Basic fundamentals on how to box and why boxing is beneficial
  - Motivational techniques and tools to provide a continuous progression
  - Challenging him every session building on things to be done from prior sessions

MK's journey has yielded highly positive outcomes thus far. Notably, his confidence in his body, self-image, and grasp of fitness principles has experienced remarkable growth. His comprehension of boxing has evolved significantly, allowing him to engage in self-assessment.

Evident progress is observable in his physical form, strength, and overall self-esteem. While MK has always possessed a degree of confidence, his demeanour has transformed into one of vibrancy and newfound self-assurance. His unwavering commitment is evident and he appears to be more open to the additional support offered through Another Way. Boxing has bestowed upon MK the chance to concentrate on a tangible objective, witnessing palpable changes through enhanced core strength, discipline and a structured routine. His demeanour has become notably more composed, and he demonstrates heightened engagement across various aspects of his life, rather than solely seeking leisure with friends. An illustrative marker of his progress is his immediate involvement in boxing sessions upon arrival, a considerable advancement from his demeanour less than a year ago.

## SPECIAL PROJECTS

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Our Special Projects initiative a diverse range of activities, including the colourful and rich-in-history Carnival Project.

In addition, we have dedicated our efforts to supporting Ukrainian refugees, families struggling with rising costs, and parents who struggle with mental health challenges.

### Carnival Project

The Harrow Club has been an integral participant in the festivities of the Notting Hill Carnival for numerous years, collaborating closely with local community and youth organisations as part of their vibrant float.

For those we engage with, the Carnival holds immense significance as it not only reflects cultural heritage, but also plays a crucial role in defining contemporary identity within Britain. Situated within the W10 postcode, which coincides with the carnival's location, the Carnival Project stands as a cornerstone of the Harrow Club's activities. Serving as a wonderful avenue, it unites children and families through creative endeavours, providing weekly gatherings where friendships are forged and skills and self-assurance are nurtured.

This initiative presents an engaging and interactive platform for children to delve into the rich history of the Carnival, tracing its origins back to the Windrush generation, understanding the adversities they confronted, and recognising the pivotal role of multiculturalism within it. Our dedicated families and young individuals volunteer their efforts to design costumes, choreograph dances, and assemble on the event day itself. Over the summer, our youth and staff tirelessly collaborate to ensure our costumes, musical arrangements, and supporting vehicles shine brilliantly, resulting in a more vibrant and colourful display with each passing year.





In 2016, the Harrow Club proudly joined forces with the Kensington Community Schools Carnival Mas Band. This collaboration extended its reach to local schools and community groups, enabling active participation in the renowned Notting Hill Carnival – Europe’s largest street festival. The preparation for this momentous occasion involves countless hours of meticulous planning, necessitating the dedication of over 40,000 volunteers and 9,000 police officers. The planning process commences in January, culminating in the event itself at the end of August. Weekly sessions for crafting costumes and banners commence from June onward, a testament to the dedication invested in making this day truly exceptional.

In 2022, the project brought together more than 50 children and 30 parents, a testament to its broad appeal. The collective effort of our team led to a triumphant victory in the small-float category of the competition, a significant accomplishment that underscores the dedication and passion poured into the Carnival project.

## Working with refugees

Starting in July 2022, we have introduced a Ukrainian Sports Coach with expertise in fencing, dedicated to involving Ukrainian youngsters residing across London in the sport, completely free of charge, on a weekly schedule.

This initiative has extended beyond sport, as the Ukrainian children have been warmly embraced into various other activities at the youth club. These include engaging in culinary endeavours and exploring the realm of music production. Approximately half of the young participants are accompanied by their parents, who have the opportunity to unwind within a convivial environment. Moreover, parents have access to an informal food bank, offering not only sustenance but also addressing sentiments of unease and seclusion.

Throughout the course of the year, we have collaborated with a total of 26 Ukrainian children and their families, amounting to 15 parents. This concerted effort demonstrates our commitment to fostering community engagement, supporting families, and promoting well-being through diverse and inclusive programming.

*“My two children both enjoy fencing and it is important for them to meet other Ukrainian children other than the small group in their local school. Olena (the coach) gets a lot out of them as she not only speaks Ukrainian but understands the discipline and culture of sports which we are used to. I enjoy meeting the other parents whilst the classes are on, as it is very beneficial to speak and share with others going through similar circumstances.” Mariia (interpreted)*

# OUR RESPONSE TO THE COST OF LIVING CRISIS

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Over the past six years, the families we support have faced an array of daunting challenges. The Grenfell tragedy deeply affected the community surrounding our North Kensington base. The repercussions of the COVID-19 pandemic profoundly impacted families, disrupting children's education and taking a toll on the overall mental well-being of extended family members. More recently, significant cost hikes have strained already tight budgets to the point of breaking. This confluence of factors has exacerbated poverty and left children without many essential resources.

In light of these circumstances, our response to these issues has been twofold:

Firstly, we are resolute in our commitment to ensuring that children receive nourishing meals and have access to a secure and cosy haven. In collaboration with Eat Club and other local youth organisations, we have implemented cooking classes and provided meals during the majority of our youth club sessions since December.

Moreover, we address food insecurity during school holiday periods, spanning 12 weeks. This entails distributing food boxes for families to take home, facilitated by the invaluable support of the Felix Project. Additionally, Kitchen Social contributes ingredient boxes. Generous contributions from sponsors, including food hampers from Bloomberg and Christmas Hampers from LetMePlay, have also lent a helping hand.

Our multifaceted approach stands as a testament to our commitment to alleviating the challenges posed by these adverse circumstances. We aim to provide essential sustenance and a nurturing environment for the community we serve, striving to uplift families and children during times of hardship.

## CASE STUDY

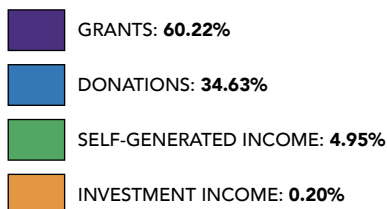
Naomi struggles to eat well. She lives in a single-parent household. Her brother is autistic and tends to only engage with frozen foods like potato shapes and chicken strips. Naomi's mum has a mental health condition, and between care responsibilities for her son, and her own health issues, lacks the energy to plan and cook nutritious meals.

*"I know I should be spending more time supporting my daughter, but I am just so tired and exhausted most of the time, as well as money being tight, that I don't want to have to cook another meal from scratch for her. Knowing she will get a good meal at the Harrow Club is a real weight off my mind."*

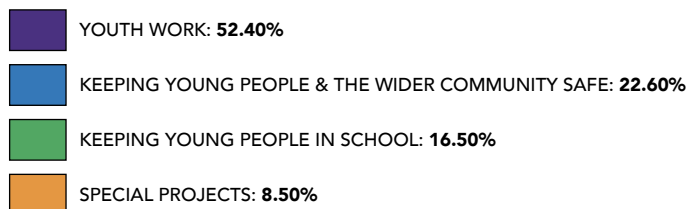
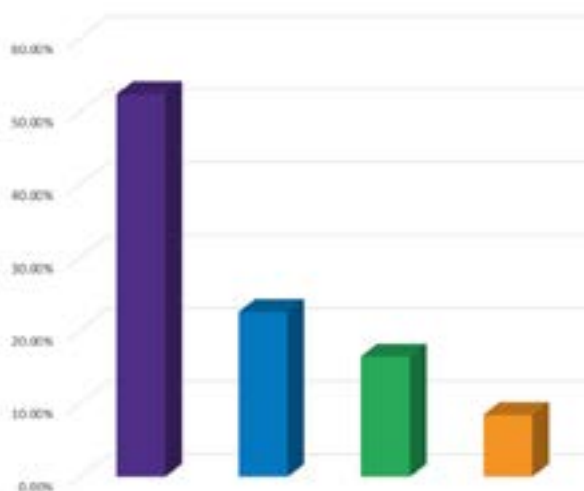
Central to the impact of Harrow Club for Naomi and her mum is creating an environment where there is no stigma around accessing free meal provision. The provision of free meals and wider social opportunities like sports, arts, music and offsite trips contributes to the well-being of their whole family.

# FINANCES

**INCOME BY SOURCE 2022/23**



**EXPENDITURE BY AREA 2022/23**



Last year, we were able to resume our Annual Fundraising Dinner, after a two-year hiatus, bringing in a further £200k of donations, which helped greatly support our planned delivery plan. On top of this we received an exceptional level of support from our principal partner, Harrow School, as part of their 450th anniversary celebrations with £130k of donations raised.

We achieved improved rental income for the year April 2022 to March 2023 with bookings reaching 75% of our pre-pandemic level, bringing in around £75k of unrestricted income and we hope by the end of 24/25 to be at least back to pre-pandemic income levels of £100k per annum.

We are not immune to increased running costs that have resulted from the high inflation of the last year. Our building, whilst a great community asset, is from the Victorian era and is Grade II listed resulting in high energy costs and maintenance. We also have had to be aware of the pressures our staff are under, many of them relying on income from their work with the club to pay for essentials, and in 2022/2023 we provided monthly winter uplift payments and a wage uplift to, at least, partially reduce the pressures created by the wider financial climate.

We are mindful that we are in a very challenging fundraising environment with the potential of fairly sustained inflation. Fortunately, through forward planning and a good level of prudence we are well placed to continue a good level of service provision, although, as always, priorities will have to be made to where we focus our resources to achieve the biggest impact.



**SINCERE THANKS TO OUR  
SUPPORTERS**



**THE HARROW CLUB**



**OUR FAMILY OF YOUTH CLUBS**

For more information E: [info@harrowclub.org](mailto:info@harrowclub.org) T: 020 8969 2529

Charity registration number: 1054757 | Company number: 3161792 | Registered office: 187, Freston Road, London, W10 6TH