

Newsletter – Summer 2022

IN THIS EDITION

Welcome – Chief Executive

Summer at AAA

Arc in the Park Updates

Abbey Hub Updates

Multi-Sports Project

Positive Transitions Project

Act As One Partnership

Brick Lane Music Hall

LEGO Support and Visit

Partner Updates

Our Volunteers

Fundraising Updates

Get Involved



Welcome to the latest edition of the **Ambition Aspire Achieve** newsletter. Summer is in full-swing, and we are making the final preparations for our programmes and activities, which will be delivered daily during the school summer holidays, traditionally one of our busiest periods of the year. This edition highlights that work, along with a number of updates on our current projects and new initiatives.

We are also delighted to highlight some of the recent support provided by the many individuals, friends of AAA and organisations to further our work. Throughout our history that consistent support has been so vital and in many ways is needed more than ever, with 2022 already seeing the rising pressures of an unprecedented cost of living crisis causing so many challenges for our children, young people and their families. That spirit of support was ever present as we returned to the Brick Lane Music Hall in May, with many guests and supporters joining Vincent Hayes MBE and the wonderful cast at the Brick Lane Music Hall, to enjoy a brilliant show! We can't thank Vincent and his team enough for all their kindness and generosity which is truly appreciated.

To end this introduction, I would also like to say a very big thank you to our volunteers who make such a difference. From the businesses who take part in our regular team volunteer days to our junior leaders and regular volunteers who provide essential support for our programmes – put simply, we wouldn't be where we are without you!

Please do get in touch if you would like to find out more about our work and how to get involved. In the meantime, wishing you a very happy summer.

With best wishes.



Jonny Boux
Chief Executive - Ambition Aspire Achieve



Summer at Ambition, Aspire, Achieve

With hundreds of local children and young people expected to access our summer activities, we're expecting to deliver one of our busiest summer programmes ever this year, and places for our programmes and schemes have been filling up fast!

Our universal youth clubs and playschemes will be running daily along with a busy programme of holiday activities for children and young people with Special Educational Needs or Disabilities at the **Terence Brown Arc in the Park** and the **Glyn Hopkin Abbey Hub**. We will be delivering our pop up mobile playschemes once again, in parks across Canning Town, Custom House and Plaistow throughout the Summer and will be running one of our busiest camping programmes ever, with residentials planned at **Essex Outdoors, Mersea Island** for youth groups throughout August.

Alongside our planned camping trips and daily activities at the Arc, Abbey Hub and local parks, we have a series of exciting day trips planned for our various groups, including visits to local venues, London experiences, sports themed excursions, nature walks and a planned visit to **Fairplay House** in August – something for everyone! And with additional funding also provided by the **Ernest Cook Trust**, we will be delivering even more green projects and activities for children and young people accessing the Arc in August, building on the success of our **Green Influencers Scheme** which is currently supported by the Trust.

To find out more about our summer offer and activities delivered at the **Terence Brown Arc in the Park** and the **Glyn Hopkin Abbey Hub**, please visit our website 'What's On' page at www.theaaazone.com/whatson.html



Arc Updates

With a full timetable in place this year, delivering activities, clubs and programmes at the **Terence Brown Arc in the Park** throughout the week, weekends and during school holidays, the Arc has been full of activity! The past few weeks have seen the team busily preparing the site for the Summer, with improvements made to our adventure playground along with new colourful and engaging murals created with the support of volunteers to welcome children and young people.

Regular fixtures at the Arc now include **after school clubs** running throughout the week for children and young people with Special Educational Needs or Disabilities, regular **family days** delivered during weekends, our **Positive Transitions** group supporting SEND young people making the transition into early adulthood, daily life skills sessions, regular Wednesday and Saturday youth sessions, our Wellbeing Groups supported by **Children in Need**, our weekly employability and personal development programme **Moving On and Up**, along with growing and gardening sessions, our **Lego after-school club**, **Cycling Club**, **Explorers Club** and **Multi-Sports Clubs** delivered every weekend.

Making use of the Arc Lodge facility, our new project **This is Me** has also been thriving, providing a safe stand-alone space for young people to discuss issues, explore ideas around their identities whilst delivering weekly activities focused on building their confidence and wellbeing.

Reflecting growing need, our Friday weekly **Food Bank** now provides vital support to over 30 local vulnerable families in the area. Thanks to wider donations, we have also been able to provide regular donations of clothes and books for families accessing the service.

And thanks to the generosity of **Val Fone** and **Action & Rights of Disabled People in Newham**, we recently installed a new outdoor music area at the Arc. The outdoor instruments have been a great hit with all our groups and along with our music studio, the new facility will enable us to deliver more music-based activities for children and young people over the Summer and beyond.

To find out more about our projects and activities at the Terence Brown Arc in the Park, please contact **Operations Manager Paula Blake** –



Abbey Hub Updates

Since our last update, new projects have begun at **The Glyn Hopkin Abbey Hub**, with a cricket club introduced for children and young people, building on the success of similar activities delivered at Arc in the Park. The new **All Stars** and **Dynamos** clubs, supported by the **ECB** have proved to be popular, with 24 children taking part so far, each receiving a cricket goodie bag including rucksack, bat, ball and t-shirt. Those taking part have really enjoyed the sessions and love being part of a team!

A new weekly youth project **Our Mind & Us** is also well underway. Funded by LB Newham's Living Well with Covid grant scheme, the project aims to improve young people's wellbeing and mental health following the challenges they faced during the Covid-19 pandemic. Young people taking part have already participated in a range of activities organised by the Abbey Hub team including archery, health and wellbeing sessions, a first aid session and a trip to the nearby Paddle Club.

And we have the return of a busy summer programme at the hub on the horizon, with our holiday activities scheme for children and young people with Special Educational Needs or Disabilities running throughout August, a daily universal playscheme and a whole host of fun and exciting day trips planned.

In other news, we would like to say a big thank you to a number of organisations who have given such great support for Abbey Hub recently. This includes local building firm **SIG Roofing** kindly donating materials for our secret garden area, which is undergoing a brilliant transformation thanks to amazing support from **MACE Construction**. Teams of volunteers from MACE have generously given their time over the past month to transform the space, which when ready will be of great benefit for children and young people accessing the Hub. AAA patron and Abbey Hub sponsor **Glyn Hopkin** has also committed further support helping us to provide new resources for our various activities and an exciting '**Big Day Out**' trip later this year for local children, young people and families. Glyn has been a brilliant patron and supporter for AAA over many years and we are hugely grateful for his generosity and kindness.

To find out more about activities and clubs on offer at **The Glyn Hopkin Abbey Hub**, please contact **Abbey Hub Manager Marie Poinamy** – marie@theaaazone.com or 07852 350786.



Project Highlight – Multi-Sports

We have a growing programme of multi-sport clubs and activities delivered at both the **Terence Brown Arc in the Park** and the **Glyn Hopkin Abbey Hub**. Activities in this area recently received a welcome boost thanks to funding provided by **Sports England**, enabling us to deliver even more weekend sports activities for local young people.

The project was recently launched during the Queen's Platinum Jubilee weekend and has continued to deliver weekend multi-sports activities every Saturday, engaging young people in regular physical activities, encouraging them to learn new skills whilst building confidence, and self-esteem. Our aim is to introduce participants to at least 10 different new sports, with a whole host of activities including football, tennis, skateboarding, boxing, running, netball, table tennis, volleyball, cycling and much more!

Regular competitions will also be organised, with young people benefiting from complementary bite-sized workshops focused on wellbeing, personal health and fitness, with project partner **Fight for Peace** supporting the delivery of popular boxing sessions.

And with the marking of the tenth-year anniversary of the London 2012 Olympic Games this year, what better way to celebrate that activity by encouraging local children and young people to get involved and try new sports!

If you would like to find out more about our weekend multi-sports activities at Arc in the Park, please contact our **Youth Coordinator Jen Walton** – jen@theaaazone.com



Project Spotlight – Positive Transitions



Our **Positive Transitions** Project is a term time project for young people aged 16 to 25 with SEND needs. The project offers a support ratio of 1 staff to 4 young people and the project is split into 3 main areas, delivering life-skills, multi-sports and arts & crafts sessions.

The life-skills element of the project aims to teach and show the young people how to use household appliances such as the oven, washing machine and Hoover, as well as participating in workshops about personal hygiene, first aid and friendships.

The young people have also enjoyed trips to Deptford Creek and Queen Elizabeth's Hunting Lodge in Epping Forest where they were able to take part in pond dipping, bug hunting, bread making and learnt how to start a fire. The project's multi-sports sessions offer a variety of sports and activities for the young people to take part and engage in including football, basketball, tennis and boxing. The sessions give the young people the opportunity to develop their teamwork skills, coordination and their overall ability in each of the sports.

The young people also take part in activities around healthy eating and cooking, and they made some delicious healthy salads, pasta dishes and smoothies which were enjoyed by all!



The projects group have been working towards an Arts Award qualification during their art sessions, producing wonderful paintings, abstract art and clay modelling. The young people have also helped to make art displays, been on art walking trips and discovered local artwork within the community.

All the young people on the project will receive a certificate, celebrating their achievements and also took part in a special celebratory trip to **Paradise Wildlife Park** recently, to celebrate all of the progress and development they have made. To find out more about **Positive Transitions** please contact **Liam Hartley-Davis** at liam@theaazone.com or call 0207 511 4253.



Project Spotlight – Act As One Partnership

We are proud to be part of the **Act As One Partnership**, an important project delivered since April 2001, bringing together grass-roots Voluntary Sector organisations in Newham focused on improving youth safety in the Canning Town and Custom House area. Led by local partner **Fight for Peace**, we have been working closely to deliver the project alongside other consortium partners **Rights & Equalities in Newham** and the **Exit Foundation**. The project has already reached large numbers of vulnerable children and young people and has built engagement with the wider community and other grassroots organisations focused on improving youth safety, to coordinate efforts in the space. Our role in the project has been to deliver regular detached street work sessions, youth clubs and important youth safety sessions in schools with the interventions already

reaching over 2,500 young people via detached sessions and engaging 12 local primary schools, delivering regular sessions on online safety, stranger danger, weapons and drug awareness.

Earlier this year, the partnership hosted an awareness raising visit with representatives from the London Mayor's Violence Reduction Unit (VRU) and has organised and participated in regular Community Link up events to promote activities and distribute funding to support youth safety initiatives in the area.

To find out more about our work as part of the Act As One partnership please contact our **Outreach Coordinator Bob Goldsmith** – bob@theaaazone.com



Brick Lane Music Hall

On Saturday 14th May, we were honoured to have a benefit night fundraiser hosted by the **Brick Lane Music Hall**, something that has become a firm fixture and tradition in the Ambition Aspire Achieve calendar, sadly disrupted over the past 2 years due to the Covid-19 pandemic.

We were joined by many supporters and friends helping us to raise funding for our work with vulnerable and disadvantaged children and young people over the coming year. Led by Vincent and his cast, with the brilliant organisational skills of his team, guests were treated to a wonderful show and thanks to the tremendous kindness and generosity of those present, we raised a significant amount at a time when we know it will be needed more than ever, helping us to deliver vital projects to support and care for young people most in need.

Vincent and the Brick Lane Music Hall have a proud history of community support including their contribution to charitable causes and taking outreach music hall shows to care homes, schools and hospices and we are truly grateful to be a part of that support.

Along with Vincent and his team, we would also like to thank the many individuals who joined us, providing kind donations, support and auction prizes, including AAA patron **Terry Brown** and trustee **Sharon Kaur**, the **Rotary Clubs** of Tower Hamlets and Newham and individuals and organisations who kindly donated raffle and auction prizes including **Gallions Reach**, **the Backyard Comedy Club**, **West Ham United**, renowned artist **Darren Baker**, **Stan Harris**, **Glyn Hopkin** and **John Barber**. A big thank you too to supporters **Berkely Homes**, **Sahara Homes**, **Karl Fone** and trustees **Steve Cameron** and **Helen Page** for donating tickets enabling attendees of the Arc's **Time Together Club** and AAA volunteers to join us for the evening. We hope to welcome all back for our next fundraiser at the Brick Lane Music Hall in 2023!



Lego Visit and Support

Lego has been a key supporter of AAA over a number of years and along with their regular giving to our annual Christmas Toy Appeal and kind donations of Lego sets, our Lego after school club at the Arc has been a firm fixture in our timetable.

The club continues to grow in popularity this year, with a regular group of 30 local children enjoying the weekly Lego building activities on offer throughout term-times. Building on that success we have opened our second Lego themed club at Abbey Hub this year, which has proved to be a real hit!

With Lego celebrating their 90th birthday this year, we were honoured to welcome a number of Lego volunteers to the Arc and Abbey Hub recently, with some journeying as far as Denmark for the experience, including one of the Lego family members, the founder's great granddaughter!

A huge thank you to Lego for all their ongoing support, which is truly appreciated. To find out more about our Lego clubs at the Arc and Abbey Hub, please contact **Operations Manager Paula Blake** – paula@theaaazone.com



Our Volunteers



Julianna has been volunteering with Ambition, Aspire, Achieve for 3 years, and is certainly keeping busy as a member of the **Friends of AAA** group and volunteering at our annual **Christmas Appeal and Parties**, our **Positive transition** group for SEND young people, our monthly **Family days** and at the **Gardening Club**.

Julianna is committed and hard working. She's an asset to all the volunteering time she gives to our work in the community and the families and young people we work with on a day-to-day basis.

Zinashi is one of our young volunteers currently completing her **Duke of Edinburgh Bronze Award** with our **Gardening Club** on Saturday mornings.

Zinashi is hard working and very committed to the club, and is learning new skills around growing and how important this is for our environment and for us.

Zinashi shares the skills she learns on a weekly basis with the children and young people who attend, widening their knowledge and enhancing their understanding of how important our gardens, green spaces and wildlife are.



Partner Updates

Along with the supporters who joined us in May at our Brick Lane Music Hall fundraiser, we would like to thank a number of supporters who have given in so many ways, both through in-kind volunteering, donations and direct funding since our last update.

This has included a huge number of books for children and young people donated by publisher **Scholastic Books**, game boxes and sets donated by law firm **Reed Smith**, trustee **Colin Grainger** and his **bowling colleagues** who raised funding during their Sunday Doubles League and **John Ratomski** from **Irons Supporting Food Bank**, who recently donated a very generous amount of clothes and supplies for our food bank this month.

In June we were also joined by a team of volunteers from insurance firm **Zurich**, who kindly gave their time to complete a challenge we set them, readying the Arc for the Summer, including sprucing up the edible gardens area and painting amazing mural boards to help welcome our children to the site.

A big thank you to all the volunteers for all their hard work! AAA organises regular team volunteer days for businesses throughout the year, which provide vital support, helping us to keep our centres spick and span, with several days already scheduled during the Autumn.



Fundraising Updates

We're delighted to report a number of recent fundraising successes, enabling us to grow our offer and deliver more targeted and tailored youth projects for children and young people during 2022. Thanks to a kind pledge from AAA patron **Glyn Hopkin**, we took part in the annual **Summer Big Give Campaign**, with further support from donors and **The Childhood Trust** helping to raise funds for our summer camping experiences this year.

We have also secured further funding from the **Royal Docks Trust** as part of their main grants programme to deliver important youth safety work and detached street sessions in the Royal Docks and Custom House area. With our weekend multi-sports programme growing in popularity, we were also delighted to receive the news of **Sport England/Lottery** funding to support the projects this year.

Youth activities at Abbey Hub also received a boost with **LB Newham** supporting new weekly wellbeing youth clubs and activities at the hub as part of their Living Well with Covid-19 grant scheme with further funding confirmed from Newham to help establish regular group sessions at the Arc from September, engaging local schools to deliver a range of activities for vulnerable and disadvantaged young people.

Finally, a shout out to developers **LinkCity** for kindly providing funding to support the delivery of an exciting community event to be held at the Arc and Hermit Park on Saturday 3rd September. We look forward to sharing the photos from the event in our next edition!

Thank you to all our funders for providing such valuable support, helping us to further our work with children and young people in the short and longer term.



Get Involved

amazon smile



JustGiving™

Our work relies on the tremendous generosity of individuals and companies giving their time and support.

In 2022 we need your help more than ever and there are many ways you can provide support, including donating items, food and equipment for our projects and service-users, helping us to fundraise, sponsoring our programmes and of course a whole range of group and individual volunteering opportunities. You can even raise funds for our work when shopping online by selecting AAA as your favourite charity when purchasing from Amazon (at no extra cost to you!)

We'd love to hear from you – please contact **Jonny Boux** by email at jonny@theaaazone.com if you would like to get involved or come and visit us at one of our hubs, Arc in the Park in Canning Town or Abbey Hub in Stratford.

We are also looking for runners, swimmers and cyclists to participate in sponsored activities and fundraising during 2023! If you are interested, please contact Jonny asap. to grab a place.

And an extra pair of hands is always welcome. As a business you can participate in our regular corporate team days helping us to maintain our spaces or as an individual, we would love to utilise your abilities, helping us to deliver our various programmes and activities throughout the year. Please get in touch!

Finally, if you would like to donate to our work, either as a one-time gift or regular contribution, - please visit our **Just Giving** page via our website:

<http://www.theaaazone.com/donate.html>. Any donation, no matter what size is hugely appreciated, helping us to further our work with children and young people this year.