

SUPPORTING YOUNG PEOPLE TO THRIVE

Welcome to the St Andrew's newsletter, with all the latest activities and achievements from the Club

EASTER HOLIDAY FUN

St Andrew's was the place to be this Easter, offering young people enriching experiences over the two-week school break.

Young people kept active with roller disco sessions, boxing, football, and gym sessions. They developed independence through cooking classes inspired by MasterChef and the Great British Bake Off, learning valuable cooking skills. Creativity flourished through hair and nail sessions, flower pot planting, and Easter crafts.



Our Young Members were quick to highlight their favourite moments. Iris, aged 11, shared that boxing stood out because "it makes me feel healthier afterwards," while Balsam, aged 10, praised the arts and crafts table, noting that "every day there are different things to do and make." Noah, aged 9, enjoyed playing football, saying he "loves football so much."

CEO Sarah Nicholls explained why our holiday provision is so important.

"Holidays at the Club are always special for us. It's about giving young people a safe space where they can try new things, build confidence and feel supported and continue to develop outside of school. Many of the young people we support cannot afford private holiday Clubs, so St Andrew's is vital in keeping them engaged and motivated throughout the holidays."

A massive thank you to Westminster City Council, Mayor's Fund for London (MFL) Kitchen Social Programme and Feeding Britain for funding our Easter Programme.

FANTASTIC FIVE RAISE £5,300

Five amazing runners represented St Andrew's at the London Landmarks Half Marathon, raising over £5,300! This iconic run showcases some of the capital's most famous sites, including Big Ben and St Paul's Cathedral.

Julian Thomas, Double GB gold medallist sprinter said;

"What got me through those last couple of miles was thinking about St Andrew's and the kids there. I've seen first-hand how much of a lifeline that Club is for them, providing a space to grow and stay on the right track."



CHARLOTTE'S STORY – BY AMINA, DEPUTY CLUB MANAGER

“As a Youth Worker at St Andrew's, I supported Charlotte*, 11, who began attending with her friend Imogen. Charlotte is an only child with a diagnosis of autism and initially found it very difficult to engage in a group environment.

When Charlotte first attended, she rarely spoke and struggled to communicate with both staff and peers. If I approached her, she would usually respond with a nod and display closed body language. She tended to sit alone on the sofa or observe from the sidelines. She often stayed close to Imogen and did not engage with others independently.

I noticed that while Charlotte didn't actively participate, she would stand nearby and listen to conversations. To support her, I used a low-pressure approach, asking simple yes-or-no questions and gently encouraging involvement. For several months, she declined most activities, but I continued to offer reassurance and suggested she stay near Imogen, for example by watching activities like boxing, so she didn't feel isolated.

With further encouragement, Charlotte began attending more structured sessions like the weekly Girls' Well-Being group. Initially, she observed, but gradually started contributing small responses and became more involved. These sessions provided a safe and predictable environment for her to build confidence.

Over time, I observed significant progress. Charlotte began speaking more, sharing her views, and joining activities. She started interacting with a wider group of peers rather than relying solely on Imogen. She also became more independent, approaching staff to ask for arts and craft materials and joining weekly baking sessions.

Now, Charlotte actively participates in the Girl's Well-Being Group, engages in conversations, and joins in even when her friend is not present. She has shown confidence in leading small activities. While she still finds eye contact challenging, she communicates her needs clearly and demonstrates increased social confidence.

This shows the importance of adapting approaches to the individual. Through structured, low-pressure opportunities, Charlotte has developed confidence and independence. ”

*To protect their identity, we have changed the Members name and different Youth Members are featured in this photo



Girls' Well-being Group

‘MIND OVER MEDIA’ WORKSHOP

In April, St Andrew's were delighted to welcome The High Performance Foundation and Inner Spark, joined by volunteers from Ruffer LLP, for a "Mind Over Media" workshop. The session focused on digital wellbeing, boosting confidence, and promoted healthy online habits. We love partnering with expert organisations to explore issues impacting young people and to give our Members the opportunity to grow their knowledge and awareness around important topics.

We hope you enjoy reading about our work. To see the latest news from St Andrew's please visit the news page of our website or scan the QR Code

