

The Chronicle

Spring 2020



150 YEARS

St Andrew's - the world's oldest youth club

Message from the Chair

Youth violence is on the rise, with Met Police statistics stating half of all knife crime offenders in London are aged between 10 and 19 years old. Yvette Cooper, Chair of the Home Affairs Select Committee, called this a "crisis" and "national emergency". Read below to see how St Andrew's Club is a vital part of the prevention route. Only last month the Met Integrated Gangs and Exploitation Unit delivered an informative session at the Club to 20 members, aged 12 to 17, about the dangers of gang culture.

We would welcome those who would like to know more about what we do to visit the Club at any time. Thank you for your support.

Elizabeth Cuffy, Chair



How does St Andrew's Club help?

At St Andrew's Club, we believe **prevention is better than cure** and we aim to provide young people of diverse backgrounds from an early age with a safe, inspiring environment and an engaging programme of activities in which to develop a sense of belonging, confidence, respect and purpose to help fulfil their potential. Reports have shown this is one of the main ways to tackle the root causes of youth and gang violence.

Topical issues affecting members' lives are addressed through workshops and discussions: from body image, mental health, knife crime and gang violence to money management. Young people, particularly young men, are identified as vulnerable to gang crime, and we make sure we provide extensive sports options to reach out to the young people in our community, offering a weights gym, football, boxing, archery and even karate.

Our fantastic activity programme features arts and crafts, cookery, chess, music production, photography and much more. We aim to enrich young lives by providing our members with opportunities they would not otherwise have and also encourage young people to take part in employability initiatives which include training, work experience and volunteer and job opportunities.

The Club is inclusive and welcoming - a multi-cultural place for the whole community - **providing a safe, supportive, supervised and neutral environment for young people to gather.**

How can you help?

The Home Affairs Committee report states that "Far more needs to be done to intervene early in young people's lives, making sure they have safe places to go to and trusted adults to help them and protect them from harm."

By supporting St Andrew's Club, you are supporting some 700 members, aged 5 to adulthood, from Westminster and beyond, giving them a safe space to be in an environment that supports and nurtures their development.

See our website 'latest news' for the full article and helpful links.

Contact us for more information on the Club, or to find out how you can support our members. kimberley@standrewsclub.com

President's Reception

Thursday 12 March, 6-8pm

Join us for our **President's Reception in March**: a relaxed and informal open house event where you can join us for drinks and nibbles and meet some of our members, network with our supporters and experience the Club.

Our Club President, Lord Strathclyde, will be present, along with the Lord Mayor of Westminster, Cllr Ruth Bush. If you would like to attend, please contact: kimberley@standrewsclub.com.



Tom's Story - Active Coach Award Winner



Tom is a former Club member, working with us on top of his full-time job and frequently going above and beyond, including volunteering every weekend for over 10 years to coach the Club's football matches. Last year he won the Westminster Active Coach Award 2019 and no one is more deserving. He is truly an Active Coach - football, boxing and fitness instructor and all-round inspiration to so many young people.

"I've been a member of St Andrew's Club since I was five and have many fond memories. The amazing thing about the Club is that it is more than just an activity centre. The Club's staff go out of their way to support their members in any way that they can. From helping me find funding to take me through college, to giving me volunteering opportunities that eventually led to paid work as a youth worker, the Club has helped me find purpose, even after serious injury. They've provided me with lots of training opportunities and job references. The volunteer time I've put in over years is my way of giving back and I was really proud to win the Westminster Active Coach Award last year."

See page 3 for news on Tom's boxing group.

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MEMBERS' NEWS: Children in Need Filming

In November, some of our members were lucky enough to be invited to the BBC Children in Need Pudsey Party at The Postal Museum! They had a fantastic time and were even featured on the BBC News talking to the lovely reporter Wendy Hurrell.



Flip Out Trip – November 2019

Our Friday Night Club had a fantastic evening at trampoline park, Flip Out. This special trip out was generously funded by the Westminster Ward budgets and was made even more special as it was two of our members' birthdays! External trips are a big part of Club life and always a favourite with our members. Our Friday Night Club is the only local Friday night youth facility available to youngsters aged 8-13.



St Andrew's Club Yuletide Concert & Reception 2019

Our second Yuletide Concert & Reception, organised by wonderful Club supporters, John & Glynis Billett, was even more fabulous than the last, raising nearly £4,000 for the work of the Club. Over 80 concert goers and performers then joined us at the beautiful Wellington by Blue Orchid Hotel for a catered reception. Praise included:

"It was the wonderful quality and stunning variety of music that resonated best. The brass group were outstanding."

"The variety of performances was excellent, and performers were high quality."



With thanks to sponsors Knight Frank and Blue Orchid.

Noel McCalla performs with Scarlet

Club member, Scarlet, performed at the concert with the renowned and talented Noel McCalla. Scarlet is one of our Collective Music programme graduates and her performance with Noel greatly impressed the audience.



Thank you to Westminster Foundation for funding the wonderful festive activities below for our members!

Christmas Party 2019

Our Members' Christmas party was filled with festive fun and activities. Members and youth workers were catered for with a tasty Christmas dinner - cooked from scratch by our lovely staff.

A super magician wowed our young guests but was inevitably upstaged by Santa's arrival to deliver presents for the Club, generously provided by Forsters LLP who have chosen St Andrew's Club as their charity partner.



Theatre Trip - School of Rock

In December, thirty members were treated to a wonderful experience of a West End Theatre trip to see School of Rock. Many members' rarely experience such treats. "Amazing!" was the resounding feedback!

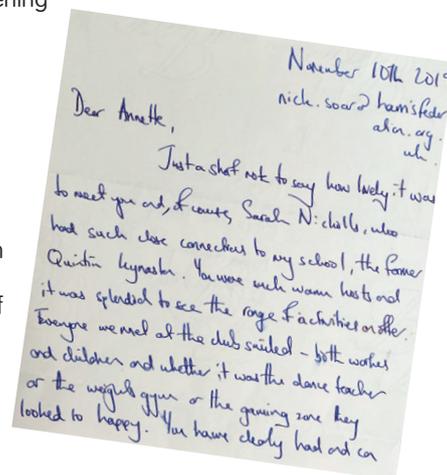


Club News:

Relationship Building & Collaborative Working

We had our first open evening for schools in November. Thank you to Nick Soar, headmaster of Harris Academy, for his lovely handwritten note sent after the event.

St Andrew's Club also works collaboratively with the Family Hub and other local provisions as part of our work as a youth hub to help ensure all our young people and families' needs are met in the best possible way.



NEW! Free Minibus Pick-up

We are delighted to introduce a free pick-up and drop-off trial service for our Junior Club. Places will be offered on a first-come-first-served basis and children will be supervised on the bus at all times by staff.

This service will enable more parents to safely send their children to Junior Club, opening the Club up to even more local families. See the news article on our website for more information.



For more info, contact: sarah@standrewsclub.com

Activity Case Study: Girls' Boxing

Tom Harper, Active Coach Award Winner, runs boxing classes for girls on Monday and Wednesday nights. Last year, Tom started working one to one with one of our members who wanted to increase her confidence and fitness levels but was too shy to join our main boxing session. She attended the sessions with Tom each week and began bringing family and friends with her.

Since the summer, the group has grown to around 20 girls whose parents, for several reasons - particularly culturally - may be wary about letting them attend a youth club. The girls now not only attend the Club for boxing sessions but also engage in other activities that are part of Club life, such as our weekly cookery sessions.

Tom's group is also a great example of female empowerment and cultural integration, with around 80% of our girls' boxing group being Muslim. A study by Sports England reports only 18 percent of Muslim women participate in regular sport, compared to 30 percent of the entire UK's female population, so we are definitely ahead of the game, with Tom's boxing group playing a huge part in opening up the Club to this group.

Tom has also recently used his sporting connections and volunteered his time to add inspirational trips to the provision, including sparring sessions at legendary amateur boxing club, Fitzroy Lodge, run by Mark Reigate, as well as taking members to a boxing show at Christmas.



Linton Aymer, coach and trainer at Fitzroy Boxing Club and former St Andrew's member, guest coaches our girls

Prudential RideLondon 2020

3 places available!

Prudential RideLondon is the world's greatest festival of cycling, with more than 100,000 cyclists expected to participate during the weekend of 15-16 August 2020. If you would like to take part in the Prudential Ride London, the public ballot is now closed. However, St Andrew's Club has 3 places!

For more info, contact:
kimberley@standrewsclub.com



The Big Give Christmas Challenge

We raised an incredible £21,264 to support our Junior Club for another year. Junior Club takes place every Monday and Wednesday from 6-8pm for young people aged 5-9 years. It keeps younger children engaged at an early age with social and learning opportunities in a safe and secure environment, before they are old enough to join Senior Club, also giving their parents and carers a welcome respite. A massive thank you to everyone who donated!



CURRENT, URGENT FUNDRAISING NEEDS

Snow Camp – Sponsor a young person through a training initiative for just £399

Six of our members were selected to go through to Level 3 of Snow Camp, a partner charity that uses a combination of winter sports, life-skills sessions, qualifications and employment opportunities to support and empower young people. We need to find £399 per participant to allow them to finish the three-month course which starts in February. **Can you help?**

Contact kimberley@standrewsclub.com for more information.



May Residential Trip - Can you help?

All donations welcome.

We are seeking funding for a residential trip for 30 young members, aged 9-14. With many coming from homes on tight family budgets, access to this dedicated outward-bound week may not otherwise be affordable. The trip will be full of outdoor activities and confidence building opportunities.



The Club has not had a trip for at least 5 years, despite repeated requests from members. We would like to reintroduce this as a great way to enrich the lives of our members and take them out of an inner-city space into the countryside.

We need to raise £6,750 to cover accommodation, activities, catering, staff and travel for four nights and five days.

All contributions are gratefully received. We currently have a pledge of £1,000 towards the final cost.

Upcoming Event:

Spring Dinner, Dance and Auction Thursday 30 April



Join us for a fun and fabulous evening of delicious food, amazing auction prizes, live music and dancing. It happens just every other year and has a reputation for being great fun and always sells out!

Early Bird tickets now available at £85/ticket. Tables of 8-10 available. Individual tickets can be purchased, but you may wish to put together a table of friends, family or colleagues for a night of fun.

Contact: kimberley@standrewsclub.com.

Renting Our Space

We are a community space, as well as a Youth Club, and we encourage all to make use of our facilities during the day.

Whether you want to run a workshop, hold a conference or have a special event, we have several spaces available for hire, as well as a fully equipped gym and several classes.

Prices range from £20 - £30 per hour, with all money from venue hire going to support our work.

Spaces include:

- Large, indoor Sports Hall with viewing gallery – recently refurbished with remarked sprung floor
- Theatre room – commonly used for classes and corporate meeting space
- Dance studio with mirrored wall, ballet bars and polished wooden floor
- Piano room – smaller room with piano and keyboard access
- Kitchen – can be used to service onsite functions or cookery classes
- Large Activity Space – includes pool table, table tennis, table football, sofas and kitchen/bar

Additional facilities:

- Fully equipped weights gym
- Onsite showers and modern changing rooms
- Wi-Fi available throughout the building

For hire daytimes Monday to Friday and weekends, subject to availability.



GYM Membership Benefits

Fully equipped gym (bench press, free weights, fixed weight machines, treadmills, cross trainer, squat rack, Olympic bars, bosu, core area with mats)

- Onsite showers and modern changing rooms
- Access to free and subsidised boxing fitness classes
- Access to third party classes, including HIIT and Reformer Pilates (separate cost)

Membership £35*, plus optional donation, for the whole year 1 September – 31 August.

**subject to increase after 31 August 2020*

DIARY

12 Mar 2020 – President's Reception

Open house social and networking reception for locals and our supporters.

30 Apr 2020 – Spring Dinner, Dance & Auction

Fabulous night to include 3-course dinner, jazz band and auction. Tickets £85.

1-31 May 2020 – Kick Caffeine Month

Give up a vice (coffee, chocolate, alcohol etc) and fundraise at the same time!

2 July 2020 – Westminster 100 Club Event

Talk on adolescent brain development and a chance to see the Club in action.

18 July 2020 – Westminster Walk

Join the local community for a wonderful, fundraising walk around central London

KICK CAFFEINE

1-31 May 2020

Give up a daily vice, from caffeine to chocolate

At the end of the month, donate the money you have saved to the Club!

5 COFFEES
EQUALS APPROXIMATELY

£20

WHICH WOULD PAY FOR ONE
ATTENDANCE AT THE CLUB

CONTACT: KIMBERLEY@STANDREWSCLUB.COM

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To sign up to our mailing list, or adjust your contact preferences, please email kimberley@standrewsclub.com

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