

<b>Trustees' Annual Report for the period</b>										
<b>From</b>		Period start date			<b>To</b>			Period end date		
		01	01	2020				31	12	2020

## Section A Reference and administration details

<b>Charity name</b>	ACE YOUTH TRUST	
<b>Other names charity is known by</b>		
<b>Registered charity number (if any)</b>	1120282	
<b>Charity's principal address</b>	The Parish Office	
	St Oswald's Church	
	School Lane, Ashbourne	
	<table border="1" style="width: 100%;"> <tr> <td style="width: 60%;"><b>Postcode</b></td> <td>DE6 1AN</td> </tr> </table>	<b>Postcode</b>
<b>Postcode</b>	DE6 1AN	

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Louise Doble	Chair		Trustees
2	David Holman	Treasurer	Ceased to act 27/02/2020	Trustees
3	Philip Michell	Vice Chair		Trustees
4	Susan Miller		Ceased to act 20/07/2020	Trustees
5	Jane Stoney	Treasurer	Appointed 01/04/2020	Trustees
6	Robert Woore			Trustees
7	Helen Wainwright			Trustees
8	Robert Morton		Ceased to act 07/01/2021	Trustees

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

Not applicable

## Section B Structure, governance and management

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Declaration of Trust dated 15 <sup>th</sup> May 2006 and Deed of Amendment dated 18 <sup>th</sup> July 2010
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

Advancement of the Christian Faith within the areas of Derbyshire/Staffordshire, in particular but not exclusively among children and young people aged 11-19 resident in the Queen Elizabeth's Grammar School catchment area, the Weaver Ward of East Staffordshire, or surrounding areas, by the provision of recreational / leisure time activities and support / guidance intended to help them grow as individuals and improve their quality of life.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The Trustees have had regard to the guidelines issued by the Charity Commission on public benefit and are satisfied that ACE Youth Trust confers a public benefit. The charity provides a range of free services within the scope of its charitable objects to young people aged 11 to 19 particularly to those who are identified as vulnerable, disadvantaged and disabled children and young people living in the Derbyshire Dales and East Staffordshire. In shaping its services, ACE Youth Trust considers how the individual needs of the young person – whether by reason of special need, social deprivation or disability – can best be met to reduce social isolation, improve emotional and mental health, and build confidence, self-esteem and self-reliance to prepare them for life at school, college and work and living in the wider community. By so doing, ACE activities achieve outcomes that are positive not only for the individual young person but also in terms of impact on their families and the wider communities in Derbyshire Dales and East Staffordshire. The cost to society of supporting young people referred to ACE is significant and is ameliorated by the free services offered by ACE. All services are paid for by grants, donations, and fundraised income. The charity is managed and operated by the trustees. In addition, a significant amount of operational work is undertaken by unpaid volunteers. The organisation makes use of community facilities and community resources wherever possible.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

ACE is largely run and managed by a team of trained and DBS checked volunteers. Without their dedication and hard work, ACE would not be able to provide their services to vulnerable and disadvantaged young people. In 2020, the total number of volunteer hours offered to ACE exceeded 3,500. The charity was operational for 40 weeks including during the Coronavirus pandemic lockdown. This enabled ACE to offer a range of support services as well group projects and 1-2-1 services to local children and young people.

### Summary of the main achievements of the charity during the year

ACE Youth Trust delivers life changing youth work, providing high quality pastoral support and youth services to young people who are vulnerable, disadvantaged, disabled and hard to reach, living in the rural communities in and around Ashbourne. Over the last decade, ACE has made a significant impact on young people's lives, providing opportunities for those who are socially isolated to accept support and helping them to continue in education and to access college, work experience placements or employment. The services provided have grown steadily and today we support on average 50+ young people at any one time. Young people are referred to ACE by statutory organisations including Derbyshire County Council's Children & Young People's Services (Early Help Team and Social Care), local schools, safer neighbourhood policing team and other voluntary organisations. Young people aged 16+ only may self-refer.

ACE provides a range of services which are targeted to meet the individual needs of the young people involved, including pastoral support, one-to-one mentoring, recreational and leisure activities, opportunities for socialisation, support for schooling, training and coaching as well as practical help and advocacy for those who are not in education, employment or training (NEETs), e.g. with job applications, benefit claims, work experience placements, interviews, advice and guidance and for Education Health and Care Plans.

2020 has been the most demanding year for ACE. We have faced the health and safety challenges of COVID-19, professional worker, and volunteer sickness together with their personal trials and tribulations at home - juggling childcare, hospitalisation of family members, and loss of family and friends including our long time committed Treasurer, David Holman in April. The dedication and commitment of the team has ensured that a lifeline was provided to some of the hardest hit and most vulnerable in the most testing of times. A core team of dedicated staff, both sessional and voluntary, put together an amazing programme of interactive and engaging sessions to provide isolated young people with socialisation and enrichment opportunities, physical exercise, and child friendly food. Our projects and services continued to operate in accordance with Government and National Youth Agency COVID-19 Guidelines to provide much-needed support to children and young people in the following areas:

**Coronavirus Support Project** delivered a range of services to children and young people adversely affected by the Coronavirus crisis, thanks to funding from the National Lottery Coronavirus Community Support Fund.

- In response to the financial hardship and lockdown measures caused by the COVID-19 pandemic, between April and December 2020, ACE provided free weekly home deliveries of child-friendly food parcels and essential hygiene packs to 63 children aged 4 to 16 years and their families. In total, 335 child-friendly food parcels and 215 essential hygiene packs were delivered to 30 families, referred to ACE by Derbyshire County Council Social Care Team and local schools operating in the ACE catchment area. This service was operated by a team of volunteers and coordinated by ACE staff.
- Aware of the detrimental impact that the COVID-19 crisis had on the emotional and mental wellbeing of young people and understanding how challenging social isolation has been for many of them, ACE developed and delivered a bespoke 6-week programme to build emotional resilience for 12 disadvantaged young people aged 15-16 whose final school year and exam timetable was disrupted.

- Working in partnership with Ossie's Kitchen at St Oswald's Church Ashbourne, ACE financed and delivered 1,035 hot meals to 60 children and young people from 28 families who were suffering from food poverty and who were referred to ACE by Derbyshire County Council and local schools.

**Wednesday Club** delivered recreational and leisure activities and much-needed opportunities for socialisation to 30 young people aged 12-16 on a referral basis. A total of 30 weekly sessions ran throughout the school term and school holidays, subject to lockdown and in accordance with National Youth Agency Guidelines on COVID-19. The project was delivered by qualified sessional workers and trained volunteers.

**Thursday Club** delivered recreational and leisure activities and much-needed opportunities for socialisation to 9 children aged 11-12 on a referral basis. A total of 9 weekly sessions ran throughout the Autumn term. The project was delivered by qualified sessional workers and trained volunteers.

**Friday Club** offered nurture group therapy to vulnerable children in Year 6 who were expected to struggle with the transition to secondary school. The project was delivered by qualified sessional workers and trained volunteers.

**Homework Club** provided learning support to young people struggling at school or in need of additional support with preparation for examinations. The project continued to operate on Zoom during the pandemic and was led and staffed by trained volunteers.

**A Team** delivered targeted group activities to 15 young people at risk of exclusion from school, mainstream services and society to address anger and aggression. During 2020, a total of 29 four-hour sessions were delivered by qualified sessional workers and trained volunteers.

**spACE4u** delivered nurture group therapy to young people affected by poor emotional and mental health. The project was delivered by professional sessional workers trained in nurture therapy and practice.

**Hardship Fund** provided small grants to help disadvantaged local children and young people struggling to buy essential shoes, clothing, educational materials and other basic items during the COVID-19 pandemic.

**1-2-1 Mentoring** delivered one-to-one support to vulnerable young people struggling with social isolation, family breakdown and trauma seriously affecting their emotional and mental wellbeing. Mentoring took the form of regular outdoor walks and physical exercise which provided a safe space for listening, supporting, befriending, encouraging, and guiding vulnerable young people. The project was delivered by ACE staff and trained volunteers.

This wide range of services is managed and run by a team of 28 volunteers with support and professional direction from our paid sessional youth workers and project coordinator. Volunteers provided 3,500 hours of voluntary time in 2020. Some volunteers worked for 48 weeks delivering food parcels as well as supporting project sessions. The volunteers also completed first aid training and online safeguarding training.

ACE targets its services at children and young people facing troubling and serious issues such as poverty, poor family/peer relationships, instability at home, being a carer, being a care leaver, involved in youth offending, anti-social behaviour, bullying, truancy, missing education, alcohol/substance misuse, self-harm, suicidal thoughts, depression, low self-esteem, mental health issues, ADHD/disruptive behaviour and social

exclusion. Some have additional needs including autism and other learning disabilities.

Typically, for the young people we work with, quality of life is poor, and the future is uncertain, particularly for those who are struggling with social isolation and lacking in confidence. In addition, the challenges of having to cope with financial hardship, food poverty and COVID-19 lockdown presented many new and unforeseen adversities such as multiple family bereavements, hospitalisations, job losses and relationship breakdowns, all of which deeply affected the children and young people. Without ACE's help, the impact on many of these children and young people would have been terrible and long-lasting, placing them at risk of developing a long-term dependency on expensive State interventions.

The demand for ACE services continued to grow in 2020 along with the extent and complexity of the needs of the young people referred to ACE projects. Of the 66 cases open at the end of December 2020, the array of diagnoses and social care status was as follows:

- 3 x ADHD
- 14 x Autism Spectrum Condition
- 1 x Anger Management
- 14 x Anxiety
- 2 x Bereavement
- 1 x Cerebral Palsy
- 1 x Child in Need
- 4 x Child Protection Plan
- 1 x Crohn's Disease
- 8 x Domestic Abuse/Family Breakdown
- 1 x Dyspraxia
- 1 x Eating Disorder
- 4 x Emotional/Mental Health
- 1 x Foetal Alcohol Syndrome
- 1 x Hearing Impairment
- 2 x Looked After Child
- 3 x PTSD
- 4 x Social Care

During 2020, numbers were limited per session post-lockdown to comply with Government and National Youth Agency COVID-19 regulations. Wednesday Club and Thursday Club activities were organised outdoors, weather permitting, wherever practically possible. The range of activities included: Games Night, It's a Knockout, Dragon's Den, Burn's Night Celebration, Bingo, Self-Defence class, Breadmaking, Old School Games, Spring Planting, St Patrick's Day Celebration, nature walks and hikes in the Peak District, outdoor Graffiti and Street Art, outdoor fitness classes, outdoor team building sessions, outdoor swimming, Bingo, Treasure Hunt, Logic Skills Challenge, Pumpkin Carving, Vintage Comedy, Crazy Golf, Christmas Wreath Making, and a Christmas Party. In addition, 8 young people from A Team project took part in the 2020 High Sheriff Peak Pilgrimage walk as part of a fundraising initiative.

Staff recorded that 97% of attendees experienced a significant reduction in social isolation and improvement in mental health and wellbeing because of attending ACE. 85% experienced significant improvements in confidence and self-esteem. 87% have made significant progress in developing independence and self-reliance. Staff observed significant improvements in young people's mental health and emotional wellbeing due to attendance at ACE projects; this was especially marked in 2020 because other opportunities for socialisation were severely restricted. In addition, a significant reduction in anxiety was reported by parents, alongside improvements in behaviour and mood after attendance at ACE

sessions, plus a willingness to empathise and help each other. Young people's comments included the following: 'feeling so happy to be together', 'feeling good being with friends', experiencing 'laughter and joking', 'feeling confident'. Improvements in anxiety were observed with smiles, laughter, lessening of tension, positivity, and language of hope (for example, "I can't wait until the summer programme starts"), good eye contact, turn-taking, supportive peer relationships, and a willingness to accept that the programme would involve more outdoor sessions and physical activity to focus on physical and mental health, resilience and enriching experiences.

The following case studies illustrate the benefits experienced by young people from participating in ACE activities:

A (age 12), autism and socially isolated. Huge improvements in mental and emotional health, confidence, and self-esteem, more independent and considerate to others. Significant improvements in socialisation enabled A to make friends, take turns, listen, and ask questions of others. Now walking along to Club with other children rather than being brought by a teaching assistant or Mum. "I get to be with friends, we do such fun things, play games and team stuff. It's brilliant because I have such a good time. I get so excited about Wednesdays. I don't like to miss Club. It makes me sad when I can't come because of isolating. Mum says I've grown up a lot and am much better at home since I came to ACE."

B (16) eating disorder, anxiety, low self-esteem, B has low school attendance and concerns regarding her mental health. Records indicate that B attended 10 sessions prior to the summer holidays and made some progress in emotional and mental health, benefiting from positive engagement with others. "Life has been really dark. Coming to Wednesday Club boosted my mood because I spent time with the others. I will never forget ACE. I have lots of good memories of Wednesday Club. Thank you everyone at ACE."

C (14) ADHD/ASC, family separation, social care involvement. Records show C has made significant improvement in socialisation, mental and emotional health, and wellbeing. C has cooperated and complied with COVID-19 rules: wearing a mask and social distancing; participated in physical activities including team games and hikes without moaning. "C was not rude; C smiled; C sat quietly for a few minutes on the occasion where the incline was steep; C was polite and good company." This is a huge achievement for C who can be disruptive and is socially isolated.

D (13) subject to Child Protection Plan, disadvantaged, previously homeless. Referral concerns: D's disruptive behaviour in class, struggles to form friendships and back down from confrontations, angry outbursts. D was invited to attend ACE. D was initially observed to be anxious, withdrawn, and fearful masking as aggression. Through attending ACE activities, D began to form friendships with other peers. As D became more comfortable and relaxed, he would encourage others when they were struggling and attempt to defuse peer group disagreements when they occurred. School reported an improvement in D's behaviour and his engagement with his class teachers and schoolwork during the Easter term. During the first COVID-19 lockdown, D's carer contacted ACE to advise that the family had been subject to a violent attack at their home. D witnessed the event hearing the assailants, both armed with axes, saying they would kill Dad and "cut you up in front of the kids". D was "extremely terrified". D and family were immediately moved out of area, with the items they could fit in a bag. ACE gathered hygiene items and a full food stock and delivered them. As lockdown restrictions eased, project sessions recommenced. D initially presented in an exceptionally low mood. ACE sessions allowed D space to discuss what he had witnessed, and the

group activities allowed him to experience normal childhood fun and games once again. As a result of his attendance, ACE staff and external agencies all noted significant improvement in D's emotional and mental wellbeing, confidence and self-esteem and increased maturity and independence. D's family were relocated to a new area. D said he was very sorry to leave and would always remember the support ACE had provided to him and his family. Dad was extremely appreciative and said: "As a single parent, ACE has provided my son with many different activities and experiences that have allowed him to meet others and make friends. I believe it has helped him progress more and build relationships with people his own age and above. He has developed various skills. Every time he came home from ACE he discussed what he'd been up to and would often say how much he had learned. As his father I have seen a change in how interacts, greater confidence, improved maturity, initiative, and enjoyment. I feel a sense of pride in what he has not just enjoyed but just as importantly achieved. ACE has been a godsend in the circumstances (especially the assault situation). The idea that ACE still supported even though we had been placed into emergency accommodation said it all to me. The charity made it work, even through lockdown and the restrictions they faced, not just me but other people and families in similar circumstances. We will be so sorry to leave but will definitely remember the help and support we have received from ACE".

E (aged 12) was referred to ACE via school, due to social care involvement and concerns regarding lack of socialisation. E is child in need living with foster grandparents, due to Mum's recurring issues with alcohol and drug misuse and Dad currently being in prison for serious offending. E's foster grandmother was registered blind and during the COVID-19 lockdown foster grandfather had regular periods of emergency hospitalisation. E takes on a young carer role and liaises with essential services when needed, including emergency services calls when required. E lives an hour from school and normally travels by public transport. As the household had been advised to shield, they made the decision that E would not attend school. Grandma was very worried about her ability to feed the household, especially considering the extra food that would be needed now that E was not at school. Grandma reported that E was very anxious and depressed, as he couldn't do 'his job' of supporting the house by helping with the shopping as he normally did. From April 2020, ACE commenced delivering weekly child-friendly food parcels to this household which included fresh food, long-life food and frozen foods. The food parcels took into account E's sensory issues, which impact on the food he is able to eat. Grandma reported that these drop-offs have aided E's emotional health and that the level of emotional and financial stress in the house has dropped since they started. Grandma said the deliveries have helped to keep everyone in the house healthy, safe at home and happy in these challenging times. ACE has also purchased items of clothing, shoes, walking boots, a raincoat and underwear for E, together with a cycling helmet and bicycle D lock. A bicycle was donated to ACE and has been overhauled by volunteers and handed to E. Grandma dictated an email to ACE saying: "Thank you for everything ACE is doing. Your help has been a godsend and R dropping off the bags of food has been the highlight of the week for E. I don't know what we would have done without this help as we couldn't go out and didn't know where to get help. The talking watch is a godsend and you taking E out each week for a walk means the world to him. E has been part of a number of ACE projects since 2019, A Team, Wednesday Club and 1-2-1 mentoring. During this time, he has made a very notable improvement in his persona and attitude, especially at home with his grandad and myself. Coming from a dysfunctional family who have a history of mental health issues, I have always felt he has been vulnerable to going the same way if not kept on the right path. ACE has been



instrumental in ensuring this never happens. Through his various experiences with the charity and the peers/staff he mixes with, he has developed greater social skills, become more resilient and gained greatly in self-confidence. His self-esteem is much better and low mood swings have reduced. I would describe him as a happy-go-lucky young man who occasionally does have the arguments any young man of his age would have, but I'm pleased that he is becoming more aware of our situation and now taking on more responsibility at home, helping out more with his grandad's and my health issues. Through helping out more, I feel he gains much more satisfaction. E very much enjoys his time at ACE and gained many friends throughout his meet ups." What a remarkable achievement.

ACE Youth Trust was awarded the Derbyshire Beacon of Hope Award in 2020 in recognition of the volunteer contribution made during the Coronavirus pandemic.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The charity's policy is to maintain reserves equivalent to 12 months' operating cost. In this way, the Trustees aim to ensure that funds will be available to continue to provide services to support the needs of young people for a reasonable period, if there is a failure or shortfall in funding.

### Details of any funds materially in deficit

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

During 2020 the principal sources of funding for our projects were:

- BBC Children in Need - Wednesday Club
- National Lottery Community Fund – Coronavirus Support Project
- The 29<sup>th</sup> May 1961 Charitable Trust – A Team
- Ernest Hecht Charitable Foundation – A Team
- UK Youth Fund – Wednesday Club

During 2020 the following fundraising event was organised:

- High Sheriff of Derbyshire Peak Pilgrimage

## Section F

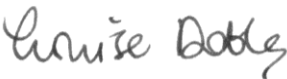
## Other optional information

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Louise	Doble
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	31 October 2021	