

Annual Report 2025

Dost Centre for Young Refugees and Migrants
Newham Leisure Centre
281 Prince Regent Lane

London, E13 8SD



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Charity Number: 1173622

Welcome from the Board

Welcome to the 2024/25 Annual Report for Dost Centre for Young Refugees and Migrants. During this period, demand for support has evolved in the face of a challenging political climate; Dost's commitment to its' core mission became even more important: providing a safe, supportive space for activities and services to empower and equip young people from a refugee and migrant background, from all over London, to reach their full potential and to feel included within society.

The number of young people forced to leave their home countries has continued to grow, with many arriving in the UK alone, without family or friends, overcoming unimaginable migration journeys.

Sadly, the political narrative against migration has continued to grow even more hostile, with targeted protests at hotels, the symbolic raising of the British flag and the growing voice of far-right groups becoming more present in the mainstream, creating an intimidating and unsafe environment where young refugees and migrants are feeling excluded and at risk.

This has accentuated the importance of what the Dost Centre offers. A home. A family. A place where young people can feel safe and supported. When you read the testimonies in this report, you can hear the transformative impact that Dost Centre has had on these young people's lives.

Marian, the staff and the volunteer team are true change makers and as the Board of Trustees, we couldn't be more proud of the wonderful work the team does. Work that has seen the incredible Marian, the Director, awarded an MBE, recognising the extraordinary work and advocacy she continues to do. No one is more deserving of such an honour.

Our twice-weekly youth club sport sessions have seen us find a new home at Shipman Youth Zone, as well as continuing to deliver sessions at Newham Leisure Centre which provide the chance for young people to connect and meet like minded peers.

Our huge range of trips provide unique cultural experiences to help connect young people with each other and their new country and our range of exciting residential build resilience and confidence.

Our English lessons and project-based learning build skills and qualifications to help young people in their future pursuits.

We also hear about the value of our programme from our vested stakeholders: carers, local services and partners.

They testify to the vital lifeline that Dost Centre offers, helping young people feel a sense of belonging.

We continue to strengthen our funding streams, securing more grants, in-kind partnerships and individual donors, helping secure our financial sustainability.

We are incredibly grateful to all of these funders and supporters because without them, this work simply wouldn't be possible.

We aim to continue pushing boundaries, showing flexibility and dynamism in an ever changing climate, making sure we continue to preserve our mission of supporting our young people through fun and inspiring activities.

We hope you enjoy this report, which is a tribute to their strengths and an invitation for continued collaboration as we work towards a more inclusive, compassionate future and we welcome anyone who would like to work in partnership to achieve this or to help fund our future programmes.

Thank you - Tommy Edwards - Trustee since 2018
On behalf of the Board of Trustees

Welcome from the Director

2025 has been another busy year at Dost with 232 sessions and 455 young people taking part in the programme. We have continued to provide a wide variety of sessions and activities to cater to as many young people as possible and to provide choice and opportunities at all levels of engagement with Dost.

In May 2025, we moved to Shipman Youth Zone to run our English Class and one of our weekly Youth Club sports sessions.

This has allowed us to offer more activities due to the facilities at the centre - we can do cooking sessions and offer hot food, we can use the gym and do boxing sessions, we can run workshops, such as sexual health and substance misuse sessions and can do art and creative sessions, such as film making.

In the future, we also have options to use other spaces in the centre and do different activities. As it's a more sociable space, we've also been able to get to know the young people better and for them to spend time with each other, away from the football pitch or sports hall.

This year we have also done cooking courses with two local organisations, which have helped the young people to learn new cooking skills, to help them become more independent.



As always, we have gone on a lot of day trips and residential! These opportunities really allow the young people to experience the positive aspects of being in the UK; to learn about their new country; to respect and appreciate others, to develop new skills and to feel a real sense of belonging, whilst being able to grow in a safe space. I was humbled and very surprised to receive an MBE in June, from King Charles III and was very glad that three of the young people came with me to Buckingham Palace to receive my award. (as it was quite a nerve wracking experience and way out my comfort zone!).

Every year, Dost changes and develops a little and it's great to still be on that journey and to see us grow, learn and adapt alongside the young people who attend.

Thanks to all the staff, trustees, volunteers, funders and partners who make it all possible and thanks to all the young people who make it fun and never boring and who give us a reason to keep going!

Marian Spiers, MBE, Director- since June 2009

Dost: (which means friend in a number of languages); Pashtu, Dari, Hindi, Urdu), was established as an independent Charity in 2017.

Our aim is to advance in life and relieve the needs of young people from a refugee and migrant background and those seeking asylum.

We work with around 500 young people a year; aged 13-19 years of age, from all across London; to help them feel empowered and equipped to reach their full potential.

We do this by providing a varied and diverse programme of physical and educational activities in order to reduce their isolation, improve physical and mental well-being and increase their skills, their access to opportunities and to develop capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals and ensure they are not excluded on the grounds of their social and economic position.

Our Aims



Our Impact in 2025

455 Young People

253 new young people

439 Male

16 Female

6565 Individual Attendances

232 Sessions



60 Nationalities



89 Youth Club

Sessions



41 Day Trips



**50 English
Classes**



**6 Residential
21 days away**



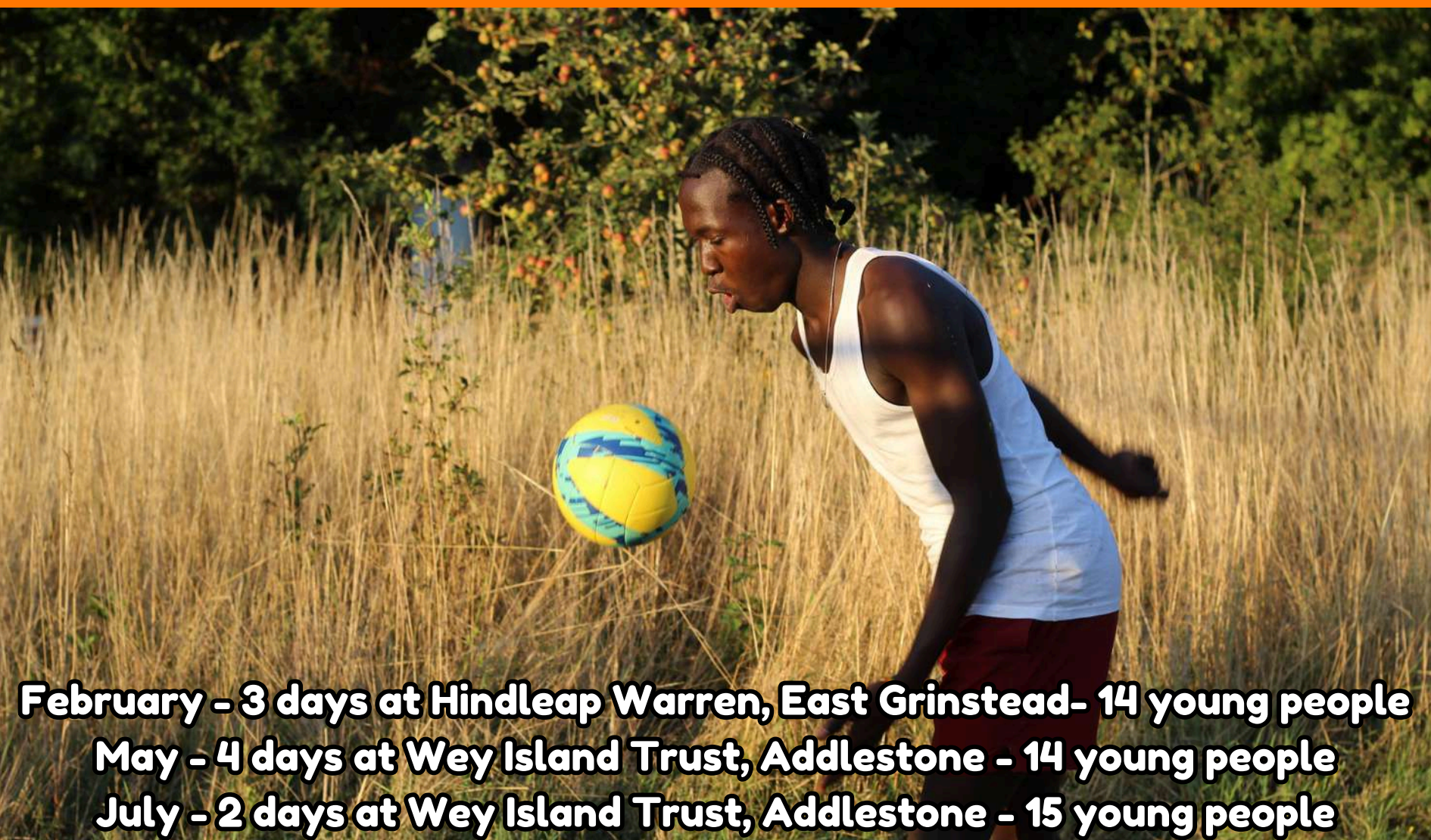
**20 Bike
Referrals**



**19 Breadwinners
Graduates**

**9 Jack Petchey
Award Winners**

6 Residential in 2025



February - 3 days at Hindleap Warren, East Grinstead- 14 young people

May - 4 days at Wey Island Trust, Addlestone - 14 young people

July - 2 days at Wey Island Trust, Addlestone - 15 young people

July - 3 days at Woodrow High House, Amersham - 25 young people

August - 5 days at the Quadrangle, Kent - 18 young people

December - 3 days at the Quadrangle, Kent - 17 young people

41 Day Trips in 2025



Ice-skating
Football Tournaments
Basketball Tournaments
Football Matches
Theatre Trips
Boat Trips
Paddleboarding
Speedboating
Brighton
Eastbourne Beachy Head
BMX'ing
Swimming
Waterpark
Cinema
10 Pin Bowling
Restuarants
Water Wipeout
Watching Football Matches
Southend Pleasure Beach
Supercar Event
F1 Driving Arcade
London Zoo
Outdoor Sauna

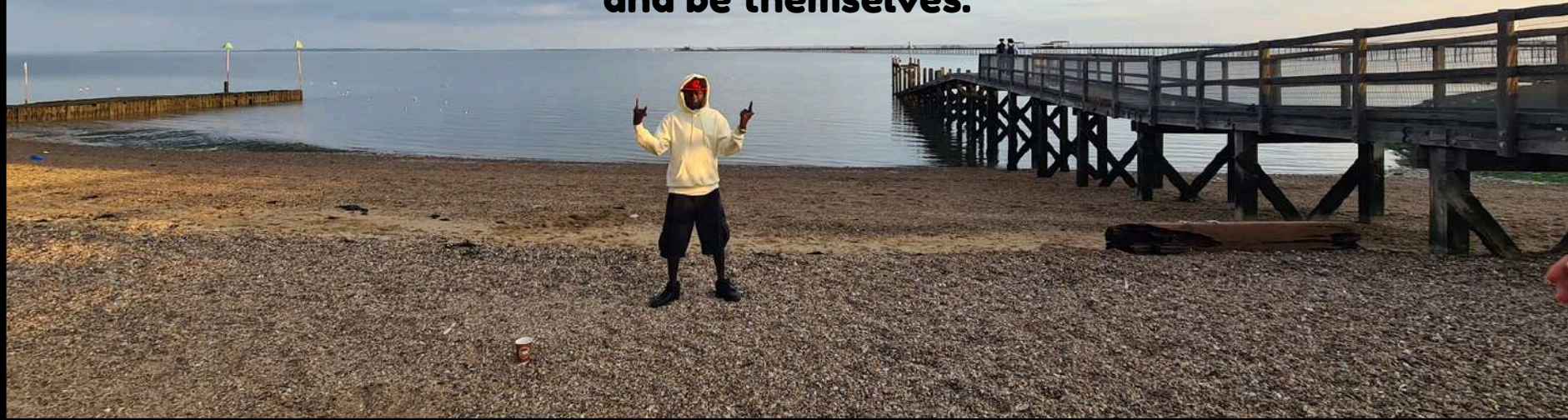
Let's hear from the young people!



“My name is Fthawi. I come to Dost because it’s a friendly and welcoming place where I can meet new people and learn new things.

I like that everyone here is kind and supportive – it feels like a small community. I especially enjoy talking with friendly people, playing football, and sometimes learning about fun activities like ice skating.

Dost is important because it gives young people a safe space to connect, grow, and be themselves.



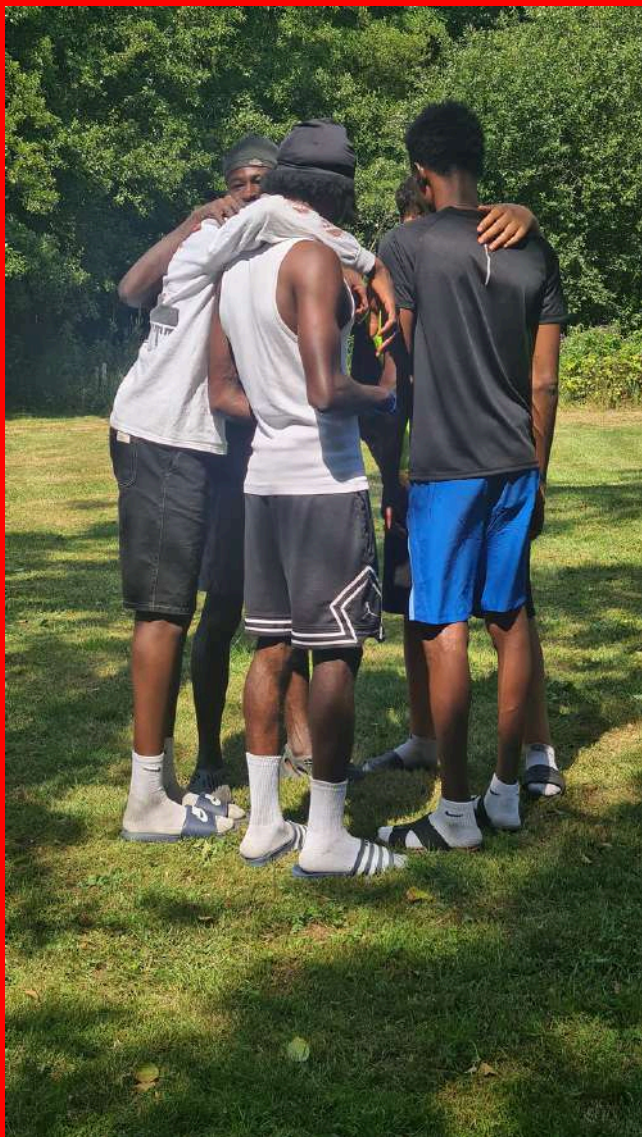
I also want to say thank you to my teacher, Marian, who is kind, patient, and always ready to help.

She makes learning enjoyable and encourages everyone to do their best. Dost has made a big difference in my life, and I’m really glad to be part of it.”

F, Eritrea, Aged 19

81 attendances, since June 2025

Jack Petchey Award Winner September 2025

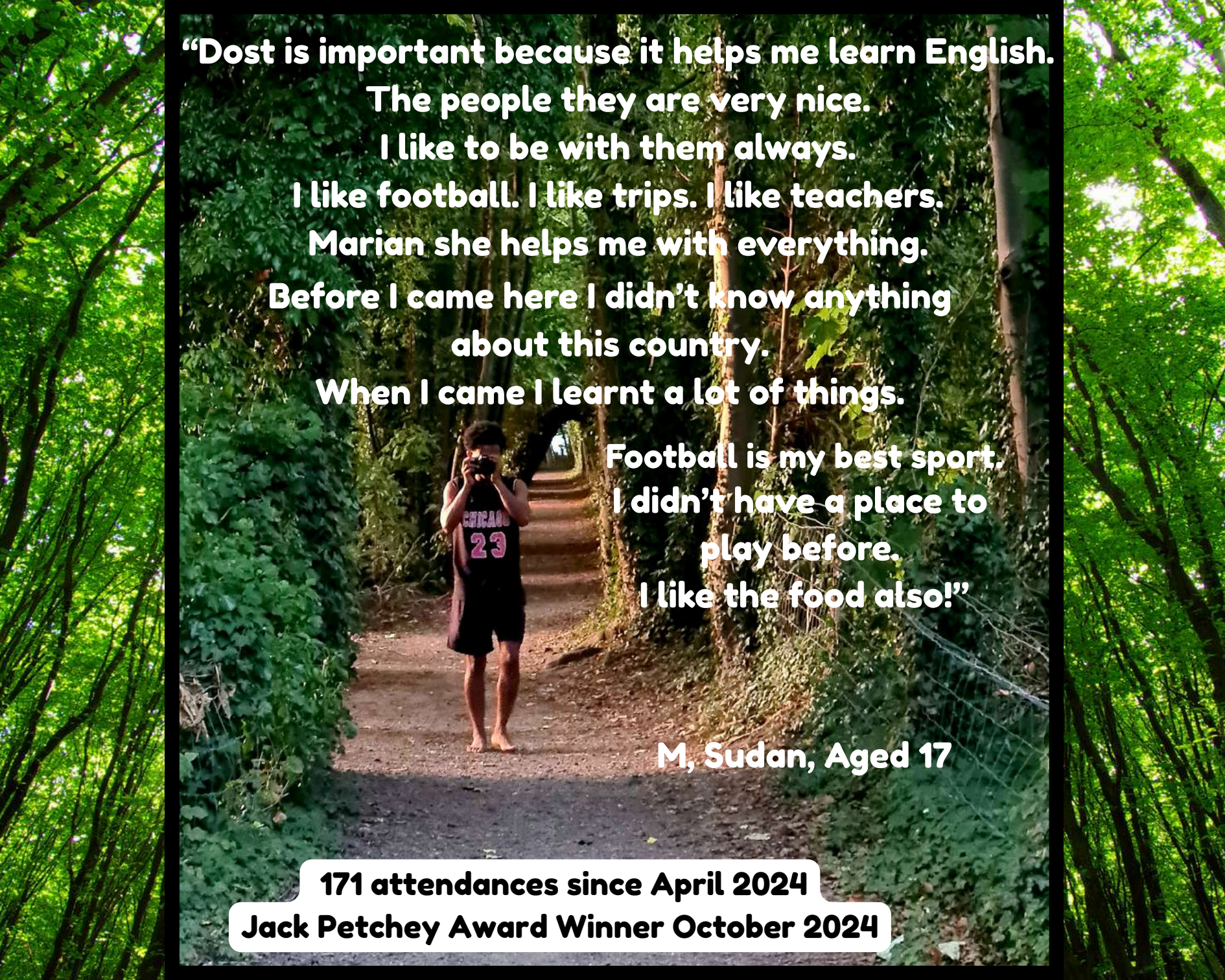


“I like coming to Dost because it’s friendly and welcoming. We get to go on nice trips, eat out, and do lots of activities, which I really enjoy. Dost is important to me because it gives support and a place to feel part of a community. I’m really thankful for everything Dost does.”

D, Eritrea, Aged 17



**94 attendances since January 2025
Jack Petchey Award Winner 2025**



**“Dost is important because it helps me learn English.
The people they are very nice.
I like to be with them always.
I like football. I like trips. I like teachers.
Marian she helps me with everything.
Before I came here I didn’t know anything
about this country.
When I came I learnt a lot of things.**

**Football is my best sport.
I didn’t have a place to
play before.
I like the food also!”**

M, Sudan, Aged 17

**171 attendances since April 2024
Jack Petchey Award Winner October 2024**



“I’m really happy and I’m always proud of Dost because I learnt more things. I learn how to be a friend with a different people and how to cook. Play football - I did a lot of exercise I couldn’t did it when I was in my country.



In holiday, we used to go outside London trip, also we visit many places areas in the UK.

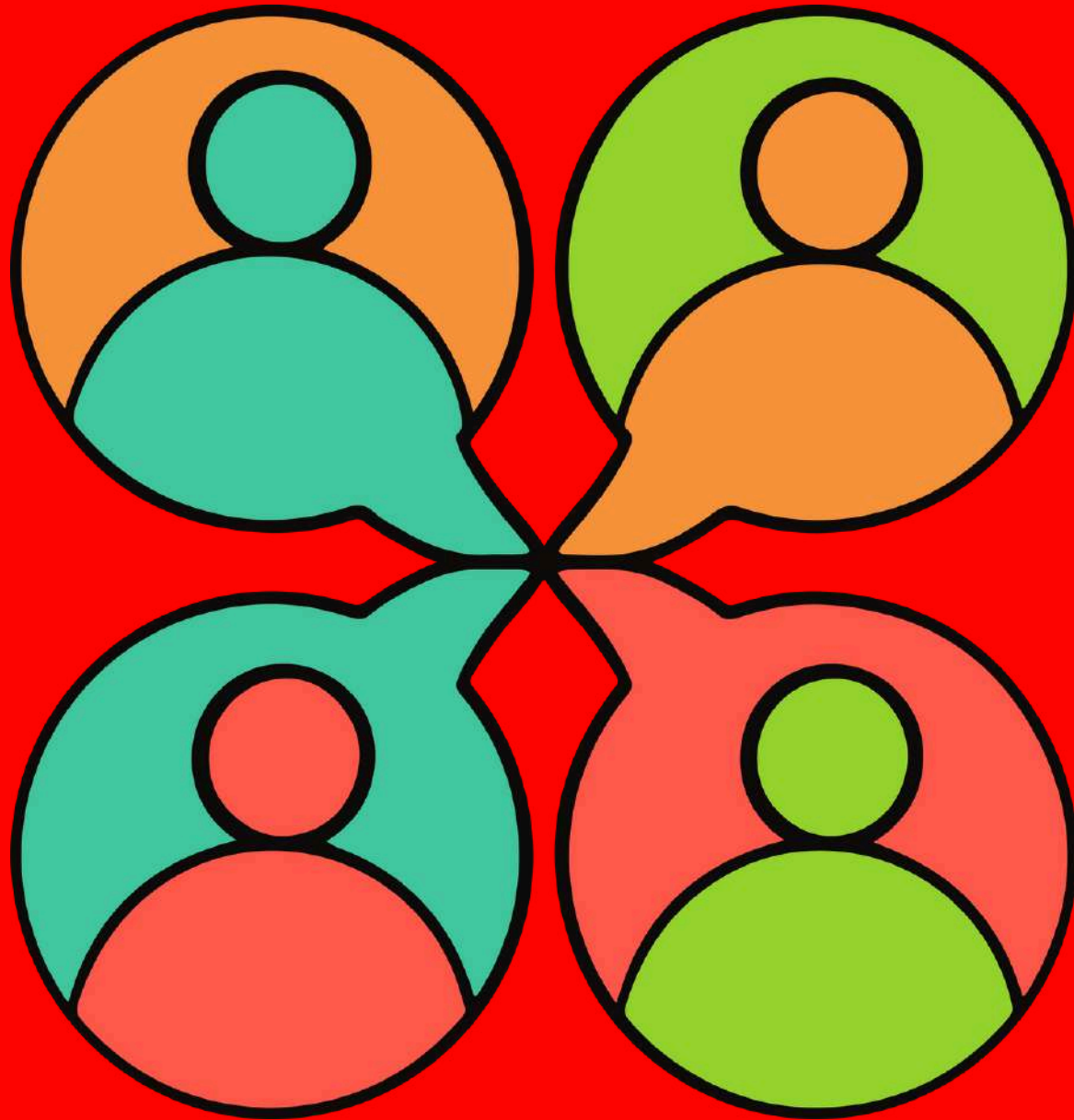
I’m really happy for that special Marian, she’s always take care of us, show us the good way, that we can live with a different people, respect, kindness.”

A, South Sudan, Aged 17



**95 attendances, since March 2025
Jack Petchey Award Winner September 2025**





Let's hear from Staff/ Volunteers!

"I'm not the first and probably won't be the last person to say that Dost is like family.

Marian's warm arms welcome all young people without judgement.

And it doesn't take long for them to feel a sense of belonging - especially important when you consider the trauma they may have faced in their young lives.

But that's not all. Dost is also interesting, educational and great fun!

Marian works extremely hard to provide an incredible range of activities for the young people.



My main role with Dost is to support the young people with English language learning in a weekly drop-in class.

Often the young people who come to the class aren't yet in education, so crucially Dost can often provide the first opportunity for them to learn English.

I feel proud to be part of the Dost family. As a language teacher I hope I give the young people the confidence to continue to learn English in order to feel settled and happy in the the UK.

And as a Londoner, I hope that I represent some of what's positive and good about my city."

Kelly Williams, ESOL Tutor since 2019

My Story at Dost

**“The first time I came to Dost was in 2021, soon after I arrived in this country.
I asked my social worker if there was a place where I could spend time with young people, play, and do activities.
That’s how I found Dost.**

**When I first came, I didn’t know anyone, but very quickly I met other young people, played sports, and joined in
lots of exercises and activities.**

**I remember feeling nervous at the beginning, but Dost gave me a safe space to meet friends and
feel part of a community.**

Since then, I’ve been involved in many different things – football, trips, English classes, and youth club sessions.

Each time I come, I learn something new and enjoy myself.

Dost has helped me so much: I’ve improved my English, I’ve made good friends, and I’ve built confidence.

For me, Dost is more than a club – it feels like family.

**By nature, I like to help people. I don’t need a reason – I simply enjoy giving my time and support,
and it makes me happy. Every time I help someone, I feel joy inside.**

I don’t only help at Dost – I like to help people everywhere. It’s just part of who I am.

Volunteering gives me a chance to live this out and to share kindness with others.



I’m also inspired by Marian.

**She helps so many people freely, without expecting anything back.
She is always smiling, friendly, and caring – like a mother to everyone.
Seeing her happiness makes me want to be like her: happy, giving, and
full of love for people.**

**That’s why I enjoy volunteering. It’s not only about helping others, but
also about becoming a happier person myself.**

**I decided to volunteer at Dost because Dost has helped me in so many
ways. When I first came here, they gave me time, support, and a safe
place to grow. That meant a lot to me, and now I want to give
something back.**

**I like to help people, and I enjoy being there for others the same way Dost was there for me.
Volunteering gives me the chance to support young people, share my time, and make a difference.**

**For me, it’s not only about giving back, but also about the joy of helping others.
Every time I volunteer, I feel happy and proud to be part of the Dost family.**



As a volunteer at Dost, I take part in the Monday and Thursday sessions.

I help prepare food and drinks for the young people, support activities, and make sure everyone feels welcome at the centre.

I also join trips – sometimes outside London or during the summer – where I help Marian and the team.

On trips, I might prepare food, support the young people, or take part in different activities to make sure everything runs smoothly.

I've also attended meetings and supported in many other small ways around the centre.

Overall, I've done a lot of different things, and I want to continue helping in the future wherever I can.

Volunteering at Dost has helped me in many ways. By joining the Monday and Thursday sessions, football tournaments, special celebrations, and trips – even the longer 4–5 day trips – I've learned so much.

It has improved my skills, like writing and communication, and given me more confidence. I've also built stronger friendships and feel part of a community.

Most of all, volunteering makes me happy.

Helping others gives me energy, and I feel proud to give my time back to the place that has supported me.”

**Adis, 19, Young Person to Volunteer, to Trustee
2021 - Present**

**“October 2024 I casually found Dost online, searching for a placement as an erasmus trainee.
(coming to London for 3 months from Italy).**

**First on my course ever doing this, I didn't really know what I was going to do and what to expect.
On the other side being able to be full time and to observe and learn, to be part of the team and to engage in
youth work.. was news!**

Starting in July I found myself a bit lost in this new reality.

**Big chaotic city, a different environment, different challenges, and all the little things that make you feel
uncomfortable in a new place. I felt overwhelmed and not able to make it.**

**But the fear and sense of discomfort were swept away with time at Dost, thanks to all the people that make it
the wonderful reality it is.**

**From Marian that has been an amazing mentor and example, to the staff and volunteers that made me part of
the team from the beginning and to all the young people that shared experiences and connected with me.**

**In the end the longing of home became a desire to stay
and spend more time together.**

**I think that is what Dost is: a comfortable space of being,
with ourselves and with others; a safe space where you
can share, connect and also be brave and vulnerable.
During three months I have been all around with Dost,
tried new activities, visited many places, met lots of
people and got to know some of them better, learned
words in different languages (also taught some of the
Italian ones), practiced English, shared thoughts, skills
and uniqueness of cultures and personalities.**

**I have learned lots about a different reality
educational-wise, but most of all I have learnt and
shared from being present to one another, by being
close to each other.**

**I can't be more happy to have been in Dost and to have
created bonds and relationships built to last.**

**This is only a ciao, not a goodbye, as I have seen is for
all the people that came to Dost.”**



**Chiara Giudici, Erasmus Student
July - September 2025**

“I'm from Sudan and a mother of two sons, aged 12 and 14.

Upon arriving in Newham, I received incredible support and respect from the local community, which filled me with deep gratitude and the desire to give back.

Special thanks go to Emad, (Dost football coach), who encouraged me to involve my children in Dost and that inspired my volunteering journey.

My bond with the organisation grew as I witnessed the happiness of all the boys.

I truly feel they are my children, no different from my own sons. Although I have little to offer, volunteering became my way of saying thank you, and I became part of a wonderful team supporting migrant youth, where the atmosphere is full of warmth, positivity, and inspiration.

Dost will proudly remain in our memories as one of the happiest and most joyful experiences I have lived, giving my children and me laughter-filled moments, and every day we spend there adds a beautiful memory to our lives; it is not just a place for fun, but a place of belonging and safety that we will always cherish in our hearts.

Marian is like an angel in her kindness and care, making the experience even more meaningful.

Here I feel part of a big family.

My skills grow day by day, and my heart is filled with joy and pride through this remarkable experience.”

With love.



Rawia Yousef, Volunteer - June 2025 to present

“2025 has demonstrated how fast the world around us is changing, ranging from natural disasters, conflicts, displacement, rapid shifts political sentiment and the unrelenting barrage of 'questionable' news, to name but a few.

Much like a turbulent and stormy sea, we find ourselves with our cohorts navigating these waves and tumultuous conditions with one another hopeful to survive, to find calmer waters in the figmental boat we find ourselves aboard, attempting to make sense and establish comfort within the uncertainty.



Amongst the strong winds and thrashing rain we see in the distance, a literal ray of light, guiding and illuminating.

The lighthouse, tattered and torn, weathered and worn, yet steadfast in its ultimate objective, a beacon to light the way to safe harbour and to warn of the hazards that lie in waiting, like Rocky shorelines.

Much like 'Dost Centre for Young Refugees and Migrants', the lighthouse stands as an enduring metaphor, that even in the darkest circumstances, a light can be found to lead you home.

I have purposefully likened Dost to a lighthouse as the Dost team, (staff and volunteers) have demonstrated 'Guidance and Direction', providing a clear and consistent path. 'Safety and Security', offering a safe space to deal with life's challenges. 'Resilient and Steadfast' enduring where other clubs may fall short, inspiring hope through their resilience to weather any challenge. 'Guidance', the hope they offer is the ability to avoid disaster and navigate around obstacles successfully.

This I have witnessed first hand to no end during my attendance at Dost in 2025.

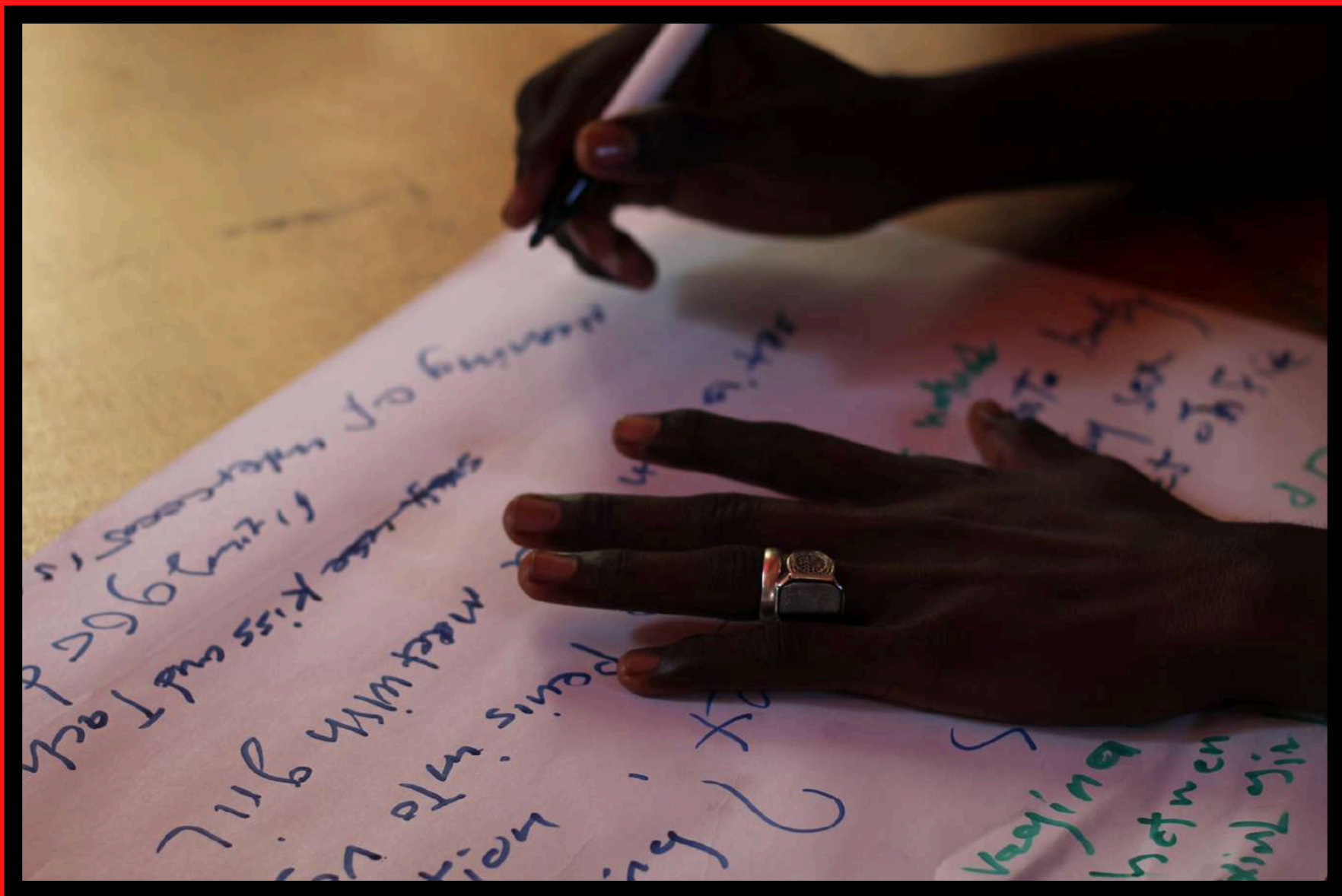
This annual report is an opportunity for me to acknowledge Dost and the magical people that make it happen.

I am honoured and humbled to be surrounded by and work closely alongside these wonderful people (especially one of whom deservedly received an MBE this year 🤔👀).

**To have finally met them is like a solar eclipse...
Very rare...But ALWAYS special!"**



**Carl Reyes, Volunteer to Staff
2022 - present**



Let's hear from the Board!





Winnie Sham
Trustee since 2022

“In a world where we are inundated with endless news cycles, Dost continues to be a beacon of hope.

As a trustee, I'm proud of what our organisation stands for, as an antidote to an increasingly polarized discourse on immigration, migration and asylum. Youth Club sessions, English classes, residential trips, and much more - these activities allow young people to just be themselves.

Marian, staff, and volunteers have delivered again.

What's more, Marian was awarded an MBE this year for her outstanding work with young people, a truly special recognition of her dedication to youth work.

Congratulations to Marian, and well done everyone!”



“As a trustee of the Dost Centre for Young Refugees and Migrants, I’m constantly inspired by the resilience and optimism of the young people we support.

Dost's work is so special - the activities, space and support create a genuine sense of belonging, which has never been more vital than in these times of aggression and fear being stirred up across the country. Being part of a team that helps young people feel valued and to realise their potential is a privilege, and it reminds me every day why community and compassion truly matter in our society."



Bejal Shah
Trustee since 2023





Let's hear from partners/ funders!



“Shine/All East have been involved with Dost for many years now and have most recently provided monthly drop in sessions.

In 2025 we also delivered workshops at the Quadrangle residential in partnership with the Specialist Children & Young People's Services (ELFT).

During the residential at The Quadrangle, young people participated in interactive, translated, Relationships and Sex Education workshops.

They were able to reflect on, develop and share their perspectives on healthy relationships.

They also gained a lot of factual information to bring them up to scratch with the mandatory Relationships and Sex Education curriculum in the UK.

Condoms, c-cards and STI screens were offered to help the young people, and their partners to stay safe and healthy. Engagement was fantastic.

I think participants had a lot of fun.

At monthly drop-ins, the young people take part in educational activities and basic sexual health provision. They are becoming more familiar with NHS sexual health services, and we are slowly but surely reducing stigma and misinformation.

I am always met with infectious smiles, handshakes and a real appreciation for what I am offering at the stall. It has been a joy to work with such a lovely group of truly inspirational young people.

Working with Dost is a real pleasure and a beautiful experience.”

Madeleine Pritchard

Shine Outreach Worker, All East Sexual Health Service

"Working with Dost has been a great joy and privilege. We were able to run wellbeing workshops during one of the residential trips.

It was humbling and joyful to see what a warm and welcoming community Dost has created, where every young person feels celebrated and valued."



Dr Helena Kaliniecka
Clinical Psychologist with the
NHS HIYA (Health & Care
Improvement for Young
Asylum Seekers) Project

“Dost and the work that Marian leads to support young people is truly inspiring. We first met in 2024, and over the past year have had the pleasure of partnering with them and hosting several of their residential programmes at The Quadrangle – our workshop and retreat space in Kent. The creative and educational programmes have been brilliant: rich, inclusive, and thoughtfully designed to create a sense of belonging, safety, and playfulness for the young people – something so deeply needed for these young refugees and migrants. The Dost team have been a joy to work with, and we very much hope to continue collaborating with them for years to come. We are in awe of the vital and compassionate work they do to support these young people who have already been through so much.”

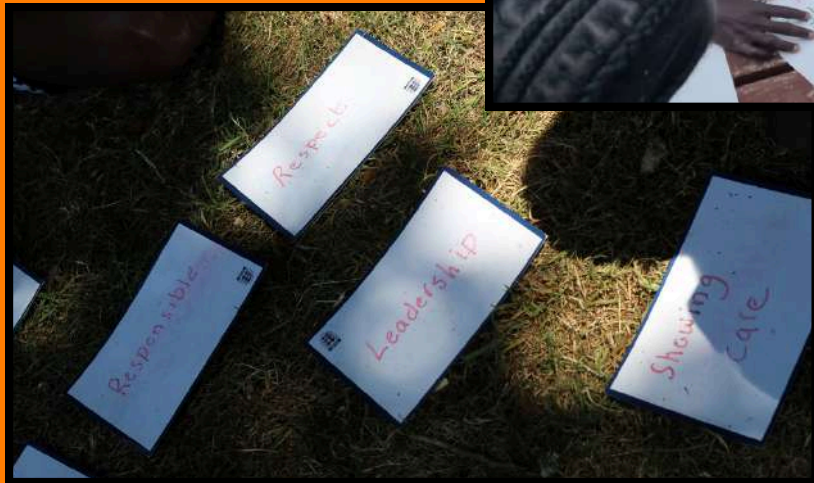
Jessie Teggin, Director, The Quadrangle



“Visiting Dost earlier this year was an absolute privilege. Their dedication to supporting young refugees and migrants shines through in everything they do.

Celebrating their Achievement Award winners at our October medallion ceremony was a truly inspiring moment that reflects the incredible impact they’ve had since joining the scheme in 2003.”

Mary Bealt, Grants Officer, Jack Petchey Foundation



“Dost has been such a positive for the young people that I have brought to attend over the years.

Dost is a positive place that allows young people to play sports and socialise, which helps them grow both physically and mentally. Playing sports keeps them active and healthy, teaching them the value of exercise, teamwork, and discipline.

It also builds confidence as they learn new skills and achieve goals.

The young people are asylum seekers who have all made their way to the UK and have experienced negative things.

The young people get to socialise which allows them to make friends, communicate better, and feel part of a community. This can reduce feelings of loneliness and improve mental wellbeing by giving them a sense of belonging.

Finally the staff at Dost are amazing; they ensure all the young people are happy and enjoying themselves, the young people at Supporting Young Futures look forward to every Thursday where they can attend Dost, see the staff, the friends they have made and enjoy playing sports together.”



**Troy Richards, Senior Support Worker
Supporting Young Futures (SYF)**

Our Trustees

Jim Minton - Chair
June 2017 - present

Michael Havard - Treasurer
June 2017 - present

Tommy Edwards - Trustee
December 2018 - present

Stella Ogunlade - Trustee
January 2021 - August 2025

Winnie Sham - Trustee
June 2022 - present

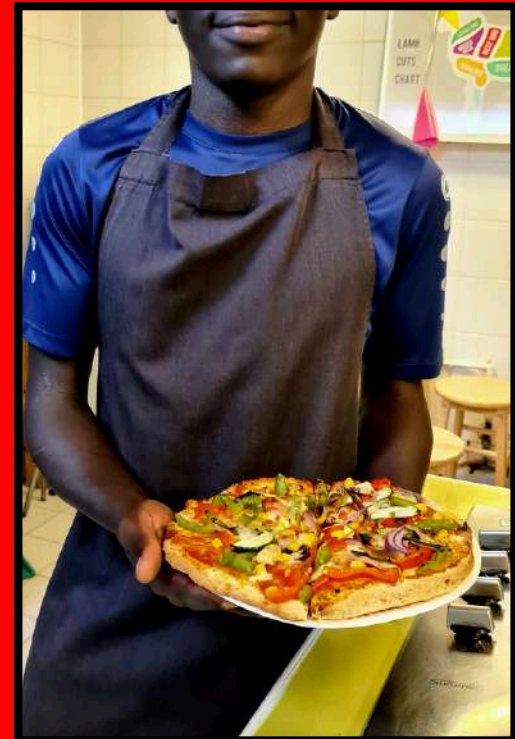
Zoe Mellis - Trustee
February 2023 - July 2025

Bejal Shah - Trustee
July 2023 - present

Aneesa Ali - Trustee
November 2025 - present

Noah Leul - Trustee
November 2025 - present

Adis Birhanu Girma - Trustee
November 2025 - present



@Our Staff



Marian Spiers – Director 2009 – present

Richard Shittu – Volleyball Coach/Youth Worker 2010 – present

Wendy Lee – Accountant 2018 – present

Kelly Williams – ESOL Tutor/ Youth Worker 2019 – present

Coltrane Morley-Williams – Football Coach 2019 – Feb 2025

Ali Abbas Alshimari – Football Coach/ Youth Worker 2021 – present

Emad Hamid – Football Coach 2022 – present

Carl Reyes – Youth Worker 2023 – present

Donnell-Andre Roach – April 2025 – Nov 2025

Our Volunteers



Adis Birhanu Girma

Ahmed Naji

Anei Atem Akoon

Abdalbari Mohamed Emam

Charlotte Clements

Chiara Guidici

Fabrizio Radice

George Rutter

Jude Darwich

Kanan Thiyagarjah

Kazeem Anifowose

Khaled Moqbel

Moath Ali

Mohamed Easa Ahmed Ibrahim

Noah Leul

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[Calling London](#)

[Gary Huggan](#)

[Community Sauna Baths](#)

[Newham Leisure Centre](#)

[London Zoo](#)

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Our Funders and Donors

BBC CHILDREN IN NEED

JACK PETCHEY

L.B. NEWHAM

UK YOUTH/ PEARS FOUNDATION

MIGRATIONWORK TRUST/ WEAVING BONDS

OUR NEWHAM LEARNING AND SKILLS/ONLS

BRYAN GUINNESS CHARITABLE TRUST

MIGRANT HELP – BEPS FUND

CELTIC F.C. FOUNDATION

PROJECT CASTING LTD

CAMDEN GIVING

STORM BRYSON

GARY MEEK

WILLIAM KRAEMER

LEILA DOUZ

ARUNAN GUKATHASAN

LARA CASALOTTI AND FAMILY

FRENCHWOOD FAMILY TRUST

LAREB NASEEM



Charity Structure and Governance

The Trustees confirm that they have referred to the Guidance contained in the Charity Commissions' general guidance on public benefit when reviewing the Charity's aims and objectives and in planning all future activities.



Dost is a Charitable Incorporated Organisation (CIO) and our governing document is based on the Charity Commission's model Constitution for a CIO whose only voting members are its' Trustees.

We received our independent charity registration and approval for this governing document in August 2017.

In line with the model constitution, we can have a maximum of 12 trustees and a minimum of 5, all of whom must be over 16 years of age.

For the period covered by the 2025 Report, we had 7 Trustees from April 2024 till July 2025, when one left and another left in August 2025, then three joined in November 2025. All are over 16 years of age.

As we are a small and relatively new charity, (as an independent entity), we have used a variety of mechanisms to recruit trustees, all permitted by our governing document.

Trustees may join the Board because they are known to Dost or other trustees or are directly involved in volunteering/ attending Dost or may be recruited through another organisation and all bring an expertise, skill or interest which is helpful to the charity and we aim to have as many people with lived experience leading us, as is possible.



As the charity grows and develops, the trustees may look at other methods for recruitment to match the skills and experience needs of the charity.

All trustees are appointed by the Board, with a resolution noted in the minutes, to ensure they have been formally approved.

All trustees can nominate and elect to post. Their details are then uploaded onto the Charity Commission database.

Overview from Chair

“I’ve been lucky to have been involved in Dost since 2017, when we first became independent and over that time have seen so much positive impact and opportunity for the young people, thanks to the dedication of Marian and her team.

Over the past 12 months, as the media and political climate for refugees and migrants has got more confrontational and unwelcoming - which feels at odds with the generosity that most people show to newcomers to London and to their communities more generally, Dost has been an essential source of support for young people through that time, helping them make new friends, build their confidence to speak English, learn new skills and have fun together. It has been great to have the continued support from so many funders, partners and friends through that time. I hope this report gives you a sense of the powerful impact that Dost has every day.”

Jim Minton

Chair of the Board since June 2017

Financial

Despite the fact that this is a challenging fundraising environment for all charities, we are pleased that Dost is currently in a position of some financial security, although our income has been considerably less than last year, mostly due to applying for less funding this year.

We do not get any regular statutory funding or have any endowment or guarantor so need to raise all the income we spend each year, whilst trying to build a working reserve.

We are hugely grateful to all of our funders, in particular, BBC Children in Need who have continued to support Dost over many years.



Safeguarding

We are proud that despite the challenges and trauma that some young people face, and the pressures that they find themselves under whilst new to London; at Dost they can enjoy the activities and support in safety.

Although of course we have instances when young people have picked up small injuries whilst playing sport or other activities, we have had no significant or reportable incidents.



All of our team and trustees are DBS checked every 2 years and receive regular training and refreshers on safeguarding.

We have a strong culture of safety and support and keeping young people safe is our highest priority.

No trustees were remunerated or received any expenses or payments during the year.

Our Charity insurance provides Trustee Indemnity cover against executive risks to the sum of £500,000.

Our Public Liability covers us to £5,000,000 and £10,000,000 for Employers Liability.

Our reserves at year end were £92,802 of which £19,897 were restricted and £72,905 were unrestricted.

Dost's reserves policy balances the need to build up long term reserves against the need for short term spending on core activities.

The Charity's reserves exist to provide short term protection against downward fluctuations in annual revenues.

The trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the charity's trustees.

Signed by Chair of Trustees:

JIM MINTON

Dated: 19.12.2025



**Thank you to everyone who has supported
Dost and who make it possible for us to
continue to provide all our sessions/ services.**

**And thank you to all the young people who
make us smile and inspire us!**

