

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

England & Wales · Charity number 1193996

Details

Status Registered

Legal form CIO

Registered 2021-04-01

Register [View on the Charity Commission register](#)

Contact

Address Kingsbury Town Management Co
Silver Jubilee Park
Townsend Lane
Kingsbury
London
NW9 7NE

Phone 02082051645

Email info.silverjubileepark@gmail.com

Activities

Objects: FOR THE PUBLIC BENEFIT, TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION, PRIMARILY IN BRENT, BARNET, HARROW, LONDON AND MIDDLESEX BY:* WORKING WITH AND THROUGH LOCAL ORGANISATIONS TO INCREASE LEVELS OF PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY;* PROMOTING AND PROVIDING PROGRAMMES AND SERVICES FOR SPORT, RECREATION, PHYSICAL ACTIVITY, INFORMAL EDUCATION AND OTHER LEISURE TIME OCCUPATION FOR HEALTHY RECREATION;* PROMOTING AND PROVIDING EDUCATION, TRAINING AND COACHING COURSES WHICH PROMOTE MENTAL AND PHYSICAL HEALTH AND FITNESS.

Activities: To promote community participation in healthy recreation, for the public benefit primarily in Brent, Barnet & Middx at Silver Jubilee Park, NW9 7NEworking with local organisations to increase levels of sport and physical activity;promoting & providing programmes & services for sport, other leisure activities, education, training and coaching courses promoting mental & physical health & fitness

Classification

- **How:** Makes Grants To Organisations, Provides Services
- **What:** Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Barnet
- Brent
- Harrow

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£33,802	£101,800	-	-
2024-04-30	£196,997	£120,498	-	-
2023-03-31	£131,990	£92,812	-	-
2022-03-31	£83,620	£48,352	-	-

Trustees

Name	Role	Appointed
David Bedford		2021-07-23
MICHAEL HARTE		2021-04-01
SAMUEL ATTAH		2021-04-01

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

England & Wales - Charity number 1193996

Accounts

Silver Jubilee Park Charitable **FOUNDATION**

Annual Review
& Report 2025



Silver Jubilee Park Charity Foundation



FOUNDER
Robert Morris

TRUSTEES
Mike Harte
(Chair & Treasurer)
Sam Attah
David Bedford OBE
Ann John OBE

Silver Jubilee Park
Townsend Lane
Kingsbury
London NW9 7NE

Silverjubileeparkfoundati
on@gmail.com

Registered Charity
Number
1193996

Introduction

From our Founder

**Robert
Morris**

The Silver Jubilee Park Charitable Foundation continues to evolve and grow, delivering meaningful change and opportunities for people across Brent and beyond. I remain immensely proud of the way our programmes use sport, creativity, and community connection to promote inclusion, wellbeing, and confidence for all.

This year has been marked by two standout highlights. The first was our involvement in the Brent Crisis Event, where our Peer Support Group gave a powerful presentation about lived experiences and the importance of genuine community-led solutions. The feedback was overwhelmingly positive, and I'm proud that their insights are now helping to shape how local services are delivered for others in need.

The second was the Shout Sport Event at Silver Jubilee Park, attended by over 400 people, with special guests Frank Bruno and Rachel Yankey. *Continued on next page/.....*

Welcome from the Foundation's Founder

Continued from previous page.....

It was an incredible day that celebrated the link between physical activity and mental wellbeing, encouraging everyone to get active and support one another through sport.

As ever, the Foundation's success depends on the people behind it. My heartfelt thanks go to Viv Creith, John Creith, Graham Etchell, Richard Hay, and Amer Hajan for their tireless dedication, and to our Trustees, whose guidance, encouragement, and belief in our mission have been invaluable.



The year ahead will bring fresh opportunities and challenges, but with the same energy, compassion, and collaboration that define our work, I have no doubt we will continue to make a lasting difference to the lives of so many.

Robert Morris

Founder – Silver Jubilee Park Charitable Foundation



Crisis Support



Shout Sport

Annual Review & Report 2025

**Mike
Harte** Chair & Treasurer



2025 has been another exceptional year for the Silver Jubilee Park Charitable Foundation, marked by growth, innovation, and a deepening connection with the communities we serve. Once again, we have seen first-hand the difference our projects make to people's lives — from young children discovering new opportunities to older residents finding friendship and wellbeing through our inclusive activities.

Central & North West London NHS Foundation Trust continue to be one of our strongest partners, with their support ensuring our mental health and wellbeing initiatives go from strength to strength. We are equally grateful to the London Borough of Brent for their continued belief in what we do and for working with us to identify new opportunities to reach those most in need.

A particular highlight this year has been the continued growth of our Chair Yoga and Dementia Support programmes, both of which have become lifelines for many of our service users. The compassion, friendship and routine these sessions offer have had a remarkable impact on the wellbeing of participants and their families. The Pathway Project has evolved into a truly peer-led model, empowering participants to share their experiences and support others on their own journeys towards better mental health, employment, and community engagement. It continues to be a shining example of how trust and shared experience can change lives.

Continued on next page/.....

Annual Report & Review

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We are especially proud of the work we do with local schools. Hundreds of children from low-income families have benefited from free football and fun activities that help build confidence, teamwork and joy. Our partnerships with local primary schools remain as strong as ever — particularly through the distribution of free football kits in school colours, which has brought pride and excitement to classrooms and playgrounds alike.

One of my personal highlights has been the achievements of pupils at The Village School in Kingsbury, who successfully completed their 1st4Sport coaching qualifications. Seeing students, including those with additional needs, earn nationally recognised coaching awards was truly inspiring and represents the heart of what this charity stands for — inclusion, opportunity and empowerment.

Our cultural visits programme has also gone from strength to strength, with hundreds of local residents visiting royal palaces, museums and heritage sites such as Buckingham Palace, Hampton Court, and Kensington Palace. These trips, often a first for many, offer moments of wonder and belonging that reach far beyond the day itself.

The year's standout event was undoubtedly the "Shout" mental health and wellbeing day, delivered in collaboration with Ashford Place. The inspiring contributions from Frank Bruno and Rachel Yankey captured the essence of why our work matters — powerful voices speaking openly about mental health, resilience and the importance of community support.

As Chair, I am immensely proud of the dedication and compassion shown by our team, volunteers, and partners. Together, we are not just delivering programmes — we are understanding our communities, listening to their needs, and creating lasting positive change.

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Annual Report & Review

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I would also like to express my sincere thanks to my fellow trustees, Sam Attah, David Bedford and Ann John, whose experience, enthusiasm and shared commitment make this charity what it is. Their teamwork, guidance and unwavering belief in our mission ensure that the SJP Foundation continues to thrive and deliver meaningful impact for all those we support.

On behalf of the Trustees, I extend sincere thanks to Brent Council, CNWL NHS Foundation Trust, and all our supporters for their continued partnership. Your faith in our work allows us to reach more people each year, ensuring the SJP Foundation continues to be a beacon of community, wellbeing, and opportunity for all.

Mike Harte

Chair and Treasurer



Get Brent Active

SJP
CHARITABLE FOUNDATION

Keeping Brent Moving and Connected

The Get Brent Active programme continues to transform lives across the borough, with more than 400 residents now taking part in regular, inclusive activities that support both physical and mental wellbeing.

Many of our participants are older adults, those living with disabilities, or people experiencing social or financial challenges. Through this project, they've gained improved fitness, greater confidence, and a renewed sense of community.

Classes run weekly at venues including Silver Jubilee Park, Fresh Arts, Barham Community Library, St Cuthbert's, Brent Mencap, and John Billam.

Activities such as Chair Yoga, Ladies Fitness, Breathe & Movement, Tai Chi and

Breathe & Stretch are specifically designed to be safe, welcoming, and adaptable to all abilities.

Our coaches and tutors play a vital role in creating positive, supportive spaces where participants can thrive. The feedback has been overwhelmingly uplifting — with many reporting reduced pain, improved mobility, and stronger social connections. For some, these classes are the highlight of their week, offering both exercise and companionship.

Partnerships with Brent Health Matters and local wellbeing networks have strengthened the programme, with regular health checks and talks provided alongside physical activity.

John Creith
Project Manager

CRISIS PATHWAY



Crisis Collaboration Event Brent Integrated Care Partnership

During early 2025, the Foundation and the Raheem Sterling Foundation took part in a Brent Integrated Care Partnership event on Crisis Pathway Collaboration, held in partnership with Central and North West London (CNWL) NHS and Brent Council, alongside professionals and voluntary sector organisations who support people in crisis — both with and without a formal mental health diagnosis.



This event followed on from a similar session hosted by the SJP and Raheem Sterling foundations and focused on reviewing how people in crisis are identified, supported, and guided through existing services.

The highlight of the day came from the Experts by Experience (EBE) — service users from the Silver Jubilee Park Charitable Foundation's Pathway Project, which has run successfully for seven years in partnership with CNWL. *Continued on next page/.....*

Crisis Pathway

Continued from previous page.....

Their presentation was both inspiring and deeply moving, offering powerful personal insights into what it feels like to experience a crisis and navigate the system. Their honest reflections and recommendations are now shaping real change in how services respond to those in need.

Robert Morris, representing the SJP Charitable Foundation, emphasised the importance of listening to those with lived experience and ensuring every individual in crisis receives compassionate and effective help.

Clive Ellington of the Raheem Sterling Foundation shared Raheem's ongoing commitment to making Brent a mental health-friendly borough, supporting projects like Pathway that bring people and services together.

Both foundations reaffirmed their joint pledge to continue working with CNWL and Brent Council to improve access, understanding, and outcomes for those in crisis.

Danny Maher of Ashford Place closed the discussion by calling for a single, central access point — a coordinated online hub — to help people find the right support quickly and easily.

BIG FILMS on the BIG SCREEN at THE KILN THEATRE



Our ongoing partnership with the Kiln Theatre in Kilburn continues to bear fruit. Through discounted and community-access tickets, groups from the Foundation regularly attend screenings.



These visits not only provide exposure to world-class entertainment but also strengthen our ties with a local cultural institution committed to inclusivity.

FUND RAISING

in support of the Breast Cancer charity

CoppaFeel



Lina Herodotou and her daughter Zoe Yerolemou, along with members of our Dementia Friendly group raised over £600 for the CoppaFeel Breast Cancer charity.

That sum was raised through a donation from the SJP Foundation and a cake sale. Lina, Zoe and some of our Dementia friendly group baked, donated and sold the

cakes to group members and visitors to SJP.

The CoppaFeel charity focus on raising awareness amongst young people, teaching them to learn what feels normal, and empowering them to get checked when something doesn't feel right.

For details on how to self-check, obtain help, seek advice and general information contact:
coppafeel.org



Cultural Visits



The Foundation continues to expand its programme of cultural outings, making the most of community access schemes to ensure that local residents – many of whom might not otherwise have the chance – can enjoy enriching experiences at some of the UK's most iconic cultural and historic venues.

These trips provide more than just a day out: they foster community cohesion, reduce social isolation, and open doors to learning and new perspectives. The pictures feature Buckingham Palace, London Zoo , Hampton Court and the Tower of London.



Shout Sport

Inspiring Minds and Moving Bodies

One of the year's standout moments at Silver Jubilee Park was Shout Sport, a powerful new initiative led by Ashford Place in collaboration with the Silver Jubilee Park Charitable Foundation.

The event brought together over 400 people for a day celebrating the transformative power of sport on mental health and wellbeing.

Former Heavyweight Champion Frank Bruno OBE, former England Lioness Rachel Yankey OBE, and wellness expert Dr. Dorian Dugmore headlined an inspiring panel discussion on the link between sport, resilience, and mental health.

Frank Bruno spoke openly about his own journey, emphasising that *"sport has been the best medicine for both my mental and physical health,"* while Rachel Yankey highlighted the importance of encouraging people of all ages to feel part of something through sport.



The day also offered a range of free activities including women's netball (pictured left), boxing training, walking football, Zumba, chair yoga, Pilates, and more — encouraging people from all backgrounds to get active together.

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Shout Sport *Continued from previous page.....*

Robert Morris, representing the Foundation, praised the event's impact:

"The panellists spoke from the heart, and it was fantastic to see so many young people engaged and inspired. Sport truly brings people together — it improves wellbeing, builds community, and promotes inclusion."

Following the success of this inaugural event, together with Ashford Place we are exploring opportunities to take Shout Sport nationwide, continuing to "shout" about the life-changing benefits of physical activity and community connection.



Stay in touch with all our latest news and projects

silverjubileeparkcharitablefoundation.com



FREE BOOKS AND JIGSAWS FOR THE COMMUNITY

The Silver Jubilee Park Charitable Foundation continues to bring people together in simple yet meaningful ways — including through the joy of reading. Free books are available at the ground for anyone who wants

them, encouraging visitors of all ages to take home a good read.

This initiative is made possible thanks to the kindness of Beryl Baitup, a 90-year-old from Cranleigh, Surrey. Over the past 18 months, the Foundation has given away nearly 2,500 books, spreading knowledge, comfort, and entertainment across the community.

More recently, the project has expanded to include jigsaw puzzles, generously donated by June Finn, offering another way for people to relax, unwind, and connect. It's a small gesture that continues to make a big difference to those who visit Silver Jubilee Park.

DEMENTIA FRIENDLY BINGO

Over 20 people attended this Dementia awareness event.

Fascinating facts about Dementia were delivered expertly by Simone and Debbie from CAD Brent and this was then followed with a fun-based bingo game. All the attendees had a great time but more importantly everyone came away more informed and aware of Dementia.



Brent Health Matters

Brent Health Matters continues to be a key delivery partner for the Foundation, helping us bring practical health and wellbeing support straight into the community.

Over the past year we have worked together to offer tailored sessions for our senior citizens, especially those attending our Chair Yoga and Dementia-Friendly groups. These talks have focused on diet, nutrition, and making small, affordable changes that can improve mobility, energy levels, and long-term health.

Alongside this, Brent Health Matters has supported a programme of health education sessions at SJP, including talks on diabetes awareness and bowel cancer screening – both vital in our local area, where early intervention can make a real difference.

We were also able to introduce services such as Specsavers' community benefits, ensuring older residents and carers know what support is available to them.

A particularly important strand has been funding towards 1st4Sport coaching awards for pupils from The Village School in Kingsbury, creating pathways for young people with additional needs to gain real qualifications and stay active.

Special mention must go to Nazia Ali, our area representative, whose commitment, planning and community insight have underpinned all of this work.



Central and
North West London
NHS Foundation
Trust



**A section of the attendees
from the twelve schools
involved**

COMMUNITY UNITY

Our third Community Unity event at SJP was attended by 100 schoolgirls from 12 schools based in Brent, Barnet and Harrow and included an awareness workshop centered around violence against women and girls (VAWG).

Amongst others some of the topics discussed were home abuse, harassment and stalking.

The workshop also discussed breaking down barriers of youth's and the police. Various groups also had display stands and on hand to offer advice to the girls.

On a much more lighted hearted end to the event we held an inter-school football tournament.

Barnet Councilor Sara Conway and former Arsenal and England football international Rachel Yankey OBE were both at the event.



**VAWG at SJP is an awareness
project supported by the
Foundation
and the Metropolitan Police**

The Pathway Project

Building Recovery Through Connection

The Foundation's Pathway Project, commissioned and delivered in partnership with CNWL NHS Foundation Trust, continues to make a powerful impact on people's lives through community-based mental health support across Brent.

Now in its seventh year, the project has become a trusted and effective model where lived experience and professional expertise come together to support recovery, wellbeing, and social connection. Weekly sessions in sport, physical activity, peer support, and creative wellbeing provide safe, inclusive spaces where participants feel understood, valued, and empowered.

Referrals from CNWL services, Adult Social Care and self-referrals continue to rise, reflecting growing confidence in the project's work. Peer Support Workers—drawing on their own lived experience—play an essential role in offering both empathy and practical guidance.

This year saw a number of highlights, including the Crisis Pathway collaboration event with CNWL and Brent Council, the Tell My Story course with CNWL Recovery College, and the Brent v Barnet mental health showcase football match, which used sport to promote inclusion and tackle stigma.

Feedback has been overwhelmingly positive, with more than 88% of participants rating the project 9 or 10 out of 10. Many report feeling more confident, active, and less isolated, with several now volunteering to help lead sessions. The Pathway Project continues to demonstrate how partnership, community, and lived experience can transform lives and strengthen recovery across Brent.



Brent v Barnet Collaboration

We occupy part of the eastern boundary that separates the Boroughs of Brent and Barnet and the Foundation is working with communities of both boroughs by bringing them together to help those with Mental Health issues.

We have worked and supported schools from Brent and Barnet and stepped in and provided help and support for two Barnet based organisations - Cherry Tree and

Sandcroft - after their funding had been either cut or cancelled. Both of these organisations provide help for cancer sufferers and the Foundation's Lesley Bowell, our chair yoga instructor, visited them and delivered yoga sessions.

As part of Men's Mental Health Week Brent and Barnet came together at Silver Jubilee Park for a powerful and uplifting day of football, friendship, and open conversations in a spirit of unity and support, using the power of sport to raise awareness around men's mental health and reduce stigma. With a fantastic turnout, lively matches, and plenty of laughs, it was clear that the day was about much more than just football—it was about connection, support, and community.

Visit the Foundation's website for all our latest news
silverjubileeparkcharitablefoundation.com

Free Football Kits for Schools

The Foundation recently donated brand new football kits to six local primary schools as part of our ongoing commitment to supporting grassroots sport and youth development.

Each school - Fryent, Oliver Goldsmith, St Robert Southwell, St Margaret Clitherow, The Hyde, and St Bernadette's - received full team kits in their traditional colours, proudly displaying their school badge, a gesture that was warmly and gratefully received by pupils and staff alike.



The presentation of the kits was made by Project Manager John Creith, on the right of our picture, with a representative from St Bernadette's school, who emphasised the Foundation's mission to ensure that every child has the opportunity to play sport, feel part of a team, and represent their school with pride. The initiative strengthens partnerships between the Foundation and local schools, highlighting the importance of community, inclusion, and physical wellbeing.

St Mary Magdalen Special Needs Group

We were delighted to support their annual summer event at Silver Jubilee Park. This collaboration underscores our commitment to inclusivity, providing a safe, welcoming environment for families and individuals with additional needs.

The day reinforced the importance of accessible community spaces for people of all abilities.

Brent Chinese Association and the Frank Soo Foundation



A vibrant celebration of football, health, and community spirit and attended by 400 people took place once again this July at Silver Jubilee Park as part of the East and South-East Asian Community Youth Football Programme. Now in its third year, the event brought together the Brent Chinese Association, the Frank Soo Foundation, and the Silver Jubilee Park Charitable Foundation in a powerful collaboration to promote physical activity and wellbeing across Brent's diverse communities.

The day featured children's and womens' football tournaments, drawing record participation from families across NW London. Delivered by FA-qualified coaches, the free sessions encouraged young players – particularly from East and South-East Asian backgrounds – to stay active, learn new skills, and build confidence through sport.

Alongside the football, attendees enjoyed health and wellbeing activities, including NHS cancer screening awareness talks and community information sessions, reflecting the partners' shared goal of improving both physical and mental health outcomes. The afternoon concluded with a lively raffle and prize-giving ceremony, generously supported by the Frank Soo Foundation.

"It's fantastic to see young people from our community out there enjoying football, making friends, and feeling part of something bigger."

"This partnership is about opening doors and showing that football is for everyone."

Alan Lau. Chair, Frank Soo Foundation



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The Brent Chinese Association and Frank Soo Foundation

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In early 2025 representatives from the SJP Foundation were guests of the Brent Chinese Association at the Chinese New Year celebrations at the East Pan Asian restaurant in Wembley.

We were given a wonderful welcome and enjoyed the celebrations immensely.

In the summer we funded weekly football training sessions at Silver Jubilee Park, led by Alan Lau in partnership with the Brent Chinese Association and the Frank Soo Foundation. The sessions encouraged young people from South East Asian communities to take part in football, helped break down cultural and social barriers to participation and enjoy the many benefits of team sport.

Frank Soo and the Foundation that bears his name



The Silver Jubilee Park Charitable Foundation is proud to support the work of the Frank Soo Foundation, which celebrates the life and legacy of Frank Soo, a true pioneer of diversity in football and the first and only player of Chinese heritage to represent England's men's national football team a true pioneer of diversity in football.

The Frank Soo Foundation are Frank's legacy and hope to advance the public's knowledge of his story and legacy and to carry on his life passion of supporting the next generation of young footballers.



Wembley Community Club Partnership

The Wembley Community Club is the FA's flagship community programme in Brent, designed to bring together, celebrate and support not-for-profit charities, schools and community groups. Its aim is to provide greater access to events and facilities at the national stadium, ensuring that local people benefit from the inspiration and opportunity that Wembley represents. These unforgettable experiences have included free tickets to attend world-class concerts, stadium tours and major football matches at one of the world's most iconic sporting venues.

Some of the football matches that our members have attended at Wembley include the Women's FA Cup final featuring Chelsea and Manchester United, the English Football League Trophy final between Birmingham City and trophy holders Peterborough United, England v Portugal in the Women's European Nations League Cup qualifier and the England men's international against Wales.

Recently, the Foundation was delighted to receive a presentation of official England shirts from the Wembley Community Club. These were distributed to participants in the Pathway Project - a joint initiative with CNWL NHS Foundation Trust that supports people on their journey to improved mental health and wellbeing through sport, peer support and community connection.

Some of the musical events our community group members have seen this year alone were are amongst the biggest in the world and included:

Oasis
Lana Del Ray
Coldplay
and Blackpink



Twenty-four Village School Students Achieve Coaching Qualifications

The Village School, which supports children and young people with complex needs and learning difficulties, continues to inspire through its commitment to inclusive education and personal development.

Serving 315 pupils aged 3 to 19 across five village communities, the school's curriculum is a true progression model — designed to support, challenge and encourage every learner to take an active

role in their journey with enthusiasm and confidence.

A key highlight this year has been the success of 24 students who achieved their 1st4Sport Level 1 and Level 2 Coaching Awards, delivered in partnership with coachingXchange.

This achievement not only recognises their hard work and dedication but also provides them with valuable skills and qualifications that can be used beyond the classroom.



These newly qualified student coaches are now assisting in the delivery of PE lessons at the school, helping to make sport more inclusive and engaging for all pupils.

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Village School *Continued from previous page.....*

The Village School has also enjoyed several sports sessions at Silver Jubilee Park, strengthening its partnership with the Silver Jubilee Park Charitable Foundation. Both organisations are excited to continue developing opportunities that promote wellbeing, confidence and lifelong participation in sport for young people of all abilities.



A special mention goes to Brent Health Matters, whose generous funding made this initiative possible — helping to empower students through sport, build confidence, and create pathways for lifelong learning and inclusion.



The RACHEL YANKEY FOUNDATION

Founded by former England Lioness Rachel Yankey OBE, and launched at SJP in June of this year, the Rachel Yankey Foundation provides safe, inclusive, and affordable spaces for girls aged 11–16 to play, learn, and grow in confidence through football.

Dedicated to making football more accessible for young girls from inner-city communities who face cultural and financial barriers to participation, the RYF began its journey with new community hubs in Brent and Westminster, working closely with schools, local councils, and community organisations to break down barriers and create equal opportunities in sport.

We proudly hosted the official launch event and continue to support the programme by providing weekly football sessions at Silver Jubilee Park and the partnership between the RYF and SJP Foundation highlights the shared commitment to giving every young person - regardless of background - the chance to shine both on and off the pitch.

The Courtauld Gallery



Early in the year the Courtauld Gallery welcomed a group of the Foundation's community members for a tour and painting workshop. Centrepiece of the visit to the Gallery was '*A bar at the Folies-Bergere*' painted by by Edouard Manet in 1882.

Having enjoyed a close-up of the masterpiece, they had enjoyed trying to create their own using a range of different materials.

SJP

TEAM of LIFE

The Team of Life programme, introduced to the Foundation by clinical psychologist Dr Angela Byrne, has been a tremendous success this year. Overseen by Amer Hajan, the six-week course used the language and stories of football to help participants explore their lives, values, and goals in a positive and supportive way.



Using football as a metaphor, participants identified their “team-mates,” “goalkeepers,” and “coaches” — the people who have supported and inspired them. Through reflection and shared discussion, they celebrated past achievements and created “goal maps” to plan for future successes.

An average of 14 people took part in each session, bringing warmth, honesty, and energy to every discussion. The project was delivered by peer mentors and service users, with clinical oversight ensuring that everyone felt safe and supported.

Feedback has been overwhelmingly positive, with participants reporting greater self-confidence, improved wellbeing, and a stronger sense of belonging. For many, the football-based approach made it easier to open up and share personal stories in a natural, uplifting way.

The Team of Life has truly embodied the Foundation’s mission — using sport as a language for hope, connection, and change. Its success at Silver Jubilee Park highlights the power of community, teamwork, and lived experience in helping people move forward together.

WEMBLEY STADIUM FOUNDATION ANCHOR PARTNER PROJECT

Accessible Football with Healthy Benefits for Young Children



Our WSF Anchor Partner Grant has enabled us to extend our HYA football project, providing free sessions for local children who benefit most from physical activity.

Overseen by John Creith, a highly respected educator with over 25 years of experience in primary education, the project now supports more than 100 children each week across Brent.

Delivered at Silver Jubilee Park, the sessions promote teamwork, communication, and emotional wellbeing through inclusive football. For many participants, HYA has become much more than a sporting activity—it's a place to build confidence, make friends, and feel valued.

Parents have seen remarkable improvements in their children's behaviour, focus, and enthusiasm. One family wrote that their sons, once shy and reserved, have grown *'more vocal, confident and excited to attend every week,'* while another described the programme as *'a positive outlet that helps our children channel their energy in the right way.'*

The Wembley Stadium Foundation's funding ensures that these free places remain accessible to families most in need, removing barriers to participation and promoting health and happiness in the community.

The Foundation and HYA are deeply grateful for this partnership, which continues to inspire children across Brent and provide opportunities that will shape their futures - on and off the pitch.

The Tower Remembers 2025



Four representatives from the Silver Jubilee Park Charitable Foundation were honoured to take part in a truly historic project at the Tower of London — helping to build the 2025 poppy display to mark the 80th anniversary of the end of World War II (VE Day).

The installation, titled 'The Tower Remembers 2025', recreated the iconic sea of red ceramic poppies that first captured the world's attention in 2014. This year's display, ran from May to November 2025, featured thousands of ceramic poppies placed predominantly in the Inner Ward of

the Tower, creating a powerful tribute to those who served and sacrificed during the Second World War.

Working alongside the professional installation team, our volunteers helped unpack, assemble, and carefully 'plant' the poppies into the South Lawn - a process that required teamwork, patience, and care. The Foundation was proud to represent the Brent community in this national act of remembrance, with volunteers demonstrating the same dedication and spirit that drives all our community projects.



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The Tower Remembers

Continued from previous page.....

Following their work at the Tower, the group were invited to the official VE Day commemoration at Horse Guards Parade, joining veterans, dignitaries, and other volunteers to mark the occasion.



This project provided a unique opportunity for our Foundation to play a small but meaningful role in honouring those who gave so much for the freedoms we enjoy today.



As part of an inspiring collaboration, members of our dementia friendly group took part in the RPOs 'Sound Sanctuary project', delivered by musicians from the world-renowned Orchestra.

The event was aimed at reducing isolation, foster community connections, and complement existing mental health services by providing accessible an inclusive programme and expand the reach of mental health support in Brent, a borough that faces a disproportionately high rate of mental health issues compared to the national average.

Sound Sanctuary



The SJP Charitable Foundation website is available at

silverjubileeparkcharitablefoundation.com

What we do

We have continued to support and improve the lives of some of the most vulnerable in our community. We remain committed to diversity and addressing inequalities across our borough and adjoining boroughs and provide a wide range of activities, physical and educational programmes to offer people opportunities to live happy, healthy and fulfilled lives and throughout 2025 we are delighted to report that we have delivered on all of our stated objects.

A brief snapshot of our recent work:

Cultural Outings

The Foundation continues to expand its programme of cultural outings, making the most of community access schemes to ensure that local residents – many of whom might not otherwise have the chance – can enjoy enriching experiences at some of the UK's most iconic cultural and historic venues.

These trips provide more than just a day out: they foster community cohesion, reduce social isolation, and open doors to learning and new perspectives.

Youth & Sports Programmes

Sport remains at the heart of our charitable mission. Our programmes are designed not only to keep young people active but also to inspire confidence, promote teamwork, and provide opportunities that might otherwise be out of reach.

Health & Community Partnerships

Beyond sport and culture, the Foundation continues to strengthen its health and social well-being work, often through collaboration with specialist organisations and community groups.

SJP

FINANCIAL SUMMARY

CHARITABLE FOUNDATION

The table below is not the statutory accounts but a summary of key financial information from the Trustees Accounts extracted from the 2024/2025 Statement of Financial Activities and Balance Sheet for the period 01 May 2024 to 30 April 2025.

The full accounts were subject to an external audit by Richman & Co and approved by the Silver Jubilee Park (Charitable) Foundation's Board of trustees on 17 December 2025.

Mike Harte, Chair of Trustees

Year End	Turnover	Surplus / (Deficit)
30 April 2024	£196,997	£76,499 surplus
30 April 2025	£ 33,802	(£67,998) deficit
24/25 & 25/26 Combined	£230,799	£8,501 net surplus

NOTE:

A timing difference occurred between financial years. £75,500 of income relating to 2024 activities was not actually received until 2025, which makes 2024 appear stronger and 2025 appear weaker.

When viewed together, the two years show a healthy combined net surplus of £8,501.

SILVER JUBILEE PARK CHARITABLE FOUNDATION

REGISTERED CHARITY NUMBER
1193996

EMAIL ADDRESS
silverjubileeparkfoundation@gmail.com



REGISTERED OFFICE
Silver Jubilee Park Stadium
Townsend Lane
Kingsbury
London NW9 7NE

TRUSTEES FOR THE YEAR ENDED 30 APRIL 2025

Mike Harte, Chair and Treasurer
Sam Attah
David Bedford OBE
Ann John OBE

BANKERS
Barclays
Sort Code: 20-92-63
Account Number: 83636380

AUDITORS
Richman & Co
293 Kenton Lane
Harrow, Middlesex HA3 8RR

WEBSITE
silverjubileeparkcharitablefoundation.com

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE YEAR ENDED

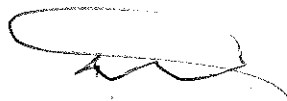
30 APRIL 2025

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

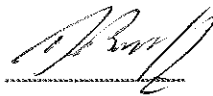
BALANCE SHEET AS AT 30 APRIL 2025

30 April 2024

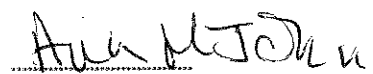
£		£
	<u>CURRENT ASSETS</u>	
86,191	Debtors (Note 2)	241
78,449	Cash at Bank	96,151
<u>164,640</u>		<u>96,392</u>
	<u>DEDUCT: CREDITORS</u>	
610	Amounts falling Due Within One Year (Note 3)	360
<u>164,030</u>	<u>NET ASSETS</u>	<u>96,032</u>
	<u>FINANCED BY:</u>	
	<u>RESERVES</u>	
164,030	Profit and Loss Account	96,032
<u>164,030</u>		<u>96,032</u>



M HARTE - TRUSTEE



D BEDFORD - TRUSTEE



ANN JOHN - TRUSTEE

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
INCOME AND EXPENDITURE ACCOUNT FOR THE
YEAR ENDED 30 APRIL 2025

Year Ended 30 April 2024

£	£		£	£
		<u>INCOME</u>		
		Donations:-		
146,400		Central and North West London NHS Foundation		
15,000		Wembley Stadium Trust		
-		Ashford Place		
30,000		London Borough of Brent		33,200
2,974		Others		
194,374				
2,519		Use of Facilities		
104		Interest Received		602
196,997				33,802
		<u>DEDUCT: EXPENSES</u>		
	-	Hire of Premises	400	
275		Insurance	285	
-		Training Costs	1,000	
541		Travel Costs	-	
652		Printing, Postage, Stationery and Computer Costs	435	
71,430		Consultancy Charges	69,710	
-		Promotional Costs		
640		General Expenses	220	
360		Accountancy Charges	360	
46,600		Donations	29,390	
120,498				101,800
75,499		<u>LOSS FOR THE YEAR</u>		<u>(67,998)</u>

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 APRIL 2025

1. ACCOUNTING POLICIES

1.1 ACCOUNTING CONVENTION

These accounts have been prepared under the historical convention.

The Foundation has taken advantage of the exemption in Financial Reporting Standard No.1 from the requirement to produce a cash flow statement on the grounds that it is a small entity.

The accounts have been prepared in accordance with applicable accounting standards and the Co-operative and Community Benefit Societies Act 2014.

1.2 INCOMING RESOURCES

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

1.3 RESOURCES EXPENDED

Liabilities are recognized as resources expended as soon as there is a legal or constructive obligation committing the society to the expenditure. All resources expended are accounted for on an accrual basis and the irrecoverable amount of VAT is included in the expenses to which it relates.

2. DEBTORS

	<u>30 April 2025</u>	<u>30 April 2024</u>
	£	£
Amount owed by KTMC	241	241
Donations Receivable	-	85,950
	241	86,191

3. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<u>30 April 2025</u>	<u>30 April 2024</u>
	£	£
Accrued Expenses	360	610
	360	610

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE YEAR ENDED

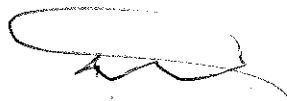
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SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

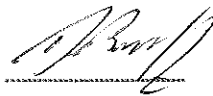
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30 April 2024

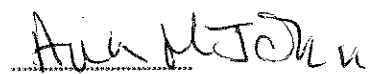
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ANN JOHN - TRUSTEE

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INCOME AND EXPENDITURE ACCOUNT FOR THE
YEAR ENDED 30 APRIL 2025

Year Ended 30 April 2024

£	£		£	£
		<u>INCOME</u>		
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120,498				101,800
75,499		<u>LOSS FOR THE YEAR</u>		<u>(57,998)</u>

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
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30 APRIL 2025

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	£	£
Accrued Expenses	360	610
	360	610

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

England & Wales - Charity number 1193996

Accounts

Silver Jubilee Park Charity FOUNDATION



Annual Review & Report
2024

Silver Jubilee Park Charity Foundation

Registered Charity Number 1193996

Our Trustees



Mike Harte
Chair

Sam Attah



David Bedford
OBE

Ann John
OBE



Silver Jubilee Park
Townsend Lane
Kingsbury
London NW9 7NE

info.silverjubileepark@gmail.com

Welcome from the Foundations founder Robert Morris

The SJP Charitable Foundation has continued to grow and evolve and now helps over 1500 people in Brent each week. When the foundation was started, I had a vision and I'm extremely proud of how it has developed and the impact it has had.

Using sport to engage with people from various communities has helped promote social cohesion, integration, create a healthy lifestyle and educate.

The feedback from both individuals and community groups has been heartwarming and is proof that the foundation is delivering some incredibly worthwhile projects.

The improvements in both physical and mental wellbeing are evident and I believe we are an example on how similar charities, sports clubs and other organisations should serve the community they are in. We have seen how our projects have strengthened the community by offering pathways for personal and social development.

Our aim is to work with more low-income families to give children opportunities that they wouldn't be able to. Also, children that have special educational needs will also be a priority to help improve confidence and self-esteem.

I am incredibly grateful to Graham Etchell, John and Viv Creith for their tireless efforts to make the projects a success. Thank you to the trustees for their continued help and support. which has benefitted so many.



2024 has been another busy and successful year for the charity with a wide range of activities having taken place involving service users from across the borough as you'll read in our annual report.

Central & North West London NHS Foundation continue to be a major supporter of our activities and earlier in the year completed a very positive review of the services provided by the charity.

In addition, the London Borough of Brent continue to be very supportive of a number of projects that are run at SJP and across the borough and we have welcomed a number of council representatives to events at SJP during the year.

Picking out some standout highlights for me during the year, I'll start with the sports programmes at SJP which are now all service user led, meaning that those individuals leading the activities can provide positive evidence of what can be achieved, and are able to speak of their own experiences with those who have recently joined the programmes. In addition, Brent have identified three of our service users to potentially work with them.

The charity has extended its ties with the Village School in Kingsbury and has run a 1st4Sport coaching qualification course for 18 of those taking part including

some wheelchair users, which we believe is a notable first for a 1st4sport qualification.

Service users from our dementia café and chair yoga groups have been on a number of outings to Wembley Stadium, Hampton Court and Kensington Palace to name but a few. This has been made possible as Viv Creith has now been trained to take group visits.

Another highlight for me is that the mental health work which has been going on here so successfully for a number of years now is being recognised further afield with other organisations seeking advice from those leading our projects. As an example, discussions have taken place with Watford FC who are seeking to replicate in Hertfordshire what we have been doing locally.

Again, I want to thank my fellow trustees, David Bedford, Ann John and Sam Attah as well as Rob Morris and John & Viv Creith for their ongoing support and contributions and of course our unsung heroes who do the day-to-day work so well to ensure that all of our service users get the maximum benefit and enjoyment from whatever activities they are involved in.

Mike Harte, Chair

What we do

- Work with and through local organisations to increase levels of participation in sport and physical activity;
- Promote and provide programmes and services for sport, recreation, physical activity, informal education, and other leisure time occupation for healthy recreation;
- Promote and provide education, training and coaching courses which promote mental and physical and fitness health.

COMMUNITY ACTION FOR SPORT

We launched this new Foundation initiative at the start of the year and the two events that have been held has generated over £9,000 which we have distributed to clubs and groups to help them support the community they represent.

Both events were quiz nights which were totally sold out long in advance.

We are fully aware of how difficult some of our clubs and groups are finding it to be financially viable, yet alone sustainable, and this limits the support they can offer their respective communities and we hope that our Community Action for Sport ('CAS') can be of help.

SJP FOUNDATION COMMUNITY FUND

The Trustee's made £10,000 available for distribution to deserving SJP user groups to support projects that focus on health and wellbeing, education and sport. The Maximum grant available per organisation through this round of funding was £1500 and one of the conditions was that applicants had to demonstrate how their funding, if successful, would be used for the benefit of the community. The Community Fund was over subscribed but there were 8 successful applicants in receipt of the funding.

ALEX'S STORY

“I thought I would never be a normal person again”

“Four years ago, I had no hope about anything. A Couple years have passed by, and I have been completely confused. I didn't know what happened to me regarding my psychotic breakdown and I experienced lots of side effects from various medication until I finally tried one that worked well for me.

“About 6 months after being discharged from hospital I started attending Richard's football's session's where I had the chance to get to know lovely people and I'm talking about everyone, all the guys that had similar experience of mental health like me, and all the staff from Silver Jubilee Park.

“Thanks to Richard I have completed a couple of courses regarding mental health which helped a lot into my education towards this sensible topic that is not talked about.

“Last year I completed functional skills level 2 math's and GCSE English. This year I'm doing GCSE math's and accounting course AAT Level 2 which I find challenging. I can't be grateful enough that I'm able to do this when before there was no hope about anything .

“Thanks to God I'm able to attend and do this when before I thought I would never be a normal person again.

Alex

Alex is one of the service user's participating in our PathWay Project programme.

THE NATIONAL THEATRE

Ten of our Dementia friendly café community members enjoyed a performance of 'The Grapes of Wrath' at The National Theatre. The play, adapted from the book by John Steinbeck is set in various locations between Oklahoma and California.

The theatre was specifically adapted to make it more friendly for all and some of the lighting and sound effects had been adjusted to be less sudden or intense.



Our group thoroughly enjoyed the play as you can see from some of their comments below:

'Great production. Very pertinent to current issues. Excellent staging particularly the river! Many thanks to all involved. Highly recommended (5 stars)' – Penny

'Very inspirational and moving play performed by great actors and musicians, enjoyed by our group' – Ann L

'Brilliant!!!! Staff were very welcoming, good interpretation of John Steinbeck book, especially with the music added' – Margaret O.

**A huge thank you to the
National Theatre
for our tickets.**

THE KILN THEATRE

At the start of September five members of the SJP Foundation Dementia Friendly café went to The Kiln Theatre in Kilburn to see Sister Act 2. The film starring Whoopi Goldberg provided lots of laughs and singing. A fabulous time was had by all. And the popcorn and refreshments was enjoyed by all as well! **Our thanks to the Kiln Theatre and CAD Brent for providing our members with tickets.**



BRENT CHINESE ASSOCIATION & ESEA

BRENT CHINESE
ASSOCIATION



Our partnership with the Brent Chinese Association, East & South East Asian community (ESEA) and Frank Soo Foundation has continued during 2024.

For the second year running we supported their annual fund raising event featuring members of the Brent South East Asian community which included the Frank Soo Foundation, Chinese Welfare Trust, Brent Chinese Association and the Silver Jubilee Park Foundation.

Dr Ethie Kong, Brent Council Leader Cllr Muhammed Butt and Krupesh Hirani the London Assembly Member for Brent and Harrow attended the event along with a number of other guests.



Members of the Brent Health Matters team were also here carrying out free health checks which included heart, blood pressure and sugar level's to more than 50 participants and spectators who volunteered to undergo the test.

Another of the activities we were involved in was their Mental Health Awareness day which featured workshops offering advice, support and guidance while a football tournament for children and adults provided a most enjoyable activity.

Additionally along with the Brent Chinese Association and in collaboration with the Frank Soo Foundation we organised the 'Brent ESEA Community Youth Football programme' offering six free weekly football coaching sessions for boys and girls aged between 4 and 8. Due to its success the programme was extend for further six weeks.



The coaching was to encourage children from the East & South East Asian (ESEA) Communities to take part in more physical activities in a fun and enjoyable way. The SJP Foundation is delighted to help fund this programme.

BRENT HEALTH MATTERS

The goal of the Brent Health Matters programme is to reduce health inequalities in the borough and their team have made a number of visits to SJP this year.

The first visit provided a health check to our Over 50s community club members and the second discussed the NHS App and how to access and use it.

Following the success of the that a series of wellbeing advisory and instructional classes involving Brent's Health Matters team and parents of children playing for Hendon Youth FC teams.

Health checks were carried out on 34 parents and this was followed by information relating to the NHS App and how to access and use it.



Members of the Brent Health Matters team were back again during the Brent Chinese Association's fund raising event carrying out free health checks including heart, blood pressure and sugar levels.

Our thanks to Nazia Ali, the Brent Health Matters co-ordinator for Kingsbury & Kenton, for all the help and support given to the Foundation.

WEMBLEY STADIUM FOUNDATION ANCHOR PARTNER PROJECT



Our chosen project specifically targets local primary school children that would most benefit from being involved in physical activities.

Local headteachers identified and recommended children who, for a variety of reasons, would not be able to attend sessions at Silver Jubilee Park therefore we decided to have activities in schools and at SJP. Up to a hundred children attend every week and we have seen improvements in concentration, behaviour, confidence, fitness and social skills.

We communicate with headteachers and parents on a regular basis and have had a number of surveys completed to evaluate that we are meeting our objectives. As with all of our sessions the primary aim is for the children to have fun with their friends.

Our coaches are specially selected and mentored to increase the aim of the children to achieve their true potential. These coaches are young local people who may have attended the schools and are excellent role models for the children they are working with. They also understand and evaluate the outcomes of the project.

Children attend coaching sessions for one hour on a weekly basis through term time. These sessions are delivered on a guided discovery basis which involves a variety of skills.

Some children have been able to play for Hendon Youth FC through this project free of charge which is administered on a strict need-to-know basis that ensures that the children feel no stigma. Where needed we also provide kit and equipment in strict confidence.

This project commenced in September 2023 and will continue to July 2025.

WEST END THEATRE VISIT FOR MEMBERS OF OUR PATHWAY PROJECT

Ten of our PathWay participants accompanied by Richard Hay, Dr Angela Byrne and Nick Green travelled to the Garrick Theatre in the heart of the West End's Theatreland to see the double Olivier Award nominated production '*For Black Boys Who Have Considered Suicide When The Hue Gets Too Heavy*' which returned to the West End following three previously sold-out runs.

The following has been taken from a report by Amer Hajan:

The trip was a huge success and the play itself offered lots of topics to take in and lots to think about such as listening to lyrics in a different way and realising how deep they are.

Some of the group found it interesting to hear about black history and want to hear more about it and some aspects were difficult for people with autism such as the loud noise, flashing lights, and feeling of claustrophobia.

Great themes covered including some that are usually taboo such as homosexuality, death, cancer and STIs.

Some of the comments we received were:

'Loved it. It was breathtaking'.

'Great to see the relationship between the group of friends'.

'It was focused on black boys but everyone could relate'.



The play was very emotional and it was good that we had enough staff with us to have one-to-ones with people who needed it.

Amer Hajan

COMMUNITY UNITY GIRLS ONLY EVENT



It was ladies day once again at SJP as the Foundation and the Metropolitan Police staged our second female only Community Unity event.

There was a 7-a-side mini football tournament involving 12 school teams from across the neighbouring boroughs of Brent, Barnet and Harrow, a fun element depicted by the youngster pictured right

kitted out in full riot gear and a very serious side to the event with a discussion on awareness and advice relating to violence against women and girls (VAWG).

Chief Inspector Vicky Coulsdon was delighted with the event's outcome remarking that there was a quite excellent turn out with the girls encouraged to partake in physical activity and adding that the event also created awareness in violence against women.

PC Ben Eynon, the Met's local engagement officer was also delighted with the event and the SJP facilities and is looking forward to future collaborations.

MENTAL HEALTH WELLBEING GAMES

As a direct result of our successful Community Wellbeing Games that took place towards the end of 2023, during March of this year we organised a version of fun challenges specifically designed for those members of the community living with mental health issues

Eight teams took part from various organisations and included, amongst others: The Pathway Project, Ashford Place, the Raheem Sterling Foundation, Park Royal Hospital and Brent Council. The event was led by three service users and was very successful and enjoyed by all.

We were delighted to welcome guest's Rachael Crossley (Director, Brent Adult Social Care), representation from Brent Health Matters and Alan Lau The Football Association's officer for Equality, Diversity and inclusivity.

The following is Alan's report:

'Blown away today at Silver Jubilee Park to see the amazing things the Silver Jubilee Park Charitable Foundation are doing in mental health! The Pathway Project is making a massive difference in the community. The participants have a range of mental health issues but are all involved and taking part in exercise at the Brent Wellbeing Games for Mental Health. Working with local government, the NHS and communities, the impact on the participants is unbelievable.

The coaches/facilitators were all previous participants and now have been trained and lead the programme. There are many health inequalities across different communities with Mental Health being compounded by the stigma it carries'. Alan Lau The Football Association



The
SILVER JUBILEE PARK
CHARITY
FOUNDATION





RAHEEM STERLING FOUNDATION

Our partnership with the Raheem Sterling Foundation

Introduction

As Chair of the Raheem Sterling Foundation (RSF), I am immensely proud to present a groundbreaking collaboration with Silver Jubilee Park Foundation that has revolutionised mental health support.

This partnership stands as a beacon of innovation, challenging traditional approaches and prioritising holistic wellbeing.

The Vision

Our vision was clear from the outset – to create a paradigm shift in mental health assistance. We wanted to move

beyond just addressing mental health problems; our goal was to foster an overall transformation in lifestyle and mindset, cultivating resilience and a sense of belonging.

The Strategy

The heart of this initiative lies in our unique talking treatments. These sessions are designed to encourage open communication and self-expression, helping service users to adopt a positive mental attitude.

At SJP, a secure and non-judgmental environment allows individuals to share their experiences freely, breaking down the barriers of stigma.

The Outcome

This collaboration transcends traditional boundaries of mental health support by emphasising overall wellbeing.

The foundation laid by SJP and RSF is transformative, ensuring genuine improvement in the lives of our service users.

Conclusion

Looking back at the progress we have made, it fills me with immense pride and hope. Our partnership is more than a programme; it's a movement towards a healthier, more resilient community. We are not just changing lives; we are redefining the very approach to mental health and wellbeing.

HISTORIC ROYAL PALACES COMMUNITY ACCESS SCHEME



The SJP Foundation has joined the Historic Royal Palace Community Access Scheme (CAS).



CAS offers free entry and support for community groups to visit and explore the Tower of London, Hampton Court Palace, Kensington Palace and Hillsborough Castle and Gardens.

Having undergone specialised Group Leader training at Kensington Palace the Foundation's designated group leader is Viv Creith and she plans and leads visits for our own groups to the palaces. The first of our Community access visits was to the Tower of London and included a Yeoman tour and exploration of both the White and the Bloody Tower's on a glorious day in October.



Some of our multi-generational group at the Tower





Ten members of our Mental Health Community Group attended the big football curtain raiser at Wembley between Premier League Champions Manchester City and FA Cup winners Manchester United thanks to receiving tickets through our membership of the Wembley Community Club.

The Wembley Community Club is the FA's flagship community programme in Brent bringing together and supporting not-for-profit charities, schools and community groups, and providing them with greater access to events and facilities at Wembley.



Some of our group pictured above at Wembley

THE GREAT BOOK GIVEAWAY

The SJP Charity Foundation has given away over 1,000 books during the last year.

We are thankful to Sarah Calvert and Beryl Baitup for their incredible book donations that have made this possible.



Some of the books on display at Silver Jubilee Park.



SJP FOUNDATION SUPPORT FOR SPECIAL NEEDS GROUP

The St Mary Magdalene church Special Needs Group has a small group of dedicated parishioners supporting families with special needs. Each summer and at Christmas, they have a social activity and self-finance these events with various fundraising activities.

This summer's event was held at Silver Jubilee Park and sponsored by the SJP Foundation.



THE TRUAMAN R66T NW LONDON CRICKET LEAGUE

This event to promote excellence in playing, coaching, officiating and the provision of playing facilities for recreational cricket in Middlesex was organised by Muks Rabadia and supported by the SJP Foundation. It featured children from four local schools and was enjoyed by all including Middlesex and England cricketer Angus Fraser and other guests including Ronald Paterson, Geoff Hastings, Brent Cllr Saqib Butt and SJPs Robert Morris.



WELLBEING WORKSHOPS

EXPLORING MASCULINITY & IDENTITY

The community psychology team at Central and North West London NHS Foundation Trust (CNWL) partnered with the STP Foundation's Pathway Programme to deliver a series of workshops focusing on masculinity and wellbeing.

The sessions were facilitated by J'shawn Cook (Assistant Psychologist, CNWL), Richard Hay (Mental Health Support Worker) and Alexander Donnalaja (CBT Therapist, CNWL NHS).

Each session explored various aspects of masculinity ranging from societal expectations, influence of family and culture, the impact on mental health, relationship with others (platonic/romantic), and how previous generations have perceived gender and attributes associated with them.

Creating a space for these discussions surrounding masculinity and identity has been transformative for the attendees of the group and the facilitators. These sessions have acted as a catalyst for future explorations surrounding what it means to be a man in society and how we as a community can better engage with masculinity.

Dr Angela Byrne
Clinical Psychologist
Central and North West London NHS

Firstly, thank you to all the amazing individuals that are involved in building and maintaining this safe space. Your efficiency and welcoming nature continue to allow this space to flourish, to exist and to remain. Thank you.

To all of you incredible people, thank you for allowing me in into your space.

The meaningful and genuine relationships I have cultivated here has made Thursday's my favourite working day. Each and every interaction with you all has been a privilege as it meant I was able to get you all. You are a very special bunch, every single one of you, and I am so grateful to have been a part of SJP's family.

J'Shawn
Asst. Psychologist CNWL NHS



A WISH COMES TRUE FOR TEDDIE

Playing football was one of the few things that kept a smile on Teddie's face during his cancer treatments.

Teddie's heartfelt wish was: *"I wish I could have a football pitch in my garden, so I can play whenever I want!"* and thanks to makeawishuk and a couple of supportive organisations, including the SJP Foundation that dream came true!



The Foundation was approached for help and was delighted to provide funding for a young Teddie's wish. We purchased a number of pieces of football equipment including goals, footballs, bibs and cones to go with a small football pitch set up in his back garden for Teddie and some friends to enjoy.

Over 60,000 children in the UK have been diagnosed with a critical condition, changing their lives and the lives of their families forever.

For them, the joy of childhood is brought to an abrupt end, with treatment plans, hospital visits and sleepless nights taking over.

A wish revives a childhood stolen by critical illness. It brings light and joy to children and their loved ones and leaves a profound and lasting on all their lives. The Make A Wish Foundation create joy, happiness and magical memories through life-changing wishes for children with critical illnesses. and putting the child at the heart of their own experience.

Make-A-Wish®

COMMUNITY SERVICE & CRISIS SUPPORT WORKSHOP



At the end of August service users, services and guests attended a workshop at Silver Jubilee Park. The event was delivered by the CNWL NHS Foundation Trust, Hestia and the Silver Jubilee Park Foundation. Discussions included: achievable improvement, safe movement between teams and prevention. This was followed by two short video films and a Q&A session regarding service user journey's.

Thank you for such a fantastic workshop. Your guys are amazing and so inspirational. I was really touched and couldn't stop listening to them and their stories". **Jenny Lanyero** CNWL NHS

PEER SUPPORT TRAINING FOR PATHWAY SERVICE USERS

During the last quarter of the year five of our service users started a peer support mental health training course. On successfully completing the course these five individuals will gain the required skills and knowledge that will qualify them to share their knowledge and lived-in experience to help and support their peers through difficult times.

We hope that they will also be able to use their qualification in the work place and in doing so help many more people and the fact that these five service users have the newly found confidence to help others is another testament to the difference the Pathway Project has made to them, and many others.

New kit for Women's team is a winner



A brand new season and a brand new playing kit courtesy of the SJP Charity foundation.

They wore it for the first time in their opening match of the season, winning 4-2 at SJP.



Professional musicians from the RPO made a very welcome return to SJP for a fun based creative music session. The theme was 'mental health awareness' and the session was designed to provide respite from wellbeing challenges and improve mood.

The musicians worked together with participants to create melodies, rhythms and lyrics as well as trying out a range of instruments.

Photography course is another winner



Graham Field has been delivering a specifically designed photography course for SJP Pathway Project participants to help people with mental health challenges learn a new skill.

Sessions have focused on particular subjects such as animals, flowers, sports and using different lenses.

Throughout each session, Graham takes the time to explain how to improve image clarity and how to position and angle the camera. He also provides helpful tips on capturing the details of the subjects.



In September Hendon Youth Academy coach Jean Billong travelled to Windhoek (Namibia) and Harare (Zimbabwe) to continue his work with disadvantage youths.

With the support of the Silver Jubilee Park Foundation ahead of his visit Jean was busy collecting clothes, sports kit and stationery to provide significant help for the children and teenagers of the communities he visited. Thank you to everyone who donated items at the SJP collection point, everything you gave will make an enormous difference to the children.



COACHING CHILDREN AT THE KINGSBURY MANDIR

Every Saturday we send two of our coaches along Townsend Lane to coach children at the Shree Swaminarayan Mandir where we are supporting children who would most benefit from participating in a sporting activity.

THE VILLAGE SCHOOL

In May eighteen children with disabilities including wheelchair users from the Village school took part in sporting activities on the SJP pitch and in June five children with physical and learning difficulties and five carers commenced a specially designed 1st4Sport Level 1 coaching course at SJP. Everyone passed the course and the children are now assisting with the delivery of activities at the school.



The School caters to those with special educational needs and/or disabilities, many in wheelchairs and is located nearby in Grove Park, Kingsbury and the SJP Foundation with the help of Coaching Xchange is looking to provide help to another 32 children so they too can gain qualifications.



A VISIT TO THE ZOO

On a glorious day in June, courtesy of CAD Brent and ZSL London we took 16 members from our Dementia friendly group to London Zoo.

A good time was had by all, among the animals and some of their new offspring. Some of our group and pictured left.

KEW PALACE & GARDENS

Another fantastic visit for the Foundation's community group. This time to Kew Palace & Gardens and even the wet weather could not spoil our day out. Four of the 12 members attending are pictured right.



THE PATHWAY PROJECT

Changing Lives Forever



This mental health project, a collaboration involving the SJP Foundation, Central & North West London NHS Foundation Trust (a large and diverse organisation, providing health care services for people with a wide range of physical and mental health needs) and Brent Council, has been a resounding success.

Led by the SJP Foundation this project offers support to service users including in-patients at Park Royal Hospital's Centre for Mental Health on their wellness pathways. Through our work we also engage with Community Mental Health services and the Brent Early Intervention service, the local authority (Brent) and the voluntary services to provide a strong support base.



We also fill gaps in aftercare and a culturally sensitive inclusive environment at SJP.

As well as Park Royal and Silver Jubilee Park we use other centre's in Brent for specialised physical activities.

Our support workers visit the mental health centre every weekend and provide enjoyable physical activities for the in-patients. We also make numerous home visits.



Many of the in-patients experience loneliness during and after hospital stays and though the SJP Foundations Thursday sessions at Silver Jubilee Park we have helped address these concerns for some and offer a non-medical, welcome, friendly and stigma free environment and make service users feel valued and heard. Our work at the SJP facility provides an essential support hub, helping participants to overcome feelings of isolation and empowering them to re-engage with their communities and wider society.

The **PATHWAY PROJECT** continued from previous page

Up to the end of 2024 we have had almost 450 referrals to us from various services some of the project's participants have gone on to find employment, others have returned to or started at various universities and other academic institutions to pursue further education.



We always encourage our participants to be involved by helping to deliver an activity, involving their fellow service users. Some also plan courses and activities as well as deliver them.

In June we appointed Amer Hajan as peer co-ordinator to promote service user leadership ensuring that service users influence the development of the programme's at SJP.



Service users are encouraged from an early stage that their input is not only valued but put into action.

This new role also includes recruiting, inducting, supporting and supervising service users and integrate new members into the group and make them feel welcomed. Home visits are made to those who lack confidence to make the first step.



Amongst other support we also provide psychoeducation on mental illness via peer support, including suicide awareness;

Interventions that address the physical health needs of service users suffering from serious mental illness, including physical activity and lifestyle advice;

In-reach work on the wards, working with the bed manager and discharge co-ordinator and we continuously signpost patients to substance use services in consultation with their care co-ordinators.

GET BRENT ACTIVE

Get Brent Active delivers a quality, professional, enjoyable and highly successful multi-generational borough-wide project with programmes designed to increase the numbers of Brent residents taking part in regular physical health activities designed to improve the health of identified disadvantaged Brent residents.

Activities

- Chair Yoga at SJP
- Tai Chi at Barham Dementia Cafe
- Fitness class at John Billam
- Fitness circuit at Fresh Arts
- Yoga St Cuthberts Dementia Cafe
- Brent Mencap Willesden

Attendees across activities since March 2024 is 399

Range of Referrals

Participants have been recommended from the following:

- Ashford place
- Silver Jubilee Park
- GPs
- Brent Mental Health Services
- Friends
- Self-referral
- Dementia Bulletin
- Schools



Get Brent Active is now half-way through its third year during which time our programme of activities has played an important part in the improved wellbeing and mental health of Brent residents and also helped alleviated stress, anxiety and loneliness.

We continue to encouraged and support non-active residents with issues to be more active and to engage with other residents and provide a programme of activities that targets areas of high deprivation and low income at locations that are easily accessible and offer a range of activities – all of which are free.

FINANCIAL SUMMARY

The table below is not the statutory accounts but a summary of key financial information from the Trustees Accounts extracted from the 2023/2024 Statement of Financial Activities and Balance Sheet for the period 01 May 2023 to 30 April 2024.

The full accounts were subject to an external audit by Richman & Co and approved by the Silver Jubilee Park (Charitable) Foundation’s Board of trustees on 15th November 2024.

Mike Harte, Chair of Trustees

01 May 2023 to 30 April 2024	£000s
INCOME	
Central & North West London NHS Foundation (CNWL)	146,400
Wembley Stadium Foundation	15,000
London Borough of Brent	30,000
Others	2,974
Use of facilities	2,515
Interest received	104
Total	196,997
EXPENDITURE	
Charitable activities	73,898
Donations (Grants)	46,600
Total	120,498
RESERVES	
Balance of general funds	164,030
Total	164,030



The
**SILVER JUBILEE PARK
CHARITY FOUNDATION**

info.silverjubileepark@gmail.com

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE YEAR ENDED

30 APRIL 2024

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

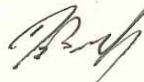
BALANCE SHEET AS AT 30 APRIL 2024

30 April 2023

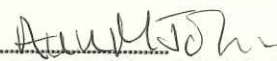
£		£
	<u>CURRENT ASSETS</u>	
341	Debtors (Note 2)	86,191
88,560	Cash at Bank	78,449
<u>88,901</u>		<u>164,640</u>
	<u>DEDUCT: CREDITORS</u>	
1,370	Amounts falling Due Within One Year (Note 3)	610
<u>87,531</u>	<u>NET ASSETS</u>	<u>164,030</u>
	<u>FINANCED BY:</u>	
	<u>RESERVES</u>	
87,531	Profit and Loss Account	164,030
<u>87,531</u>		<u>164,030</u>



M HARTE - TRUSTEE



D BEDFORD - TRUSTEE



ANN JOHN - TRUSTEE

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
INCOME AND EXPENDITURE ACCOUNT FOR THE
YEAR ENDED 30 APRIL 2024

Year Ended 30 April 2023

£	£		£	£
		<u>INCOME</u>		
		Donations:-		
75,000		Central and North West London NHS Foundation		146,400
-		Wembley Stadium Trust		15,000
35,360		Ashford Place		-
21,280		London Borough of Brent		30,000
350		Others		2,974
131,990				194,374
-		Use of Facilities		2,519
-		Interest Received		104
131,990				196,997
		<u>DEDUCT: EXPENSES</u>		
	125	Sports Equipment	-	
	14,000	Hire of Premises	-	
	275	Insurance	275	
	160	Training Costs	-	
	-	Travel Costs	541	
	181	Printing, Postage, Stationery and Computer Costs	652	
	56,121	Consultancy Charges	71,430	
	230	Promotional Costs	-	
	640	General Expenses	640	
	360	Accountancy Charges	360	
	20,720	Donations	46,600	
92,812				120,498
<u>39,180</u>		<u>SURPLUS FOR THE YEAR</u>		<u>76,499</u>

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 APRIL 2024

I. ACCOUNTING POLICIES

I.1 ACCOUNTING CONVENTION

These accounts have been prepared under the historical convention.

The Foundation has taken advantage of the exemption in Financial Reporting Standard No.1 from the requirement to produce a cash flow statement on the grounds that it is a small entity.

The accounts have been prepared in accordance with applicable accounting standards and the Co-operative and Community Benefit Societies Act 2014.

I.2 INCOMING RESOURCES

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

I.3 RESOURCES EXPENDED

Liabilities are recognized as resources expended as soon as there is a legal or constructive obligation committing the society to the expenditure. All resources expended are accounted for on an accrual basis and the irrecoverable amount of VAT is included in the expenses to which it relates.

2. DEBTORS

	<u>30 April 2024</u>	<u>30 April 2023</u>
	£	£
Amount owed by KTMC	241	341
Donations Receivable	85,950	-
	<u>86,191</u>	<u>341</u>
	=====	=====

3. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<u>30 April 2024</u>	<u>30 April 2023</u>
	£	£
Accrued Expenses	610	1,370
	<u>610</u>	<u>1,370</u>
	=====	=====

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE YEAR ENDED

30 APRIL 2024

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

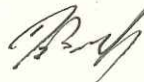
BALANCE SHEET AS AT 30 APRIL 2024

30 April 2023

£		£
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M HARTE - TRUSTEE



D BEDFORD - TRUSTEE



ANN JOHN - TRUSTEE

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
INCOME AND EXPENDITURE ACCOUNT FOR THE
YEAR ENDED 30 APRIL 2024

Year Ended 30 April 2023

£	£		£	£
		<u>INCOME</u>		
		Donations:-		
75,000		Central and North West London NHS Foundation		146,400
-		Wembley Stadium Trust		15,000
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<u>-</u>		Interest Received		<u>104</u>
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		<u>DEDUCT: EXPENSES</u>		
	125	Sports Equipment	-	
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30 APRIL 2024

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	<u>610</u>	<u>1,370</u>
	=====	=====

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

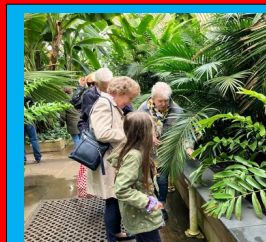
England & Wales - Charity number 1193996

Accounts

Silver Jubilee Park

Charitable Foundation

TOWNSEND LANE | KINGSBURY | LONDON | NW9 7NE



Annual Report & Review 2023

The FOUNDATION



The **Silver Jubilee Park (Charitable) Foundation** ('the Foundation') became a registered charity on 1st April 2021 with a stated mission to promote community participation in healthy recreation, primarily in Brent, Barnet, Harrow, London, and Middlesex by:

- working with and through local organisations to increase levels of participation in sport and physical activity;
- promoting and providing programmes and services for sport, recreation, physical activity, informal education, and other leisure time occupation for healthy recreation;
- promoting and providing education, training and coaching courses which promote mental and physical and fitness health.

Trustees Report

Finally, I like to thank my fellow trustees and Rob Morris at SJP for their continued help, support and contributions over the last two years.

Mike Harte
Acting Chair





Our inaugural Wellbeing Games was an incredible occasion which offered a series of fun based games and challenges in a marvellous friendly atmosphere.

Eight teams representing different Brent based communities came together for a morning of fun.

At the end everyone relaxed and enjoyed the snacks and refreshments that were served.

Community Unity

We were involved in two community events involving girls and boys which were organised in association with the Metropolitan Police.

A series of workshops took place in the clubhouse building with a range of topics that included first aid, stop & search, wellbeing and parenting.

As part of the boys event a 7-a-side football tournament for 13-15 year olds took place followed by an 11-a-side game between Kinetic Academy and a Metropolitan Police XI.

The second event was an all-female Community Unity event and one of the topics discussed was violence against women.



A mini football tournament was also held at the all-female Community Unity event and pictured here are some of the winners receiving their awards.

The Village School



We have set up an exciting new programme that will establish a partnership between the Foundation, The Village School, Hendon FC and Hendon Youth FC.

The School caters to those with special educational needs and/or disabilities, many in wheelchairs and is located nearby in Grove Park, Kingsbury.

Our project will bring us into direct contact with young people with physical disabilities and educational needs and we will aim to upskill the children, raise self-esteem, build confidence and provide an opportunity for the young people to participate in physical activity and deliver sport to their peer group.

The young children will have the opportunity to participate in 1st4Sport coaching courses and as well as education, our specifically designed training and coaching courses will promote mental and physical health with emphasis on developing communication skills and independence, a focus on physical development and enrichment opportunities, with a clear focus on preparation for adult life.

Our project will provide a platform for young people with disabilities to engage in sport. Being involved in parasport can help young people to develop friendships, support their identity development as a disabled person and build confidence and independence. We believe that for some children, it will improve their social status at school, with their non-disabled peers and help parents to feel less worried about their child's future. Pictured below are some of the children, school staff and coaching staff.



Cross-Borough Connections

Several councillors from the London Borough of Brent and neighbouring borough of Barnet were invited to attend one of Hendon FC's league games at Silver Jubilee Park.



The event, organised by Rob Morris, David Bedford and trustees of the Silver Jubilee Park Charitable Foundation was a chance to bring together local councillors from both boroughs along with some of the community groups that we are working with to see what is going on behind the scenes at Silver Jubilee Park and to build links with the local community.

Hendon Football Club kindly agreed to provide 30 season tickets for the 2023/24 season for distribution to low-income and vulnerable members of our local communities.

The SJP Charitable Foundation and Hendon FC aim to make the watching of live Non-League Football more accessible within our local community to those who may not normally be able to afford to attend matches.

Bringing our Communities Together

The Brent South East Asian community

We strengthened our ties with Brent's South East Asian community members with another joint community collaboration between the Foundation, the Frank Soo Foundation, Chinese Welfare Trust, Brent Chinese Association and Hendon FC with a fundraising event for the Chinese Welfare Trust and Brent's Chinese community.

The event included seminars on Dementia Awareness, two 5-a-side football competitions for male veterans, senior male adults (45+), and the inaugural Inter Chinese Schools football match between Watford CS v Harrow C A football session for children aged 5-16 also formed part of the day's programme.



Representatives from the SJP Foundation were invited to join in the celebration of East & Southeast Asian (ESEA) heritage month and mid-Autumn Mooncake Festival event in the West End. Also present was Brent Council Leader Muhammed Butt and Miss Mei Sim Lai (Deputy Lieutenant of Greater London) who had previously attended SJP on the occasion of the visit by Prince William.

The Mandir (Temple) Kingsbury

We are building a close relationship with our near neighbours in Townsend Lane.

The temple is the principal Mandir in the south of England and we took a group of community club members to visit this wonderful building.

Our group were made most welcome and enjoyed their time at the temple which included a tour of their magnificent building.



Our picture shows some of our group outside the temple.

School Work

The Foundation support many schools in Brent and neighbouring Barnet with in-school football coaching. The programmes are delivered through the highly experienced staff of Hendon Youth Academy who also promote, administer and develop youth football coaching at the schools.

In the past year we have coached or set up links with Fryent Primary School, Hendon School, Kingsbury Green Primary School, Kingsbury High School, Oliver Goldsmith Primary School, Saint Robert Southwell School, Our Lady of Grace, St Margaret Clitherow Primary, the Village school and the Hyde School.

"Our involvement with the SJP Charitable Foundation has been of great benefit to our school

with over 25 children gaining access to this sport and fitness club across the academic year.

Many of whom would not have been able to afford this club had it not been offered for free

from the Silver Jubilee Park Charitable Foundation. Obesity and poor nutrition is a huge concern

across Brent and it tends to affect lower income families disproportionately, so to have this club

as a source of weekly sport and fitness for some of our most vulnerable children has been of

huge benefit. The coach leading the session is not only knowledgeable and professional, he is a

brilliant role model for our pupils and they all look forward to his sessions each week"

Steve McGrath, Head teacher/PE lead

Our Lady of Grace Catholic Junior School,

Dollis Hill Lane, NW2 6HS

Soccer Camps

Our highly regarded Soccer Camps provide children with the perfect way to enjoy their summer, Easter and half-term breaks from school.

These fun filled days/weeks of games, matches and competitions are always well attended by boys and girls aged between 4-14.

Hendon Youth Academy deliver the children community projects and 'Inclusion Programme' for Foundation.

AwayDays



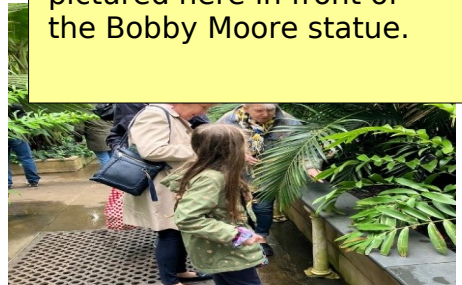
Wembley Tour

Another group from the SJP community were taken to Wembley for a tour of the iconic Stadium.

Some of our group are pictured here in front of the Bobby Moore statue.

Kew Gardens

We took a group of multi-generational community members to Kew which has fast become one of our most popular destinations.





St Georges Park

Our furthest awayday, north to Staffordshire, was a memorable one for our MH Community football team who along with their coaches enjoyed a day at the National Football Centre, St. George's Park.

The group enjoyed a tour of the centre, use of the England boot Room, participation in a coaching session and generally made to feel like England

AwayDays

Continued



Houses of Parliament

We enjoyed a full tour of the historic

The Yellow Community Hub, Wembley Park was the venue for three music & dance workshops attended by Members of our Community Dementia group, along with carers/family members.

They were joined by some local Brent school children. During the workshops adults shared their experiences and reminiscences with the children and at one particular workshop were divided into mixed groups, given a subject and asked to write words to a song about it.

We thank Laura Ashby for arranging our visits and Union Community for providing the lunches.



The PathWay Project

Our life-changing Pathway Project continues to exceed all expectations and is delivered by the SJP Foundation in partnership with the Central & North West London NHS Foundation Trust, the Early Intervention Service (Brent EIS) and Brent Community Mental Health Team.

We offer a non-medical, welcome, friendly stigma free environment and home visits are also made as well as weekly visits to the wards at Park Royal Medical Centre for in-patient physical activities. Other centre's in Brent are also used for specialised physical activities.



The project, amongst numerous other services helps address the lack of follow-up, post discharge from Park Royal Hospital, engagement with people once discharged and the needs of frequent admissions and the disengagement of the service user.



The Foundation has made contact with over 200 referrals and provide service users and help with finding employment, PIP applications, Freedom Pass applications, Visa applications, Fee Waiver forms, Housing and accommodation advice & applications, Crisis support – drugs, physical abuse and lack of food.

With new found confidence and self-belief some of the project's participants have gone on to find employment, others have returned to or started at various universities and other academic institutions to pursue further education.

Physical activities delivered as part of the Pathway project include, Football (coaching, playing, training, competitive & fun games), weekly wellbeing walking group, badminton, boxing, fitness classes (group & individual), table tennis and participation in our 'Get Brent Active' programme.

The project also provides peer support for service user's post-discharge, Psychoeducation on mental illness via peer support, including suicide awareness and prevention, Interventions that address the physical health needs of service users suffering from serious mental illness including physical activity and lifestyle advice, has been achieved through groups offered to patients and these sessions continue.

We continuously signpost patients to substance use services in consultation with their Care Co-ordinators. Visits are made the Park Royal Centre twice-a-week including Sunday's. Currently we attend the Pine and Pond wards and engage in activities with our personal trainers and support workers visiting the wards under supervision. Some of the in-patients on discharge have gone on to attend sessions at Silver Jubilee Park. In-patients from the locked wards also attend Silver Jubilee Park.

Wembley National Stadium Trust



The SJP Foundation has been selected as an Anchor Partner by the Wembley National Stadium Trust. This award is based on our ability and proven record of delivering cost effective programmes for the community benefit.

As part of our partnership we will be able to continue our Get Brent Active project.

Get Brent Active

Get Brent Active delivers a quality, professional, enjoyable and highly successful multi-generational borough-wide project with programmes designed to increase the numbers of Brent residents taking part in regular physical health activities such as football, walking football, yoga, group wellbeing walks and dance classes to improve the health of identified disadvantaged Brent residents. Most of our programmes are dementia friendly.

Throughout the project we attempt to reduce obesity in children through football and other physical activities.

Our highly successful project encourages and supports non-active people to be more active and to engage with other members of the community.



of

Currently we deliver 21 sessions across Brent community centres and venues such as Silver Jubilee Park stadium, Ashford Place, Chalkhill Community Centre, various dementia cafes, Brent Primary Schools, the Yellow Community Centre Wembley and the Pavilion Stonebridge.

More venues have expressed an interest for us to set up activities at their premises.

We also signpost participants to a vast array of services including CNWL NHS, Rethink, Ashford place, Brent Dementia Cafes, Brent Centre for Young People, Brent Multi Faith forum, Brent Thrive, Brent Council, Brent Mental Health Forum, Beyond Education Sports Foundation, Fun Functional Fitness and Sport in Mind whom we have helped introduce to various centres to help them facilitate setting up activities.

Breast Cancer Now

Community over 50s Club raise funds for Breast Cancer Chairty

At one of our recent over 50s Community Club gatherings Viv Creith organised a collection in support of the research and care charity Breast Cancer Now and we are pleased to say that over £150 was raised. A very big thank you to Viv and all those who contributed.



Pic: Breast Cancer Now

Team of Life

Service Users (SU's) and staff members have been attending a course with CNWL psychologist Dr Angela Byrne at Silver Jubilee Park.

The Team of Life course's provide a narrative using sport and football terminology to engage with SU's which helps them articulate their issues.

Mental Health Awareness Day



Members of the SJP Hendon Community team and Hendon Youth Academy staff

Hendon FC's Southern League game against Harrow Borough FC was dedicated to former Hendon player Dermot Drummy. Dermot played over 300 games for the club in two spells from 1980/81-1983/84 and 1986/87-1988/89.

Dermot died in November 2017 aged just 56 and the match dedication was to raise awareness to mental health issues and a number of Dermot's former Hendon team mates were in attendance.

The Hendon game was followed by another game featuring members of the SJP Hendon Mental Health (Community) football team and Hendon Youth Academy coaching staff.

"At the end of last year I had been admitted into a psychiatric unit twice, I had a really unhealthy relationship with food and had little to no confidence. However since coming to football it's given me an outlet, whether it's just playing or if I need to talk about anything the support workers have been amazing.

It's given me a huge boost in confidence, forced me to mend my relationship with food by helping me understand the importance of it in exercise, as well as given me a safe social place without fear of being judged for what I've been through, which has really helped to bring me out of my shell"

The words of one of our MH Community football team players

National Lottery Community Fund

We are grateful for the support received from National Lottery players for our Dementia Café yoga project.



The project exceeded all our expectations and was incredibly successful in supporting those living with dementia and their carers.

The participants benefitted greatly from the physical activity and socialising amongst likeminded people and the Chair Yoga project has also led to improvement in both physical and mental wellbeing.

The after session refreshments have led to new friendship's being created, a sharing of experiences and support for one another.

Due to the popularity of the project our original target (20 people) was doubled leading to the addition of another class and although the funding came to its natural end during the first quarter of this year such was its success and benefit to participants the SJP Foundation trustees agreed to continue the project through the Foundations own funds.



The SJP Foundation trustees thank National Lottery players for making support possible



Inclusive Coaching Programme

Originally this programme was supported by the London Borough of Brent's 'You Decide' funding initiative and when that ended the Foundation took responsibility for the programme's funding.

Through the programme the Foundation provide Brent based children with the opportunity, encouragement, and support to express themselves through realistic and achievable challenges and signposts children to other services within the borough if the need arises.

The boys and girls attending are aged between 5-14 years old and recommended by Head teachers of local schools. Some of the children participating have Special Educational Needs (SEN) and others have Attention-Deficit Hyperactivity Disorder (ADHD) issues.

Our programme includes football tactics, fitness, and healthy eating and there is direct a pathway for any children who show the ability or the promise to play competitive football to be accommodate where possible.

Coaching and physical activities are delivered at SJP by specialist Hendon Youth Academy coaches.

Approved Coaching Courses

We deliver 1st4Sport coaching courses to PathWay service users, Village school pupils and other users throughout the year.



The Level 1 Award in Assistant Coaching is a 4-day course and this qualification focuses on the skills and competences required to be able to assist the delivery of sports or physical activity coaching sessions under the direct supervision of a more qualified coach.

Coaching topics include:

- Roles and responsibilities of the coaching assistant
- Rules and regulations
- Safe coaching practice
- Inclusive coaching practice
- Deliver and evaluate coaching activities
- Technical requirements of sport and physical activity

The Level 2 Certificate in Sports Coaching runs for 6 days providing learners with the skills and knowledge to be able to plan, deliver and evaluate linked and progressive coaching sessions with the potential to seek employment in a coaching role.

Coaching topics include:

- Rules and Regulations
- Duty of Care
- Roles and Responsibilities of the Coach
- Inclusive Coaching Practice
- Nutrition and Hydration
- Coaching Styles and Participant Development
- Safe Coaching Practice.



A Visitors View

A report by Dr Angela Byrne, Clinical Psychologist which came after she had made after a series of visits to witness first-hand the work being carried out by the SJP Foundation at Silver Jubilee Park:

“Everything was fabulous in terms of the space, the set-up, the food and the warm welcome.

I am a clinical psychologist at CNWL NHS Trust. My remit is to support the development of community psychology.

“On joining the CNWL Trust, the first project I was advised to visit was the mental health project at Silver Jubilee Park. This was because colleagues recognised it as a shining example of excellent community work in mental health. Having spent time here over the past couple of months, I agree wholeheartedly with this view.

“I have been privileged to witness the incredible work being done by Richard Hay of Brent Mental Health Services together with Robert and the SJP team to create a supportive, therapeutic space in which participants can thrive.

“The mental health project provides support to people who have experienced a range of difficulties with their mental and physical health and social circumstances, including those who are currently in-patients, those who attend community services and those who have been discharged from mental health services.

“People who participate in the project have often had bad experiences of statutory services and have been reluctant to engage with them. At one visit, a young man spoke movingly about how he had completely lost trust in services, having been let down so many times, but thanks to the consistent care and support provided by Richard Hay, he had begun to be able to trust in someone again.

“It is immediately striking how Richard and the group members have created a culture in which participants care for and support each other. Everyone is valued and feels their voice is important.

It is very clear that participants feel the project is contributing significantly to their recovery, helping them value themselves and develop their hopes and dreams for their futures. This space has allowed participants to feel seen, seen beyond any difficulties that they have been through and has given them confidence to speak up and share their testimonies.

“The project also provides a valuable space for carers and family members. They can join in the group discussions and witness their loved ones participating both on and off the football pitch.

The culture of the mental health project very much reflects the culture of SJP as a whole. Robert and the team have created a welcoming, caring and inclusive space in which everyone is valued and welcomed and encouraged to reach their goals. I witnessed one group member suggest a tentative idea he would like to pursue and being supported and encouraged over the following weeks to begin to develop it into a reality.

“We hope to deliver narrative therapy groups in which group members will co-facilitate with professionals and continue to inspire their peers.

“Finally, I would like to say that this project is also a great learning experience for professionals in understanding how community work in mental health should be done.”

Dr Angela Byrne

Hope, Joy and Purpose

A special report from Christopher Mogridge, NHS Sports Therapist

‘My role in the NHS is to aid in-patients with exercise to negate the physical consequences associated with admission to psychiatric services. Finding an appropriate, safe, inclusive community space accessible to those experiencing mental health challenges is rare. Fortunately Silver Jubilee Park Charitable Foundation provide us with precisely this.



‘As a product of patients engaging with the foundation, I’ve observed benefits to patients’ physical health, wellbeing and other domains in life.

‘Examples of what the foundation has provided include opportunities for personal development and vocational opportunities with training towards coaching qualifications. Inspiration and motivation via trips to world-class sports facilities such as St George’s Park and delivering messages of support from famous local footballers. And lastly, a venue that provides professional coaching that can help patients to improve their fitness and to experience a social and normalising environment.

‘Our service users face multiple challenges that can often create an avolition, making exercise a daunting task. Despite the obstacles, we see a large number of patients ‘self-motivated’ to consistently attend training at Hendon FC, demonstrating the impact and significance this project is having. I’ve witnessed patients using their engagements with the foundation as momentum to kickstart their recovery. When speaking with our patients about their experience of the foundation, I hear words such as hope, joy and purpose.

'The foundation is a precious asset to the community and local mental health services.

'As a mental health professional, I am very grateful for the magic this foundation has provided our service users'.

Christopher Mogridge
NHS Sports Therapist



Our Community at Christmas



For some of our community Christmas and the festive season is the best time of year but as we all know for many it can be the most difficult.

Once again KTMC gave us their full support to set up a food bank drop-off centre at Silver Jubilee Park and as in past years all the groceries collected and deposited with were donated and delivered to the Brent charity Sufra Food Bank & Kitchen for them to distribution to those most in need.

This year over 60 bags of groceries were collected from the communities and groups using the Silver Jubilee Park facility and we thank everyone who contributed.



In what has also become an annual event the Foundation provided Christmas dinner and entertainment at Silver Jubilee Park for senior citizens.

This year over 60 local residents and guests attended another special afternoon with us.

Financial Summary

The table below is not the statutory accounts but a summary of key financial information from the Trustees Accounts extracted from the **2022/2023** Statement of Financial Activities and Balance Sheet **for the period 01 May 2022-30 April 2023**.

The full accounts were subject to an external audit by **Richman & Co** and approved by the Silver Jubilee Park (Charitable) Foundation's Board of trustees on **08 December 2023**.

Mike Harte, Acting Chair of Trustees

01 May 2022 to 30 April 2023	£000s
INCOME	
Central & North West London NHS	75,000
Foundation	35,360
Ashford Place	21,280
London Borough of Brent	350
Others	
	131,990
Total	
EXPENDITURE	
Charitable activities	92,812
	92,812
Total	
RESERVES	
Balance of general funds	87,531
	87,531
Total	

Trustees



Mike Harte
One of our original
trustees
Appointed 01 April



Samuel Attah
Another of our original
trustees
Appointed 01 April
2021



SILVER JUBILEE PARK CHARITABLE



**Together we make Great
Things Happen**
**info.silverjubileepark@gmail
l.com**

NEWSLETTER

Silver Jubilee Park (Charitable) Foundation news and updates is carried in the SJP Newsletter. If you would like to receive the Newsletter during 2024 send your request to info.silverjubileepark@gmail.com

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE YEAR ENDED

30 APRIL 2023

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

BALANCE SHEET AS AT 30 APRIL 2023

30 April 2022

£

	<u>CURRENT ASSETS</u>	£
422	Debtors (Note 2)	341
48,290	Cash at Bank	88,560
<u>48,712</u>		<u>88,901</u>
	<u>DEDUCT: CREDITORS</u>	
360	Amounts falling Due Within One Year (Note 3)	1,370
<u>48,352</u>	<u>NET ASSETS</u>	<u>87,531</u>
	<u>FINANCED BY:</u>	
	<u>RESERVES</u>	
48,352	Profit and Loss Account	87,531
<u>48,352</u>		<u>87,531</u>



M HARTE - TRUSTEE



D BEDFORD - TRUSTEE



ANN JOHN - TRUSTEE

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
INCOME AND EXPENDITURE ACCOUNT FOR THE
YEAR ENDED 30 APRIL 2023

1 February 2020 to 30 April 2022

£	£		£	£
		<u>INCOME</u>		
		Donations:-		
83,620		Central and North West London NHS Foundation		75,000
-		Ashford Place		35,360
-		London Borough of Brent		21,280
-		Others		<u>350</u>
<u>83,620</u>				<u>131,990</u>
		<u>DEDUCT: EXPENSES</u>		
	-	Sports Equipment	125	
	5,000	Hire of Premises	14,000	
	-	Insurance	275	
	1,350	Kit and Equipment - HYA	-	
	-	Training Costs	160	
	212	Printing, Postage, Stationery and Computer Costs	181	
	28,223	Consultancy Charges	56,121	
	-	Promotional Costs	230	
	360	Accountancy Charges	360	
	123	Donations (Note 4)	20,720	
	-	General Expenses	640	
35,268				<u>92,812</u>
<u>48,352</u>		<u>SURPLUS FOR THE YEAR</u>		<u>39,179</u>

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 APRIL 2023

I. ACCOUNTING POLICIES

I.1 ACCOUNTING CONVENTION

These accounts have been prepared under the historical convention.

The Foundation has taken advantage of the exemption in Financial Reporting Standard No.1 from the requirement to produce a cash flow statement on the grounds that it is a small entity.

The accounts have been prepared in accordance with applicable accounting standards and the Co-operative and Community Benefit Societies Act 2014.

I.2 INCOMING RESOURCES

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

I.3 RESOURCES EXPENDED

Liabilities are recognized as resources expended as soon as there is a legal or constructive obligation committing the society to the expenditure. All resources expended are accounted for on an accrual basis and the irrecoverable amount of VAT is included in the expenses to which it relates.

2. DEBTORS

	<u>30 April 2023</u>	<u>30 April 2022</u>
	£	£
Amount owed by KTMC	341	422
	<u>341</u>	<u>422</u>
	=====	=====

3. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<u>30 April 2023</u>	<u>30 April 2022</u>
	£	£
Accrued Expenses	1,370	360
	<u>1,370</u>	<u>360</u>
	=====	=====

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 APRIL 2023

4. DONATIONS

	<u>Year Ended</u> <u>30 April 2023</u>	<u>1 February 2020 to</u> <u>30 April 2022</u>
	£	£
Hendon Youth Academy	18,880	-
KTMC	1,700	-
Others	140	123
	20,720	123
	=====	=====

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE YEAR ENDED

30 APRIL 2023

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

BALANCE SHEET AS AT 30 APRIL 2023

30 April 2022

£

	<u>CURRENT ASSETS</u>	£
422	Debtors (Note 2)	341
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M HARTE - TRUSTEE



D BEDFORD - TRUSTEE



ANN JOHN - TRUSTEE

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
INCOME AND EXPENDITURE ACCOUNT FOR THE
YEAR ENDED 30 APRIL 2023

1 February 2020 to 30 April 2022

£	£		£	£
		<u>INCOME</u>		
		Donations:-		
83,620		Central and North West London NHS Foundation		75,000
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SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 APRIL 2023

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	£	£
Accrued Expenses	1,370	360
	<u>1,370</u>	<u>360</u>
	=====	=====

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 APRIL 2023

4. <u>DONATIONS</u>	<u>Year Ended</u> <u>30 April 2023</u> £	<u>1 February 2020 to</u> <u>30 April 2022</u> £
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KTMC	1,700	-
Others	140	123
	<u>20,720</u> =====	<u>123</u> =====

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

England & Wales - Charity number 1193996

Accounts



SILVER JUBILEE PARK

SJP

CHARITABLE FOUNDATION

ANNUAL REVIEW 2022

SILVER JUBILEE PARK

TOWNSEND LANE

KINGSBURY

NW9 7NE

Introduction

The Silver Jubilee Park (Charitable) Foundation ('the Foundation') became a registered charity on 1st April 2021 with a stated mission to promote community participation in healthy recreation, primarily in Brent, Barnet, Harrow, London, and Middlesex by:

- Working with and through local organisations to increase levels of participation in sport and physical activity;
- Promoting and providing programmes and services for sport, recreation, physical activity, informal education, and other leisure time occupation for healthy recreation;
- Promoting and providing education, training and coaching courses which promote mental and physical and fitness health.



Contents

Trustees Report	Kew Gardens
The PathWay Project	Royal Albert Hall
Get Brent Active	Technology Classes
Inclusive Coaching	Trobadour Theatre
Active Travel	Wellbeing Walking
Brent Thrive	Raheem Sterling
Brent Centre for Young	Foundation
People	Dementia Cafe
Over 50s Community	Annual Awards
Club	Notable Achievements
Royal Philharmonic	Our Trustees
Orchestra	Financial Summary

Trustees Report

The Trustees have been delighted with the progress that has been made during the past year which has more than met the aims of the Foundation. The enthusiasm and dedication of the staff and users taking part in the activities has been clear.

It has been humbling to learn of the positive results achieved by those taking part in the Pathway Project including learning that a number of participants have been able to return to education and achieve a recognised qualification, while others have been able to find jobs. It has been lovely to hear positive testimonials from users, family and friends at the awards ceremony.

From modest beginnings with a small number of service users, activities have continued to grow and expand, as you'll read in this review.

The Foundation has established close ties with the Central & North West London NHS Trust, Ashford Place, Wembley National Stadium Trust, The National Lottery Community Fund, Garfield Weston Foundation, and the London Borough of Brent to name but a few. We are expanding our reach across the Borough with the Get Brent Active project which has over 240 individuals involved in eight different activities taking part in in many locations in the Borough.

Mike Harte
Acting Chair of Trustees

The Pathway Project

Following the success of this life changing project delivered by the Foundation in association with the Brent Early Intervention Service and Park Royal Centre for Mental Health Centre (PRCMH) the project has been extended for a further year.

One of the many areas of unseen work away from the Foundation's base at Silver Jubilee Park is the Foundation's weekly visits by our dedicated support workers to PRCMH where they conduct face to face contacts with those on the ward and provide help and support with many things ranging from housing and accommodation advice, c.v. writing to crisis support with drugs, physical abuse, lack of food (providing food bank vouchers). The Foundation provide physical activities at Park Royal as well as SJP.



The Pathway Project

Our support workers visit the hospital wards, one of which is a female only ward, and engage with the patients post discharge. We also visit on Sunday's and provide activities including fitness, football and table tennis sessions ranging from small to mid-sized groups. Participants on the wards eagerly await their sessions, and our support worker team is met with warmth and excitement upon arrival. As a result of our regular direct contact with on-ward participants we are able to initiate referral and enable the participants to self-refer upon discharge.

We also have participants attending suicide prevention seminars with Ashford Place, one of the groups that we have a very strong relationship with.

As part of the PathWay project we have helped and continue to help with:

- PIP applications
- Freedom Pass applications
- Housing and Accommodation advice and applications
- CV writing
- Interview preparation
- Crisis support with drugs, physical abuse, lack of food (providing food bank vouchers)
- Education courses.

Get Active Brent

The Foundation and Ashford Place are working together on the Brent Active programme and provide physical activity programmes for residents affected by mental health conditions such as stress, anxiety, depression, and loneliness.

Within the first 6 months over 180 residents had already been involved in the programme.

The programmes are innovative and tailored to suit local multi-cultural populations and work towards decreasing health inequalities between population groups.

One of the key focus points of the programme is to encourage and support non-active residents with mental health issues to be more active and to engage with other residents.

Inclusive Coaching

The Foundation led 'Inclusive Coaching Project' - one of over 200 borough-wide great ideas for projects to improve neighbourhoods and the health of local people - was chosen for funding at a 'You Decide Decision Day Event' by residents, businesses, and groups of Kingsbury & Kenton as one of the projects that will make life better for their neighbourhood.

The project, aimed at boys and girls aged between 5-14 years old will address obesity, those with Special Educational Needs (SEN) and others with Attention-Deficit Hyperactivity Disorder (ADHD) issues.

We understand local needs and the Children invited to attend are drawn from disadvantaged backgrounds and nominated by Head teachers at local schools.

The Project, to include coaching and physical activities, is delivered in Kingsbury at Silver Jubilee by Hendon Youth Academy (HYA) who have the experience to make a difference in our local area and as a consequence over the next 12 months 110 local children will benefit from this project.

Inclusive Coaching

HYA is part of Hendon Youth FC and have England Football's 3-star Accreditation, the FA's highest award which is only given to clubs that are proven to be the best place to play, learn and enjoy football as part of a friendly, inclusive community. The coaches have all necessary coaching qualifications and in-date Enhanced DBS, Safeguarding Children and Emergency Aid certification.

All activities take place within the safe and welcoming environment that has been created at Silver Jubilee Park and as part of their community support Kingsbury Town Management Co. Ltd allow the Foundation free use of the SJP facility throughout the duration of this project.

This project provides the children with the opportunity, encouragement, and support to express themselves through realistic and achievable challenges and will signpost children to other services within borough if the need arises. We will provide free places on a weekly basis both at weekends and during the week after school.



Additionally, we will provide places on Holiday Courses (full days, 10-3pm during school holidays) where basic football skills, lessons in tactics, fitness, and healthy eating are taught. The coaches will identify any children who show the ability or the promise to play competitive football and accommodate them where possible.

We thank Brent Council and the residents of Kingsbury & Kenton for supporting this project.

Active Travel

Brent Councillor Mary Mitchell will be introducing 'Active Travel' to members of the SJP community. The term is often used with walking and cycling, but active travel can also include trips made by wheelchair, mobility scooters, adapted cycles, e-cycles, and scooters etc.

Improved active travel provision has many benefits and it will play an important role in improving the health of our community by reducing physical inactivity and it is vital to the government's commitment to achieve net zero carbon emissions by 2050. Better walking and cycling provision will also help make local areas greener, healthier, and better places to live.

Walking to and from SJP, work, school, shopping, appointments, recreation, visiting friends, etc. is an excellent way of fitting physical activity into your daily life and is the most popular form and is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment.



Brent Thrive Standard Award

We are involved in, and members of, the collective group Brent Thrive. The groups aim is to empower people within the community facing mental health challenges to create meaningful change and reinvigorate mental health services in the Borough of Brent.

The Brent Thrive Standard - BTS - is a recognised symbol of co-production between mental health service providers and service users in Brent. The BTS is awarded to service providers who can evidence co-production of new mental health services. The Foundation has achieved the level of service required and were proud recipients of the award in August 2022.

Co-production

Co-production is a way of working whereby everybody comes together on an equal basis to create a service or reach a decision which works for them all. It is a meeting of minds finding shared solutions: people who use services and carers working in equal partnership with professionals towards joint goals.

Co-production can mean that people are less likely to use acute services (prevention) and can help to sustain and promote wellbeing. It can assist you to achieve many of the main principles of the Care Act.

Brent Centre for Young People

The Brent Centre for Young People is the leading mental health charity for young people in NW London, supporting over 700 young people a year with a wide range of issues. They offer specialised treatment in the areas of suicide prevention, tackling self-harm, eating disorders, exam anxiety and more.

The Foundation is actively involved in 'Sport & Thought', a programme that takes place at Silver Jubilee Park involves students from Kingsbury High school and uses football as a way of engaging young people who may find it difficult to engage in conventional talking therapies and could otherwise not receive support.

- Sessions begin and end with time for reflection, and in-between participants complete drills and matches that link to the emotional demands of the classroom and social interactions where group works together with restrictions placed on touches, space or speed.
- If there is a breakdown in play, the therapists are there to support the group, and in doing so create a safe place for young people to reflect and reconsider their behaviour.
- The programme consistently brings about positive change.

Other help and support are included in the section titled 'Notable Achievements'.

Over 50s Community Club

A huge success right from the start, our Over 50s Club is dementia friendly and open to all members of the community and provides a welcoming and friendly environment in which to participate in an activity, physical or non-physical, of their choice. We provide a variety of programmes including instructional classes in IT, smart phone and iPad usage, off-site visits, chair yoga, wellbeing walking, exercise classes, walking football, gardening, and workshops. A side product of the club is the beneficial part it plays helping members of the community reduce their physical inactivity in a fun and stress-free way. For the less mobile or active we offer tea, coffee, and comfy chairs to relax and socialise.

We continually add to our programmes, activities and classes and seek input from the participants on to what they want and what is required in the community.



Chair Yoga featuring members of our Community Club at SJP

Royal Philharmonic Orchestra

Members of our over 50s Community Club were joined by pupils from St Margaret Clitherow school and Royal Philharmonic Orchestra musicians as part of the RPO's Resound Community Programme to co-write and sing the Brent Anthem to be performed live ahead of the UEFA Women's Euro Final.

As part of the build-up we joined groups from around the country at Cadogan Hall where we were filmed in full voice.

Next stop after a few workshops at SJP was Wembley where we sang live in front of the public to the accompaniment of the Royal Philharmonic Orchestra musicians. We had three performances throughout the afternoon during which we sang the Brent Anthem and the main competition anthem.

The Anthem for Brent lyrics came from suggestions put forward by members of our group at one of the SJP workshops and the words were put to music by Shirley Thompson.



Workshop with the RPO

Royal Philharmonic Orchestra



Rehearsal at SJP



Our group at Cadogan Hall



Our singers at Wembley with RPO members and conducted by Rosie Bergonzi

A Day at Kew

In 2022 some of our Community over 50s Club members enjoyed a visit to Kew Gardens.

They are pictured below wrapped up against the elements, but we can assure you that inside the giant greenhouses it was a lot warmer!

Following the visit don't be surprised to see some tropical plants growing in the SJP Community Garden.



Evening at Royal Albert Hall

Following an invitation from the RPO a number of our Community Club members enjoyed a night out attending a concert at the Royal Albert Hall.

This visit was in connection to The Royal Philharmonic Orchestra's Resound Programme, a ground breaking and award-winning Community and Education programme. The RPO have been at the forefront of delivering orchestral outreach projects since its inception in 1993.

Our visit was also linked in to the UEFA Women's Euro Final, our two live performances at Wembley, the two workshops the RPO delivered at SJP and our participation in the singing event at Cadogan Hall.



Community Club Master Technology



14 club members completed a course at SJP in the use of Smart phones and Tablets. The instructional course, which was in partnership with Stanmore College, ran once a week for 6 weeks, was a big success and followed on from our previous technology course where instruction, guidance, help and advice on the use of computers was given.

Wellbeing Walk

This Foundation led initiative commenced in February and takes place every Friday morning at 11.00. As well as the obvious physical benefits it offers Service Users and Community Over 50s Club members the opportunity to reduce stress levels, become fitter, control weight, and body image and sleep quality.



Trobadour Theatre

Another very enjoyable off-site excursion took us to Wembley Park and the Trobadour Theatre where a dance workshop was arranged for our over 50s and dementia friendly community club members.

Raheem Sterling Foundation

The foundation is entering into partnership with Chelsea FC and England international Raheem Sterling's charity foundation which will educate, empower, and inspire young people to become better prepared for the future and to embrace opportunities to achieve greater social mobility.

The Partnership will see Raheem work alongside the partners to launch projects aimed at helping young people within Brent.

Working together, we will attempt to reduce obesity in children aged between 5 and 11 years old by providing fun based and enjoyable physical activities tailored to meet individual and group needs.



Dementia Cafe

Open every Wednesday at Silver Jubilee Park, our Café is a place for those living with dementia, their carer's, family members and friends and represents the diverse communities of Brent to come together to socialise, take part in activities, and get support, advice, guidance, and information.

Our Over 50s Community Club is dementia friendly and includes chair yoga, wellbeing walking, exercise classes, walking football, gardening, workshops, and off-site visits.

We support 'Community Action on Dementia in Brent' (CAD Brent) with a mission to create a dementia friendly borough which enables improved wellbeing for people living with dementia.

Representing the diverse communities of Brent we join them in making life easier for those with dementia and offering help and support to the families and carers of those affected.



Notable Achievements To-date

- 2 participants have been helped find housing, and we are now in the process of helping one participant to settle in and get necessary appliances etc
- 14 participants have found employment, working in marketing, project management and health care within the NHS and retail.
- 2 new conditional job offers received through the employment specialists from CMHT.
- 6 participants now attend university
- 12 have completed the Principles of Coaching Level 1 course.
- Dementia Café established.
- 14 Over 50 club members completed a course at SJP in the use of Smart phones and Tablets.
- The PathWay Project football team (MH Community Team) won the Brent Mental Health League. The league consisted of 5 other mental health teams from the borough who very much enjoyed competing and attending this activity regularly at SJP.
- The team also participated in the Middlesex FA Mental Health Cup and reached the final only to be narrowly beaten on penalties. This was a one-day Tournament held at Brunel University and our team played with the utmost passion and genuinely felt like they were representing the Foundation and Hendon.
- The Team achieved cup success in another competition by winning the Brent Mental Health Cup.
- Community Club members attended a Theatre Workshop at the Trobadour Wembley Park Theatre.
- PathWay Participants placed on a course in Spectator Safety.

Notable Achievements To-date

- Community Club members enjoy a visit to Kew Gardens.
- One participant signposted to the Princes Trust for employment in IT support.
- Boxing sessions for our participants commenced on 14 February 2022 at Stonebridge Boxing Club and Unity Boxing.
- Some of our Over 50s Community Club members joined groups from around the country at Cadogan Hall where they were filmed singing the UEFA Women's Euro final anthem.
- Our weekly Wellbeing Walking Group on commenced on 11 February
- Table tennis added to the itinerary at PRCMH
- The Royal Philharmonic Orchestra held two workshops at Silver Jubilee Park in April 2022
- Community Club members attended a music concert at the Royal Albert Hall.
- A community mental health event was held at Silver Jubilee Park after a Hendon FC fixture, our mental health community team played Stanmore College in mixed teams which also included the Hendon FC manager as well members of his coaching staff on 02 April 2022. It was a fantastic initiative to show unity and remove stigma for those uninformed about mental health.
- Community Club members took part in two performances at Wembley Square singing the 'An Anthem for Brent' ahead of the UEFA Women's Euro Final.
- MH team goalkeeper Jay was named player of the tournament at the Middlesex FA Mental Health Cup event

Our Trustees

Samuel Attah *(since 01 April 2021 to-date)*

Stephen Branley *(from 01 April 2021 to 28 May 2021)*

Mike Harte *(since 01 April 2021 to-date)*

David Bedford OBE *(since 23 July 2021 to-date)*

Ann John OBE *(since 23 July 2021 to date)*

Financial Summary 21/22

The table below is not the statutory accounts but a summary of key financial information from the Trustees Accounts extracted from the 2020/2022 Statement of Financial Activities and Balance Sheet (for the period 01 February 2020 to 30 April 2022).

The full accounts were subject to an external audit by Richman & Co and approved by the Silver Jubilee Park (Charitable) Foundation Trust Board of trustees on 9th December 2022.
Mike Harte, Acting Chair of Trustees

FEBRUARY 2022 - 30 APRIL 2022

£

INCOME

Central and North West London NHS Foundation	83,620
Total Income	83,620

EXPENDITURE

Charitable activities	35,268
Total Expenditure	35,268



*Silver Jubilee Park (Charitable) Foundation
Silver Jubilee Park, Townsend Lane, Kingsbury
London NW9 7NE*

Charity Registration Number 1193996

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE PERIOD ENDED

30 APRIL 2022

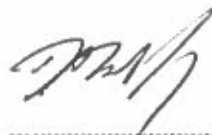
SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

BALANCE SHEET AS AT 30 APRIL 2022

	£	£
<u>CURRENT ASSETS</u>		
Debtors (Note 2)		422
Cash at Bank		<u>48,290</u>
		48,712
 <u>DEDUCT: CREDITORS</u>		
Amounts Falling Due Within One Year (Note 3)		360
 <u>NET ASSETS</u>		 <u><u>48,352</u></u>
 <u>RESERVES</u>		
Profit and Loss Account		48,352
		 <u><u>48,352</u></u>



M HARTE - TRUSTEE



D BEDFORD - TRUSTEE



S ATTAH - TRUSTEE

SILVER JUBLIEE PARK (CHARITABLE) FOUNDATION

INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD
FROM 1 FEBRUARY 2020 30 APRIL 2022

	£	£
<u>INCOME</u>		
Donations:-		
Central and North West London NHS Foundation		83,620
 <u>DEDUCT: EXPENSES</u>		
Hire of Premises	5,000	
Kit and Equipment - HYA	1,350	
Printing, Postage, Stationery and Computer Costs	212	
Consultancy Charges	28,223	
Accountancy Charges	360	
Donations	123	
		35,268
 <u>SURPLUS FOR THE YEAR</u>		<u>48,352</u>

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD FROM
1 FEBRUARY 2020 TO 30 APRIL 2022

1. ACCOUNTING POLICIES

1.1 ACCOUNTING CONVENTION

These accounts have been prepared under the historical convention.

The Foundation has taken advantage of the exemption in Financial Reporting Standard No.1 from the requirement to produce a cash flow statement on the grounds that it is a small entity.

The accounts have been prepared in accordance with applicable accounting standards and the Co-operative and Community Benefit Societies Act 2014.

1.2 INCOMING RESOURCES

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

1.3 RESOURCES EXPENDED

Liabilities are recognized as resources expended as soon as there is a legal or constructive obligation committing the society to the expenditure. All resources expended are accounted for on an accrual basis and the irrecoverable amount of VAT is included in the expenses to which it relates.

2. DEBTORS

	<u>30 April 2022</u>
	£
Amount owed by KTMC	422
	422

3. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<u>30 April 2022</u>
	£
Accrued Expenses	360
	360

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE PERIOD ENDED

30 APRIL 2022

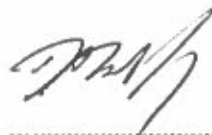
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