



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.



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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

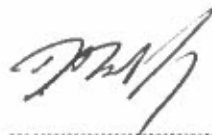
SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

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>48,352</u>
 <u>NET ASSETS</u>		
 <u>RESERVES</u>		
Profit and Loss Account		48,352
		<u>48,352</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

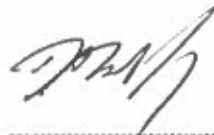
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