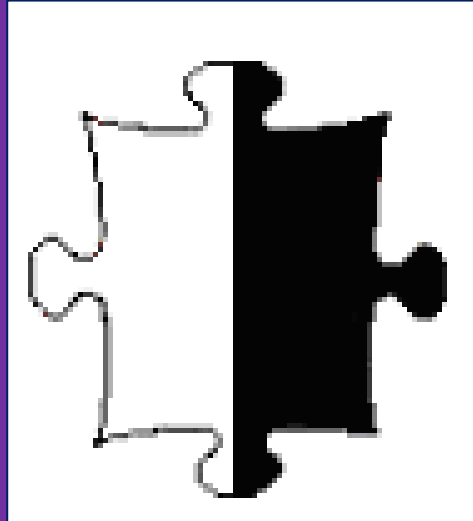


Jigsaw Youth Club

LET ME BE ME

REGISTERED CHARITY N^O. 1154380



2020

A youth club for young people with Asperger's syndrome, high functioning autism and their friends

www.jigsaw-yc.org.uk



Nottingham
Community
and Voluntary
Service



Nottingham
City Council



TESCO



Management Committee – elected 11/01/2020

Chair:	Danek Jackowski
Vice Chair	Aleks Jackowska
Treasurer:	Jamie Norman
Committee Member:	Lesley Long
Committee Member:	Chiara Naccarati
Committee Member:	Nik Watson
Committee Member:	Darren Perry
Committee Member:	Kareena Perry
Committee Member:	Dionne Arnold

Accounts Examiner

Stefan Nowakowski

Youth Support Workers and Peer Mentors

Dionne Arnold, Trixie Arnold, Becky Brown, Jess Bullock, Joseph Eccles, Zaid Harris, Michael Howard, Aleks Jackowska, Ania Jackowska, Danek Jackowski, Jan Lichtarowicz, Alec McDonald, Tom McKenzie-Weaver, Micah Kelly, Robert Kotys, Emily London, Lesley Long, Chiara Naccarati, Jamie Norman, Katie Norridge, Darren Perry, Kareena Perry, Jess Rudd, Rebecca Sansom, Shaun Underwood, Sarah Walsh, Nik Watson, Ruth Watts, and Alphy

Young Leaders

Lewis, Nadia, Taona, Nate, Reece, Tasneem, Tatyana

Awesome people who volunteer their time for others

A special thanks to everyone who has helped Jigsaw especially Children in Need, Nottinghamshire Clubs for Young People, Nottingham Community and Voluntary Service, Oliver Hind Youth Club, Nottingham City Council, Nottinghamshire Community Foundation, Freemasons, Nottinghamshire County Council, Sherwin Road Community Garden, TQC Engineering, Siemens, The Wheatcroft Fund, Fareshare, Coop Community Fund, Tesco

You are wonderful!



Aims and objectives

The objects of Jigsaw are: To advance in life, relieve the needs of, and help young people with Asperger's Syndrome and High Functioning Autism through the provision of: (a) recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) support, activities and educational opportunities which develop their skills, capacities and capabilities."

Methodology

Young people who attend Jigsaw are vulnerable members of society and may experience, anxiety, hypersensitivity, depression and frustration, which can be demonstrated through tantrums, self-harming, aggression and obsessive compulsive behaviours.

The syndrome can lead to young people being bullied and isolated and therefore not feeling able to attend mainstream youth clubs and projects. Jigsaw provides educational or diversionary activities, out of school activities that build confidence in young people and vulnerable people. This includes a peer buddying scheme which increases the confidence of young people to participate.

Young people with Asperger's are able to learn through their experiences and Jigsaw has developed into a youth project where young people want to attend and where their own knowledge is used and developed to enhance their life.

There is not another specialist youth provision in the city for these young people.

Jigsaw Youth Club works with young people on the Autistic Spectrum who would like to develop social and lifeskills. This is done in a variety of environments that are aimed to provide opportunities for lifelong learning.

Our approach is very practical, seeing a young person and their strengths and talents before any different abilities. We work with the young person to involve them

in the planning of their journey to adulthood, helping them discover their future by taking control of the present.

We provide a youth club where young people can learn, in an informal environment, to interact and understand others.

As a youth club we provide a comfortable environment where young people can be themselves without fear of isolation, judgement and abuse, thus offering an alternative to therapy.

The hallmark characteristic for young people with Asperger's Syndrome is "marked deficiencies in social skills." This leads to incidents where other people can feel offended and this increases the reclusiveness of the young person.

We provide trips to various places to enable young people to understand the greater world whilst in a safe environment surrounded by friends.

We challenge young people to try things that they have never attempted such as catching a bus, riding a bike



Training is provided to improve young people's skills in first aid, food hygiene and leadership

Through our work we empower the young person to feel part of the community and to contribute in a positive manner rather than feeling isolated and lonely.

Our Jigsaw Basics Programme is centre based as this is where our members feel most comfortable and can adhere to a routine. The project helps young people to set goals, cook healthy meals including learning food hygiene. We offer team games and sports which helps young people to work as a team. Teaching fundamental skills such as numeracy, literacy and ICT helps young people to have the confidence to contribute to our programme. All these contribute to the young person being healthy, staying safe, enjoying and achieving, making a positive contribution and enjoying economic wellbeing.

Organised sports educate young people of the benefits of self-discipline, team work, mutual respect and fair play. It enables young people to channel their energy, competitiveness and aggression in a personally and socially beneficial way. Sport also improves people's coordination and motor skills.

Our programme of informal education develops the young person leading to NVQs and non-vocational awards (e.g. Duke of Edinburgh's Award, British Canoe Union Awards). Our lifeskills programme enables the young person to learn independence.

Our methods are to encourage young people to lead activities, developing team work and leadership. We also involve young people who aren't on the Autistic Spectrum, but who have a positive outlook towards young people who have a different view of our world.

Our techniques are unique in that we do not focus on the disability, but we look at the individual, enabling the young person to bring their personality and traits into a wider society by being themselves.



Skills for success

Enterprise	I can undertake new ventures in a skilled and measured way
Self-regulation	I can understand how the expression of feelings impact on others and on myself. I can manage impulses and strong emotions through a range of strategies so as not to behave in ways which lead to negative consequences.
Social skills	I can achieve an appropriate level of independence from others, charting and following my own course while maintaining positive relationships with others
Motivation	I can identify barriers to goals and how to overcome them. I can view errors as part of the normal learning process and I can bounce back from disappointment or failure. I can look forward to long-term, and not short-term, benefits and I can break long-term plans into small achievable steps.

Empathy I can see the world from other people's points of view, taking into account their intentions, preferences and beliefs, and feeling with and for them.

Self-awareness I know and can label my own feelings, understand the links between my feelings, thoughts and behaviour and I can recognise and manage conflicting emotions.

Core Values

- A service that is based on the active and continuous involvement of young people in all aspects of Jigsaw
- A facility which operates on a regular basis that is safe, welcoming, accessible, dynamic and contemporary;
- A dedicated 'chill-out' space where young people can relax, meet their friends and enjoy their leisure time in comfortable surroundings;
- A quiet space where young people can access computers and the internet, study or read;
- Activity space(s) providing young people with a range of sports, arts and other opportunities;
- An up-to-date range of information, advice and guidance for young people on personal, social, careers and health issues;
- Opportunities for young people to volunteer in the community;
- Membership of Jigsaw, that enables young people to take ownership;
- Access to specialist services as required; and
- A service that is sustainable but affordable to all young people



Our young people are polite, have lively discussions and are able to use their skills to further their social interaction with others to combat loneliness and isolation by being part of a community

Daily programme

Gym
Games
Cricket
Snooker
Football
Basketball
Woodwork
Gardening
Badminton
Crocheting
Team sports
Conversation
Music sessions
Baking sessions
Computer access
Pool Tournaments
Arts & Craft sessions
Lifeskills Training



Computer access

Access to play, exploration and creativity in a safe environment. For young people with Autistic Spectrum Condition computers and games consoles can be an ideal environment for promoting education, communication, sociability, creativity and playfulness thus improving the young person's quality of life.

Trips

- Ashbourne
- Rushcliffe Country Park
- Wollaton Park
- Highfields
- Attenborough Nature Reserve
- Gedling Country Park
- Sherwood Pines
- Rufford
- Whitby
- Boston



- New York
- Bowling
- Cinema
- Swimming
- Clifton Brook
- Shopping at McArthur Glen
- Houses of Parliament London
- Various Garden Centres and DIY stores

The garden

We have access to a community garden where we are able to grow crops and to practice DIY skills. We have grown potatoes, sweetcorn, beetroots carrots, tomatoes, onions, radishes, and rhubarb. The garden is a place where young people are able to learn about the cycle of seasonal growing. We have also introduced use of tools and woodwork skills.

Alphy

Alphy is a very friendly dog who has enabled young people to play, has helped increase social interaction and has had an overall calming effect on young people.

Courses & Training

First Aid
Food Hygiene
Tennis
Fire Safety



In the community

We have worked with various groups to help raise awareness of Asperger's Syndrome and to enable young people to be listened to. We have planted trees in partnership with Nottingham City Council. We distribute food received through Fareshare. We helped one of the members do a litter pick in Lenton.

Covid

We have tried to keep our programme as busy as possible. Restrictions have meant that we haven't been able to meet as often as we would like to, but using social media we have kept in touch with each other.

Aims and hopes for the future

Sports

Politeness

Keeping fit

Healthy eating

Cooking on a budget

Develop basic skills

Fareshare Distribution

Developing woodworking skills

Encouraging less use of plastic

Interpersonal Communication Skills

Reducing sugar in our drinks and food

Residential Experiences – narrowboat and camp

Trips and activities which challenge and entertain the young person

A series of challenges where young people develop their social knowledge aiming towards independent living

Sustainability

Personal Budgets

Fundraising

Grants



Weekly Programme

Saturday 10am to 1pm

Monty Hind Training Centre, Leengate, Lenton, Nottingham NG7 2LX

Monday 6:30pm to 8:45pm

Oliver Hind Youth Club, Edale Road, Nottingham NG2 4HT

Monday & Thursday 10am to 2pm

Orchard House, 2 Sherwood Rise, Nottingham NG7 6JN

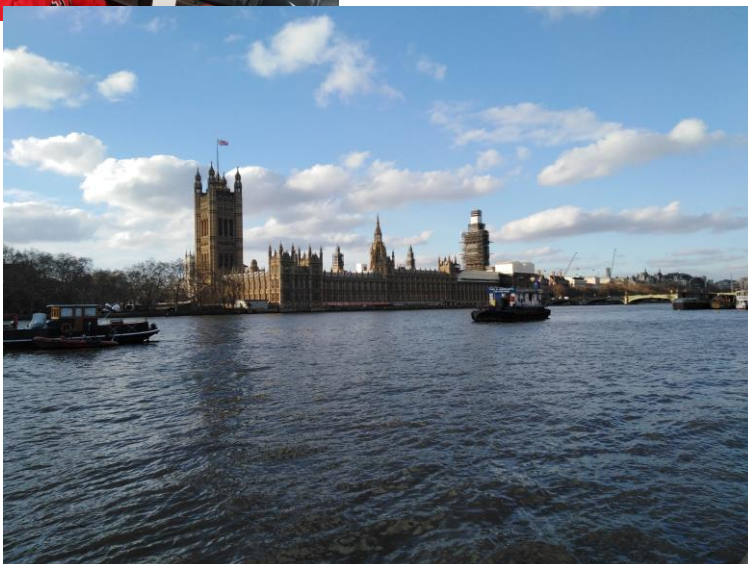
Tuesday 10am to 2pm

Sports Activities

Wednesday 10am to 2pm

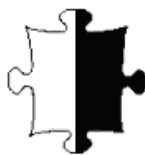
Sherwin Road Community Garden, Sherwin Road, Lenton, Nottingham NG7 2FB

Aim High Enjoy Life









Jigsaw Youth Club

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REGISTERED CHARITY: 1154380

Jigsaw Youth Club Income and Expenditure Accounts **1st April 2019 - 31st March 2020**

Income

Direct Payments	£	19168.80
Grant	£	15790.98
Subs	£	2029.40
Trip	£	1075.00
Café	£	986.04
Donations	£	863.08
Tuck Shop	£	680.41
Camp	£	540.00
Total Income	£	41133.71

Expenditure

Sessional Fees	£	12715.00
Rent	£	6500.00
Transport	£	6070.39
Trips	£	2771.47
Camp	£	1293.13
Lifeskills	£	1320.47
Insurance	£	1134.08
Equipment	£	1048.19
Sport Activities	£	905.20
Café	£	861.88
Tuck Shop	£	467.50
Training	£	296.80
Administration	£	137.85
Miscellaneous	£	74.40
Garden	£	45.05
NCYP Affiliation	£	45.00
Total Expenditure	£	35686.41

Grants and donations received from:

BBC Children in Need	£	9600.00
Co-op Fund	£	363.08
Freemasons	£	990.98
Wheatcroft	£	5200.00
Siemens	£	300.00
TQC Ltd	£	200.00

Total	£	16654.06
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Income 01/04/2019 to 31/03/2020	£	41133.71
Less Expenditure 2019/2020	£	35686.41
Total	£	5447.30

Balance from 2018/2019	£	31590.94
Balance from 2019/2020	£	5447.30

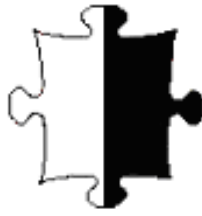
<u>Balance carried forward to 2020/2021</u>	£	37038.24
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Danek Jackowski
Chair



Stefan Nowakowski
Accounts Examiner



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Registered Charity Number 1154380

31/12/2020

Auditors Report

In my opinion the financial statement outlining Jigsaw Youth Club income and expenditure 01/04/2019 – 31/03/2020 gives a true and fair reflection of this Charity's financial affairs at the end of the 2019/2020 tax year.

SP Nowakowski
Accounts Examiner