

ANNUAL REPORT 2022

WELCOME FROM THE CHAIR OF THE BOARD

Welcome to Dost's Annual Report for 2021–22.

These have been exceptionally tough years for young people in London, with ongoing disruptions to education and other aspects of normal life; and now the extraordinary pressures of the cost of living crisis. For young refugees, times have been even harder.



International conflict and pressures continue to drive unaccompanied young people to seek refuge; while an ever harsher political climate limits their options and the support they can expect. In this climate, we as Trustees are hugely grateful to Marian and the dedicated team at Dost, for providing constant support, week in, week out for those young people, drawn from many nations and backgrounds, and all offered the opportunity to learn, to socialise, and to begin to build their confidence, skills and networks for life in the UK.



In this report, you will get a flavour of the range of activities we offer, and partnerships we enjoy. The young people choose to come to Dost, and often introduce their friends and relatives to join sessions. Children's Services, schools and carers look to Marian and the team to provide essential support and guidance for the young people – and give them the chance to have fun, play sport, make new friends, and progress in education with new skills. As a group of Trustees, we are very proud of the impact Marian and the team make, as reflected in this report. We are also extremely grateful to all the funders and partners who support our work. And of course also thankful to the young people for their participation, their trust and their huge contribution to making Dost what it is. We hope you enjoy the report and do get in touch if you want to find out more – or offer your support in any way! thank you, on behalf of all the Dost Trustees.

Jim Minton, December 2022

DOST CENTRE FOR YOUNG REFUGEES AND MIGRANTS

Newham Leisure Centre
281 Prince Regent Lane
London
E13 8SD

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"Having been at Dost since 2009 and running it since 2017, I can honestly say that it's the best job in the world..."

I get to meet and know and work with amazing young people every day, who inspire and motivate me and make me laugh...they are so positive, fun, strong and never cease to surprise me and I am so grateful that I get to go on lots of great trips and make so many happy memories with them, which I hope will stay with them for a long time. I get to watch them grow up and develop and join them on some of their new journey, often over many years.

The young people dictate everything we do at Dost and they are the heart and soul of Dost and we aim to include them at every stage.

The staff and volunteers are not too bad either!

This year we employed a Mentoring Lead, – Lex; to run a Mentoring Project for the young people at Dost, which provides yet another service for them and gives them long-term one-to-one support when required."

Marian, Director



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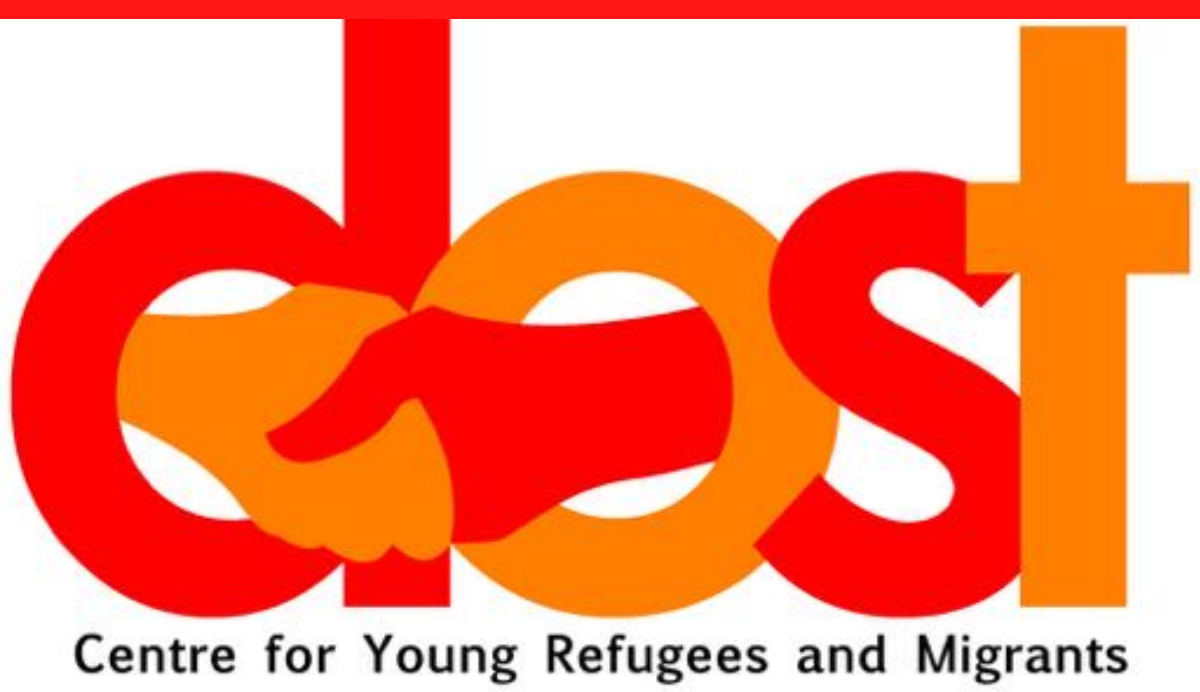
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362 SESSIONS IN 2022!

90 Youth Club sessions

53 ESOL English classes

79 Football sessions

ACTIVITIES

34 day trips

Wembley and Copper Box to watch Basketball

Buffet Meal at the O2

Go-karting

Tournament at St George's Park

Swimming at Parliament Hill Lido and Coralreef

10 Pin Bowling

Boat trip on Thames

Cable Cars

Central London

Museums and Exhibitions

BMX'ing at the Olympic Park

O2 and Wembly to see Boxing Match

Brighton

Cinema

Oxford

Wembley to watch England and Arsenal Game

Wembley to watch Lion King, Wicked, Oklamhoma, Mohanaed and Peter

Music Concert at Barbican

Aquaaction Water Park

Trampolining

Hindleap Warren
3 days
29 young people

OSH
3 days
14 young people

7 Residentials
28 days!

OSH
5 days
23 young people

Wey Island
4 days
20 young people

Wey Island
4 days
15 young people


OSH
4 days
27 young people

OSH
5 days
25 young people

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**30 young people
referred to
Bike Project
for a free bike**

**9 young people
awarded a
Jack Petchey
Award**

**23 young people
provided with
a mentor**



**4 young people
completed the
StreetSoccer
Programme**



**7 young people taken
part in Breadwinners
Programme**

**3 long term creative
projects in poetry,
pottery, painting,
printing
and photography**



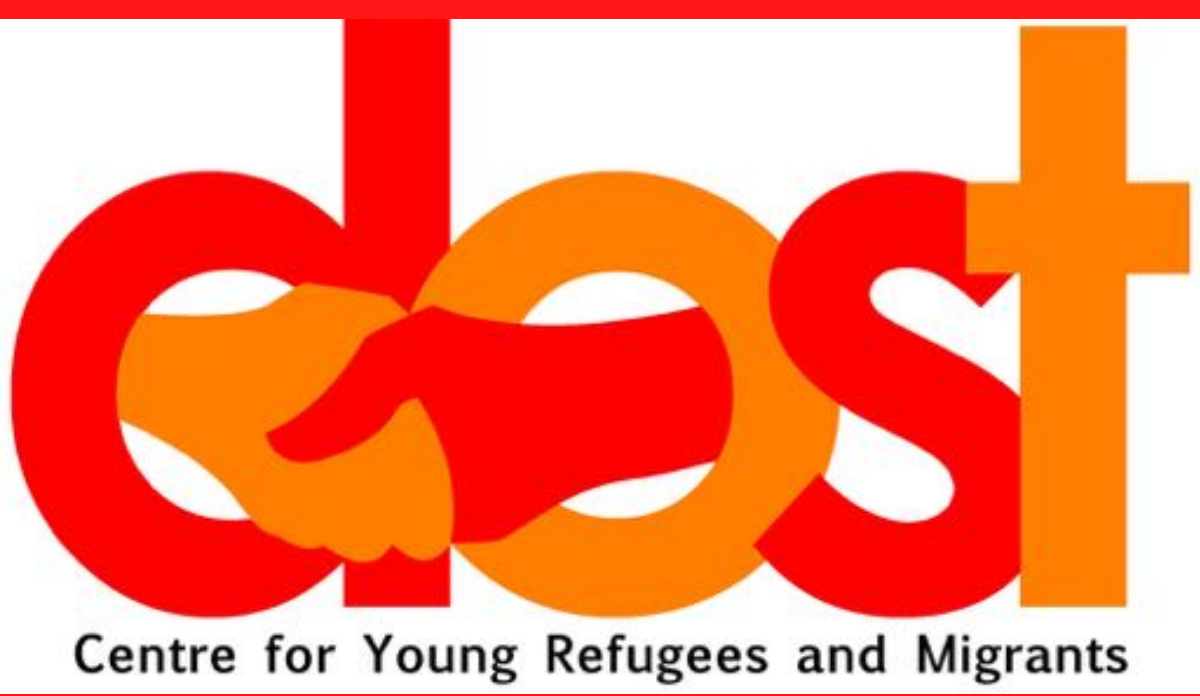
**41 young people taken
part in paid research
interviews**



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STATS ON YOUNG PEOPLE

499 YOUNG PEOPLE FROM 47 COUNTRIES



465 BOYS
34 GIRLS

**6896 NO OF
ATTENDANCES OVERALL**

SUDAN 87
AFGHANISTAN 58
ERITREA 43
SYRIA 27
SOMALI 26
BRITAIN 24
ETHIOPIA 22
VIETNAM 17
IRAN 16
NIGERIA 13
BANGLADESH 11
GAMBIA 10
DR CONGO 7
YEMEN 6
KUWAIT 6
MALI 5
ALBANIA 5
ROMANIA 5
CHAD 5
AND MANY MORE!

Dost (which means friend in a number of languages), was established as an independent Charity in 2017 and has gone from strength to strength, with 2022 being our busiest year ever, with 155 more young people than last year.

We provide young refugees and migrants, aged 13–19 years of age, from all across London, with a varied and diverse programme of physical and educational activities in order to reduce their isolation and increase their skills, opportunities, capabilities and to support them to reach their full potential.



AIMS OF DOST CENTRE

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Jim Minton

Chair – June 2017 – present

Michael Havard

Trustee/Treasurer – June 2017 – present

Maymuna Osman

Trustee – August 2018 – November 2022

Gabriele Gestautaite

Trustee – October 2018 – June 2022

Tommy Edwards

Trustee – December 2018 – present

Stella Ogunlade

Trustee – January 2021 – present

Zeinab Maalow

Trustee – September 2021 – August 2022

Winnie Sham

Trustee – June 2022 – present

TRUSTEES



STAFF

Marian Spiers – Director 2009 – present

Richard Shittu – Volleyball Coach/Youth Worker 2010 – present

Wendy Lee – Accountant 2018 – present

Kelly Williams – ESOL Tutor/ Art Tutor/ Youth Worker 2019 – present

Coltrane Morley-Williams – Football Coach 2019 – present

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

Emad Hamid – Football Coach 2022 – present

Alon Harshak – Football coach 2022 – 2022

Ali Ghaderi – Youth Worker 2022 – 2022

Lex Karlin – Mentoring and Education Project Lead 2022 – present



Sandra Kourtsounioti

Alexa Sheldon

Amber Daly

Carl Reyes

Doan Remzi

Ashkan Mohammadian

Ayah Khan

Hira Mehtab

Asma Vhora

Eva Ahmed

Rozren Ahmed

Lyndsey Phillips

Fabrizio Radice

Marielle Le Masle

Deborah Peck

Juhee Kong

Brandon Lawrence

Rukkaya Khan

Amina Jahan Ali

Amy-Leigh Hatton

Beatrice Dahl

Chris Wainwright

Freddie Yauner

John Stokes

Karuna Soni

Lizzie Pettitt

Lorenzo Wong

Luke Warren

Manuela Gomez Bedoya

Matthew Hodges

Mevish Alj

Muhammed-Farooque-Al

Ryan Gallagher

Sibyl Zao-Sanders

Anaida Fernando

Taya Cooper

Tejal Shah

Terry Wedd

Thomas Mardell

Valentina Vanore

Virginia Ambrosio

VOLUNTEERS AND MENTORS

THANK YOU!

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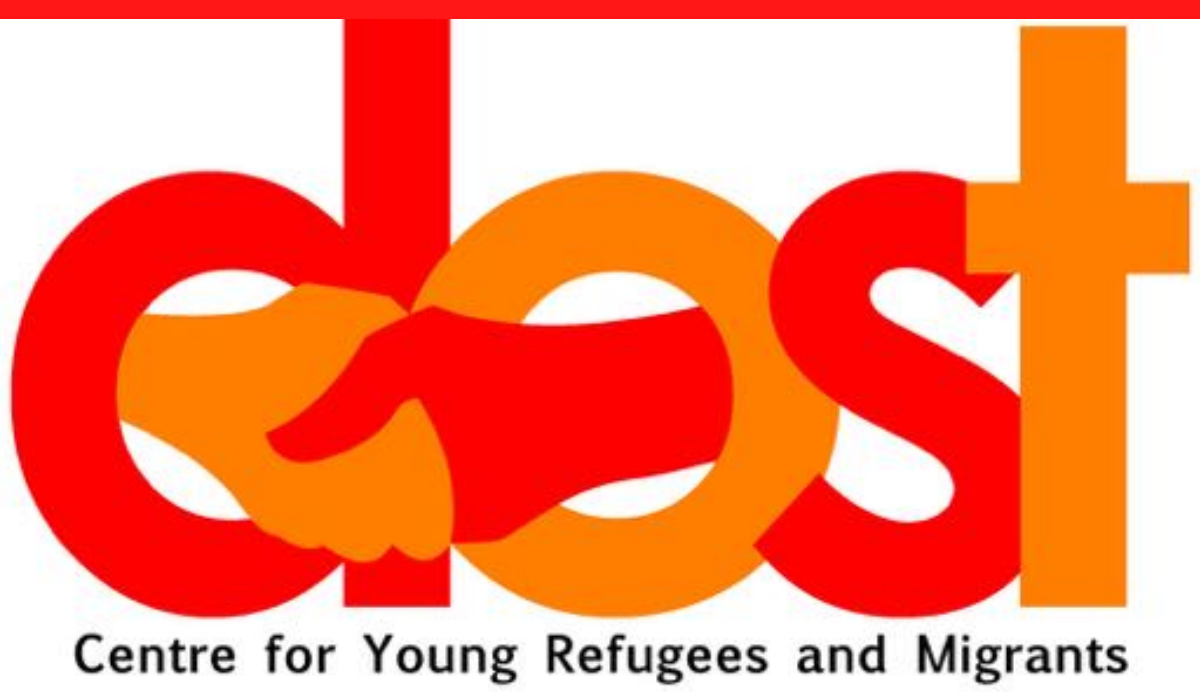
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PARTNERSHIPS AND SUPPORTERS

Big Impact Labs
Brighton Table Tennis Club
Tottenham Hotspur Foundation
Capital Kids Cricket
Counterculture
OSH
Custom House Library
Capital Karts
Lee Valley Regional Park Authority
Goods for Good
Newham Libraries
Charity Boots
The Lyceum Theatre
Iroko Theatre Company
Shepherd Manyika
ELBA
Aquapaddle
REIN
Chloe Morgan
Stratford Picture House



Wey Island Trust
Parliament Hill Lido
Newham Powerleague
Street Soccer Foundation
Aquaaction
The Bike Project
Surrey Hills and Rivers
Odeon Cinema
Hollywood Bowl
Compass Collective
Psyche Delight Company
Breadwinners
The Young Vic
Mousetrap
The Foundling Museum
Laila Sumpton
Compost London
Magnum Photos
Newham Leisure Centre
Webusability

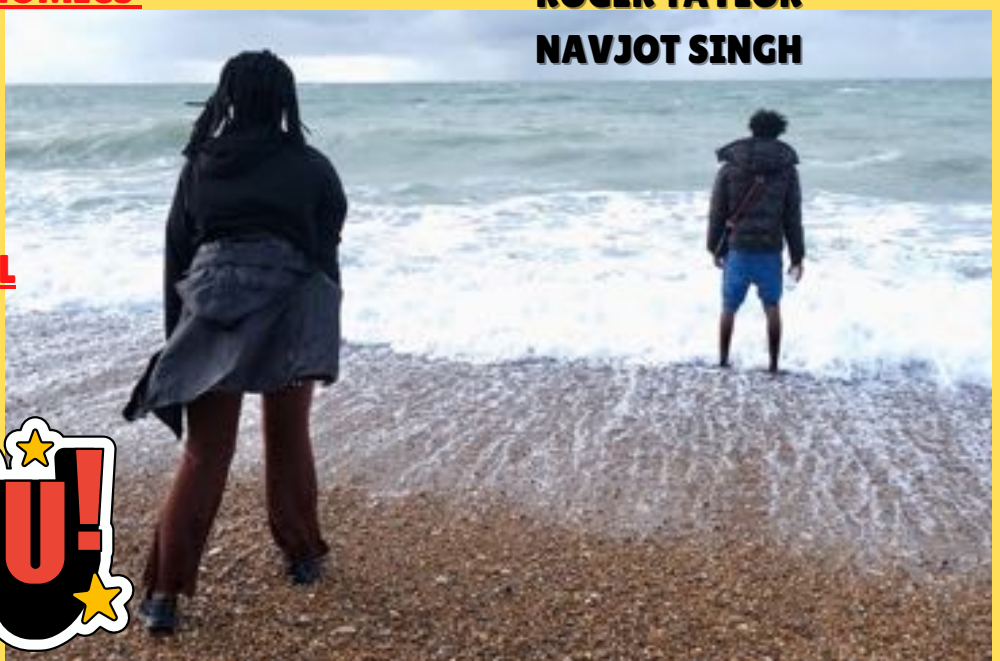
Thanks to everyone who fund us, support us, who give us discounts to activities, who give the young people equipment or opportunities or provide us with space or services that mean we can run Dost to the best of our ability and for as many young people as possible.

Much appreciated!!!

DONORS AND FUNDERS

BBC CHILDREN IN NEED
FOUNDATION FOR FUTURE LONDON
BARCLAYS COMMUNITY FOOTBALL FUND
LONDON MARATHON CHARITABLE TRUST
ST JOHN'S C OF E PRIMARY SCHOOL
ESMEE FAIRBAIRN FOUNDATION
LONDON SCHOOL OF ECONOMICS
STREETGAMES
JACK PETCHY
LONDON YOUTH
LONDON SPORT
NEWHAM COUNCIL
SPORTED

STORM LONSDALE
LARA CASALOTTI AND FAMILY
ELLEN O'NEILL
FRENCHWOOD FAMILY TRUST
KATIE SHAKERIFAR
ELHUM SHAKERIFAR
ROGER TAYLOR
NAVJOT SINGH



THANK YOU!

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CHARITY STRUCTURE AND GOVERNANCE

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

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

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

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

For the period covered by the 2021–20212 Annual Report, we had 7 Trustees.

Five are currently still serving and all are over 16.

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

Three Trustees left the Board this year and one new Trustee joined the Board, recruited through ELBA and comes from a financial risk management background.

Trustees may join the Board because they are known to Dost or other trustees or are directly involved in volunteering or attending Dost or may be recruited through another organisation and all bring an expertise, skill or interest which is helpful to the charity.

As the charity grows and develops, the Trustees will look at other methods for recruitment to match the skills and experience needs of the charity. All Trustees are appointed by the Board, with a resolution noted in the minutes, to ensure they have been formally approved. All Trustees can nominate and elect to post. Their details are then uploaded onto the Charity Commission database.

"Having first worked with the incredible young people and team at Dost as a service provider back in 2018, seeing the transformative impact of this truly unique provision was so inspiring. I wanted to continue to be involved to help support and develop the journey of the charity, helping solidify the vital activities and access to a supportive, safe space that Dost provides for 100's young migrants and refugees. I am so proud to be part of this continued growth and see that Dost, meaning friend, continues to embody that friendship centred ethos in everything it does, providing a space for people from all over to make connections and friends and feel a greater sense of inclusion in their new environments."

Tommy Edwards,
Trustee since 2018



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At the heart of Dost is community. Within that community the young people experience the very best of what London has to offer, friendship, fun and culture. In essence Dost is a positive starting block from which the young people can embark on their lives in London or the UK.

**Kelly Williams,
ESOL Teacher**

Dost provides a great space for a mix of young people from different countries and different backgrounds to socialise, practice English and take part in a variety of activities. The atmosphere is relaxed and friendly and everyone is happy to be there and feels free and encouraged to take part. Clubs like this are so important for young people to give them a chance to have fun and socialise, build their networks and lay a platform for their future.

**Tommy Madrell,
Volunteer**



Working with my mentee has been so rewarding and fulfilling. We meet weekly and have built a strong rapport – initially via google translate and now chatting away. Learning to support my young person in a way that suits them has sometimes been tricky but together we have learnt how to make the best of our time together. The support from Dost has been brilliant and I'm excited to continue the work for as long as I can be of use.

**Freddie Yauner,
Mentor**

Perseverance + Hard Work + Happiness = Dost. Dost has it all. My favourite part of volunteering at Dost is connecting with youth to establish positive relationships with them in an environment where we form supportive peer friendships for mutual enjoyment and success.

**Doan Remzi,
Volunteer**

Mentoring has been an enriching experience. I have enjoyed working one to one with my mentee to draw out their strengths and guide them in their personal and professional development. And it's been brilliant to be a part of Dost and get to know the team, young people and volunteers.

**Amy-Leigh Hatton,
Mentor**



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**"I've been coming to Dost for 4 years because I really enjoy coming here, it gives me time to spend with friends. I don't think I will ever stop coming!"
I, Aged 17, Somalia**



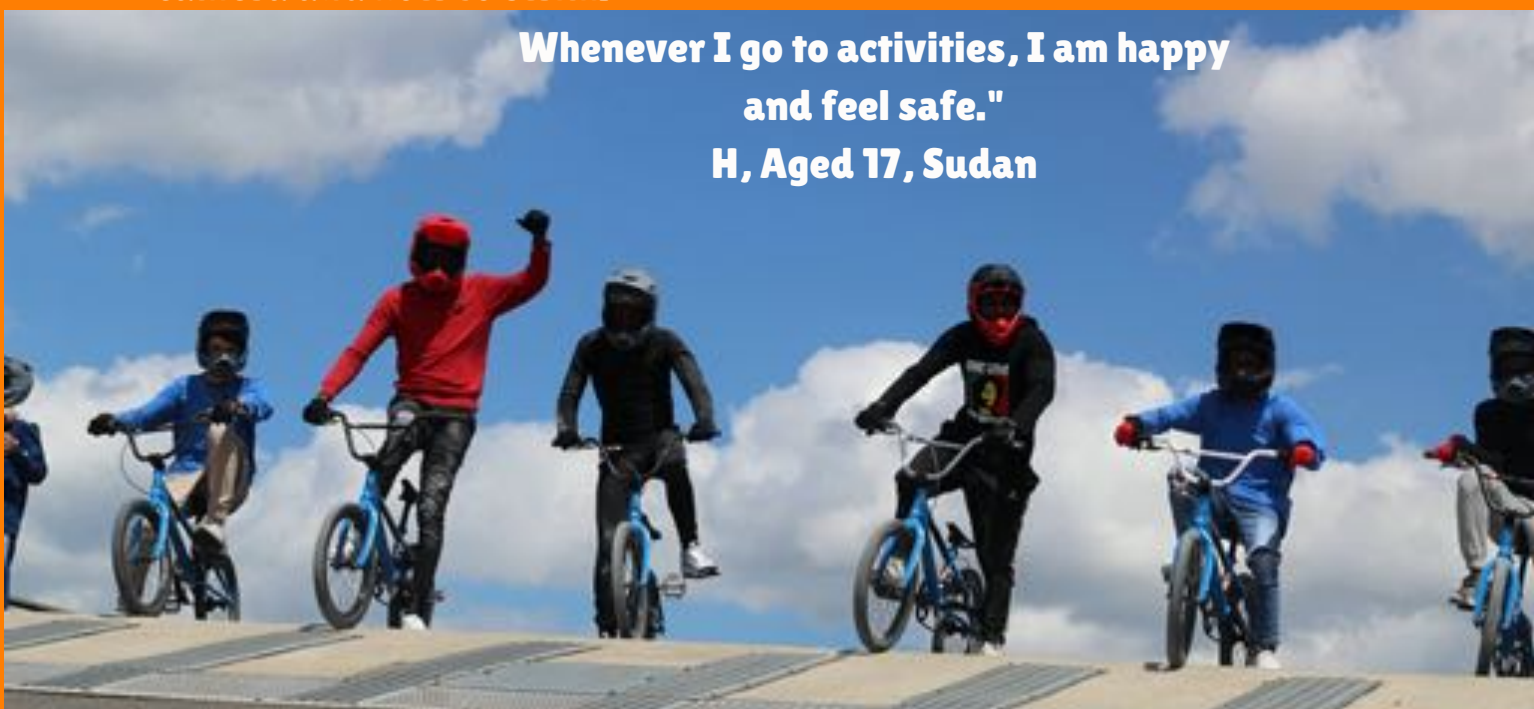
**"I had good time and bad time in my life, but I am so happy to be with your group, Maria. I forgot everything what happened to me.. I start new life....glad to have you."
S, Aged 19, Ethiopia**

**"I like to come and speak to my friends and have fun. Nothing could make Dost better!"
Y, aged 13, Syria**



"I love all the activities and I hope it will always be like this and I thank all the volunteers for this good work. Thank you very much. I learned a lot of activities, including many places and I also learned how to use camera and how to swim.

**Whenever I go to activities, I am happy and feel safe."
H, Aged 17, Sudan**



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"Dost has helped me with my English and make friends while waiting for a place at school."

A, Aged 15, Afghanistan



"Dost is the best place and it really fun and you can make a lot of friends and improve your English and visit lots of places."

A, Aged 17, Syria



"It's a good organisation, keep what you're doing and helping us as always."

E, Aged 18, Eritrea



"Everything is amazing..there is no place like Dost Centre. Keep it up!"
N, Aged 18, Eritrea

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"Thank you Dost for everything you have give me ...I won't forget that in my life"

R, Aged 18, Sudan

"I can say it's the best amazing place in London. And I'm thankful for you guys. I want yo say Marian is the funny and support full person. And the trips are was helping me in my situation..I feels bettered."

M, Aged 18, Yemen

"I enjoyed, had fun ,liked all the trips as it allowed me to communicate and pick up new skills. Further to sharing and partaking, it also allowed me to have my own space and be sociable with own friends."

A, Aged 17, Eritrea



"Dost is a community that brings people from different countries together and is the best place to be because you get the chance to learn new things perhaps even learn their language. So all I can say is everything Dost offer us is incredible. However, even though Dost has fewer girls according to what I know, they should provide us girls with something we can also do to entertain ourselves. There is nothing much to say about Dost because everything you deliver to us is for us to be happy and feel like we have a family to lean on. All I want to say is thank you so much for everything !"

L, Aged 18, Ghana




"I really enjoyed all the trips. Brighton was fantastic, I swam in the sea, played football on the beach and eat fish and chips on the sand. I also enjoyed the Central London trip. All the trips were favoutire to me."

S, Aged 15, South Sudan

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"It's the best place to be in, to be honest, you have a lot of fun, you feel safe, you get treated like a family and you get to see one of the best people and the funniest (Marian). Dost really changed my life, it gave me a lot of opportunities, confidence, fun times and a lot more. Without Dost I wouldn't been where I'm now and I wouldn't do all the things, through the past 4 years. I'm so glad to meet such a wonderful woman as you Marian and I'm very thankful for Dost for making my life better."

I wish I came to all the trips but unfortunately, I was busy with work, however even though I went to a few I really enjoyed them, your trips Marian, never disappoint and I know how hard for you to control and to be honest I don't know how you manage to do all this but it's impressive and you do it because you love it and you want others to have fun. I hope I can come for the upcoming trips because I enjoy each trip with you, anyways keep up the hard work and I love you. "

K, aged 21, Syria



"We did many activities which we hadn't done before like paddle boarding and also many other activities that were exciting for everyone, like canoeing and cycling."

Also, we had many games that were engaging and competitive, but it was so charming to see that what people were looking for was not to win but to have fun. The environment of Wey Island was very freindly, comfortable and homey and certainly spending time with the lovely members of Dost in that lovely place and lovely weather, was priceless to me and it saved me."

A, Aged 18, Iran

"Dost managers such like Marian are the best people I have met in my life ..they changed my life into right way, they helped me a lot and I really appreciate that." ❤️

M, Aged 18, Somalia



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"I enjoyed the meal...it was very delicious, and the buffet experience was new to me, so I loved it. The cinema was also very good since it refreshed my mind, and the movie was very interesting. I really appreciate you for being there for the young people."

D, Aged 16, Uganda



"It was my first time going to cinema and I really enjoyed it because it was fun and gave me the opportunity to meet new people. The food was very delicious, and the movie was a banger. It was a great time and I can't wait for more. If I didn't come or knew about these activities, I would've been home all day by myself using my phone or watching films but now that I know about those activities and get notification on my phone, I'm up for that. This activities has really helped me make a lot of friends, have fun, spend special moment with my friends and explore something new every single day. I'm looking forward to doing more activities and spend enjoyable time together with my Dost friends and finally I would like to say thanks to Marian for planning all activities, supporting and showing us love." ❤️

F, Aged 20, Eritrea



"Hy everyone, I am very happy that I joined Dost Centre, I like very much Marian and I like all the staff very much, like reason is this when I came London so I don't was understand a single word of English, then teachers helped me and slowly slowly my English start better, but now I speaking English is very well. And finally thanks for the trips and new, new activities. I enjoyed every trip and thank you very much to all team."

U, Aged 16, Afghanistan



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