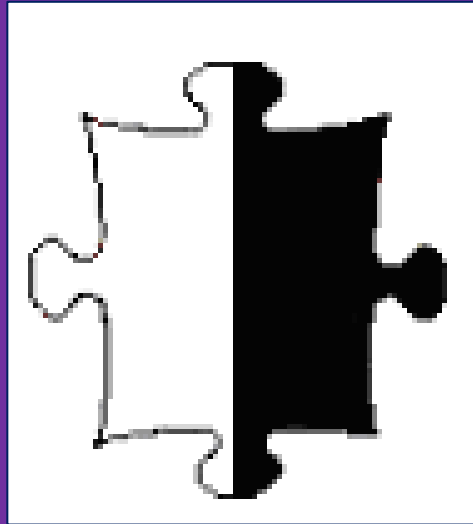


JiGSaW YOUTH CLUB

LET ME BE ME

REGISTERED CHARITY N^o. 1154380



2023

A youth club for young people with high functioning autism and their friends

www.jigsawyouthclub.org



**Boshier - Hinton
Foundation**
A grant making trust



BIG BOX YOUTH THEATRE



J. N. Derbyshire Trust

**The Jones
Trust**

Management Committee

Chair:	Danek Jackowski
Vice Chair	Aleks Jackowska
Treasurer:	Jamie Norman
Secretary:	Sarah Walsh
Committee Member:	Chiara Naccarati
Committee Member:	Nik Watson
Committee Member:	Darren Perry
Committee Member:	Kareena Perry
Committee Member:	Dionne Arnold
Committee Member:	Catherine Smith
Committee Member:	Alec McDonald
<u>Accounts Examiner</u>	Stefan Nowakowski

The Crew

Dionne Arnold, Jess Bullock, Lisa Carr, David Grettin, Zaid Harris, Ewan Horsburgh, Michael Howard, Aleks Jackowska, Ania Jackowska, Nadia Jackowska, Ben Jackowski, Danek Jackowski, Micah Kelly, Freya Kent, Robert Kotys, Jan Lichtarowicz, Tom Lichtarowicz, Sam Martell, Alec McDonald, Tom McKenzie-Weaver, Chiara Naccarati, Jamie Norman, Darren Perry, Harrison Perry, Kareena Perry, Lewis Perry, Mankaran Punglia, Tylah Smith, Tom Szolin, Shaun Underhill, Duncan Vickers-Smith, Sarah Walsh, Jacob Ware, Nik Watson, William Wastell, Ruth Watts, Lily Whittaker, Callum Williamson
Murdoc and Alphy

Awesome people who volunteer their time for others

A special thanks to everyone who has helped Jigsaw especially
Big Box Youth Theatre, Boshier Hinton Foundation, CT4N, Freemasons Fund, Hays Travel, JN Derbyshire Trust, The Jones Trust, Nottinghamshire Clubs for Young People, Nottingham Community and Voluntary Service, Nottingham City Council, Nottinghamshire Community Foundation, Nottinghamshire County Council, Sherwin Road Community Garden, TQC,

You are wonderful!



Aims and objectives

The objects of Jigsaw are: To advance in life, relieve the needs of, and help young people with 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 Autism 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 high functioning autism 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
Swimming
Badminton
Crocheting
Warhammer
Team sports
Conversation
Music sessions
Baking sessions
Computer access
Lifeskills Training
Pool Tournaments
Arts & Craft sessions



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

Harry Potter Studio	Bowling	Cinema	Swimming	Highfields
Parsley Hay Cycling	Monsal Trail Cycling		Middleton Top Cycling	
Clumber Park Cycling		Nottingham Castle		Wollaton Park
Attenborough Nature Reserve		Gedling Country Park		Pantomime
British Car Museum	Mablethorpe		National Memorial Arboretum	
	Rushcliffe Country Park		Shopping at McArthur Glen	
	Halle Christmas Concert		Various Garden Centres and DIY stores	

Camp

We held a survival camp in Monmouth. The group consisted of 30 young people, 6 adults and a support dog name Alphy. The programme was as follows:

Monday – travel. On the way we visited RAF Cosford. On arrival at the Wye Valley Scout Campsite the young people settled in and then explored the area. In the evening we played board and card games.

On Tuesday we built fires and cooked our dinner on them followed by roasted marshmallows. We also had air rifle shooting and archery. In the afternoon we went swimming at Monmouth swimming baths. In the evening we baked some cakes and played games. A chess tournament was organised.

On Wednesday we had a day trip to the Forest of Dean Visitor Centre where we explored the history of the area.

Thursday – after packing and tidying up, we travelled to Clearwell caves, a network of caverns which were used for mining iron ore and precious ochres.

The camp enabled the young people to develop their knowledge and skills in an outdoor environment. Outcomes were improved team work. Young people experienced a residential resulting in a greater contribution to their physical and environmental education. The residential also contributed to their personal growth and social awareness. For some members it was there first time away from home.

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, carrots, beans, tomatoes, courgettes and rhubarb. The garden is a place where young people are able to learn about the cycle of seasonal growing. We have also upcycled items.

In the community

We have worked with various groups to help raise awareness of our group and to enable young people to be listened to.

Aims and hopes for the future

Sports

Politeness

Keeping fit

Healthy eating

Cooking on a budget

Develop basic skills

Surplus food distribution

Developing woodworking skills

Encouraging less use of plastic

Interpersonal Communication Skills

Reducing sugar in our drinks and food

Residential Experiences – narrowboat and camp

Activities for young people who are home schooled

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 & Thursday 11am to 2pm

Bestwood Scout Hut

Tuesday 11am to 2pm

Sports Activities – Harvey Hadden Sports Village

Wednesday 11am to 2pm

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

Aim High Enjoy Life







Jigsaw Youth Club

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Jigsaw Youth Club Income and Expenditure Accounts

1st April 2022 - 31st March 2023

Income

Direct Payments	£	28693.38
Donation	£	14510.65
Subs	£	1685.60
Trip	£	990.00
Cafe	£	736.56
Tuck Shop	£	632.90
Residentials	£	230.00
Total Income	£	47479.09

Expenditure

Salary Tax/NI/Pension	£	18598.91
Building Rent	£	6922.00
Trip	£	6235.28
Residentials	£	4002.63
Transport	£	2747.52
Cafe	£	818.99
Equipment	£	726.07
Insurance	£	711.24
Lifeskills	£	709.98
Sport	£	677.55
Tuck shop	£	561.84
Training	£	285.20
Total Expenditure	£	42997.21

Grants and donations received from:

JN Derbyshire Trust	£	3000.00
Co-operative	£	2805.03
Big Box Youth Theatre	£	2705.62
Garfield Weston	£	2500.00
Boshier Hinton Trust	£	2000.00
Jones Trust	£	1000.00
Brewin Dolphin	£	500.00

Total	£	14510.65
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Income 01/04/2022 to 31/03/2023	£	47479.09
Expenditure 01/04/2022 to 31/03/2023	£	42997.21
Total	£	4481.88

Balance from 2021/2022	£	24398.06
Balance from 2022/2023	£	4481.88
<u>Balance carried forward to 2023/2024</u>	£	28879.94



Danek Jackowski
Chair



Stefan Nowakowski
Accounts Examiner

Independent examiner's report to the Trustees of Jigsaw Youth Club

I report to the Trustees on my examination of the accounts of Jigsaw Youth Club for the year ended 31st March 2023.

Responsibilities and basis of report

As the charity trustees of Jigsaw Youth Club you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of Jigsaw Youth Club's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Jigsaw Youth Club as required by section 130 of the Act; or
2. the accounts do not accord with those records;

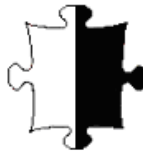
I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: Stefan Nowakowski

Date: 31/12/2023



Jigsaw Youth Club

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Date: 31/12/2023