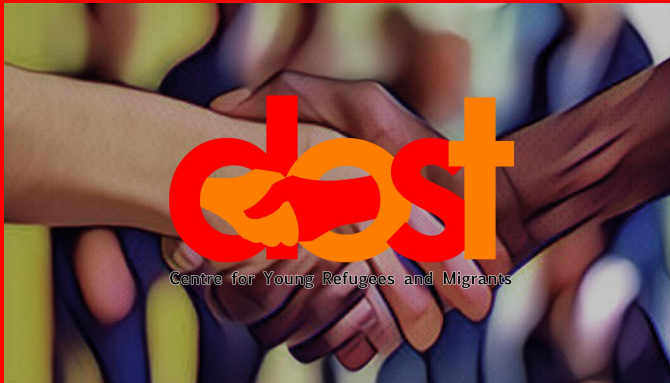


Dost Centre for Young Refugees and Migrants Annual Report 2019



**Newham Leisure Centre
281 Prince Regent Lane
London E13 8SD**

www.dostcentre.co.uk



dost_centre

Charity number: 1173622



Welcome and Foreword from Chair

Welcome to the second Annual Report for Dost since we became an independent charity back in 2017. It has been a huge effort to get us to this point, but we hope that we have now established Dost as a place where young refugees and migrants who find themselves without networks or support in London can go to make friends, have fun, learn skills and begin to build their new lives here in the UK.

It feels like we have made real progress as an organisation, and I hope this is reflected in this report. The young people who come to Dost often face real barriers: they may have had traumatised histories in parts of the world facing conflict; they might have lost friends or relatives, and are certainly far from where they would have called 'home'; and they may not speak or read English, and have been placed in a corner of London which is unfamiliar to them. But although they do face huge barriers, they are often extremely positive, optimistic and keen to learn and make friends and connections.

At Dost we try and build on that optimism and positivity, through the activities we provide, and as far as possible by supporting the young people to come up with ideas themselves for new things they want to try.

During 2018 we moved into our new home at Newham Leisure Centre, which gives us a really great space to offer a wider variety of activities. This year, in addition to football, volleyball, table tennis and cricket, we've added swimming lessons, which has proved very popular as well as other sports. Our education work has grown and it's been so good to see young people from Dost getting qualifications for building and crafts work, improving their English language skills, and going on to learn about food marketing with our friends at Breadwinners.

In the holidays, when sometimes young people can be the most lonely and isolated, we've continued to offer residential trips and weekends away, including with other organisations like Our Second Home.

As a group of trustees, we are extremely grateful to those and our many other partners; and to all of our funders and supporters, in particular, BBC Children in Need, Tudor Trust and Esmée Fairbairn Charitable Foundation all of whom have been incredibly supportive to Dost becoming established as an independent charity. As our finances show we are in a strong position, with healthy reserves and a delivery model which essentially covers its costs year on year. We will be looking for new funding next year but hope we have the track record now to be able to do this.

And of course we want to thank Marian Spiers, our incredible Youth Work Programme Manager, for the enormous efforts she makes and the huge part she plays in supporting and caring for so many young people.

She works selflessly and makes a massive personal impact, as do her staff team and the many volunteers who come along each week to help out. Without Marian there really would not be a Dost, so we cannot thank her enough.

Our trustee board has also seen some changes this year, but is now very stable and a great group. As chair I would like to thank Tommy, Maymuna, Gabi and Michael for their huge contributions throughout the year, for supporting Marian, and for being a really vital part of the team at Dost.

The young people who come to Dost do face many challenges. But we are all very proud of the progress that they make and are really pleased to say that we have contributed something to helping them meet those challenges. Thank you for reading this report and for all your support for Dost

Jim Minton
Chair of Trustees



The Aims of Dost Centre

Dost Centre, (Dost means friend in a number of languages), was established as an independent Charity in order to meet the needs of young refugees and migrants, aged 13-19 years of age from all across London.

It's aim is to act as a resource for young people by providing and organising programmes, which are both physical and educational and other activities as a means of advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities

Youth Club Activities

During 2019, we have continued to run **two evening sport sessions** a week at Newham Leisure Centre and provide access to football, volleyball, cricket, badminton, basketball, table tennis and pool. These sessions have become more and more popular with more young people attending each session and many of them attending long term. Sport is a great way for the young people to relax, to get fit and healthy, to make friends, to learn new sports or improve the ones they already play, to release stress and tension, to be involved in positive activities, to be involved in competition and to engage with other young people who hold the same interests as them and many sports are of cultural importance.

During Youth Club sessions, the young people have the opportunity to try out any of the sports, play board games, chat to each other, staff and volunteers and have snacks. We have also held drama and physical theatre sessions during Youth Club with Frantic Assembly and Young Vic Theatre.

In 2019, we ran **13** swimming lessons, which ran in the swimming pool at Newham Leisure Centre and allowed the young people who can't swim or who have negative feelings about being in water (due to their journeys across the sea, often in small, unsafe boats where they may have seen people drown), to learn in a small, safe pool with a swimming teacher who was mindful of their backgrounds and taught them together as a small group, without the stigma of having to learn with very young children. Many of the young people learned to swim or became much more confident about being in water and enjoyed the attention and time they received during these classes.

"I like a lot of things about Dost....for example, when I've come to this country I don't know anything or have any friends. When I join Youth Club I make a lot of friends and meet a lot of young people like me and I like a lot when we go on trip. I like trip. I've now been 6 months here and I go 6 or 7 trips in summer. Dost helped me to improve my English, when I have some stress, when I join Youth Club, I play football, table tennis, basketball, when I play sport I reduce my stress, that's why I like Dost, Dost, Dost! Dost forever!"

17 year old Ethiopian boy

Trips and Residentials



Over the year we have been on around **20 trips** - to a trampoline park, to ice-skating, to watch a football match, to the cinema, to water parks, on the Cable Cars, to the Jack Petchey Awards, to 10 pin bowling, on a Thames boat trip, to the theatre and to the Royal Albert Hall.

These trips allow the young people to try new, fun activities and see new places and spend time getting to know the other young people and staff/volunteers in a more intimate and personal setting. They also gain a better knowledge of London and where places are and how to travel around the city, which many of them hardly ever get an opportunity to do, due to limited language, money or knowledge of places to go.

We have also held **21** football tournaments on Saturdays at Decathlon in Canada Water on their roof top football pitch where the young people get to do football training and then compete against each other and win a trophy, which they are really motivated by.

We have been to The Bike Project twice to learn how to fix bikes and for the young people to receive a free bike, helmet, lights and a lock and to do a cycle safety session.

We have also recently started to take the young people to a cross fit session held at Newham Leisure Centre.

This year, we have run **7** residentials – 3 to Brighton Table Tennis Club where we have stayed at the Club and taken part in football games/ tournaments, played beach volleyball, played table tennis, visited the town, ate out at restaurants, had BBQ's, went to laser tag and the beach and met other groups from Brighton.

We have also spent 5 days at the Hay Bay in Essex, where we slept on a static house boat and took part in various outdoor pursuits, such as zip wire, high ropes, canoeing and giant swing as well as playing games in the park and doing all our own cooking and having evening entertainments like video nights and a party.

We have also been to Wey Island Trust near Weybridge twice where we have stayed in the Trusts' accommodation and had BBQ's, canoed on the river, cycled, explored the local area, played football and volleyball, visited a water park, done photography, danced and cooked.

A number of the young people have also attended the OSH, (Our Second Home), Residential for 5 days. Here they took part in various workshops, such as art, Syrian cooking, African drumming, camp fires, sports days, leadership training, fancy dress parties, treasure hunts, sports, board games and group games.

Six young people also attended and completed the **OSH Asdan Leadership Training Course** over the year and then led activities at this years residential where they were able to put their skills into practice.



"Everyone at Brighton Table Tennis Club loves having Dost come to visit. I am always impressed and refreshed with the energy of the organisation and how it's run. Inclusive, fun and clearly the young people get so much out of it."

Tim, Brighton Table Tennis Club

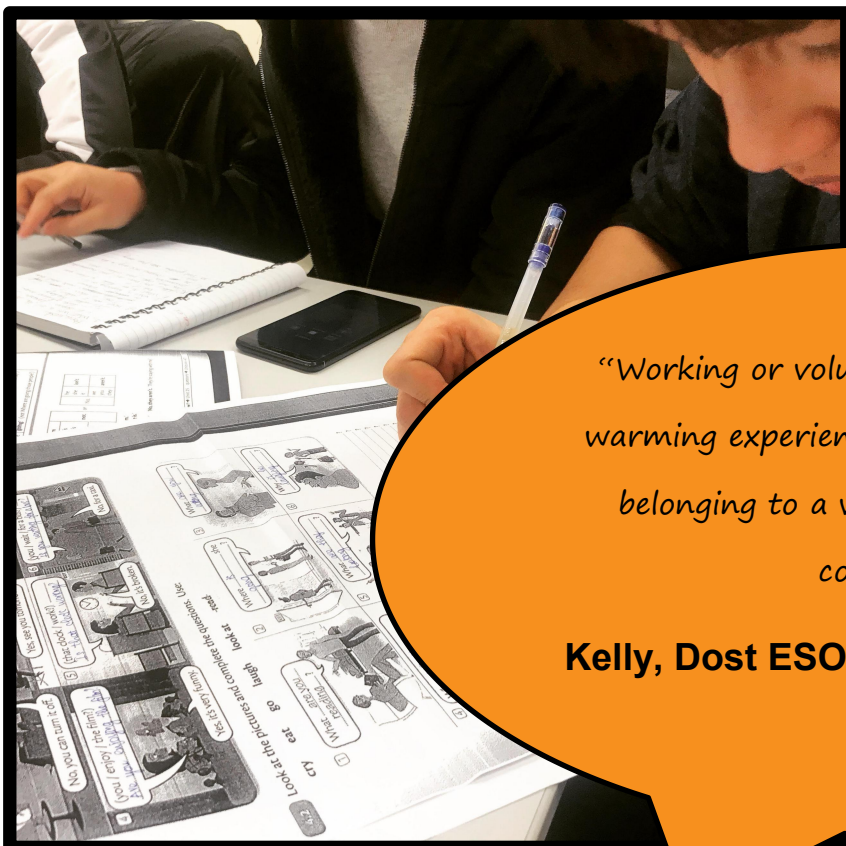
English Classes

"Here is nice and helps me make more friends and do exercise. It helps me get better at English."

17 year old Vietnamese girl

In September 2019, we started a weekly English/ homework support class in order to provide the young people with access to extra English support and to be able to practice and learn in a safe, familiar setting. These classes are useful to the young people who may have newly arrived and have still not found a school or college to join, or who are being age assessed and don't have access to education or who just want to further their English or get help with their homework. In these classes, we also do art activities as the young people often don't have an opportunity to take part in art and find it therapeutic and relaxing.

Over the year, we have referred young people to the ESOL evening classes at University of East London in Stratford and a number of the young people have attended these classes on a regular basis and continue to do so.



"Working or volunteering at Dost is a very warming experience. I always feel a sense of belonging to a very special international community."

Kelly, Dost ESOL teacher and volunteer

Achievements


This year we have set up a **website** and **Instagram** account to promote Dost and to inform young people and professionals of what we do and where and when.

We have seen our referrals really grow over the past year with almost 400 young people attending in total during 2019.

The majority of the referrals have been young people who have self referred or who have turned up with friends, but we have also had a number who have been referred by Foster Carers, Social Workers or other professionals from other Charities.

We have completed a **building project with Build Up** in a small, independent college in Bermondsey, where the young people designed and built a seating/ chill out area for the students to use and then held an opening ceremony.

Twelve young people have completed Breadwinners work experience this year. This entails a two month placement on organic bread markets across London with the support of a mentor and which includes various training sessions, in food hygiene and customer service. Of these twelve young people, **five have now been offered paid employment** with Breadwinners where they are responsible for their own market stall and all that that requires. Six more young people will have completed their placement by the end of December.



"Dost is the place where young people can start again, and develop their skills and personalities to build themselves a new future. At Breadwinners we really value how much effort and work DOST puts on supporting young people!"

Martin, Breadwinners

Benefits

Many of the young people really benefit from attending Dost for a number of reasons. Firstly they feel less isolated and more connected to their new home, by meeting young people from their own countries, from other countries and from receiving support from staff and volunteers. Secondly, they benefit from being able to take part in the various activities and trips – which reduces their stress and improves their mental and physical health. Thirdly, they feel accepted, cared for, listened to and respected and they have the chance to be involved with Dost for a long period of time and to drop in and out as and when they feel they need or want to.

"I like Dost Centr because it help me improve my English then meet with diffrent young people and make friend. So my feverit sport is vollyball and football."

18 year old Eritrean boy

"I like to come to Dost because the staff are very kind, espacilly Marian .

Also, because I enjoy playing football with everyone."

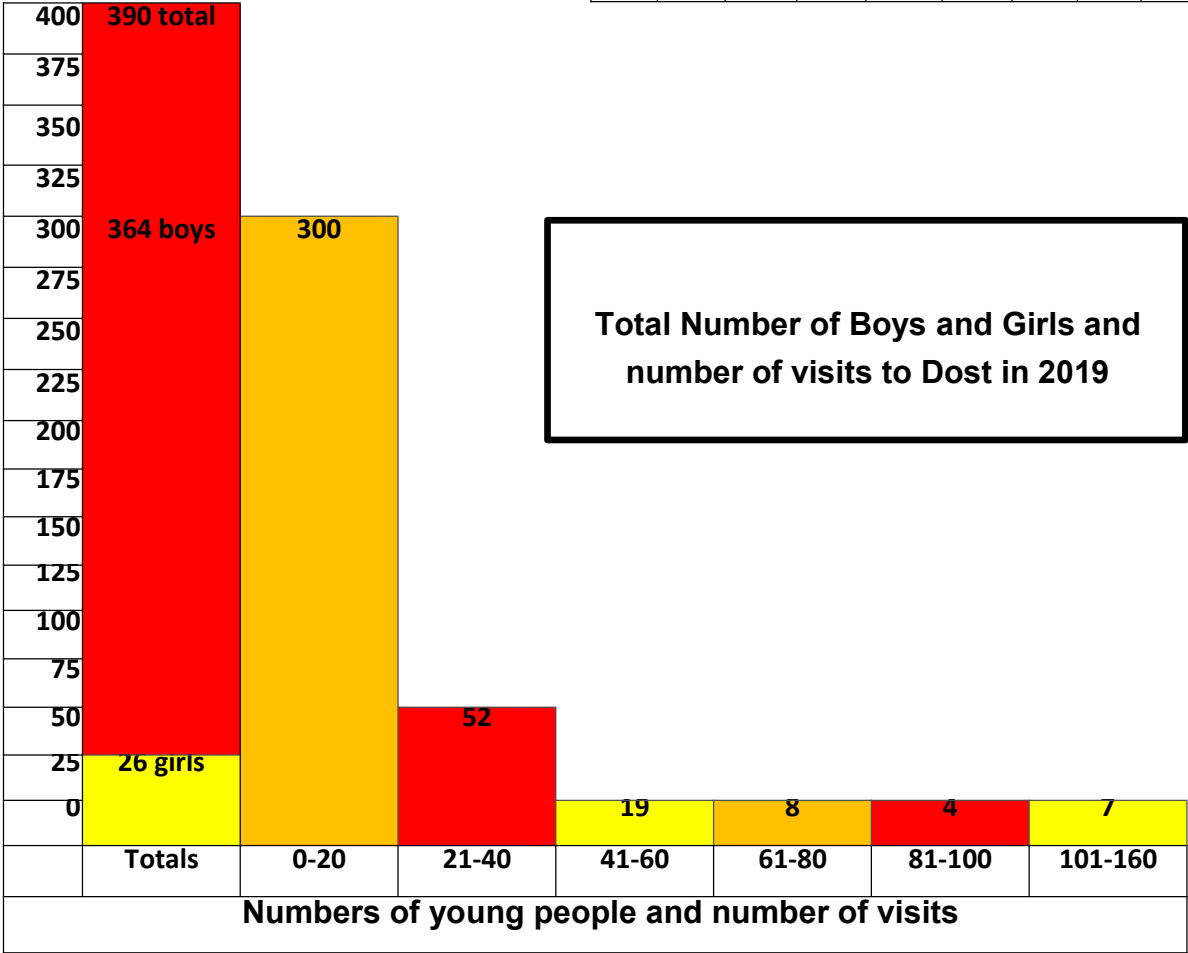
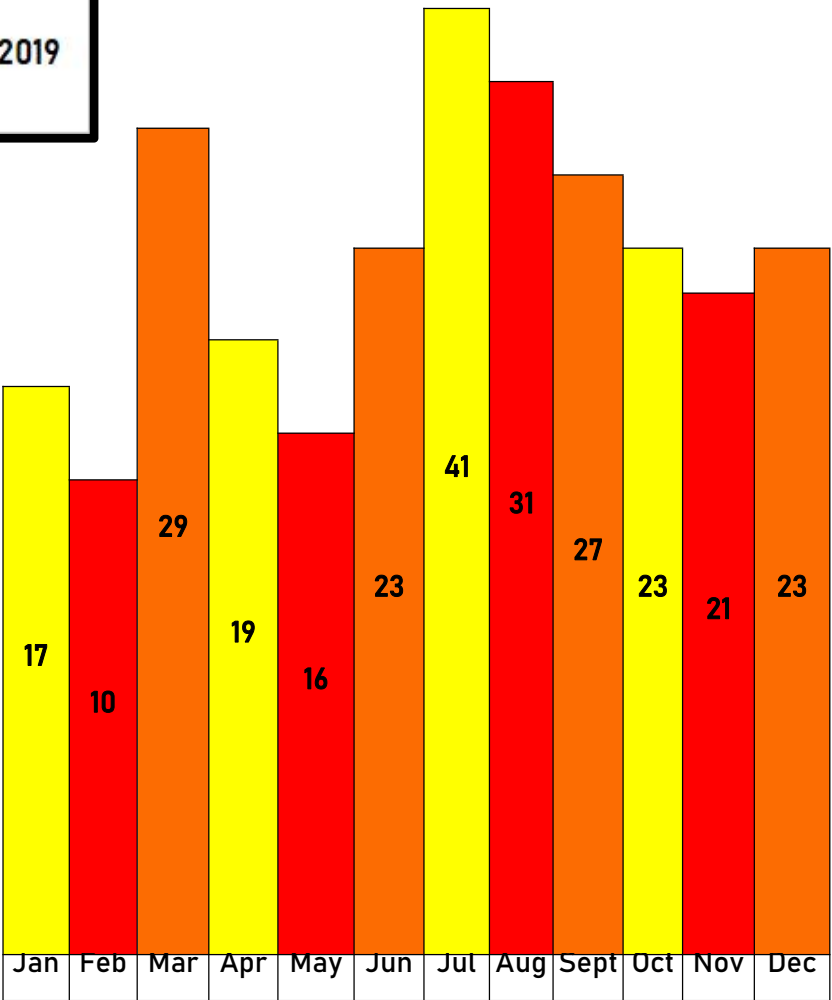
17 year old Syrian boy

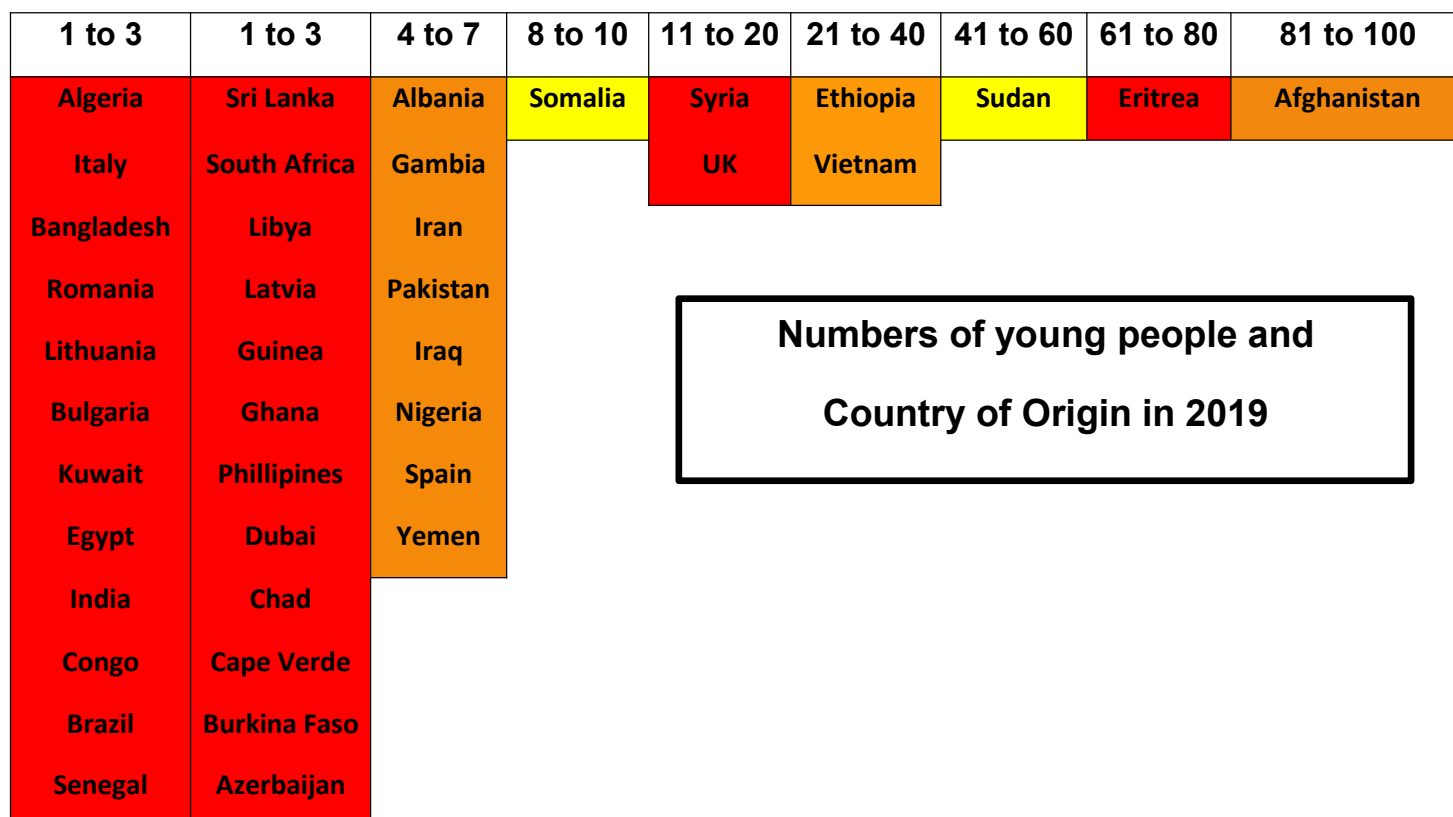
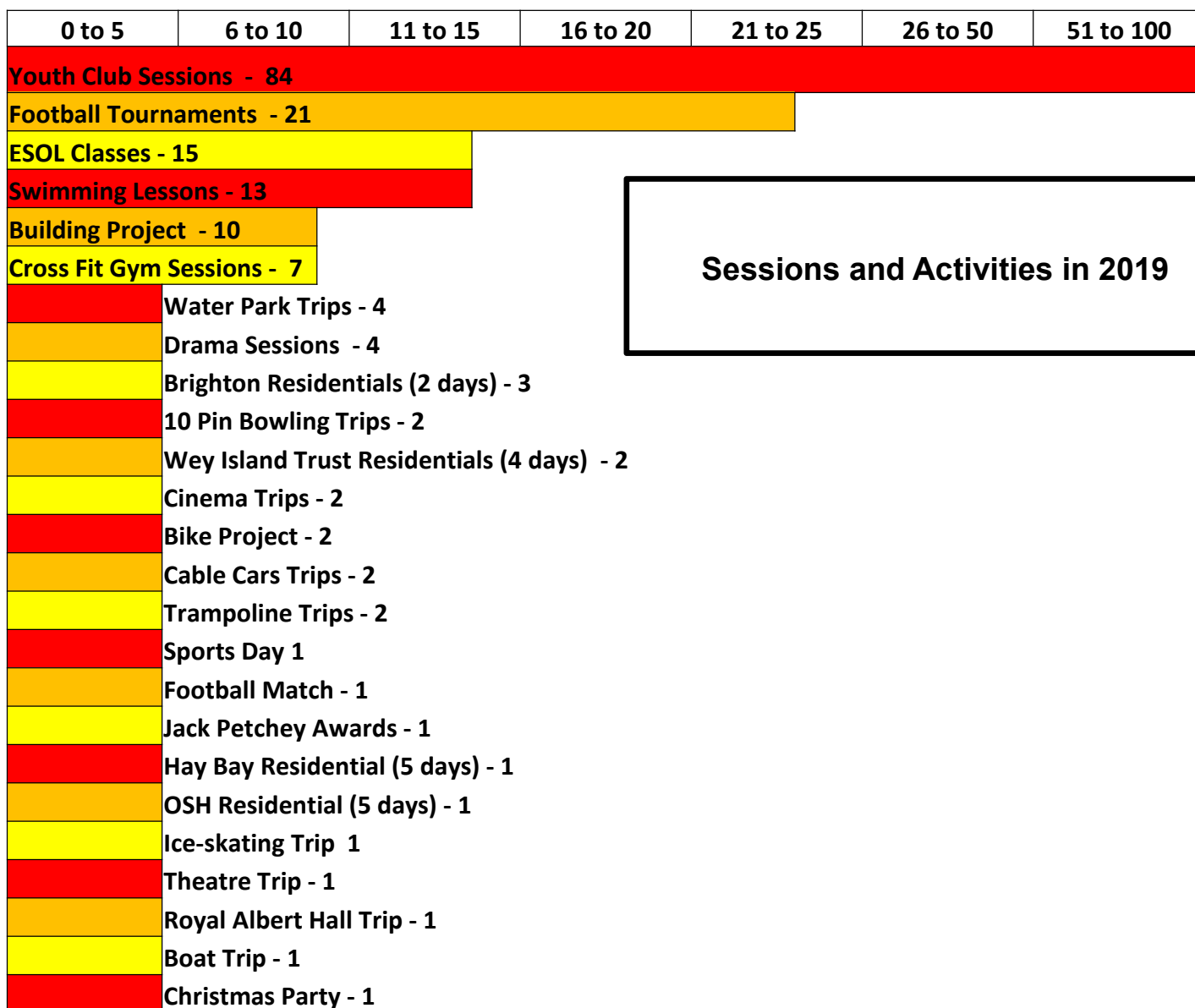
"So I will like to say I'm very happy to be with Dost and the staffs, they are lovely and friendly people to be with, besides all I can say is being with Dost Centre helps me a lot like, being bored, scared, unhappy, unsafe. Basically we use to go a lot of trips outside London, it really helps especially with us from different countries , it's hard to travel by ourselves but with Dost we being a lot of places in London, for that I'm very grateful for that, thank you! "

16 year old boy from The Gambia

Statistics

New Referrals in 2019





Trustees

Jim Minton	Chair	June 2017	Present
Michael Havard	Trustee	June 2017	Present
Maymuna Osman	Trustee	August 2018	Present
Gabriele Gestautaite	Trustee	October 2018	Present
Tommy Edwards	Trustee	December 2018	Present

Staff Members

Marian Spiers – Youth Work Programme Manager from 2009 – present

Richard Shittu - Volleyball Coach and Youth Worker from 2010 to present

Lauren Banton Williams - Youth Worker from 2018 to present

William Tweed - Youth Worker from 2017 to present

Ahmed Abul Hasnat - Football Coach from 2019 to present

Kelly Williams - ESOL Tutor from 2019 to present

Coltrane Morley-Williams - Football Coach from 2019 to present

Hugh Pottinger - Youth Worker from 2018 to present

Adnan Choudhry - Cricket Coach (Capital Kids Cricket) from 2018 to present

Wendy Lee - Accountant from 2018 to present

"Dost is a place where young people can find support, friendship and fun. Dost is a place for young people to be themselves, to have their successes celebrated and to learn from positive experiences. These things, that are so often taken for granted in the lives of many, may otherwise be absent for the young people that use this invaluable service."

Hugh Pottinger, Dost Youth Worker

Volunteers

We would like to thank all the people who have donated their time to help run sessions or to help out at trips and residential.

The following volunteers have helped out at Youth Club Sport Sessions, English classes, trips and residential during 2019:

Ali Abbas Alshimari

Jacky Lipson

Linnet Kaymar

Gabi Gestautaite

Mohamed Alkhalil

Alon Harshak

George Nicholls

Ishan Alam


Andy Buxton

Tommy Edwards

Cyrus Shahrads

Daniel Crilly

We would also like to thank Frances St John from CFCS (Child and Family Consultation Service) for providing supervision sessions.



"The environment fostered by DOST during the Tuesday sports sessions are incredibly inclusive and fun. There is something for everyone and the place is buzzing with energy. It's wonderful to see so many young people compete together with endless enthusiasm, utmost respect for one another and smiles on everyone's faces."

Ishan, Dost Volunteer

"As a volunteer I would say " I fully understand what it means to help people. I distinctly remember and would never forget that I was helped by such great volunteers . In other words " what goes around comes around and that is life ".

Ali, Dost Volunteer and Refugee

"Dost is an incredible project. It provides young refugees and migrants with the opportunity to make friends, learn new things, have fun, and most importantly have a regular safe space to 'be', in whatever way they choose. Week in and week out Marian provides a stable, welcoming home for some of the most vulnerable young people in our society. Her relationship with the participants is inspiring; she is there for them at all times and they truly value her for it. The young people thrive in the activities, which offer something for everybody and are run in an inclusive, warm way. The trips that Dost offers are also special for the participants, who don't usually get the opportunity to do exciting activities like residential holidays, ice skating and even attending concerts at the Royal Albert Hall.

I've felt honoured to volunteer at Dost over the last year, and to work with its fantastic staff, volunteers and young people. The atmosphere at the club is always friendly, energetic and engaging, and the young people clearly grow in confidence the more time they spend at the centre. As an English teacher, I've seen that the drop-in ESOL classes are particularly helpful for the participants, as a flexible, non-judgemental way for them to improve their language skills and progress in their college courses.

At a time when funding for youth services has seen a dramatic decline, there is more of a need than ever for the vital lifeline that Dost provides. The centre has built a loving community for young people with very few support networks, who are at risk of social isolation and the challenges that come with it. You only have to drop by one night and hear the laughs and see the smiles, to understand what a difference Dost makes."

Linnet, OSH Core Team Volunteer

Funders and Thank Yous!

We are very grateful to all our funders who support Dost in some way. We would like to thank BBC Children in Need, Tudor Trust, Esmee Fairbairn, Jack Petchey Foundation, StreetGames, London Youth, London Sport, Capital Kids Cricket, Frenchwood Family Trust. Without the support and faith of these funders, we would be unable to continue to offer so many activities and service provision to the young people and we would have limited impact. We are also grateful to Decathlon, Surrey Quays for their use of the football pitch and ongoing support and a big thank you to Katie Shakerifar for her long standing, continued support of Dost.

Thanks to Brighton Table Tennis Club for hosting us and always making us feel very welcome!

The Future!

We hope to continue running our very popular sports sessions, our English classes and will start swimming lessons again January. We will also be working with the Young Vic Theatre to produce a play and will be working in conjunction with the Newham Library service to run animations sessions and introduce the young people to the benefits of libraries. We will continue to run football sessions at Decathlon and will be running a bigger football tournament between other clubs in 2020 so lots to look forward to!

Stay tuned and get in touch if you'd like to be involved!

The trustees declare that they have approved the trustees report above.

Signed on behalf of the Charity's Board of Trustees.

Full name:

Jim Minton

Signature:



Position:

Chair of Board of Trustees

Dated:

20.12.19

"I am one of the people who are joined Dost Centre for long time, so today I came after short time I am been away but I found myself I can't be away for long because Dost it has been everything to us specially people who don't have family here.

When I came here giving me feeling of more familiar and sociality because of meeting new people and making new friends and letting us forget to much thinking of our previous experiences and journeys that we took to come here."

17 year old Sudanese boy



"About Dost, I don't know where to start...Dost offer me everything when I come here to right now.....I have friends, I have a lot of people around me, I have anything here because of Dost...before Dost, I really have nothing...no friends, no family, even bad feeling, bad remember, bad memories, everything but now everything I have in my life..I am studying, my English is growing too fast, I have a lot of friends – I have met them in Dost, OSH, Breadwinners...all the trips, everything, like museums, everything, everywhere, football play, Brighton, a lot of things, even the places I know, I know through Dost...Dost is my family really....the long, short history of the Dost..it's everything that happened to me in the UK....every time I am now happy, I'm not thinking about anything, my country, my family, what happened to me in Libya, I don't know disappear now everything ...before really like when I just come, I just stay at home, no place to go, like almost got crazy, even my foster carer try to take me to the doctor for mental health problems...now even I work and get extra money because of Dost....I don't know how to speak really to Dost....if I want to say something to Dost, I don't even know how to say it because everything, everything, any good thing happen to me in London, Dost is part of that things..so now Dost is my family in this country."

17 year old Sudanese boy

Accounts

No trustees were remunerated or received any expenses payments during the year.

Our charity insurance provides Trustee Indemnity cover against executive risks to the sum of £250,000.

Our reserves at year end were £46,366 of which £16,209 were restricted and £30,157 unrestricted.

Dost's reserves policy balances the need to build up long term reserves against the need for short term spending on core activities. The charity's reserves exist to provide short term protection against downward fluctuations in annual revenues.

Our accounts from April 2018 to March 2019 are as follows.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Dost Centre for Young Refugees and Migrants

1173622

Receipts and payments accounts

CC16a

For the period
from

01-Apr-18

To

31-Mar-19

Section A Receipts and payments

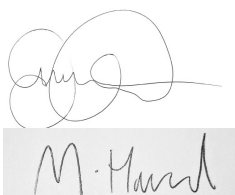
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and legacies	1,580	44,135	-	45,715	74,713
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,580	44,135	-	45,715	74,713
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,580	44,135	-	45,715	74,713
A3 Payments					
Wages / Salaries	-	32,555	-	32,555	9,880
Rent / Room Hire	-	4,927	-	4,927	3,393
Insurance	-	497	-	497	337
Bank Fees	-	122	-	122	41
Coaching & Youth Fees	-	6,893	-	6,893	1,417
Subscriptions / Other	1,488	12,144	-	13,632	368
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,488	57,138	-	58,626	15,436
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,488	57,138	-	58,626	15,436
Net of receipts/(payments)	92	13,003	-	12,911	59,277
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	30,065	29,212	-	59,277	-
Cash funds this year end	30,157	16,209	-	46,366	59,277

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank / in Hand	30,157	16,209	-
		-	-	-
		-	-	-
	Total cash funds	30,157	16,209	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE Payable	Children In Need	1,767	
	Pensions Payable	Children In Need	58	
	Wages Payable	Children In Need	1,295	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature



Print Name

Jim Minton
Michael Havard

Date of approval

14/01/2020
14/01/2020



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name

Dost Centre for Young Refugees and Migrants

**On accounts for the year
ended**

31 March 2019

**Charity no
(if any)**

1173622

Set out on pages

All previous

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 /2019**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

14 January 2020

Name:

Amanda Hall

**Relevant professional
qualification(s) or body
(if any):**

Address:

Counterculture Partnership LLP

Unit NH.204, E1 Business Studios, 7 Whitechapel Road

London E1 1DU

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.