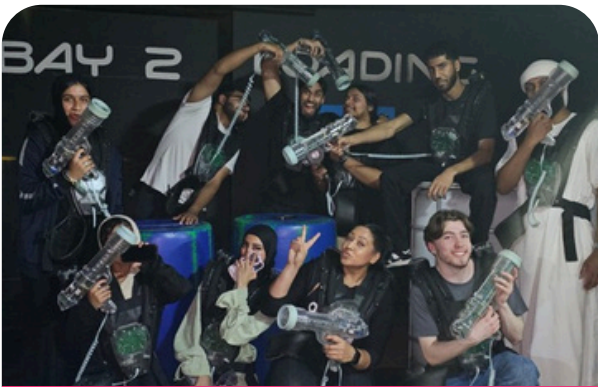


ASTON-MANSFIELD 2024-2025 IMPACT REPORT





Laser-tag youth activity



Little Manor activities on a trip out



I'm learning to look at where I was, what I have tried before and now see what my blocks are and how I will overcome them.

Participant



Young people showing off their nails at MOTIV nail art sessions



Journaling at our Women's Journaling Workshop



Staff training



Making tasty food



Fundraising workshop



I don't feel as alone anymore. The group gave me a sense of belonging.

Participant

WELCOME FROM OUR CHAIR OF TRUSTEES



This is my first opportunity to write the introduction to Aston-Mansfield's Impact Report, having joined the organisation as Chair in January 2025.



It has been a year of significant change for the charity. We made the difficult decision to sell one of our much-loved community buildings, Durning Hall, and relocated our offices and services to Manor Park.

During the same period, our long-standing CEO stepped down after 11 years of steady, impactful leadership. With an Interim CEO joining in January, the same time I began my role, it was a moment of transition on many fronts.

What has struck me most over these past months is that, despite the changes, the heart of Aston-Mansfield hasn't wavered. Every day, our teams continued creating safe, welcoming spaces for children, young people, and adults with the same passion and care that has defined this charity for generations.

This report is full of moments that capture that spirit: a child learning to ride their first bike; young leaders stepping up to shape their communities; neighbours finding connection and support; grassroots organisations accessing the knowledge

and guidance they need to strengthen their work. These are not just projects – they are stories of what happens when people are given the space and tools to lead their own change.

Newham is one of the UK's most vibrant yet economically challenged boroughs. This year, despite the internal transitions we navigated, our impact remained strong (see our Year in Numbers).

We supported not just individual wellbeing and resilience but also the neighbourhood infrastructure and civil society that make lasting change possible.

This year has shown me that the true strength of Aston-Mansfield lies in its people, the staff, volunteers, and communities who trust us to walk alongside them.

I am proud to share this Impact Report with you and to celebrate the work we have achieved together. None of this would have been possible without the generosity, commitment and belief of our supporters, partners, and funders – thank you for walking this journey with us and helping to keep our communities thriving.

Amanda Whiteford

Chair of Trustees



OUR VISION



We want to see more **children, young people and families** in Newham and east London leading happy healthy lives, realising their potential and unlocking their ambition.

We do this through four main areas of work:

Children & Families

Page 6

Youth Empowerment

Page 18

Mental Health & Well-being

Page 27

Community Development

Page 36

Using a community focused approach, we foster **opportunity, community** and **inspiration** to children, families and young people in Newham and east London.



OUR YEAR IN NUMBERS



In 2024-25, Aston-Mansfield's impact touched thousands of lives:

 **182**
children and young people

supported through **356**

sessions of breakfast club, afterschool club, and holiday schemes.


78 individual families

supporting

288 members accessed our Supermarket club



20+ community organisations

 strengthened via infrastructure training & coaching



210

residents with **serious mental illness** supported through trauma-informed care

65+

groups accessed space to run vital community services

150+

individuals participated in **well-being** and peer-led creative programmes 



441

young people engaged in youth development, heritage and leadership

40

volunteers gained skills, confidence, & connection through inclusive roles 



CHILDREN AND FAMILIES

CHILDREN & FAMILIES



the **Newham** context

One of the **youngest** populations in England

highest **unemployment** rate in London

45% of children live in poverty

24% residents earn below the **Living Wage**

Our work with Children and Families

We provided vital wraparound childcare and enrichment for families across Newham.

Fun, exciting activities for children to enjoy, learn **new skills** and gain **new experiences**

Allowing parents and carers to continue to **work, study** or attend to **other commitments**



Getting crafty with spray paints

CHILDREN & FAMILIES



WE WORKED WITH

182 children and young people

WE DELIVERED

356 sessions of afterschool, breakfast, & holiday clubs

In 2024-25 we delivered a comprehensive year-round offer through:

- The Little Manor Play Project
- The Holiday Activities and Food (HAF) programme
- The Manor Transitional Youth
- The Little Manor Supermarket

Together, these services supported hundreds of children and their families with high-quality care, learning opportunities, healthy food, and emotional support.



Enjoying the tyre-swing!

Key Outcomes

93% at The Manor reported improved mental health

86% were more physically active and healthier

83% reported reduced stress and anxiety

100% improved social communication and peer networks

79% felt a stronger sense of belonging

Families accessing the supermarket reported more nutritious diets, better budgeting, and improved wellbeing

Little Manor Play Project

Operating 50 weeks a year, the Little Manor Play Project offers affordable, accessible childcare for children aged 5-12. It supports working families, those studying or seeking employment, and families needing respite.

Afterschool Club

Staff collect children from local schools in Manor Park and walk them to our community centre. Children participate in engaging activities and enjoy a nutritious evening meal. Parents collect them at 6:00pm.

Holiday Playscheme and Breakfast Club:

During school holidays, we run full-day care from 8:00am to 6:00pm, including breakfast, lunch, and light snacks, based at Aston-Mansfield Community Centre.

Programmes are co-designed with children, encouraging them to explore their interests, build confidence, and develop self-esteem in an environment that values individuality.

CHILDREN & FAMILIES



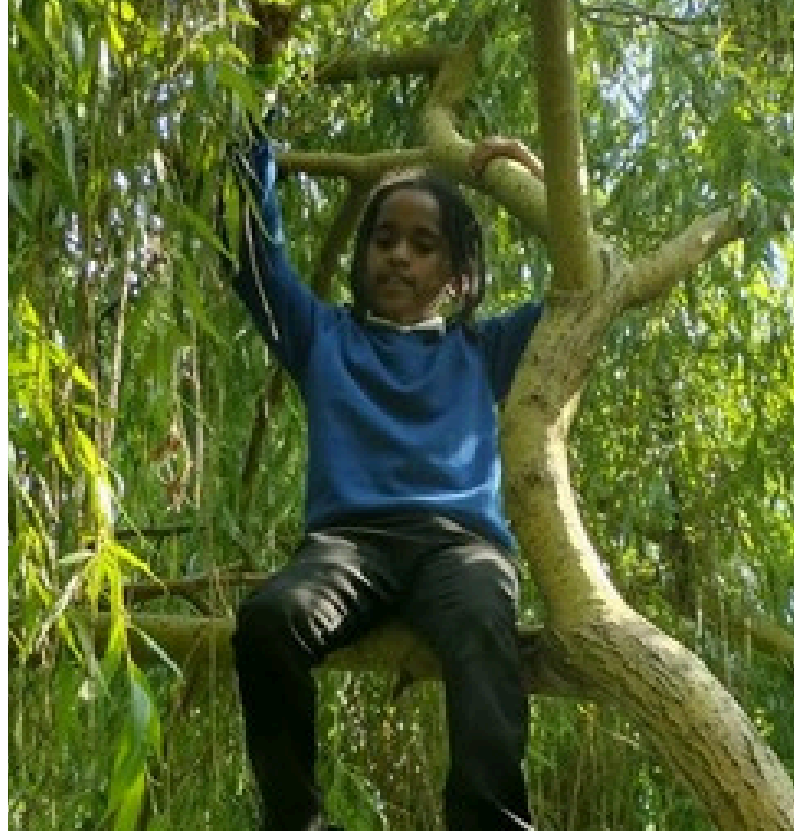
The programme helps to ensure:

Children

- eat healthily & keep active during the school holidays
- take part in engaging & enriching activities which support the development of resilience, character, & wellbeing along with their wider educational attainment
- are safe & not socially isolated
- develop a greater knowledge of health and nutrition
- are more engaged with school & other local services

Their Families

- develop their understanding of nutrition & food budgeting
- are signposted to services & support that would benefit them



"My son enjoyed it so much. He was coming home very excited about the trips and... tired after a day full of fun!"

"As a single working mum I wouldn't be able to provide those experiences. You made a massive difference to our small family." — Parent



Climbing trees after-school at the park!

The Manor Youth Project

CHILDREN & FAMILIES



The Manor is a transitional programme for young people aged 11-14, designed to support them in the early years of secondary school.

It runs during school holidays and focuses on building resilience, independence, leadership, and community connection.

93% at **The Manor** reported **improved mental health**

Activities

include team challenges, offsite trips, and physical experiences.

Workshops

address current issues and offer development opportunities.

Self-led Projects and Volunteering

are integral, enabling young people to co-create the programme and contribute to their community.



Learning self-defence

Little Manor Supermarket

CHILDREN & FAMILIES



Our in-house food club provides healthy, nutritious food to all families registered with our children's programmes.

Stocked with fresh produce from The Felix Project and City Harvest London, Little Manor Supermarket supplements meals we offer in our children's sessions and supports families to stretch their budgets.



Colourful vegetables at Little Manor Supermarket

During supermarket sessions, staff touch-base with families, assessing their well-being and giving them the opportunity to share any issues that they are struggling with.



families received free food and support

We have worked with families experiencing difficult issues, including


- bereavement
- poor mental health
- self-harm
- loss of income
- housing problems
- separation leading to parental conflict

Families that require additional support are given appointments to attend follow-up one-to-one sessions where staff support with practical tasks such as form filling, as well as accompanying parents to appointments where necessary, and signposting families to other services where appropriate.

288
family members

benefited from the Little Manor Supermarket





“Going to collect from the Food Club is a lifesaver for me, especially during the holidays.

I have 3 children but only one is the right age for HAF meaning I have 2 hungry kids at home during the day.

I can't put in words how much it helps me budget. I now delay doing my weekly shop until after the food club day, it makes such a difference.”

– A Parent

Delicious & healthy food for our Little Manor Supermarket

HAF - Holiday Activities and Food Programme

CHILDREN & FAMILIES



Funded by the Department for Education, HAF provides enriching activities and nutritious meals to children eligible for free school meals and those with SEND.

We worked with schools and social workers to identify and refer families. **All HAF children accessed our full holiday provision at no cost, with free access to the food club and wraparound family support.**



"The children couldn't wait to tell us about it when we returned to school..."

The staff went above and beyond to meet the needs of the whole family."

Christine Lewis, Deputy DSL,
Sheringham Primary School

Highlights included our cycle training programme, where many children learned to ride bikes for the first time and completed an 8-mile round trip along the River Lea – a new and empowering experience.



Keeping active with our 8-mile round trip along the River Lea

Mason's Story

CHILDREN & FAMILIES



Mason, aged 12, attended every session of The Manor during the summer holidays.

We had spoken to Mason's mum prior to the programme commencing. Mason had been diagnosed with autism in Year 6. His mum had made him aware of the diagnosis towards the end of Year 6 in preparation for secondary school.

Mason had spent the last year struggling with his autism diagnosis, often commenting that he does not "fit in".

After attending The Manor, Mason said:

I learnt how to make more friends

Mason's parents had also separated while he was in Year 6. The separation had not been amicable, and Mason had only seen his dad twice in the last year. This had led to Mason feeling rejected by his father because of his condition.

Mason didn't participate in any extra-curricular activity.

Mason was enthusiastic about the programme from the first day.

He contributed to the ground rules and the planning; however, he would sometimes feel overwhelmed in certain group situations.

He would be heard to say, "no-one is listening to me!" When this happened, he would leave the room and find somewhere quiet to sit. Staff would then talk to Mason, offering advice on how to deal with situations when he felt like he was not being heard.

After chatting to a member of staff, he would re-enter the session, **often appearing surprised at how welcome the group made him feel.**

After attending The Manor, Mason said:

I am in charge of my happiness. Focusing on positive things helps with my happiness.

Mason's Story (continued)

After attending The Manor, Mason said:

*I know about
different snakes
and their
environments.*

Instances of Mason removing himself from the group became less frequent as the summer progressed. It was evident that he was becoming much more comfortable with staff, opening up more about his emotions whenever he felt overwhelmed. Mason would often talk about people hurting his feelings.

This usually came about when other young people were joking around. For example, on one occasion while playing pool, a young person removed a ball from the table as a joke. It was a while before anyone realised and while most of the group found this funny, Mason became upset, stating that rules were being broken and that it was not nice to trick people.

The group became aware that Mason's sense of humour was unlike theirs and, recognising that he was sensitive to certain behaviours, were **more mindful of their actions when he was around.**

After attending The Manor, Mason said:

*I learnt how to be
a better teammate.*

Mason integrated with others more as the summer progressed. His participation in activities increased and **he very much enjoyed the volunteering aspects of the programme.** We remain in contact with Mason and his family.

After attending The Manor, Mason said:

*I learnt how to serve
parents in a shop
and be patient with
them even when
they are late for
their appointment.*



YOUTH EMPOWERMENT

YOUTH EMPOWERMENT



the **Newham** context

36.5% population **under 24**
(one of the highest in England)

73% rated their **mental health** as 1-3 out of 5

65% of wages **spent on rent**
(compared to 30% across UK)

1/3 of young people (11-19) live in **food poverty**

Our work with Young People

Our Youth Empowerment services empower young people aged 14-21 across Newham through creative, skills-based, and culturally responsive programmes.

In 2024-25, our work focused on:

PAID YOUTH LEADERSHIP ROLES **SAFE SPACES FOR GROWTH** **COMMUNITY COHESION**

HERITAGE

POWERFUL OPPORTUNITIES FOR DIALOGUE & DEVELOPMENT

LEADERSHIP



Important discussions at our 'Off the Block' young men's mental health session

YOUTH EMPOWERMENT



We delivered four key strands:

- the Motiv! programme
- New Voices for Old Stories (our heritage project)
- Youth Networking Event
- Community Iftar

441
young people
engaged



A MOTIV nail art session

“

My son is autistic and Motiv! is the only place he feels he belongs.

Parent

“

Since joining Motiv!, I've gained more confidence, and now speak in front of others.

I've made friends and learnt how to plan events.

Young Person

Key Outcomes

74

Motiv! sessions delivered, alongside

26

One-to-one mentoring sessions

38

participants in youth-led heritage storytelling

12

paid Young Facilitators trained and employed

3

youth-led community events, including:
Community Iftar, Black Heritage Event & Youth Roundtable

500

took part in borough-wide research on youth needs

New Voices for Old Stories

Culture & Heritage Programme

YOUTH EMPOWERMENT



This two-year initiative offers young people aged 16–21 a creative introduction to heritage, storytelling, and the history of Aston-Mansfield.

In 2024–25, 38 young people and two volunteers took part in activities designed to build archiving, research, communication, team-building, and digital storytelling skills.

Working in groups, young people reinterpreted stories from the archives. Their work will culminate in a celebratory community event showcasing their projects.



Our youth team and Young Facilitators plan for the heritage project

“

I never thought I'd be interested in history, but learning about our local archives and turning them into stories that people can connect with through modern platforms has been really interesting.

I've picked up many new skills... and made new friends too.

Participant, age 17

Motiv! Programme

YOUTH EMPOWERMENT



Motiv! supports 14–21-year-olds with meaningful, youth-led sessions designed to promote safety, build life skills, and increase community connection.

Delivered over 15 months, the programme combined social events, creative sessions, 1:1 mentoring, and targeted workshops.



Our paid Young Facilitators (aged 18–25), also received **professional development in youth work, project planning, and facilitation.**

Workshops explored themes including:

- peer pressure
- wellbeing
- personal safety
- community leadership

Residentials offered immersive learning with participants co-creating session plans and leading aspects of delivery.



Making delicious har gow prawn dumplings and chicken gyoza at MOTIV

Motiv! and New Voices for Old Stories

Across both Motiv! and New Voices for Old Stories, young people reported measurable progress in:

Social Inclusion:

Events like the Community Iftar and Youth Networking event fostered new friendships, intergenerational dialogue, and cross-cultural understanding.

Wellbeing:

Informal check-ins and wellbeing-focused sessions helped young people feel less isolated and better able to manage stress.

Decision-Making & Safety:

Risk-awareness workshops improved young people's sense of control over their choices.

Confidence & Self-Esteem:

Participants felt more comfortable leading, presenting, and taking ownership of projects.

Youth Leadership:

12 paid Young Facilitators developed transferable skills in youth work, public speaking, and teamwork.

Voice & Influence:

Two young people joined our board as trustees, embedding youth voice at governance level.

“

It's been amazing to see how much my son has grown in confidence. He comes home talking about everything he's learned, and it's great to know he has a safe space to be himself.

Parent

Youth Networking Event

YOUTH EMPOWERMENT



On 21st November, we brought together young people and local professionals for a Youth Survey Networking Event, exploring findings from our survey of 500 Newham-based young people.

Through interactive discussion and networking, attendees shared ideas on youth priorities and service improvement.

This dialogue directly informed our programme design and helped strengthen partnerships with local schools, youth providers, and policymakers.



young people
shared their
thoughts in
our survey

“

*My role as a Young Facilitator has helped me become **more confident and personable...***

I've gained soft skills I now use in all areas of life.

I feel trusted to plan and co-deliver sessions for young people who share similar experiences to mine.

Young Facilitator, age 22



Sharing the results of our annual Youth Survey at our Youth Networking Event

Community Iftar

YOUTH EMPOWERMENT



On 22nd March, we hosted a **Community Iftar** attended by over **50 residents, families, and young people.**

The event celebrated Ramadan as a space for **cultural learning, shared food, and community reflection.**

Guests from diverse backgrounds came together in a spirit of unity.

50 residents, families, and young people attended

“It created a meaningful space where young people could explore identity, ask questions, and just be themselves.”



Some of our Young Facilitators getting ready for the Community Iftar

Ahmed's Story

YOUTH EMPOWERMENT



Ahmed (a 17-year-old from Newham) was **disengaged from school**, had **low confidence**, and was at **risk of involvement in anti-social behaviour**.

Ahmed described feeling **disconnected from his peers** and uncertain about his future.

A concerned parent referred him to our Motiv! programme

Initially, he was hesitant – arriving late, staying on the edges of group activity, and rarely speaking.

Staff introduced him gradually to workshops on peer pressure, decision-making, and team-building.

Young Facilitators supported him with 1:1 conversations and encouraged him to set personal goals.

Recognising his interest in boxing, we invited him to co-facilitate a session.

He thrived - offering to volunteer regularly and later exploring college courses.



Today, he's applying to study Sports Coaching and attends weekly Motiv! sessions.

Ahmed's story shows the power of trust, peer support, and opportunities that reflect a young person's strengths and identity.

“

I'm more confident speaking in front of others now. I didn't think I'd say that.

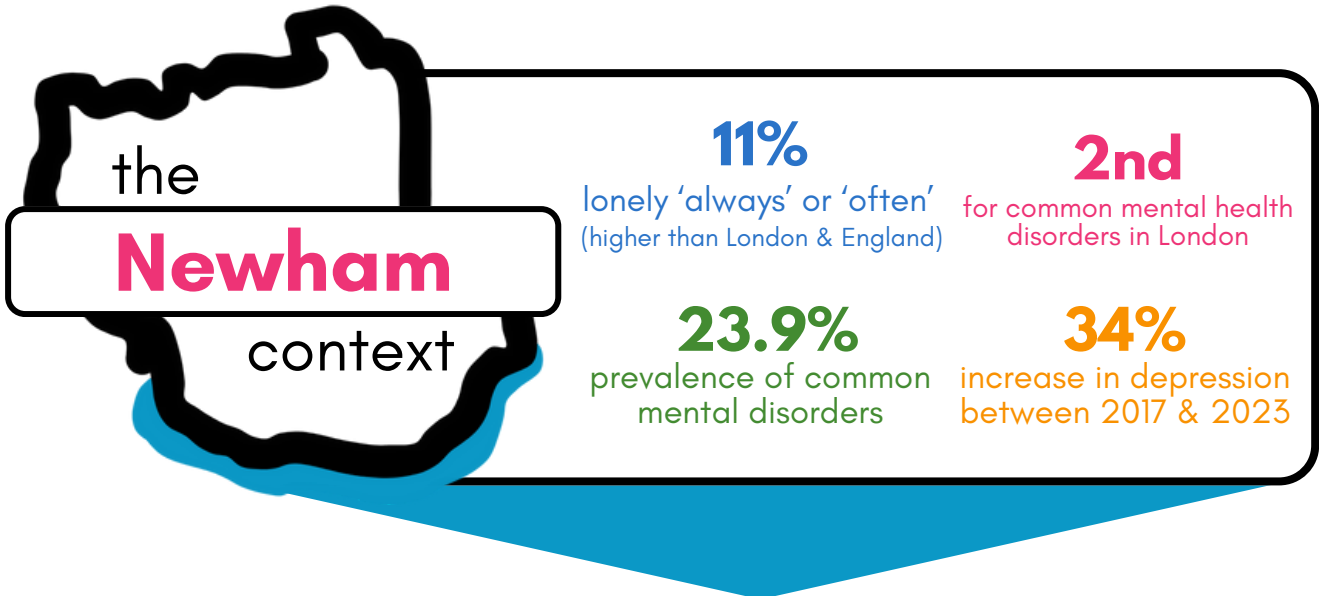
Ahmed



MENTAL HEALTH & WELL-BEING

Community Connectors

MENTAL HEALTH & WELL-BEING



Aston-Mansfield’s Community Connectors team supports residents experiencing serious and long-term mental illness (SMI) with social, practical, and non-clinical needs.

As part of the Community Integrated Mental Health Service (CIMHS), we deliver **wrap-around interventions** that:

- promote independence
- reduce social isolation
- help individuals re-engage with life in their communities

Our approach is relationship-driven and trauma-informed, grounded in the belief that everyone has the right to stability, agency, and meaningful social connection.

Support is provided either face-to-face or by phone, tailored to the preferences and capacities of each service user.

“ This is the first time I’ve felt I’ve had someone really listen to me. ”

Community Connectors

MENTAL HEALTH & WELL-BEING



Who We Support

We work with people facing complex emotional needs and diagnoses, including: severe depression, anxiety, schizophrenia, Emotionally Unstable Personality Disorder (EUPD) and Post-Traumatic Stress Disorder (PTSD).

Many of our clients experience persistent low mood, disconnection, and a lack of routine or motivation. Our aim is to help individuals move forward in ways that feel safe and sustainable.

Key Outcomes

210 Individuals were supported

326 one-to-one and group sessions delivered

59 trusted partners to which referrals were made

Outcomes include:

- reduced isolation
- improved access to services
- restored confidence



The help I got made a real difference. I'm now more independent and feel better about myself.

Your support helped me gain confidence to go out again and reconnect with people.



We support our service users by:

- Signposting to local activities, community groups, and befriending schemes
- Linking to housing, benefits, immigration, and legal support services
- Facilitating creative and therapeutic group work
- Providing advocacy and navigation across statutory and voluntary services

What Changed for People

Improvements in our delivery model led to stronger outcomes and deeper engagement:

Tailored support:

Through weekly joint case allocation meetings between North and South teams, service users are now matched more effectively with the right Connector.

Trusted partnerships:

Ongoing engagement with external organisations ensures our signposting is accurate, relevant, and sensitive to the changing needs of our service users.

Empowered staff:

Each Connector is encouraged to develop groups based on their skills and passions. These groups – such as Community Crafts – provide calm, creative environments where users feel safe and valued.

Resilience & connection:

Many clients who were previously disconnected are now accessing services, sharing openly, and developing coping strategies to manage distress and build confidence.

“

Being signposted to a local group gave me a reason to leave the house – I now have something to look forward to.

Paul, service user

User Stories

MENTAL HEALTH &
WELL-BEING



Ms A's Story

Ms. A was initially referred for help with financial and housing needs. She expressed reluctance to engage in social inclusion activities due to feeling overwhelmed.

As her relationship with the Connector developed, she disclosed multiple serious safeguarding concerns – including past abuse, self-harm, and suicide risk.

Our team worked closely with her therapist and local safeguarding services, making referrals to MARAC, Hestia, and the Home Treatment Team.

With support, she accessed crisis care, began building trust with mental health services, and took steps toward safety and stability.

Though she ultimately relocated out of borough, we helped her register with a GP and referred her into local mental health services. She now has more secure housing and can seek crisis help when needed.



Thank you so much for the support. I only asked for help with friends, but you've helped me with other things, like housing and free solicitor help! I'm really grateful!



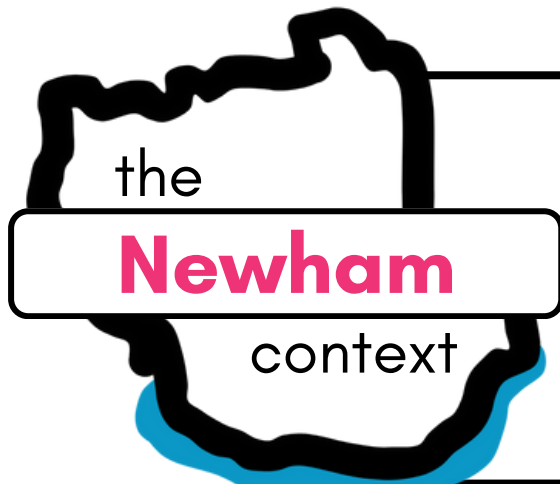
Paul's Story

Paul lost his wife recently and was left emotionally and practically overwhelmed. Unable to manage bills or seek help, he fell into rent arrears and isolation.

Our team supported him in applying for Housing Benefit and Council Tax Reduction, and worked with local partners to access food, debt support, and home essentials.

He now lives independently with improved financial security, and attends a local bereavement group and "Men's Shed" support circle.

Well-being Services



the
Newham
context

42.2% Identified as Asian	17.5% Identified as Black
55.5% residents with long-term mental health problems who are in work	3-4% Adults in UK diagnosed with ADHD

Building Preventative Well-being Support

In 2025, our well-being department placed prevention at the heart of its work, designing culturally responsive programmes to support adults navigating ADHD, the intersection of race and disability, and mental health challenges.

Through a combination of group sessions, one-to-one coaching, and online peer spaces, we created accessible, positive environments where people could strengthen their well-being long before reaching a point of crisis.

Key Outcomes

48 One-to-one coaching sessions
supporting personalised strategies for mental health and emotional regulation

60 Group Sessions including THRIVE, body-doubling, & men's journaling

10 Well-being Events in partnership with the NHS

8 Psycho-educational Guest Speaker Workshops in partnership with the NHS

12 Online body-doubling sessions for adults with ADHD
Averaging 18 participants each - reducing isolation & building routine

Well-being Services

MENTAL HEALTH & WELL-BEING



Black and Asian Men's Journaling Series

The Black and Asian Men's Journaling Series created a rare, culturally tailored space for men to explore their internal worlds, challenge mental blocks, and build resilience. With a 90% engagement rate, participants developed tools for reflection, goal-setting, and emotional expression.

90%
engagement rate

Participants gained new tools for reflection and goal-setting

95%
of participants would recommend the group to others

The program helped reduce isolation and increase emotional expression among men—a demographic that often struggles to access or engage with traditional mental health resources.

“
As men, we can often feel isolated. This group is a vital space to not only talk but to be heard and understood.
”

“
Learning so much and being encouraged to journal between sessions really demonstrated the benefits and importance of journaling for me
”



Sharing a meal together after a Men's Journaling session

Well-being Services

THRIVE

The THRIVE pilot programme supported 36 Black and Asian women on Newham’s NHS ADHD waiting list through psychoeducation, group and one-to-one coaching, and peer-led body-doubling.

I don't feel as alone anymore. The group gave me a sense of belonging.

The co-created approach reflected the intersection of gender, race, and neurodiversity, achieving tangible outcomes:

87%

reported a better understanding of how ADHD affects their lives

60%

reported fewer depressive episodes

80%

experienced reduced shame and isolation and improved self-esteem



A Women’s Journaling session

THRIVE helped me understand my ADHD and gave me tools to support myself better.

Well-being Services

MENTAL HEALTH &
WELL-BEING



Online body doubling sessions

Our online body-doubling sessions became a lifeline for adults managing ADHD, providing structure and connection in a safe, low-pressure environment. Meanwhile, the Guest Speaker workshops brought psycho-educational tools to a wider audience, blending clinical insight with lived experience to reduce stigma and empower participants.

By working in a preventative way and centring cultural and intersectional experiences, our wellbeing service to the community, not only supported individual mental health but also built networks of mutual support and resilience that extend far beyond each programme.



The workshops really helped my mind. I realise now how much I need this! It was liberating!



These outcomes reflect our commitment to early, community-led interventions.



*We bottle up a lot; our journaling group provides an outlet and helps us see that **we are not alone in our struggles.***



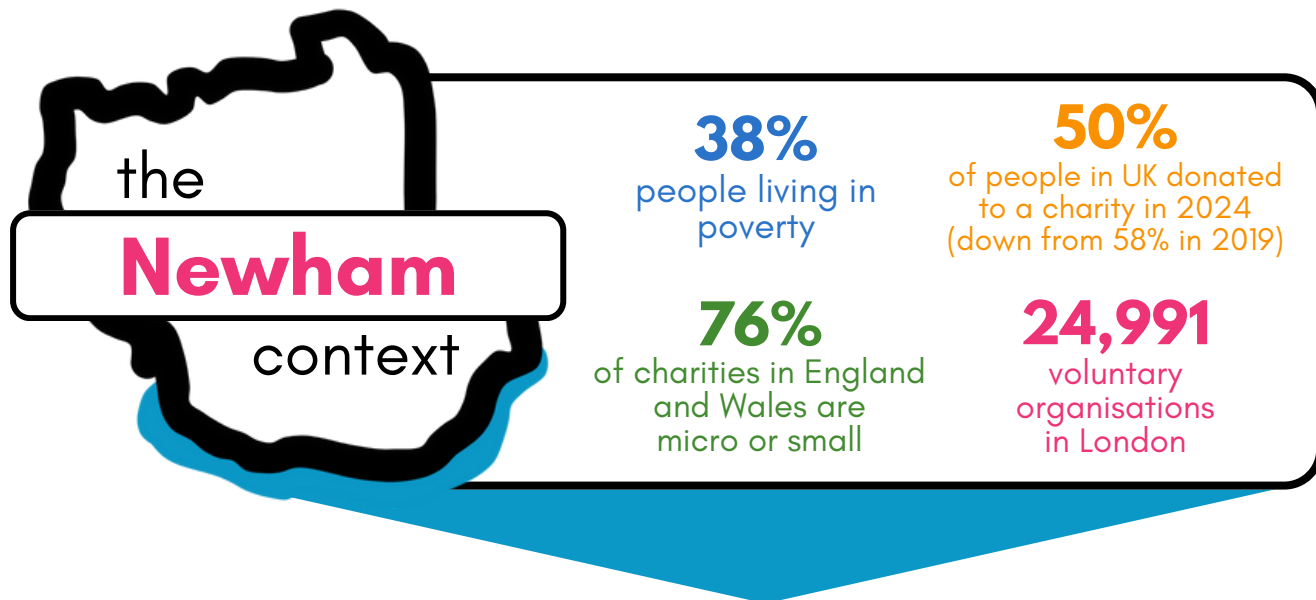
Making aromatherapy candles as part of a well-being session



COMMUNITY DEVELOPMENT

Fitter Finances: Investing in Health

COMMUNITY
DEVELOPMENT



Capacity Building and Organisational Resilience

Fitter Finances: Investing in Health is a four-year initiative (2023–2027) that supports grassroots health and wellbeing organisations across London by strengthening their financial sustainability.

Funded by City Bridge Foundation, the programme offers targeted support through one-to-one sessions, capacity-building workshops, community events, and strategic tools to build long-term financial resilience.

Key Outcomes

- 135** individuals supported with bespoke guidance & resources
- 50** organisations strengthened through direct capacity-building support
- 57** one-to-one sessions on governance, financial management, fundraising, and charity registration
- 9** workshops and events delivered, covering vital sustainability topics
- 7** training sessions conducted to empower community leaders

Fitter Finances: Investing in Health

COMMUNITY
DEVELOPMENT



At the heart of this work is a commitment to equity and access. We work with volunteer-led, small, and minoritised organisations that are often underfunded but essential to local wellbeing infrastructure. Our focus is to empower these groups with the knowledge, tools, and confidence to secure funding, manage finances effectively, and sustain their services.



The Newham Community Health Fair at Stratford Town Hall

Capacity Building grassroots organisations is a fundamental part of our theory of change as a charity alongside our services offered to individuals. We firmly believe that when local groups have the tools, knowledge and confidence to thrive, they create lasting change from within the community itself.

Key Achievements

£13k Grants secured for grassroots groups via 1-2-1 coaching

Contributed to the One Newham Conference, strengthening borough-wide partnerships

Re-launched AMCT Seed Grants as 'AMCT Plus' support in late 2024

Co-developed and delivered the Newham Community Health Fair (July) in partnership with One Newham, Newham Borough Council, and Compost London

96 attendees **58+** organisations
connected around health & well-being

Showcased our work at **3** community events

Fitter Finances: Investing in Health

COMMUNITY
DEVELOPMENT



This year also saw the creation of a sustainability toolkit, providing organisations with accessible resources on income generation, policy development, and financial planning.

Key Outcomes

As a result of this support, community organisations reported the following benefits:

- Improved knowledge and confidence in income generation, fundraising strategy, and grant applications
- Greater clarity around financial responsibilities, including bookkeeping, budgeting, and committee oversight
- Increased awareness of health and wellbeing initiatives across Newham, boosting outreach and participation
- Practical confidence to launch new services, open bank accounts, and secure digital infrastructure

Our tailored support helped previously underrepresented groups become more financially resilient, legally compliant, and community-focused in their planning.



The workshops provided invaluable guidance on financial management, exactly what our small organisation needed

Workshop participant



Running a session at the One Newham Conference

Fitter Finances: Investing in Health

COMMUNITY
DEVELOPMENT



Group A's Journey

Group A, a collective of women from minority backgrounds, approached us with a powerful vision: **to formalise their grassroots support work and register as a Charitable Incorporated Organisation (CIO).**

Although they had been organising peer support for socially isolated women, they were unfamiliar with charity governance and the registration process.

Over several months, our team supported them step-by-step:

- Developed their constitution and completed their CIO application
- Responded to Charity Commission queries
- Helped open a bank account
- Guided them through creating a website, setting up professional emails, and securing a domain name
- Connected them with a local IT professional for pro bono support
- Provided templates and guidance on essential policies and procedures

Group A is now a fully registered CIO, equipped with the tools to apply for funding, expand their reach, and lead with clarity and confidence.

They are already planning their first funded programme for women's wellbeing.



Running an Income Development and Diversification workshop

Community Building Hire

COMMUNITY DEVELOPMENT



Our venues serve as trusted neighbourhood anchors, where grassroots organisations, faith groups, and wellbeing providers run their own programmes.

“

This is a stable, welcoming space. Our women know it and feel safe here.

Community partner

“

Affordable, accessible, and friendly – that’s why we keep coming back

”

Key Outcomes

60+

community groups hired space

7

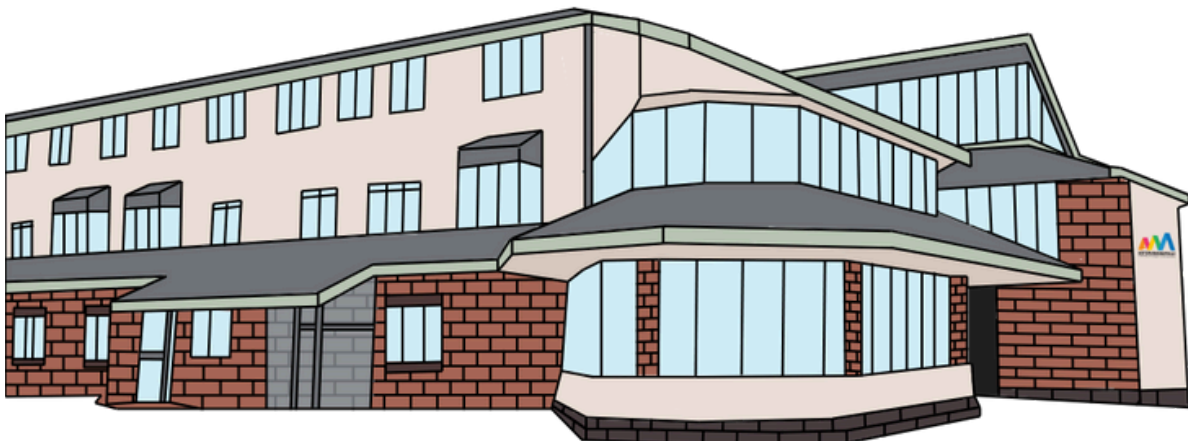
days a week spaces used

3

Locations offering space for hire

Events included:

- health screenings
- festivals
- youth clubs
- counselling
- ESOL
- and peer groups





VOLUNTEERING PROGRAMME

VOLUNTEERING



Volunteering has been at the heart of Aston-Mansfield's service delivery. From the longstanding charity shop to Durning Hall reception and online roles, the organisation provided meaningful and flexible opportunities to volunteers from a wide range of backgrounds and abilities.

What we did:

Supported 40 volunteers over the last year across:

- Charity shop operations
- Durning Hall reception
- Online support for wellbeing programmes

Hosted a 12-month placement for an international ICYE volunteer from Germany.

Delivered farewell celebrations for departing volunteers as Durning Hall and the charity shop closed.

Offered personalised coaching and milestone planning to help volunteers gain skills and move towards employment or further engagement.

Key Outcomes

40 Volunteers supported

12 Month international volunteer placement

Volunteers reported increased:

- confidence
- skill development
- social inclusion

Provided a pathway into employment for multiple volunteers with no UK work history

Continued opportunities for remote and hybrid volunteering, allowing for sustained community connection



Online volunteering allows me to volunteer in the borough I grew up in, even though I now live outside of London



Volunteer Stories

“

When referring clients with mental health challenges, I find it easy to speak with the volunteer manager and get them involved.

”

Volunteers included:

- Students (Years 10-11) gaining work experience
- Retirees seeking to contribute to community life
- Individuals facing physical or mental health challenges
- New arrivals to the UK working to build local experience

Volunteer Story

Three volunteers who were new to the UK had difficulty securing jobs due to a lack of local references.

Our volunteer manager accepted character references and helped them set clear milestones.

Over time, they built customer service experience, practised interview skills, and ultimately progressed to the interview stage in job applications —

a significant milestone for integration and independence.



“

Although the shop is closing, I am excited to come back to work on Aston-Mansfield projects.

It means that I get to volunteer in other departments and learn new skills.

”

REFERENCES



You can find links to all our references at our website:

www.aston-mansfield.org.uk/impact-report-2024-25/

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3. **Newham Council.** Market Position Statement Adult Mental Health May 2024.
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4. **NCVO.** UK Civil Society Almanac 2023.



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