



# The Monday Night Club

Registered Charity no: 1160646

## Annual Report

1 November 2018 - 31 October 2019

## Chair's Report

### Structure, Governance and Management

The Monday Night Club is constituted as a Charitable Incorporated Organisation and is governed by constitution. The CIO is a registered charity with The Charity Commission of England and Wales.

The Annual General Meeting was held on 4<sup>th</sup> June 2019. Trustees at this time were:

Miss Laura Gill, Chair  
Mrs Helen Gill, Treasurer  
Mr Richard Kenyon, Secretary  
Mr Max Dean

The Chair, Treasurer, Richard Kenyon and Max Dean were re-elected to their positions. Mrs Margaret Clarke and Mr Max Chesterman had resigned earlier in the year and a new trustee, Ms Hannah Phillips, was elected at this meeting.

### Objectives

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of recreational and leisure activities and support to live a more independent life.

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of being a member of a socially and economically deprived community but specifically for young people and adults with learning disabilities and autistic spectrum disorders in Worcestershire.

To further our objectives, we continue to organise activities every Monday evening and organise a football club on Thursday evenings.

### Future Plans

This year has been an exciting year of change for The Monday Night Club. We moved to a new venue, with a proper business arrangement, and concentrated our activities to appeal to members that most meet the criteria of social exclusion stated in our objectives. The board are moving forward with plans to professionalise the charity and make it sustainable and effective for a

long-term future. In 2020 the trustees will be co-producing, along with our members, a three-year strategy and business plan. The work involved in management, administration, compliance, fund-raising and organising our many activities has grown every year, and the board has taken the decision to employ a Chief Executive Officer, part-time, during the next financial year. We will aim to raise funds to build our reserves and fund-raising for sustainability will be part of the role of the Chief Executive Officer moving forward.

## **Policies and Procedures**

The following Policies and Procedures are in place in the organisation and they are reviewed annually at the Trustee meetings.

- Health and Safety Policy and Risk Assessment procedure
- First Aid Policy and accident reporting procedure
- Procedure for dealing with an accident or emergency
- Procedure for emergency evacuation
- Financial Policies and Procedures
- Confidentiality Policy
- Safeguarding Policy
- Recruitment and Training of volunteers
- Photograph and Video Policy
- Health and Safety Policy
- Equal Opportunities Policy
- Whistleblowing Policy
- Anti-Bullying Policy

The adoption and review of policies is an on-going duty of the Board.

Our bank account is with the Charities Aid Foundation Bank and its operation is governed by our Financial Policies and Procedures.

Risk assessments are carried out for all activities in accordance with our Employers Liability Insurance. We have separate insurances to cover disco equipment, the mobile disco and the football club.

## **Activities**

This year our activities have included:

- Themed parties
- Birthday parties
- A talent show in a local theatre
- Karaoke nights
- A summer barbeque
- Sports and games nights
- Football tournaments
- Dance and keep fit evenings
- Guest DJs and live music
- Guest entertainers
- Performances to watch

- Pottery sessions
- Paper craft sessions
- An awards night

### **Day and evening trips**

We organised day trips to Cadburys World and to Barry Island, taking a full coach (49) to each. In January we took 61 people, including support staff and families, to the pantomime at The Swan Theatre. These trips were partly funded by our fund-raising income and partly by ticket sales.

### **Special Events**

The Monday Night Club Has Got Talent was held at The Swan Theatre on Monday 7th October 2019. This was also our 8th birthday. Over 200 people came to see the show. We had invited judges from the local community and friends of The Monday Night Club. The event was covered on BBC local radio and social media, and was extremely well received. The winner this year was a performance poet, writing about his struggle with his mental health.

### **Football Club**

To further our objectives of providing social activities to excluded groups, we continue to train our own football team. Once again, we achieved FA Charter Standard Adult Club status. One of our members with learning disabilities is a qualified FA (Level 1) coach. One of our women players has started an FA Lionesses course to be trained as a FA Level 1 coach and referee.

The training of the team is supported by Worcestershire FA and Disability Sport Worcester. We belong to the Three Counties Ability Counts League, a disability football league, and play in six tournaments across three counties during the season. We also play friendly matches with other disability teams and welcome players of all levels, from beginners. The training sessions and friendly matches are open to men and women. The manager and coaches have achieved FA qualifications.

This was the second year of our 'Grow The Game' Football Foundation Grant to run a women's disability football team. We also received a Cash4Clubs grant of £1,000 and a Worcester Sports grant of £500.

### **Community Connections**

We have made efforts to increase our connections within the community and therefore promote our service to more people. During this year we moved to Worcester Arts Workshop. This has greatly improved our connections and opened up the wide variety of artistic and creative opportunities offered there to our members. We have actively sought collaboration with the Daisychain Benevolent Fund, Worcester Snoezelen, Speakeasy NOW, Disability Sport Worcester, Worcestershire FA, Malvern Cube, The Swan Theatre, Wild Goose Rural Training, The City of Worcester and Worcester Cathedral.

## **The RespectAbility Awards**

We have instigated our own Award call the RespectAbility Award. The initial funding was received from The Big Lottery, Awards 4 All fund. The aim is to promote achievements of the learning disability community to the public.

This year we have located three more permanent commemorative plaques around Worcestershire to celebrate the achievements of people with learning disabilities who have been successful in local and national politics, art, fund-raising, sport, writing and publishing, leadership, independence and employment. There are now six plaques in public places. The plaques were unveiled in ceremonies attended by prominent people including Mayors, MPs, The High Sherriff of Worcestershire, an Olympic medallist and city and county councillors. A short film has been made about each winner and published online.

## **Income and Expenditure**

Our funds are generated by grants, donations and our £1 entrance fee. Our total income for the year was **£43,348**.

We benefited from a restricted grant from The Tampon Tax of £7,760 to develop young women volunteers. We also received grants and donations from Worcestershire Councillors Divisional Fund and the Co-op Communities Fund.

We received a development grant from a private individual with connections to the club of £20,000. We will use this to grow and develop our service and community. The parent of one of our members took part in an Ironman Challenge and raised £1,392 which he donated to the Club.

The greatest proportion of our funds was spent on sessional activities on Monday nights – organising parties, paying entertainers and other sessional workers – and contributions towards the cost of day and evening trips. There were small costs for volunteers' expenses, printing and office expenses. Our total expenditure for the year was **£17,075**

We have carried forward **£30,698** at the end of the year.

## **Outcomes**

This year we have focussed on training, mentoring and developing our young women volunteers.

The women volunteers have formed strong friendship groups and learned new skills in speaking up, their human rights, mental health awareness and first aid. Our regular evening clubs help to prevent isolation and loneliness and this in turn improves the health and well-being of our members with disabilities, whose choices for socialising may be limited by their situation.

As well as this outcome all of our volunteers have reported that their skills and confidence have improved by taking part in the activity. One young woman

football player is training to be a FA football coach and referee, and another has got a job as a care assistant.

Our women volunteers have become role models, who can and will support other young women going through similar experiences, especially our young mothers with a learning disability.

We now have a strong group of volunteers who have come from amongst the members of the club. They play a large part in the organisation of club activities. Several members have gained paid employment, apprenticeships, or other rewarding voluntary work this year. Others have moved out of the family home, special college, or care homes to live independently.

All our volunteers are entitled to wear the special Queen's Award for Volunteering badge, recognised as the MBE for groups.

Strong bonds of friendship have formed amongst the members and are continued outside the club. This is particularly important to learning disabled and autistic people who find it difficult to make, and keep, friends and often feel socially excluded and isolated. Their parents, carers and families also benefit by mutual support and shared experiences.

Our members include young care leavers, who may have mild learning disabilities and behavioural challenges. They are not supported by the social care services and are learning to live independently, on very low incomes, some with no support at all. We try to make them feel a valued part of our community and they are often chosen as volunteers.

The football club continues to improve the health and well-being outcomes for our members, and significant improvements can be seen in the players in the last year. Our volunteers have given up their own time in complying with the training requirements of the FA.

We continue to publicise the club and new members come from various sources, including word of mouth, recommendation by social workers and press coverage. We communicate by email newsletter, print, social media and keep our website current.

We succeeded in our aim to find a more suitable and community-friendly venue for the club at Worcester Arts Workshop, where our members could take part in creative activities and volunteering roles offered on other days besides Mondays. We want to continue to grow, to offer more activities, forge more links to the wider community and to be a positive influence on as many socially excluded people as possible in the coming year.

Signed

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Laura Gill

Chair, The Monday Night Club Trustees  
December 2019