



The Monday Night Club

Registered Charity no: 1160646

Annual Report

1 November 2020 - 31 October 2021

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 Trustees on 31st October 2021 were:

Ms Laura Gill, Chair
Mr Richard Kenyon, Treasurer
Mr Max Dean
Ms Rachel Betteridge
Mr Stephen Gipson
Mr Ashanti Brazier Olatunde

Alison Rankin Frost (appointed 2nd February 2021)

Ms Hannah Phillips (retired 13th April 2021)

Charitable 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.

Our Mission

To provide social and recreational activities for people with learning disabilities and / or autism, aiming to improve their health and well-being, and support them to lead more independent lives.

Our Vision

To live in a society where people with learning disabilities and / or autism are treated equally, given respect, recognised for their achievements and welcomed everywhere in the community.

We Believe

Staying connected, keeping active, finding friendship, being creative and being recognised are all part of a happy and healthy life. We strive to prevent our members from being isolated and enable them to keep in touch with their friends.

Core Values

Our core values are Respect, Dignity, Health, Happiness, Inclusion and Recognition.

These values are embedded in the four themes we build on to achieve our objectives and our Vision.

1. We respect all our members, staff and volunteers as individuals. We respect their choices, beliefs and values and uphold their Human Rights.
2. We strive to improve the health and happiness of our members, staff and volunteers in everything we do. Our activities are designed to improve physical and mental health and promote healthy lifestyles.
3. We listen to and inform our members. We listen to what they want and involve them in future planning. We communicate with them in ways they understand, adhering to the Accessible Information Standard, and provide any communication support they need.
4. We recognise and reward achievement. We promote the charity in the public domain and highlight the successes and achievements of our members and volunteers. We reward individual and group success.

Policies and Procedures

Copies of all MNC Policies and Procedures can be downloaded from our website. 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.

The Board keeps a Risk Register, reviewed and updated at every Board meeting. 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 FA-affiliated football club.

2020-21 The Year in Review

The Covid-19 pandemic continued to dominate our activities in the first six months of this financial year. Funds received previously could not be spent as anticipated and we had carried forward over £7,000 unspent in project funds from the last financial year. However, the changing circumstances encouraged us to expand our activities to meet our themes, especially to improve the health and happiness of our members, and to listen to them and involve them in everything we do.

Our Covid Response

November 2020 saw another lockdown and many of our activities had to stop once more. We confirmed that we were officially a 'support group' (with Worcestershire County Council) so could continue to meet in groups of 15 at that time, keeping Covid-safety precautions, as laid out in our Covid Risk Assessment. Football training was cancelled, and we paused our weekly walks. We continued with the drumming sessions in person and the online Art Club. The 'Happy Confident Me' anxiety management sessions continued one-to-one, or in small groups. These activities were funded by a TNL emergency fund for our project 'Circles of Support'.

There was a brief respite in December (Tier 2) and our walking groups and football training could take place, before another lockdown in January. Our planned healthy eating and lifestyles activity, MNC Saturday Kitchen, started online instead of in person, and our multi-sports club was also delayed. Many of our members were suffering from loneliness and isolation. We had a mountain to climb to get back to normal and back together again.

We published our MNC Roadmap to getting back together in March, to prepare the way for the future, and had much positive feedback from members, carers, parents and support companies. The first stage was walking in groups of six as soon as allowed, then drumming sessions (in our support group of 15) and Saturday Kitchen and then the first night in our new venue.

We held the first Monday evening at Royal Porcelain Works in May 2021. At this stage the maximum allowed was 30 people. This new venue opened up possibilities for many other activities, and we held yoga sessions, story-telling sessions, games evenings, keep fit and film nights. Our healthy eating community kitchen was running from early April 2021 and has been fully-booked almost every week.

We were able to arrange our first day trip since before the pandemic in August taking a full coach to Drayton Manor Park for the day. And in October held the much-missed 'MNC Has Got Talent' show again. The first celebration of our 10th anniversary.

Our Football Club

The training of the team is supported by Worcestershire FA and Disability Sport Worcester. Once again, we achieved FA Charter Standard Adult Club status for this season. We belong to the Three Counties Ability Counts League, unfortunately suspended for this 20-21 season due to the pandemic.

We continued training after the two lockdowns, as soon as allowed by the FA and following FA Covid-safety guidelines. Our league organised a Football Re-start Festival in the summer and both our club's teams reached the final. The league will re-start for the 2021-22 season.

One of our female players gained her FA Level 1 coaching and referee's qualification and eight players achieved 'The FA Playmaker' qualification during the year.

Community Connections

We have actively sought collaboration with Mobilise, the legacy project of Worcester Arts Workshop, Worcester Snoezelen, The Museum of Royal Worcester, Speakeasy NOW, Disability Sport Worcestershire, Worcestershire FA, Vamos Theatre, Worcester Theatres (previously Worcester Live), Worcester Festivals, Dancefest and Worcester Cathedral. Three of our volunteers received High Sheriff of Worcestershire Volunteer Awards for their work with our charity. Our CEO attended The Learning Disability England National Conference and took part in Worcestershire People's Parliament annual debate 'The Effects of Covid-19 on People with Learning Disabilities in Worcestershire.'

Income and Expenditure

Our funds are generated by grants, donations and entrance fees. Our total income for the year was £28,038.

We received two grants at the end of this year, in October 21, distributed by Worcestershire Community Foundation for Covid Response, (£4,620) and Covid Recovery (£9,300). These will be carried forward for next financial year to fund both continuing and new activities.

Our football project received £3,521 in grants from the Football Foundation, Made By Sport and Worcester Sports grants. We also raised £2,100 to fund our first Summer Art Exhibition from The Elmley Foundation and WCC Divisional Funds. Our activities generated £4,100.

Expenses incurred include staff costs, venue hire, sessional staff and football training costs. We also developed a new website during the lockdowns for a cost of £2,500. Our total expenditure for the year was £34,899.

The net income at the end of the year was -£6851. However, we had funds unspent because of the pandemic in 2020 to spend. We have £51,480 in total funds at the end of the financial year.

Outcomes

Our theme for this year was 'There is No Planet B' and we hoped to raise awareness among our members that the future of our planet is everyone's responsibility.

Our members include young care leavers, who may have mild learning disabilities and behavioural challenges. They are not supported by the social care adult 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. We have found that, once given responsibility, these young people are very dedicated and loyal volunteers. They have a sense of ownership of our club and our motto, Run By Us, For Us.

At the end of October 2021 we have 110 active members, 51 registered in our football club, 20 volunteers, and 9 hours of activities each week, attended regularly by 80 people with learning disabilities and / or autism. Our social media accounts are busy and active.

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 during the pandemic.

The football club continues to improve the health and well-being outcomes for our members, and our new MNC Saturday Kitchen continues to support our theme of Health & Happiness.

Looking Forward

We will continue to uphold our values of Respect, Dignity, Health, Happiness, Inclusion and Recognition. This year, 2021-22 our theme will be Health & Happiness and support the recovery from the pandemic by encouraging healthy lifestyles.

The Monday Night Club will continue to arrange social, healthy lifestyle and sporting weekly activities and events for adults with learning disabilities and autism in Worcestershire.

We are building on our activities and plan to include a new weekly multi-sports club, a Sports Day, more day trips and a weekend away trip for a small group. Our new Monday venue will enable us to expand the range of activities on offer.

We want to continue to grow, to offer more activities, forge more links with the wider community and to be a positive and supportive influence for as many people with learning disabilities and / or autism as possible in the coming year.

Signed



Laura Gill

Chair, The Monday Night Club Trustees