



**The Monday Night Club**

**Registered Charity no: 1160646**

**Annual Report**

**1 November 2022 - 31 October 2023**

## **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 31<sup>st</sup> October 2023 were:

Ms Laura Gill, Chair  
Mr Stephen Gipson, Treasurer  
Mr Max Dean  
Ms Rachel Betteridge  
Mrs Samantha Wilkes  
Mr Ashanti Brazier Olatunde  
Alison Rankin Frost

### **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 autistic people, 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 autistic people 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 are published on our website. The adoption and annual 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.

## **Presentation of the Annual Accounts**

Our annual accounts reflect the activities and projects of the charity. A full breakdown of these activities can be found on Page 11 of the accounts. The Administrative Assistant closely monitors expenditure and income, and our Treasurer reports our financial position to the Trustees every quarter. Our bespoke financial monitoring system allows us to make management decisions in advance and budget effectively.

## **2022-23 The Year in Review**

I am delighted to present the annual report for our small charity, The Monday Night Club, which has provided social opportunities for adults with learning disabilities and autistic people for over 12 years. It brings me great joy to share the remarkable progress we have made over the past year, as our activities and projects have expanded, funding has been secured, and we have reached an increasing number of individuals.

I extend my heartfelt appreciation to our devoted team of volunteers, whose steadfast dedication has played a pivotal role in our achievements. Their ceaseless efforts have enabled us to orchestrate a large variety of captivating and inclusive activities, profoundly impacting the lives of our beneficiaries. From facilitating skill-building sessions and attaining new qualifications, to organising recreational outings and fostering social connections, we have nurtured a profound sense of belonging and empowerment among our members. Notably, this year's volunteering project, 'Leading the Way', received almost £10,000 funding through the #iwill Youth Social Action Fund, created by the Department for Digital, Culture, Media and Sport and The National Lottery Community Fund.

Our charity has undergone substantial growth in the past year, achieving notable advancements in both impact and outreach. Securing funding from grants and forging strategic partnerships has empowered us to broaden our services and embark on new projects designed to address the unique needs and interests of our beneficiaries, and has allowed us to enhance the quality and accessibility of our programmes. This ensures that individuals with learning disabilities and autism have access to vital opportunities for personal growth and social interaction.

This was Year 1 of our three-year partnership with C&T, a local drama and technology company, funded by The National Lottery Community Fund. Together we are creating a portfolio of interactive walks around Worcestershire to encourage walking exercise for people with learning disabilities and autistic people. Digital technology can offer these individuals innovative ways to experience and derive the numerous health benefits of walking.

During the latter half of the year, we worked in partnership with the Museum of Royal Worcester to create a sensory trail around the museum with the aim of opening it up to new audiences. Funded by the Association of Independent Museums and the National Lottery Heritage Fund, we worked with food artist Kaye Winwood to explore Worcester porcelain's food and drink stories through sensory experiences. The Sensory Trail we helped to create is now a permanent feature of the Museum.

As part of this project, we visited National Trust's Croome Court and were asked to take part in their community outreach project to create a sculpture trail in the grounds of Croome during December 23. This will be called the Seven Birds of Croome and we will work with an artist to design and paint one of the seven large bird sculptures.

The Co-op Local Community Fund supported MNC Saturday Kitchen this year and the Commonwealth Games Legacy Fund supported Wednesday Sports Club until April 23.

## **Community Connections**

Our charity's Vision, to be 'welcomed everywhere in the community' is evolving and improving every year. I am proud to share that our efforts to raise awareness and expand our network have yielded remarkable results. By actively engaging with the arts and heritage sector, local schools and community centres, sporting bodies, health authorities and other organisations, we have broadened our reach and touched the lives of an ever-growing number of people. Our collaborative approach

has fostered meaningful connections and forged partnerships that have further strengthened our ability to create positive change in the lives of those we support.

We have actively sought collaboration with Worcester's Royal Porcelain Works, The Bransford Trust, Museum of Royal Worcester, Black Country Museum, NT Croome, Christopher Whitehead Language College, Worcester Community Trust, Worcestershire Voluntary and Community Alliance, Speakeasy N.O.W., Disability Sport Worcestershire, Worcestershire FA, Freedom Leisure, England Football, Lawn Tennis Association, NHS Integrated Care Scheme for Herefordshire and Worcestershire, Red Cross Training, Vamos Theatre, Anjali Dance Company, Worcester Theatres, Worcester Festivals, Worcester Carnival, Dancefest and Worcester Cathedral. The Monday Night Club received a High Sheriff of Worcestershire Award for our work as a charity and our football club won the Goodwill Cup in the Three Counties Ability Counts League.

Our robust social media presence, marked by a substantial and engaged following, plays a pivotal role in our comprehensive communication strategy. Serving as a cornerstone in our marketing efforts, it not only attracts new members and volunteers but also serves as a dynamic platform for fundraising. Additionally, our active presence on social media significantly amplifies our outreach, connecting us with a broad spectrum of supporters and stakeholders alike.

### **Moving Forward**

We have now left the challenges of the COVID years well behind and I believe that we emerged as a stronger, more active, and more focused organisation. Our core value of Health and Happiness has been our main focus this year, and I believe we are also upholding and achieving in all of our other core values of Respect, Dignity, Inclusion and Recognition.

This coming year, 2023-24 our theme will be "Anything But Ordinary", recognising and promoting the individual and group achievements of our community of people with learning disabilities and autistic people. We will continue to promote healthy lifestyles, foster good mental health, and build skills and resilience.

Anticipating the future, we approach it with optimism and resolve to strengthen the groundwork we have laid. Encouraged by the ongoing backing from our community and the unwavering commitment of our staff and volunteers, we are confident in our capacity to expand our influence in the upcoming year. Collaboratively, with co-production, we continue to deliver a secure, inclusive, and supportive space for adults with learning disabilities and autism, creating an environment that empowers them to flourish and thrive, and realise their utmost potential.

It is through the collective efforts of our CEO, Trustees, staff, volunteers, members, their families and their support staff, and all our supporters, that we can create a more inclusive society and transform lives.

### **Income and Expenditure**

Our funds are mainly generated by grants, donations and entrance fees. Our total income for the year was £63,903.

We received grants from the Co-op Community Fund, The Commonwealth Games Legacy Fund, the High Sheriff's Fund, The National Lottery Community Fund and the MRI UK Foundation. We also received several generous donations from private donors. This year we made £10,349 from our activities – almost £2,000 more than

last year.

Expenses incurred include staff and office costs, training, venue hire, sessional staff, marketing and insurance. Our total expenditure for the year was £27,984.

The net income at the end of the year was £7,453. We have £36,386 in total funds at the end of the financial year.

## **Outcomes**

Our theme for this past year was “Happy Confident Me”, continuing to raise awareness of healthy lifestyles and resilience among our members.

Our members include people with mild learning disabilities, older autistic people and individuals with behaviour that can challenge. Many are not supported by social care adult services and are trying to live independently on very low incomes, some with no family support. We aim to make them feel a valued part of our club and they are often chosen as volunteers. We have found that, once given responsibility, this group of 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 2023, we have 172 active members. Of these 70 (average) attend Monday nights, 24 attend football club, 15 attend Saturday Kitchen and 15 attend Sports Club. We run 8.5 hours of activities each week, attended regularly by over 90 people with learning disabilities and / or autistic people. This results in approximately 190 contact hours per week.

Meaningful friendships have flourished among our members, extending beyond the confines of the club. This holds special significance for individuals with learning disabilities and autism, who often encounter challenges in initiating and maintaining connections, leading to feelings of social exclusion and isolation. The positive outcomes extend to their parents, carers, and families, fostering a network of mutual support through shared experiences.

Signed

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Laura Gill

Chair, The Monday Night Club Trustees