

The Monday Night Club
Chair's Report
for the Year Ended 31st October 2025

This year our theme has been *Assume That I Can* — and throughout the year we have seen, time and again, just how powerful that belief can be. Our members continue to surprise and inspire us with their creativity, confidence, and determination, achieving things that challenge expectations and change perceptions.

It has been another busy and successful year for The Monday Night Club. Our weekly programme remains at the heart of everything we do, providing much-needed evening and weekend opportunities for adults with learning disabilities and autistic people. Monday nights continue to thrive, regularly welcoming over 100 people each week, creating a vibrant, inclusive space full of music, dancing, friendship and joy. Alongside this, our Wednesday Sports Club, football sessions, and Saturday Kitchen continue to offer opportunities to stay active, learn new skills, and build confidence.

This year we have also expanded and strengthened our programme in exciting ways. One of the highlights has been the development of our *Farm to Fork* project at Bransford Community Farm. These regular Saturday sessions have given our members the opportunity to connect with nature, grow and harvest food, and cook and eat together, bringing enormous benefits to wellbeing and happiness. We are delighted that funding has now been secured to continue these sessions, ensuring that Saturday Farm remains a key part of our programme going forward.

Our Saturday Kitchen project has continued to go from strength to strength. This year we successfully created, tested and launched a series of healthy cooking videos, which are now being shared widely with care providers, health professionals and community groups. It has been wonderful to see our work reaching far beyond our own sessions and supporting others to live healthier lives.

We have enjoyed a wide range of creative and cultural opportunities this year. Our annual Summer Art Exhibition, *Assume That I Can*, showcased the talents of our members and reinforced the importance of visibility and recognition. Members have also taken part in professional opportunities, including working as paid models for PhotoSymbols, contributing to national resources that support accessible communication.

Our programme of trips, workshops and experiences has continued to grow, alongside new partnerships and collaborations across Worcester and beyond. From theatre performances and museum visits to media opportunities such as our collaboration with BBC Hereford & Worcester, our members have been at the centre of activity, creativity and community life.

A major milestone this year was our first fundraising concert, *Suites and Serenades*, performed by The Beauchamp Chamber Orchestra. This was a wonderful evening and raised vital funds to support our work.

Our sports provision remains a vital part of our offer. Our football teams continue to compete successfully, while our inclusive sessions ensure that everyone can take part, regardless of ability. Across all activities, the focus remains on participation, enjoyment, health and friendship.

This has also been a very successful year for fundraising. Following a conscious decision to prioritise this area, we have secured a number of significant grants and ended the year in a strong and secure financial position. This stability allows us to plan confidently for the future and continue developing our work.

We have continued to invest in our people. This year we delivered a First Aid at Work training course for staff and volunteers, strengthening skills, confidence and safety across all our activities, and supporting the continued growth of our volunteer team.

As always, we have also faced challenges. Changes to venue availability required us to adapt quickly and find alternative arrangements for some of our activities. Despite this, the team ensured continuity, demonstrating the resilience and flexibility that underpins everything we do.

None of this would be possible without the dedication and commitment of so many people. I would like to thank:

- Our members, who inspire us every day
- Our staff team and sessional workers, who deliver such high-quality, inclusive activities
- Our volunteers, whose time, energy and care make everything possible
- Our trustees, for their guidance and support
- Our funders and donors, whose generosity sustains our work
- Our partner organisations and venues, for working alongside us
- And the families, carers and support providers who enable people to take part

The Monday Night Club continues to be *run by us, for us* — a place where people are seen, valued and celebrated. As we look ahead, we do so with confidence, ambition and excitement. We will continue to challenge assumptions, create opportunities, and ensure that every member has the chance to thrive.

Assume That I Can — and maybe I will.

The Monday Night Club
Report of the Trustees
for the Year Ended 31st October 2025

The trustees present their report with the financial statements of the charity for the year ended 31st October 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

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

Significant activities

The Monday Night Club exists to improve the lives of adults with learning disabilities and autistic people by:

- Offering regular social, sporting, creative and healthy living activities, particularly in the evenings and at weekends when provision is limited
- Promoting confidence, friendship, wellbeing and active participation in the community
- Creating opportunities for volunteering, skills development and leadership
- Challenging stereotypes, raising expectations and increasing visibility in wider society

Our weekly programme of activities is co-produced with our members and designed to be welcoming, inclusive and enjoyable. We aim to create a safe and supportive environment where people feel valued, build meaningful relationships, and develop the skills and confidence to live fuller, more independent lives.

Public benefit

The trustees confirm that they have complied with the duty in section 17(5) of the 2011 Charities Act to have due regard to the guidance on public benefit published by the Charity Commission when deciding on the charity's activities.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

1. Monday Nights

Monday nights remain the heart of The Monday Night Club and continue to grow in popularity, with over 100 people attending each week. These evenings provide a vital opportunity for adults with learning disabilities and autistic people to socialise, build friendships and feel part of a community.

Our varied programme has included discos, live entertainers, karaoke, dance sessions, musical theatre workshops, drumming experiences and themed celebrations throughout the year. These sessions are co-produced with members and create a welcoming, inclusive and joyful space where everyone can take part in their own way.

2. MNC Saturday Kitchen

Our healthy cooking programme continues to play a central role in promoting independence and wellbeing. This year, we successfully launched our series of accessible online cooking videos, funded by The National Lottery Community Fund.

These resources are now being shared widely with care providers, health professionals and community organisations, extending our impact beyond our own sessions.

A major development this year has been the launch of our *Farm to Fork* project at Bransford Community Farm, funded by The Bransford Trust. Members have taken part in a wide range of activities including planting and harvesting food, preparing meals using fresh produce, nature walks, yoga, creative workshops and seasonal activities such as apple pressing. These sessions have had a significant positive impact on physical health, mental wellbeing and social connection.

Following the success of the project, funding has been secured to continue these sessions, now known as Saturday Farm, as an ongoing part of our programme.

3. Wednesday Sports Club and MNC Football

Our Wednesday Sports Club continues to provide inclusive, accessible physical activity each week, led by a professional multi-sports coach. Members take part in a wide variety of activities, including tennis coaching sessions at Boughton Park Lawn Tennis Club, team games and adapted sports, supporting both physical health and confidence.

Our football programme continues to thrive, offering both competitive and non-competitive opportunities. Weekly training sessions are complemented by "Just Play" sessions, ensuring that everyone can take part regardless of ability.

This year's highlights include winning a pan-disability tournament at Evesham United, as well as continued participation

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in the Worcestershire Ability Counts League. Players have shown strong development in both skills and teamwork, supported by a dedicated coaching team.

4. Special Projects and Creative Programme

We have delivered a wide range of creative, cultural and community projects throughout the year.

Our Summer Art Exhibition, *Assume That I Can*, celebrated the creativity and achievements of our members and was well attended by the local community. Members also took part in theatre performances, including a collaborative production at the Swan Theatre, and a wide range of workshops in music, art and performance.

We were pleased to collaborate with BBC Hereford & Worcester on *The Local Assembly*, giving members a platform to ask questions and share their voices. Members also took part in professional opportunities, including working as paid models for PhotoSymbols, contributing to nationally used accessible communication resources.

We were also delighted to secure funding for a new Heritage Lottery project, *Elgar at the Asylum*, which began its development phase this year and will provide significant opportunities for participation in arts, heritage and performance.

5. Volunteering and Leadership Development

We continue to invest in our volunteers and members through training and development opportunities. This year we delivered an Emergency First Aid at Work course for staff and volunteers, strengthening skills, confidence and safety across all activities.

Our volunteer team continues to grow, with new volunteers joining and existing volunteers taking on greater responsibility and leadership roles within sessions. This development supports both the sustainability of the organisation and the personal growth of those involved.

6. Community Events and Engagement

We delivered a wide range of events and experiences across the year, including day trips, theatre visits, our Annual Awards ceremony, and our flagship Talent Show, which continues to be a highlight of the year. These events provide opportunities for members to take part in the wider community, try new experiences and celebrate their achievements.

A particular highlight this year was our first fundraising concert, performed by The Beauchamp Chamber Orchestra, which brought supporters together and raised valuable funds for the organisation.

We continue to receive positive feedback from partners, visitors and supporters, reflecting the impact of our work in creating a welcoming, inclusive and life-enhancing community.

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FINANCIAL REVIEW

Financial position

Our total income for the year was £146,067 (2024: £44,606). We received grants from Arts Council England, The Bransford Trust, The National Lottery Community Fund, and The National Lottery Heritage Fund. We also received several generous donations from private donors. This year we generated £13,066 (2024: £10,271) from our activities.

Expenses incurred include the costs of putting on our activities, staff and office costs, training, venue hire, sessional staff, marketing and insurance. Our total expenditure for the year was £69,306 (2024: £57,380).

The net surplus at the end of the year was £76,761 (2024: net deficit of £12,774). We have £100,373 (2024: £23,612) in total funds at the end of the financial year.

Reserves policy

Our reserves policy states: The amount held in the Reserves bank account should be equal to, or greater than, the amount required to continue core activities and cover running costs for six months with no further funding.

The trustees review the financial position at every meeting and can take quick action to reduce costs.

At the year end the charity had unrestricted reserves of £24,015 (2024: £23,612), of which £500 (2024: £Nil) related to accrued income not yet received, leaving free reserves of £23,515 (2024: £23,612). Based on current unrestricted expenditure levels of £44,493, this equates to approximately 6 months of running costs.

FUTURE PLANS

Our theme for the coming year is *Elgar at the Asylum*.

This ambitious project, funded by The National Lottery Heritage Fund and Arts Council England, will bring together history, creativity and co-production, as our members explore the little-known story of Edward Elgar's time at Powick Asylum. Through visits, workshops and partnerships across Worcester, participants will research, interpret and reimagine this history, culminating in a unique, immersive performance created and led by people with learning disabilities and autistic people.

The project reflects our ongoing commitment to challenging expectations and ensuring that people with learning disabilities and autistic people are not only included in cultural life, but are actively shaping and leading it.

Alongside this major project, we will continue to build on the strong foundations established this year. Following the success of our *Farm to Fork* project, we are delighted that funding has been secured to continue these sessions at Bransford Community Farm. Saturday Farm will remain a key part of our programme, supporting health, wellbeing, independence and connection with nature.

Our weekly programme of activities will continue to grow and adapt to meet the needs and interests of our members, maintaining our focus on inclusive social opportunities, physical activity, creativity and healthy living.

We will continue to strengthen our partnerships, develop our volunteer team, and seek new funding opportunities to ensure the sustainability of our work.

Above all, we remain committed to creating a community where people feel valued, included and able to achieve more than they, or others, might have thought possible.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation (CIO) and is governed by its constitution.

Recruitment and appointment of new trustees

Apart from the first charity trustees, every trustee is appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the trustees have regard to the skills, knowledge and experience needed for the effective administration of the CIO.