



Prospex News

Spring 2016



The picture says it all.

Firstly, we would like to say thank you for supporting us whether as a donor, a funder, a corporate company, local business, church or other religious establishment and in whatever capacity, financially, as a volunteer, or just interested in our work. You are the lifeline to the work that we do at Prospex, and for that we are really grateful.

It is not an easy time for charities, as I am sure you are aware. A report published by the

Lloyds Bank Foundation for England and Wales has found that charities with annual incomes of between £25,000 and 1m have been the worst affected by the central government cuts, with losses from 26 to 44 per cent between September 2009 and 2013. We have certainly been affected, so we do not take any support for granted and work hard at making sure that all donations count. We have been working behind the scenes to become even tighter with our governance and the goals we aim to achieve with the young people we have the privilege to work with.

Impact measurement

There are many ways of measuring impact, and different expectations come from different funders. Over the past few months we have reviewed our work and defined six key goals that we use to measure all our work against. Every piece of work should always cover at least three of the impact goals below.

Confidence: For young people to become more confident in themselves, their ability and their future.

Enjoyment: For young people to have fun whilst attending sessions and projects. If a young person is not enjoying themselves then they will not get anything positive from the session.

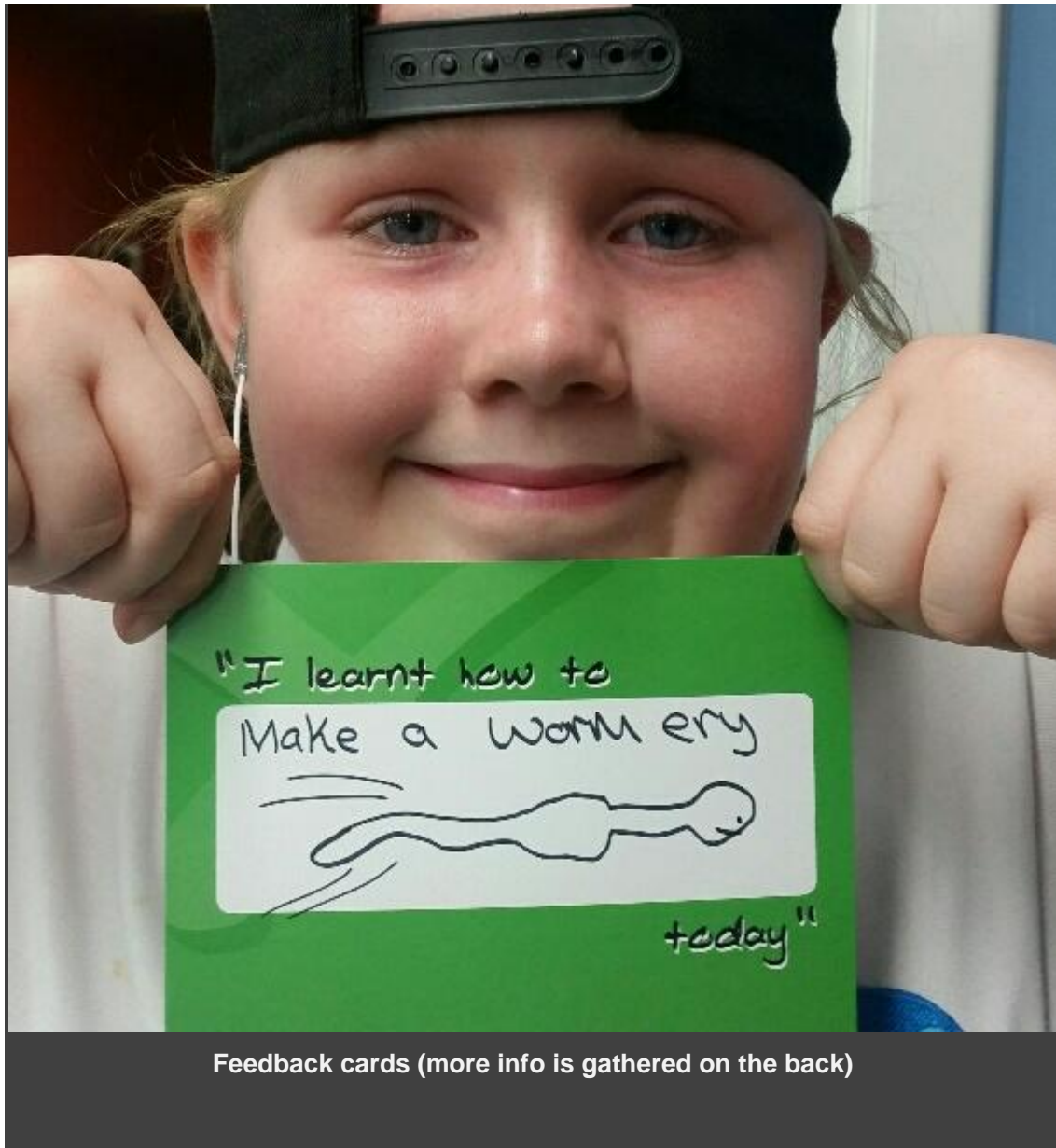
Skills: For young people to gain new skills and opportunities and equip them with the tools they need to be successful.

Positive relationships: To give young people the skills needed to form, build and maintain positive relationships with their peers, family, other professionals and society.

Leadership: For young people to explore their leadership potential by providing opportunities for young leaders and peer mentors to work with us on projects, help on trips and share their skills and knowledge with their peers.

Legacy: For young people to use the skills they have learnt with us in their everyday life. This also includes creating positive opportunities for them.

These goals are measured regularly using a combination of surveys, feedback postcards, bespoke journey-travelled graphs and personal testimonials. This is then added to our statistics such as number of attendees, gender, ethnicity, age, accreditation gained, volunteer hours etc, giving a clear monthly picture of our work. This has not been done purely as a box-ticking exercise but as a way to keep our focus on the young people we work with and to make sure our resources are being used to their advantage.



For further information on how we measure impact please do not hesitate to get in touch. to contact us at info@prospex.org

Hot off the press in 2016

We are delighted that Adam Rachid, a young person and volunteer that Prospex has worked with for the past 4 years, has just been accepted as the next [Rank Foundation](#) Gap

Award Apprentice. He will start the 9-month programme in May. Our last Gapper was Luke Hopson, who has continued to work for us ever since completing the scheme in 2014. Luke now works in our Hubs, Mechanics and One2One support.



Adam hosting our 2014 AGM

The Rank GAP Award is focused on young adults aged 18-24, with the potential to lead others and to offer a 6- to 9-month practical paid apprenticeship that will have three outcomes for the Gapper on completion:

- valuable experience of working life in an organisation;
- suitable qualifications and skills;
- confidence and self-esteem to enable progression and development.

As you can see, the outcomes fit perfectly with our own goals as Adam will gain a level 3 diploma studies in youth work through the YMCA George Williams College. We will let Adam introduce himself when he starts in May. Our thanks go to the Rank Foundation for this fantastic opportunity.

Christmas hampers

This was our third year of giving hampers to families and young people that we work with who find Christmas a financial struggle. The hampers contain a complete Christmas dinner with all the trimmings, and basics to stock up the kitchen cupboard for the coming week or so. They also include some nice treats. The first year we were able to deliver 5 hampers; Christmas 2015 we delivered 31. The feedback we receive is all positive, affirming that they did not know how they were going to afford Christmas and without the hamper it would have just have been another day. This year we also gave hampers to some young people we work with who are now living independantly. This is all possible to generous donations and support, so thank you to all involved.



Hamper production in full swing!

Table tennis star visits the underground youth hub

On Friday, 5th February, young people at our hub in the underground youth centre were joined by table tennis star Darius Knight where he helped unveil a brand-new table tennis table donated to Prospex by [Ambition UK](#). The table was originally won in the live auction at Ambitions 90th anniversary gala dinner at Kensington Palace last summer. The generous anonymous donor offered the table to a club within Ambition's network, having himself been encouraged by his local youth centre to make the most of opportunities and succeed in life.



Darius Knight and young people unveiling the table tennis table

Around 20 young people challenged Darius to short games, and he then gave some master classes encouraging them to get creative with the ball.

Table tennis is such a great engagement tool with young people and we would like to thank everyone involved for the generous donation.

Helen Marshall, the chief executive of Ambition, said: “We’re absolutely delighted that the table tennis table has found a home in such a brilliant youth centre and will encourage young people to spend time at the club rather than on the streets. This is just one of the ways Ambition is able to support our membership network, with more than £1.3 million invested in local communities over the past year.”

Prospex Mechanix revs up more courses

This has been one of our success stories. Started in 2014 as a pilot with Haynes Manuals and London Youth, the Mechanix programme has gone from strength to strength. Back in September last year we unveiled our most ambitious project to date, having fully restored a 1969 MG Midget.



The MG Midget before and transformed by the Mechanix team.

Our latest two projects involve a Golf GTI, and this time it is being turned into a track car. This involves a full service, replacing brake discs and pads, upgrading the suspension, ripping out the rear seats and fitting full roll bars, harnesses as well as a few surprises. These two rounds have been funded by Comic Relief and the Evening Standard Dispossessed Fund which is managed by the London Community Foundation and will see 12 young people gain accreditation in servicing a motor vehicle and another in personal development, bringing the total so far to 30 young people completing a course. Adam who was on the course said:

"It gave us an opportunity to see how cars are made and how to fix them, and also we were able to get a qualification that opens up more doors for the future. I'm into cars anyway, but it is completely different to actually have a spanner in your hand. It was a challenge at first but got easier as we went along. Seeing it painted was completely different to what I had pictured at the start - it went from zero to 100".

If you are in the car industry, a garage or mad about cars, we are looking for sponsors! If that is you or someone you know, please get in touch at info@prospex.org so that we can discuss the project with you further.



The Mechanics showing off their hard work with Deputy Mayor Kat Fletcher

Friday night mash up

Following on from the success of our football festivals every half term at Market Road last year in partnership with Queens Crescent Community Association, London Youth and Arsenal in the Community, we are continuing the partnership but this time offering monthly sport taster sessions and matches for 11-14 year olds on Friday evenings in QQCA's sports dome. Each session introduces the sport, offers coaching and then has tournaments whilst music is played, and the evening finishes with healthy street-style food. The sessions are youth led, and young people from Prospex are in charge of the food. So far we have had three evenings, with the first at the end of last year covering football, basketball and tennis. They have proved a huge success, and we are attracting young people who want to come each time and are a great supplement to our hub programme.

The evenings all end with awards for best sports person, best shot etc and young people from Prospex have come away with trophies from every session so far.



Two of our winners.

The Duke of Edinburgh Award Scheme

Back in September last year 10 young people completed their Bronze Duke of Edinburgh award and were presented with their medals by the Mayor of Islington, Richard Greening. It

was an amazing achievement and each candidate had worked hard to gain the award. We now have a group working towards their silver and others starting on their bronze award. For each award they have to learn a new skill, volunteer, take part and improve in a regular physical activity and complete a expedition where they have to be fully self-sufficient for the duration. To gain the award takes a lot of time and dedication, and we are so proud of each of the young people who have succeeded.

We will be recruiting again for the bronze award soon, so if you know a young person 14 or above who may want to take part in this, let us know at info@prospex.org



The Girls showing off their Bronze Awards with Mayor Richard Greening.

Are you looking for a challenge in 2016?

If you are up for a challenge, then why not join us this September in the Nuts Challenge and help fundraise for Prospex. In 2015 a team of 10 Prospex Nutters took part in this extreme 7K event, and if Beef can complete it we are sure you can too!



Hannah and Gus just over half way, you know you want to join us this year!

To check out the event click [here](#) and if you think you are up for the challenge, we would love to have you as part of the team.

If you would like to join us, contact Stefanie on fundraiser@prospex.org

Square One Resource

We are pleased to announce a new partnership with Square One Resource who have made us their charity of the year. As well as raising money for us, they will also be supporting us in projects with young people and using their skill sets to volunteer with us throughout the coming year. They have already set off to a great start raising almost £500 from internal fundraising initiatives including funky tie sales and charity jukebox. We are delighted to have them on board and look forward to them aiding the work we do. A team from Square One has already signed up to the Nuts Challenge in September!

Date for your diary

On the 1st June 2016 we will be 15 years old, and we believe that is something to celebrate. Please put the evening of Tuesday, 26th September in your diary which is our annual Youth Celebration Awards and AGM. We would love for you to join us. Further details will be sent out nearer the time.

Finally

If you would like to make a donation to our work to support local young people you can do that by clicking [here](#) and visit our local giving page or if you would like to speak to a member of the Prospex team call 0207 6077626

For other ways of supporting us visit our web site www.prospex.org.
