

The Chronicle

Summer 2020



150 YEARS

St Andrew's - the world's oldest youth club

Enriching Young Lives in Lockdown!

Message from the Chair

"The youth sector, like others, has been badly hit by Covid-19, due to the cancellation of fundraising events and, in our case, loss of income from rentals. We are fortunate that St Andrew's Club has both an innovative and adaptable team AND a great supporter network. Despite challenges and uncertainties, the team has been finding ways to continue to collaborate and deliver our excellent provision of youth work to **enrich young lives**, in many different forms, which you can read about in this issue. Without continued financial support, this would not be possible. Please help in whatever way you can."

Elizabeth Cuffy, Chair



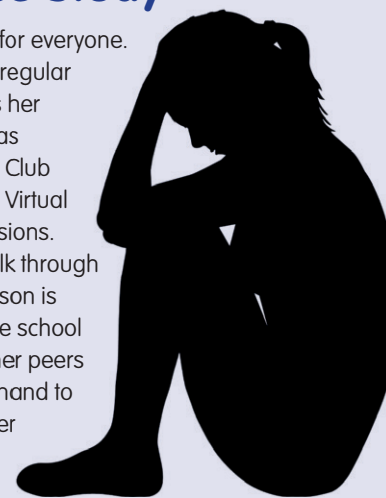
Champions for Children: 23-30 June

Have your individual donation **DOUBLED** during the campaign week when you donate via a dedicated online portal. We are delighted to have been allocated £5,000 from The Childhood Trust and £5,000 from Forsters Charitable Trust to take part in Champions for Children – a matched fundraising campaign developed in response to the Covid-19 crisis.

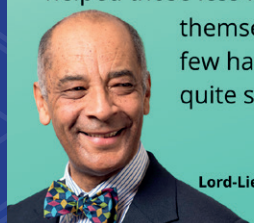
Email lucys@standrewsclub.com if you would like a reminder sent when the campaign goes live.

Member's Case Study

Studying at home is not easy for everyone. One of our members (15) is a regular Club member and often does her homework at the Club. She has continued to engage with the Club virtually, attending the weekly Virtual Andrew's online hangout sessions. During these sessions staff talk through any concerns. This young person is lacking motivation to complete school work, missing studying with her peers and not having a teacher on hand to guide the learning and answer questions. She is worried about missing face to face learning with her GCSE year coming up. The Club continues to check in with her and has delivered a care package containing a mixture of study support (notebooks, pens, pencils) and self-care resources. We are developing an idea for a virtual homework club as we understand other young people may also be feeling the same.



Happily, London is blessed by having many wonderful organisations like the **St Andrew's Youth Club**, who work tirelessly in the knowledge that they have helped those less fortunate than themselves - although few have been doing it quite so long!



- Sir Kenneth Olisa, OBE,
Lord-Lieutenant of Greater London

In recognition of our response to Covid-19

Annette, CEO of St Andrew's Club, received this absolutely marvellous letter from Sir Kenneth Olisa, HM Lord Lieutenant of Greater London. It certainly uplifted the spirits of team at St Andrew's Club to have our ongoing hard work recognised, as we adapt to providing our youth provision to our members as Virtual Andrew's.

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St Andrew's Club temporarily closed its doors on 18 March as a result of Covid-19.

With our priority to keep in touch with our members and continue to provide them with some of the **opportunities and experiences** they would normally enjoy, our team consulted with members to create a safe, online space for young people to occupy their time during lockdown – 'Virtual Andrew's'.

Virtual Andrew's offers a wide variety of resources, both educational and entertaining - challenges, cookery, sport, art, education, virtual trips, Covid-19 information and advice, and mental health support. Youth Club Manager, Sarah, and Deputy Manager, Adrian, combined their experience in the youth sector with third-party organisations to gather an informative, interesting, and helpful selection of links to share. **Visit our website:** <https://www.standrewsclub.com/index.php/being-club-member/virtual-andrews>

Our team has developed an amazing web page of resources and links for **parents and carers** which we continue to update: **Visit our website:** <https://www.standrewsclub.com/index.php/being-club-member/parents-and-carers>

YOUTH WORKER SUPPORT

Hand Delivered Activity Packs

Our dedicated senior team: Youth Club Manager, Sarah, Deputy Manager, Adrian and Stephanie, Leader in Charge of Junior Club, have been going above and beyond to continue to support members during lockdown. They have been busy creating and delivering – whilst respecting social distancing regulations – 'Activity Packs' for the Clubs' local members and families (with generous help from the Westminster Foundation). The Activity Packs consisted of games, puzzles, activity books, chocolate, a 'Teen Guide to Surviving Lockdown & Beyond' and more! Members and their families were extremely happy and grateful to receive the packs, as reflected in the lovely feedback we received.

Quotes:

"I hope you and everyone at St Andrew's Club are staying safe and well. I just want to say how happy and excited I was when I received the stuff you brought, they are really cool and I love them. I miss having fun at the Club and can't wait for it to start again." Member

"Just a quick note to say thank you for surprising the kids with the goodies. Such a lovely gesture from you and the Club, it put a big smile on my kid's face in this really difficult time, please do get in touch if you need anything from us. Stay safe." Parent

"Thank you so much for the gifts you gave me. I am very grateful, you showed great generosity and you all made my day and I am sure you made many other people's days too. It was very nice of you and I love all the things I got. Thank you." Member

"We all want to say thank you for the lovely treats you sent us, we really appreciate it and it was so thoughtful of you guys at the Club. We miss you all and can't wait to be back." Member



Welcome to Virtual Andrew's!
Click the thumbnails below to access fun and educational links to keep you busy during the Covid-19 lockdown!



Make sure you're following us on social media for any updates!

PARENTS & CARERS

Please see below links for parents/carers and our general Westminster community to let you know some of the support available during Covid-19.

<p>WE'RE HERE TO HELP</p> <p>Need help accessing:</p> <ul style="list-style-type: none"> • Links on this page? • Activity packs (including puzzles or games for your children)? • Print outs for school work? • Anything not covered below? <p>Contact: sarah@standrewsclub.com, who will try her best to help.</p>	<p>SUPPORT DURING COVID-19</p> <p>Westminster City Council is committed to supporting families, children & young people during this period.</p> <p>Click for more information on:</p> <ul style="list-style-type: none"> • Support during COVID-19 • Vulnerable adults & children • Access to food & vitamins 	<p>PHONE CALLS</p> <p>As part of our Covid-19 community response, we are calling all parent/carer of our members to see how you are doing and if we can help direct you towards essential support.</p> <p>If you haven't had a phone call, but would like to speak with someone, email sarah@standrewsclub.com and she will arrange to call you.</p>
<p>MENTAL HEALTH SERVICES & COUNSELLING</p> <p>Links to websites and information on counselling services for young people and adults.</p> <p>Click for more information.</p>	<p>WORK & FINANCIAL ADVICE</p> <p>Links to support and advice services for the self-employed, those struggling with tax, and business owners.</p> <p>Click for more information.</p>	<p>PHYSICAL HEALTH & WELLBEING</p> <p>Links to our, and third-party, videos and websites to help young people and adults keep active during lockdown.</p> <p>Click for more information.</p>
<p>MEMBERS' WEBPAGE</p> <p>Click here for our dedicated webpage, Virtual Andrew's, to keep young people, from 5 to 18 years, occupied.</p> <p>Includes both fun and educational links.</p>	<p>SOCIAL MEDIA ADVICE</p> <p>Link to a short video with advice and safety tips surrounding your child and their use of social media.</p> <p>Click for more information.</p>	<p>MEMBERS' SURVEY</p> <p>Please encourage your child to take our Members' Survey so we can understand what may benefit them most during lockdown & aim to provide them with those services.</p> <p>Click here for the survey.</p>

Regular check-in calls

Youth Workers Amina and Edson are making regular calls to over 160 families of Senior Club; Maggie has made over 40 check-in calls with Junior Club families. Finding out how parents are feeling, how their young people are coping, are they in need of anything practical. The response has been extremely positive with parents grateful for youth workers taking the time to check in, and some just enjoying the chance to have someone to talk to.



As **one of five Westminster 'Youth Hubs'** St Andrew's Club is a key member of the Westminster City Council Family Hub – the Bessborough Centre. We refer young people to and welcome them from the Family Hub, where support for families includes Early Help, Health visitors and mental health services. This model of working helps ensure a 'wrap-around' approach to the physical and mental health of young people in Westminster. This has been vital during lockdown and will continue to be as there are warnings of a mental health epidemic once normality tries to resume. One grateful parent needed support and benefits advice and was put in contact with the Family Hub.



Mirroring our regular weekly Club activities online

Our team of committed Youth Workers, most of whom were members themselves, have continued tirelessly to deliver their usual services and sessions, where possible, in virtual format. They provide our members with entertainment, a familiar face and voice, and a taste of normality during these uncertain times.

Monday Motivation with Tom

Tom, Youth Worker, football and boxing coach, and Westminster Active Coach Award Winner 2019, has been keeping active by creating weekly workout videos. Ranging from HIIT (High Intensity Interval Training), to strengthening and stretching – people of all abilities can get involved and improve their fitness. **Mondays 10am.**



Cookery with Louise

Loyal Youth Worker, Louise, has replaced her usual Wednesday evening cookery sessions at the Club with pre-recorded cookery sessions. She makes a simple, low-cost, tasty new recipe each week for members to follow in their own time. **Wednesdays 5pm.**



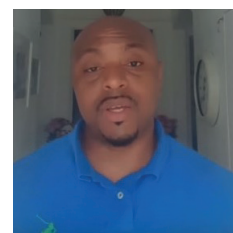
Drawing with Karl

Talented and creative Youth Worker, Karl, has filmed an abundance of easy-to-follow talk-through videos, demonstrating the step-by-step process of how to draw comic book characters. **Tuesdays 5pm.**



Football Training Exercises with David

Under 10s Football Coach, David, and his son, have committed to filming weekly football training exercises, tips and drills for members to practice. **Thursdays 5pm.**



All these sessions, and more, are pre-recorded and streamed across our Instagram, Facebook, and YouTube.

Check them out here: www.youtube.com/channel/UC3Wysz3oNSqCicsBXHrJIUg/videos

Importance of Regular Giving

These uncertain times have highlighted the importance of our Regular Givers. A regular gift allows St Andrew's Club to plan for the future knowing that we will have a steady income stream that we can rely on, whatever the external circumstances. By pledging a regular gift, you will help St Andrew's Club securely plan for the future – not only to survive but to thrive. Gift Aid could make your donation worth 25% more. Our Regular Givers receive regular invitations to Club events and receptions, which we continue to plan for when that part of life resumes.

Please contact annette@standrewsclub.com for more details.



Upcoming Events / Fundraise for Us!

5 September 2020 – St Andrew's 10K Walk

Join the local community virtually for a wonderful 10k fundraising walk around your local neighbourhood. As we're unlikely to be able to meet in person, we think the next best thing to show our solidarity and community spirit, is for everyone to plan and do your own 10k walk with family and socially distanced friends. Send in routes, pix and sponsorship to the Club. Visit our website News for more details.

With mass participation events mainly off the menu, why not do your own 100-mile bike ride; end of lockdown coffee morning; piggy bank savings by not commuting, eating out or travelling - or any other fundraising idea that takes your fancy? **Please contact Annette, Chief Executive at annette@standrewsclub.com** for what to do next!

You are invited to ST ANDREW'S 10K



Map your own route in your local area and walk 10K for the Club!



Thanks to our Funders

Thank you to all our Trustees, Advisers, Individuals, Corporates, Trusts, Foundations and Livery Companies who help make St Andrew's Club the precious community asset it is today. Please keep supporting us - we couldn't do it without you! Our special thanks for gifts of £5,000 or more received from grant-makers since September 2019 include: Bennett Lowell Ltd, Dudley & Geoffrey Cox Charitable Trust, Garfield Weston Foundation, Guyll-Leng Charitable Trust, Henry Smith Charity, Inner London Magistrates Courts Poor Box Charity, Integrity International Trust, Leathersellers' Company Charitable Fund, London Community Foundation funds of Harrihall Foundation, LandSecurities Fund & Peabody Community Fund, Nigel Scott Will Trust, Rose Foundation, Swire Charitable Trust, Westminster Amalgamated Charity, Westminster City Council, Young Westminster Foundation.

We were touched and honoured to received a **gift in the will** of Miss Rachel Whittaker, local resident, former Councillor and long-time supporter and champion of the local SW1 community. **Visit our website News for more details.**



Registered Charity Number 1103322
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