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Image courtesy of Newman Holiday Trust

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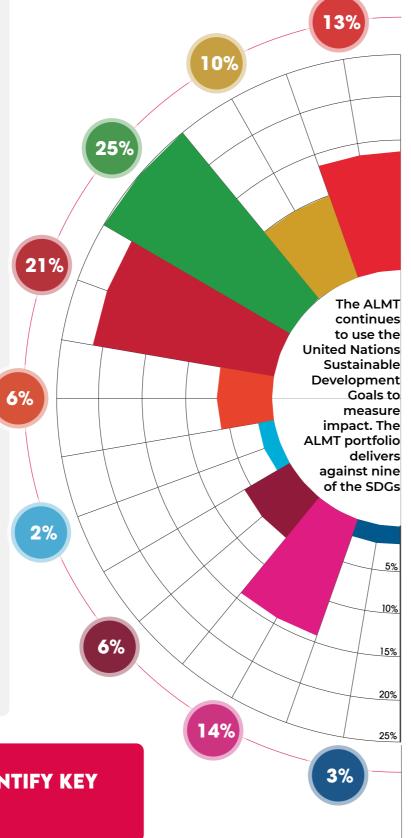
AN OVERVIEW OF THE ALMT IN 2023

This year the ALMT granted: £583,067. Of this £432,383 was granted to 28 projects at three Board meetings. The remaining £150,684 was distributed directly to projects working with Ukrainian refugees in Poland and the ALMT response to the cost of living crisis in the UK. In 2023, we have developed partnerships with 9 new organisations. Projects this year have helped 15,087 people in 15 countries and provided in-depth support averaging 223 hours per person.

The ALMT continues to seek out fantastic grassroots organisations which are striving to improve the most marginalised children's lives around the world. We work with partners with an average turnover of under £1 million (over a five year period) and actively seek projects which focus on early intervention for proven problems. It has been a challenging year for families and we have seen many charities building in nutritional support to their programmes in order to cope with rising food and fuel costs. Whilst not losing sight of more in-depth, educational projects, we have also continued to fund longer term mental health initiatives for children and young people as this sector continues to receive inadequate statutory funding.

In response to our partners' needs, this year has seen a growth in longer-term funding agreements with 52% of grants going towards multi-year initiatives. This will build in some stability for partners; enabling them to plan more effectively and achieve a greater impact.

THE FOLLOWING PAGES IDENTIFY KEY **ACHIEVEMENTS FROM 2023**



% of projects responding to each UN SDG



1: No Poverty - Future 4 All in partnership with Egmont Trust: holistic support to 100 rural households in Malawi aiming to increase income levels.



2: Zero Hunger - Linda Norgrove Foundation: food parcels for female-led families in Afghanistan



3: Good Health and Wellbeing - Achieve; Change & Engagement: Cognitive Behavioural Therapy for 40 young people in deprived areas.



4: Quality Education - Carers Worldwide: year-round, fulltime, education and therapy for 50 children with disabilities in Bangladesh.



5: Gender Equality - MCCF: Using sport to engage 500 girls in school and access education in Nepal.



6: Clean Water and Sanitation -Village Water: entering its third and final year this project continues to reduce school absence by providing safe, clean drinking water for 2000 pupils at school in Mozambique.



8: Decent Work and Economic Growth - Downside Fisher Youth Club: Rookie lifeguard training for 48 young people and offering opportunities for employment.

10: Reduced Inequalities -

school for 120 refugee children

interrupted education and are

therefore significantly behind

their peers.

in London who have had an

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16: Peace, Justice and Strong Institutions - Acorns: reducing the impact of domestic violence by providing play therapy for children in Northumberland.



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COST OF LIVING CAMPAIGN 2022

Hull and East Yorkshire Children's University (HCU) - Hull

Working with local schools, HCU identified struggling families and distributed crisis funding of £250 to 346 families across Hull (approximately 450 children). Families were able to choose whether to have fuel vouchers, food vouchers or a combination of the two. Air frvers and coats were also distributed and parents spoke about their relief at being able to keep their children warm and fed during the winter months.

Katherine Low Settlement - London

The KLS team provided pre-cooked meals that refugee families could heat up at home so that children were able to get a hot meal in the evening. They reached 47 families (181 children and 65 adults) and provided 855 meals between Jan-Mar 2023. Support was especially appreciated during the month of Ramadan. All the meals were freshly prepared by local restaurants and the project overall has deepened KLS's understanding of the challenges facing their families and strengthened relationships with the local community.

Miracles: Feed London - London

Miracles distributed Feed London boxes to 250 families (619 people) experiencing real hardship, illness and crises in December 2022 and April 2023. Feed London is precisely targeted to some of the most marginalised, hidden and at-risk children in London. The boxes contained enough food for over six hot meals as well as supermarket vouchers and treats for all of the family. Funding also supported 56 families to cope with a major life crisis often triggerd by a child's diagnosis. Funds were used primarily for food vouchers but also for beds, mattresses and cots, plus pushchairs and prams, washing machines, cookers, fridges, general household items, travel, utilities and rent.

A total of **2,388 people** were supported throughout the winter by the ALMT's campaign to combat the Cost of Living.

Hull and East Yorkshire **Children's University**

Katherine Low Settlement

Miracles: Feed London

Total Campaign:	£108,245*
Co-Funding:	£10,000
Country:	UK
Start Year:	2022
Run time:	lyear
Completion date:	2023



COST OF LIVING CAMPAIGN 2022

Restore Hope - Buckinghamshire

Restore Hope's FoodLife programme delivers weekly fresh food boxes to doorsteps, where they also check-in with vulnerable families, provide encouragement and sign post people to other programmes and local support. Cost of Living funding provided 140 families with fortnightly FoodLife boxes between Jan-Apr 2023 and also supported 180 families at the Christmas Feast with food and gifts for the children. They also extended their chicken coops and they are now able to supply eggs in perpetuity with every one of their Food Life boxes..

Streetlife - Blackpool

Young people facing homelessness have multiple challenges and, as fuel costs soared, the struggle to keep warm is much harder. Streetlife extended the opening hours of its day centre so that every afternoon young people could access a warm space a hot meal and constructive activities. Between Jan-Mar 2023 the centre supported 106 different young people and about 25 young people used the warm hub every afternoon. A further 47 attended cooking courses and 30 meal kits and kitchen starter packs were provided.

Thorney Close and Norah's Northpole

During December Norah's Northpole bought and distributed 3,000 presents for children living in poverty across Sunderland; 92 of these families go to school at Thorney Close. As enrichment opportunities are increasingly rare for many families, ALMT funding also paid for 105 children to see the Lion King in Sunderland. Out of the 115 children who went to see the show, only one had ever been to the theatre before. Remaining funds have supported children with uniform and shoes during the school year.

> Thank you so much. It is a big relief that I don't have to worry about how to feed the children this month.

Parent at Katherine Low Settlement



Restore Hope

Streetlife

Thorney Close and Norah's Northpole

Grant: Country: Start Year: Run time: Completion date: 2023

£108,245* UK 2022 1 year

99





ACORNS NORTHUMBERLAND RECOVERY TEAM

This three year project hopes to maintain capacity levels at Acorns and the entire project provides direct support for up to 120 children and young people who have experienced domestic abuse each year. The project is jointly funded by the ALMT, Northumberland County Council and Northumbrian Police and Crime Commisssion.

In 2022, the entire Northumberland Recovery Team achieved their targets and worked with 113 children and young people and ran 1017 sessions – an average of 9 per child. During the year, the team received 171 referrals for the recovery service with the majority aged 6-14yrs. Despite continued investment, waiting lists remain high with an average wait of approximately 6-8 months. The team continues to review ways to reduce the waiting times for support.

Clients' needs have been increasingly complex requiring liaison with social workers and other professionals. The cost of living crisis is having an impact on parental mental health; making it harder to regulate emotions when stressed. The organisation continues to evolve and Acorns staff contributed to a safeguarding consultation to review and improve practice in order to respond to the increased complexity of cases. Acorns' evaluates success by using a Strengths & Difficulties Questionnaire (SDQ) both at the start and end of the process. This year the questionnaire showed an average improvement of 4.8 points for participants.

The counselling has really helped me, in every way possible.... it has helped me way way way much! And you know what? I feel OK.

Matthew, Aged 10



Acorns Project

Offering services to support families affected by domestic abuse in Northumberland.

acornsproject.org.uk

Grant:	£20,000*
Country:	UK
Start Year:	2022
Run time:	3 years
Completion date:	2025
Age:	All



PROGRAMME

The Avenues is an outstanding youth club in London working in an area of high deprivation in North Westminster and 61% of participants are registered for Free School Meals. Funding contributed to a range of fun, inclusive and stimulating activities for 456 young people aged 8-18 years during the Summer Holidays. This was over 140 more participants than initially expected.

The Summer programme delivered both in-house and external activities including a variety of sporting activities such as football, dance, MMA, yoga, and multisport, cooking, arts and crafts, streetplay, time in The Avenues radio station and recording studio and much more. Evaluations showed that 95% of young people had fun and 86% of those attending had the opportunity to try something new or go somewhere new. This year the Summer Programme was able to deliver a mocktail business course in partnership with Westbourne Drinks Company – the young people made the recipe, created a logo, and learnt how to market a product. This was a great opportunity to partner with a local organisation and ensure that young people had something a little different to try. Ten of the young people are part-way through their Youth Work Level 1 gualification and spent time over the summer shadowing youth workers and getting paid to learn on-the-job.

The project offered an open-access breakfast bar each day for young people so that they could help themselves to cereal, toast, and fruit, and The Avenues served a healthy hot meal to anyone who wanted it. Approximately 1800 hot meals were served to young people this summer. It is a sad testament that 86% of young people reported that they relied on The Avenues to provide them with breakfast and lunch during the holidays. The biggest challenge was the rise in the cost of living. This impacted every element of the project from resources to freelancers and ingredients for food and led to significantly increased staffing costs this year.



The Avenues

Where young lives thrive.

avenues.org.uk

Grant: Country: Start Year: Run time: Completion date: 2023 Age:

£7.063* UK 2023 1 year 8-18 years





HOLISTIC DEVELOPMENTAL THERAPY FOR CHILDREN WITH COMPLEX NEEDS

The number of children with complex needs or disabilities has risen 50% in the UK in ten years. Bibic delivers holistic developmental therapy for children and young adults (6 months - 25 years) with a vast range of disabilities and additional needs and aims to improve understanding and reduce exclusion.

An assessment package for a child costs $\pm 2,085$ and includes a two day therapeutic assessment and the development of an individual development plan. This is followed by six-months of key worker support with clear reports on progress and attendance at school or Educational Health and Care Plan meetings as required. Families are asked to contribute £685 towards this cost. However, Bibic operates a 'fee waiver' fund for families unable to afford this.

The project successfully supported 13 families this year from a lower socio-economic background with two-day Bibic assessments, therapy plans and key-working support. Although each family is still early into their journey with Bibic, with results often taking months to fully be seen and understood, the team has already begun to receive positive feedback regarding the transformative impact of the support. Increased understanding about capabilities and improved confidence has led to one individual opting to do a T-level at college rather than a BTEC. Another family highlighted that Bibic's support has been invaluable in improving communication with their child's school which has led to the implementation of better support strategies for their child.

> With Bibic's help we now understand 'our normal' and by implementing their advice Kenzie's behaviour has significantly improved.

Mackenzie's Mum



Bibic

Holistic developmental therapy for children with complex additional needs.

bibic.org.uk

Grant:	£17,820*
Country:	UK
Start Year:	2022
Run time:	lyear
Completion date:	2023
Age:	All





CHESS ACTIVITIES IN LIVERPOOL'S PRIMARY SCHOOLS

Chess is recognised to improve cognitive skills, especially those relating to mathematics, and build resilience and social skills which are so critical in improving life chances and social mobility. Over one third of the young people supported by this project are from families in receipt of Pupil Premium (government funding to improve educational outcomes for disadvantaged pupils). Chess in Schools has also continued its work with a local school for pupils with special needs this year.

In year 2 of this grant, over 880 boys and girls were supported. Of these, 480 from six schools attended weekly chess tuition and received appropriate chess sets. An additional 400 young people attended large-scale chess tournaments such as the Annual St Georges Hall Tournament. Children from Whitefield Primary School in Liverpool also travelled to ChessFest in London's Manchester Square for a day of chess activities, competing in a tournament and playing a Grandmaster.

Tutors observed improvements in pupils' concentration, attitude and sportsmanship. They also fed back that pupils learned to deal with losing in an appropriate manner. Feedback showed that 96% of the children enjoyed their chess lessons and 95% reported that it had led to them playing chess outside school, with parents, grandparents, siblings or friends. As the project enters its third and final year in 2024, it continues to have a positive effect on Liverpool's primary pupils.

The children love coming to chess club and I think it has really Improved their ability to focus in other subjects.

Headteacher at **CISC School**



Chess in schools and communities (CISC)

Aiming to improve educational outcomes and social development through the world's oldest game.

Chessinschools.co.uk

Grant: Country: Start year: Run time: **Completion date:** 2024 Age:

£13.500* UK 2021 3 years 6-11 years







ART THERAPY FOR CHILDREN IN CARE

Art therapy is a form of psychotherapy that uses art as a medium to address emotional issues which may be confusing and distressing. For children who have experienced abuse, it is one way to 'talk without talking' when children are afraid to speak about events or feelings. Children from a care background have often experienced severe physical, emotional or sexual abuse, neglect, harm, or death of parents before coming into care. There is no therapeutic support available for these children which can lead to poor educational and long-term outcomes.

HCU took time to recruit the right art therapist to lead this pilot project and ultimately employed Paula Emmett, an experienced professional, on a freelance basis. The pilot has supported ten primary-age children with complex needs through 227 sessions (454 hours), for over 22 weeks each. The therapy improved their mental health and ability to settle in school and in foster care. Carers and safeguarding officers have noticed significantly improved communication, behaviour and school attendance alongside reduced anxiety and depression.

Whilst the project has proved that this form of therapy is extremely beneficial for children in care, there were numerous logistical issues which had to be solved prior to starting sessions. Despite this, the team managed to fully establish art therapy sessions and demonstrate their effectiveness and have applied for further local funding in order to sustain the service.

I'm so pleased the Letterbox Coordinator

suggested M for Art Therapy sessions. We've

found it difficult to get support before. The

Children's University has been such a help.



Hull and EY Children's University (HCU)

Igniting dreams for underprivileged children.

hullchildrensuniversity.com

Grant	£15,120*
Country	UK
Start Year	2022
Run time	l year
Completion date	2023





STRENGTHENING EMPLOYABILITY **SUPPORT FOR YOUNG REFUGEES**

Traumatic childhood experiences result in many young refugees becoming significantly behind their peers educationally. Without support, they can face significant barriers to finding meaningful work. The Katherine Low Settlement (KLS) Love to Learn programme works in Wandsworth to broaden educational experiences and improve outcomes and aspirations for these young people.

This year, 75 young people received career mentoring and guidance so that they will be able to choose appropriate options for their future. Six employability skills workshops were held, facilitating meaningful encounters with potential employers and including CV writing, apprenticeships/traineeships and further education. Wellbeing sessions provided information on nutrition, mindfulness, finance, relationships and mental health support for a smooth transition into adulthood.

Ongoing and bespoke advice and guidance were also available on a one-to-one basis, providing targeted help to access education. Young people were supported to obtain school or college places, transfer schools and also to meet with their local authority to secure housing or other support. The ALMT grant covered the part-time salary of the Love To Learn Partnerships Manager. This pivotal role enables these vulnerable young people to improve aspirations, progress towards a chosen career with confidence and make informed choices about their education and future.

Case Study: Hamsa arrived as a young refugee in 2021. He was left homeless after being given 2 days' notice to vacate his carer's home. KLS supported him to get advice from a solicitor and he has now found temporary housing. However this is a two-hour journey from his school where he feels safe. KLS successfully fundraised for his weekly train fare so that he can continue to study for his GCSEs at school. Hamsa attends KLS's weekly GCSE study group and youth club.

9

L's Carer



Katherine Low Settlement (KLS)

At the heart of the community in Battersea, London, since 1924.

klsettlement.org.uk

Grant: Country: Start Year: Run time: Completion date: 2023 Age:

£14,720* UK 2022 1 year 11-16 years





FEED LONDON AND CRISIS SUPPORT

Feed London is precisely targeted to some of the most marginalised, hidden and at-risk children in London. They and their families are experiencing real hardship, illness and crises. The rise in the cost of living has meant that now, more than ever, disadvantaged families are facing uncontrolled debt, unpaid bills, job loses, lack of heating and food, and other deprivations.

Miracles aims to provide agency and dignity to every family it supports. They provide food boxes at the start of the school holidays packed with enough fresh and healthy ingredients for at least six main meals along with child friendly recipes. They also provide crisis funding for struggling familiesy with seriously ill children. The help is broad - from filling the fridge with food to replacing broken washing machines and helping with hospital travel and accommodation. Families in crisis are referred for support through well-established referral networks including Great Ormond Street Hospital (GOSH), Royal Marsden, Young Lives v. Cancer, Hackney Ark, Homerton Hospital, Noah's Arc Hospice.

Miracles has almost doubled the reach of its support this year to 193 families, including 324 children. Specifically this grant provided 120 Feed London boxes during the Christmas and Easter holidays along with support for 56 families living in poverty and facing a serious crisis.

Case Study:

Casey, 2, was referred to Miracles by GOSH after being diagnosed with liver cancer. Her mum was struggling to find the funds to cover hospital travel, childcare for her other children and food. Miracles supported with these as well as bunk beds so that Casey has her own bed.



Miracles

Providing food boxes and crisis funding for families facing child illness and poverty.

miraclesthecharity..org

Grants:	£28,440
Country:	UK
Start Year:	2022
Run time:	lyear
Completion date:	2023
Age:	All





CLASSICAL CONCERTS IN SPECIAL SCHOOLS

In this final year of funding, Music for Autism continued to deliver outstanding classical concerts in special schools across Oxfordshire. The ALMT grant paid for five days of concerts which reached approximately 500 young people.

The small groups from the Orchestra of St John's perform with the same professionalism and quality of performance as they produce for any other audience. The students can respond to the music exactly as they wish: move about, dance, respond physically or vocalise. Young people with autism can have similar access to the experience of live classical music without the behavioural expectations of formal concert attendance. The work helps to inspire these young people to experience the joys of live music, stimulates physical movement and improves mental health and confidence.

Music for Autism gathers feedback from teachers and seeks observers' response in order to gauge impact. This year, Oxford music students, Lewis and Lucy, supported Music for Autism in looking at ways to ensure that each participant is able to fully access and enjoy each session. Lewis commented that 'Some knowledge and awareness of the nature of the autism/ learning difficulties of the children appears necessary, in order for the incoming musicians to present a workshop from which they can get the most fulfilment.' As a result, Music for Autism is developing a brief form for use in appropriate schools to ensure that the workshops achieve maximum impact.

It has been another truly wonderful day...Alice and Richard pitched everything perfectly and we could see that they read the room perfectly and played exactly the right piece at the right time for the

Hannah Stevens, Teacher, Ifield School

pupils.



Orchestra of St John's: Music for Autism

Delivering accessible workshops specifically designed for young people with autism.

) osj.org.uk

Grant: Country: Start Year: Run time: Completion date: Age:

£5.000* UK 2022 1 year 2023 6-11 years





ORATORY SUMMER HOLIDAY FOR CHILDREN WITH DISABILITIES

This project took 16 children with complex disabilities, many of whom have never been away from home overnight before, on a life-changing holiday to the Oratory school in Berkshire. Children received 24 hour per day care for 7 days: a total of 2688 combined hours. The successful introduction of pre-holiday, positivebehaviour, support training for 30 volunteer helpers ensured that everyone was well prepared to deal with all behaviours. Unfortunately, three children dropped out due to illness just prior to the holiday which meant the project was slightly under target.

Many of the children took part in new experiences enabling them to learn new skills and build confidence. These included, amongst others, a birds of prey experience and a talent show at the end of the week. Participants were able to take controlled risks and build aspirations whilst making friends and having fun. Children also went on trips to Chessington World of Adventures, Wellington Country Park, as well as an indoor water park. The holiday organisers arranged the use of a hoist into the swimming pool to ensure accessibility for all..

Feedback from parents showed that the break allowed them to take siblings out and to relax knowing that children were happy and safe. Once again the Newman Holiday Trust achieved an Outstanding Ofsted rating with the inspector observing that 'the environment is friendly and full of laughter, fun and encouragement.'

Case Study:

H is a 16-year old young woman with Rett Syndrome and a wheelchair user with complex care needs. She is unable to communicate verbally, but her parents said 'H clearly had a wonderful time and it's hard to express how much that means to us all, but I hope you know! So grateful for everyone's energy, enthusiasm, kindness and support and for giving our whole family some wonderful memories.' Her parents are now seeking residential college options because the holidays have shown how much H thrives in social settings with her peers.



Newman Holiday Trust

Providing holidays for children with disabilities and special needs around the UK.

mewmantrust.org

Grant:	£20,000*
Country:	UK
Start Year:	2023
Run time:	lyear
Completion date:	2023
Age:	6-16 years



NUMERACY TUTORING FOR PRIMARY **PUPILS**

Quest for Learning delivers literacy and numeracy support to disadvantaged primary school children in Oxfordshire who are struggling in school. This project enhanced the numeracy skills and self-confidence of 132 children who had fallen behind their peers at school. Experienced tutors worked in six schools to support the children through twice-weekly "NumSkills" sessions for nine weeks to boost mental maths skills, improve maths fluency, improve confidence and self-belief, achieve higher assessment results, and ultimately have better life chances.

This project also enabled Quest for Learning to extend their reach into Didcot where they worked with two schools in the Summer term. Each school had average levels of Free School Meals and below average progress levels and teachers identified the most disadvantaged pupils to attend the sessions.

Overall the project met its outcomes with 90% children feeling confident or super confident about maths after NumSkills. Feedback showed that 70% of teachers felt children would achieve higher assessment results as a result of the programme. OfL had some problems with the wording on their evaluation form and this data is possibly not fully reflective of the progress made. During the year QfL identified a better assessment tool to measure progress more effectively and this will be fully trialled and embedded in the second year of the programme.

L's maths has dramatically improved. Her confidence, effort and stamina has been transformed.

Teacher at QFL School



Quest for Learning (QfL)

Tackling education inequality

() questforlearning.org

Grant: Country: Start year: Run time: **Completion date:** 2024 Age:

£8.249* UK 2022 2 years 6-11 years





EARLY YEARS HOPE PROGRAMME

This project aimed to break the cycle of reduced social mobility in the Chilterns by providing intervention from birth so that children can have happy, social and productive lives. Working with families facing significant economic hardship, Restore Hope achieved their targets and ran six Circle of Security parenting courses for 85 parents alongside regular sessions of their parent and toddler group: Hope Tots. Circle of Security is an attachment-based, early intervention programme designed to enhance security between parents and their children. It helps parents understand their children's emotional needs and build strong and healthy relationships so that their child can thrive.

The Circle of Security courses were very successful with 92% of attendees noticing improved behaviour in their children. Participants improved employability skills and during the year, 18 parents volunteered as circle/creche supporters and, following termly visits from the Bucks Family Information service, 14 parents are now in employment or waiting to start work. Following the course, 99% of babies and children demonstrated an ability to separate well from parents without distress (thus showing a well-developed attachment).

The weekly Hope Tots sessions were delivered to a total of 40 mums and 52 children (9 families on Wednesdays and 5 families on Fridays) and put Circle of Security techniques into practice. All attendees reported that they had made new friends and therefore had improved social networks and reduced isolation. Many of the parents had significant needs including extreme social anxiety and trauma. Restore Hope introduced 'The Circle Café' which used craft activities to communicate the concepts of Circle of Security in a less formal setting and provide ongoing support to parents after the end of the course.

> When he is crying...I can stop, breathe and give him a cuddle instead of getting wound up. Father of J



Restore Hope

Coming alongside children, families and young people who are facing challenging situations.

restorehopelatimer.org

Grant:	£19,036*
	,
Country:	UK
Start Year:	2022
Run time:	lyear
Completion date:	2023
Age:	0-5 years



LITERACY ENRICHMENT FOR PRIMARY **CHILDREN**

The ALMT three-year grant has supported this established literacy scheme since 2019. Each year, 50 primary age children are drawn from a dozen local primary schools to increase their confidence in all aspects of literacy. Over the weekly sessions, they are provided with the skills necessary to be able to make progress across the whole range of the primary curriculum and teachers and parents report huge progress.

The children are taught in four classes by experienced primary trained tutors and every child has a volunteer Year 10 (14-15 year old) JAGS pupil acting as their mentor. Over the three years, 63 young mentors have worked under the guidance of the tutors to provide invaluable one-to-one support. Mentors have enjoyed helping others discover a love of reading.

Socio-economic deprivation is generally recognised as a significant contributory factor in a child's failure to make satisfactory progress in education and, for this reason, during 2022-2023 SCEC registered 52% of attendees from families eligible for free school meals.

The ALMT grant covered tutor fees and has enabled SCEC to widen its geographical catchment area to include Lambeth and Lewisham. Of the pupils participating, 85% stated the scheme had inspired them to read and write outside of the lessons. Furthermore, 90% of the parents of the participating pupils rated their child's experience as very positive or excellent. SCEC has strengthened funding relationships with local schools and is looking forward to continuing the Saturday school in the future.



I can do reading better than before and I'm braver at answering questions. Pupil





Southwark Community **Education Charity (SCEC)**

Maintained and independent learning partnerships.

scec-uk.org

Grant: Country: Start Year: Run time: Completion date: 2023 Age:

£7,708* UK 2019 3 years 6-11 years





TOWER HAMLETS' YEAR OF PLAY

Research shows that children living in poverty are twice as likely to be obese, three times as likely to struggle with their mental health, and that low academic attainment and unemployment are common. This project enabled access to sport and organised play with the aim of helping children develop the self-belief, resilience and attitudes required to achieve a better future. By introducing children to a variety of physical activities and showing them that any physical activity can be fun, beneficial and rewarding, SportInspired aims to give these children healthier, happier futures.

Two festival days were held in Summer 2022 and Winter 2023 with 385 children from five primary schools. Participants were able to take part in six different sports and activities including rugby, tennis, badminton, and dance. The two festivals were supported by 15 Young Leaders from a local secondary school, who had received 20 mentorship sessions delivered by London Enterprise Academy.

These festivals were preceded by Team Spirit workshops with the Year 4 students where they chose team names and prepared to participate in games old and new. Following the festivals, 23 Legacy Club sessions were run in the schools promoting the sports favoured by participants. This aimed to embed weekly physical activity, create links for the future with local coaches and enable children to see sport as an enjoyable pastime.

I really enjoyed today mostly the kind people who taught us today by the thrill of doing physical things again.

Ayobumni, OLSJ



SportInspired

Play - Believe - Achieve

sportinspired.org

Grant:	£12,509*
Country:	UK
Start Year:	2022
Run time:	lyear
Completion date:	2023
Age:	6-11 years



THE GREENPOWER PROJECT

During the year, the Greenpower Project has gone from strength to strength. Overall the SBC team ran 39 weekly sessions for 26 young people aged 11-16 years in West Sussex developing three electric racing cars which were then raced at events across the country culminating in the final at Goodwood in September 2023. ALMT funding went towards weekly sessions covering a wide range of Science, Technology, Engineering and Maths (STEM) topics as well as personal development, electronics, wind resistance, team building, design, communication, and fundraising.

Sylvia Beaufoy Centre was keen to encourage more girls to attend the project as there is a shortage of girls entering careers in STEM. They managed to increase attendance amongst girls from 6% to 26% and even created an all female team. In June 2023, they were successful in securing sponsorship for the girls team.

The project also ran weekly sessions at the local primary school and 11 children developed a car for inclusion in the 'goblin' category for 9-11 year olds. The Sylvia Beaufoy team work hard to widen opportunities for their participants and six members of the team were able to act as team managers or mentors during the course of the year. The SBC team has been working closely with local schools and businesses and SBC was recognised as a Greenpower 'Centre of Excellence' by the Trust. In addition, two SBC Greenpower leaders were made Greenpower Ambassadors for the southern region.

Case Study:

One young person joined the team about 18 months ago. He has a passion for science and motoring but suffered from high levels of anxiety. The leaders worked closely with him to settle him in and identify the areas he was interested in. On recognising his leadership potential, the Team Principal, (who oversees all three car teams), took him under his wing and asked him to manage one of the teams. Although nervous at first, with the right mentoring his confidence has developed and he has become a well-respected and liked Team Manager.



Sylvia Beaufoy Centre (SBC)

Providing a unique service to the young people of West Sussex.

sylviabeaufoy.org

Grant: Country: Start Year: Run time: Completion date: 2023 Age:

£10,838* UK 2022 1 year 11-16 years





INTERNATIONAL PROJECTS: ALSAMA MINDS IN THE LEBANON

This project successfully embedded mental health and psychosocial support for students attending the Alsama Institute in Bourj El-Barajneh Refugee camp specifically targeting Syrian refugee teenagers/women in Lebanon. The resident psychologist is currently seeing 35 young people each week and has provided assessments and one-to-one counselling for 113 young people this year and 2 referrals to specialised services. Feedback showed that 89% of students are now satisfied with mental health resources at Alsama.

Sanaa, the psychologist, has successfully prevented 7 early marriages. This is an additional outcome around improved awareness of child rights and reduced early marriage. Currently 41% Syrian girls get married at an early age and reducing this remains a focus for the future. A key target was to reduce dropout rates due to mental health from 2.5% to <1%. This year, none of the students at the school have left early for these reasons and significant progress has been made in Arabic, English and Maths.

Mental Health training was provided to 23 teachers on the staff team and 93% now agree that they know how to support their students. Mental Health resources were also purchased for the school library. The situation in The Lebanon remains uncertain and there have been some demonstrations in the Bourj El Barajneh camps which has a large population of Palestinian refugees. Alsama has strong local management in place and has developed a comprehensive emergency response plan in case the situation escalates.

Case Study:

Mariam is a Syrian refugee, living in Shatila camp. She joined Alsama having faced significant and numerious domestic challenges as a child. With Alsama, Mariam was able to access psychological support and education. She has shown significant academic improvement and was recently selected to be the School Librarian.

nt per ye



Alsama Project

teenagers and women.

alsamaproject.com

Completion date: 2023

Grant::

Country:

Start Year:

Run time:

Age:

Offering new horizons to refugee

£13.974*

Lebanon

11-18 years

2022

1 year



NADIYA: A QUEST FOR A SAFER SPACE **IN UKRAINE**

This project enabled Apart of Me to respond to the war in Ukraine, by co-designing a therapeutic game to help traumatised children feel less alone by connecting and strengthening their bond with their parents/carers as well as supporting their mental well-being.

Nadiya: A Quest for a Safer Place was launched on 26th January 2023 and so far the first phase has:

- Reached over 2,500 users with over 50% returning to the App.
- Launched in Ukrainian and English and downloaded in 80 countries.
- Received app store ratings of 5 stars.

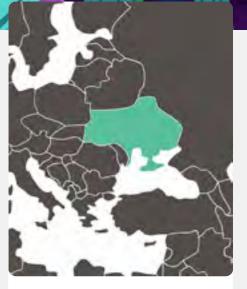
In addition to the app, Apart of Me ran creative design-based workshops with 58 Ukrainian refugees children in locations across the UK to help develop the app, teach basic design thinking and skills. Families attending the workshops appreciated having a safe space to talk about their experiences and come together as a community along with the opportunity to be creative and contribute to the app in a way that could help others. 100% enjoyed the workshops with 90% feeling that they benefitted from learning about the design process and problem solving.

It was hard to gather evidence on the App as it has limited data gathering capacity at the moment. Instead the team carried out 5 in depth interviews and 5 observational studies with 20 families. 80% of parents said that their child's mood improved after the game, with 100% saying that the app had helped their child and that they valued the time spent together.

It is noticeable that my child became happier and easier after playing the game.

Parent of Andriy (8 years old) - Kharkiv

19



Apart of Me

Giving young people all over the world the power to deal with loss and trauma.

apartofme.app

Grant: Country: Start year: Run time: Completion date: Age:

£20.000* Ukraine & UK 2022 1 year 2023 6-11 years







COMMUNITY CARING CENTRES FOR CHILDREN WITH DISABILITIES IN BANGLADESH

During the past year, Carer's Worldwide in partnership with local organisation CDD, has successfully established two new Community Caring Centres in the Savar district of Dhaka. The centres offer full time education and physiotherapy to 31 children (17 boys and 14 girls), five days per week. 51 weeks per vear along with nutritious meals. This has enabled many children to put on weight and have more energy to engage with therapy. During the project 90% of children have achieved one of their therapeutic goals with 71% achieving two or more. The majority of mothers are feeling less isolated and are able to take part in society. They are also confident in activities they can do with their children at home.

The project has made good progress with engaging local officials from the Government's Neurodevelopmental Disabilities Trust and has organised several visits to the centres with the long term goal of encouraging government funding. Due to the fact that carers are now going to the centres each day, disability has become more visible in the community. One carer said "Carers are no longer behind the curtain. We are part of the community and able to contribute."

Over popularity for places at each centre led to some initial tension in the community as carers didn't fully understand the selection criteria for places. CDD improved communication and periodically opens the centre for wider group activities which has helped to create opportunities for other families. During the project the team has seen a need for Occupational and Speech and Language Therapy as well and hope to extend the offering in the future.

Shifa and I were completely excluded before. We were ignored and never invited anywhere. Now, Shifa is learning new skills and she can do so much more than before. I have a lot of hope for her future, and I want to use what I have learned and help other carers. The centre has been a miracle for us.

Belly - mother, 2 yr old Shifa who has Erb's Palsy



Carers' Worldwide

Committed to changing the lives of carers.

Carersworldwide.org

Grant:	£13,468*
Country:	Bangladesh
Start Year:	2022
Run time:	1 year
Completion date:	2023
Age:	0-11 years



STIMULATING LONGER TERM SUPPORT FOR CHILDREN IN THE GAMBIA

This project aims to improve the living conditions and quality of education for children and young people in Majalis in The Gambia. Approximately 18,000 children attend the Majalis which are traditional, unregulated, residential education centres. Many children end up leaving without a basic primary level education which can reduce their employment prospects, often confining them to poverty for life.

Building on the work of year 1, the Institute of Social Reform and Action (ISRA) is now working with 277 children across 4 Majalis (265 in year 1) and 63% children (174) can now read, write and count to 100. The project is on target for a 35% transfer (95 children) to government schools by the end of the three years and 10% have progressed so far.

ISRA continues to provide safeguarding training and hygiene interventions (including sanitary pads) and has reached around 1050 residents and 1000 community members. Reporting states that over 60% are now confident in the structures and there is a positive change in the perception of child rights. Livelihoods activities ran in Jan-Mar teaching 60 people how to make soap (most are mothers with 25% being young people too old for school). Income is increasing from a baseline of zero with Majalis reporting additional £100 income so far.

ISRA has also worked with 150 community and government stakeholders to advocate for better conditions and has persuaded UNICEF to develop a National Action Plan for the Integration of Majalis (Koranic) Education as part of the wider state education programme.

I love reading and writing. The project has given me a big opportunity to participate in education. I will definitely join a school and will convince my parents.

Oumie Tarawally - 11-year old girl



ChildHope

Children's rights to a safe and secure childhood.

Childhope.org.uk

Grant: Country: Start Year: Run time: Completion date: 2024 Age:

£18,654* The Gambia 2021 3 years All





MEDICAL SCHOLARSHIPS AND **ESSENTIAL AID IN AFGHANISTAN**

In January 2023 it was estimated that two thirds of the Afghan population would need humanitarian aid. Households where a woman is the key breadwinner have been particularly affected as, under the Taliban regime, it is not possible for many women to go out to work. Therefore they are under huge financial pressure.

This project funded 100 food aid parcels, each with enough basic provisions to support an average family (6-8 people) for up to 8 weeks. The parcels were specifically given to women heading their households who were struggling to feed their children. Each parcel cost \$60 (£47.50) and contained flour, rice, oil, pulses, and pasta along with soap and hygiene items. LNF had to change their supplier half way through the project and Gawharshad High School delivered the final 40 parcels of this grant.

In the Autumn of 2022 LNF took on 19 medical students in Afghanistan. ALMT funding paid for the tuition fees and living allowance for eight of these students. Unfortunately on 23rd December the Taliban announced that women would no longer be able to study at university. Each student was paid a further \$300 living allowance in March, hoping that the decision would be reversed for the new term. It is now apparent that sadly these restrictions will be in place longer term. LNF is investigating possible nursing courses in Kabul and also in discussion with the UK authorities to see whether 20 students will be able to complete their medical degrees in Scotland. The ALMT grant has been re-assessed and year 2 will go towards a clinic for mothers and babies in Harat.

Case Study: Ms. Agela and her two children live in a rental house. Her husband went to Iran in order to find a job about 8 months ago, but he has not been in touch since he left. Agela and her two children have no breadwinner. She weaves bathroom bags and earns about 60 to 70 Afs (55 to 65 pence) per day to provide for her children. She has no other resources and therefore the food parcel has been vital for the family.





Linda Norgrove Foundation

Funding education, health and childcare for women and children in Afghanistan.

lindanorgrovefoundation.org

Grant:	£20,000*
Country:	Afghanistan
Start Year:	2022
Run time:	3 years
Completion date:	2025
Age:	All



BAMAKO, MALI

Over the past 18 months the situation in Mali has deteriorated and the wider impact of European conflict on the cost of living has severely impacted vulnerable families, compounding the volatile political situation in Mali. This project aimed to run regular 3-month-long courses for street children providing shelter, food, health checks and clothing whilst also using the media of art and culture to build trusting relationships, develop skills and facilitate children's integration into wider society.

During the year Mali Development Group (MDG) worked with artist Kader Keita at Pensons à Demain (PAD) and supported significantly over the 100 children originally targeted as follows::

- 62 boys Approximately 15-16 on each course.
- 13 young mothers on the year-long sewing and tailoring course .
- 70 girls in the state-run female detention centre

Course participants achieved art and literacy skills, improved health and nutrition and increased general confidence levels. A common ambition for the young mothers following their course, was to be working regularly in a tailoring workshop or even opening their own workshop.

Registration data clearly showed that participants had multiple issues with most having no income or shelter. Sue Upton from MDG visited in 2023 and confirmed that the atmosphere at the Centre continued to be full of energy with clean and bright conditions and a highly motivated staff group.

PAD embarked on a new initiative this year working one day a week with extremely deprived young women in the harsh Bolé detention centre to raise confidence, improve health (including sexual health) and offer basic skills in literacy, numeracy and arts.

The project also hoped to introduce a new system of monitoring progress so that PAD could evidence their wider impact to other funders. Despite significant efforts from the team in Mali, MDG has recognised that PAD isn't currently able to develop their work in this way.



Supporting social, health, economic, and political development in Mali.

malidg.org.uk

Grant: Country: Start Year: Run time: Completion date: 2023 Age:

£12,000* Mali 2022 1 year 6-18 years







SCHOLARSHIPS AT AWEGYS SCHOOL **IN UGANDA**

There are now 225 students registered at Awegys School and for the past 3 years, ALMT funding has covered the maintenance costs for 15 students. Vocational activities such as carpentry, cookery and tailoring continue to be a focus. Music is also offered now to all students. The school continues to slowly expand and solve problems as they arise. This year a new relationship with the Hornbill Foundation has provided additional books as well as batteries to light the boy's dormitory.

This three-year project suffered significant delays due to the pandemic as schools in Uganda didn't re-open until January 2022. This obviously severely disrupted the school's activities. However, this year they had 78 new students enrol with seven students registered for the Advanced Level national exams (equivalent to UK A Levels) and several also completing their Ordinary levels (equivalent to GCSEs).

The school faces constant challenges specifically around offering senior qualifications and science at Advanced Level. As Awegys can't offer these courses, students have to register with other organisations. During the final year of the ALMT grant the school was able to install an internet connection which has enabled better resources and technology for the students. Whilst the school continues to grow and thrive, sadly in 2022 Nick Taussig (Mtaala UK founder) took the difficult decision to close the UK charity arm due to changing circumstances.

It was wonderful to see the school after all these years, Awegys is a great tribute to two formidable, big-hearted women. Do please send a massive thanks for all the support over the years.

Nick Taussig (founder) following his visit in 2022



Mtaala Foundation

Creating and supporting

children and at-risk youth.

Completion date: 2023

£6.478*

Uganda

2019

All

3 years

a school for vulnerable

mtaalafoundation.org

Grant:

Aae:

Country:

Start Year:

Run time:



CARE AND TRAINING FOR YOUNG PEOPLE WITH DISABILITIES IN RWANDA

In rural areas of Rwanda, children with a disability are often hidden away or, worse still, abandoned. Sadly, even if they complete school, they normally find it impossible to secure paid employment and hence a route to independence. Rwanda Action built the Alivera Village in Nymaesheke District to give these young people paid work experience and a route into employment or setting up their own enterprise projects.

Over one year, this grant covered care costs and living expenses for 21 young people with disabilities working as apprentices. Skills learned included knitting, shoemaking, hairdressing, crafts, sewing, carpentry and farming.

Following their apprenticeships, 12 young people graduated and 10 gained paid employment at local businesses doing carpentry, hairdressing, tailoring, crafts, farming and shoemaking. Sadly one graduate died and one moved away during the year. Two deaf young people are now leading enterprise groups at Alivera.

Six workshop units were let out in the village and these, plus the farm and cafe, have attracted over 500 visitors this year. The young people at the Village enjoy the training and social activities and, as they grow in confidence, the children at the Alivera Centre School are inspired by their success and achievements.

The success of the model is also inspiring investment and replication. A contract is in place with the District Council and they will gradually assume management and financial responsibility for the project over the next five years.

Today, I have hope of future... RA improved my life and made me happy; the community can see my competences instead of disability. ا ج ه

Aline Murakatete

Rwanda Action

Empowering communities to reduce poverty.

() rwanda-action.org

Grant: Country: Start year: Run time: Completion date: Age:

£12.558* Rwanda 2022 1 year 2023 16+ years





SCHOOLBAGS FOR CHILDREN FOLLOWING THE FLOODS IN PAKISTAN

Working with local partner The Education and Life Foundation, this project distributed 500 SchoolBags and Lifestraws to children in the Brick Kiln school system in Kasur where in August over 100,000 people were evacuated due to extreme monsoon flooding. Each SchoolBag contained locally sourced notebooks, pens, pencils, erasers, sharpener, rulers, a pencil case, a water bottle, a personal water filter, colouring pencils, a lunch box, a spoon, a fork, soap, toothpaste, toothbrush, facemask and a hand towel. The Lifestraw water filter eliminates 99.9% of water borne parasites and bacteria and lasts for 4,000 litres of use, providing safe, clean drinking water for the children for years to come.

The children attending Brick Kiln schools already belong to poor families, and the floods have made their situation even worse. Many parents have lost their jobs since crops or factories have been damaged by the floods. The level of poverty is extreme.

The schools have fed back that class attendance has increased; children have become more curious after receiving the SchoolBag and want to attend school. There has been a noticeable reduction in absenteeism due to illnesses such as diarrhoea due to the impact of the clean water from the Lifestraw. Pakistan is currently experiencing terrible air quality and face masks have also proven to be a crucial asset.

The project did go over-budget and the shortfall was covered by School in a Bag's reserves. Import duty for the Liefstraws and financial volatility in Pakistan led to increased money transfer costs. Supply problems following the floods also led to increased costs for core goods.



Your contribution has had a profound and lasting impact on the lives of these children and their families. Zeeshan from Education and Life Foundation



School in a Bag

Transforming lives through education.

schoolinabag.org

Grant:	£14,922*
Country:	Pakistan
Start Year:	2023
Run time:	lyear
Completion date:	2023
Age:	6-11 years



THERAPY FOR CHILDREN WITH **DISABILITIES IN UGANDA**

Soft Power Education is a small and dedicated organisation working in the Jinja District of Uganda to improve the quality of life for children with disabilities. All the children work towards specific therapy goals at free of charge physiotherapy and occupational therapy clinics. Despite ongoing cost-of-living challenges and an outbreak of ebola, the organisation has continued to thrive and grow this year.

During its final year of funding from the ALMT, the team ran 247 clinics (1862 sessions), made 465 home visits and exceeded targets by working with 145 children. In the first six months of the project 73 children attended monthly sessions with 20 attending at least 30 times and the majority attending an average of 11 sessions each.

Assistive devices were sourced for 63 children: 10 wheelchairs, 20 standing frames and 8 sets of leg supports. There were some difficulties with supply and delivery but this was worth it as the provision of wheelchairs has enabled some children to attend school for the very first time.

Five training workshops and events were held for 250 parents covering topics such as sleep disorders, correct positioning, epilepsy and seizures. Community events reduce misconceptions about children with disabilities' and increase understanding and knowledge. Sadly the income generation programme wasn't delivered as they were let down by their partner. SPE is continuing to search for a similar high-quality option and hopes to offer this training next year.

Case Study: Thomas is 3 yrs old and was diagnosed with hydrocephalus at birth. This condition caused delayed milestones and at 6 months old, he couldn't sit independently due to poor trunk control. With intensive therapy, Thomas was able to sit independently by the time he was 1 yr old. In 2022 he started crawling and, to his Mum's delight, in 2023 he started walking with support from parallel bars. Thomas and his mum attended a total of 73 therapy sessions in 2022 and they are both an inspiration to other families.

Soft Power Education (SPE)

Improving quality of life through education.

softpowereducation.com

Grant: Country: Start Year: Run time: Completion date: 2023 Age:

£18,908* Uganda 2022 1 years 0-11 years





TRANSFORMING EARLY YEARS SUPPORT IN RURAL SOUTH AFRICA

KwaZulu-Natal (KZN) is a deprived and rural province of South Africa, with an especially vulnerable population of children. Child mortality is high, overwhelmingly from preventable diseases, including diarrhoea, pneumonia, undernutrition and HIV. In the crucial first 1,000 days of a child's life, healthcare support is often absent in these poor rural communities.

Starfish Greathearts' Early Childhood Survival and Development (ECD) programme supports caregivers in their own homes from a central hub. It offers vulnerable children from 0-5 and their carers support with early learning, and incorporates health, nutrition, and cognitive development.

This innovative approach recognises the lack of suitable facilities and adopts a model that includes Community Integrated Management of Childhood Illness (C-IMCI) services, nutrition and growth monitoring. All enrolled children and caregivers have access to healthcare and the documents they need to obtain health cards etc. This helps to give children the start that they need in life.

Over nine months, working with local community-based organisation Woza Moya, the project has supported 346 children in the Ufafa Valley with over 1076 home visits and 241 at crèches. Of these, 443 children received immunisations, 387 were referred to local health services and 360 food parcels were delivered to families in need. The ALMT has now approved a further three years of funding for this project.



Starfish Greathearts Foundation

Early Childhood Development and survival in South Africa.

starfish-greathearts.org

Grant:	£14,675*
Country:	South Africa
Start Year:	2022
Run time:	l year
Completion date:	2023
Age:	0-5 years



WASH FACILITIES FOR SANHANTUNZI SCHOOL IN MOZAMBIQUE

The second year of this three year partnership with Village Water worked with Sanhantunzi Primary School, in Manica Province, to provide year-round safe water and support sanitation practices for 2567 pupils (1228 boys and 1339 girls) and 62 teachers, of whom 3 pupils and 2 teachers are living with a disability.

The project improved knowledge, attitudes and practice regarding menstrual hygiene and health and ran fourteen hygiene promotion sessions covering personal hygiene, handwashing and water storage. Eight menstrual health promotion sessions were also held alongside on-site training in the production of washable sanitary towels. Nine Girls' Club sessions have been held to date, covering issues including child protection, children's rights, early marriage and sexual health. Teachers are being supported to continue them after the year end and hope to increase gender parity in school attendance as girls typically drop out of school once pubery starts.

The solar powered water system with storage tanks now delivers highguality water to the new toilet blocks and to taps around the school site. Local community members can access water for a small fee which is used to support maintenance. A water committee has also been established. New separate toilet blocks for girls, boys and teachers have disability adaptations, flushing toilets, urinals, showers and sinks. The ratio of pupils to toilets reduced from 1:1196 boys to 1:154 (down by 87%) and for girls from 1:1318 to 1:133 (down by 90%). Open defecation is no longer practiced and absences caused by diarrhoeal diseases dropped by 100% and those due to menstruation dropped by 95%.

I believe that my children are going to get a better opportunity in life. They are going to get a chance to complete school unlike what I had to go through when I was growing up. I am grateful because the story of my girls will turn out to <u>be different.</u> Rebekah (mother of three)

"

Village Water

Supporting lasting, local solutions to reach everyone with water, sanitation and hygiene.

villagewater.org

Grant: Country: Start Year: Run time: Completion date: Age:

£15,000* Mozambique 2021 3 years 2024 All



SUMMER HOLIDAY ACTIVITIES FOR UKRAINIAN REFUGEES

Gorzow, a small town in Western Poland, continues to see large numbers of refugees from Ukraine and many families are still living in hotels. Although most Ukrainian children have been integrated into Polish schools, there are limited activities available over the Summer months and many are living in poverty.

This project ran a summer school for 240 Ukrainian children between 26th June-20th August with a further 45 children accessing the swimming course. A wide range of activities were offered including swimming, balloon workshops, bowling, dance, sports, arts and crafts, games, drumming and music sessions, competitions and even a molecular gastronomy demonstration!. All of the children received a hot meal which helped to ensure that they remained well fed during the holiday period. Activity groups were mixed and Ukrainian children attended alongside their Polish peers enabling them to make new friends and improve language skills which will help improve integration at school.

One of the biggest challenges was to provide appropriate psychological support for Ukrainian children as they remain emotionally shattered due to the war in Ukraine. The team worked hard to ensure that children felt safe and secure and provided translators to help reduce a sense of isolation. The range of activities enabled children to remain active and healthy, increase water safety skills and improve swimming ability and most importantly have fun! Evaluation forms were unanimously positive with children saying that they had enjoyed themselves and were eager to return to Slowianka in the future.

> We could see that each participant felt comfortable in the group. It was great to see Polish and Ukrainian children integrating and learning about each other's cultures.

Slowianka Teacher



Slowianka Leisure Centre

Providing healthy activities and swimming for the residents of Gorzow

lowianka.pl

Grant:	£41,226*
Country:	Poland
Start Year:	2023
Run time:	lyear
Completion date:	2023
Age:	6-12 years



THANK YOU TO ALL OF OUR FANTASTIC FRIENDS AND PARTNERS FOR MAKING THIS POSSIBLE









Charity number: 1117735 www.almt.org