



**HELPING YOUNG PEOPLE**  
TO BE HAPPIER, HEALTHIER  
AND MORE HOPEFUL  
FOR THEIR FUTURE.



## PARENT'S FEEDBACK

"I would like to give the biggest shout out to all staff at the Salmon Youth Centre! What you do for the children is unbelievable."

*The passion and care that is demonstrated is what keeps the local children and mine safe and happy.*

*The service is also so inclusive of all families' diverse needs including their financial situations. Providing the level of care and activities offered for 50p is amazing. I cannot sing the services' praise enough. Thank you, thank you, thank you!"*

## A MESSAGE FROM OUR DIRECTOR

The Salmon Youth Centre has been in Bermondsey for over 100 years, fostering meaningful long-term relationships with young people. These relationships are the cornerstone of our mission, enabling us to provide essential support to young people.

Many are trapped by lack of resources and opportunities. We are determined to be a catalyst for change. We aim to improve their health and wellbeing, improve their prospects in education and work and encourage them to engage positively with their community. We offer safe spaces where they can try new and challenging activities, nurturing their personal growth and development.

We extend a helping hand by offering hot meals, homework support, and on-site counselling. We owe a profound debt of gratitude to our exceptional team, dedicated residents, selfless volunteers, committed apprentices, eager placement students, inspiring young leaders, our trustees and our council of reference. Together, we are poised to open up a brighter future for the young people of Bermondsey.



*"Because of Salmon, I've been able to leave a life of crime behind me."*

YOUNG PERSON



## OUR VISION

We aim to inspire young people to fulfil their potential and contribute to their community within a framework of Christian values.



## OUR MISSION

### We seek to...

- Improve young people's physical and mental health and wellbeing by encouraging healthy diets and active lifestyles;
- Prepare young people for further education and work by improving their educational attainment, providing access to training and supporting their transition into further education or employment;
- Involve young people in community engagement by encouraging volunteering and by boosting their political and spiritual awareness, so increasing their ability to relate to others.

### Our method

- We are open to all: we welcome all young people and their families.
- We provide open-access, targeted and specialised activities which are enjoyable, educational, challenging and safe.
- We build relationships that inspire young people to develop their ambition to achieve a fulfilling life by discovering and developing their talents, and increasing their enthusiasm for learning and training.

## WHO WE ARE

Salmon Youth Centre is one of the largest youth centres in the UK and is a model of youth work excellence.

Thanks to the support of our six full-time, five part-time and five sessional staff, our apprentices, trainees, and over 50 volunteers, we run over 800 sessions a year and log up almost 50,000 contact hours with 1,764 young people.

Salmon provides an outstanding recreational facility where young people have fun, form healthy friendships and develop their interests and skills. Salmon is a welcoming, safe and encouraging environment where they develop their self-worth, their communication skills and their interpersonal relationships. This transforms their prospects when they transition from primary to secondary education and from there to college or work.

Accessible to everyone aged 6-19 for a nominal contribution of just 50p per visit, members enjoy a wide variety

of activities, starting with a free hot meal, which is a vital help to many families struggling with the cost-of-living crisis. Healthy food is followed by healthy exercise. Salmon has facilities for badminton, basketball, boxing, climbing, dance, football, gymnastics, trampolining and volleyball. These take place in our four-court sports hall, our well-equipped exercise gym, and on our 30-metre climbing wall.

In everything, we encourage young people to realise and develop their gifts and talents; to develop their sense of self-worth and self-respect; and to develop their interpersonal skills. Our aim is to inspire belief in their own potential and agency. We aim to promote and improve their health and wellbeing; improve their prospects in their education and work; and encourage them to engage positively with their community.

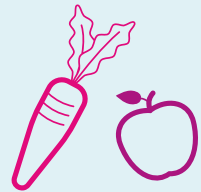


*"Without Salmon Centre's help in my life, there's no way I'd be where I am today."*

YOUNG PERSON

## 2022/2023 HIGHLIGHTS

### HEALTHY EATING



In 2022/23 we provided almost 10,000 nutritious hot meals to children in the after-school sessions. These healthy meals, which always include fruit and vegetables, are much appreciated by parents, many of whom are struggling to provide regular cooked meals due to the ever-increasing cost of food and the overall cost-of-living crisis.

### MENTAL HEALTH SUPPORT

We have identified increasing numbers of young people attending Salmon who have experienced four or more Adverse Childhood Experiences (ACEs). We employ a sessional qualified psychotherapist to provide individual support on a weekly basis. The aim is to help young people find coping mechanisms to manage the trauma they have experienced.



### INTEGRATED THERAPY SERVICE

116 young people engaged with our Integrated Therapy Service. 68 attended individual sessions and 48 attended group sessions which focused on issues such as anxiety or wellbeing. These helped them to manage anger, depression, other mental health issues, eating disorders, or behavioural problems.

*"I've had one counselling session every week since January and they have helped me drastically. I was in a very dark place and was struggling with my mental health since my relationship with my mum was very poor. Since having counselling I've been able to look at life in a more positive light and I've been able to improve my relationship with my mum a lot. I don't think it would have been possible without counselling. Not only that but I've become less pessimistic and my goal is to constantly push myself forward so that I can grow. I think if I haven't had counselling, I would not have had the energy to continue with sixth form. I'm grateful for the counselling at Salmon because when going through the NHS I had to be on a very long waiting list."*

YOUNG PERSON

*"For some apprentices the opportunity to work in the role has been lifechanging."*

DR RICHARD SLADE

### APPRENTICES

12 apprentices aged 18–25 worked full-time gaining vital work and leadership skills and improving their employability. The highlight in the year was a trip abroad with the Erasmus team.

*"Salmon has developed an intervention through the apprentice program that, when judged according to outcomes, has been highly successful. Family breakdown, learning disabilities, disrupted education, safeguarding concerns, mental ill-health and the influence of offending are typical features of the overall group. Given the destructive pathways which such circumstances sometimes bring about, the apprentice program represents excellent value for money especially when viewed as a preventative resource. For some apprentices, the opportunity to work in the role has been lifechanging."*

This was the conclusion reached by Dr Richard Slade who completed an external evaluation of our Five-Year Apprentice scheme at the end of 2022.

The Hargreaves Foundation also funded two sports trainees. They worked alongside the staff to deliver sport and physical activity in clubs. They have gained a number of coaching qualifications in basketball, gymnastics and football as well as completing a number of work-related training courses in safeguarding, trauma-informed practice, mentoring and first aid. They have been a great addition to the team creating five new sports teams and delivering over 150 sporting accreditations.



*"I'm very grateful for Salmon for giving me these amazing opportunities and experiences and helping me build up my confidence to who I am today."*

YOUNG PERSON



## 2022-2023 Highlights

### YOUNG LEADERS

Ten young leaders aged 14–19 took part in the programme this year. The aim is to provide them with vital skills to raise their aspirations and improve their employability whilst contributing positively to their community through volunteering. The young leaders help support the 3-hour youth club sessions, termly trips and a holiday scheme for over 100 primary school children. They also take part in weekly training learning about youth work. This year's highlights included hosting a German exchange group in the summer and learning to sail a 72ft Challenger yacht on a week-long residential.



### WORK EXPERIENCE VOLUNTEERS

Our 49 work experience students were aged 14–19. Some were members of City of London School support clubs doing community service for nine months. Some did weekly volunteering as part of their Duke of Edinburgh award for three months. Some volunteered on a weekly basis on school or college work experience placement. All of them engaged with our various activities with enthusiasm and energy.



### PODCAST PROGRAM

The young people created a podcast series, to engage young people in the debate about environmental issues, using a different approach from the usual scientifically based, Eurocentric one. We partnered with Wood & Water consultancy and Ravensbourne University Creative Lab, funded by Greener Futures Fund. The first series is entitled 'So Near but So Far' and is themed on young people's views on the environment. All the content including artwork, music and voices is exclusively the young people's own.



### CREATIVE ARTS

Our young people express themselves artistically in our music studio, dance studio, and visual arts studio. The music studio is equipped with keyboards, guitars, drums and other musical instruments, and a recording suite where demos and podcasts can be made. Each week we delivered 22 hours of facilitated sessions in music, art and dance.

One highlight of this year was the creation of a poignant mural at Salmon's entrance as a memorial to **Folajimi Olubunmi-Adewole (Jimi)**, who was a regular at the Centre. He died aged 20 after jumping into the Thames from London Bridge to save a woman struggling in the water. The centrepiece is an image of Jimi himself, created from hundreds of small pictures of Salmon's young people, flanked by panels on either side saying 'Stand Up and Be Counted' and 'Don't Turn a Blind Eye'. This mural was funded by the Mayor of London.

Salmon's young artists also exhibited in **Southwark Park Gallery**. Their creative piece says 'Thank you' to Alfred and Aida Salter, who were notable social reformers in Bermondsey in the early twentieth century. Eugene (Salmon's Artist in Residence) and the young artists were delighted to receive an encouraging note of thanks from Dame Judi Dench in recognition of their hard work and contribution to the installation.



Salmon young people's installation at the Southwark Park Gallery



## MEGAN'S JOURNEY

I grew up in Bermondsey with my mum and four sisters. I began attending Salmon Youth Centre when I was six.

I loved having fun and running around with my friends and being able to get a huge bag of sweets from the tuck shop. One of my most memorable experiences is going to the beach within 6-9s club, where we caught crabs, went swimming and had fun. When I was seven, I went on my first residential to PGL where I was able to try new activities like rock climbing.

As I got older my behaviour became more challenging, and I was hanging around the wrong crowd. My mum had her hands full with four girls to take care of, including my sister Brooke who has special needs and is in a wheelchair. Salmon was a place my Mum felt comfortable with bringing me to.



Salmon became my second home. I made new friends and got to know the youth workers as adults I could admire and trust. At the age of 14 I was spending more and more time at Salmon, attending 14+ clubs on Monday, Wednesday and Friday.

Staff encouraged me to become a young leader and I started volunteering. I attended weekly training meetings, and as part of the program gained a Duke of Edinburgh's Scheme bronze award. In the five years of being a young leader I had volunteered in all the sessions, summer schemes and supported trips. One of my proudest achievements was being voted the 2016 Salmon Youth Centre's member of the year.

Salmon staff saw my skills, personality, and my heart to serve young people and challenged me to think about a career as a youth worker. In 2019 I became part of the staff team by becoming an apprentice and I achieved a level 2 and then level 3 youth work qualification. I soon became passionate about wanting to be a youth worker.

I always had the support from youth workers who showed that the love someone gives to someone can make a difference. I want to support young people and show them the love they deserve. Being a youth worker allows me to make a change in young people's lives, allowing me to use the difficulties I faced to teach young people that nothing can stop you in life.



## SPOTLIGHT

## MIRANDA HASLEM YOUTH WORKER

Miranda started at Salmon in 2006 as a sports coach, as an interim job while seeking employment as a physiotherapist. She then realised that she could have a significant positive impact on people's lives at Salmon as well as in the NHS and so decided to stay put. After gaining experience managing clubs, training young leaders and managing our apprentices and volunteers, she is now responsible for developing our youthwork in all areas.

She says...

"When at Salmon I felt cared for, listened to and understood."

YOUNG PERSON



*"The reason I'm still at Salmon is that I realise what a privilege it is to work with a great team committed to creating safe and positive spaces for young people to grow healthily towards their full potential. The longer you stay in a place the more your relationships are strengthened: people trust you more."*



## OUR YEAR IN NUMBERS

We worked with

1,764

young people aged 6-25

49,938

contact hours

9,752

hot meals provided

99

young people mentored

17,893

overall attendances

803

sessions delivered

28

hours of physical activity delivered each week

116

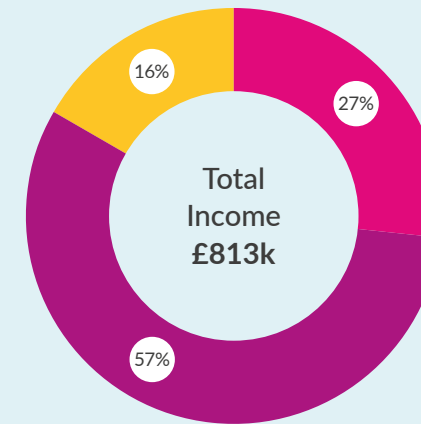
young people sought professional help for mental health support



*"Salmon has helped me with my confidence, taught me many life skills and just been like another family to me."*

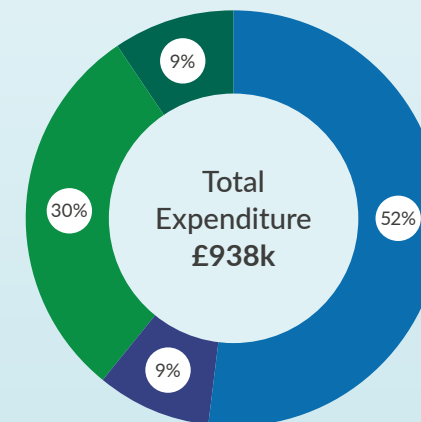
YOUNG PERSON

## FINANCIAL OVERVIEW



### Income 2022/23

- Donations from individuals £218k
- Grants and corporate donations £461k
- Income from facilities £134k



### Expenditure 2022/23

- Salaries £487k
- Youthwork £83k
- Building costs £277k
- Support costs £86k

Expenditure of £938k exceeded income of £813k due to the exceptional need for building costs of £277k. Fortunately the deficit for the year of £125k was met from reserves.

We are very grateful to all our donors and grant funders for their contributions during 2022/23.



## HOW YOU CAN GET INVOLVED

### VOLUNTEER

- Once a week or once a month
- In after school or evening sessions
- Share your skills in cooking, computers, music, dance...
- Join our Trustees

### GIVE

- Help Salmon to continue serving young people
- A regular gift of any amount is really valuable to us
- Become an SYC ambassador or patron at your church or workplace
- Consider leaving a legacy to Salmon

*"I thank Salmon and every worker and person I've met for impacting me, for being that home that kids might not have but so desperately need and for never giving up on any one of us."*

YOUNG PERSON

## WITH GRATEFUL THANKS TO ALL OUR SUPPORTERS AND FUNDERS



Gordon &  
Louise Izzat



The London  
Community  
Foundation



GALLUP



THIRDWAY



# SALMON YOUTH CENTRE

## TRANSFORMING THE LIVES OF YOUNG PEOPLE IN BERMONDSEY



*"Prior to joining Salmon I was a very shy, introverted person that didn't like to say much around others. However doing volunteering and having to interact with workers and kids put me in a position to be more confident and be more comfortable around others."*

YOUNG PERSON

the **salmon** youth centre  
in Bermondsey 

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