

“ Now I give things a go even if I think I won't like it or be good at it because it might end up being something I love ”
A4L student

Arts4Life: Case Study

M has attended three Arts4Life (A4L) courses, and over that time has built up a strong relationship with the A4L staff. He is a natural leader but has often used this skill to a negative effect. Since the start of the course we have seen a drastic change in M, from being extremely oppositional and unwilling to join in, to interacting on occasion, to now becoming a fully involved

member of the group. He has discovered a passion and a real talent for break dancing. M is now open to the idea that diet and lifestyle can have an effect on people's behaviour. On occasion he still finds it difficult to take responsibility for his actions, however through the use of his new found skills such as negotiation and compromise, this process is becoming much easier for him.

TENANT ORGANISATIONS

Acoustic Arts

Music/games workshops for children

Alzheimer's Society – The Limes

A Day Support Service for adults of working age with a diagnosis of dementia

Amdaris LLP

Software design and development

Barnardos

Working to support vulnerable young people and their families

Bridge Community Church

A growing community of people of different ages, stages, backgrounds and nationalities

Circomedia

Courses in professional circus and physical theatre for students, from UK and abroad

CVS South Gloucestershire

Supporting developing and representing the Voluntary Sector in South Gloucestershire

Dekken

Advertising and marketing consultancy

DHI – Developing Health & Independence

A charity that challenges social exclusion by supporting people to achieve their potential

ERIC (Education & Resources for Improving Childhood Continence)

Information and support on childhood bedwetting, daytime wetting, soiling and constipation

The Indigo

Working with young people who self harm

Jessie May Trust

Local childrens' charity providing support and nursing care for terminally ill children

KIDS

Working with disabled children, young people and their families

Kinergy

Providing counselling for men and women who have been sexually abused or raped

Kingswood Community Transport

Providing accessible transport for local groups

Kingswood Gymnastic & Trampoline Centre

Gym classes for children from 18 months to 18 years, with qualified instructors

Macmillan Nurses

Supporting victims of cancer

Magic Rocket

Day nursery for babies and pre-school children

Orchard Workshops

Charity offering inclusive arts and crafts courses including stained glass, woodwork, jewellery and silversmithing etc

Sense Woodside Family Centre

Specialist Centre for Deafblind and Single Sensory Impairment with additional disabilities for all ages

Survive

Charity providing refuge and support for women and their children suffering domestic abuse

Withies Cafe

Delicious range of food and drinks available including buffets for functions

Chief Executive

Sandy Hore-Ruthven

Trustees

Heather Wright (Chair)
Kath Thomas (Secretary)
David Fairclough (Treasurer)
Emma Collier
Anneli Douglas
Chris Lambert Gorwyn
Pippa Jones
Dan Marks
Mark Powell
Alan Smith
Graham Tanner

Accountants

Burton Sweet
Thornton House
Richmond Hill
Clifton
Bristol BS8 1AT

Solicitors

Wards
52 Broad Street
Bristol BS1 2EP

Stockbrokers

J.M. Finn & Co
St Brandon's House
29 Great George Street
Bristol BS1 5QT

Architects & Surveyors

Lamberts Bristol & South Wales
Ashwick House
17b Blackhorse Road
Kingswood
Bristol BS15 8EA

Kingswood Foundation Limited
20 Old School House
Britannia Road
Kingswood Bristol BS15 8DB

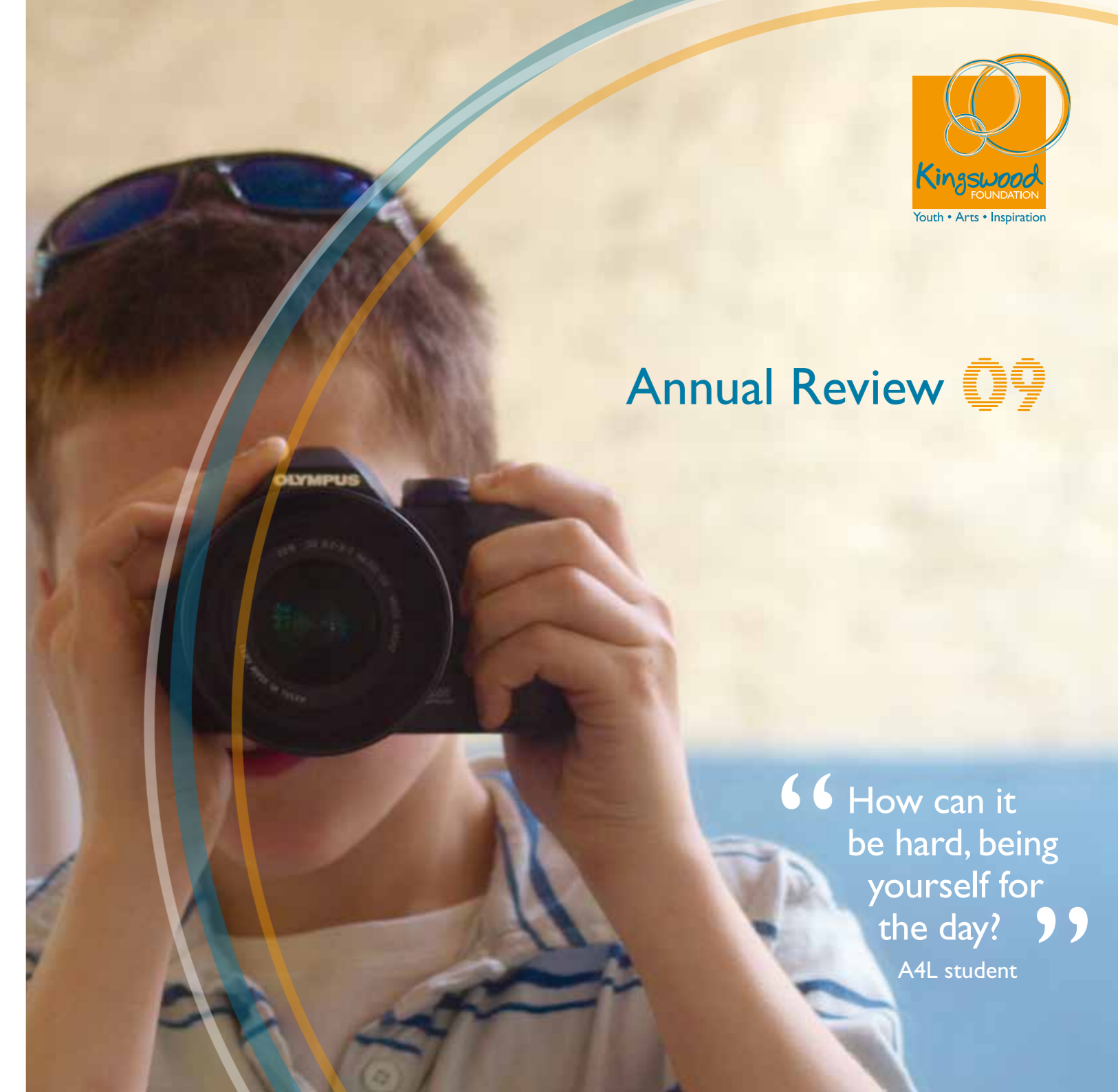
t: 0117 947 7948
f: 0117 961 0019
e: info@kfl.org.uk
w: www.kingswood-foundation.org.uk

Registered Charity no:266318
Registered Company no:01099684



Annual Review 09

“ How can it be hard, being yourself for the day? ”
A4L student



Chair's introduction

2009 was another year of significant developments for the Kingswood Foundation. Our projects have gone from strength to strength.

Youth4Youth won two national awards – and is now running youth music events across Bristol and South Gloucestershire. **Arts4Life** is running 4 days a week supporting young people struggling at school to engage with their learning. We also launched our open access programme of arts courses for young people – the **Urban Academy**. During the year young people were given high quality arts experiences with organisations such as the BBC, Aardman Animations and the Bristol Old Vic.

The Kingswood Foundation estate has benefitted from **significant investment** with over £200,000 to refurbish parts of the site as office space for charities and bids to improve the space. Tenancies remain stable and we have been able to offer specific support to individual charities through the recession as well as a £40,000 subsidy to rents overall.

Most significantly the Kingswood Foundation has been asked to lead the Bristol Myplace bid for a centre of excellence for young people in Broadmead. The bid entails a £6m refurbishment of a grade II listed building to become a state of the art youth centre incorporating performance space, dance studio, recording studio, digital media suites, arts facilities, a bike workshop and café. **'The Station' is set to open in the autumn of 2011.**

None of this would be possible without the hard work of all of the staff and Trustees of the Kingswood Foundation who have put in enormous amounts of work and deserve our thanks.

Heather Wright, Chair of Trustees

“Now I try and think about how the things I say can affect other people”

A4L student

Projects

Youth4Youth

This year **Youth4Youth** (Y4Y), entirely run and managed by young people, can celebrate winning two national awards – the **Philip Lawrence Award** and the **Diana Award of Excellence**.

The group has grown with new young people attending meetings every week. **Premix**, the monthly Friday night music event has also grown with five bands getting booked to play every month and a substantial number on

the waiting list. The night's popularity has seen over 200 people attending and with the capacity at only 170 it has meant that some are being turned away. According to the local authority anti-social behaviour has dropped by 23% since Premix has been running.

The **Main Event** in September allowed 21 young performers – dancers, singers and bands – to perform **on a 40ft stage in front of an audience of over 1,000** people with Fightstar headlining. There was also a great



range of workshops and youth based arts activities to get involved with on the day. Y4Y have now started **training other youth groups and organisations** across Bristol and South Gloucestershire in running and managing events.

In addition, a **national lottery grant** was secured for the next three years helping to pay for a project worker and £4,000 to buy new equipment to give performers a better experience with better sound and lighting.

Projects

Arts4Life

2009 was a great year for **Arts4Life** (A4L) seeing over 100 young people, at risk of exclusion from school, build their self esteem and life skills enabling them to re-engage with learning, their families and society at large. This year the **10 week programmes** have included dance, circus skills, music, graffiti art, theatre and film. Each group have performed and exhibited their work to parents, friends, teachers and the public. Every young person commits to a personal development plan and is supported to improve a range of skills. These include teamwork, respect, taking responsibility and conflict resolution, all of which lead to increased self esteem and confidence, enabling re-engagement with education.

This year A4L received commissioning from Bristol City Council to run additional projects such as targeted positive activities and were jointly commissioned to allow the **launch of the 'Moving on Up'** consortium.

During 2009 A4L underwent an independent **evaluation by the University of the West of England**. Below are some of the key points they raised:

- Students are overwhelmingly positive about the value of the programme, enjoy it and are able to identify what they gained from attending.
- Students, teachers and learning mentors identify development of self confidence and self esteem.
- Skills taught were appreciated by students and schools.

Urban Academy

2009 saw the formation of the **Urban Academy** (UA), the Kingswood Foundation's open access programme offering a whole range of artforms for young people to engage with out of school hours. This year they included weekly dance classes of varying styles including Fusion, an integrated dance class for young people with learning difficulties as well as a hip hop and street dance group. UA also ran a weekly theatre course and delivered drama and graffiti workshops in conjunction with schools offering 14-19 Creative and Media Diplomas.

The UA launched its **'Masterclass' series** in 2009 working in partnership with the Media Trust, the BBC, Aardman and the Bristol Old Vic. At the start of the year 14 young people worked alongside industry professionals for twelve weeks resulting in the conception, production and screening of six short films. During the summer holidays UA delivered **two weeks of intensive visual and performing arts workshops for the Arts professionals of the future**. This was a huge success culminating in an exceptional performance and exhibition charting the history of the Kingswood Foundation. Over the year approximately 170 young people accessed the UA.

For more information about projects visit:

www.kingswood-foundation.org.uk
www.youth4youth.org.uk
www.urbanacademy.co.uk

“I'm much better at getting on with what I'm supposed to be doing even when other people around me are messing about”

A4L student



Kingswood Foundation Estate news

The Kingswood Foundation Estate aims to improve services to young people and the community across Bristol and South Gloucestershire through the development of its land and buildings in Kingswood.

2009 was a difficult year for some of the users and tenants of the Foundation because of the recession. We are very fortunate that only one of our tenants has had to close shop and although everyone has had to tighten their belts we are still full to capacity. We have welcomed some new tenants during the year; Bridge Community Church and Drugs and Homeless Initiative (DHI) and Magic Rocket Day Nursery & Pre School who we hope will remain for many years to come.

During the year we have tried to invest in the physical fabric of the site which has included putting on new roofs and insulating studios. The Foundation was fortunate to obtain a grant from CapacityBuilders to convert the derelict old Boiler House into new office space which opened summer 2010. Thanks to South Gloucestershire we have erected new signage at the entrance to the Foundation. The new café has affected us all with its warm and friendly staff team, its fresh and healthy food providing a bonus for all of us.

With 65,000sq ft of buildings sitting on nine acres of land the maintenance and upkeep of the site is always high on the agenda and thanks to the estates team we continue to have a very pleasant working environment. The next year will bring even more challenges but already we have a large program of works which should see even greater benefits to both tenants and users.

Finances

The Charity has no recognised gains or losses other than the results for the year as set out below. All of the activities of the charity are classed as continuing.

Financial Highlights for 2009

- Kingswood Foundation generated £615,000 income during 2009, which is a 15% increase on 2008
 - o £400,000 income was from tenants/room hire
 - o £215,000 income was from youth projects
- Income exceeded expenditure, resulting in an unrestricted surplus of £60,000
- KF owned assets of £2.5m, £2.3m of which is property

If you would like to view the full 2009 accounts then contact Indigo Redfern the Finance Director at the Foundation.

Many of our projects rely on funding from a range of donors to whom we are very grateful. For a full list of donors and funding sources please visit our website. All charitable surpluses are reinvested according to charitable aims and objectives.

