

Annual Report 2020

April 2019
March 2020



**PARK
LODGE
PROJECT**

Supported housing for young people

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REFLECTIONS FROM THE CHAIR

Housing and supporting vulnerable young people as they move through key periods of their lives is an important task for young people themselves and for the wider community.

The Park Lodge Project has continued to work to implement our Charter * and its ambition to be a safe, stable and supportive place, offering a stimulating and accepting environment for young people to grow, realise talents and ambitions, and to work through issues in their lives. The main body of this report provides examples of the work we do and the progress we are making.

2019/20 was, until the last months of that period, one of steady progress on this agenda, but it is not possible to give account of the standing of The Project without reference to the Covid-19 pandemic and its impact. The advent of Coronavirus, and the sudden national closedown in March 2020 and further local restrictions, have been demanding. Not just in coping with Covid-19, and the discipline and restrictions this has required, but also in coping with the fact that so many developments have been disrupted. In the face of this we must express our gratitude to the young people, staff team and management committee of The Project, who have gone the extra mile to ensure a safe and supportive environment for everyone involved and to take forward plans where we could.

We do not know what lies ahead in terms of the pandemic and the restrictions that may be placed upon us in the coming months. We are however determined to further develop the quality of our youth work through providing additional training and professional support for staff, fully implementing the PLUSS system and our ICT systems and developing new opportunities for young people, who are central to what we do.

We continue to work for better-quality accommodation for young people and have introduced new property as replacements for older houses, consolidated our management arrangements for another property, and recommenced building on our Hinckley Road development after the disruption to our planned building work earlier in 2020.

It is appropriate that we highlight the contributions of Elizabeth Barner, who was the Chair of The Project from for several years until September 2019 and whose leadership through a difficult period of transition in 2018 was vital. And, to Bryan Merton, acting Chair from November 2018 to June 2020 and a long-term Vice Chair. Bryan has been a member of the management committee for some fifteen years and has provided key leadership to The Project throughout that period.

Finally, I must thank the Leadership team of The Project Eddie Bailey, Michelle Brown and Helen Miller for all their efforts, as well as those of the staff team more widely.

Rod Moore (Chair)

*Available at <https://parklodgeproject.org>

OUR SERVICES

Park Lodge Project provides supported housing to young people between the ages of 16-25. Currently there are 40 young people living at The Project, housed in a variety of accommodation across Leicester.

The Project supports young people from a range of backgrounds including.

- “looked after” young people- social care commissioned placements from local authorities.
- young people seeking asylum
- young people with histories of homelessness or insecure housing

Young people who live at The Project face a range of challenges due to the trauma of their unsettled history and The Project aims to provide the security, consistency and safety required for recovery and development. All young people are allocated a dedicated support worker who helps them to manage their progression through our services.

Young people receive regular support sessions with their support worker as well as access to.

- social, educational, and personal growth group activities.
- regular group engagement through projects led by support workers within each individual house
- regular house meetings where young people are consulted on the services being provided and their priorities for improvement and development.
- access to professional counselling services.





Development of Psychologically informed and trauma informed environments (Pie/Tie)

The Project acknowledges that recovery from trauma and trauma informed practice is essential for young people's mental and emotional health and wellbeing; to enable and empower young people to remove barriers in their lives which undermine their ability to thrive. The Project continues to develop its psychologically informed environment with the express aim of assisting young people to process their adverse childhood experiences and unburden themselves from the barriers and restrictions they often feel life exposes them to. The more this trauma informed approach is progressed in the intricate relationships the young people experience from staff, the more, young people's potential begins to be realised. This is then viewed as a conduit to encouraging young people to engage in activities which progresses them towards feeling more empowered, independent, accessing peer support and the promotion of self-sufficiency to enable them to engage in training, education, well-being, volunteering and employment.

Activities programme

- Provides group-activities year-round including:
 - ▲ Engagement in alternative education provision
 - ▲ Enrichment and socialisation opportunities
 - ▲ Religious/cultural celebrations
 - ▲ Teamwork/confidence building
 - ▲ Residential trips
 - ▲ Life-skills development including cooking/gardening/house-maintenance etc
 - ▲ Financial inclusion workshops

All programmes aim to develop and embed functional skills, confidence, positive expectations and resilience of YP.

THE MANAGEMENT TEAM

Eddie Bailey - CEO

Michelle Brown - Deputy Manager- Central Ave

Helen Miller- Deputy Manager, West End



Marta Kowalczyk
Admin & Finance Office



Michelle Miller
Activities Coordinator



Julie Cole
Social Worker

Staff Structure

- Led by CEO who line-manages: Deputy-managers, social-worker, activities-coordinator, and finance-officer.
- 2 Deputy managers who line-manage project-workers, night-workers, and sessional-staff.
- Project-workers case manage an allocation of young people.
- Social-worker manages social care placements, young person advocacy, liaison with social-workers and commissioners.
- Activities-coordinator manages activity-delivery and provides access to a range of specialist in-reach delivery
- Bank of highly skilled sessional-staff who can deputise for Project-workers, lead activity delivery and provide training and education support interventions
- Sessional staff include teaching and training professionals, social-workers, youth workers and housing professionals
- Retained in-house counselling service



Asif Khalifa
Project Worker



Amy Underwood
Project Worker



Chantelle Feare
Project Worker



Lisa Barks
Project Worker



Michelle Calvert
Project Worker



Mo Meshach
Project Worker



Winnie Nyathi
Project Worker



Michael Parker
Night Worker



Peter Ramsawak
Night Worker



Vicky Lennox-Warburton
Open Book Counselling (Counsellor)



Elaine Simpson
Domestic

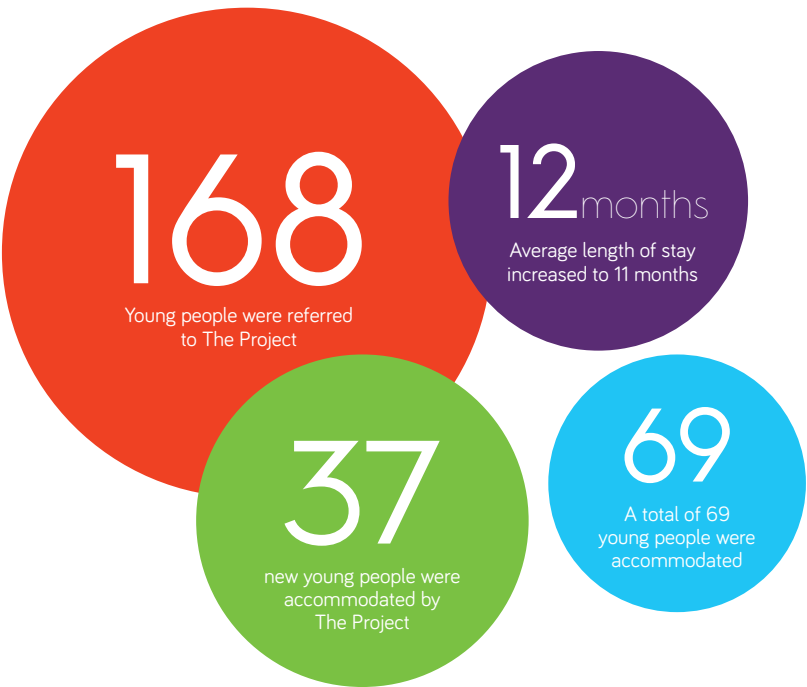


Supported housing for young people

THE YOUNG PEOPLE USING THE PROJECT

The largest single point of referral remains young people themselves. The main reasons for young people being referred were leaving care (foster families or residential homes) and family breakdown.

The main reason for the reduced throughput of young people is the difficulty accessing appropriate move on accommodation due to the shortage of affordable housing options.



Ethnic background of young people referred

White

English/Welsh/Scottish/ Northern Irish/British	112
Irish	0
Gypsy/Irish Traveller	0
Other White Background	4

Asian/Asian British

Indian	2
Pakistani	1
Bangladeshi	1
Chinese	0
Other Asian Background	3

Other ethnic group

Arab	0
Other ethnic group	14
Unknown	5

Mixed/Multiple ethnic groups

White & Black Caribbean	7
White and Black African	0
White and Asian	1
Other Mixed background	1

Black or Black British

African	11
Caribbean	4
Other Black background	4

Total

170

Age & Gender breakdown from referral monitoring (1.04.19 - 31.03.20)

Age	Under 16	16	17	18	19	20	21	22	23	24	Over 25	Unknown
Female	1	11	19	11	6	0	0	1	5	0	0	0
Male	1	10	21	15	17	8	9	14	11	6	2	0

The high occupancy levels and young age of referrals help to explain why we were not able to accommodate more people.

Of the 37 young people moved in with us between April 2020 and March 2020:

- 24 still remained in April 2020
- 7 moved to own accommodation, or to family, friends or other supported accommodation
- 2 was asked to leave due to dangerous anti-social behaviour
- 2 were taken into custody
- 2 simply left for unknown reasons

Counselling statistics



CHIEF EXECUTIVE'S UPDATE AND DEVELOPMENT VISION

The Project set an ambitious development plan for the year which included bringing further properties into operation, the development of our new hub property on Hinckley Road, developing our delivery methods, growing our psychologically informed environment model, developing new support management systems (The PLUSS System) and revising policy and procedures to support an enriched working method for staff and young people.

Huge progress has been made in all these key areas and the foundations have been laid for the continued development of the organisation and the services we provide. The PLUSS system- The Project has worked with external consultants to develop a bespoke, cloud-based, computer records system to record the support journey of young people and track progress. The system is now operational. An investment in IT hardware has provided workers with laptops, phones and other devices to make their working practices more tactile, mobile, and by consequence make them more accessible to young people.

- The Psychologically Informed Environment - The Project has committed to develop a recovery model for service delivery, acknowledging the impact of trauma on behaviours and working intensively with young people's core conditions and experiences. All staff have received training and coaching on the delivery of the model and young people have been involved in its development. The renewed sense of engagement and co-production has allowed young people to address their personal barriers and begin to thrive, gaining opportunities, and achieving personal, social, educational, and employment goals.
- Counselling for Young People - Through a partnership with Open Book Counselling practice, young people have been given free access to professional person-centred therapists. During the year 252 counselling sessions have been delivered, 25 young people receiving a service at some point during the year.
- The Hinckley Road Hub - the renovation of a former nursing home to be a bespoke supported living environment where young people can live, receive a range of services, and have access to high quality facilities. The Project aims to provide accommodation and support to 14 young people at the facility and aims to open phase one of the development later in 2020.
- In the coming year further developments are planned to increase The Project's property portfolio, provide higher standards of quality and comfort within the properties and increase young people's choice and autonomy over their environment.
- During 2020-21 we plan to develop our systems and working methods further whilst also introducing:
 - ▲ Asdan and Lifewise accredited training programmes for young people to develop their life-skills.



- ▲ A rolling activities programme which is embedded into all young people's support.
- ▲ Your Home, Your Choice - A programme based in each house where young people are engaged in decision making about how to spend individual budgets on activities and improvements to their living environments
- ▲ Continued development in the West End area of the city, developing our Hinckley Road property and seeking further properties within the vicinity to provide semi-independent accommodation options for move on

Whilst The Project has achieved a great deal and progressed its development it is not possible to write this piece without acknowledging a number of challenges which have impacted the end of this year. These included, sickness of the CEO, which resulted in a prolonged hospital stay and period of recuperation, the loss of our main contractor at our Hinckley Road development and the emergence and impact of the Covid-19 pandemic.

The staff team and management committee have shown huge resilience and resourcefulness in responding to these challenges, and The Project has continued to go forward, providing the best services possible in difficult circumstances.

The management committee have taken a lead role in appointing new contractors at our Hinckley Road site and will continue to provide the leadership to complete The Project. We now plan on opening The Project in phases with phase 1 due to begin operation in November 2020.

Several staff have had to be shielded due to health vulnerabilities and working patterns have had to be adjusted to ensure 24/7 service delivery. This places a significant burden on staff who are key workers and have the responsibility of providing

services, often at a safe distance due to the health and safety requirements and restrictions imposed, with depleted support and staffing resources, whilst also fearing for their own safety and that of their families.

It is also inspirational to note the resilience, discipline and flexibility shown by young people in adapting to altered living conditions, changes to the support we can deliver, movement towards online and socially distanced practices, all whilst their own lives are being deeply impacted. Young people have lost, or at least had huge restriction placed upon, their social support and friendship circles. They have had their education disrupted and placed on hold, and in many respects their world has become very small almost overnight. They have supported each other, been understanding and flexible with the unfortunate limitations placed upon the staff team, and have followed guidance, showing great discipline and responsibility.

The Covid-19 pandemic may not be resolved for some time; however, staff and young people have embraced this new reality and begun to create a safe and sane ?? normality out of the adversity. The pandemic reminds us of our fragility but also our humanity, and when people come together to support and encourage each other through this experience, it should fill us with optimism that a new learning can be taken forward when better times return.

Until better times return it is therefore the focus of The Project to ensure that all attached to The Project, staff and young people alike, live healthily and positively through this experience.

Eddie Bailey

Manager/CEO

YOUNG PEOPLE'S VOICES

I moved to the Park Lodge Project in July of 2020, which was the “peak” of Coronavirus, after being homeless for 3 years. It was daunting at first to move into a hostel after being on my own since I was 16, with no support before moving there.

My first few nights at Park Lodge were hard and it tested me greatly, at first, I was very scared, anxious and suffered quite severely with my mental health. I was open about my struggle as I knew I was in a safe environment and that I had a range of options offered to help me get back on my feet.

Michelle Calvert, who is my support worker, guided me along the road of recovery and taught me great values as well as encouraged me to become more independent, pursue in my arts (i.e. painting, textiles, writing etc) and engage with activities that Park Lodge had offered, such as working with Dylan from Leicester City Football Club and going to the outdoor pursuit centre.

Living during the Covid-19 pandemic can put quite a large strain on the young people who live here because we must be careful about where we go, who we see and what we do. Not just to avoid catching COVID, but to also protect our key workers or anyone who lives with us, as we are like one big family.

For some it has brought peace into their lives because they've finally had a chance to work on themselves and for others it has been increasingly challenging as they've become so restricted by the Government's guidelines, which is where Park Lodge's workers come in.

They've all worked effortlessly every day to ensure the wellbeing of the residents has been kept up, as well as morale, which everyone appreciates immensely because during such a difficult time, especially with being homeless, it can waver our motivation. The staff have also put in safety measures within the home to help us protect each other, which are hand sanitisers around the building, NHS certified hand washing guides, social distancing measures, putting down toilet seats etc. which shows how considerate Park Lodge is about safety of its Residents.

Life at Park Lodge.

Excited was the word, I arrived at Park Lodge in August 2019 just before my 17th Birthday. I am a looked after child and had been placed in my own flat coming from a very rigid strict placement, I thought all of my birthdays had come at once!! My very own flat I was so excited!

I thought great, I can do what I want, see friends, go to college, my time was my own. What I didn't realise was how hard I would find it. The free rein wasn't as good as I thought. Keeping my flat clean and tidy, cooking for myself, attending college, all became too much! I felt all my support worker wanted from me was too much! I didn't like her; she was trying to advise and support me, and I didn't want to know. I found I was on a slippery slope. I lost my place at college, my flat was a mess, and I felt so lonely. I felt like giving up.

The one positive thing in my life was my Support Worker at Park Lodge never gave up on me. She understood and supported me. I eventually learnt that The Project was my safe environment, with encouragement and support I turned a corner. I am now in College doing Health and Social Care with a plan to go to University to do Criminology. My flat is beautiful (so my support worker says) and I am a great cook. I still have my struggles and I am having counselling through The Project, which is such a help to me, but I now know I will make it, I am determined to.

Thank you, Park Lodge, for supporting and believing in me.

Life at Park Lodge.

You put things on hold

Made my life a misery

As you dispersed through this world, killing off the weak, making life look bleak.

Clock ticks 10 time to stutter protection on your face, hand sanitizers on your waist, remember that 2 meter space.

Corona Corona you made this year go to waste.

YOUNG PEOPLE'S VOICES

Without the support of family, friends and support workers life would have been quite different.

Emotions have run high, sometimes we are happy, sometimes we cry, Sometimes we feel lonely, sometimes angry, but everything is always just fine at the end of the day

The days have been quite long, we hear a lot of different messages but sure enough we are always kept up to date by our support workers.

We have learnt to be kinder, to smile a little more and to laugh a bit louder.

Because if Covid has taught us anything its life is short and to live to the fullest.

Covid has made me feel scared to leave the house because it's killing people.

It has made me feel bored because there is nothing to do. I think Covid is a conspiracy and if it's real is only affecting people with underlying issues, the elderly. I feel more should be done to contain it. Staff have been reassuring and amazing with support over the Covid period talking us through it.

Living in the world with COVID-19 has been terrible.

Although COVID-19 has not necessarily changed my life it has had an impact on my education and my social life as I can no longer spend time with my best mates, which makes me feel rubbish and isolated. I have however been able to spend time with people where I live. Having a mask over my face makes me feel claustrophobic as I have asthma and I can't wear one. I do wash my hands and use hand sanitisers though. It will be nice when the word COVID is not in my face e.g. walking down the street, in shops and at college.

ACHIEVEMENTS AND PLANNING

CENTRAL AVENUE

In my current role as a deputy manager here at Park Lodge Project I have learnt that young people need more than just a room.

They need support to look after their mental and physical health, encouragement to focus on their strengths and to build positive support networks to achieve their aspirations, whether that be to return to education, finding meaningful work or making new friendships.

Whilst I do believe we achieve this by listening to what young people tell us works and making sure our services address their needs and ambitions.

In my new exciting role as a service manager at the Central Avenue hub, my vision is to work alongside my team and East Midlands Housing to make our priority providing high quality accommodation and support for young people to thrive and achieve positive outcomes. After all the saying goesHome is where the heart is.

Firstly, I plan to remove the plastic hatch in the reception area, to produce more of an open and welcoming atmosphere with sofas and less of a barrier for the young people when they come and seek support.

To have the building painted in warmer tones and splashes of bright colours added in the way of canvases on the walls, bright cushions and throws.

I plan to create the back lounge as a games room by adding a pool table, bean bags and computer pods along one of the walls for the residents to use.

It has been suggested by young people, that they would like a wall with graffiti done by a professional, with the help of the young people on one of the walls, along with another wall used as a mood board to support residents to convey their messages effectively.

To allow the young people to feel more homely, by letting them personalise their space in their

bedrooms to include little things such as a rug, throws and cushions for their bed, to add a bedside lamp, desks and better quality furniture.

As a team we have many ideas to make the building inspirational, to make it feel more of a home, even though it is usually for a short period of time.

Due to lack of space on offer, my biggest goal here is to eventually have a 'chill out' garden room so that it be used as a place free from noise and interruptions so staff can carry out sessions with their young people.

I am looking forward to working with the team to provide a homely and safe place for our young people to feel a positive difference from the moment they walk through our front door.

Michelle Brown

Deputy Manager





WEST END

At the beginning of Covid-19 epidemic was without a doubt the biggest challenge for me personally, The Project team and the young people.

We faced staff shortages due to maternity leave, long term sick leave, staff who were deemed extremely vulnerable so were isolating at home, two of which were the CEO and Deputy Manager.

During this period I feel that I was pushed out of my 'comfort zone' and 'head first' into the unknown. My heart and soul went into thriving to ensure The Project remained able to deliver a service, provide vital support and information to both the staff team and Young People, keeping the staff and Young People as safe as possible whilst still trying to move forward with development projects.

The Project has recently embarked upon a period of expansion to meet the high levels of demand from young people and to also improve the quality of our accommodation.

Last year we were able to acquire properties located within the 'West End' of the City, including the Hinckley Rd development.

We aim to reflect in the West End the current model of 3 stages of accommodation in place in the Clarendon Park area (suitable to meet the needs of all Young People)

- Hub (main building with 24 hr staffing)
- Outer Houses (shared house/accommodation for 3/4 Young People) located near a Hub
- Self-contained flats

Self-contained properties

The Project bought self-contained properties last year, within a couple of months of purchase they were all fully renovated to a high standard. The properties have been a huge success and have had 100% occupancy. It has provided Young People with an insight of living independently whilst still having support services. Young people have gained first-hand experience of being responsible for utilities, managing and sustaining a tenancy.

Hinckley Road Hub

When fully completed the Hinckley Road Hub will have:

- 14 bedrooms (most of which have en-suite facilities)
- Large communal kitchen/dining –
- Multi-functional meeting rooms (including a counselling room)
- Games room

Unfortunately, due to delays to the building works early in the new year, caused by bad weather, parting with the original contractor and covid-19 restrictions, the Hinckley Road Project will now be opened in three phases:

Phase 1 - will house 6 Young People. The aim is for this stage to be open towards the end of November 2020. The remaining phases will be completed in 2021.

5 Bed (shared House)

We have also recently increased our provision by securing a 5-bedroom property on the same street as our self-contained flats. The property has been fully refurbished to a very high standard which includes large kitchen/diner and several double bedrooms. This property will be ready to house Young People at the beginning of November 2020.

I am looking forward to developing my future role as Service Manager of the 'West End Hub' and overseeing the other properties in the area.

I am keen to create an environment that is homely, safe, and secure. The aim is for Young People to have a space where they can be creative, express themselves freely, and can take ownership of where they live making informed choices.

Helen Miller

Deputy Manager



ACTIVITIES

This year has been very different from the previous ones due to the outbreak of COVID19 in March. Last December all residents were invited to a Christmas meal at Moore's restaurant and the ones that attended enjoyed themselves.

LCFC staff came in and provided group work sessions every week, these sessions were around healthy living and mental health wellbeing, and the young people were engaging and enjoying learning new skills.

We also had New Futures come in every week and do group work around healthy relationships, self-esteem, and confidence building. Young people could also be referred for one to one session if they needed more support or if the subject was more personal and needed to be confidential.

The Shout Out project came and did four sessions of art and a giant canvas of Jamie Vardy was created by residents at Park Lodge, which was going to be shown at Leicester Art Gallery.

Inhouse activities took place with our three students on placement who did work around cooking, young offenders' interventions, and drug misuse.

Our project workers also had regular activities available, such as meditation, self-defence classes or cooking lunch at the weekend. The Project purchased outdoor games to play such as archery, goal set, basket balls and wooden skittles. We have also had art parcels for the outer houses and more art and crafts at the main building.

Since March when the lockdown took place, we had to change our way of living and working at Park Lodge and follow government guidelines.

LCFC staff could no longer come to our building and have group work sessions, but they kept in contact through the summer with zoom and have recently come back into the building holding small group sessions that can be socially distant.

New Futures have kept in touch with the young people by phone and still had their one to one session. And we have arranged for them to start back again with small groups.

We have had several residents' meetings and have discussed what activities are wanted in the future. We have arranged to go to the outdoor pursuit centre in October 2020.

Michelle Miller

Activities Coordinator





An integral part of what The Project offers.

OPEN BOOK COUNSELLING

In partnership with Open Book Counselling, The Project has provided free person-centred counselling services and trauma informed therapy to young people living at The Project.

The service has been successful in engaging 25 young people within the year and providing face to face counselling sessions on a weekly basis. Where needs are high or a young person is in crisis the service has also provided priority interventions and offered more intensive or regular sessions where safety and stabilisation has been the priority; alongside the ability for the young people to experience and develop trusting relationships.

The service has provided 252 hours of counselling to young people and the impact has been significant in promoting young peoples, growth, progression, and recovery.

Feedback from young people has been excellent and we are pleased this has become an integral part of what The Project offers.

The service had to be resourceful and adaptive following the restrictions caused by Covid-19. The service offered online and telephone sessions and has continued to support young people throughout the pandemic.



The only way to improve yourself, is to know yourself.

SYSTEMA (RMA)

Systema (RMA Russian Martial Art) Know yourself - it is a simple yet effective way of living. Systema principles centre around four pillars: Relaxation, Posture, Movement and Breathing.

I have encouraged residents to become aware of these pillars. To focus on looking inwards and being aware of themselves and how they deal with situations. It is a way to understand and consider things introspectively whereby actions are thoughtfully controlled with positive outcomes being the primary goal.

Mo Meshach

Project Worker

LIFE-SKILLS TRAINING FOR YOUNG PEOPLE

Exciting news for The Project, all staff will be trained by the end of the year to deliver the following:

- ASDAN's Living Independently short course which covers units that will help support young people to gain skills to live independently.
- Centrepont Life-wise units which will help support young people gain knowledge in a wide variety of life skills.

Both courses are accredited and all the young people that live within The Project will have the opportunity to complete both courses, fully funded by The Project.

Chantelle Feare

Project Worker



WORKING WITH SOCIAL CARE

Emergency Bed Space

The Project provides an emergency bedspace to accommodate immediate placement in emergency or crisis situations. This bedspace is commissioned by Leicester City Council and allows young people to be placed 24/7 365 days a year, based on them being in immediate need.

This year we have only had three young people using the emergency bed space, which is good news, as it shows most young people were accommodated in a planned way.

The longest length of stay was a little over 3 months and the shortest just a few days.

Each of the young people were either housed in alternative supported housing provision or returned home once interventions had taken place and it was deemed safe to do so.



Local Authority Referrals

The Project works closely with Leicester City Council, with as many as 25% of residents being placed by the authority due to being children in need. We also continued to receive referrals from outside of Leicester, which demonstrates that agencies recognise that Park Lodge Project offers a great service to the young people that we are able to accommodate. This year we have had, or are still accommodating, young people on behalf of Bedfordshire, Cambridgeshire, Derbyshire, Lincolnshire, Norfolk, Rotherham and Worcestershire

We have had several young people with positive resettlements from Springfield Road flats, including:

- 2 into their own tenancies, although there were delays due to COVID.
- 1 moved in with partner
- 3 returned to live with family.

We continue to get referrals for Unaccompanied Asylum-Seeking Children (UASC) from Leicester City Children's Social Care & Early Help, and other authorities. We are currently accommodating four UASC (two of whom are cousins), as well as five young people who have had their asylum claims assessed and have now been granted refugee status.

All our UASC and refugees are enrolled in full time education and are keen to take the opportunity to learn. This is evident in the fact that this year, one young man and two young women all with refugee status have recently left us to attend Higher Education Courses at University.

Julie Cole


Social Worker

FEEDBACK FROM YOUNG PEOPLE

'Before Counselling; I thought it wouldn't help. But now I realise that it does. Without counselling I would not have been able to value myself as I do now. It has made me realise that I should not lower my standards for anyone. I should stop being so hard on myself, and that I am stronger than I think. I am learning to love myself and I should give myself more credit for everything I have achieved. I should feel proud of myself for how far I've come.'

'It has been a great pleasure to work with you (counsellor). It was amazing to share with you my personal problems and even more amazing because you understood them. You taught me how to recognise my wonderful qualities and how to stop being so hard on myself. Thank you for always believing in me and for everything you have done for me. I am stronger because of you. You will forever stay in my heart and I am extremely grateful to you. Words aren't enough to describe your beautiful soul'





I can improve my life and live for the positive.

'I had intense troubles growing up and didn't really know how the world worked or how to deal with life. This has had a negative impact on my life. I ended up homeless and my life was not going in the right direction. I got into Park Lodge and they offered me counselling. I was hesitant at first, but as the sessions went on, I felt safe to open up and start talking about the things that I never thought I would ever have the courage to talk about. Counselling has helped me greatly as before I felt isolated and alone. Talking to

my counsellor has made me feel that each time I leave my session, I leave feeling accomplished that I have faced my obstacles that I kept closed and locked away. I would recommend that anyone get the counselling they need and help improve their life. My relationship with my counsellor is something that I will forever carry with me to help remind me that I can improve my life and live for the positive.'

WOMEN IN PHILANTHROPY



We have continued to work with Women in Philanthropy (WIP) and have received our final donation in April 2020 of £1724. This has come from our original Dragons Den type presentation which allowed Park Lodge Project to become one of their nominated charities.

After doing a Dragons Den type presentation, Park Lodge was fortunate to be one of the chosen three. The choice of how we spent this donation was given to the Young People, they chose to use the money towards creating a games room. They will use the money to purchase a pool table for Central Ave Hub and the remaining money towards an item for the games room at the West End Hub.

Park Lodge Project would like to take this opportunity to say a big thank you to WIP, their help and support has been invaluable.

Michelle Calvert

Support Worker

DONATIONS

Coronavirus has shown us that our futures are bound more tightly together than ever before.

We have had an overwhelming amount of support, with many local organisations, businesses and individuals donating goods ranging from food, cleaning materials and PPE which included face shields, masks, antibacterial sprays and hand gels to The Project for our staff and young people.

This has helped us tremendously as a project to ensure we are safeguarding our staff members and the young people that live here.

The Project would like to extend its gratitude for all the very kind donations and gifts received from generous individuals, local organisations and businesses during these especially challenging times. These donations have been, and will continue to be, gratefully received in the support of both our exceptional staff and young people.

This year has been one of the most challenging years of my time at Park Lodge Project, however at the same time the most exciting and rewarding.

Michelle Brown

Deputy Manager

LIVING WITH COVID-19

STAFF EXPERIENCES OF WORKING FROM HOME AND SHIELDING

1. I have been shielding and working from home since March and this period has been an emotional roller-coaster. In the beginning I created a routine for myself which provided structure. The challenges for me were the face to face engagement with residents, work colleagues and the uncertainty of how long this will go on for. What made it easier was the support of my work colleagues and regular contact with residents.
2. It was March 17th, and I was advised to work from home as I was classed as being in the group for the clinically extremely vulnerable from Covid-19. I never dreamt that it would continue for the next 4 months and that I would eventually be begging my manager to come back to work. Don't get me wrong it was great getting up at 7:00am every morning rather than the 5:15am start, great that I was not filling my car up with fuel every few weeks and saving myself some money. I also felt safe cocooning in my own bubble whilst the sun was shining through.

But oh, my goodness did this affect my mental health. I felt isolated and out of the loop, my motivation decreased drastically, I missed the communication, which in turn, I felt, decreased an element of teamwork. I also missed out on "everyday matters". I missed interacting with my friends and the young people and spent most days in my pyjamas. Lack of teamwork had negative effects on my creative thinking abilities. I found this most difficult as I was unable to bounce my ideas off my colleagues which made me feel less needed. I felt guilty for jumping ship when I was needed most and leaving the team to get to grips with the whole Covid-19 thing. I even missed the 40-minute commute to work and back and the line between work life and home life became blurred. This had a huge impact on not only my working life but also my family life too, as I felt useless, lonely and miserable. When I realised this was taking its toll on me, I knew there was only one thing that would make me feel happy again and that was to get back in the office!



INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF PARK LODGE PROJECT FOR THE YEAR ENDED 31 MARCH 2020

We report to the trustees on our examination of the accounts of the company for the year ending 31 March 2020.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied ourselves that the accounts of the company are not required to be audited under Part 6 of the 2006 Act and are eligible for independent examination, we report in respect of our examination of your company's accounts as carried out under section 145 of the Act 2011 ("the 2011 Act"). In carrying out our examination, we have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

We have completed our examination. We can confirm that no matters have come to our attention in connection with the examination giving us cause to believe that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a "true and fair view" which is a matter considered as part of an independent examination.
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by Charities (applicable to Charities preparing their accounts in accordance with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report to enable a proper understanding of the accounts to be reached.

Anil Taylor
CELERICA LTD
CHARTERED CERTIFIED ACCOUNTANTS
FIRST FLOOR
THE OLD CHAPEL
9 KEMPSON ROAD
LEICESTER
LE2 8AN



Dated: 13/10/2020

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2019 (INCLUDING INCOME AND EXPENDITURE)

	NOTE	2019 UNRESTRICTED FUNDS	2019 DESIGNATED FUNDS	2019 RESTRICTED FUNDS	2019 TOTAL FUNDS	2018 TOTAL FUNDS
INCOME AND ENDOWMENTS						
DONATIONS AND LEGACIES	2	8,576	-	-	8,576	11,711
CHARITABLE ACTIVITIES	3	834,003	-	-	834,003	838,945
INVESTMENT INCOME	4	1,455	-	-	1,455	1,611
OTHER	-	-	-	-	-	-
Total Income and endowments		844,034	-	-	844,034	852,267
EXPENDITURE ON:						
RAISING FUNDS	-	-	-	-	-	-
CHARITABLE ACTIVITIES	5	824,424	-	-	824,424	761,268
OTHER	-	-	-	-	-	-
Total expenditure		824,424	-	-	824,424	761,268
Net income		19,610	-	-	19,610	90,999
Transfer between funds		95,484	(95,484)	-	-	-
Net movements in funds		115,094	(95,484)	-	19,610	90,999
RECONCILIATION OF FUNDS:						
TOTAL FUNDS BROUGHT FORWARD		214,250	719,566	-	933,816	842,817
TOTAL FUNDS CARRIED FORWARD		329,344	624,082	-	953,426	933,816

All figures relate to continuing operations.

There were no recognised gains or losses for the current or previous period other than as stated above.

The movement in funds is due to the net incoming resources for the year.

BALANCE SHEET AS AT 31 MARCH 2020

		2020		2019	
	NOTE	£	£	£	£
FIXED ASSETS	10		1,122,791		719,569
CURRENT ASSETS					
DEBTORS & PREPAYMENTS	11	57,214		96,940	
CASH AT BANK		302,467		483,074	
CASH IN HAND		2,586		257	
		<u>362,267</u>		<u>580,271</u>	
CURRENT LIABILITIES					
CREDITORS	12	60,572		36,744	
		<u>60,572</u>		<u>36,744</u>	
TOTAL ASSETS LESS CURRENT LIABILITIES		301,695		543,527	
CREDITORS:					
AMMOUTS FALLING DUE AFTER 1 YEAR	13		(471,060)		(329,280)
NET ASSETS			<u>953,426</u>		<u>933,816</u>
FUNDS					
UNRESTRICTED	15		329,344		214,250
DESIGNATED	15		624,082		719,566
RESTRICTED	15		-		-
			<u>953,426</u>		<u>933,816</u>

THE CHARITABLE COMPANY IS ENTITLED TO EXEMPTION FROM AUDIT UNDER SECTION 477 OF THE COMPANIES ACT FOR THE YEAR ENDED 31 MARCH 2020. THE MEMBERS HAVE NOT REQUIRED THE CHARITABLE COMPANY TO OBTAIN AN AUDIT OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2018 IN ACCORDANCE WITH SECTION 476 OF THE COMPANIES ACT 2016.

THE TRUSTEES ACKNOWLEDGE THEIR RESPONSIBILITIES FOR:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of the charitable company as at the end of the financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

THESE FINANCIAL STATEMENTS HAVE BEEN APPROVED IN ACCORDANCE WITH THE SPECIAL PROVISIONS OF PART 15 OF THE COMPANIES ACT 2006 RELATING TO THE CHARITABLE COMPANY.

APPROVED BY THE TRUSTEES ON 23 / 09 / 2020

AND SIGNED ON THEIR BEHALF BY:  DAVID POLLARD

A woman with long dark hair is smiling in a kitchen. She is wearing a grey sweater and a yellow apron. She is holding a small orange object in her right hand and pointing with her left index finger. The kitchen has wooden cabinets and a tiled backsplash. A large, colorful geometric overlay covers the right side of the image, transitioning from yellow at the top to orange and then green at the bottom. The text "The future will always be more important than the past." is written in white, bold, sans-serif font across the center of the image.

**The future
will always
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than the
past.**



PARK LODGE PROJECT

Supported housing for young people

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Tel: 0116 270 7319

parklodgeproject.org