

The Caxton Youth Impact Report

April 2024 -
March 2025



"It's a brilliant place for young people." - Caxton parent

Table of Contents

- 02 — Message from young people
- 03 — Message from our CEO
- 04 — About Us
- 05 — Theory of Change
- 06 — About Caxton's Young People
- 08 — Young People's achievements
- 09 — Programme delivery by the numbers
- 10 — Core Programmes
- 12 — Trips and Residentials
- 15 — Jadore's Story
- 16 — A year as a Caxton member
- 17 — Outreach
- 18 — Building the Caxton Community
- 20 — Future Plans

The year in review

From young people

We are the Youth Ministers, our roles are in music, media and sports. We were elected into the roles by other young people. Within the Caxton Youth Government we give speeches, talk about subjects and have Trustees visit.

Some of us are now part of the new Changemakers programme which is the next step of the Caxton Government. We have been learning about social issues and finding ways to make sure our voices are heard both within Caxton and our wider community.

Our highlights this year have been the residentials we have been able to go on. These give us the chance to spend time away from home, get outside of London and spend time with our friends, bonding and trying new things.

For some people this year has been their first residential and it was nice to be able to support them as we are all familiar with how residentials work.

The Youth Ministers

“At Caxton I feel listened to by my youth workers who support me when I am struggling. Now I am also listened to by the young people because I volunteer on a Friday evening. I enjoy helping the youth workers and it makes me feel proud when they tell me I’ve done a good job and that I’m really helpful. I’ve learned a lot of new things this past year especially with being a part of Changemakers and my youth workers help me be more independent”.

- **Sarjil, Caxton Young Person and Youth Minister.**

The year in review

From our CEO

To our Caxton community,

In a world that's changing faster than ever, the future can feel uncertain for young people. One thing will always stay the same: Caxton's commitment to making sure every learning disabled and autistic young person in our community has a safe space to grow, connect, and belong.

In June 2024, I took maternity leave, and Esther Norman joined Caxton as the Interim CEO, supported by our incredible Chair, Kate Boddington, and our passionate Board of Trustees.

This impact report includes so many of the things you helped us achieve while Caxton was in Esther's capable hands.

This included facilities updates to our clubrooms, increased activities and new programmes.

This year we brought together all the activities, outcomes, and impact of our work to develop our first organisation-wide Theory of Change (ToC). For those who don't know, a ToC is a method to show how what we do day-to-day creates outcomes and impact to achieve a specific impact goal.

Our goal is for a future where every young person is happy, healthy, and connected to a strong support network.

Thank you for being on this journey with us, and part of our strong support network. I'm glad to be back for what's next!

Rose
CEO



About Us

We are here to improve the lives of learning disabled and autistic young people through the power of youth work.

Our Mission

Our mission is to shape a more inclusive society free from disabling barriers where all young people are able to lead happy, healthy lives.

Our Vision

We are a specialist youth club creating community, breaking barriers and empowering learning disabled and autistic young people.

Our Values

Connection

"You can make friends here"

Self-expression

"Everyone can be themselves here"

Aspiration

"We try new things here"

Community

"We come together here"



We are members of London Youth, One Westminster and Young Westminster Foundation



We are proudly an accredited living wage employer paying the London Living Wage or above.

Caxton Youth's Theory of Change

Why we exist:

Society has put up disabling barriers that affect young people's access to employment, independence and wellbeing, limiting opportunities to reach their aspirations. Learning disabled and autistic young people and their support networks are disproportionately isolated, lack access to inclusive activities and are restricted from building the skills, resources and confidence necessary for fulfilling lives.

Our Work

Through the power of youth work we co-create safe, inclusive spaces where learning disabled and autistic young people take part in accessible activities driven by their needs, wants and interests.



This includes:

- Targeted youth work
- Group work
- Workshops
- Tailored 1:1 support
- Holiday programmes
- Outdoor residentials and trips

Outcomes: what we influence



* Improved skills & confidence

Young people gain skills, confidence and access to opportunities to identify and fulfil their aspirations, supporting their pathway from adolescence into adulthood

* Increased social connection & reduced isolation

Young people meet new people, make friends and build community

* Improved wellbeing

Young people connect with others, keep active, stay present, learn new things and contribute to their communities

* Enhanced youth voice & agency

Young people's voices positively influence the organisations, systems and structures that impact on their lives, advocating for themselves and their communities

Our Impact Goal

A future where every young person is happy, healthy, more independent and connected to a strong support network.

Enablers of Change

Young people trust and feel trusted

Young people experience a safe environment with positive role models and healthy relationships

Young people are able to communicate and contribute in ways that work for them

Young people feel a sense of enjoyment and purpose

Young people feel a sense of achievement and contribution

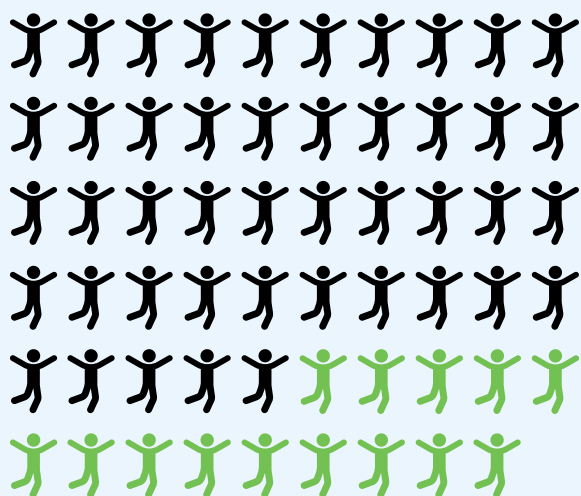
Young people feel empowered to create change in their lives and the world around them

Young people feel included and connected with their community

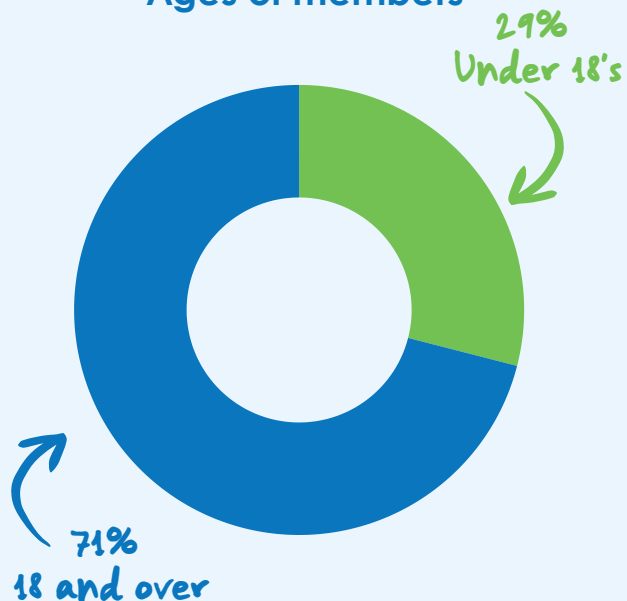
Caxton's Young People

This year we welcomed back many regular members and some new faces to our club!

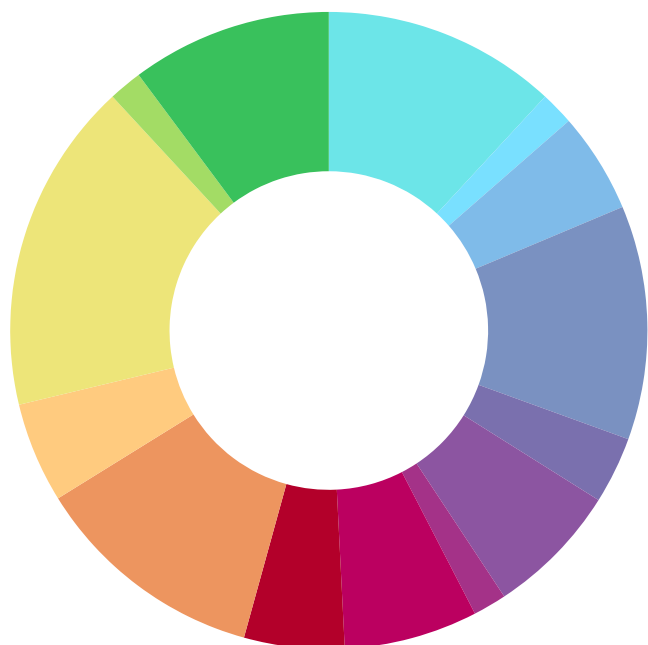
We reached 59 members during this time, and 14 new young people joined!



Ages of members



Our young people's ethnicities reflect the diversity of our Westminster community.



- Asian Bangladeshi
- Asian Other
- Asian Pakistani
- Black African
- Black Caribbean
- Black Other
- Chinese
- Mixed Other
- Mixed White and Black African
- Not Specified
- Other
- White British
- White Irish
- White Other



Caxton's young people have diverse support needs, communication styles, and life experiences.

Some have a Education, Health and Care Plan (EHCP), others do not. Some come with a 1:1 support person, others walk to club with friends. You don't need a formal diagnosis of a learning disability or autism to join our services. There are so many barriers in society for families to get the right support – we don't want to be one of them. That's why we offer a relaxed trial session for every new starter and a full onboarding process to make sure it's the right fit. Of our current members:

61%

of members
identify as autistic

39%

have more than
one disability

14%

have epilepsy

But our young people are so much more than statistics. Everyone is unique, and Caxton is a place where they can be themselves. In the autistic and disability spaces, this is often called 'unmasking' – feeling like they can express themselves freely in a safe and supported environment.

"My daughter absolutely loves coming to Caxton and feels part of a community. She feels part of, rather than different".

Achievements are worth celebrating

Young people are feeling energetic, loved, and optimistic for the future. They are feeling happier, healthier, and more independent than last year.

- An increase of young people reporting they have energy to spare often or all of the time to 83%
- 96% of our young people are feeling loved often or all of the time
- Almost 3 in 4 young people report feeling optimistic about the future often or all of the time

➔ Young people report improvements in their mental health

92% of young people reported making progress in how they feel, how they manage difficult emotions and mental health issues.

➔ Young people are gaining new skills

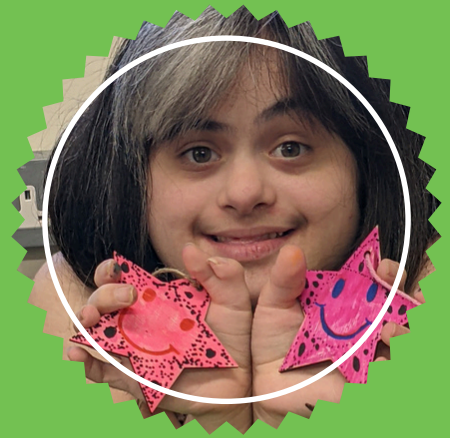
83% of young people report making progress in practical skills such as cooking, cleaning, laundry and household tasks.

➔ Young people are making money work for them

3 out of 4 young people report making progress in money, where they have enough money for what they need to pay for in a month, and can budget.

➔ Young people are healthier

3 out of 4 young people reporting making progress in looking after their own health, including eating healthy food, exercising, and taking prescribed medication.



Our in-person programme delivery is growing year on year.

Activity

Details

Young people say:

109

Youth club sessions held on Mondays, Wednesdays, and Fridays.

That's almost 275 hours of in-person youth work!

"I have been coming here since I was a boy. It's soft here warm and safe."

38

Early Bird sessions held: structured activities like Art Therapy before club sessions.

Adding 5+ more hours of specialist youth work into each week.

"In Art Therapy we talked about some serious stuff. The sessions made me feel confident. They helped me understand my emotions, like happiness."

33

Trips into the community.

We've been everywhere from kayaking to local museums.

"Thank you for helping me. I was anxious but you helped me and then I could do it."

11

Girls' Group sessions held.

In 2025 we increased frequency to twice a month!

"I like Girls' Group. It's fun and calming, and I like cooking. It's more quiet without the boys."

11

Nights away from home on residential trips to exciting outdoor adventure centres.

For some members, it's their first time out of London - and their first time away from family.

"I'm very proud of myself for this time being able to stay away from home and my whole family and parents are proud of me too. I think I have improved and my parents think so too"

8

Holiday activities held at our clubrooms

Our newly renovated clubrooms were the place to be.

"The staff here are different to other places I have been. They are real people."

Our 2024/25 Core Programmes

Independence Programme



This year we continued long-held partnerships to build on young people's independence skills. For three years the British Red Cross have delivered First Aid and CPR workshops with our young people. Based directly on requests from the young people we also worked with SASH on personal space and boundaries, and IGXU and Connect Futures on identifying grooming behaviours, county lines, knife crime and staying safe in the community. We also made lots of meals to share in the youth club and practiced washing, ironing and household tasks.

Our proudest achievement this year was the success of The Next Stage Project in partnership with GoLive Theatre. Through a series of engaging workshops focused on employability skills like teamwork and communication, many of our young people, **especially those who are shy or less verbal**, felt empowered and included. We've seen inspiring progress from individuals who have gone from lacking confidence and self-esteem to actively job-seeking—proof of the real impact our work is having.

Employment Support Programme



Social and Emotional Wellbeing Programme



Introducing art therapy into our offer has been transformational for our young people. A new partnership with Brent, Wandsworth, and Westminster Mind has enabled five young people to access art therapy in early 2025, and the programme is set to continue. Off the back of this we have also introduced Art and Relaxation early-bird sessions for all young people to sign up to. 100% of young people surveyed this year said they felt they could talk to Caxton youth workers about challenges.

Creating Communities and Opportunities Programme



Music is a defining passion and expression of our young people. Through the combined efforts of our young people, external facilitator, youth workers, funders, and partners, **we have almost completed our music and podcasting room**; clearing out an unused back room and successfully securing dedicated funding to make their recording studio a reality. We also went to the theatre throughout the year – Ghostbusters in October was a hit.

Over the past year our young people have gone from strength to strength, engaging in sessions in conjunction with Disability Sports Coaching, self-defence coaching, dance and multisport! Our Minister for Sport in our Youth Government Project made sure we were delivering the activities young people wanted, and we extended our self-defence classes due to their popularity!

“Ashley has not done PE in 6 years. The only place she’ll do sports is at Caxton and she loves it.”

Health and Getting Active Programme



Changemakers for Social Action



In 2024 we continued our second year of our Youth Government Project with new and returning elected Ministers. At the end of 2024 we decided to **amplify youth voice on a greater scale for the third year of the programme**. So far we have recruited Changemakers to start achieving systems change – watch this space!

Trips and Residentials

For many of our young people, barriers like inaccessible spaces and cost make trips and residentials outside of Caxton out of reach.

"Holiday provision is invaluable as holidays are unaffordable at the moment." – Caxton parent

Caxton offers fully-funded holiday activities, sponsored residential places, and the support that our young people need to participate in the fun.

Over the past year, we ran 33 trips into the community and 3 multi-night residentials.

44 young people attended trips – That's 3 in 4 young people going on a community trip with us.

Touring the Chelsea Stadium and Museum was a hit among our football fans, and the young people planned a day trip to Hastings, where they explored the town centre, visited an aquarium and spent some time at the beach.

"My daughter feels happy and looks forward to coming along every week, she did one trip to do go karting and absolutely loved it." -Caxton parent

12 young people attended at least one multi-night residential with us to an outdoor adventure centre, such as summer at Avon Tyrrell. This trip allowed our members to step out of their comfort zones, engage with nature, and bond with each other.

"I was nervous, but James, my best friend, did it with me and made me feel brave." - Caxton Young Person*

“

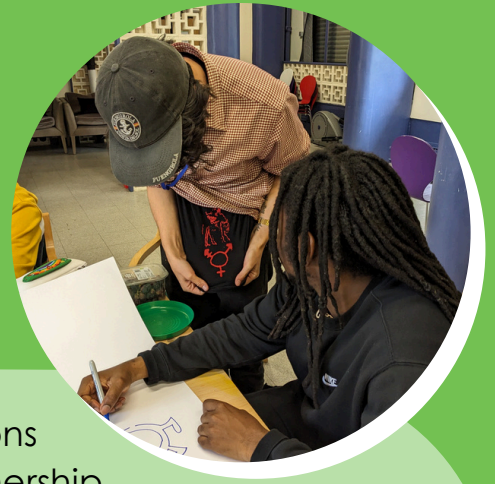
I'm very proud of myself for this time being able to stay away from home and my whole family and parents are proud of me too. I think I have improved and my parents think so too.

”





The impact of person-centred youth work: Jadore's Story



Jadore was one of the first to join art therapy sessions in January this year, delivered through a new partnership with Mind. In that safe, supportive space, led by a qualified art therapist, he connected with others, built confidence, and explored his emotions through creative expression.

*"I self-referred because I needed help getting my emotions out, I found that a little hard before. In Art Therapy, we talked about some serious stuff. **The sessions made me feel confident, they helped me understand my emotions, like happiness. I really enjoyed art therapy.**"*

As he developed the tools to explore and communicate his feelings, we invited him to join Changemakers, our new youth-led social action project. Encouraged by our youth workers, he started exploring Black activism and history, asking questions at home, and recognising some of his own artwork as a form of political expression.

"Before I joined Changemakers, I didn't know about social action. I learnt about it from Sarah [the Social Action Lead Youth Worker]. I would want to be an 'artist' and for my art to be political one day, I think expressing political views through art is important."

With ongoing, person-centred support from our youth workers, Jadore has gone from inward reflection to outward action. He's continuing with his art therapy, as well as playing a leading role in facilitating Changemakers discussions. **He's now using his voice to challenge inequality, uplift his peers, and inspire change - not just for himself, but for those around him.**

"Changemakers has changed the way I look at my local area, it's made me see new things. I am more aware of homelessness now. Changemakers inspires me to want to change the homelessness system in my local area and in the world.

I'd want to be Prime Minister to make change happen."

A year as a Caxton member

Follow the journey of a year in the life of a Caxton member, from real stories of our young people.



They always came to the Monday youth club

That's 95 hours spent time with their friends, attending workshops for our core programmes, and playing basketball with partners like Disability Sports Coaching.



They took the minibus to and from their home in South Westminster to the club

And told Floyd in their Outcomes Star their goal was to be more independent this year and be able to walk to the club with their friends.



Youth Workers Floyd and Paul did some **1:1 travel training** with them to learn the route to Caxton from their house.



In August they went on a 5-day residential to Avon Tyrrell in the New Forest and made new friends. **They stayed away from home for the longest they ever had!** Their parents are proud of them, and they are proud of themselves.



They turned 21! We had a birthday cake for them at the Monday club and we all sang happy birthday. The other young people made curry for the club meal because that's their favourite.



They tried 10 new things over the holidays! – including kayaking, bowling, visiting Parliament and the Natural History Museum, going on a Chelsea Stadium tour, and a day trip to Hastings with the Changemakers programme!



In December, they attended our Winter Party and received a certificate for **always helping new members settle into the club.**



They started volunteering at the Friday under 18's youth club sessions

After talking to Paul about wanting to get some volunteering experience in youth work. They now walk to club during summer.

They talked to Stefan about things at home that were making them upset. They made a plan together and included their social worker and family to access more support.



In January they started coming to our brand-new Early Bird sessions, and they **walked to their February Art Therapy sessions we ran with Mind!**



In March they completed their latest Outcomes Star and Warwick-Edinburgh with the youth workers; they feel as though their independence has improved, and they have made new friends at the club this year! They feel they have improved on how they manage their emotions and mental health.

"I meet new friends at Caxton"

Outreach 🙄🙄

Supported by a full-time Communications and Outreach Intern, we've built the foundations to grow our reach and membership in the coming year. Through activities like telling our story on social media and building our Girl's Group we are highlighting how Caxton is a welcoming place for all young people to thrive.

This year one third of our members were young women.

We want to reach even more young women, so have increased our monthly Girls Group to fortnightly in 2025 to have even more space for connection.



Social media 📈



5.8K profile visits
15.5K accounts reached
19.7% follower growth



962 interactions
20.3K impressions
25.7% follower growth



3.6K interactions
62K views
282 followers

"When Ashley joined Caxton at first I was a little bit nervous but then once she had settled in she was so happy that it made me really happy for her, because she'd never really been anywhere where she felt at home."



Building the Caxton Community

We are incredibly grateful for every supporter and every pound that people give to help learning disabled and autistic young people reach their potential.

After months out of the building in 2023, we celebrated being back in our home at our first-ever Caxton Supporter Event in April 2024. Drinks, nibbles, and moving speeches were made as we celebrated everyone – you – who makes Caxton such a special place for young people now, and into the future. We had over 45 people attending, all playing a significant role in the success of the past year.

Our Annual Big Give Christmas Campaign to support our under-18s Friday youth club throughout the winter months raised £10,343 - £11,034.92 with Gift Aid! A massive thank you to Aspire partners who pledged the match gifts and those who donated during the campaign.

Landsec Aspire's Partnership entered its third year, and they continued to go above and beyond, with a heartfelt passion for making a difference in the lives of young people. Throughout the year, they raised and contributed over £20,000 in financial support, as well as putting themselves on the line through Marathon training and the Snowdon Challenge. We would like to particularly shout out Jaguar Building Services for their unwavering support and for always being the first to raise their hand to give back. This past year, the partners have been 'Making Pimlico Perfect' – making the back room functional as a music studio and office space, donating a coffee machine and promising barista training for our young people, as well as reflooring the entire building. **Their legacy will continue through the work of Caxton and the lives of the young people they have touched.**

Thanking the Caxton Community

An inexhaustive list of wonderful donors, activity partners, and supporters who have helped young people to live happier, healthier, more independent lives over the past year:

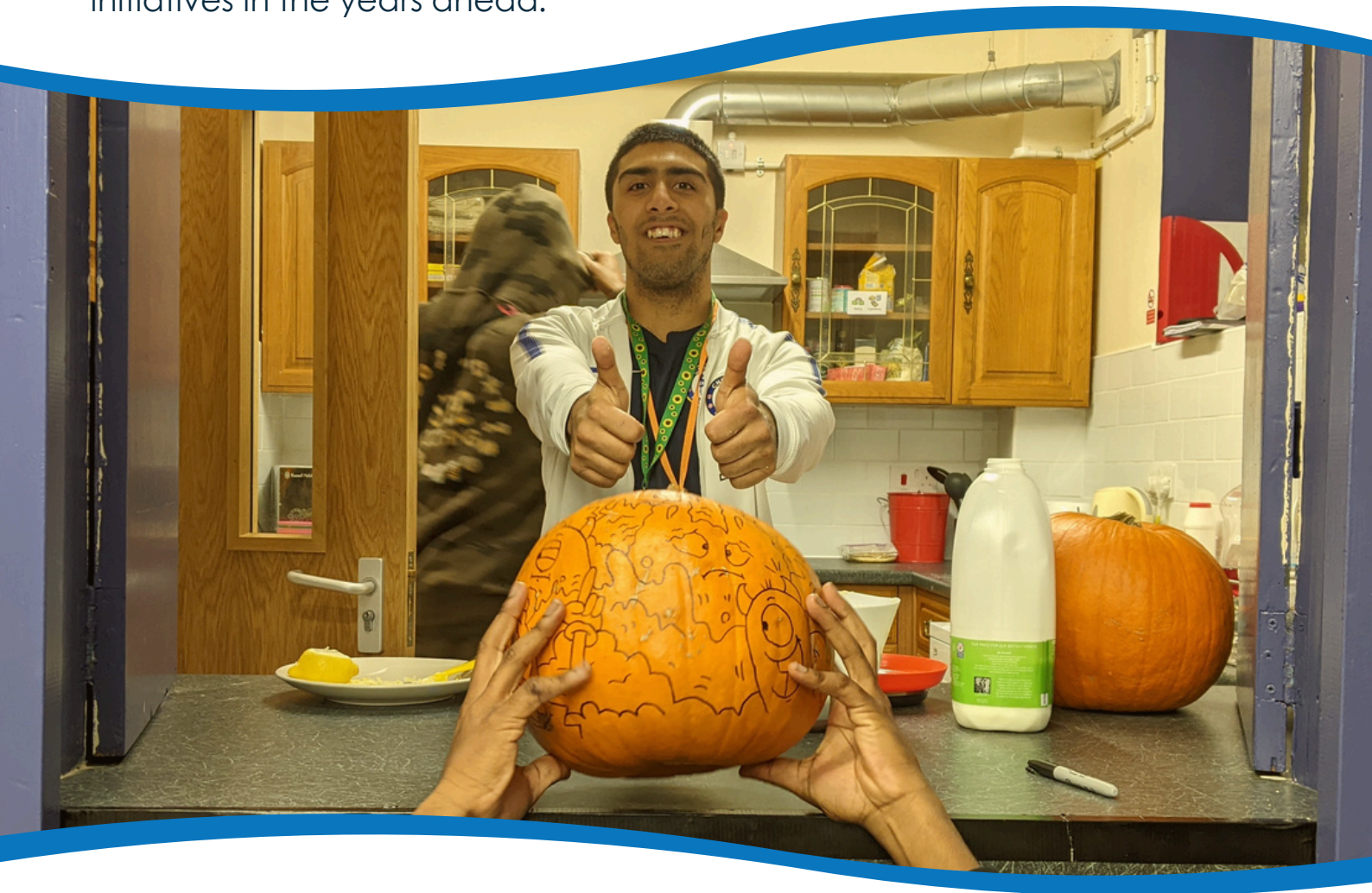
Aspire Landsec Partners
Anton Jurgens Charitable Trust
Baily Thomas Charitable Fund
Baringa
Blink Dance Theatre
Brent, Wandsworth and
Westminster Mind
British Red Cross
Capita Plc
City Bridge Foundation
Dance West
Disability Sports Coach
ETAT
Garfield Weston Foundation
Go Live Theatre
Google
Grosvenor
IGXU
Jack Petchey Foundation
John Laing Charitable Trust
John Lyon's Charity
Landsec
Lightbulb Trust
Mahoro Charitable Trust
One Westminster
Petit Miracles
Prospex Youth Club

Queen Anne's Gate Residents
Association
Royal Albert Hall
SASH
Shake Shack
Sir Jules Thorn Charitable Trust
St Giles & St George
St Peter's Eaton Square
Tesco Stronger Starts (Groundwork UK)
The Advocacy Academy
The Austin and Hope Pilkington Trust
The Big Give donors
The Childhood Trust
The Childwick Trust
The Julia and Hans Rausing Trust
The Politics Project
The Nancy Kenyon Charitable Trust
The National Lottery Community Fund
The Natural History Museum
Tri-borough Music Hub
Westminster Almshouses Foundation
Westminster Amalgamated Charity
Westminster City Council
Westminster Foundation
Young Westminster Foundation
Youth arts and activities facilitators
Youth Music

Future plans

We are proud that with vast improvements to infrastructure, we have been able to increase our offer to young people, with increased trips, early bird sessions, and additional Girls' Groups. Over the next year, we plan to expand our services into the north of the borough to reach even more learning disabled and autistic young people who could benefit from our work.

At the end of 2025 we reach the end of our current strategy period, and we are initiating a strategic refresh to build on our progress, and lay the foundations for even more outward-facing engagement and youth-led initiatives in the years ahead.



Every step of the way, we stay dedicated to **building community, breaking barriers, and creating an inclusive borough where young people can thrive.**

How you can help

If you'd like to support the young people at Caxton Youth, go to caxtonyouth.org/how-to-support-us to find out more or donate directly.

Thank you for all
your support over
the past year.

Contact us

General: admin@caxtonyouth.org

Fundraising: paige@caxtonyouth.org

020 7834 1883

Basement Clubrooms

Tintern House

Abbots Manor Estate

London, SW1V 4JF

Registered Charity Number: 1090549

[caxton_youthclub](https://www.instagram.com/caxton_youthclub) 

Caxton Youth Organisation 

www.caxtonyouth.org 