

# **IMPACT LEADERS IN COMMUNITY REPORT**



# FORWARD

**SYED UDDIN,  
CEO**



Over the last four years, despite the challenges of COVID 19, lockdowns and the cost-of-living crises we have been at the epicentre of the Teviot Estate. We have the expertise and proven track record on delivering community and youth engagement to improve the lives of our diverse and vibrant community.

In partnership with Poplar Harca, Hill Group UK and sponsors/funders such as Mayor of London's Violence Reduction Unit, London Youth, Action for Race Equality, Alexandra Rose Charity, Teviot Community groups and Corporate Partners, we have been able to deliver projects and programmes to realise our vision and mission- to inspire, empower and support local disadvantaged young people and/or those from BAME communities to become young activists

in their communities and develop and advance their education and employment opportunities and careers.

Here at LiC we are preparing young people for current skills and jobs and those that have not been created yet. We strive to eliminate the internal and external barriers to education, employment and entrepreneurship. That is why we want our young people to be resilient and be fit in mind, body and spirit through healthy living and eating; and participate in fit for purpose courses such as Be.Trustees (governance), Be.Inspired (female empowerment), Be.Leaders (Leadership) and Be.Green (Environment /Sustainability) to broaden their aspirations and employability. Young people are at the heart of what we do. Their voices and ideas are embedded in our co-de-

signed programmes. We look forward to continuing our work with them and our partners to make a transformative difference to their lives; and celebrate the impactful success that LiC has had in the past and present with an eye on the future.

WHO  
WE ARE  
WHAT WE DO

IMPACT REPORT 2020/2024

# VISION, MISSION & VALUES

**Leaders in Community** is a youth-led charity who works with local young people from Tower Hamlets. We were set up in 2006 and became an official registered charity in 2010. We have a variety of creative learning programmes aimed to empower young people in leadership and governance. The programmes run throughout the year and are free for all young people.

**Our Vision** We inspire and empower local young people to be active and vocal contributors to the social, economic and cultural well-being of their community.

**Our Mission** Through our Youth Leadership and Youth Social Action initiatives, we provide local young people with training to develop their personal resilience and overcome barriers to progression and equip local young people with the skills and opportunities to speak out about community issues, and challenge inequalities.

## OUR

### BELIEVE

Tomorrow's leaders become who they are when people believe in them

### COURAGE

We help young people to find the courage to follow their dreams and goals.

### TEAM

We help young people to be part of a team and keep their eyes on the prize – their future.

### FOCUS

We help young people to tune out the noise and stay focused on what truly matters.

### SUCCESS

We help young people to succeed - set a goal and achieve it!

## VALUES

Key numbers 2020-2024 infographic  
(\*end of March 2024)

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# YOUTH

## BE.TRUSTEE

The very essence of being a leader in your community is to put yourself in places and spaces where you can actively make decisions, be of influence and get your voice heard. Our governance training programme is recognised as a beacon of excellence for organisations to recruit our young people to sit on Youth and Governance panels influencing policy and practice. Thus, giving them the opportunity to positively impact on the lives of young people across London.

## BE.INSPIRED: WOMEN

Be.Inspired is a comprehensive programme designed to empower and support young women as they navigate their

way into the world of work. Our Women's Leadership Programme offers a unique opportunity for young women to gain the skills, experience, and connections necessary to excel in their desired field. Each component of the programme is tailored to address social injustices and the specific needs and challenges that young women may face in the workforce and provide them with the tools they need to succeed in a safe space. The programme includes specialised workshops led by female industry experts, one-on-one mentoring with accomplished professional women, practical work experience placements, opportunities for networking and relationship building with other young women and female mentors, and complimentary residential trips. We are proud that over 291 young women have participated in the programme.

## BE.LEADERS

Be. Leaders is a comprehensive initiative that provides young people with a range of opportunities to gain valuable skills and experience to boost their UCAS / CV as they navigate their way into higher education and the world of work. The programme provides opportunities and insights to employment sectors that have been historically hard to break into for those from Black, Asian and Minority Ethnic (BAME) backgrounds. Key partners for example Telehouse London (Data Centre), Barclays and BNP Paribas (Banking), Sky (Digital) and Brands2Life (Marketing) have been able to provide our young people with work placements, career clinics, digital skills workshops and more. So far 514 young people have graduated from this programme.



# LEADERSHIP

# HIGHLIGHTS

"Before joining the Be.Inspired programme, I faced several challenges that felt very difficult. As a young woman entering the professional world, I often felt stressed by the competition and unsure of how to present myself and my skills effectively. Despite my academic success, I didn't have a clear idea of my career path. The pressure to find meaningful work experience and the limited opportunities available to someone with my background only added to my worries. The Be.Inspired programme has been a life-changing experience for me, addressing these challenges directly. One of the most significant parts of the programme was the chance to participate in paid work placements, such as the one at BNP Paribas."

**BE.INSPIRED GRADUATE 2023-24**



"My participation in the [Be.Leaders] programme resulted in me being invited to the celebration at City Hall...I was fortunate enough to meet the Deputy Mayor of London for Business and network with other young people. The event also allowed me to get a greater insight into what employers are looking for and gave extended knowledge into my career aspirations and what pathways I should take to get there."

**HEAD START ACTION GRADUATE, LONDON YOUTH PROGRAMME IN PARTNERSHIP WITH LIC**

"Thank you so much I really appreciate it. It is all because of you I am able to apply my abilities. You helped me be a better me which I didn't know I had inside"

**BE.INSPIRED GRADUATE 2021-22**



# YOUTH SOCIAL ACTION PROGRAMMES

To develop the knowledge and skills of our young people to be active citizens, thought leaders and activists in the community, we co-designed a number of programmes that has transformed community action and cohesion.

## MIND THE GAP

The Coronavirus lockdowns exacerbated the loneliness and isolation felt by the older and younger residents in the community. To overcome this, LiC youth set up the social action project 'Mind the Gap'. They conducted a crowdfunding campaign which raised £2000 for 'Tablets for Elders' so that the young and old could come together to break down the digital and social divide. 45 tablets were donated to the elderly; and the young people ran a programme to

'upskill' them and have weekly virtual chats. When in-person events were permitted, funding from the London Borough of Tower Hamlets laid the groundwork for Mind the Gap becoming a series of face-to-face social events for the young and old at the Teviot Centre.

## BE.HEARD

At Leaders in Community, we believe that young people's voices should be at the heart and centre of local, national and international policies and

practices. We host Be.Heard events to put young people in the room with decision-makers so that they are heard and held to account. To help young people be informed and be of influence in the 2024 General Election, we worked in partnership with Citizens UK and ran a successful social media voter registration campaign. Young people also attended 'Town Hall' meetings in which they could put their questions to current and prospective parliamentary candidates.



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# HIGHLIGHTS

"When we received the tablets from LiC it was really helpful because we could communicate with our neighbours, family and community! It's a great chance for older and younger people to start talking!"

AALIYAH, TEVIOT ESTATE RESIDENT

## WORK ACROSS THE GENERATIONS

Engaged with local elder residents through a series of events and activities to bridge the intergenerational gap.

4002 hours engaged in intergenerational work.

## TABLETS FOR ELDERLY

Tackling Digital Exclusion:  
We donated 45 tablets to the elderly and ran an IT programme with our young people to upskill them



# EDUCATION

## EDUCATION

Covid-19 severely disrupted the education of children and young people from the lowest economic groups. During the two lockdowns, some schools were not able to offer online lessons and parents/carers due to work pressures or lack of their own education were unable to tutor at home. To help narrow the widening attainment gap, LiC provided a free educational package which included tuition and safe study spaces. Linking to this we launched a bursary scheme to support young people hardest hit by the pandemic. To address their mental health and physical well-being, LiC also offered a weekly course of physical activities which included boxing and general fitness to help young people come out of the Covid crisis healthier and more active.



## EMPLOYMENT & TRAINING

Vocational education and training are critical for young people from disadvantaged backgrounds as they may be the first in their family to go to university and/or apply for professional jobs. Equipping young people with the knowledge and skills to transition from education to employment is a core part of the work that we do. Partnerships with local, City and Pan London businesses and organisations such as Sky Up, Brands2Life, Team Matrix, Barclays, Telehouse, BNP Paribas enable our young people to develop skills and their cultural and social capital. Through workshops, events, free and paid work placements and experiences young people have learnt for example:

- CV and application writing skills
- LinkedIn Profile / Networking Skills
- Teamwork, Interview / Presentation Skills
- Public Speaking Skills
- Social and Professional Etiquette/Dress Code

## ENTREPRENEURSHIP

Young people are living in times where there are no jobs for life. For them to sustain a long career they need to take control of their career by being agile, fluid and flexible in how they harness employment and self-employment throughout their life. At LiC we have given young people the opportunity to meet and work alongside local and City creative innovators and changemakers as well as traditional entrepreneurs to learn about the different ways that they could be being entrepreneurial and routes that they could take - intrapreneur, passion project, side hustle or small business.

# ENTREPRENEURSHIP

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# HIGHLIGHTS

"The weekly sessions with my tutor has been extremely helpful. When I initially started, I had no confidence in chemistry and struggled to answer basic questions. After these sessions, everything started to make more sense and slowly came together."

**LEADERS IN COMMUNITY EDUCATION TUITION RECIPIENT**



"The Be.Inspired programme has been a life-changing experience for me..One of the most significant parts of the programme was the chance to participate in paid work placements, such as the one at BNP Paribas. Being chosen for this placement boosted my confidence and will give me valuable experience in a respected company. Additionally, we had one day workshop at London Stock Exchange where I learned about the workings of a major financial organization, improved my professional skills, and built a network of contacts that I wouldn't have had otherwise."

**BE INSPIRED GRADUATE 2023-24**

"I found the Barclays Bank sessions useful as they taught me how to perfect my interview skills, from people who have experience interviewing."

**HEAD START ACTION GRADUATE, LONDON YOUTH PROGRAMME IN PARTNERSHIP WITH LIC 2021-22**

# HIGHLIGHTS



# HEALTH & WELLBEING

The need for residents across the generations to be able to give their body the food, rest and physical activity it needs to meet the demands of daily life is even greater due to the impact of the cost-of-living crisis and food insecurity has added pressure on household budgets. Hence why LiC has taken a holistic approach to equipping the community with the knowledge and skills to foster a healthy mind, body and spirit.

## TEVIOT FOOD COOP

In partnership with the Alexandra Rose Charity, Hill Group, and the JustFact Programme, every Thursday LiC runs a food coop from 11am – 4pm. Local residents drop into the Teviot Centre and buy organic produce at non-organic prices. We also help families with the cost if they are eligible for Rose Vouchers. Providing fresh, affordable local fruits and vegetables helps to democratise healthy eating and mitigate the impact of the cost-of-living crisis.

## HEALTH & WELLBEING EVENTS

LiC has hosted a series of events at the Teviot Centre and in the wider community to enable the residents to improve their health and wellbeing. At the Teviot Centre we run for example, fitness sessions for young women with Nuffield Health, women only Mindfulness Yoga sessions, martial arts for children and young people and exercise classes for over 50-year-olds. LiC believes it is important for the community to know where healthy nutritious food comes from; and how they can get involved in growing organic food. We have hosted a number of trips and events that include 19 residents plus partners and LiC staff visiting OrganicLea Farm and a workshop titled 'Food for the People' giving young people and local residents a chance to learn about the farm to fork eco-system. We are in deep gratitude to our funders/partners e.g. Alexandra Rose Charity and Martha who shared her PhD findings on how communities are collaborating in

East-Central London to bring nutritious and affordable food to communities.



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# HIGHLIGHTS

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"Amid the continuous struggle in pushing for change in our food systems, as part of the Tower Hamlets Food Network our projects and research aim to involve and empower our communities. Part of this is the hope to influence children's palettes and their desire for healthy food from a young age to support optimal health for future generations."

**LIC FOOD COOP COORDINATOR AND PROFESSIONAL NUTRITIONAL THERAPIST, MELANIE**

"I love how cheap and affordable the veg is, and how local. Please keep this going."

**SHALINA REGULAR CUSTOMER AT THE TEVIOT FOOD COOP (SOURCE: HILL, 2021-22)**

### MAKING ORGANIC FOOD ACCESSIBLE

25 local families supported by Rose Vouchers

1000+ Rose Vouchers issued every month to support families to buy affordable organic food from our Food Coop

"I usually get my shopping done for me as I cannot walk too far, but this is so good as I can actually get my own fruit and veg as it is so close to where I live."

**STEVE REGULAR CUSTOMER AT THE TEVIOT FOOD COOP (SOURCE: HILL, 2021-22)**

### FOOD COOP

Overcoming cost-of-living crises  
1692 customers  
26 weeks of service

### HEALTH SESSIONS

8282 residents and young people have attended health sessions



# LOCAL ENVIRONMENT

Many young people are environmentally aware and concerned about the sustainability of our planet. However, as world politicians think global in solving our environmental issues, it is important to equip young people with the knowledge and skills to act local. With the rapid growth of the green economy Leaders in Community want to ensure that our young people are not left behind. So that they can create and participate in jobs and policies that will affect their future and generations to come.

## BEE SPOKE

Bee.Spoke training is our beekeeping programme aimed at helping local residents understand the importance of bees to the local environment. The programme is funded by the Community Chest Fund (part of the Teviot Regeneration scheme, in partnership with the Hill Group UK). This 8-week course teaches the theory and practice of beekeeping, biodiversity and building hives to help increase and protect our local bee population. It culminates with the harvesting of organic

honey in July/August. Over the years we have had approx. 90 people complete the beekeeping course at LIC.

## BE GREEN

Our Be.Green programme is aimed at developing young climate activists. It is part of an exciting borough wide initiative, JustFACT, which brings together partners from across the borough to work towards a socially just food and climate transition. In a series of workshops from local changemakers R-Urban, Sunny Jar and London Leap, etc young people have been working on real life projects and campaigns which will create or support change in Tower Hamlets. Our first cohort have been engaged in Be.Green since July 2021 and have attended a range of exciting workshops and events, and made a trip to COP26! They have also created a Zine which showcases local people's views towards climate change and highlights some key issues.



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# HIGHLIGHTS

'After finishing Be.Green, I do believe anyone can have a positive impact in climate change. Any commitments towards improving your relationship with the environment can bring a wider change!'

SERENA, BE.GREEN GRADUATE



## ENVIRONMENT AND SUSTAINABILITY

194 young people have participated in our Be.Green Course

90 people have completed the Bee Keeping Programme

# HIGHLIGHTS

# THE TEVIOT

At LiC key members of our staff are from the Teviot Estate. Their lived local realities and co-design experience gives LiC the unique advantage of creating and delivering services at the Teviot Centre that meet the needs of local people. Over the years, we have been able to put on a range of free weekly activities catering for all.

## HEALTH, FITNESS & WELLBEING

For mental, emotional health and wellbeing, we run a number of classes. LiC has successfully partnered with Nuffield Health to deliver fitness sessions for young women, Teviot Sisters/Wen for Mindfulness Yoga, Active Brothers for Men's Fitness and over 50s exercise group. To equip and strengthen young people's self-defence and discipline skills we provide martial arts sessions.

## TRAINING, SKILLS & LEARNING

From digital skills to money guidance with Clean Slate to ESOL, Arabic and Qu'ran classes with the Teviot Sisters to even learning how to ride a bike, we cater for adults as well as children and young people with Unity homework club and tuition sessions too.

## YOUTH SUPPORT & DEVELOPMENT

At LiC, the Teviot Centre enables us to deliver some of our flagship youth programmes for the community in the community. For example, LiC's Be Inspired Women's Leadership, Be Green Eco-Social Action. In partnership with West Ham FC football coaching, Spotlight Skateboarding and as part of our Summer Holiday

programme Mayor of London Violence Reduction Unit Partner Business Launchpad, Digital Skills courses and The Safety Box for Self Defence.

## SOCIAL EVENTS

From quiz night to bingo LiC has been at the heart of bringing the community together for fun and laughter. We have celebrated birthdays, hosted tea parties and made an occasion of our flagship Beekeeping Programme by celebrating the annual honey harvest. The culmination of our students' hard work. From educational talks on nutrition and organic food to cooking sessions, we have been at the epicentre of the 'Be Well, Eat Well' campaign.

# CENTRE

# HIGHLIGHTS

The Teviot Centre is at the heart of the community. Our residency here encapsulates what LiC is about, creating a safe space to bring people together. We are proud of the positive difference we have made. As residents have said about the Centre:

"I prefer to do my homework here [at the Teviot Centre] as I can get it done straight after my tuition class."  
MAYA TEVIOT CENTRE WIFI USER  
(SOURCE: HILL, 2021-22)

IT'S A HOME  
AWAY FROM  
HOME

IT'S A PLACE  
FOR NEW MUMS  
TO MEET

THE COMMUNITY  
CENTRE HAS GIVEN  
US A SPACE

WE ARE HERE  
EVERYDAY

SYED AND  
HUMAIRA HAVE  
REALLY MADE A  
DIFFERENCE

GREAT COLLAB-  
ORATION AND  
CONNECTION

LOVE THE TEVIOT  
CENTRE. THE LIC TEAM  
ARE FANTASTIC  
COLLABORATORS AND  
REALLY CONNECTED  
TO THE COMMUNITY

I FEEL COMFORT-  
ABLE IN THE  
CENTRE, I WISH  
LIC COULD BE  
HERE FOREVER

THIS IS MY LOCAL  
CENTRE

# COMMUNITY ENGAGEMENT & COHESION

Leaders in Community is an organisation that has built on its premise of being founded by young people for young people. Its programmes are co-designed with local young people, and members of its staff are from the Teviot community. These lived realities bring rich and contextual insights that give LiC the unique advantage of creating and delivering services that meet the needs of children, young people and residents.

## TEVIOT FESTIVAL

The annual gathering of the Teviot Festival has become a popular event for families seeking entertainment and joy. In partnership with the Hill Group and Poplar Harca we have hosted the event at the Teviot Centre for the last 3 years. Attendees from all backgrounds were able to enjoy a variety of activities catering for all age groups. These include games, performances, food stalls, and more. It's a great opportunity for families

to create lasting memories together from a day of fun and relaxation at this community event.

## LOCAL NETWORKS & PARTNERSHIP

In partnership with TELCO (Citizens UK), we enabled and supported young people to register to vote. We also provided training on the political process, and the mechanics on how to vote through events, workshops and a successful social media campaign #RegisterToVote On the food front to stem food insecurity we are part of Tower Hamlets Food Network, JustFact Food Coop partnership

## COMMUNITY EVENTS/OUTREACH

In people's time of need LiC has been there to lend a helping hand and/or to bridge the gap for residents. During COVID 19 and the 2 lockdowns, LiC delivered 1,320 food parcels to families in need. To combat loneliness and create a space for the community to come together, we ran a series of breakfast clubs. In partnership with WellOne we delivered the Just Say Hello campaign where residents got the opportunity to meet their neighbours over 'coffee and croissants' and make new friends. During the summer holidays a highly pressurised time for vulnerable children, young people and families, we run a successful Kids Summer Club with fun packed activities. We also provide a hot lunch for the children as they are at risk of food insecurity during this time of year. On a lighter note, for our older residents we have hosted a series of tea parties

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## BEES IN A POD - PODCAST

To educate, empower and entertain our young people and residents, LiC's innovative podcast 'Bees in the Pod' has brought 'news and amuse' to the Teviot Community. Presented every month by Mo and Mash guest speakers from the good and the great in the local community and far beyond have talked on topics such as sustainability, food justice, ethical leadership, personal development and building community etc have been produced.

# HIGHLIGHTS

### MEET THE COMMUNITY

171,549 people have engaged with our Bees in a Pod Podcast

### HAF/FOOD PARCELS

To address food insecurity, we have distributed 2000+ food parcels and meals to families and children in need

### KIDS HOLIDAY CLUB

Over 540 children and young people have attended our Easter and Summer Holiday clubs



## A C T 2 0 / 4





# BUILDING BACK, BETTER AND FORWARD

Leaders in Community has much to be proud of. Over the last 18 years (14 of which as an official charity) we have grown from a collective of young people with big ideas and dreams to a small and mighty ambitious organisation recognised across London for our youth and community work excellence. Being based at the Teviot Centre for the last four years has enabled us to go from strength to strength; and be there to meet the needs of the community in challenging times for example, COVID, cost of living crises, food insecurity, hate crime and riots.

We will continue to respond to the rapidly changing landscape and play a pivotal role in community cohesion and engagement. Through continuous improvement and innovation in widening participation in education, employment and entrepreneurship we will continue to transform young

people's lives for the better.

We could not do, what we do, without our funders, partners and sponsors. We look forward to strengthening these relationships and bringing new organisations on board. Although this impact report celebrates how far we have travelled in our collective journey, we always have one eye on the future. We look forward to:

- Extending our Rose Vouchers offer so that 25 new families will be able to purchase healthy and nutritious organic food at our Food Coop. This will take the total up to 50 families.

- Supporting families with finances during these difficult economic times by adding to our financial literacy offer with Clean Slate with a new programme delivered by Barclays in partnership with Sky.

- Narrowing the digital divide gap amongst disadvantaged groups by strengthening our partnership with Business Launchpad, our VRU peer. Also, the Teviot Centre is now officially recognised as a 'Sky Hub', an international initiative from our partners, Sky, to create spaces to tackle digital exclusion and improve community cohesion

- Developing our sustainability and environmental social action programme Be.Green and youth citizenship with our strategic partner TELCO.

- Transforming the Teviot Centre Garden into a tranquil space for nutritious health and mental wellbeing.

Although we may not know what the future holds, we stand steadfast to our vision, mission and values on changing people's lives for the better.

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# FUNDERS

Leaders in Community would like to thank all our funders, partners, sponsors and collaborators for the fantastic work that LiC has been able to do with you and for our young people and residents. We look forward to building on this success to have a bigger and better impact in the local community and beyond.



SUPPORTED BY  
MAYOR OF LONDON

# & PARTNERS

# AWARDS



The Queen's Award  
for Voluntary Service



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**IMPACT**

**LEADERS**

**IN COMMUNITY**

**REPORT**