

“BECAUSE *every* child  
deserves a childhood,,



“WITH *your* support,  
Friendship Works,,

**Ff**

FriendshipWorks

[www.friendshipworks.org.uk](http://www.friendshipworks.org.uk)



# We all need friendship

“It is not only possible for one human being to make a real and lasting difference to another, it is often the only thing that ever does.”

**David Robinson,**  
Chair of the Council on Social Action

## It's simple

We all need positive relationships and people around us to help us grow, achieve our potential, and cope with life's challenges.

At no time is this more important than in childhood. But many children don't get the support and opportunities they need to fulfil their potential. This is especially true in London, which has the highest concentration of children growing up in poverty in the UK

with 41% living below the child poverty threshold. This high level of poverty combined with social isolation and inadequate support cripples the life chances of many of London's children. Their lives are stories of missed opportunities and lost chances.

“All children need reliable and consistent relationships in order to flourish and thrive. Feeling a strong connection to others is a basic human need through which children develop a sense of self, learn about relationships and feelings, and begin to realise their own potential.

“I've been enormously impressed with the service Friendship Works provides. There are so many children who could benefit from a volunteer mentor and, for their sake, I hope the service will be made much more widely available.”

**Dr Crispin Day,** Head of Child and Adolescent Mental Health Services Research Unit at Kings College London, Head of Centre for Parent and Child Support at South London and Maudsley NHS Foundation Trust

# The greatest thing we do?

Prove that Friendship Works, everyday



Friendship Works is the oldest children's mentoring charity in the UK. For over 30 years we've provided adult volunteer support for children in desperate need of help across London.

Every child should be able to fulfil their potential. We want to embed mentoring at the heart of communities and provide direct care to children who don't have enough support in their lives. We want to give children better life-chances.

Many of the families we look after face severe financial hardship, domestic violence, social isolation, mental health problems, alcohol or drug misuse, divorce or bereavement. They need our support.

Friendship Works is about being there for children who need help on the journey into adulthood. We understand them, listen to them, encourage and support them. We make them feel worthwhile, build their confidence and help them to believe in themselves.

Our volunteers are positive role models. They meet regularly with the child they support for two years, and many become lifelong friends.

We are completely independent, receive no government money and are funded entirely through voluntary donations. Because we provide direct support, we can see for ourselves the benefits and impact our volunteers have on the children they build long-term friendships with.

## *Three things lie at the heart of what we do*

**Trust:** Someone accepting them for who they are and supporting them through good times and bad helps children to believe in themselves and trust others.

**Resilience:** With a mentor, vulnerable children are more able to cope with the challenges they face.

**Friendship:** The support of a mentor helps them understand the value of true friendship, and how to build and sustain positive and nurturing relationships in their own lives.

For the children we support, just being there makes a difference. They start to see the possibilities in their future. They can fulfil their potential. Ultimately, they can rewrite the story of their life.

# What have we achieved?

Ask them...



# I

Last year we supported 115 children as well as their families. This is what some of them had to say...

## Life-support

“I didn’t talk much to people and I didn’t have many friends, because I just felt sort of sad and just got around by myself, and I didn’t know how to talk to people...I just used to sit in my room and do nothing, I just felt isolated.”

“I’d keep it all to myself and sometimes it just – I couldn’t take it anymore. So instead of just bottling it all up I’d talk to her about it...Probably if I didn’t know her, I’d have bottled up so many things and I’d just explode one day!”

“She never shouted at me, she never called me stupid or anything like that. If everyone just calls you stupid then you feel bad... That’s the main thing that helped me – her acceptance...”

“I learned to deal with stuff through talking about how I was feeling, rather than just running away from my problems. I guess I felt I could cope better with things after that.”

# This year...

We want to do more



We've been doing a great job for over 30 years. We receive no government funding and are entirely funded through voluntary donations.

This means we have been able to stay completely independent and true to our original mission.

But we want to do more.

Mentoring really works. Our referrals have increased by nearly 500% over the last five years. We now have a waiting list of over 45 children who need help. And that's just the

tip of the iceberg. Many more children need of the support of a mentor.

In 2011 we are expanding our services into South London. We will be working more with schools to spread the word about Friendship Works and support more vulnerable children.

To achieve this goal, we need to dramatically expand our network of volunteers.

We plan to be supporting 250 families by 2013.

We aim to eventually become a nationwide charity providing crucial services to children across the UK. We want to embed mentoring at the heart of our communities to ensure that every child can grow up to play a full part in society.

# More than two sides to every story



"I think that Tim has been an inspiration for Craig. Craig always has a smile on his face when he talks about Tim and the things they have done. It has been good for me to see him happier and more confident. They are such a good match.

"Tim is another positive person in his life – a hard worker who likes to play as well. It is someone Craig can trust so if he has anything on his mind he can talk to Tim, who is very level-headed. He is a really good role model for Craig. It is good for me to know that another adult has my child's interests at heart. I feel I can trust Tim. He is a good buddy to Craig."



*"Craig and I have been matched for around eight months now and it's been extremely rewarding to see our relationship and Craig's personality flourish in that time. Now Craig feels like a real mate of mine who I can have fun with as easily as I can help give him advice with any difficulties.*

*"The most satisfying part of spending time with Craig has been watching him develop into a responsible young adult. Since I've been seeing him he's grown in confidence and improved his school performance, to the point where it now looks like he'll stay on for sixth form when this was once a doubt."*



"The best thing about hanging out with my mentor, Tim, is that I get to do more things that I didn't do before, like going to a football match for the first time.

"It is nice to have my own time and space to do my own things and be myself with my mentor. We have most fun when playing games like cards and competitive sports because we have fun competing against each other, then relaxing with a hot chocolate afterwards."

# And still more sides to the story...



## Friendship

From individuals to large organisations, we'd like to say a huge thank you to everyone who supports Friendship Works.

### Old friends and new...

Last year we were supported by old friends, and built some great new friendships too. We can't show everyone here who has helped us over the last year, but we'd like to say a big thank you to everyone who lent a hand to help us provide care and support for vulnerable children across London. From volunteers to fundraisers, every bit of passion and enthusiasm has made a difference to a child's life.

It's not just our volunteers who help the children we support. We have an army of fundraisers and ambassadors who put in an enormous amount of work to help fund our services.

### Grants, Trusts and Foundations

Barbara Ward Children's Foundation

BBC Children in Need

Capital Community Foundation

The Cripplegate Foundation  
(for over 20 years)

Four Acre Trust

Garfield Weston Foundation

The Henry Smith Charity  
(since 1996)

Capital FM Help a London Child

Marple Charitable Trust

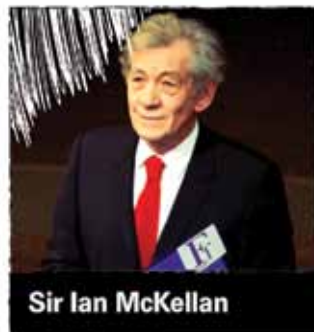
The Royal Masonic Trust for  
Girls and Boys

St James' Place Foundation

Sylvia Adams Charitable Trust

The Tudor Trust

The Co-operative Membership  
Community Fund



### Celebrities and Patrons who have supported us over the last year

Sir Ian McKellan

Tim Pigott-Smith

Dame Eileen Atkins

Dan Stevens

Richard Stilgoe

Jon Snow

Special appearance by Kevin Spacey in a film for our 'Night with the Stars' event

“Cripplegate Foundation has funded Friendship Works for over 20 years. We know that long term mentoring for young people changes lives – both for them and their volunteers. Professional staff, support for volunteers, evidence of impact and constant improvement to services means that we are committed to continuing our investment in Friendship Works and the support they provide to the community.”

**Kristina Glenn**, Cripplegate Foundation

# And still more sides to the story...



## Corporate supporters

“Friendship Works was the first UK charity to be appointed as part of Colt’s newly established charity partnership scheme.

“Out of three potential charities working in our focus area of Children & Education, our employees really embraced their vision of providing support for young people in need, and they comfortably won the vote. All of our people have contributed time and hard work to really deliver our fundraising promises and support Friendship Works.

“We’ve been so impressed by the commitment of everyone involved in Friendship Works, particularly the staff and volunteers; together we’ve built an exciting two year partnership, which is truly rewarding when you hear back about the difference it’s making to the lives and futures of the children.”

**Gareth Evans,**

Senior CSR Manager, Colt

ALLEN & OVERY



Sainsbury's



# Individuals



"When I was deciding on a charity to support, it was important to me that the money raised would have a direct benefit. I also wanted to be able to ask my friends and colleagues to support me, safe in the knowledge that their money would be well spent.

"I've found Friendship Works to be a lean, focused and well-organised charity who undoubtedly change the lives of the young people their long-standing volunteer mentors support. They supported me through my fundraising and training, and they've maintained contact so I can see the fruits of my labour."

**Mike Parish**, CEO of Care UK, who last year raised over £27,000 for Friendship Works.



"I became involved with Friendship Works just over 2 years ago. I was looking for a volunteering opportunity and found the website. I am a teacher and so realised immediately the enormous value that services like this could have for vulnerable children. After thinking about it for several months, I decided that I did have the time to make such a big commitment and submitted my application.

"As I work with older children, my caseworker suggested that it would be nice to be matched with a younger child, and I agreed. I met my match, an adorable 7 year old girl (as she was then) at the beginning of May 2009. She is very quiet and shy, and it has taken a long time for her to build up her confidence with me, but we are now very relaxed in

each other's company. We often spend afternoons at my flat baking (and eating) cakes, I have taught her to swim and we love just hanging out in Regent's Park.

"Mentoring has been an extremely valuable experience, and has given me a much greater understanding of some of the challenges facing London children which has really helped me in my work as a teacher. My friend is a big part of my life. My parents and friends ask after her regularly and I am made to feel very welcome at her home. I wouldn't change anything about my experience with Friendship Works, and would really recommend giving it a try!"

**Jenny Gridley** volunteers with Friendship Works. Last year she also turned fundraiser to run the London 10k for us.

# A final word...

from Chief Executive, **Richard Turner**



## **Our Board and Trustees**

### **Patrons**

Sir Richard Bowlby  
Dr John Byng-Hall  
Baroness Helena Kennedy QC  
Ugo Monye  
Susie Orbach  
Jonathan Pryce CBE  
Sir Simon Rattle CBE  
Lord Skidelsky  
Tim Pigott-Smith

### **Trustees**

Judy Hildebrand (Chair)  
Joanna Elvidge (Company Secretary)  
Jonathan Levy (Treasurer)  
Clara Durodie  
Serge Thieriet  
Aisling Claire  
George Dunnett  
Joe Hayman  
Martin Sabath  
Jane Young

“Thank you for taking the time to read a bit more about Friendship Works, what we do and what we’ve achieved. The next few years are going to be pivotal for us as we work to expand our service across London, helping many more children who need extra care, attention and support in their lives.

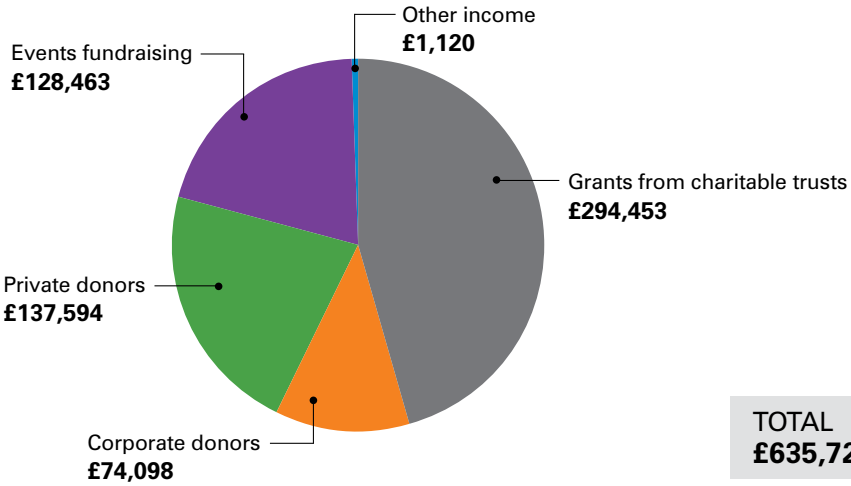
“Like any journey, there will be ups and downs. But we will be driven by our long-term vision, a society in which mentoring is established at the heart of every community, a part of everyone’s life who has something to gain or something to give. A society in which every child grows up with the adult support they need to reach their potential and to make the most of their childhood.

“By giving children the strength to cope with challenges and the ability to fulfil their potential, we are not only helping them, we are creating the mentors of future generations.

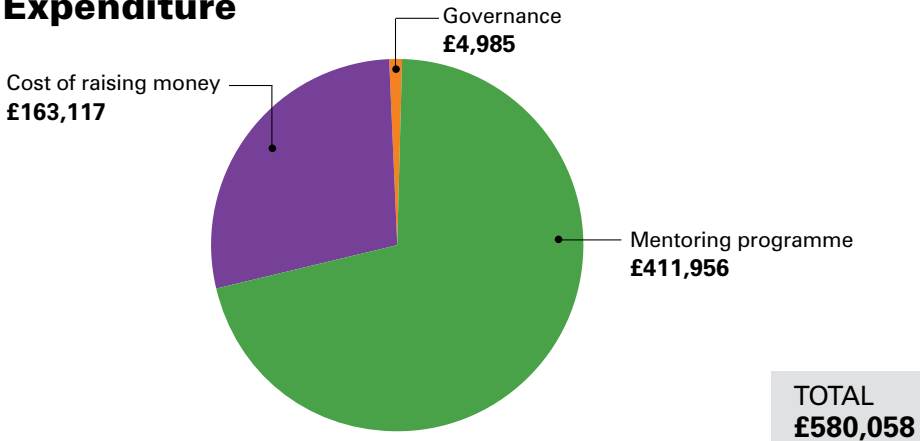
“Thank you all for your support so far. I hope that you will join us for the next stage in reaching our long-term vision for mentoring in the UK.”

# Financials

## Income



## Expenditure



We're very pleased to report that, despite a year of financial uncertainty, we have been able support more children as a result of a 36% increase in income.

During the year we had a number of new multi-year grants, providing additional financial stability. We also had a very successful fundraising event at the Almeida Theatre

led by Friendship Works Patron, Tim Pigott-Smith.

We would like to thank all of our generous supporters who have helped to make the last year such a great success.

*Thank you* to all of the supporters,  
volunteers, children and parents who  
prove that Friendship Works, *everyday*.



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