



Centre for Young Refugees and Migrants

# Annual Report 2023

**Dost Centre for Young Refugees and Migrants  
Newham Leisure Centre  
281 Prince Regent Lane  
London, E13 8SD**

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**Charity Number: 1173622**

DOST

# Welcome from the Board

Welcome to the 2023 Annual Report for Dost Centre for Young Refugees and Migrants.

During this past year, conflict internationally continues, forcing unaccompanied young people from around the world to seek refuge; to find a safe place away from political unrest and instability, that often puts their lives at risk.

However, there has also been profound challenges affecting the inclusion of these young people in the UK, with the cost of living crisis having a detrimental impact; creating food insecurity, housing issues and growing mental health problems; leading to a political climate centred around austerity, that limits the opportunities for young people from a refugee and migrant background.

We, as Trustees couldn't be more grateful for the incredible work that Marian and her team do to help bridge that important gap of integration.

Dost Centre is committed to providing a safe and supportive space for some of the most vulnerable young people, giving them the opportunity to socialise, develop new skills and experience new and enriching activities with fun at the centre of everything - allowing young people to just be young people.

In this report, you will get a full flavour of the diverse activities that Marian and the Dost team offer; from the weekly youth sessions that run all year round, to the residential trips to sites across the country, to the incredible partnerships with highly esteemed organisations.

The number of young people who attend is vast, with new young people coming every week, brought by their friends who recommend the amazing activities offered by Dost.

Highly thought of by children's services, education and care providers; Dost offers a haven to their service users and students. The range of sessions means that there is something for everyone and helps build a true sense of inclusion. As a group of Trustees, we are incredibly proud of the impact the work Marian and Dost does with the young people, as demonstrated in this report.

We are massively grateful as well to our funders, partners and donors who make this work possible.

Furthermore, we are hugely appreciative to the incredible sessional staff and volunteers who give their time to support and inspire the young people; from the youth workers who attend weekly sessions, building invaluable relationships, to the coaches and facilitators who teach new skills, to the mentors who help build that pathway to integration.

We hope you enjoy this report and please get in touch if you would like to find out any more about Dost Centre and how you can get involved or support us.

**Thank you - Tommy Edwards - Trustee**  
**On behalf of the Board of Trustees**

# Welcome from the Director

Being at Dost for the last 14 years, has really been amazing. I have met the most incredible young people, worked alongside great staff and volunteers and been supported by a committed, diverse Board of Trustees.

I have been able to watch the young people grow, develop and thrive and have joined them on their new journeys and always try to ensure they have as positive an experience as possible when they come to Dost....I see it as a safe, fun, welcoming place, where people from all walks of life, backgrounds and diverse groups come together to share, to learn, to play and to really get to know and respect each other, whilst creating memories that will last and will allow the young people to continue on their future journeys, wherever and whatever they may be, having built a stronger foundation, through being at Dost.

It's always lovely to be a part of their adventures, be it for weeks, months or often for many years.

Sadly, we are no longer running our Mentoring Programme.

I was very humbled to recently win the London Youth - Youth Professional of the Year Award 2023 and to be recognised for the service that I have aimed to provide to all the young people I've worked with and I hope to continue providing a quality service to them for many years to come!



**Marian Spiers, Director**



# Our Aims

**Dost (which means friend in a number of languages), was established as an independent Charity in 2017 and has gone from strength to strength, every year getting busier and busier. We have seen around 250 more young people this year than we did 2 years ago, so continuously growing!**

**Our aim is to advance in life and relieve the needs of young people from a refugee and migrant background and those seeking asylum.**

**We work with young people, aged 13-19 years of age, from all across London to feel empowered and equipped to reach their full potential, by providing a varied and diverse programme of physical and educational activities in order to reduce their isolation, improve physical and mental well-being and increase their skills, access to opportunities and to develop capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals and ensure they are not excluded on the grounds of their social and economic position.**



# **Our Impact in 2023**

**619 Young People**

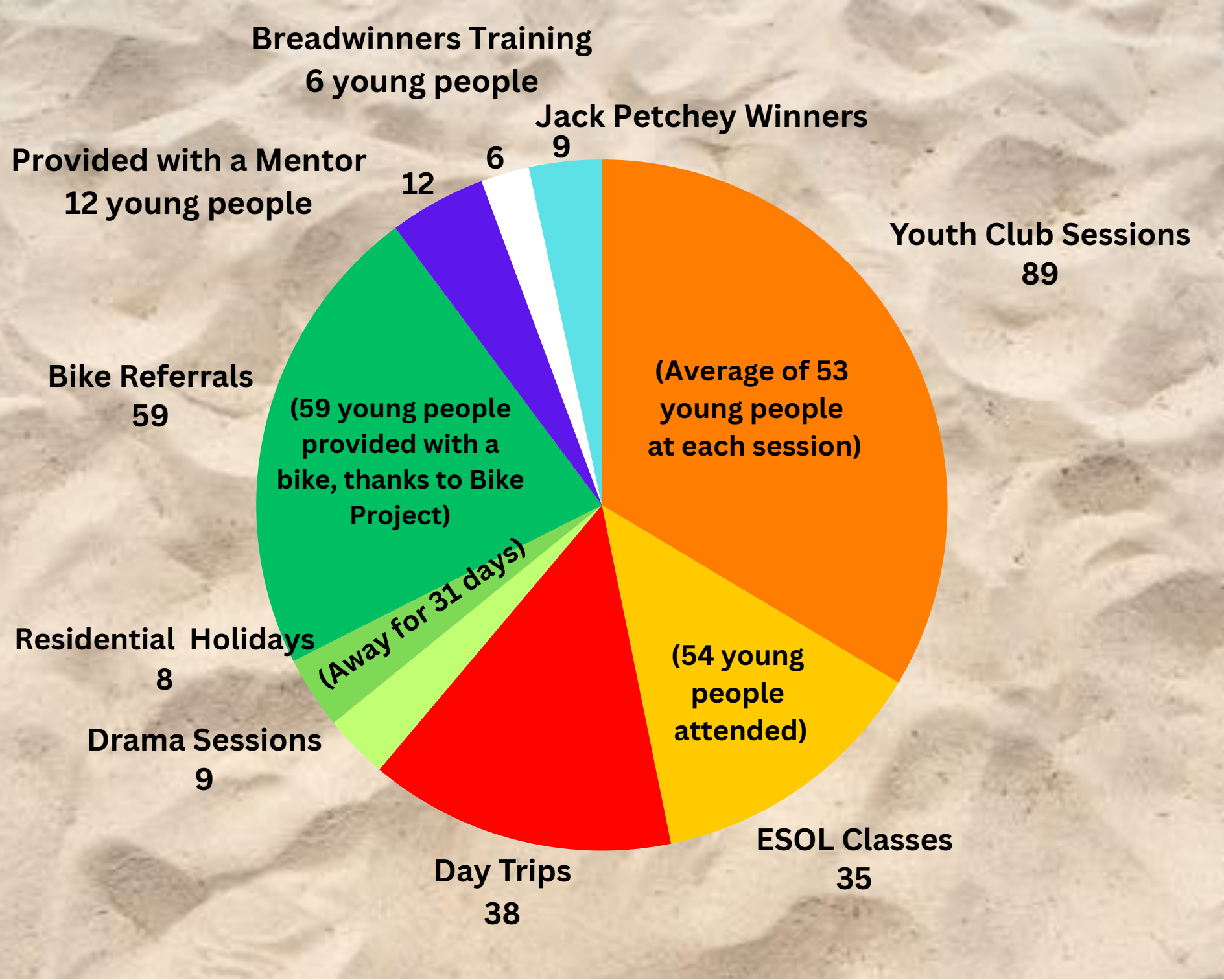
**578 Male**

**41 Female**

**6561 Individual Attendances**

**233 Sessions**





**Breadwinners Training**

**6 young people**

**Jack Petchey Winners**

**9**

**Provided with a Mentor**

**12 young people**

**12**

**6**

**Bike Referrals**

**59**

**(59 young people provided with a bike, thanks to Bike Project)**

**(Average of 53 young people at each session)**

**Youth Club Sessions**

**89**

**(Away for 31 days)**

**(54 young people attended)**

**Residential Holidays**

**8**

**Drama Sessions**

**9**

**Day Trips**

**38**

**ESOL Classes**

**35**





Guinea-Bissau

Afghanistan

Sudan

Gambia

Eritrea

Nigeria

Senegal

Iran **54 Nationalities** Iraq

Chad

Syria

Ethiopia

Ghana

Honduras

Somalia

India

DR Congo



**Football Matches/ tournaments**

**Basketball Tournament**

**Swimming at Lido**

**London Zoo**

**Central London**

**Rollerblading**

**Theatre**

**Brighton**

**38 day**

**Waterpark**

**Cinema**

**BMX'ing**

**Lasertag**

**Ice-skating**

**Toca Social**

**Dance Session**

**Water wipeout**

**First Aid Course**

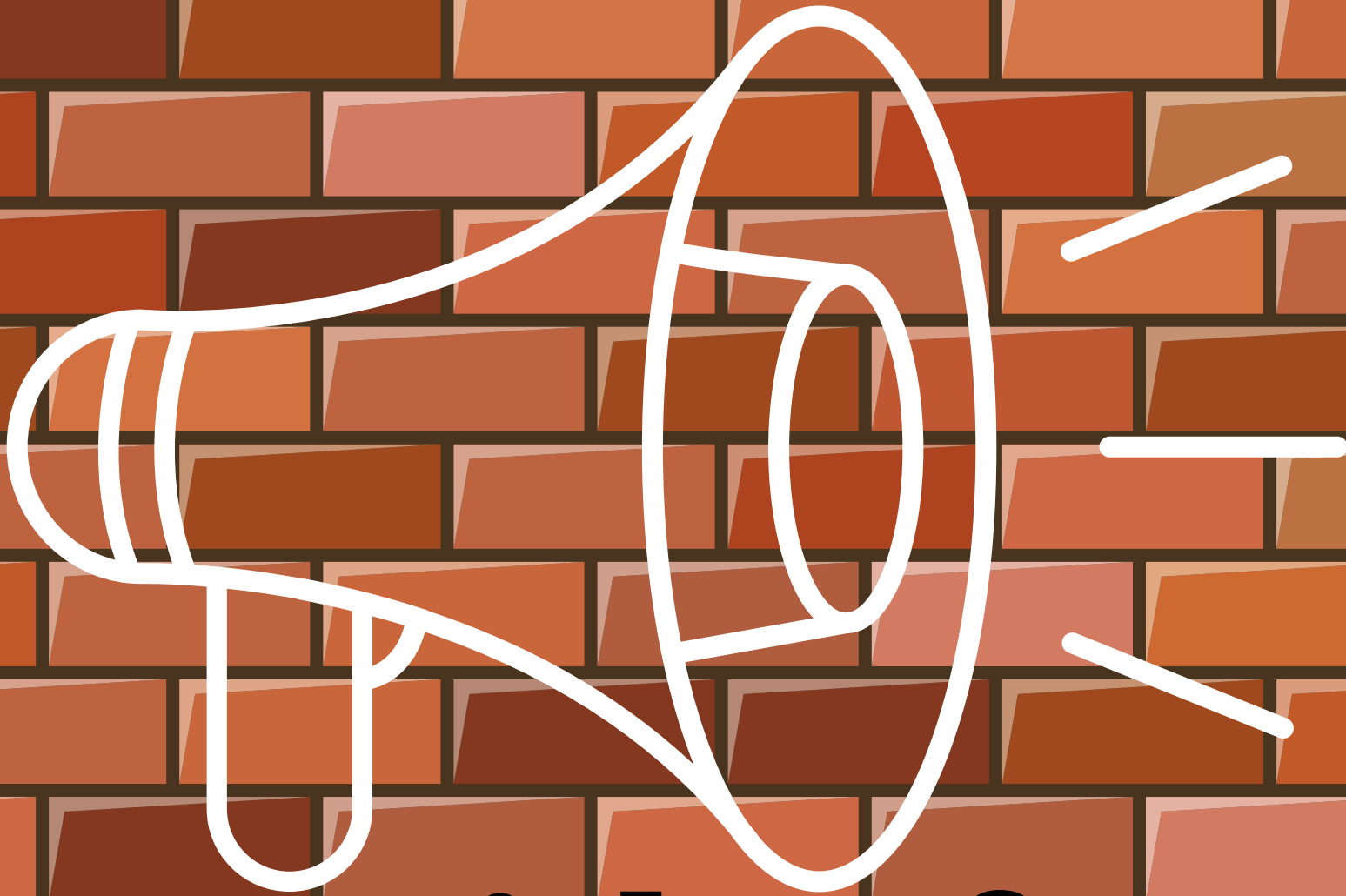
**Boxing Matches**

**10 Pin Bowling**

**Speedboating**

**trips**





**Let's hear from the  
young people!**



**“Because it makes me feel psychologically comfortable and free from the pressure, hustle and bustle of London.**

**I like the behavior of the staff and the atmosphere of laughter and fun”.**

**A, aged 16,  
Sudan**

**“Long trips of 3-5 days are beautiful because you can spend time with your friends, meet new friends, and learn some things.”**

**Y, aged 13, Syria**





**“Let say in dost I like to be with all the guys and go on trips with them so we can talk and have fun.**

**Let's say they collected me from 0 to where I am today, meet people with a good heart and fun, everyone feels welcome there.**

**The bad thing about it is that went we are going to a sport trip we only eat crisps and banana: we need more support for that.”**

**C, aged 17, Portugal**





**“It is a way to explore new places we having been to and it is a way for us to experience new things that we don't normally get to do, example the speed boat riding.**

**There's almost nothing to change about the center it is just to give more money to Marian so we could do all these things that we want to do.**

**I love the people at the dost center.”**

**M, Aged 15, The Gambia**



**“I like the trips because they are making lifelong memories also help me develop confidence and independence.**

**I love to return the favour may be volunteering and help them as much as I can.**

**Firstly I want to thank all the staff and Marian especially that they did much brilliant thing to us.”**

**A, Aged 18, Sudan**

**“I'm a look after child( in foster care) i love coming to Dost its given me more confidence I've gain more experience in the outside world. Dost is somewhere i can always come to in times of need its like my second family I've learn a lot i love all the activities learning classes and the trips too. Thank you to everyone at Dost for helping me in all aspects of my life.”**

**O, aged 16, Sudan**



**“First of all I want it thanks Marian.**

**Thank you for everything.**

**Thank you for your time. I really would appreciate for your help for your building community**

**different people.**

**We Really love you so thank you so much.”**

**M, Aged 17, Somalia**



**“On my personal opinion, I think Dost is one of the best place in London.  
You can meet the beautiful personalities.  
Especially, people like Mariam, who's always having smiley face and  
looks after the people who need support.  
Also, other Friendly and kind staff members.  
The trips that I have been from the Dost community were amazing.  
It is unbelievable that you can experience different activities and  
make your holiday’s perfect to be remembered for the rest of your  
life and all these activities doesn’t cost any money!**

**Before joining Dost, I used to  
feel quite alone but then I  
started coming to  
Dost and I found friends.  
It is very nice for those, who  
has recently came to London.  
Thank you so much Dost for all  
this beautiful memories and  
fun that we are having and we  
received!” 🥰**

**A, aged 17, Afghanistan**



**I like the English Classes because it helps me learn the language faster and I also receive help in solving my homework and I find enough confidence to speak English.**

**I would like to thank all the Dost staff for being so kind and courteous to us, and special thanks to Marian for treating us, helping us with everything, taking care of us, and trying to make us happy. I can't describe how I feel inside to thank her. Thank you.**

**M, Aged 17, Sudan**

**It brings everyone together and for me personally who has been there for just over 6 years it has changed my life and took me and my friends off the streets.**

**It's fun and enjoyable and it's always affordable thanks to Marian and the sponsorships. It takes my mind off on all the stress I go through in the real life world like word, school and stuff. its like a fancy getaway.**

**Since it's anything I'd like to say thank you Marian, you basically grew me up so if it weren't for you I wouldn't know where I'd be right now even though you can be annoying sometimes.**

**C, Aged 18, Nigeria**





**“You are always in my heart, I love you Marian.  
You were and will be the best teacher and mother of my life.  
I am very grateful for making me a good person and also for  
teaching me how to respect people and how to communicate  
with each other.”**

**U, Aged 18, Afghanistan**







**“Dost is a cosmopolitan place where you can meet new people from all over the world.**

**It is a place where you can teach one thing, but be taught many others.**

**I really enjoy the activities that Dost offers such as trips, tournaments, educational courses etc.**

**Moreover, Dost provides English classes; which are really helpful for most of the boys.**

**Dost is a safe, convenient and a great place to spend some of your time at!”**

**Ali Alshamari**

**Football Coach/ Youth Worker**

**Let's hear from  
Staff/ Volunteers!**



**“Dost is important and is essential for creating a safe environment that encourages social interactions and provides opportunities to learn different skills.**

**Working at Dost is an amazing and fun experience, where you not only make a positive difference in the lives of others, but also find personal fulfillment and joy in giving back to the community.”**

**Richard Shittu**

**Volleyball Coach/ Youth Worker**

**"Working at Dost Centre Youth Club has been an inspiring journey, where I've witnessed the power of community and the potential for positive change.**

**Dost is not just a place; it's a beacon of hope, providing a safe space for young minds to grow and thrive."**

**Emad Hamid  
Football Coach**





**“Relating to others and forming new relationships is difficult, even for most adults; but Dost has proven to be a catalyst for building and bringing people together, especially for our young refugees and migrant attendees. As a volunteer I witness these new adolescents arrive, hesitant, timid, shy but within minutes made to feel welcome...and more importantly part of the Dost community.**

**Dost offers an invaluable platform to be able to communicate and establish relationships with peers and compatriots, with staff and volunteers enthusiastically facilitating this connection.**

**I’m sure you will appreciate the importance of finding your ‘tribe’, these groups provide a sense of purpose, a reason to interact with others and even proven health and well being benefits. Dost centre (and its attendees) is an archetypal instance of ‘finding community and a sense of ‘belonging’.**

**My fellow Dost volunteers and the Dost staff have evidently made me part of their ‘tribe/ community’ as we share an intrinsic value of community, togetherness, and compassion; this strengthens my vigour to continue promoting and attending.**

**This benefit to myself is equally shared amongst all those present.**

**Dost Centre provides a haven in an otherwise tough and challenging outside world, which most of our attendees have regrettably experienced at such a young and susceptible age.**

**Brighter horizons from bleak beginnings.”**

**Carl Reyes**

**Former Volunteer to Youth Worker**



**“What I truly value about working at Dost is the unwavering commitment to empowering and nurturing the youth. The supportive community and the genuine care for each individual's growth make it a unique and inspiring place. Dost's dedication to fostering positive change in young lives is a driving force behind my passion for working here.”**

**Doan Remzi**  
**Football Coach**





**“Volunteering at Dost is fun and wonderful, specially when you meet new people from different countries, and through it I was able to make new friends, and learn new skills.**

**Also we have a wonderful staff. All we have to do is make young people safe, healthy, and happy. I’m very happy working at Dost. Thank you , Marian.”**

**Abdalbari Emam  
Volunteer**



**“As a volunteer at Dost I love connecting with young people in London and helping them feel at home. Whether we are chatting between games, teaching each other pool trick shots or cheering on our friends during a match, we are always having so much fun! I feel so lucky to belong to such a joyful and kind community where we can support each other and make life-long friends!”**



**Alexa Sheldon, Volunteer**





# Let's hear from the Board!

As a former Dost service user, there has always been a sense of community and unity amongst the staff and young people, regardless of where you are from or your language.

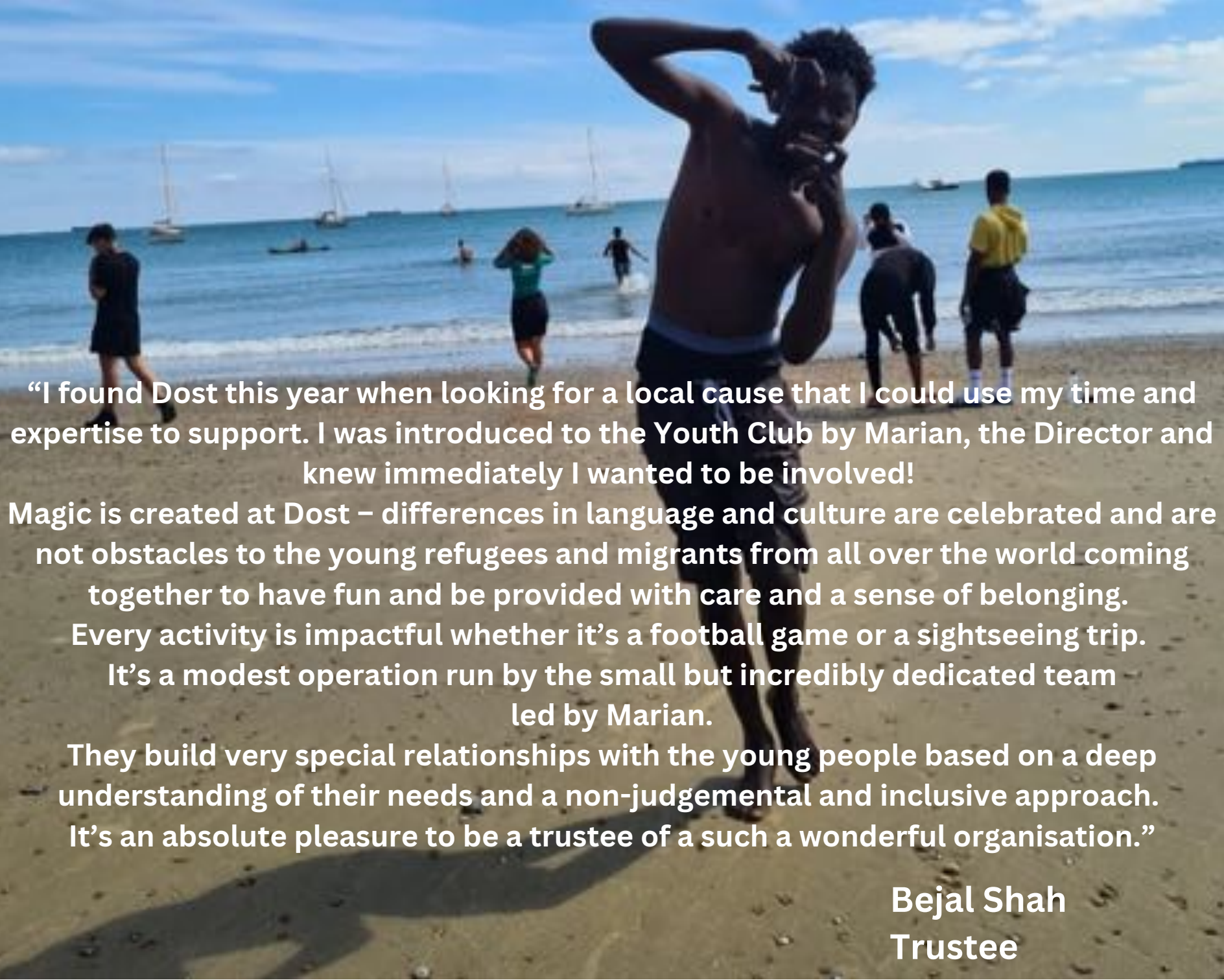
Dost has been a space where I felt safe and welcomed. My journey in this country has not been smooth sailing but it was always fun and positive being in Dost.

With the support of Marian and the amazing team I have been able to build my confidence, communication and social skills.

I know first-hand the transformative impact Dost has in the lives of young people, and thus I wanted to get involved as a Trustee in order to help support the charity and to ensure the voices of the young people are always at the centre in all decision-making.

Dost continues to embrace diversity and inclusivity throughout its approach and ensures the safety and wellbeing of the young migrants and refugees. I am grateful to be part of a charity which strives to create a space for young people to learn, be creative and feel welcomed.

**Stella Ogunlade,**  
**Former Service User/ Trustee/ Psychologist**



**“I found Dost this year when looking for a local cause that I could use my time and expertise to support. I was introduced to the Youth Club by Marian, the Director and knew immediately I wanted to be involved!**

**Magic is created at Dost – differences in language and culture are celebrated and are not obstacles to the young refugees and migrants from all over the world coming together to have fun and be provided with care and a sense of belonging.**

**Every activity is impactful whether it’s a football game or a sightseeing trip.**

**It’s a modest operation run by the small but incredibly dedicated team led by Marian.**

**They build very special relationships with the young people based on a deep understanding of their needs and a non-judgemental and inclusive approach. It’s an absolute pleasure to be a trustee of a such a wonderful organisation.”**

**Bejal Shah  
Trustee**



# Let's hear from our partnerships and referrers!

**“I cannot praise Dost enough. I am so thankful to this organisation for what they have done and continue to do for my foster children. Dost has given the children an opportunity that is tailored to each child's individual needs. My children have grown so much in so many ways since being a part of Dost. The care, dedication, support that the Dost team, (especially Marian), give to each child is exceptional. They teach the children so many different life skills in a fun and safe way. The team and Marian are always approachable and are so accommodating to everyone's needs. It is always reassuring when I know my children are with Dost as I know they are with people who genuinely want what's best for them. Thank you to everyone at Dost! Thank you Marian. You make my job as a Foster Carer so much easier.”**

**Atabur Rahman  
Foster Carer**







**Dost Centre  
is an essential lifeline  
for young people,  
providing them with a community,  
and the opportunities and guidance they need.  
We proudly stand alongside Dost Centre,  
witnessing their inspiring dedication to  
empowering young individuals."**

**Martin Cosarinsky  
Director of Breadwinners**

**"I always feel safe when my sons come to Dost  
and they are always happy there."**

**Syrian Mum of 2 boys who come to Dost**



**“Dost has provided a safe space for young refugees in London, a space where they can connect with other refugees and integrate into the multicultural life London offers.**

**As a social worker of young people who attend I have attended Dost on a few occasions to observe the work and promote the service for new child asylum seekers arriving in the UK. Dost offers educational awareness in helping young people understand the support systems in place for them in the UK and most importantly deters them from the streets where this cohort of young people are particularly vulnerable given the language barriers and age as these are often used by exploiters in recruiting young people for criminal purposes..**

**Dost provides a sense of belonging which is vital for teenagers and a sense of belonging. It is these types of charities that is needed to support the next generation of young people thrive in their communities.”**

**Sophie White**

**Senior Social Worker UASC**

**“The work Dost does with young people who are newly arrived in the country is not just important, but crucial. Dost is a single front door to support, a sense of safety and a range of sports and activities that have a sustainable, positive impact on the outcomes of some of our most vulnerable kids.**

**Marian’s determination and advocacy are second to none- StreetGames is proud to be a partner with Dost and will continue to support them in any way we can.”**

**Lyndsey Phillips**

**Community Safety Manager, Streetgames**

**“At OSH we've been working with Dost for over 5 years now, and in that time, I've seen the massive range of opportunities, experiences and support that Marian works so hard to provide her young people with.**

**Dost is a wonderful place where young people with extremely challenging past and present experiences, can come and be safe, play games, have fun and make friends. Marian works tirelessly to give young people opportunities to make new friends, build support networks, learn new things, have fun and have experiences they otherwise wouldn't be able to access. She always goes the extra mile to make young people feel welcome in this country and city, when they otherwise might not.**


**Since OSH began in 2018, Dost has brought countless young people onto OSH residential programmes, events and leadership training.**

**OSH owes a huge thank you to Marian for her massive amounts of work she has put in to supporting OSH as an organisation, and the support she's given to our staff, volunteers and young people. “**

**Alon Harshak**

**Programmes Manager, Our Second Home**





**‘We’re so proud to be working with Dost, who are providing such vital support to young people seeking asylum. Through this partnership, we’ve managed together to provide not only bikes to over 50 young people they work with, but also the feeling of independence, community, joy and good health that cycling can bring.’ Here’s to getting more bikes out together!”**

**Ryshel Patel  
Fundraising Manager  
The Bike Project**

**“Dost is a fantastic place for unaccompanied asylum seekers. Marian and her team really work hard to create a safe place for all those young people. It’s a one of a kind place and as far as I’m aware, the only youth club for asylum seekers and refugees in East London. More should be done to support this charity”.**

**Marielle LeMasle  
Specialist Family Navigator  
Welcome Newham**



**“Dost has been a fabulous place for our young person! The residential trip was a wonderful opportunity for him to get to know people, like him, who have endured so much trauma and upheaval in their lives. The initial shyness, and guarded behaviour quickly melted away, it allowed a rare moment for them to be a kid again! The staff/ volunteers were wonderful in making him feel a part of this adventure and it did wonders for his confidence! Dost was able to offer not just him, but all the young people a fun time and one that will remain forever a wonderful memory for them.”**

**Suky Crewal, Education Coordinator  
Shine Fostering Agency**

**“I am taken aback by how far Marian Spiers from Dost has gone to support a deeply vulnerable young asylum seeker. Had she (and Dost) not been there for him through thick and thin, we would not have achieved the positive outcome we did, finally establishing that he is the age he claims to be after a bitter dispute with the local authority running for nearly 3 years. It is the remarkable people on the ground like Marian and those at Dost who enable the lives of vulnerable young asylum seekers to be directed on a course where they may have a positive and successful future in the UK.**

**Words cannot describe how imperative their work is.”**

**Ed Taylor**

**Senior Associate Solicitor, Osbornes Law**

**“It’s always so lovely to see Dost group come into Custom House Library to do their sessions. The sessions are very fun and majorly helpful to the young adults. We enjoy overhearing them playing their games. Members of the public are always asking us about the sessions and how they can get involved. The young adults learn a great deal with all the Dost team support which helps them to build up their confidence.”**



**Sabiya Khan  
Senior Library Assistant  
Custom House Library**



# **Our Trustees**



**Jim Minton - Chair  
June 2017 - present**

**Michael Havard - Treasurer  
June 2017 - present**

**Tommy Edwards - Trustee  
December 2018 - present**

**Stella Ogunlade - Trustee  
January 2021 - present**

**Winnie Sham - Trustee  
6th July 2022 - present**

**Zoe Mellis - Trustee  
10th February 2023 - present**

**Bejal Shah - Trustee  
27th July 2023 - present**

# **Our Staff**

**Marian Spiers – Director 2009 – present**

**Richard Shittu - Volleyball Coach/Youth Worker 2010 - present**

**Wendy Lee - Accountant 2018 - present**

**Kelly Williams - ESOL Tutor/ Art Tutor/ Youth Worker 2019 - present**

**Coltrane Morley-Williams - Football Coach 2019 - present**

**Ali Abbas Alshimari - Football Coach/ Youth Worker 2021 - present**

**Emad Hamid - Football Coach 2022 - present**

**Carl Reyes - Youth Worker 2023 - present**

**Doan Remzi - Football Coach 2023 - 2023**

**Lex Karlin - Mentoring/ Education Lead 2022 - 2023**





# **Our Volunteers**

**Alexa Sheldon**

**Rukkaya Khan**

**Thomas Madrell**

**Carl Reyes**

**Doan Remzi**

**Mohammed Hakmaoui**

**Charlotte Clements**

**Abdalbari Mohamed Emam**

**Fabrizio Radice**

**Hevenly Padron**

**Ella Sandelson**

**Francescia Johnson**

**Giorgio Frare**

**Kanan Thiyagarjah**

**Mehrevah Ghiyasvand**

**Marielle Le Masle**

**Lex Karlin**

**Ashkan Mohammadian**

**Beatrice Dahl**

**Benazir Palmer**

**Callum Akass**

**Callum Clark**

**Celine Shamdasani**

**David Mulligan**

**Gertrude Sai**

**Prosha Ahmed**

**Selam Gebrehiwot**



# Our Supporters and Partners

Brighton Table Tennis Club

Capital Kids Cricket

Counterculture

OSH

Custom House Library

Lee Valley Regional Park Authority

Goods for Good

Newham Libraries

Charity Boots

Resettlement

Iroko Theatre Company

Aquapaddle

Royal Opera House

Sadlers Wells

Toca Social

Thames Rib Experience

TJ Birdi

St John's Ambulance

NCS/ Kingswood

Big Impact Labs

BASE (British Association for Screen Entertainment)

DEGI (Digital Entertainment Group International)

Wey Island Trust

Parliament Hill Lido

Newham Powerleague

The Bike Project

Surrey Hills and Rivers

Odeon Cinema

Hollywood Bowl

Breadwinners

The Young Vic

Go Live! Theatre Projects

The Foundling Museum

Newham Leisure Centre

Zonation

IPYG UK

MK Internazionali

Mayors Fund for London

Lush

UCL

London Zoo

Ben Monro

George Watson

Sal's Shoes

**THANK  
YOU!**

# Our Funders and Donors

**BBC CHILDREN IN NEED**

**LONDON MARATHON CHARITABLE TRUST**

**ST JOHN'S C OF E PRIMARY SCHOOL**

**STREETGAMES**

**JACK PETCHEY**

**LONDON YOUTH**

**LONDON SPORT**

**L.B. NEWHAM**

**SPORTED**

**CELTIC FOUNDATION**

**ESTUDIANTES**

**BASKETBALL ENGLAND**

**FOOTBALL FOUNDATION**

**FOUNDATION FOR FUTURE LONDON**

**LONDON CHURCHES REFUGEE FUND**

**GROCERS HALL**

**ALBERT HUNT TRUST**

**UK YOUTH/ PEARS FOUNDATION**

**WEB USABILITY**

**MIGRATIONWORK TRUST/ WEAVING BONDS**

**LYLE'S LOCAL FUND**

**STORM LONSDALE**

**LARA CASALOTTI AND FAMILY**

**ELLEN O'NEILL**

**FRENCHWOOD FAMILY TRUST**

**KATIE SHAKERIFAR**

**ELHUM SHAKERIFAR**

**NAVJOT SINGH**

**SOPHIE WHITE**

**THOMAS MADRELL**

**GLORIA HO**

**MARK HAMSTEAD**

**SANDRA KOURTSOUNIOTI**

**RALPH BOER**

**LUCIA LIMB**

**ANDREW MCINTOSH**

**CHRISTINE MINTON**

**GARY MEEK**

**MARGARET SPIERS**

**JEREMY MINTON**

# A Special Thanks!

A huge thank you and congratulations to all

Year 5 and 6 pupils from

St John's Primary School in Buckhurst Hill, Essex

for doing a sponsored walk, both last year and this year and raising around

£2700 for Dost!

Amazing job everyone!

Three young people from Dost also had the opportunity to go to the School and do a session and quiz about Dost, their countries and what would be difficult about needing to leave your country and what could help...

A great learning experience for both groups and much appreciated!



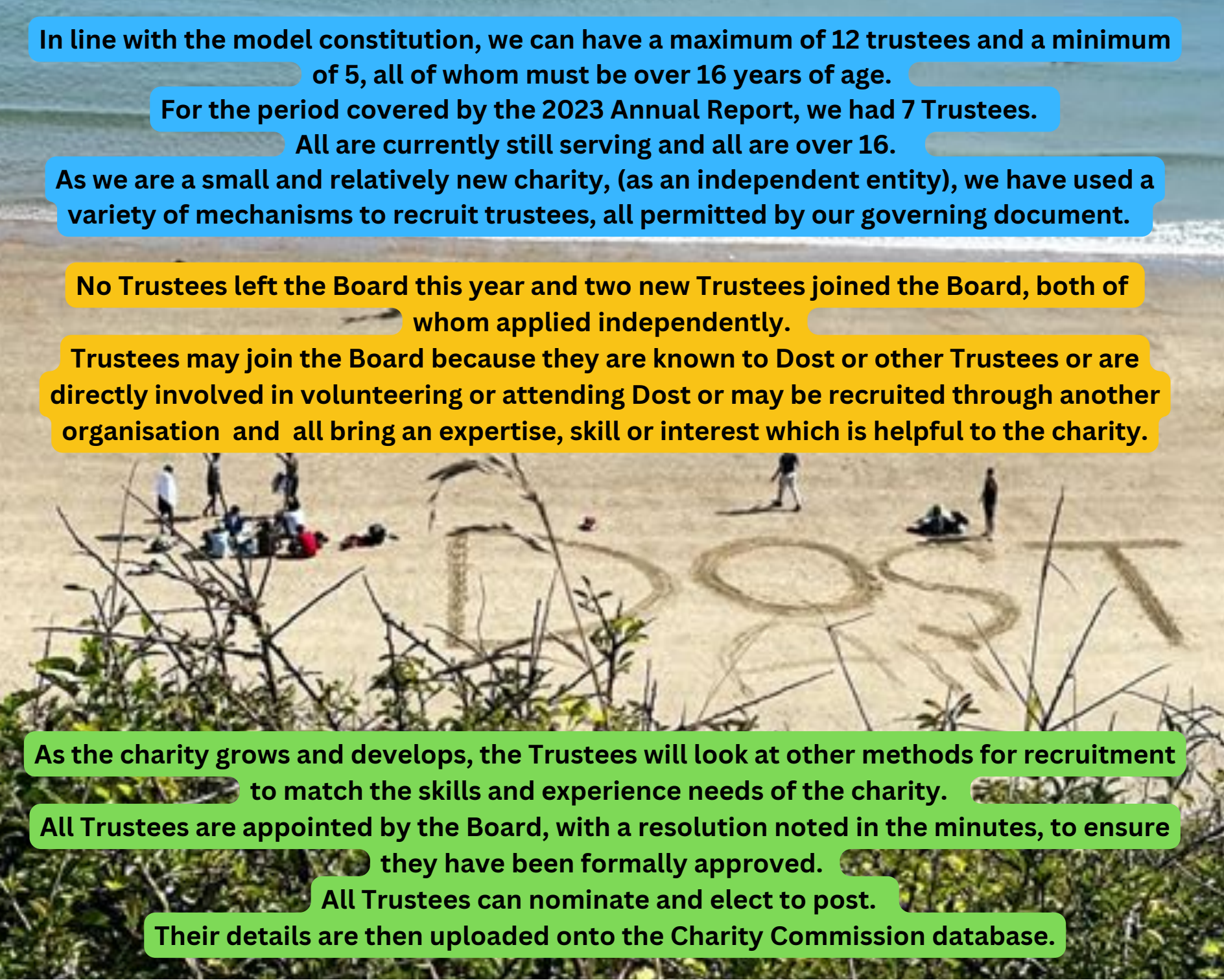


# Charity Structure and Governance

The Trustees confirm that they have referred to the Guidance contained in the Charity Commissions' general guidance on public benefit when reviewing the Charity's aims and objectives and in planning all future activities.

Dost is a Charitable Incorporated Organisation (CIO) and our governing document is based on the Charity Commission's model Constitution for a CIO whose only voting members are its' Trustees.

We received our independent charity registration and approval for this governing document in August 2017.



In line with the model constitution, we can have a maximum of 12 trustees and a minimum of 5, all of whom must be over 16 years of age.

For the period covered by the 2023 Annual Report, we had 7 Trustees.

All are currently still serving and all are over 16.

As we are a small and relatively new charity, (as an independent entity), we have used a variety of mechanisms to recruit trustees, all permitted by our governing document.

No Trustees left the Board this year and two new Trustees joined the Board, both of whom applied independently.

Trustees may join the Board because they are known to Dost or other Trustees or are directly involved in volunteering or attending Dost or may be recruited through another organisation and all bring an expertise, skill or interest which is helpful to the charity.

As the charity grows and develops, the Trustees will look at other methods for recruitment to match the skills and experience needs of the charity.

All Trustees are appointed by the Board, with a resolution noted in the minutes, to ensure they have been formally approved.

All Trustees can nominate and elect to post.

Their details are then uploaded onto the Charity Commission database.

# CHARITY STRUCTURE



**Board of Trustees**  
(minimum 5 members)

**Director**  
(Full time)

**Youth Team and Coaches**  
(Sessional)

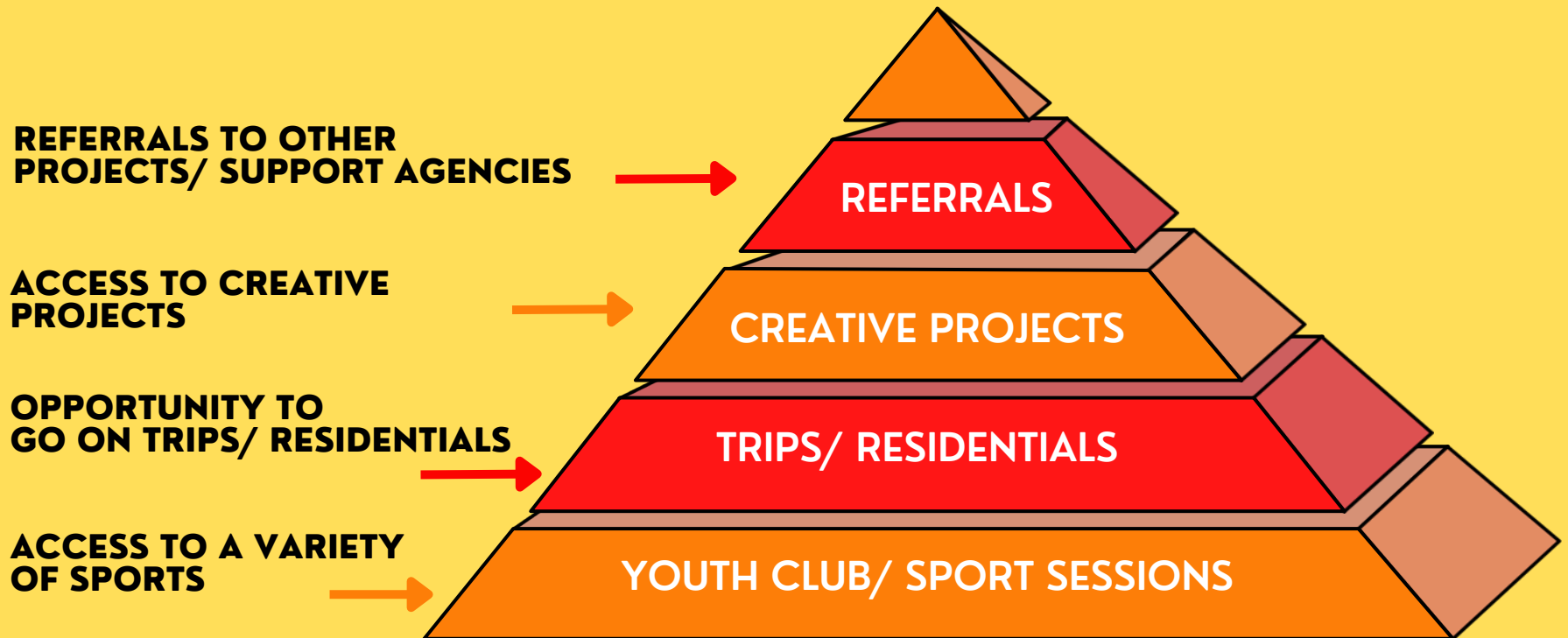
**ESOL Tutor**  
(Sessional)

**Youth Team Volunteers**

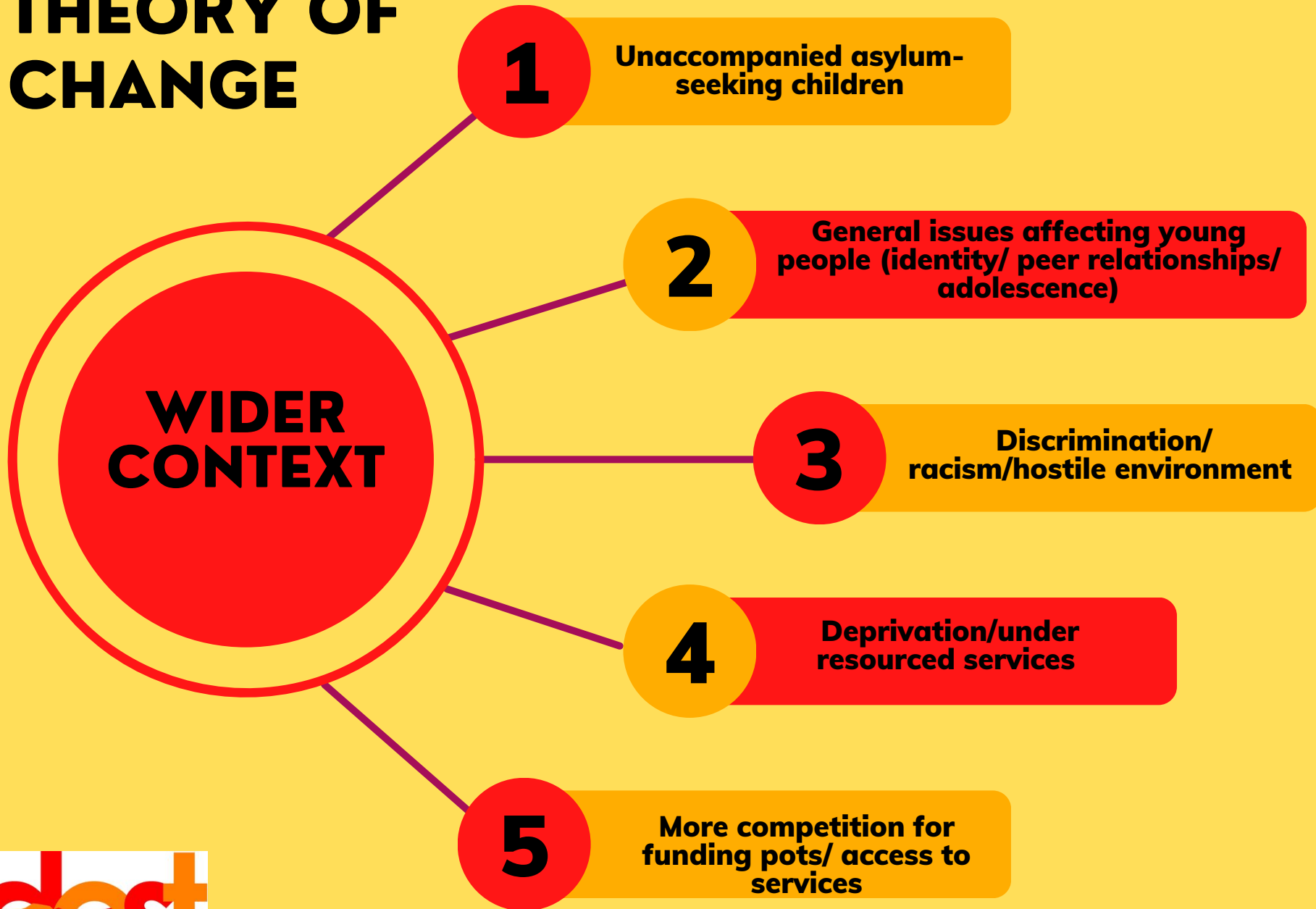
**ESOL Volunteers**



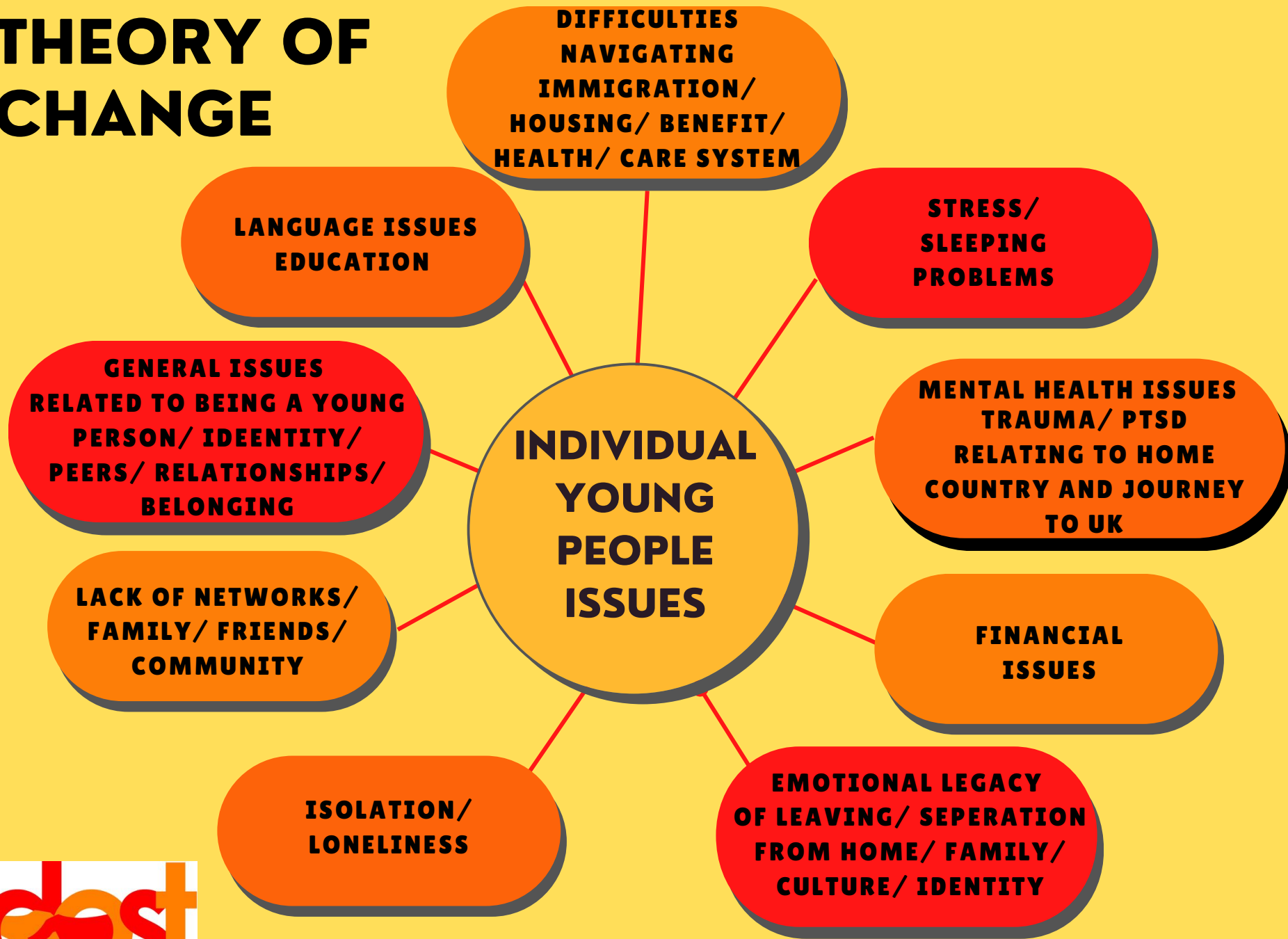
# DOST'S SERVICES



# THEORY OF CHANGE



# THEORY OF CHANGE





# Outputs/ outcomes

## Inputs/ Activities

**Youth/ Sports  
Club**

**2 a week**

**English/  
Homework  
Class**

**1 a week  
(Term-time)**

**Trips and  
Residential**

**Around 30  
day trips a  
year and  
around 5  
residential**

**Creative  
Sessions**

**Around 5-10  
sessions a year**

**Referrals  
to other  
relevant  
opportunities,  
organisations  
for work  
experience,  
bicycles**

**Fun/ enjoyment/ positive memories  
Mental/ physical health improved**

**Stronger networks/ friendships  
More opportunities to  
employment/ education/ social**

**Improved confidence/ skills  
Greater self worth**

**Opportunities to navigate/ gain  
understanding of London/ UK**

**Improved social skills  
Increased social contact with peers  
and more tolerant and open to  
difference**

**Young people can advocate for themselves  
Young people feel more equipped to  
participate more in society  
More familiarity/ knowledge of/with services**

# Overview from Chair

It has been an incredible year at Dost and huge credit to the young people, our partners, our funders, my fellow trustees, and of course Marian and the team for this.

The recognition Marian achieved at the London Youth awards in November 2023, when she was announced as London's Youth Professional of the Year was a huge testament to her skill and dedication and the connections she has built up with so many young people in and around Dost, over very many years.

## Staffing

This year Marian grew the team of volunteers and sessional staff, and for part of 2023 we continued to work on a mentoring programme. Thanks are due to Lex who ran this programme, and while the work is now ended, we'll continue to look for creative ways to support and engage young people.

## Financial Overview

The additional costs of the mentoring programme are reflected in our annual financial statement, where this year our expenditure was slightly more than our income. We have strong reserves and in fact some of the deficit was due to delays in funding coming through, so as trustees we are very confident that we are a going concern and during 2024 we will return to a break even position.



## Governance

We have grown our trustee board, and it is now a diverse group bringing wide experience of youth work, risk management, programme design and delivery, fundraising, charity and organisational management and finance, as well a number of trustees with long term connections to Dost in a range of capacities.

## Safeguarding

We have a clear and up to date set of safeguarding policies and a number of trustees are trained in safeguarding issues, including our designated safeguarding trustee. Our strong systems, well trained and experienced staff/ volunteer team ensure that young people can enjoy their time at Dost in safety and we have had no serious incidents in 2023 across any of the huge number of activities we have offered to the young people.

## Looking Forward

2024 will continue to bring challenges for young people from a refugee background. The environment continues to be hostile, the cost of living crisis is having huge impact, and immigration will continue to be a key political issue.

At Dost we will continue to be there for young people, offering them space, support, the opportunity to connect and make friends, and to become settled and happy young adults who can make the most of life in their new country.

We're hugely proud of what Marian and the team have achieved and very grateful for all the support of our many funders and friends.

**Jim Minton, Chair of the Board**



# Accounts



CRASITY COMMISSION FOR INLAND AND WILDS		East Centre for Young Refugees and Migrants		107942		CC16a
Receipts and payments accounts						
For the period from	31-Dec-21	To	31-Dec-22			
<b>Section A Receipts and payments</b>						
	Unrestricted funds to the account at	Restricted funds to the account at	Endowment funds to the account at	Total funds to the account at	Last year to the account at	
<b>A1 Receipts</b>						
Donations and legacies	31,264	71,688	-	102,952		61,124
<b>Sub total (Group Income for AIC)</b>	<b>31,264</b>	<b>71,688</b>	<b>-</b>	<b>102,952</b>		<b>61,124</b>
<b>A2 Asset and investment sales, (see note 6)</b>						
<b>Sub total</b>						
<b>Total receipts</b>	<b>31,264</b>	<b>71,688</b>	<b>-</b>	<b>102,952</b>		<b>61,124</b>
<b>A3 Payments</b>						
Wages - Salaries	13,020	36,684	-	49,704		46,798
Rent - Accommodation	3,000	3,121	-	6,121		78,000
Utilities	492	-	-	492		430
Travel Costs	-	-	-	-		90
Printing & Postage	15,478	2,081	-	17,559		11,194
Subscriptions - Other	3,000	2,091	-	5,091		2,870
Travel - Other	1,847	3,871	-	5,718		8,377
Reservations	-	-	-	-		280
Accounting Fees	1,798	-	-	1,798		1,680
<b>Sub total</b>	<b>38,935</b>	<b>78,857</b>	<b>-</b>	<b>117,792</b>		<b>78,881</b>
<b>A4 Asset and investment purchases, (see note 6)</b>						
<b>Sub total</b>						
<b>Total payments</b>	<b>38,935</b>	<b>78,857</b>	<b>-</b>	<b>117,792</b>		<b>78,881</b>
<b>Net of receipts/payments</b>	<b>-6,671</b>	<b>-7,169</b>	<b>-</b>	<b>-13,841</b>		<b>-17,757</b>
<b>A5 Transfers between funds</b>	<b>8,200</b>	<b>-</b>	<b>-</b>	<b>8,200</b>		<b>-</b>
<b>A6 Cash funds last year end</b>	<b>62,890</b>	<b>14,179</b>	<b>-</b>	<b>77,069</b>		<b>60,860</b>
<b>Cash funds this year end</b>	<b>47,422</b>	<b>14,844</b>	<b>-</b>	<b>62,266</b>		<b>79,418</b>
<b>Section B Statement of assets and liabilities at the end of the period</b>						
Categories	Details	Unrestricted funds to account at	Restricted funds to account at	Endowment funds to account at		
<b>B1 Cash funds</b>	Cash at Bank in hand	47,422	14,844	-		
	<b>Total cash funds</b>	<b>47,422</b>	<b>14,844</b>	<b>-</b>		
	<i>(Some balances will require an explanatory disclosure)</i>					
<b>B2 Other monetary assets</b>	Details					
<b>B3 Investment assets</b>	Details		Fund to which asset belongs	Fund (optional)	Current value (optional)	
<b>B4 Assets retained for the charity's own use</b>	Details		Fund to which asset belongs	Fund (optional)	Current value (optional)	
<b>B5 Liabilities</b>	Details		Fund to which liability arises (optional)	Amount due (optional)	When due (optional)	
	Finance Payable			1,247		
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name		Date of approval	
			JIM WATSON		14.12.2022	

**No Trustees were remunerated or received any expenses or payments during the year.**

**Our Charity insurance provides Trustee Indemnity cover against executive risks to the sum of £250,000.**

**Our reserves at year end were £64,506 of which £16,684 were restricted and £47,822 were unrestricted.**

**Dost's reserves policy balances the need to build up long term reserves against the need for short term spending on core activities.**

**The Charity's reserves exist to provide short term protection against downward fluctuations in annual revenues.**

**The Trustees declare that they have approved the Trustees' Report above.  
Signed on behalf of the charity's Trustees.**

**Signed by Chair of Trustees:  
JIM MINTON**

**Dated: 1.12.23**







**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Dost Centre for Young Refugees and Migrants

**On accounts for the year  
ended**

31<sup>st</sup> March 2023

**Charity no  
(if any)**

1173622

**Set out on pages**

1-49 Above

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2023**.

**Responsibilities and  
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

**Signed:**

*Tomas Wilcox*

**Date:**

14/12/2023

**Name:**

Tomas Wilcox

**Relevant professional  
qualification(s) or body  
(if any):**

FCIE

**Address:**

Counterculture Partnership LLP

Unit 115 Ducie House, Ducie Street

Manchester, M1 2JW

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).



**Thank you to everyone who has supported Dost and who make it possible for us to continue to provide all our sessions/ services.**

**And thank you to all the young people who bring their energy, positivity and fun and who make Dost a great place to be!**