



OUTDOOR ACTIVITY CENTRE



# Annual Report 2015 – 2016

Registered Charity No 293475  
Company Limited by Guarantee No 1975481



## Directors and Trustees

Dan Abel  
Alexander Barton  
Alison Beeton Hilder  
Penny Bruce  
Richard Farnhill     Advisor  
Phil Hammond  
Tom Henderson     Chair  
Vicky Jenkins     Hon President  
Dan Jones  
Michelle Katzler  
Sheena Kelly  
Karen McBride     Vice Chair  
Natalie Maderova  
Sarah Wallis



## Permanent Staff

Rachel Bean	Instructor & D of E Co-ordinator
Jan Coughlin	Centre Co-ordinator
Rob Edwards	Inclusion Co-ordinator
Peter Fletcher	Maintenance Co-ordinator
William Tytler	Youth Activities Co-ordinator
Mike Wardle	Centre Director

## Goodbye, Good Luck and Best Wishes to:

Alexander Barton

## The Centre wishes to thank:

Aldgate and Allhallows Foundation  
Bank of England  
Bench Blisters Rowing Team  
Canary Wharf Ltd  
Clifford Chance LLP  
East End Community Foundation  
Fantazia Fireworks  
Jack Petchey Foundation

London Borough of Tower Hamlets  
London Dock Community Fund  
Price Waterhouse Coopers  
Royal Yachting Association  
Sport England  
Tower of London Club  
The Wessex Trust

The Centre is fortunate to have many supporters and volunteers who assist it in providing challenging, exciting and worthwhile activities for the local community. We wish to thank everybody who has given their time, energy and enthusiasm.



## Chair's Report

As ever when writing this report, in the early Autumn following the financial year in question, it is very tempting to stray into the business of the most recent summer. This year I do so unashamedly: summer 2016 was our 40th anniversary and this is worth reporting whilst fresh. Aside from all else, the planning and preparations for this summer's activities started in the last financial year. Not only was there a flotilla on the river, led by Admiral Fletch, but a festival on the dock and then a thoroughly enjoyable party.

The work that went into this day of celebrations was significant and drew in the whole staff team, management committee and greater Shadwell Family. I capitalise Family, because I do think that it is a proper name in this use: one of the things we often joke about here is that it's like a family - you don't really choose to join and you can't ever leave. It was fantastic to see so many of the old faces, and the exchange of photos online provided updates on many others. This place has had a profound effect on hundreds, if not thousands, of people over 40 years. It started as a youth project, and picked up adult activities on the way. In doing so developed a stronger, wider base and community, and, it seems, a family. We should be very proud of our history.

But we need to look to the future or we will cease to be relevant, or even exist. There are challenges, but also opportunities ahead. As I write this, work is progressing on the construction of a new, purpose made slipway, due to be built over the winter 2016/17. This is being funded the new Thames Super Sewer Consortium to mitigate the impacts on us of the work in King Edward Memorial Park. It will provide us with much improved river access and the sewer will also improve the water quality significantly, by reducing discharges into the river.

The Borough's governance challenges in recent years have also impacted on us: delivery of agreed funding has been delayed and it is clear that we can expect to see cuts in the future. The Mayor and Councillors have been very supportive, and we have found new sources of grant income (thank you Aldgate and Allhallows Trust), but we still need to do more. Once again this year we've made a loss: some of that was due to delays to money that did eventually come, but we need to increase our income. Looking at our expenditure is informative: it's mainly staff, and we've maybe under invested in equipment, which costs staff time. The slipway will help as it will be faster to access our river fleet, reducing costs.

This report also marks the start of the third and final year of the Sport England funding that has enabled our inclusion programme. Rob and the team have done a fantastic job, and have far exceeded the targets set. We need to find continued funding for this work.

This Autumn saw a group of staff and young people off to Nepal, to work with local young people and climb a mountain in the Everest Valley. A major contribution to the funding of this trip was the superb effort in the 2015 Great River Race by a group of Magistrates - known as the Bench Blisters. Not only did they come second in their class in the race, but in the process they raised £10,831 towards the trip.

Looking forward we are working up plans for a significant expansion of the Centre's buildings. Our intention is to increase the capacity and flexibility of the changing rooms, which are often the limiting factor in the number of groups we can handle. This development should increase the amount of earned income, allowing us to spread some of our overheads over a wider income base. That will still leave us vulnerable to reductions in demand, but will reduce our dependence on grant funding from the borough.

Finally I must pack in a few thank yous: to the whole Shadwell Family, but especially the current staff team and management committee who have done wonders in the last year.

Tom Henderson

November 2016

## Centre Activities Report

2015-16 has been another successful and special year of providing outdoor and adventure activities to the whole community at Shadwell Basin. The wide range of activities, affordable costs and the focus on the development of young people make the Centre a unique place within Greater London at the start of our 40<sup>th</sup> Anniversary year.



A continued focus on staff and volunteer training and personal skill development for all has led to an educational approach through our 'pathways' structure to activities for young people. Whilst maintaining the fun and enjoyment inherent in adventure activities the Centre successfully combines this with outcomes, both internal and externally accredited. Using the activities as a vehicle for change and opportunity the values of trust, perseverance, respect, leadership, determination and teamwork are inculcated into the daily programme. The Centre through its community sustains challenge to the individuals who attend through both skill acquisition and competition.

*"I've learnt so much at Shadwell. It has taught me a lot of patience, friendship and other values that I can use in everyday life. Thank you Shadwell!"*



To an individual, young or older, the Centre offers a journey once they come through the doors. Stretching everyone through challenging situations gives the individual an unforgettable experience that enables them to learn about themselves. The consequences of which, from beginner to experienced member, are that they develop into a holistic person with a positive attitude, giving them answers to problems and arming them with determination in the face of adversity.



*"I enjoyed learning new things which I never thought I'd learn; kayaking, high ropes and sailing."*

*"I finally got to sail and kayak on the river which was amazing. I had so much fun. Thank you!"*

*"I like Shadwell Basin because it shows what you can actually do and releases your potential."*

## Youth Activities

In 2015-16 306 young people have taken part in 66 sessions and 92 days of challenging and adventurous activities with a total of 4630 attendances. There have been major achievements across the whole programme in competition, personal skills development, and group participation. There have been further developments in the 5 to 8 age range and Duke of Edinburgh Award Scheme and new developments to the programme with a girls adventure group.



The summer project saw a higher retention rate with 350 young people participating in activities, and 2,603 visits in total. In an area that has one of the highest child poverty rates in the UK it is more important than ever that the Centre continues to provide these experiences at highly subsidised rates so that all local young people, whatever their circumstances, are able to take part.

*“Everyone is very, very friendly and they adapt to your needs. They wait for you even if you’re slower than everyone else...it means you can be any age to do this.”*

There was great success in the London Youth Games where Centre members representing Tower Hamlets won individual gold medals in boys and girls and an overall team silver in the Kayak Slalom event. Five young people passed the first ever Bronze Duke of Edinburgh Award the Centre has run with 19 signing up for the 2016 season.



*“I enjoyed meeting lots of new people and having fun with all the leaders and participants whilst taking part in lots of activities.”*

*“I had so much fun, the last day was the best. I can’t wait for next year’s summer project.”*

Recognising achievement of individuals is an integral part of all the Centre’s programmes. To support this the youth programme now has the ‘pathways’ structure, which allows participants to progress through practical challenges and get accreditation from them. The annual Shadwell Youth Challenge competition and the Jack Petchey Awards are also key to this. Combined these allow the recognition and celebration of individual success. This is reinforced by National Governing Body Awards that the Centre also enables the individual to work through as well as the coach trainee and leadership programme that the Centre runs. All these elements ensure the programme is challenging, but differentiated to allow for newcomers to enjoy themselves in a unique learning environment alongside their peers.

## Schools Report

The Centre continued to provide high quality learning experiences for school students, with over 8,900 attendances throughout the year. The summer term was particularly busy, with up to 700 students per week taking part in activities in June-July.

The focus of all of the work with schools is for students to develop confidence and independence whilst gaining skills and enjoying physical activity in a safe and supportive environment. The Centre holds the Learning Outside the Classroom Award, which recognises the high standards of coaching, planning and safety provided.



Programmes vary from one off taster sessions and end of term fun days, through to developmental work with GCSE students and sessions leading to accredited awards. The activities offered provide experiences and challenges that traditional sports don't often highlight, taking students outside their comfort zones and giving insights into their personalities, developing self esteem and confidence.

Activities for 5 to 8 year olds have become an integral part of the schools provision, expanding from small bookings in the summer term to year round programmes with multiple local schools. It is hoped to extend the activities available for this age group in the coming years.



Good results were once again attained by young people taking part in GCSE and BTEC programmes in cycling, mountain biking, climbing, kayaking and rowing. In the year 2015 – 16 over 100 students participated in these programmes and schools visiting value the quality of coaching and results gained by students.



## Offsite Trips

Enabling young people to experience trips and residentials is an important part of the Centre's work. On these trips they can challenge their learnt skills and abilities through adventure against the elements and learn social skills through camping, cooking and living together.



The summer residential was held at Coniston for the second year running, enabling a new group of 20 young people to experience the fantastic activities available in the Lake District. The group camped for the week and took part in climbing, hill walking, open canoeing and mountain biking as well as a very exciting overnight canoe bivi.

There was also a canoe journey on the River Medway, which built from the experience gained on the upper Thames trip in the previous year. The group were completely self sufficient for the week, camping and cooking with equipment that they carried in the boats.



Closer to home, there were varied day trips throughout the year, to Epping Forest for mountain biking, the Thames for kayaking and walking in Epping and Ashdown Forests.

The comments below show the value of these experiences to the young people.



*"I like the mountain biking a lot because it was very adventurous and was a challenge. I also liked the climbing on real rock. Building dams across the stream next to our tents was fun too. One of my favourite things was the bivi because it was the most adventurous thing I have ever done. I also finished a book and climbed a really high mountain".*

*"This summer camp trip with Shadwell Basin was GREAT! I finally got to do my first bivi. I also helped the instructors with organising and helping other kids on the daily trips and around the camp".*

*"My favourite part of the trip was climbing up the mountain with friends. I actually like it when it's tough climbing up, but made easy to put up with based on the natural surroundings and amazing views of the other mountains. Being on the summit with the view of the whole of the Lake District was incredible, the strong wind actually made an impact to the nature.*

## Inclusion Programme “Adventure for All”

2015-16 was the second year of the Sport England funded programme ‘Adventure For All’. This programme has made great progress. Apart from breaking all its targets the programme has had some powerful and special moments over the two years.



So far, nine months into the second year there have been 153 individuals attending 240 sessions with 1103 visits. This has been from a combination of visiting schools and groups and individuals attending the youth programme.

As well as visiting groups such as Royal London Society for the Blind and Aquabats the programme supports regular school groups from; Beatrice Tate School, Elm Court, Steven Hawking and Wellington & Mayflower to name a few.

The holiday programme which was started in partnership with referrals from Tower Hamlets Integrated Services for Disabled Children ran three days a week in the holidays and half terms. This has developed into an opportunity for young people with disabilities to integrate into the mainstream youth activities.



This programme has seen a revolutionary development with young people with disabilities being integrated successfully into the mainstream youth sessions. This incredible programme ‘Adventure Together’, is funded by the East End Community Foundation. It has created some powerful and memorable moments of friendship and trust as well as overcoming fears.

For professional development staff from Phoenix School delivered a training workshop for Centre staff on working with young people with autism. This was important due to the number of young people with autism that have started to attend the activities.



The Centre has bought a third Hansa Access sailing dinghy as sailing has become so popular among the young people that attend sessions. These boats also offer a great chance for individuals to experience independence.

*“I loved meeting new friends and having fun. Also meeting new teachers.”*



## Special Projects & New Developments

### Duke of Edinburgh's Award

This year, for the first time, the Centre ran a programme of training for the Duke of Edinburgh's Award. A group of five young people trained throughout the summer for their Bronze Award, successfully completing their expedition in the autumn. Interest in starting the programme is high and it is likely that a much larger group will join the Scheme for the 2016 programme.



### Fundraising

All three Skerries were used by the Bench Blisters in the Great River Race, successfully completing the race and raising over £13,886 for Shadwell.

### 40<sup>th</sup> Anniversary

2016 will mark the Centre's 40<sup>th</sup> year of providing activities and a series of events are planned to celebrate the occasion. There will be a Celebration Day on 16 July and a junior expedition to Scotland in the summer holidays. The last of the events is an expedition to Nepal in October – November 2016, where a group of young people will trek in the Everest Valley to Kala Patthar at 5,555 metres and undertake a project in Monjo Primary School. The Nepal expedition planning started with a selection day in September where young people took part in team and individual challenges. The young people that were selected for the expedition team then started a programme of training and fundraising, aiming to raise £28,000 to enable the expedition to take place.



### Rowing

Bishop Challoner Girls became the first school group to take part in GCSE rowing sessions, developing their rowing and coxing skills using the Skerries on the Basin, before progressing onto the Thames for a 4km row as part of their assessment. The group did very well, with the whole team achieving high grades and the school intend to bring further groups for this activity in the future.



### Paddlefest

Over a beautiful weekend in September the Centre ran the London Paddlefest for the second time, with workshops in skills for beginners and experienced paddlers alike. A great time was had by all, a highlight was taking a large group of open canoes up to the Tower on the annual No Tide Day while the Thames Barrier was closed.

## Shadwell Sailing Club

After a year on the helm, Vicky Macleroy handed over the role of Chairperson to Stewart Keep, a long standing member of the club.

The sailing club had a steady season and has welcomed many new members and one off visitors over the last year. Activities have focused mainly on Tuesday evenings, with the introduction of specific dates being designated as Novice Evenings. This has made it far easier to deal with newcomers, and ensure that they have the opportunity to sail with an experienced helm.



The new committee has continued to seek a grant from Sport England, and have been looking at suitable boats to sail and moor on the river. A Hartley 12.2 was loaned to the club for a number of weeks. It was felt that the boat would be good for sailing on the dock, but that it was too small to be used as a teaching craft for adults. It is hoped to try out the larger version, the Hartley 15, as an alternative.

A programme of weekend sailing was also planned and a number of Saturday down river sails took place. The Vicky J was also involved in several upriver sails. As has now become tradition a trip to Brightlingsea took place, and a number of members also participated in weekends run by the North London Youth Sailing Trust.



Sailing also took place during the winter months on the dock, which gave members the opportunity to try boats not usually available on the river.



Maintenance of the fleet continues to be a crucial part of the sailing clubs role and a number of adaptations were made to reduce the number of visits of our friends the seagulls, and a system which allows us lower and raise the masts more safely whilst on the water. Lowering the mast has become necessary as the increased amount of wash from other craft has unfortunately caused a number of capsizes whilst the boats have been on the moorings.

The core members of the club continue to work hard to provide training opportunities and a structure of events for new members. This will undoubtedly help the Club to continue to grow as we look forward to the new season.

**Statement of Financial Activities**  
**Summary of Income and Expenditure for the year ended 31<sup>st</sup> March 2016**

	Unrestricted Fund £	Restricted Fund £	2016 £	2015 £
<b>INCOME AND ENDOWMENTS</b>				
Donations & Legacies	5,335	68,259	73,594	79,860
Income from charitable activities	124,139	32,309	156,448	130,372
Other trading activities	44,419	-	44,419	46,093
Investment Income	6,428	18,251	24,679	25,220
Other Income	-	-	-	41
<b>TOTAL INCOME</b>	<b>180,321</b>	<b>118,819</b>	<b>299,140</b>	<b>281,586</b>
<b>EXPENDITURE</b>				
<b>Costs of generating funds:</b>				
Expenditure on raising funds:				
Costs of other trading activities	(4,445)	(100)	(4,545)	(5,129)
Expenditure on charitable activities	(205,820)	(134,896)	(340,716)	(323,029)
<b>TOTAL EXPENDITURE</b>	<b>(210,265)</b>	<b>(134,996)</b>	<b>(345,261)</b>	<b>(328,158)</b>
Net outgoing resources before transfers	(29,944)	(16,177)	(46,121)	(46,572)
Transfers between funds	29,500	(29,500)	-	-
Net expenditure & movement in funds	(444)	(45,677)	(46,121)	(46,572)
Other recognised gains and losses:				
Gains/(losses) on revaluation of investments	(6,606)	(24,468)	(31,074)	23,152
Net movement in funds	(7,050)	(70,145)	(77,195)	(23,420)
Funds b/fwd at 1 <sup>st</sup> April 2015	136,956	442,207	579,163	602,583
Funds carried forward at 31 <sup>st</sup> March 2016	129,906	372,062	501,968	579,163



## Balance Sheet as at 31<sup>st</sup> March 2016

	2016 £	2015 £
<b>Fixed assets</b>		
Tangible fixed assets	14,568	41,405
Investments	<u>511,428</u>	<u>552,435</u>
	525,996	593,840
<b>Current assets</b>		
Debtors	43,054	14,059
Cash at bank & in hand	<u>20,629</u>	<u>28,287</u>
	63,683	42,346
Creditors	<u>(87,711)</u>	<u>(57,023)</u>
Net current liabilities	(24,028)	(14,677)
Total net assets	<u>501,968</u>	<u>579,163</u>
<b>Reserves</b>		
Restricted funds	372,062	442,207
Unrestricted funds	<u>129,906</u>	<u>136,956</u>
	<u>501,968</u>	<u>579,163</u>

This summary of income and expenditure and the balance sheet are extracted from the full audited accounts, copies of which are available from the Centre.



For the financial year to 31<sup>st</sup> March 2016, the Centre's incoming resources were £299,140 which was an increase on the previous year, due to new funding from Aldgate & Allhallows and an increase in schools income. The Centre remains dependent on grants and donations from charitable trusts and businesses to maintain its services at costs appropriate to the young people of the area.

The Centre's expenditure was £345,261 which is higher than the previous year, due to spending on the Sport England grant matched by the grants income. The major component of the Centre's expenditure is represented by salaries and associated employers costs at £225,460. This is higher than the previous year due to the employment of more part-time staff to work with the increased numbers attending the Centre. The difference in expenditure and income needs to be made up by an increase in the overall charitable donations to the Centre.

Investment income of £18,251 in the restricted funds has been allocated and expended to meet the undertakings of the lease and licence agreements.

The Centre has continued to provide high quality services and facilities to as many users as possible. The Directors have continued to work with the staff and volunteers to manage the Centre's service to comply with our Charitable Objectives within the resources available.

During the coming year we will continue to seek support from appropriate bodies and grant giving organisations based on our achievements and value to the community. This will enable us to continue to honour our commitment to provide affordable outdoor activity opportunities for the young people of Tower Hamlets.

## Tower Hamlets Canoe Club

Tower Hamlets Canoe Club is a very dynamic club, where people come and do all sorts of paddling: open canoes, white water, sea paddling, and racing. There are very few clubs in the country where members engage in all of these disciplines. This year we have completed yet another successful year of operation and our membership rose to 120 members.

The most important about THCC is that it is a club run by members for members, where many people volunteer their time to introduce new people to paddling, coaching progressions, trip organization, leading club paddles, and to socialize.



THCC is known for running regular beginner courses for eleven months of the year during our Tuesday nights. On top of that we have a regular 2\* group, open canoe group and sea kayaking group paddling most Tuesdays on the basin. At the same time we have a growing numbers of paddlers paddling on the river Thames, one of our biggest assets.

The variety of our regular coached activities has grown this year and this is as a direct result of the increase in experience, achievements and commitment of our club members. This past year we gained new L1, L2 and L3 coaches and trainees. More paddlers also achieved their 3\* in white water, sea kayaking and open boats. We have a growing number of 4\* leaders in sea kayaking and now in white water as well. Our coaches can provide FSRT and assess 3\* sea kayaking. We also have seven SUP endorsed coaches. All this has had a positive impact on the club and many trips are now coached and led by our own members.

As a club we do very well at meeting and sharing with other clubs. We ran four successful exchanges with other clubs and took them on our home water, the Thames. Some of the exchanges are reciprocal – the club visited Halifax, Jersey and Norfolk canoe clubs. Our members regularly support the Kayakathon leading up to 50 people on the tideway through the City of London.

At the same time THCC members continue to engage with and to support Shadwell Basin Outdoor Adventure Centre and their bid to raise money for the trip to Nepal. Our members have eaten many cakes to support fundraising as well and provided coaching to other people with proceeds going to SBOAC. We also have club members who volunteer their time during the centre day sessions.

We have looked back at a year full of growth for THCC in members, experienced paddlers, developing coaches and leaders and we are planning for the year ahead to consolidate this growth, and deepening our connections to the wider paddling community across the UK.



## Groups who used the Centre throughout the year



9 <sup>th</sup> Tower Hamlets Air Scouts	Green Gables Montessori	RU Set Summer Playscheme
Accenture	Heathside Preparatory School	St Barnabas Playscheme
After Adoption	Holy Trinity School	St James School
Alleyns School	Hope Football Academy	St Joan of Arc Youth Club
Amaal Girls Project	Howard Jeffs Coaching	St Marys Primary School
Ambassadors Football	Jersey Canoe Club	St Marys & St Michaels School
Beatrice Tate School	King Fahad Academy	St Peters School
Bench Blisters Rowing Team	LBTH Extended Day Care Team	St Pauls Cathedral School
Bishop Challoner School	LBTH Pupil Referral Unit	St Pauls Way Trust
Blue Gate Fields School	LBTH YISP	St Pauls Whitechapel School
Bygrove School	Lifeline Projects	St Stephens School
Canaan Project	Lister Community School	Sanctuary Housing Assoc.
Childrens Society	London Kayakathon	Shadwell Sailing Club
Chobham Academy	London Nautical School	Shapla School
Christopher Hatton School	Marion Richardson School	Sir John Cass Primary Sch.
Clara Grant School	Mayflower School	Southwark Free School
Coborn Centre	Mudchute Park & Farm	Stepney Green School
Columbia School	National Citizen Service	Steven Hawking School
Create	Newark Youth	Sussex House School
Dallington School	Newham Swimming Club	Swan Housing Summer Proj.
Deaf Parenting UK	Open Canoe Association	Swanlea School
Delish Films	Pierhead Montessori	Swanlea Youth Project
Docklands Dive School	Poplar Partnership	Third Base
East London Home Educators	Predators Martial Arts	Thomas Buxton School
ELBA Volunteers	Prince's Trust	Tower Hamlets Canoe Club
Elm Court School	Raines Foundation	Tower Hamlets Education
Elmgreen School	React First Aid	Foundation
Exploration Society	Redlands School	Tower Hamlets Youth
Fern Street Settlement	Reynolds Porter Chamberlain	Sport Foundation
Flow Studio	Roman Road Adventure Playgr.	Virginia School
Fremantle Media	Royal London Society	Wellington School
George Greens School	for the Blind	Westminster Abbey Choir Sch
Google UK	Royal Naval Reserve	Woodcraft Folk London

## Help us to change young people's lives

Many young people have told us how participating in the activities of the Centre has been a life changing experience. These changes are mainly either by going on to greater adventure and challenges in the world wilderness areas or by gaining the confidence, determination and inspiration to improve their expectations of what they can achieve. We will only be able to continue to do this with your help and support!

Shadwell Basin is a sparkling seven acres of water, the last remains of the great London Docks in Wapping, overlooked by St Pauls Church where Captain Cook was a parishioner. The Pierhead site, where the Centre buildings stand, is a small haven with amazing views across the Radcliffe Reach of the River Thames, where in the past famous mariners such as Sir William Burrough and Martin Frobisher left on voyages of adventure and discovery. In 1976 local parents and community leaders had the vision and determination to start the transformation from what was a derelict dock into a Outdoor Centre now providing the widest range of adventurous activities available in central London.

### How can you help?

If 150 people raised or donated £2 a week it would make a huge difference to our fundraising efforts. Donations can be made directly on our page at [www.virginmoneygiving.com](http://www.virginmoneygiving.com) or through our website [www.shadwell-basin.org.uk](http://www.shadwell-basin.org.uk). We are also registered on the Charity Aid Foundation's "Give as you Earn" scheme with a registration number of 000456246. Many companies will also match what employees donate so why not check out how you can get your employer involved in making a contribution.

If you have any ideas on how to support the Centre or would like any further information please contact [information@shadwell-basin.org.uk](mailto:information@shadwell-basin.org.uk) or give us a call on 020 7481 4210. Thank you for your help.

### How to find us:

Shadwell Basin Outdoor Activity Centre  
3-4 Shadwell Pierhead  
Glamis Road  
London E1W 3TD

Nearest bus 100 or D3

Nearest station Shadwell DLR or Wapping East London Line Overground

