

# REGENERATE

CREATING OPPORTUNITIES FOR YOUNG PEOPLE TO THRIVE



**IMPACT REPORT 2024/25**

## HELLO, FROM THE CEO...

"This year has been huge. The impact we've seen has been nothing short of inspirational. Young people are making the best of their lives and impacting the world for good.

One of the biggest highlights for us as a team has been watching our social enterprise and employment programmes grow significantly. We employed 41 young people on our year-long work programme at **Feel Good**, and launched our first brick-and-mortar coffee shop, which helped to make that possible. Seeing the way they have grown in confidence, resilience, and leadership has been mind-blowing.

We've expanded our youth and sports programmes across both the Alton and Ashburton estates, mentoring young people referred from schools and working with the Youth Justice Service, helping those who've found themselves in trouble to rewrite their story.

And the trips... wow. From dozens of day trips out of London to week-long adventures climbing the highest mountains in the UK, as well as journeys to Kenya and Romania to work with our global partners, we've been creating moments that build confidence, perspective, and lifelong memories.

But honestly, the most powerful thing for me? It's seeing the young people who've had the toughest starts not just turning their own lives around, but going on to lift others. This year, we supported one young adult as he launched a boxing gym and youth club on the nearby Lennox estate. He came through **Regenerate** — now he's out there building community and changing lives himself.

Young people and families are finding their feet, growing in strength, and stepping into their potential. We're seeing lives change for good. To everyone who supports **Regenerate**, thank you. This next chapter feels just as vital as the first, and with your support, we can go even further. Let's keep building something beautiful, together."

**- Andy Smith, Regenerate Co-founder & Frontman**



## CONTENTS

- 3 About Us
- 4 Why We Do It
- 6 Our Theory of Change
- 8 Our Services & 2024/25 Impact Summary
- 10 Youth & Community
- 11 Employment
- 12 Mentoring & Coaching
- 13 T's Story
- 14 Our 2025/26 Goals & Thank yous

**REGENERATE** inspires and supports young people by building strong relationships and providing life changing opportunities; helping them grow in confidence, make the best of their lives and impact the world for good.

We are based primarily on estates in Putney and Roehampton, but through partnerships with Schools, the Youth Justice Service, Children's Services and other organisations, we work with young people across Wandsworth who are experiencing disadvantage and/or significant barriers to education, employment and training.

We work closely with young people, providing person centred services and eye-opening experiences which allow them to grow in confidence, gain better interpersonal skills, develop their ability to self-manage, and improve their health and wellbeing so that they can go on to thrive.

## OUR VALUES



### ADVENTUROUS

We have bold ideas and take risks to experience new things.



### AUTHENTIC

We are true to ourselves and faithful to our vision.



### COLLABORATIVE

We work together with those around us to create the best results.



### GENEREROUS

We aim to go above and beyond what is expected of us.



### RELATIONAL

We respect and listen to people, and accept them as they are.

Back in the 90s, living on the Alton estate in Roehampton, Andy started feeling a deep pull. He watched friends, neighbours, and families he knew facing real struggles, and it hit home how few opportunities were out there.

Particularly against the backdrop of affluent areas in the borough, there was an imbalance that didn't feel right. **The estate was one of the biggest in Europe. Full of character, full of community. But there was also hard stuff happening every day;** poverty, fear, crime, the kind of things that make the news. And it was happening right on our doorstep.

Along with a few friends, Andy started dreaming about how things could be different. What part could they play in creating better opportunities for people in their community? So, in January 2000, with his mum Mo and a few friends from Roehampton, **Regenerate** was born.

It was small at first, a church hall, lunches for isolated elderly locals, youth activities in the evenings, **but we had started something special.**

We had big dreams, and things grew as hundreds got involved. From kickabouts on the grass with jumpers for goalposts, to borrowing minibuses for trips outside London, **we were building relationships, creating memories, and showing what's possible when people grow and thrive together.**

Fast forward to now, and we've had the privilege of walking alongside thousands of young people across our estates and communities in South West London.

**What started as a dream is becoming a reality:** young people engaging with our services are overcoming real challenges. They now have safe places to hang out and make friends, get fit, eat together, go on adventures, do better in school, find jobs they like, and simply be themselves.

The community still has its challenges though, and we continue to need the support of our wider community. **As one of the most disadvantaged areas in the borough, and with youth provisions at an all-time low,** young people are facing challenges like never before when it comes to mental health and wellbeing. Furthermore, **1 in 5 young people in London are unemployed,** and in 2025, youth unemployment in the UK is estimated to cost the economy £31 billion.

Young people feel that their biggest barriers to employment are lack of work experience, lack of local jobs, and poor mental health and anxiety (Youth Voice Census 2024). Of the 41 young people we employed at **Feel Good** in the last year, 56% reported having additional mental health and/or learning needs. 41% had been supported by social services, and 31% had had contact with the criminal justice system – leaving them feeling unmotivated and like there were no opportunities out there for them.

But we are doing something to change this in our part of London. Backed by friends, mentors, and youth workers who believe in them, we see hundreds of young people turning their situations around, and going on to change the world in their own ways.

**We exist to create the opportunities that young people need to thrive.**

*"By providing meaningful opportunities to marginalised youth, [Regenerate and Feel Good] fill a critical need in our community. Their work has been instrumental in helping my clients stay engaged, gain confidence and skills, and avoid reoffending. I cannot praise [Regenerate and Feel Good] enough for the caring service they provide to vulnerable young people in Wandsworth. It has been a privilege to partner with them."*

**- Employment, Training & Education Adviser,  
Wandsworth Youth Justice Service**



**“Being at Regenerate has helped me to express my emotions [and] my social skills improved by meeting new people and learning about their cultures and differences.”  
- Youth Club Member**



**“Feel Good has helped me in many ways. Their constant support has pushed me to be a better person, more resilient and more confident. They have shown me how to present myself in a positive way, which has definitely helped me in job interviews.”  
- Feel Good Team Member**



# OUR THEORY OF CHANGE

Our *Theory of Change* outlines our **WHY** and our vision for transformation. It depicts how we want to see young people and our community grow and thrive together.



## THE PROBLEM

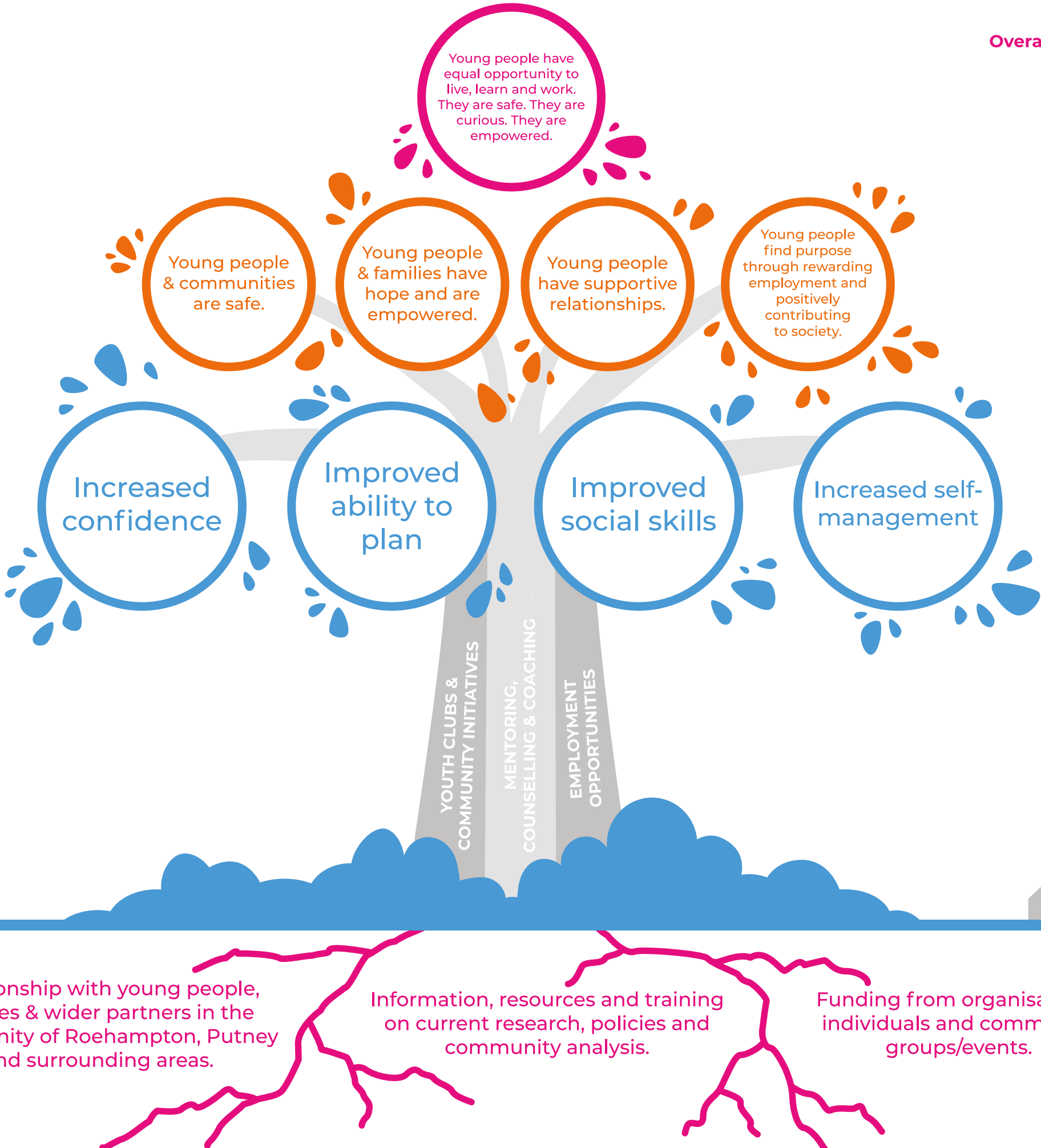
Trauma experienced due to the impact of poverty.

Young people exposed to or involved in crime or violence.

Marginalisation, discrimination and criminalisation of young people, particularly those from under-represented groups.

Young people affected by mental health distress.

NEET or at risk of becoming NEET (Not in Education, Employment or Training).



## INPUTS WHAT WE NEED

Relationship with young people, families & wider partners in the community of Roehampton, Putney and surrounding areas.

Information, resources and training on current research, policies and community analysis.

Funding from organisations, individuals and community groups/events.

Regenerate helps young people to grow in confidence, make the best of their lives and impact the world for good.

We achieve this through our **3 key services**:

## YOUTH & COMMUNITY

Our youth projects, including youth and sports clubs in Roehampton and Putney, offer safe spaces to socialise, access support and take part in activities and trips. We also support our community to thrive, e.g. through community festivals and school drop-in sessions.



## EMPLOYMENT OPPORTUNITIES

Through our social enterprise **Feel Good**, we support young people aged 18-25 who are facing barriers to employment with paid work as baristas, alongside professional training and mentoring to aid their development.



## MENTORING & COACHING

We support young people aged 11-18 through whatever challenges they are facing, and offer goal focused, 1:1 sessions with our mentors that are tailored to the individuals' needs and interests.



# 5454

TOTAL  
INTERVENTIONS

**94%** OF  
YOUNG PEOPLE  
SHOWED  
IMPROVEMENT IN  
OUR **MEASURED**  
**OUTCOMES**

PROVIDED  
**8 WEEKS**  
OF **COMMUNITY**  
**MEALS** FOR **72**  
FAMILIES FEELING  
THE COST-OF-  
LIVING CRISIS

OPENED  
OUR FIRST

*feel  
good*  
**COFFEE  
SHOP!**

CLIMBED  
**20 PEAKS**  
ACROSS THE UK  
AS PART OF A  
**FUNDRAISER** AND  
**DEVELOPMENT**  
**OPPORTUNITY** FOR  
YOUNG PEOPLE

ORGANISED **3**  
**COMMUNITY**  
**SUMMER**  
**PARTIES**  
TO DEVELOP  
COMMUNITY  
COHESION

EXTENDED OUR  
**PARTNERSHIP**  
WITH THE **YOUTH**  
**JUSTICE SERVICE**  
TO OFFER  
**MENTORING** FOR  
THOSE AT RISK

PROVIDED  
**120,000**  
**MEALS** TO OUR **3**  
INTERNATIONAL  
PROJECT PARTNERS  
IN **KENYA** AND  
**ROMANIA** THROUGH  
*FEEL GOOD*

**DEVELOPED**  
**OUR SCHOOLS**  
**PARTNERSHIPS:**  
WE ARE NOW THE  
CHOSEN CHARITY  
PARTNER OF **2**  
**LOCAL PRIVATE**  
**SCHOOLS**

WORKED  
CLOSELY WITH **16**  
**PARTNERS** ACROSS  
THE EDUCATION/  
STATUTORY  
SERVICES AND  
COMMUNITY  
TO SUPPORT THE YOUNG  
PEOPLE WHO NEED IT MOST

INVESTED IN  
LEADERSHIP  
DEVELOPMENT  
BY PROVIDING  
**YEAR-LONG**  
**YOUTH WORK**  
**INTERNSHIPS** FOR  
**2 YOUNG PEOPLE**

CLOSELY  
SUPPORTED A MEMBER  
OF OUR **ALUMNI** IN  
OPENING THEIR  
OWN **COMMUNITY**  
**GYM** AND  
**YOUTH SPACE**  
ON ANOTHER LOCAL,  
UNDERSERVED ESTATE



Our youth club sessions create a safe space for local young people to hang out, make friends, take part in activities, and receive support from our youth workers. At each session we provide a range of activities that support development, from sports & fitness, to quizzes, arts & crafts and educational workshops. We also cook a nutritious meal every day.

Over the past year we also doubled engagement at our Roehampton sports sessions by working hard to develop our outreach work. This year, we reached 1349 young people across our Youth & Community services!

## Highlights:

- Developed bespoke workshops such as: the Elevate Entrepreneurship programme, setting young aspiring business entrepreneurs with knowledge, tools and connections they need to thrive, and a community meal programme in partnership with 2 members of our alumni who are building a meal prep business, delivering meals to 72 local families.
- Took a group of young people on a camping residential adventure to Wales, one of 28 different trips we organised during school holidays.
- Awarded 6 young people the Jack Petchey Award for their contribution to the youth centre and to acknowledge their personal growth.
- Organised 3 Summer Parties for the whole community and engaged 750 people on the Ashburton, Alton and Lennox estates, in partnership with local organisations.
- Supported a member of our alumni community with the fundraising and launch of a youth boxing gym on a previously underserved neighbouring Roehampton estate.



*"[Thank you to] the team for everything you have done over the summer. Money has been tight recently, so the fact that my son had things to do during half term was a great help. He had lots of fun!"*  
- Community Parent

*"I've been a lot more social, less anxious, and less nervous going to school and I think Regenerate has helped a lot with that."*  
- Youth Club Member

Our main focus for **Feel Good** this year was to increase the amount of young people we could support on our 12-month mentoring and employment programme. To achieve this, we **opened our first brick and mortar shop**, in a busy location in Southfields, which has enabled us to **work with 30% more young people** over the year, with a total of **41 young people receiving our support!** This has been an incredible achievement that we are proud of. Southfields' community has embraced us and we have become known for serving excellent coffee and a Feel-Good spirit.

We continue to support young people throughout their employment, with **trusted mentors and a training & development programme** - preparing our team members for future employment by investing in their personal growth.

## Highlights:

- **61% of young people moved on immediately into education, employment and training opportunities** after completing their employment programme with **Feel Good**.
- Developed a new 4-week induction programme for applicants, which has increased the **retention of young people in employment** by preparing them more wholly with the knowledge and experience they need to thrive in the workplace.
- Took **14 young people to climb 20 Peaks around the UK**, where they grew massively in resilience, self-awareness and a growth mindset.
- Provided a **professional counselling service to 15 young people**.
- Supplied **over 120,000 meals for children** at our partner programmes through donations and our 'one coffee sold funds a meal for a child' scheme.



*"Best coffee shop in Southfields without a doubt! Great atmosphere... Great coffee, and all in aid of a great charity. Will definitely be back!"*  
- Google Reviews

*"Thank you so much for giving me this opportunity. I haven't been here that long, but my life has already changed so much. I love it and I wish I could stay forever, you guys are all so kind!"*  
- Feel Good Team Member



Our mentors are trained coaches and use a variety of ways to help young people develop strategies and skills such as problem solving, emotional control and conflict resolution, to help them overcome barriers and reach their goals. This builds confidence and pathways to success in education, employment, and training opportunities.

This year we were successful in **working as one of the mentoring providers for the Youth Justice Service**, supporting young people across the borough who found themselves in trouble with the police for the first time. Our mentors meet with young people and equip them with the tools to make positive choices; this year we **provided mentoring support to 114 young people!**

We also continued to **partner with 3 local secondary schools**, where our team of mentors support young people in school each week, joining up with **professional networks for young people** to improve their wellbeing and achieve positive outcomes.

## Our Young People Said...

*"I now feel as though I can see myself having more friends compared to when I started mentoring and felt alone and isolated."* - Jessica, Mentee

*"I am more able to control my feelings than at the start of mentoring - I used to get upset and annoyed much easier than I do now."* - Malek, Mentee

*"My mentor has shown me a different perspective of myself throughout our mentoring sessions which has altered how I view myself. I feel more in control of my life because I know that not everything is out to get me, and positive things will happen in my life."* - Anna, Mentee

*"I feel more confident because the activities in these sessions, like goal setting and communicating, have helped me have more aspirations and to expect more for myself out of life."* - Shayanah, Mentee







T lives locally on the Ashburton Estate, and her journey through our services has been monumental in getting her to where she is now.

T experienced high levels of social anxiety and low self-esteem, which had contributed to her dropping out of college, and led to her being isolated at home as daily tasks such as getting on the bus became impossible. She was introduced to us by social services in March 2023 and originally referred for a 3-month course of mentoring.

T explored her anxiety with her mentor; what triggers it, and how she could regulate herself and reframe the negative thoughts that took over in moments of panic. Later, they took trips out, which made her “feel alive”, as she realised how freeing it was to not let her anxieties stop her.

Eventually she was referred to Feel Good by her mentor, motivated to gain independence

and employability skills. There she continued to work through challenges and excelled.

Quickly impressing everyone with her work ethic, T was awarded “Employee of the Month” and became a staff member who could be relied on to support and coach other team members.

Her outlook was transformed, and T started taking every opportunity to push herself outside her comfort zone, participating in 2 fundraising challenges and climbing some of the UK's highest mountains with us!

Today, T has moved on to full time, permanent employment, the confidence & skills she built having set her up for success. She also maintains great friendships which she made through our services. She has gained self-confidence, resilience and determination. She is willing to push through any challenge that comes her way, and no longer lets anxiety prevent her from thriving!

*“I have worked with [Regenerate and Feel Good] for several young people, and every time I have been impressed with the support they provide. Many of these young people have a lot going on in their lives, and this gives them a space to reflect and have time focused on themselves. [Feel Good] allows them to gain experience, which they can then use for future jobs. It also gives them the support they needed at a critical time in their lives, by providing a safe space to be heard, get support with their applications, as well as providing friendships and trusted adults. All the staff I have worked with have had a warm approach to the young people and show they genuinely care.”*

**- Social worker, Wandsworth Council**

- Open our **second** *Feel Good* coffee shop in Wandsworth
- Employ **50** young people at *Feel Good*
- Mentor **138** young people across our services
- Engage **1000** people through our outreach programme and community parties on local estates
- Embark on an adventurous fundraiser with a group of young people, cycling from London to Venice

## HOW CAN YOU HELP?

A donation to Regenerate means young people's lives are enriched, and they are equipped with tools and opportunities to thrive!

- |                |  |
|----------------|--|
| <b>£500</b>    | Covers <b>250 meals</b> for young people attending our youth projects  |
| <b>£1,000</b>  | Funds <b>a year of mentoring sessions</b> for a young person referred to us  |
| <b>£10,000</b> | <b>Funds our weekly sports programme</b> , supports our safe spaces, and <b>enables our outreach</b> to hundreds of young people over the year |





Find Out More  
[regenerate-london.org](http://regenerate-london.org)  
[feelgood-london.org](http://feelgood-london.org)

Get in Touch  
[info@regenerate-london.org](mailto:info@regenerate-london.org)  
0203 195 9607

Our Address  
**Ashburton Youth Centre**  
**Westleigh Avenue**  
**Putney, SW15 6XD**

*feel  
good*

**Say hello & grab a cup  
of Feel Good coffee**

254 Wimbledon Park Rd  
Southfields, SW19 6NL

Open Hours:  
8am-4pm



Follow us to stay in the loop!

**@regenerate\_ldn**  
**@feelgoodldn**

SUPPORT US!



SUPPORT US!

