



RENAISSANCE
FOUNDATION

Registered Charity number: 1128772

RENAISSANCE FOUNDATION

IMPACT REPORT 23-24



INTRODUCTION

Transforming the lives of young carers and young people with chronic health conditions in London

Who are we?

Renaissance Foundation

Our charity was founded in 2009 by our CEO Sat Singh as a direct result of his experiences as a young patient and carer. Sat realised there was a lack of support for young people who were absent from school due to personal challenges and as such they were at risk of becoming educationally disengaged and potentially involved with crime and other negative life paths.

Having himself experienced the power of inspirational encounters he established Renaissance Foundation, which is dedicated to offering opportunities to young people that they would otherwise not have access to.

We believe that no young person should be held back because of their caring responsibilities or health condition.

Our mission is to inspire and empower young carers and patients to reach their full potential so that, by the end of the programme, the young person feels optimistic and prepared to enter adulthood.

Vision and Mission

Goals & Outcomes

Goal 1: To equip young people with the skills to better face life's challenges

Goal 2: To provide a safe space for young people to explore their personal interests, build friendships, have exciting experiences and support personal development.

Goal 3: To empower young people to raise their aspirations and achievements so they are ready for whatever comes next

By delivering these goals, Renaissance Foundation has a positive impact on the young people we support, particularly across these five outcomes:

Self-awareness



Self-management



Social awareness



Relationship Skills



Responsible Decision Making



THE NEED

A SOCIAL MOBILITY ISSUE

Young carers and young people with chronic health conditions miss out on important experiences and learning opportunities due to their caring responsibilities or health issues, which can lead to lower levels of educational attainment, increased risk of poverty and social exclusion, and reduced life opportunities.

1 million young carers across the UK

Greater risk to experience poorer mental wellbeing

- 1 in 4 reported feeling lonely
- 4 in 10 reported feeling sad
- 30% have thought about self-harm

Greater risk to do badly academically

- 39% said nobody in their school was aware of their caring responsibilities
- Missing 27 school days per year on average
- More likely to have fallen asleep in school
- 5 times more likely to drop out of college

Aggravating factors

- 3 years average waiting time to be identified for support
- Often worsening socioeconomic factors
- Misconceptions and stigma about young carers and negative impact on their lives
- Young carers may not view themselves as such, but just something they do or is expected of them

1.7 million children and young people in England with chronic health conditions*

Greater risk to experience poorer mental wellbeing

- Miss out on chances to socialise, leading to poorer wellbeing and missing opportunities
- The burden of suffering with a long term physical condition can cause feelings of anxiety and depression

Greater risk to do badly academically

- Having to miss days of school to attend medical appointments
- Do worse in their school exams on average

Systemic difficulties: chasm between paediatric and adult services

- Some paediatric services stop at 16 and adult services don't start until 18, leaving the young people no one to turn to
- Only 40-60% hospitals appear to be managing this issue
- Chronic conditions can start in adolescence, just as gaps in services are opening up

*Examples include Type 1 Diabetes, sickle cell anaemia, autoimmune disorders and other health/cardiac conditions



THE YEAR AT A GLANCE

**IN 2023-24 WE DELIVERED 93 HIGH IMPACT SESSIONS WITH 284 HOURS OF CONTACT
(INCLUDING ACTIVITIES AND ONE-TO-ONES)**

Our term-time weekly drop in sessions covered a variety of activities, including photography, DJing, art and loads more. We hosted a range of inspirational speakers from ex-Olympian Becky Wing to ex-SAS Mountaineer and spiritual guide Krish Thapa.

During the holidays, our young people took part in a number of exciting day trips including Kew Gardens, Windsor Castle and The Living Rainforest. For the first time in Renaissance Foundation history, we took 12 young people on a 3-day residential to an outdoor activity centre in Buckinghamshire.

Our key annual visits to the F1 Press Day at Silverstone and to Oslo for the Nobel Peace Prize continued, taking nine and eight young people respectively. We gave out three Jack Petchey Awards and the three winners chose brilliant activities to share with their peers: a theatre trip to the West End, an escape room and a fully immersive racing simulation experience at the F1 Arcade.

We launched our pilot mentoring programme with seven recent RF graduates. They have been matched with a range of professionals who are supporting the young people with developing skills and empowering them to make decisions about their future. This year also saw the formation of the "Renaissance Collective" (Youth Board) who meet regularly to represent the views of RF young people, discuss issues, and contribute to improving and developing the programme.

We partnered with global management consulting firm Bain & Company on our first ever work experience programme which saw five young people complete a week-long work placement, with more planned for Summer 2025.

It's been an extraordinary year for us at Renaissance Foundation with our team finally moving into our new Hub in September 2023, offering lots of new possibilities ahead! Thank you to all our funders, friends and partners who made it all possible.

83

number of young people supported (including 20 alumni)

36

partner organisations

11

inspirational speakers

15 volunteers donating

268 hours

OUR IMPACT

We are committed to the monitoring and evaluation of the quality and impact of RF's programme in order to help us learn and continuously improve our offer to young carers and young people with chronic health conditions. We do this by collecting young people's information, engagement data and outcome data.

RF is launching a new evaluation method in April 2024 and will measure outcomes using a self-reporting questionnaire and through quarterly one-to-one conversations between staff and young people.

Young people will score themselves in core social emotional learning (SEL) skills: self-awareness, self-management, social awareness, relationship skills and responsible decision making. SEL skills are associated with outcomes across the full spectrum of adult wellbeing, prosperity and health. Studies suggest that interventions to improve these skills are likely to improve confidence; wellbeing; educational achievement; career readiness and leadership skills. By evaluating these outcomes we will be able to track young people's progress, identify areas for additional support and understand and learn about their progression and engagement with different aspects of our provision.

The first overview of impact data collected will be available after one full year as impact evaluation becomes more embedded in the delivery of RF's programme.

In the meantime, we spoke to young people who graduated from the programme in 2023...

Of those we spoke to, **100%** remain in education, employment or training; **50%** are currently in higher education and **50%** are still engaging with Renaissance Foundation on a regular basis through alumni programmes, volunteering and events.



AYAN'S STORY

Ayan joined when he was 15 years old. A recent graduate of the programme who is still actively involved, Ayan shares his story of five years with Renaissance Foundation.

“ I first heard about RF when we were told that someone was coming to our hospital to present and that happened to be Corey [RF Programme Manager] from Renaissance Foundation. We had this entire presentation going on... the things they do, the activities they bring and what their main cause was. I really felt like I didn't do enough in my life, like I usually missed out on opportunities since I had my medical condition. I had to join, I thought it was a good idea. Why not?

I would say RF is all about, in fact, the word in itself 'Renaissance', which means change or some entire reset happening, some sort of revolution. I really believe that RF lives up to its name in the sense that the youth are given new life and life changing experiences. To me RF means to change and see different perspectives when you meet all these different people as you go to all these different trips, really enrich yourself and [absorb] what's going on around you.

There are plenty of different good memories. There were many RF workshops that I've attended that have definitely made an influence and changed what I've done for the better, such as the 'Why Oh You' programme or the many careers programmes where I've got to meet inspirational people. Or when I've seen many of my peers interview really famous people and see what their challenges were and how they rose to success. With the variety and different viewpoints that I learned that not everything is as it seems - in a good way! I took away that it's good to be open to trying out new things.

I've definitely developed more of an interest with media like when we visited Audible. Also from witnessing Corey being a media manager and looking at the RF YouTube channel. Now I am studying a media degree at UCL. I feel more confident as a person for sure, and it's helped me to really leave my comfort zone in different environments. I've experienced a massive change, where before I felt like I was stagnating. I really started to feel more confident speaking... even people in my sixth form were realising this, like teachers, that I've gained a boost in confidence. I really appreciate being thrown into new environments because then I've become familiar with that and then I'm prepared for the wider world.

Attending sessions at RF is always like a warm, comfortable feeling and I'm just familiar with everybody there. Even if there are new people, I can feel like I can welcome [them] because before I didn't feel like I had the group that I belong to. It's not that I was alone. It's just that mentally I felt alone. When I come into RF, the familiarity comes whether it's a person you know or not. So definitely the vibes are just comfy, chill and positive. I don't feel a sense of negativity here. Every day is a unique day at RF.

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FEEDBACK - YOUNG PEOPLE

We ask our young people for their feedback at the end of every activity.

Out of the 93 sessions delivered this year, **97.5%** rated sessions '4' or '5' (out of 5).

RF isn't just about great days out. It is a chance to meet amazing people and be inspired.

I'm very grateful for RF.

Being at RF makes me happier.

RF has helped me leave my comfort zone.

There's nothing like it.

[Joining RF was the] best decision I made when I was 16. It's a welcoming place full of knowledge and inspiration.

I've had so many amazing experiences and I'm only in my first year.

I learnt everyone is worthy of having a conversation with 'high' people and it opened my mind to try new things and options.

RF made me more confident to take part in opportunities in school and boosted my ego and confidence in myself.

FEEDBACK - FAMILIES

Her confidence has bloomed, it's like I've got my old child back.

If it wasn't for Renaissance Foundation, I would be absolutely totally lost.

I'm just really grateful and forever thankful for what you guys do.

I'm so happy we have RF and with how much [my son] is improving.

EXAMPLE PROJECTS 23/24

MIRIAM WATERMAN ART PROJECT

The World Health Organisation has found overwhelming evidence connecting arts of all kinds to improved wellbeing and health.

The Miriam Waterman Art Project has just completed its fourth phase. The project offers young people the opportunity to work together and build new artistic skills whilst enhancing their wellbeing and allowing them to form meaningful connections.

This year young people created original artworks around the theme of 'self-identity' exploring different artforms such as portraiture, sculpture, photography and collage.



Outcomes

70%

improvement in young people's art skills.



10%

increase in confidence of young people's own artistic ability.



I enjoyed being able to see the intellectual side of art and learn about the history.

I feel more confident with the ability to try different styles.

The best thing about today was being able to engage in creativity which I enjoy but don't do often.

EXAMPLE PROJECTS 23/24

WORK EXPERIENCE AT BAIN & COMPANY



This year we piloted our first work experience programme with our partner global management consulting firm Bain & Company. Five young people took part in a week-long work experience placement across different departments at Bain, including the EA team, HR and IT.

We definitely honed in on our time management skills, making sure we were on time every morning for a speedy start.

Thanks so much for the opportunity... it was honestly special.

I love their work culture and environment. I can also see many opportunities in consulting and similar professions.

“ Last summer, we had the pleasure of hosting five young people from the Renaissance Foundation for a week-long Work Experience program. Throughout the week, they participated in HR induction sessions, Excel training, a DEI Diverse Abilities workshop, and a career overview with our Recruiting team.

Every team they collaborated with during their time here had extremely positive feedback about the young people. We were genuinely impressed by their enthusiasm and genuine interest in learning. From our side, our experience with the Renaissance Foundation was excellent. They were great at communicating and making sure we had all the information we needed.

As the programme was such a success, we plan to keep this initiative running and look forward to welcoming a new group of young people from the Renaissance Foundation this year.

-Bain & Co. ”

NOBEL PEACE PRIZE YOUTH EXCHANGE

One of our yearly highlight is our Oslo trip in December, where we take young people in their final year of the programme to the Nobel Peace Prize as well as visiting Oslo based world companies.



This year the young people attended the Nobel Peace Prize both as guests and media. They learned about this year's Laureate Narges Mohammadi, her fight against the oppression of women in Iran and the power of protest to promote human rights and freedom for all.



Through our Norwegian careers visits, the young people discovered new sectors, earned soft skills, a better understanding of global industries and of the interconnected world we live in.



A special part of the trip was hosting an event at the British Embassy in Oslo. Young people presented to a room full of invited guests, sharing their experience and what they had learned over the course of the trip.



I think I can use a lot of the skills that I've learned, networking and talking and being able to approach people, being confident in saying 'I'm not sure that I'm great at this' ... but maybe you should just go for it.

I feel like it will be a memory that lasts in my head that will motivate me constantly.

The fact that I got to be part of making history... sitting there with so many other professionals. It made me feel important.

KEIGHTLEY'S STORY

Keightley joined Renaissance Foundation in 2021. As her time on the core programme comes to an end, here she reflects on her experiences over the past few years.

“ I first heard about RF through a Zoom conference with young carers because I was with a young carers group, so they introduced me to RF and then through that I got referred and that's how I'm here today.

Some of the activities that I remember the most are the sessions about careers. For example, we had a session for International Women's Day and had very accomplished women in the room with us, talking about their experiences. Talking to these women, feeling how empowered they are and how strong they are, they really made me feel like that I could do the same thing. So that's how like RF inspires young people. The most fun would be just like the very simple things like the drop-in sessions. You have young people come in to sit down and just talk and socialise and have fun, and that also boosts your social skills and the way you speak, the way you act around people. I've made tonnes of friends and we talk to each other every day. We see each other outside of RF as well. I look forward to sessions, because it's after school, so it doesn't affect my studies and it just makes me think OK, I can get through the day and then after I can go see my friends.

My favourite memory I think is going to be common around like all young people that's been with RF... it's when we went to Oslo. I've never experienced snow ever, so the first time stepping out of the plane, seeing all that like pure, blissful white...it just made me so happy. The fact that I got to be part of making history with the Nobel Peace Prize, sitting there with like so many other professionals. It made me feel important and it made me feel so included in the current world affairs.

I think RF is very progressive in their sessions and how they try to instil the RF values as we keep being reminded every day of how we should treat people and how we should act in a way that makes everyone feel comfortable. I feel that RF is something that made me very confident in how to speak to people and also it made me realise how a lot of people need support. I think a really big thing about RF that sets it apart from different kinds of charities is the fact that they always want the young people's thoughts because they want to represent the young people, it's their voice. It's their charity and they do as much as they can to help it improve, you know, for future people who want to join RF. And they just make it really exciting because all of the stuff. They're really nice and they make us feel included and they make us feel like there's nothing to worry about because we're here to support other young people as well, because a lot of the times you don't really know who's in the same shoes as you. RF kind of brings all of those people together to help solve kind of the different problems that there are. I find that really inspiring.

I feel like once I graduate from the programme there's gonna be a lot of experiences that I've had, whereas someone who hasn't joined RF before maybe wouldn't have had. I find it quite easy to talk to people and I've gained a lot of experiences that will help me in the future. It made me very professional. I will just keep going to like different kinds of events and keep talking to people and keep connecting and in the future, I will land in some sort of successful place and it will be because RF have been part of that.

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GOAL 1

To equip young people with the skills to better face life's challenges.

A report published by University College London shows that social and emotional (SEL) skills are associated with outcomes across the full spectrum of adult wellbeing, prosperity and health. Young people take part in a variety of activities through which they are able to develop these core skills.

We are using The Delaware Social-Emotional Competency Scale to compare quantitative outcomes (numbers of change) with qualitative analysis (stories of change) based on session feedback, staff observation and informal feedback from participants, families and programme partners. We look forward to reporting after our first full year of data in April 2025.



Mentoring Programme

This year saw the pilot of Renaissance Foundation's Mentoring Programme. Once a young person graduates from our core programme, they have the chance to join be mentored by a professional partner to help them progress in their career, studies or to navigate other challenging life transitions.

Seven young people are currently part of the programme, culminating later this year.

Now I know the importance of mental health, what employers are looking for and how to write a cover letter.

GOAL 2

To provide a safe space for young people to explore their personal interests, build friendships, have exciting experiences and support personal development.

Our regular activity, weekly drop in sessions and one-to-one support all offer young people the chance to come together and take part in new experiences. Our thematic workshops are a great opportunity to explore interests, learn a new skill and make friends:

Arts, Culture & Heritage



Science, Innovation & Tech



Business & Entrepreneurship



Global Citizenship & Sustainability



Wellbeing



1-2-1
SUPPORT

Young people regularly receive 1-2-1 support from Renaissance Foundation staff, giving them an opportunity to be listened to, to develop their emotional literacy and to work through specific challenges.

GOAL 3

To empower young people to raise their aspirations and achievements so they are ready for whatever comes next.

Once a month, inspirational speakers are invited to our hub share about their life experiences, career journeys and connect on a personal level with our young people. This year we were grateful to have a wide range of inspirational speakers from different industries including an ex-Olympian, a professional photographer, a social activist, a CEO, an ex-SAS Mountaineer and spiritual guide, and more.

SPEAKERS
EVENTS



YOUTH
BOARD

In addition to mentoring, graduates have the opportunity to continue engaging with and have a say in the future of the Renaissance Foundation. This year saw the formation of the 'Renaissance Collective' - eight young people who meet every two months to represent and communicate the views of young people to enhance our work.

There are many opportunities for the youth board to develop key skills like public speaking, leadership skills, decision making skills and organisational management.



GET INVOLVED

JOIN OUR COMMUNITY



Fundraise for us

We'll help you plan and set up your own fundraiser.



Corporate giving

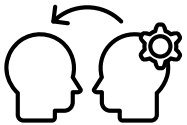
Give back to your community as a business.

Nominate us as your Charity of the Year, volunteer, fundraise for us... we'll create a tailored partnership that has a maximum impact for both Renaissance Foundation and your team.



Partner with us

Help our young people by offering them careers awareness, education, learning and fun experiences and make a positive difference in their lives.



Mentor a young person

Provide guidance, encouragement, and support to a young person (minimum 20 hours per year)





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