



# Annual Impact Report

July 2024 – July 2025



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Community planting



Cornerstone crafts

# Vision and Mission



Teams Life Centre work hard at building connection. We do this by meeting people where they are by reducing poverty and disadvantage in the Teams area.

We provide residents with activities that promote emotional and physical wellbeing and support practically with food and energy poverty, clothing, housing, and addiction advice. Being part of Gateshead Family Hubs enables us to support families with primary school children with stimulating activities right through the year including school holidays. We specialise in services for adults with special needs, multiagency locality working and an excellent hot food provision at little or no cost. Our heart is with the lonely, the people living in poverty and the isolated. Attendees are from all walks of life, cultures, and backgrounds. We operate robust Safeguarding and Equality, diversity, and inclusion policies.



# Meet our...

## TRUSTEES

We are grateful for the support of our trustees, who bring a variety of experience to our board. Interested in learning more about being a charity trustee? Contact us via the details on the back of this document.



**Chris Lowe (Chair)**

IT, Training,  
Finance



**Ed Nichols**

Teaching,  
Counselling,  
Finance



**Steve Frost**

Gardening, Building,  
Maintenance, Youth  
Work



**Adeyemi Adedeji**

Law,  
Asylum

# A word from the Centre

"The last year has been an incredible journey for us. A community building has so many plates to spin! Our building was 50 years old last year, so we had a 70s-themed party and invited everyone.

We also celebrated VE Day (we like a good party). Of course, a 50-year-old building takes lots of maintenance, so this year we have secured funding to replace our heating system, install solar panels, and install new windows.

Funding is vital to us and we are grateful to all our funders for their belief in us and our work. It also has an impact on local people. This year, we have employed the equivalent of 2 full-time members of staff, all from our local area. We have invested in a lot of training in order for our staff to keep themselves and our customers safe.

Last but certainly not least, our customers without whom we wouldn't exist! Adults with additional needs, families, and anyone who is struggling in life is very much on our hearts.

Our Multiagency Hub is a fantastic provision to tap into resources to help, whilst our programme of events is varied, affordable and eases mental health issues and isolation. (see page 12)



New2U shop refurb

So, thank you all who trusted us with their problems and difficulties, those who gave us financial support, or gave their spare time to the Volunteers. We couldn't do it without you!"

Margaret Carlin – Centre Manager





# Community Events

We have held a variety of community events this year, here are just a selection of the things our community asked for!



Community litterpick event



Staff trip to St James'



Steven and the FA cup



VE Day!



Nourish Airfryer course



Tombola is our thing!



Teams Heritage Day

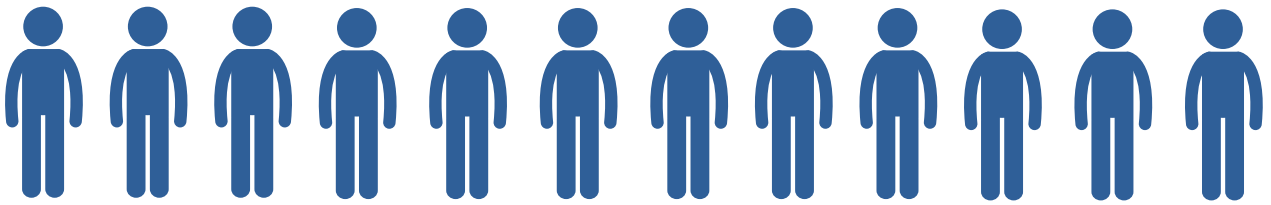


70s Day

# The year in numbers

July 2024 – July 2025

1,856 volunteer hours



718

people helped with  
emergency food

15,577

visits to the centre



11.3k  
attended  
activities



# Unity Sub Hub

Unity Group are one of our resident groups in the Centre, supporting adults with additional needs with everyday activities and social opportunities.

With the help of The National Lottery Community Fund Awards for All, we worked together to provide kitchen facilities, training and equipment to set up our weekly SUB HUB. The participants prepare deli-style sandwiches at affordable prices for users of centre and local residents. This has become a huge success in terms of broadening the skills of participants and also giving customers a healthy and delicious alternative to our usual menu.



## UNITY

Andrew said, "I love the Sub hub. I like meeting customers and making sandwiches"



Unity Sub Hub



Testing the sandwiches!

Lisa said, "I never want to leave and I like chopping peppers the most!"



Claire @ Sub Hub



Ange @ Sub Hub

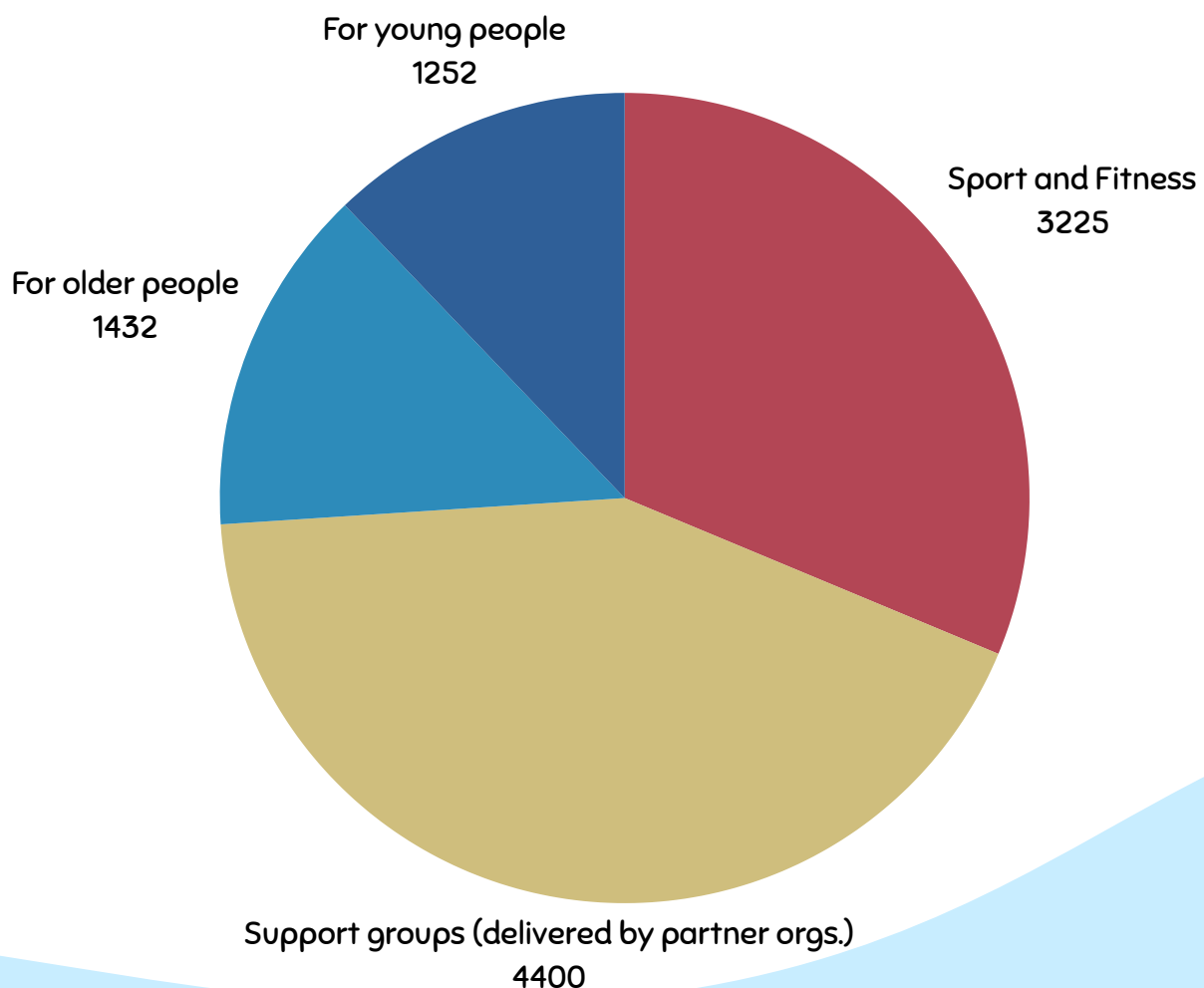


# Activities in numbers

Over the past year we've been running a wide programme of activities including;

- Adults with additional needs provision
- Partnership working in our multi agency Hub.
- Providing facilities that are safe, warm, and welcoming.
- Hot food- all home cooked and reasonably priced or free.
- Clothing, household goods and toys from our New2U shop
- Emotional and practical help and encouragement from our well-trained staff and volunteers
- Activities for primary school children in term time and school holidays

## Numbers attending activities...



We continue to offer varied opportunities for all ages.

After a successful year we are grateful that our contract with Gateshead Council's Family Hubs was renewed and we look forward to seeing how this helps extend our growing provision for children's activities.

# Cornerstone Kids



Dunston Family Church

Registered Charity No: 1168266

Our Cornerstone kids ages 5-11 meet every Wednesday for a fun night of sport, games and crafts. It is supported by a team of volunteers and we have partners running workshops and fun activities.

We always close the evening by talking to the children on how to be a good friend and community member.

Our local housing officer told us that local children have been told by residents not to play football in the street, so we are working in partnership with Dunston Family Church to provide 3 sessions a week for children and young people with our funding from Gateshead Council Family Hubs. We are hoping to increase this to 4 over the Autumn and Winter months reaching over 90 children per week.



Football on the beach



Gardening with Cornerstone Kids



Kids group fun with slime!



Cornerstone Kids Group



Teams Kids Have Talent



Theo's t-shirt design



Wednesday night crafting

# Volunteers

We have 28 active volunteers who work so hard each week to help us deliver our programme. A huge thankyou to each of them for the work they do!



Audrey at reception



Amanda in Musical Cafe

Between July 2024 – July 2025  
our volunteers contributed...

# 1,856 hours

equivalent value £21,233  
(National Living Wage)



# Sports Hall

We are very privileged to have our own large sports hall attached to the centre but it was looking a little drab! VIY (volunteer it yourself) and Gateshead Council provided funds and equipment to decorate the hall with the help of young people in the area and they came up with this wonderful mural! If you look closely you may find caricatures of some of our customers!.

The sports hall is used every evening and most of Saturday with all types of different people and activities, but we would love to see it full during the day. We are looking to secure funding to introduce activities for residents who are economically and/or physically inactivity with a variety of low impact sports and a smoothie chill out zone afterwards!



Sports hall mural painting



Finished mural



Our sports hall is used by a variety of groups, if you would like to find out more about hiring it please get in touch!



Smile for sport disability group



Walking football



Teams Life Football



# Our Community Hub...

We partner with Citizen's Advice and host two of their workers within our community hub. We see this as an invaluable resource for our community, offering free, impartial advice on issues from debt to migration assistance. Below is the impact that they had this year.

**citizens  
advice**

**Gateshead**

Month	Clients seen	Issues per client	Average income gain per client
Jul 24	54	3.2	£4,479
Aug 24	64	4.7	£3,759
Sept 24	30	7.3	£3,307
Oct 24	18	7.1	£2,850
Nov 24	30	6.4	£2,484
Dec 24	20	7.1	£4,971
Jan 25	32	7.9	£5,442
Feb 25	28	7.25	£3,309
Mar 25	28	7.25	£2,047
Apr 25	36	7.2	£2,167
May 25	26	7.1	£4,639
Jun 25	35	6.5	£9,937.80

In June 2025– as a result of CAG's advice and support, they recorded financial outcomes for 10 clients totalling £99,378, an average of £9,937.80 per client. In June they supported 35 clients with 228 issues, an average of 6.5 per client. These clients consisted of 20 new referrals and ongoing support to 15 others. The main issues they supported with were: Welfare benefits – 163 (71%), Housing – 15 (7%) Utilities and communications – 9 (4%). Referral to food bank or charitable support – 5. The age range of clients they supported ranged from 30 to 94.

“It encourages people to get help because some people might not want to go to Gateshead. Because it's here, on their doorstep, there's more chance that they'll come here for help.”  
– Teams Locality Venue User

**Teams Life Centre**

Transforming the community together



# Music @ TLC

Music has traditionally been a real community engagement activity within TLC, with a Musical café every Wednesday for adults with additional needs, the elderly and those with dementia. We invite local bands to perform and our customers really appreciate the social aspect of this activity. We also have a men-cap disco and a Saturday disco which are also popular.



Musical café



Musical café



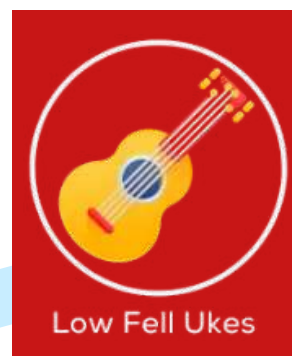
Gavin delighted with his Uke!



Teams Ukes player and their coach!

Another success story is our Teams UKEs, where participants from our Musical café learn to play a Ukelele and are now an established band!

We are very grateful to our partners, Low Fell Ukes for their time and inspiration which inspires and builds the confidence of our lovely customers!







# What's next?



2024/25 was a rollercoaster! Our plans for the year ahead are equally exciting! Here are some highlights:-

- Creating a small kitchen garden and an outdoor dining space
- Develop a take out service for our lovely sub hub to local businesses and homes
- Develop a day time multisports activity programme for economically and physically inactive adults
- A weekly and free community cook together eat together programme
- Upgrading our tired kitchen which is well loved and well used!
- Provide much needed practical support to our local community during Winter.





A big thankyou to our funders and partners...



Gateshead



Dunston Activity  
Centre



 **Gateshead  
Council**



Dunston Family Church

Registered Charity No: 1168266

Gateshead  
**FAMILY  
HUBS**

Helping our community to thrive

We would love to hear from you if you  
think you could support us with  
your time, money or skills!

Want to find out more?

[teamslifecentre.org](https://teamslifecentre.org)



[info@teamslifecentre.org](mailto:info@teamslifecentre.org)



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