



UNITAS UPDATE

QUARTERLY UPDATE

APRIL - JUNE 2026



PROMOTING WELLBEING, ENCOURAGING CONFIDENCE,
SUPPORTING EVERY JOURNEY

A NOTE FROM OUR CHIEF EXECUTIVE ROBIN MOSS

Welcome to another edition of our Quarterly Update. This quarter has been about turning strategy into reality. Every milestone reflects our commitment to creating more opportunities for young people and ensuring Unitas remains a place where they can belong, grow and thrive.

A highlight has been returning Unitas to being open seven days a week. Returning to our full programme of nine weekly sessions is an important milestone - the first time since 2023. Thanks to the continued support of our funders, donors and partners, we're once again able to provide more young people with access to a safe, inspiring space.

You'll also read about the launch of HERspace, a major step forward in our female engagement strategy. Welcoming 159 girls on launch day showed what's possible when we listen to young people and create spaces designed around their needs.

We've also had incredible support from our corporate partners this quarter. From enhancing facilities and supporting new programmes to creating memorable experiences for our members, their partnership continues to make a lasting difference.

I hope you enjoy this update. Thank you for being part of our journey.



We're always delighted to show people round the Youth Zone. Do get in touch if you'd like to visit - email me on:

robin.moss@unitasyouthzone.org

CELEBRATING VOLUNTEERS' WEEK (1-7 JUNE)

This Volunteers' Week, we were proud to recognise and celebrate the incredible contribution of our volunteers at Unitas. Their time, energy and commitment play a vital role in creating a safe, supportive and inspiring space for our young people every day.

As a small but heartfelt gesture of appreciation, our young people created handmade bracelets for our volunteers — tokens of thanks that reflect the meaningful relationships built across the Youth Zone.



Alice, volunteering with Unitas since 2004

For many of our volunteers, the impact of their involvement is just as powerful for them as it is for the young people they support. As Alice, one of our dedicated volunteers, shares, volunteering at Unitas is not only about giving back — it's also about personal growth, building confidence and being part of a community that genuinely cares. She describes the welcoming environment as somewhere people can be themselves, learn from one another and feel a strong sense of belonging.

What has been the most rewarding part of volunteering at Unitas?

The most rewarding part of volunteering at Unitas is seeing the smiles and happiness of the young people and senior members we support. Their appreciation and enjoyment make all the effort worthwhile. It also gives me a strong sense of fulfilment and reminds me that even small contributions can make a meaningful difference in someone's life.

Our young members also created a podcast sharing what volunteering means to them - with some brilliantly honest interpretations. Some believe that "moving boxes" is a core volunteering skill, while others describe it as helping people when they're lost and not sure what to do. Their light-hearted take raised plenty of smiles, while still capturing something true: volunteers are always ready to step in, lend a hand and keep things running, whatever the task.



The full video is available on our YouTube channel.



Is there a particular moment during your volunteering journey that stands out to you?

I was honoured to be recognised as Volunteer of the Year and nominated for the Room for Reward. I never expected to receive this recognition, as it reflects the collective contribution and dedication of the entire team. I am truly grateful to Unitas for this acknowledgement and greatly appreciate the support and encouragement.

What advice would you give to someone thinking about becoming a volunteer?

My advice would be not to underestimate the value of your time and presence. Even small contributions can make a meaningful difference to someone's day. Through volunteering, I have met wonderful people, learned new things about myself, and become more connected to my community. It has been one of the most rewarding experiences of my life, and I would encourage others to get involved.

Read the full interview on our [website](#).

If you're interested in joining us or would like to learn more, please visit our [website](#) for full details or get in touch: volunteering@unitasyouthzone.org

SEVEN DAYS. COUNTLESS OPPORTUNITIES.

This quarter marked an important milestone for Unitas as we return to opening our doors seven days a week, with a full programme of nine weekly sessions like when we first opened in 2019.

In 2023, we made the difficult decision to pause our Monday evening and Sunday afternoon sessions as the lasting impact of the pandemic and rising costs placed significant pressure on our finances. It was never a decision we wanted to make, knowing the difference those extra hours could make to young people's lives.

Today, thanks to the generosity of our supporters and partners, Mondays are back, and we have launched a new Saturday afternoon session (see last page).

Our new Monday evening session, Level-Up, offers smaller, focused groups where young people can build skills through selected activities. It creates more opportunities to grow confidence, receive targeted support and connect with trusted youth workers.

Looking ahead, we expect these additional sessions to generate more visits every week, providing even greater access to a safe, supportive environment where young people can build friendships, discover new passions and unlock their potential.



PARTNERSHIP UPDATES

Unitas has continued to grow our corporate partnerships, with new and existing supporters enhancing opportunities and experiences for our young people.

We are grateful to **GSK** for supporting our new Maker Zone, giving young people access to equipment including a heat press, laser cutter and 3D printer. Through our partnership with GSK and The Franklin Institute, we also delivered a GSK STEM Holiday Club in May, bringing science to life through hands-on activities and helping young people build curiosity, confidence and skills.

We were delighted to welcome **Boden** as a new corporate partner, supporting our careers programme, health and wellbeing room and HERspace, creating welcoming, confidence-building spaces for young women.

Sutaka UK has joined us to support our food provision at community open days, including Winter Wonderland, where we welcomed more than 800 members of our community.

For our HERspace launch, **ASOS** and **Indu** donated skincare and beauty products, helping young women feel valued while showcasing the impact of corporate support.

BSC Construction is kindly helping expand our boxing gym to meet growing demand, with sessions regularly welcoming 70 young people.

Thanks to **TELUS**, two Unitas members enjoyed an unforgettable day at the FA Cup Final in Club Wembley seats in recognition of their exceptional behaviour and commitment during Senior sessions.

Does your organisation want to be a part of the difference? We welcome individuals and organisations who share our vision to make a meaningful impact. There are many ways you can get involved and support our mission:

Sharing construction or professional expertise

Delivering inspiring workshops

Organising employee donation drives

Alongside financial contributions, corporate involvement plays a vital role in enriching the experiences available to young people. Every partnership creates more opportunities for young people to thrive at Unitas.

To get in touch, email: emily.ryan@unitasyouthzone.org.

MENTAL HEALTH AND WELLBEING MONTH

Uni Garden



Over the past three months, Unitas Youth Zone has proudly focused on health and wellbeing, making it a central theme across all our activities and support services. This commitment reflects our dedication to nurturing not only the physical health of our young people but also their emotional and mental wellbeing.

At Unitas, we are especially proud that over 50% of our staff are trained in Mental Health First Aid. This ensures that our team is well-equipped to recognise, understand, and respond to the needs of young people who may be struggling.

Alongside this, we offer 1-to-1 mentoring for those who need an extra level of support, creating a safe and trusted space for young people to talk, grow, and build resilience. We also actively support young people in accessing professional help and external services where needed.

Young people are facing an array of mental health difficulties, most commonly depression and anxiety. All of which are exacerbated by the dark side of technology and social media.

You should never be embarrassed to ask for help. It's normal to struggle and asking for help doesn't make you weak, it is actually a sign of strength.



Your mental health is just as important as your physical health. Mental health is a life-long journey and requires the same work and effort as your physical health. They are inextricably linked components of overall well-being.

Tahira, Rec and Wellbeing Coordinator and Junior Session Lead, with a strong focus on mental health and wellbeing; holds a degree in Psychology and is a member of the British Psychological Society.

Gym



Physical activity has played a huge role in promoting wellbeing during this period. Our gym has been a popular space, with young people engaging in regular exercise, building strength, confidence, and healthy habits.

Sports sessions in the Sports Hall have also been well attended, encouraging teamwork, fitness, and fun. One of the standout successes has been roller skating disco - an activity that quickly became a favourite, bringing energy, laughter, and a sense of freedom to everyone involved.

Media



In media, an exciting milestone was reached as young people collaborated for the first time to create their own short film titled THE CLIMB.

Entirely youth-led, and coordinated by one of our brilliant youth workers Liam, the project involved directing, acting, editing, and even composing the music. The film tells the story of a young person overcoming personal struggles and insecurity.

"I enjoyed this experience greatly. It has taught me lots going into filming and directing. This is my first experience outside of academics filming, which I think with the result we have achieved I'm very proud of the outcome."

Daniel, 17

HERSPACE LAUNCH: CREATING A SPACE WHERE GIRLS FEEL SAFE, HEARD AND INSPIRED

The official launch of HERspace at Unitas Youth Zone marked a major milestone in our mission to create a dedicated, girls-only space. It turned a clear local need into a celebration of confidence, connection and belonging.

On Saturday 27 June, 159 girls joined the launch, many with the women who inspire them. The day was full of energy, creativity, friendship and fun.



THE MISSION BEHIND HERSPACE



The mission is to give girls a safe, welcoming place where they feel confident to take part. HERspace is a long-term engagement strategy focused on belonging, leadership and early intervention. Designed with girls at the centre, HERspace reflects what they said they needed: somewhere to express themselves, connect with others, be active and reset.

A LAUNCH BUILT AROUND BELONGING

The launch event brought the HERspace vision to life. Girls danced, climbed, created, enjoyed activities, met the puppies, visited the HERspace café, collected prizes and spent time together in a space that felt truly theirs. The day was joyful, busy and full of possibility, but it was also proof of something deeper: when girls are offered the right environment, they show up.



Every Saturday from 2:30pm to 5:00pm, girls aged 11 and above now have access to a dedicated space at Unitas Youth Zone where they can make friends, try new activities, build confidence and feel part of a community.

Support from key partners made this long-term vision possible. The J Isaacs Charitable Trust provided transformational investment to support Unitas' female engagement strategy, while The Ireland Funds helped expand opportunities for girls through sport and physical activity.

The turnout of 159 girls was a powerful sign that the need was real and that the response was right. The launch showed that girls are not disengaging because they lack interest. They are looking for spaces that feel safe, relevant and built with them in mind.



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