



Yearbook 2019/20



WELCOME!

'Fun'

'Duck duck goose'

'Doing exercise'

'It's comfortable'

'Meeting friends'

'Awesome, amazing and terrific'

'Makes me feel happy'

KEEN in your words

To everyone who has made our projects more ambitious, participant-led and fun than ever, thank you! We are so proud to be a community where everyone is included.

We've all learnt a lot of new things this year, with online projects, phone buddies and postal activities! Thanks for all of your help making this a fantastic KEEN year to remember. *Rowan, Programme Manager*



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What should we write in the year book? "I think we should put "have a lovely summer"" - Alex, KEEN Participant

PUZZLES

Cat Wizard was one of our favourite ZigZag characters this year. Can you find them hidden on every double page?



Come and
find me!

Thank you Aishah for bringing
Cat Wizard to life in drawing!

Quick Quiz

1. How old was KEEN at our Birthday party this year?
2. What is the last thing to put in the Hokey Cokey?
3. What is ketchup made from?
4. How do you say hello in German?

1.32 2. Whole Self 3. Tomatoes 4. Hallo or Guten Tag

STORY CRAFT

Here's a snapshot of the wizard adventure we've had on zoom and in the post this summer!



I am a Wizard who forgets a lot. I left my magic key at the zoo.



Can you help me make a disguise to get into the zoo.



We need paper, glue, scissors and colours to make a disguise.



Wrap a strip of paper around your head and stick on your disguise!

Thank you Sanna for illustrating our adventures!



Our committee and interns work hard to make sure KEEN keeps growing in the right direction

Our participants bring so much energy including our session buddies who make sure everyone is included



Our parents and carers support our participants and bring us amazing new ideas

Our partners and supporters bring new opportunities to KEEN



And our funders make all of this possible

THANK YOU





393

Individual sessions

25

Sports club partners

20

Project locations

566

Participants (inc session buddies)

OUT YEONT

IN NUMBERS

1360

Activity packs sent in the post

728

Cookies eaten by the cookie monster

ALLSORTS

This year at Allsorts we have had loads of fun and kept fit by playing so many different sports - from golf and curling to dancing and parachute games!
Howard, Allsorts Coordinator

“AllSorts on a Saturday afternoon is always a blast. I’ve been able to make loads of new friends, both among the buddies and participants, and I always love seeing everyone so happy every week. It is also great to lead some sessions – this year I coached badminton, volleyball, football, and hockey!” **Sam, Sports Leader & Committee Member**

“I like all the sports.”
Billy, Participant

“I like hanging out, being a champion and enjoying a lot of sports.”
James, Participant

“I enjoyed playing football, basketball. I enjoyed the Christmas party.”
Martina, Session Buddy

“We all had such a great time volunteering for KEEN, meeting such wonderful and lovely people - buddies and participants alike - and making friends through playing sport together. Half of us ran some hitting drills and played lots of fun games like the traffic lights game. The other half of us were session buddies, which meant that we were each paired up with another participant, who we would then be with for the whole session.” **Bethy, on behalf of the team at OU Lawn Tennis**

“I like the games, I really liked the Christmas Party”
Oliver, Participant

“I’ve absolutely loved my experience with KEEN! Enjoyed good time being paired up and bonding with participants. Make sure not to miss those super intense soccer matches at Allsorts GREAT FUN :D”
Eva, Sports Leader





KEEN TEENS

From solving a murder mystery to getting dressed up as bees at Oxford Natural History Museum we get up to everything at KEEN Teens! Here's to more silly mischief!

"We had the great pleasure of organising two themed sessions with KEEN over the past year. My absolute highlight was without doubt singing the Christmas favourite "Oh Tannenbaum" and the energetic "Aramsamsam". There is truly such a lovely atmosphere at KEEN with so many amazing and unique individuals there - we always went away feeling content and warm around the heart. Thank you for a great time!"
Jonas on behalf of OU German Society

"I like how inclusive it is and what a great energy there is every week."

Lizzie, Session Buddy

"It's a really great chance for me to relax and have fun every week."

Ally, Young Leader

"I love coming to Keen."
Ellie, Participant

"Getting lost in the creative world of KEEN is always something I look forward to. Whether it's through drama, creating music or just meeting new people, KEEN never fails to put a smile on my face. KEEN also never fails to support its community of young people. The opportunities I have been given, by this amazing charity, have gone above and beyond what I ever expected. KEEN will always have a place in my heart."

Alana, Teens coordinator 2019

"It's Awesome."
Thomas, Participant

"I like the variety of activities."
Michael, Participant

"Coming to teens is something that I look forward to every week."
Jean, Young Leader





ZIG ZAG

Aliens, Cowboys, Buzz Lightyear and Black holes! We've seen it all this year at Zig-Zag and have had so many incredible adventures together.

Oviya, Zig-Zag Coordinator

What is the best bit of ZigZag? "Parachute games and Hokey Cokey and silly things that make you laugh"
ZigZag Participants



From dragons to finger puppets we're always making new things at ZigZag

"ZigZag is very very fun especially when I got to be a snow fairy but then I had all the snow in my hair..."

Naomi, Participant

"This year at Zig-Zag has been a blast, and it was a shame it had to end too soon. With all the magical adventures and the amount of glue, icing and sparkly bits that ended up on the floor, the excitement never seems to end. Not only that, but it was also the birthplace of the all-wonderful Cat Wizard after I had the joy of being stuffed into a tiger onesie with the addition of a wizard hat, all to chase a ghost out of a haunted theatre hall."

Aishah, Session Leader

"Its like you feel great!"
Logan, ZigZag Participant

"I think it should be me thanking the kids on Thursday night rather than them thanking me. They really do lighten up my week!"

Lex, Session Leader





GrEAT SOCIAL

I have improved talking to people at Keen. All of the sessions are fun.
Stephen, GrEAT Social Coordinator



"We've been so lucky to have such a range of activities at Great social this year, from drama with Oxford playhouse and singing with Bethy, to yoga with yoga quota and film nights. It's been fantastic!" **Annie, GrEAT Coordinator 2018**

"Speed-friending, David Attenborough night and choir were unusually special." **Charlie, GrEAT Member**

Thumbs up
Simon, GrEAT Participant

"Joining the team at GrEAT Social this year has been an absolute joy! It's been so much fun to watch the participants throwing themselves into the new and exciting activities every week. I feel like I have really got to know some of them very well over the course of the year. The highlight for me was definitely the amazing animal-themed session at the Natural History Museum!"

Callum, Session Leader

"KEEN is fun when you are little but then when you are grown up it is still lots of fun." **Julia, GrEAT Member**

"I like KEEN Club on Mondays, I'm going out with my friends in the evening just like my sister. My favourites are cinema, pub quiz and art and cooking. Thanks for all the fun." **Wendy, GrEAT Member**

"My favourite thing about KEEN is the people. I like dancing." **Mark, GrEAT Member**





GREAT SPORTS

Best bits at GrEAT Sports were tennis and hockey. Stephen, GrEAT Sports Session Leader & Office Assistant

"I'm gonna have to say football I really enjoy football this year"
Martina, Session Buddy

"Taking part in GrEAT Sports sessions has been a highlight of my keen experience. At the same time as getting the chance to learn an amazing new sport, we also get to work in teams to improve everyone's skills. It's always especially exciting when Oxford University Hockey Team come along, because they always bring the full goalie kit for people to try on!"
Molly, Session Buddy

"Seeing everyone's happy faces at grEAT Sports was always definitely the highlight of my week. I made so many new friends from all over Oxford. It was such a fun community that only gave happy, safe vibes from the start of my time there all the way to the very end. Let's not forget when Simon scored three baskets in a row "

Zarmeen, Session Buddy

"OUHC has had such a great time working with KEEN this year! Long may it continue."

Ellie on behalf of OU Hockey Club

"I've had such a great time being a session buddy at Keen sports throughout the year and including the great virtual sessions currently being held. All participants are so engaged and active that it's really a pleasure, and definitely no hassle, to come along once or twice a week and have fun playing one cool sport or another! Thanks to KEEN for a worthwhile and meaningful activity for me to be a part of this last year, and hope it continues strong!"

Ram, Session Leader





KEEN PLUS

KEEN Plus has been a whirlwind of amazing activities this year including going to Space, School of Rock, and the FUNomusica - in such fab company too! Annie, KEEN Plus Coordinator

"I like going to all the things Keen do because I see my friends there and the teachers are good with me. I also really want to do swimming again with Keen!"
Noah, Participant

"The day trip to London was just amazing! So well organised and a really great musical! I loved being part of something which was an exciting and new experience for all of us!"

Helen, Session Buddy

"My stuffed toy enjoyed when one of the hockey players took her on the ice."
Ellie, Participant

"Being a KEEN Plus session buddy on our adventure to London to see School of Rock on the West End was such an enjoyable experience. It was a joy to see everyone so immersed in the show, singing and dancing along! On the way home my buddy kept saying to me: 'I am a rockstar!' ...and I agree!"

Kezia, Session Buddy

Ice skating was amazing with the female ice hockey team! Lily, Participant



"Please can we go back to London again, it's my favourite."
Gergo, Participant



ONLINE KEEN

We've had so much fun on zoom including making a video with Oxford physics to help them explain DNA through dance!

"The KEEN online sessions have become highlights in my week! From singing at the top of my lungs to dressing up as a fairy, every single session has brought me a bit of joy and happiness. If it hadn't already (which I'm pretty sure it had), KEEN has definitely stolen my heart."

Lorelei, GrEAT Chat Rooms Coordinator

"Keen are doing great on zoom. I enjoy the movement and exercise and yoga and Keen's got talent and chat rooms" **Erik, Participant**

"Coming together each week to sing our favourite songs from musicals, Disney, or a cheeky bit of S club 7 has been so uplifting, and it's been amazing and so much fun to be able to carry on singing and dancing together - I can't wait until we can put on a performance of all the songs we've learned!" **Bethy, GrEAT Choir Coordinator**

"You've got to put in the yearbook about the flapjacks!" **Naomi, Participant**

"You have stepped up to deliver what must be the BEST and most brilliantly organised weekly programme for anyone who wanted to be part of your daily crew." **T-man & family**

"Karate was especially fun and yoga is great for relaxation." **James, Participant**

"As we all can't access KEEN in person.... KEEN on zoom is by far the next best thing and has started to become a true highlight for my daughter....she LOVED the cooking and is very much looking forwards to next Friday's cooking session already... high praise to the whole team.... you are an AMAZING bunch!" **KEEN Parent**





KEEN'S GOT TALENT



NEW PROJECTS

Last year, we continued to develop three new projects. After-School Club, INK and the KEEN Allotment have been buzzing this year!

“There was always such a warm and relaxed energy at every art session we ran. It keeps everyone open to try something different, to see things differently.”

Julia U, Guest Artist

“Joining keen and being a part of Ink has been the highlight of my year, I'm so grateful to be a part of the keen family and I've never felt so welcomed. Getting creative, developing new friendships and seeing amazing artistic skills grow is a couple of reasons of why Friday mornings are my favourite!”

Lucy, INK Session Buddy

“My favourite thing about the year as gardening coordinator has been getting to know the diverse KEEN characters - all totally individual, bringing their own personalities to the allotment :-)”

Mary, Gardening Coordinator

“I loved taking part in a Photoshoot by Roo of me dressed up as a Bird, as this had to be used for my Imaginary World. I named my World Virtual Vibrant Realm. I also I loved designing and customising my own T-Shirt which we had Screen Printed a design onto. I also had so much fun doing this, and also I have had really fun and positive experiences with INK overall, I can't wait to have more in the future.”

Shakeel, INK Member

“Can we throw the turtles outside in the sun?”

Tre, After-School Club Participant

“Working with INK gave me an idea of what community based work is like which will be valuable when I go into art psychotherapy. I felt that I could easily fit into the friendly team and you all made me feel welcome.”

Anya, INK Artistic Director





PARTICIPANTS

Everyone who takes part in our KEEN projects is here to participate together. This is what inclusion means and we think it's how things should be done.

What is the best thing at KEEN? *holds up homemade wizard hat*
Rosie at Story Crafts

“KEEN Plus is not only joining in fun activities (like Stargazing Live!), but an opportunity to do so with a fabulous community. My highlight was FUNomusica - singing LET IT GO! with Kayla, as loudly as possible. Being a buddy at KEEN has without a doubt been one of the best decisions I made this year.” **Tamsin, Session Buddy**

“I’ve really enjoyed Keen Teens this year. One thing I loved was how imaginative everyone was when dressing up and performing plays. There were definitely some inventive uses for props! It’s always such a supportive environment, which makes it loads of fun.”
Uma, Session Leader & Community Outreach Officer



“After all the sessions it makes my day.”
James at KEEN Chats



“I think there is something for everyone”



“I like the baking!”
Martina





“Chatting one on zoom is best. I like Saturday talent show” Gergo, Participant

“KEEN Chat is very good and the KEEN team ask the children what they want to do which is what I’m doing now” Naomi

“Olympics KEEN medals is my favourite”



“INK gave me a lot of ways to discover more about myself”



“The best thing is all of it”



“Wake up shake up again!” Logan



“Keen is amazing. I like seeing a lot of people who have become friends. It has been great seeing them, talking to them and even making art with them. In Virtual Keen I made a collage, a self portrait and portraits of Anthony, Rowan and Rose. Thanks for another great year.”
Thomas, Participant

“The committee is very cool. I get to work with loads of talented young people, and to see how the charity functions on the inside. For example, I might help out with the website, plan how to widen KEEN’s participant pool, or re-write complicated documents in a more digestible (‘easy-read’) style.”
Sam, Session Leader & Committee Member

“KEEN Plus events are a blast! I love seeing the participants dancing along at Funomusica concerts and athletes of all ages getting along and having fun at the swimming pool. A particular highlight this year was the GREAT trip to see School of Rock in London- the members talked about it for weeks afterwards (and so did I)!” **Sarah, KEEN+ Group Leader**

What’s the best thing about KEEN? “Games” “Christmas” “The people” “It’s good”
After-School Club Participants

“The birthday party was loads of fun, from decorating the venue to making painted masks with everyone, not to mention the cake at the end!”
Uma, Session Leader



“Bringing structure and something to look forward to each day.”



“I feel listened to, happy and excited.”



“It’s fun and I want to go there every day.”





“Riding up and down the escalators with Ro and Catherine outside Blackwell’s at Westgate is an experience I will always cherish. I had forgotten just how fun escalators could be!”



Aishah, Session Leader and Committee Member



“My buddy and I had an amazing time at FunOmusica! The option of walking in and out during the performance made a big difference in us being able to participate at this event. The dancing at the end was super fun!!!”

Molly, Session Buddy

“I’m going back to the garden”
Jamie



“Awesome”
Minty



“We watched the Fox and Hounds film.”
Sarah



COMMUNITY SPORTS

Our Community Sports Programme is here to support local organisations in becoming more inclusive. Dylan

"Cameran absolutely loved Table Tennis Club! Dylan has done a fabulous job opening up these activities for everyone and I think the club has got as much out of it as Cam has - thank you KEEN"

KEEN Family

"Summertown Stars Football Club has benefited hugely from becoming a partner club! Stephen deserves special mention as he is an ex KEEN participant and now is a fully qualified football coach! Our members now have a sporting community and we are seeing their confidence blossom." **Sarah, Summertown Stars Football Club**

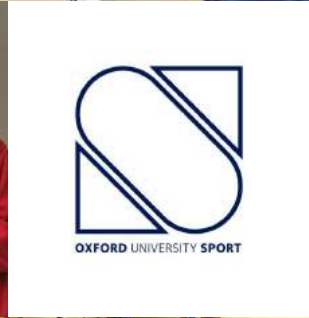
"This year, the programme has developed into something really exciting. We've developed relationships with a number of new clubs, as well as strengthening those with existing partners. We look forward to increasing inclusion across Oxford's sports clubs heading into 2021, and can't wait to see everyone again soon!" **Dylan, KEEN Sports Partners Manager**

I like Canoeing in the pool, with my friend helping me on Sunday mornings. Maybe if I keep trying, one day we will go on the river."
Wendy, Falcons Participant

"We've enjoyed having participants from KEEN at our sessions, and learning how we can be truly inclusive. Big thanks to KEEN for their support in helping us move forward." **Anne, Oxford Community Table Tennis Club**

"We always looks forward to taking part in watersports activities with members of the KEEN community. During the past year, KEEN members and their family members have canoed and kayaked along parts of the River Thames and River Cherwell - using a range of different craft including touring and racing kayaks, open canoes, sit-on-tops and paddleboards. Thank you to all at KEEN for your friendship and great sense of fun." **Falcon Rowing & Canoeing Club**





POINT & NET SWIPS

We work with our partners to engage with inclusion across Oxford and beyond. Thank you all for generously giving your time to work with us on shared goals.

“Hosting KEEN events is always a great pleasure for the team at the Museum of Natural History and opening the museum late specially for the group is as exciting for us as it is for them. KEEN events allow us to feel like we're doing something a bit special that we would not normally get the chance to do during a busy day and to share our excitement about the natural world with the group and hear about their interests and experiences and what excites them about nature.” **Chris Jarvis, Oxford Natural History Museum**

“Working with KEEN again for this year's Keble Arts Festival was a wonderful experience. Decorating Jenga and creating ink splat drawings with INK fostered a lovely atmosphere of creativity!” **Amelia Bircham, Keble Arts Festival**

“It has been an absolute pleasure working with KEEN this year, from exploring space to dancing about DNA. Through collaboration with KEEN, Oxford Physics are taking steps towards total inclusion, and we really value the expertise and dedication shown by the whole KEEN team. As an added bonus I think we've all had great fun in the process!”

Oliver Moore, Oxford University Physics

“We are so pleased that KEEN enjoyed our FUNomusica concerts at the Oxford Town Hall this year! They bring so much enthusiasm and enjoyment to the craft activities and music making and we can't wait to welcome them again soon.”

Laura Davies, Oxford Philharmonic Orchestra

“We continue to support the KEEN Teens session via our grants and also by providing transportation for young people with additional needs from areas of deprivation in Oxford to help overcome accessibility challenges. The sessions are engaging, fun and enjoyable for both participants and staff.”

Leonard & Sophie, Youth Ambition, Oxford City Council





OUR TEAM

Our diverse and passionate team are always bringing amazing new ideas and skills to KEEN behind the scenes

“Working with KEEN this year has been so fun. I get to look at the session plans from online KEEN and choose the ones I think would be most fun for people to get in the post. I've enjoyed learning about easy read writing and making sure that the envelopes make it out on time has given more purpose and structure to my lockdown weeks.” **Miri, Postal KEEN coordinator**

‘What started as something a teacher suggested has turned into the highlight of my week! I don’t think I could have ever comprehended the positive impact the Young Leaders programme and Keen has had on me. ’ **Lex, Young Leader**

‘Being a part of the KEEN team, sharing lots of fun experiences with everyone, meeting new friends and creating memories this past year has given me lots of new skills and new confidence, all whilst having lots of fun! I can’t wait for many more fun adventures with KEEN.’ **Maya, Projects Officer**



361

Session buddies



29

Committee members & college reps



“KEEN allowed me to be who I am and true to myself as a person”





“Thank you for your ongoing, unwavering enthusiasm in all you do and for your welcoming approach with Brookes student volunteers.”
Rebecca Darling, Brookes Volunteering Coordinator



“Planning and leading a session with some other Young Leaders is definitely my favourite memory as I was extremely happy to see smiles and everyone having a good time during the session!” **Jean, Young Leader**

6

Full team social & training events



“I love the excitement that KEEN brings to a potato harvest”
Mary



28

KEEN Young Leaders



“As this year’s KEEN president, I’ve been so blessed to work with an incredible team of motivated coordinators and committee members to oversee our sessions. It’s so rewarding to be a part of an organisation that makes such a positive difference in the lives of everyone involved.”
Rosaline, KEEN Committee President

“Being publicity officer is an absolute joy and very rewarding. Coming up with creative and engaging ideas to promote and connect with students and the public, be it to attract volunteers, college reps, and best of all, running campaigns to win votes for fundraising, it all counts towards growing as an individual and developing your charisma and confidence. You get to know and meet people you wouldn’t have otherwise, and see the impact you make too, no matter how small.”
Aishah, Publicity Officer



“It has been another great year at KEEN, we started off in our normal action-packed way but we are ending it very differently by having activities online due to Covid-19. I would like to say a HUGE thank you to everyone for all the work you are doing to make things possible and to those who have recently joined us for going above and beyond even during a difficult time. Another HUGE thank you to you the participants, parents/carers for popping up online or by phone each week and making our day, you are super stars.” **Jo, Trustee for Inclusion and Community**



“This year our excellent volunteers have turned on a sixpence to create and run 'virtual Keen' very successfully. I am most grateful to my fellow trustees for their wisdom and to our funders for their continuing support in these unusual times.” **Jim McMahon, Chair of Trustees**

Page titles made:

With love
from G2. ♡







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