Active Life Club
Empowering Young People through Sport

2025-26 ANNUAL REPORT













REGISTERED CHARITY SC048534

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About Us

Established in 1999, Active Life Club (ALC) empowers young people, particularly those from disadvantaged backgrounds, through sports and physical activities. A trailblazer in breaking down barriers and fostering inclusivity, Active Life Club's award-winning programmes extend beyond the playing field, tackling social inequalities and building good relations across the communities we serve.



OUR MISSION

Through the delivery of a range of activities and initiatives, ALC aims to address the inequalities faced by the young people we support. We focus on improving their physical, mental, and social well-being while helping them develop transferable skills to succeed in life.

OUR VISION

With a vision of "Empowering Young People through Sport," ALC supports the physical, mental, and social development of Black and Minority Ethnic (BME) groups by providing access to sports, outdoor activities, and wider skill development opportunities.

Meet the Team

BOARD OF TRUSTESS



RAZA SADIQ
Chairperson



ATIF JAVAID
Vice Chair



MOHAMMED RAZAQ
Secretary



SABRINA RAZA
Assistant Secretary



NADEEM HANIF
Treasurer



ZIA HUSSAIN
Trustee

IMRAN SHARIFF
Trustee



ANNE LOUISE MAHER
Trustee

BALJIT KAUR
Trustee

STAFF

KHADIJA CHAUDARY
Manager

AMANI AFZAL
Project Coordinator



INAYA UDDIN
Sessional Staff



TAHIR KHAN
Sessional Staff

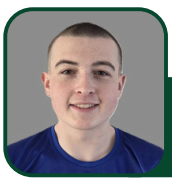


SAMUEL ADU
Sessional Staff



LOUIS KERR
Sessional Staff

AYESHA QASIM
Sessional Staff



DANIEL DOHERTY
Sessional Staff

LAIBA JUBBEIN
Sessional Staff

We also have a dedicated team of over 30 volunteers.

Chairperson's Report

It gives me great pleasure to present the Chair's Report and reflect on what has been another highly successful year for Active Life Club.

We have continued to strengthen our mission of youth empowerment, ensuring that sport remains a powerful vehicle for engagement, personal development and social change. However, our impact now goes far beyond participation in physical activity.

This year has been a milestone for Active Life Club, with the organisation receiving the Community Impact Award that recognises the lasting difference its work continues to make. On a personal level, I was honoured to receive the Lifetime Achievement Award at Glasgow's Sport Awards for my work with young people and communities, but this recognition represents a shared effort and belongs to all the volunteers, staff, trustees and young people who have contributed to our journey.

I continue to feel incredibly fortunate to work alongside such a dedicated and passionate Board of Trustees and staff team who remain the backbone of our organisation. Their commitment, professionalism and belief in our mission continue to drive meaningful community transformation and ensure that we deliver high-quality services year after year.

As we look ahead, we remain committed to tackling inequality, creating opportunities for young people and providing safe, inclusive spaces where communities can thrive. While we are proud of this year's progress, there is still more to do. Thank you to our funders, partners, supporters, volunteers, staff, trustees and the young people and communities we serve. Together, we will continue to inspire change and build stronger communities.

Raza Sadiq

Chairperson

Treasurer's Report

It is my pleasure to provide my report as Treasurer for Active Life Club (ALC) for the financial year 2025/2026. This year has brought significant challenges for charities in Scotland, including rising operating costs coupled with uncertainties around funding making the future challenging for the sector.

Despite this, ALC has continued to navigate this landscape to ensure we continue to deliver activities that are vital to the health and wellbeing of the community we serve.

I can report that ALC's income this year was £104,855, down from £120,823 last year. This is a decrease of £15,968 from 2024/2025. The Board and staff team are putting in significant effort to secure the essential resources needed to sustain our ongoing work, despite a challenging and uncertain funding environment. Their dedication, both individually and collectively, deserves clear recognition and appreciation.

The income and expenditure statement shows income for the year as £104,855 whereas total expenditure stood at £109,925. Staff salaries and related administrative and running costs account for a significant proportion of this total expenditure.

Lastly, I would like to take this opportunity to thank ALC's staff and Board Members for their tireless efforts and their commitment and enthusiasm that ensures we can continue meeting the needs of our beneficiaries for many years to come.

Nadeem Hanif

Treasurer

Manager's Report

This past year has been a significant period of progress and development for Active Life Club, alongside key challenges.

We have strengthened our governance by onboarding additional female Board members, improving diversity and ensuring a wider range of voices at leadership level. During the year, we also strengthened our policies, further improving our organisational systems and governance framework.

One of the main challenges this year was the uncertainty around funding, as our core funding streams were coming to an end within a highly competitive funding landscape. Despite this, a significant achievement has been securing funding for the next three years, providing much-needed stability and allowing us to continue delivering our programmes.

We remain proud to operate as a Living Wage employer, ensuring fair pay and staff wellbeing and we are planning to recruit additional staff to support our growing programmes.

Looking ahead, we have ambitious plans for continued growth and development. This includes introducing new sports such as swimming and kabaddi to widen participation and provide more diverse opportunities for young people. Alongside our existing Parent and Youth Forums, we will also establish a dedicated Girls' Forum to ensure their voices directly shape the design and delivery of girls-only activities, encouraging greater female participation and engagement.

We are proud of this year's progress and remain committed to building more inclusive, active and empowered communities.

Khadija Chaudary
Manager

Project Coordinator's Report

This year, we have continued to respond to the growing needs of our communities through our impactful projects and people-centred initiatives. Thanks to the dedication and commitment of our team, we successfully delivered 10 projects, each designed to promote inclusion, wellbeing and personal development across a diverse range of communities.

We placed a strong focus on investing in the upskilling and development of our volunteers. We supported 37 volunteers, providing valuable development opportunities and practical experience. We also launched a new mentoring programme designed specifically to support volunteers through tailored one-to-one mentoring. Volunteers were supported as mentees, receiving guidance and encouragement from trained mentors. To strengthen the quality of the programme, staff completed the Professional Certificate in Coordinating Mentoring Programme, equipping them with the skills and knowledge to deliver meaningful and effective mentoring support.

Within our Active Schools project, we successfully introduced badminton for the first time, which proved to be extremely popular. Due to the high level of engagement and demand, we also increased the number of badminton sessions delivered within Active Life Club, creating even more opportunities for individuals to participate in regular physical activity.

Looking ahead, we remain committed to building a culture that values diversity, inclusion and people-led development. We will continue to listen, learn and evolve our programmes to ensure we deliver meaningful opportunities and lasting impact for those we serve.

Amani Afzal

Project Coordinator

Staff & Volunteers

Our team of staff and volunteers continues to reflect the diversity of the community we serve. We work hard to create an inclusive space where everyone feels welcomed, respected and encouraged to get involved particularly those who are underrepresented or excluded.

This year, we were proud to invest further in our team's development, with staff achieving a **Professional Certificate in Coordinating a Mentoring Programme** (Level 9). This has allowed us to launch a mentoring programme to support and develop our volunteers, helping them grow in confidence, skills, and leadership.

We are also proud to remain a **Living Wage Employer** and have continued to align with increases in salary standards, reinforcing our commitment to fairness and valuing those who make our work possible.



STATISTICAL OVERVIEW

2	7	37	1544	86%
Full-time Staff	Sessional Staff	Board & Volunteers	Total Hours Volunteered	Retention Rate



PROJECTS

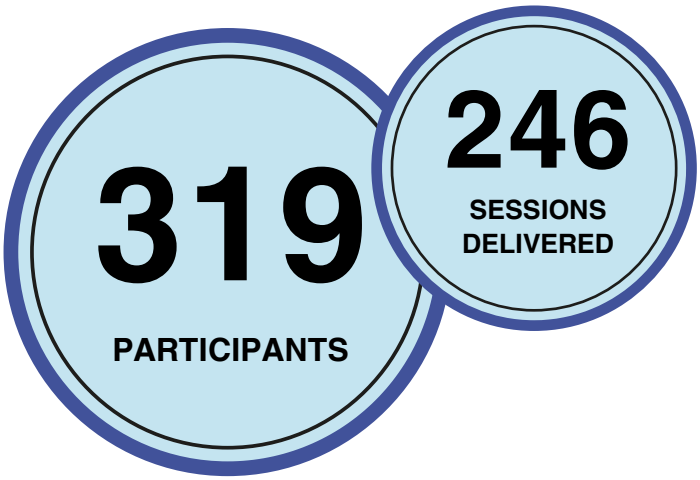
DELIVERY & IMPACT

Active Communities

Active Life Club is dedicated to promoting physical activity and healthy lifestyles among young people aged 5 to 25. Our weekly sports activities include football, cricket and badminton, with a specific focus on BME individuals who often face barriers to participation. By creating a safe and supportive environment, we ensure that these activities are inclusive and free of charge, providing young people with opportunities to grow both on and off the field.

FOOTBALL

This is our most popular programme, with an average of 48 participants per session and a total of 319 young people engaged across 246 sessions.

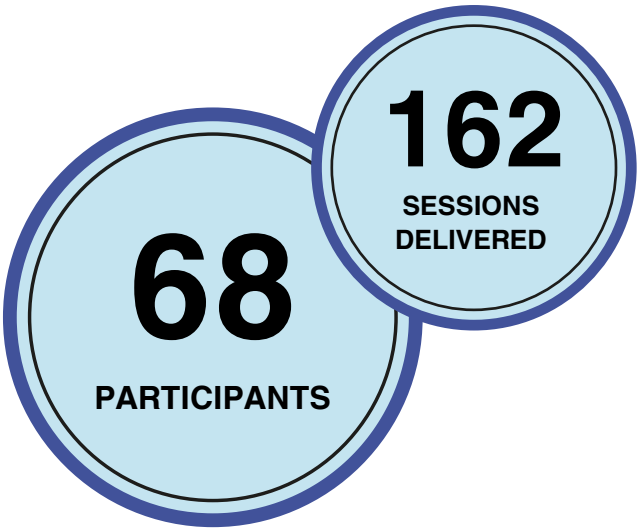


Held every Saturday at Toryglen Regional Football Centre, the programme is tailored to different age groups (5-7, 8-11 and 12+) to ensure inclusivity and safety. Football helps participants develop teamwork, discipline and leadership skills while fostering physical fitness and mental wellbeing.

Many of our young players have gained confidence, formed lasting friendships and demonstrated significant personal growth through their involvement in this programme.

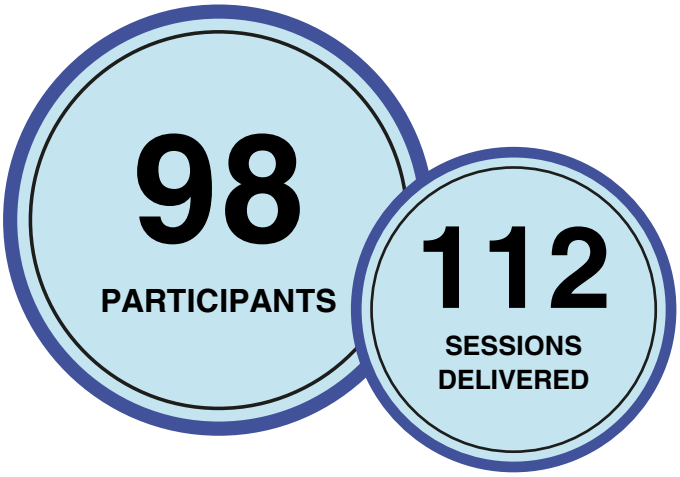
CRICKET

Our cricket programme offers weekly sessions across two loactions in Toryglen and Gorbals. With 162 sessions delivered and 68 participants engaged, the programme provides structured opportunities to develop skills in a sport that promotes focus, strategy and collaboration.



Beyond the physical benefits, our cricket sessions encourage a sense of belonging and teamwork, empowering young people to overcome challenges and build resilience.

BADMINTON



Our badminton programme has become a strong success, engaging 98 participants across 112 sessions. Due to high demand and its growing popularity among service users, session length was extended from 1 hour to 2 hours to better support participation and skill development.

These sessions offer a fun and dynamic way for young people to improve coordination and overall fitness. They also provide a platform for participants to connect with peers, develop their confidence and embrace a healthy lifestyle. The growth of this initiative reflects the enthusiasm of our community and the positive impact it has on participants' physical and mental health.

Cycling Project

BMX Cycling Programme

We delivered a 12-week BMX freestyle cycling programme from May to August 2025, promoting physical activity, wellbeing and environmental awareness among young people.

66
BENEFITTED

Sessions took place at Cathkin Park and Toryglen Pump Track, providing safe and accessible spaces for participants to develop their skills and confidence. The programme focused on increasing participation, particularly among Black Minority Ethnic young people.

Collaborative Delivery

In partnership with Scottish Cycling and Women on Wheels, the project adopted a sustainable, shared approach.

Active Life Club supplied BMX bikes, Women on Wheels provided secure storage and maintenance, and Scottish Cycling supported coaching and training.

This model promoted reuse and reduced waste, helping save resources while extending access to cycling. As a result, a further 36 participants benefited from the programme.



Women Empowerment

Female Only Activities

This programme creates dedicated opportunities for women to take part in physical activity and social programmes in a safe, female-only environment. Activities such as fitness classes and badminton sessions are designed to meet growing demand while respecting cultural and religious needs, ensuring inclusivity for all participants.

In addition, participants took part in outdoor trips and wider community engagement programmes, helping to build confidence, strengthen social connections and reduce isolation. Together, these experiences foster a strong sense of belonging, improve wellbeing, and empower women to become more active within their communities.

KEY HIGHLIGHTS

65	16	14	35
Total Participants	Outdoor Trips	Community Engagement	Physical Activity

This project is designed to reduce social isolation and loneliness by creating safe, welcoming spaces that take into account the religious and cultural sensitivities of participants

Community Voices

This project amplifies the voices of the community, fostering leadership and engagement through two key forums.

PARENTS FORUM



Creative Heritage Day Out

Participants took part in a cultural visit to the Willow Tea Rooms, where they learned about the history of the Mackintosh-designed building.

The day included a guided tour, hands-on stencilling activities, and a visit to the on-site exhibition, offering a creative and educational experience.

ALC Documentary Showcase

At the Glasgow Film Theatre, families enjoyed a screening of Fantastic Mr. Fox, alongside a special screening of an Active Life Club documentary. The film was developed in collaboration with GMAC Film and university students as part of their dissertation, highlighting the impact of our work within the community.

Supporting Women in Enterprise

In collabortaion with PeoplePlus Scotland, this programme supported women interested in self-employment. Participants accessed a range of free support , including:

- Workshops to develop enterprise skills and business knowledge
- One-to-one guidance tailored to individual goals
- Access to exclusive e-learning modules for flexible learning

YOUTH FORUM

26
PARTICIPANTS

Our Youth Forum has continued to provide meaningful opportunities for young people to develop skills, confidence and leadership.

Duke of Edinburgh Award

This year, 16 young people took part in the Duke of Edinburgh Award programme, developing confidence, resilience, and independence through structured activities. As part of the award, participants completed sections in physical activity, volunteering, and skills development, gaining valuable life experiences and contributing positively to their communities. Planning is now underway for the expedition stage, which will further challenge participants and build teamwork and outdoor skills.

Workshops and Personal Development

Participants engaged in a series of interactive workshops delivered by Glasgow Life, combining STEM activities that built curiosity, teamwork, and problem-solving skills with alcohol and knife crime awareness sessions that used practical exercises and open discussions to explore risk, decision-making, and the consequences of harmful behaviour, helping young people gain confidence and make informed choices.



Empowering Volunteers

This project aims to ensure that volunteering is accessible to anyone who wishes to engage and contribute to meaningful change. Our focus continues to be on enhancing our organisation's capacity to connect a broader and more diverse individuals with volunteering opportunities.

Priority Groups

- People living in low-income households
- Young individuals aged 16 and older
- Individuals from underrepresented and minority ethnic backgrounds



OUTCOMES

Volunteer Support

Increase Diversity

Service Development

Create Opportunities

Key Achievements

We engaged individuals with diverse skills and experiences, enriching our volunteer pool while equipping us to better address the multifaceted needs of those we serve. Additionally, we have made significant progress in providing training and personal development opportunities to our volunteers, helping them build confidence, self-esteem and essential networks.

Training & Development

Active Life Club continued to invest in the training and development of staff and volunteers, helping them build the skills, confidence, and qualifications needed to deliver high-quality sessions and support the wider community.

Let's Evaluate

Our staff member received essential training facilitated by Evaluation Support Scotland, enabling us to better assess impact and improve our services.

Mentoring Qualification

2 staff completed the Professional Certificate in Coordinating a Mentoring Programme, which strengthened their skills to launch an effective mentoring programme.

ICC Cricket Foudation

2 individuals completed this training, gaining essential knowledge and skills to support the delivery of safe and engaging cricket sessions for young people.

Introduction to Youth Work

4 individuals completed this training delivered by Youth Link Scotland, to strengthen their understanding of youth work practice and improve engagement with young people.

Child Wellbeing & Protection

3 volunteers completed safeguarding training to support safe and positive environments for children and young people in sport.

Outdoor First Aid

2 participants successfully completed this essential outdoor first aid training, facilitated by First Aid Training Cooperative.

Volunteer Journey

Active Life Club has played an important role in developing young volunteers. Fatima's journey is a strong example of this growth.

Fatima began volunteering in the summer of 2024. At first, she mainly observed other coaches and helped support sessions, but over time she became more confident and started leading activities independently, including warm-ups, drills, and matches for young participants. Through volunteering, Fatima developed important problem-solving and behaviour management skills. Reflecting on her experience, she shared:

"Before I began volunteering, I was not a very confident person and often avoided trying new things because I did not want to leave my comfort zone."

Since joining Active Life Club, her confidence has grown considerably, allowing her to step into leadership roles and contribute positively to her community. In 2025, Fatima began taking part in the The Duke of Edinburgh's Award programme, using her volunteering at Active Life Club as part of her journey towards achieving her award.
Reflecting on her experience, Fatimah said:

"The most rewarding thing is seeing the smiles on the childrens' faces after every session."



Fatima now looks forward to continuing her volunteering journey and taking on new opportunities through Active Life Club, demonstrating the long-term impact community sport can have on young leaders.

Active Schools

205
PARTICIPANTS

76
SESSIONS

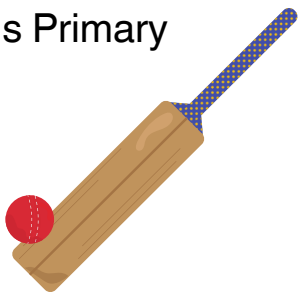


This year we delivered engaging sports and physical activity sessions in 9 local primary schools through both lunchtime clubs and after-school sessions. These sessions provided children with regular opportunities to stay active, develop new skills, build confidence and enjoy participating in a positive and inclusive environment.



- Annette St Primary
- Holycross Primary
- Blackfriars Primary
- Cuthbertson Primary
- Langside Primary
- St Brides Primary
- St Convals Primary
- Battlefield Primary
- Shawlands Primary

We introduced badminton sessions for the first time. The programme was a huge success, with strong engagement from pupils and growing demand from schools for more sessions



Summer Programme

107

PARTICIPANTS

The Summer Programme is an important part of our annual offerings, giving families fun and meaningful activities during the school holidays.





Outdoor Trip



At Wiston Lodge, participants took part in a range of outdoor activities including canoeing, outdoor climbing, bushcraft, friction fire lighting, and team-building challenges. The trip created valuable opportunities to strengthen family bonds, and encourage intergenerational learning through shared experiences, collaboration and outdoor adventure.







Sports Day & Tournaments

Young people took part in friendly competition, received medals and prizes and celebrated their achievements together. The programme was a huge success, with excellent engagement throughout.

Employability Support



19

INDIVIDUALS SUPPORTED

We are dedicated to empowering individuals by providing opportunities that enhance their skills and improve their career prospects. We hosted a career advisor from Skills Development Scotland who delivered tailored career guidance through one-to-one sessions including referrals for volunteering opportunities.

KEY HIGHLIGHTS

- **Overcoming Barriers**
- **Boosting Confidence**
- **Identifying Pathways**
- **Transforming Lives**

As we reflect on last year's achievements, we are proud to have played a pivotal role in empowering individuals to build brighter futures.

Moving forward, we remain committed to our mission of providing inclusive and impactful employability support to those in need.

Internships & Placements

We are committed to providing learning and growth opportunities through internships and placements. These experiences help participants explore their interests, gain work experience, and develop skills for future careers.

454

HOURS OF WORK EXPERIENCE

University of Strathclyde

We hosted two students from the University of Strathclyde for a 6-week placement, allowing them to gain hands-on experience and contribute to our projects. This collaboration emphasised the importance of bridging academic learning with practical application in a community setting.



Career Ready Programme

We welcomed two secondary school students for a 4-week paid internship through the Career Ready programme, building on the success of last year's internship. During their time with us, the young people gained valuable coaching experience, completed training sessions, and achieved new qualifications.

One student continued volunteering with us after completing the Career Ready Programme and was later recruited as a member of staff in recognition of his passion, commitment and hard work. This highlights the positive pathways and long-term opportunities we create for young people within the community.

Creative Arts

19
PARTICIPANTS

Emotional Regulation

This project encouraged young participants to express their feelings through art. We began with a workshop where participants explored different emotions, discussed how everyone experiences a range of feelings, and learned that it is okay to talk about emotions and seek support when needed.



Participants then created their own “Mood Monsters” using colours to represent emotions. For example, yellow represented calmness, green represented happiness, red represented anger, and blue represented sadness. Each young person coloured their Mood Monster based on how they were feeling, helping them express emotions creatively in a safe and supportive environment.

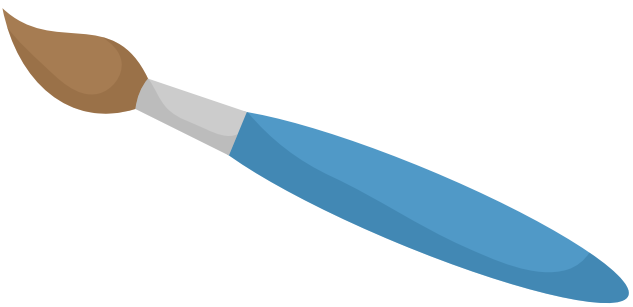
Celebrating Cultures

Participants learned about different countries and cultures, including flags, traditional clothing, food, and customs. The sessions included interactive quiz activities followed by creative artwork, where young people designed pieces representing their own cultural background and identity.



Through our creative arts sessions, we educate participants about important societal issues in a fun and engaging way, while using art to celebrate different cultures, promote diversity and inclusion, and encourage young people to embrace individuality and understand that it is okay to be different.

Participants then shared their artwork with the group, giving everyone the opportunity to learn about each other's cultures and differences in a positive and respectful environment. The project helped promote diversity, inclusion, cultural understanding, and a stronger sense of belonging among participants.



Service User Statistics

Total Beneficiaries

1076

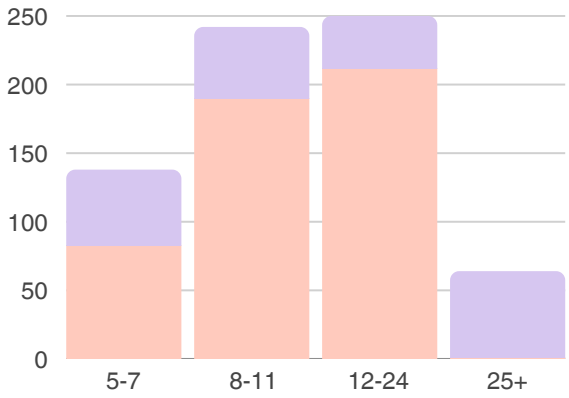
Accumulated Participation

7665

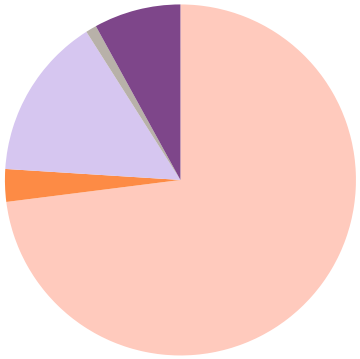
Gender & Age

70%
Male

30%
Female

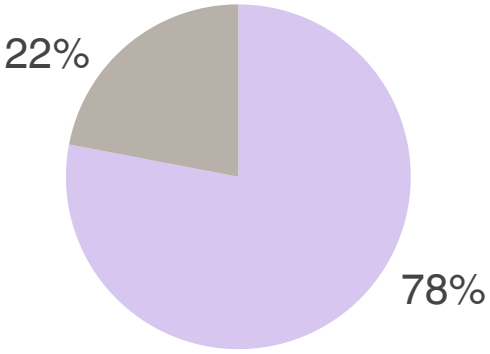


Ethnic Background



Asian 73%
Black 3%
White 15%
Mixed 1%
Other 8%

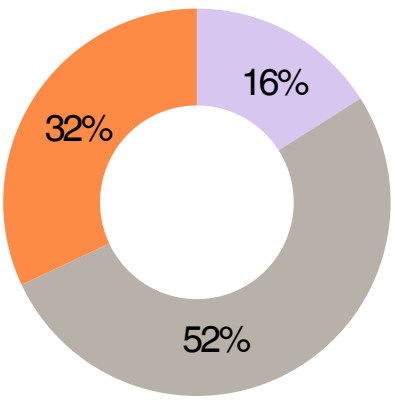
Medical Conditions



Physical
Neurodivergent

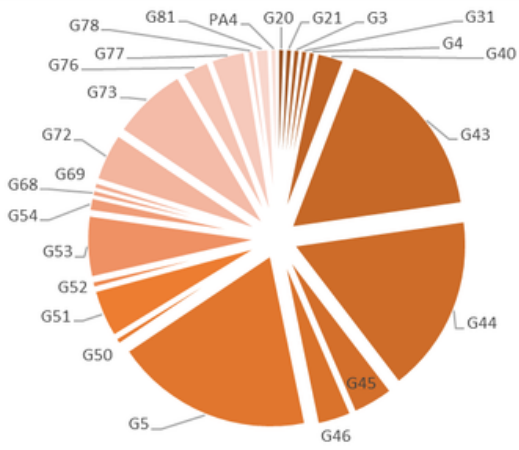
Data reflects the 8% who reported a condition

Geographical Reach



G41
G42
Other

Other Postcodes



Awards & Recognitions

Active Life Club is proud to have been recognised for our commitment to community engagement, diversity and leadership.

AWARDS RECEIVED

Glasgow's Sport Awards

Our Chair, Raza Sadiq, received the Lifetime Achievement Award at the Glasgow's Sport Award 2025 for his exceptional contributions to the organisation.

Scottish Sports Awards

Our sessional staff, Inaya Uddin, was awarded the Young Coach of the Year award by sportscotland for her outstanding leadership and contributions to youth development.

Scottish Impact Awards

Active Life Club received the Community Impact Award, recognising the organisation's exemplary commitment to promoting sports and physical activity within the community.

South Asian Network TV

Our Chair was honoured with the Lifetime Achievement Award, acknowledging his exceptional leadership and commitment to the organisation since 1999.

FINALIST RECOGNITIONS

- Glasgow Times - Community Champion Awards - Sporting Champion of the Year
- Glasgow's Sport Awards - Unsung Hero
- Scottish Impact Awards - Diversity, Incusion & Leadership Awards
- Inspiring City Awards - 850 legacy Award, Community Inclusion Award & Youth Empowerment Project Award

Thank You
Funders & Partners





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