



HEMRAJ GOYAL  
FOUNDATION

# Be the best you can be

How the Hemraj Goyal Foundation is empowering more children, young people and women to tackle disadvantage

***Impact 2022-23***

# Be the best you can be

As this report demonstrates, 2022 was another successful year for the Hemraj Goyal Foundation. We reached more children, young people and women, empowering them to tackle disadvantage. Increasingly our funding is focused on enabling young people to 'be the best they can be'.

We are doing this with a range of partners. In 2023 we plan to re-launch our free schools workshops in the UK with a new brand to reach many more young people. And we are welcoming on board new partners and new partnerships.

We are ambitious about the change we can achieve together. Equipping young people with life skills and inspiring them to fulfil their potential will set them up for life and change our society. The next generation is key to Britain's future.

We have some exciting plans which aim to build on the progress and activities in this report: serving more young people and their schools and colleges, working with more inspirational presenters, and spreading the word about the uplifting impact this work has for young people.

Our thanks go to everyone we have worked with, all who have donated towards our work, our partners and trustees. In 2023 we welcome three new trustees: Sabrina Pervez, Anand Goyal and Nye Brown.

Please join us in helping every young person to be the best they can be. Every penny raised will go directly to fund work with young people in schools.

*Anita & Avnish*

**Anita Goyal MBE and Avnish Goyal CBE**  
Chair and Trustee, Hemraj Goyal Foundation



# £4M

*and counting...*

Since it was founded, the Hemraj Goyal Foundation has donated some **£4 million over 13 years** to tackle disadvantage faced by children, young people and women.

In 2022, HGF made donations of **over £400,000**.

You can donate via [www.hgf.org.uk](http://www.hgf.org.uk)

# Supporting the next generation in the UK

In 2022 we reached almost **11,000 young people** through our workshops in schools and through our partners. In 2023 and beyond we plan to reach many more young people.

Examples of our work are featured in the following pages...

# Running free positive mindset workshops in schools

In 2022 we held 47 free workshops in 24 schools reaching 4,670 students in disadvantaged communities (schools with higher than average rates of free school meals).

**86%**

of students gave their workshop a top rating;

**79%**

said it increased their confidence and self-belief;

**83%**

said it gave them a more positive outlook about their opportunities and future plans.

Our most popular workshop, HAPPINESS, is presented by the country's fastest growing inspirational presenter, Jermaine Harris. In 2023 Jermaine is training several other presenters to increase our reach. We also offer a range of other workshops - from yoga and meditation to addressing issues like dementia and menstrual education.

Our delivery partner for our workshops in schools is Working Options in Education. They promote the HGF workshops, arrange sessions with presenters and schools, and gather feedback from students and teachers. They share our ambitions to reach more students in 2023.



"Jermaine Harris delivered an interactive, captivating and compelling session. He inspired and challenged the audience to tackle our 'inner-critic' and mobilise our 'inner-coach'. Having seen other motivational speakers, Jermaine Harris resonates more with me and takes the audience on a personal journey by reflecting upon his own life in a profound way which results in a lifelong transformation and dream fulfilment through positive action and overcoming obstacles."

Tutor, Tower Hamlets school

"Inspirational. Impressive and motivational makes you want achieve greatness. You can overcome life challenges, if you believe in yourself. Know your worth. When the mind is down, bring the body up!"

Student, Tower Hamlets school

"Jermaine explained how beliefs work as thoughts in your mind. Training your brain to think positively because if you repeat it enough, you will believe it. He encouraged everyone to follow their dreams, to never let anything bring you down and keep going even if your life's at an all-time low at work and outside of work. It's never too late to change your thoughts on yourself. The goal is to be happy. Not just when you reach your goals, but on the journey towards them."

Student, Daventry school



# Helping young people have an outward bound experience

In 2022 HGF match-funded the **Outward Bound Trust's** BBC Radio 4 Appeal which raised **£80,547** in total. This enabled 450 young people from disadvantaged backgrounds to attend a five day Outward Bound residential course.

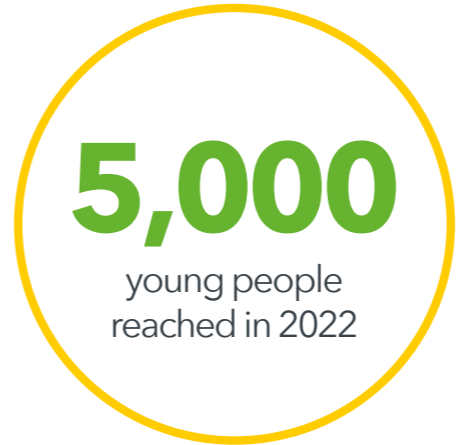
In 2023 we plan to support more residential courses for disadvantaged young people.



# Using drama to tackle tough social issues

In 2022 HGF funded **UpFront Theatre Company's** interactive drama production on coping with mental health issues, *In Harm's Way*. The spring tour of the play went to 25 schools, reaching almost 5000 students.

In 2023 we are supporting the first tour of UpFront's new production, *Before Anyone Else*, on consent and sexual harassment.



# Challenging gender-role expectations and **reducing** domestic abuse

In 2022 HGF funded The Haven to take their MENgage and EmpowHER programmes into West Midlands schools during the 2022-23 academic year,

*reaching*

**491** *students in the autumn term.*

The programmes aim to enable young people to understand the power dynamics in abusive relationships, change attitudes and challenge unacceptable behaviour.

**EmpowHER** feedback from girls participating in the programme:

"I see that women get stereotyped way more than men do and are underprivileged in terms of job opportunities."

"It is a bigger issue than I thought and made me realise that I have been following what's expected from a girl."

**MENgage** feedback from boys participating in the programme:

"Abuse comes in more ways than just physical, and some have seemed normal before but they aren't."

"I didn't realise how women are presented on TV and stuff."

"I learned that privilege exists and that in general men have it easier than women."

"My mind has changed because I never knew how many problems there were because of different expectations."

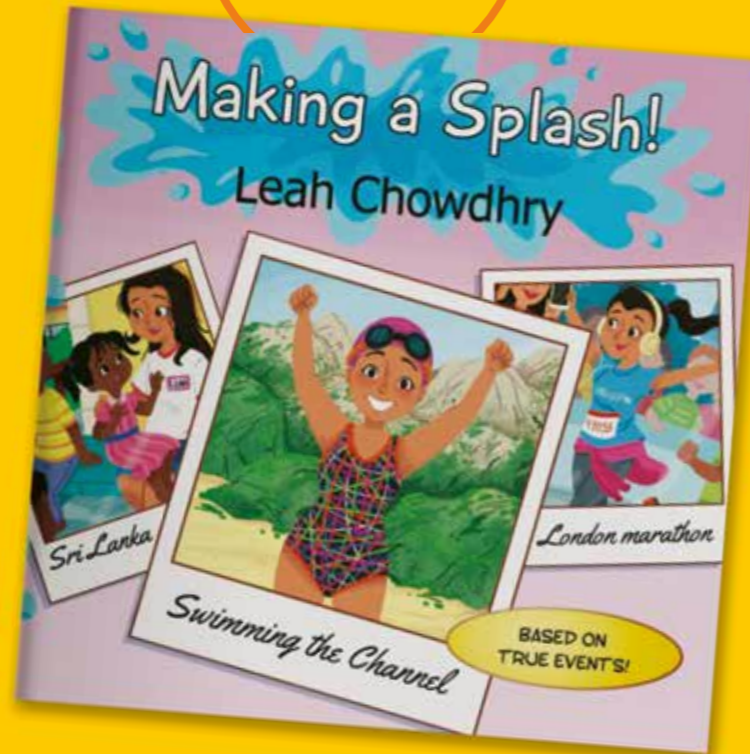
**"I have learned how to spot abuse."**

# Making a splash

In 2022 HGF supported the production of **Leah Chowdhry's** book about how she rose to the challenge of swimming the English Channel, completing the **30 mile swim in just under 15 hours** and raising over **£175,000 for the British Asian Trust**.

Our funding helped raise funds for Cancer Research UK and enabled the donation of copies of the Making a Splash book to schools.

Funds raised for



## Equipping gifted children with practical life skills

In 2022-3 HGF funded **Clapton Common Boys Club** to develop a pioneering programme for gifted, talented children.

It focused on developing construction and building skills amongst others to help boost the creativity and self-confidence of 40 children.

Boosted

# 40

children's creativity and confidence



# Training the next generation of cricketers

In 2022 HGF funded **Aztecs Cricket Club** in east London to support its training for children, particularly girls, who are keen to play cricket and develop their skills.

This included coaching sessions during the winter months.



Over  
**100**  
children took part and developed their skills

# Expanding our reach and work with young people



In 2023 we are working with a new charity, **Mind of the Student**, to support their mental health workshops for students in secondary schools. These workshops are also being booked through our delivery partner, Working Options in Education.

In 2023, we are supporting the **Hallmark Care Homes Foundation's** pioneering care careers conference for school and college students on working in care, highlighting the range of opportunities available.

In 2022-3 two of the younger Goyal family members started supporting **Barnardo's** next generation giving circle. HGF also continued its funding for Barnardo's Centre for Children and Young People of African, Asian, and Caribbean Heritage to help promote wellbeing and life skills.

In 2022 HGF trustees Avnish Goyal and Anita Goyal joined the Caudwell Life-Changers Circle and are backing the work of **Caudwell Children** to support children with disabilities and long-term conditions. The Circle also enables HGF to promote its work to fellow philanthropists, which we will be doing in 2023.





# India & elsewhere

The Hemraj Goyal Foundation supports a range of projects in South Asia tackling disadvantage and empowering children, young people and women.

**These include examples on the next page...**



In 2022 HGF continued to support the **British Asian Trust's** anti-trafficking programme to protect India's women and girls from exploitation and trafficking. This work in Rajasthan is match-funded by the Children's Investment Fund Foundation.

In 2022 HGF supported **Child Action** and in particular the projects, Toybank and Doorsteps School. This includes a bus offering a mobile school reaching out to children to promote learning and literacy/numeracy skills.

In 2022 HGF sponsored ten children to attend and learn at **Mother Miracle School**. In 2022 HGF also supported ten children to access education through **Sikhs helping Sikhs**.

In 2022 HGF supported several **One Family** activities and events including the annual Diwali at the Dorchester fundraising dinner. This has funded their anti-trafficking programme run with Maiti Nepal.

In 2022 HGF funded the **Red Cross's** programme to help deliver healthy babies in Yemen.

In 2022 HGF supported **Narayan Seva** to enable more disabled people living in poverty to experience better lives through the provision of health and care.

In 2022 HGF supported **Carers Worldwide's** work to support family carers through its growing network of carers' groups and enable women and their families to prosper. In 2023 HGF will continue to support the development of Carers Worldwide's projects in India.



# Thank you

**Coming soon** from the  
Hemraj Goyal Foundation

**inner.  
spark**

Watch this space for exciting plans on how we will reach more children and young people in the coming year to promote positive mindsets, resilience and life skills.

Contact:

[info@hgf.org.uk](mailto:info@hgf.org.uk)

Donate:

[www.hgf.org.uk](http://www.hgf.org.uk)



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