



The King's Award
for Voluntary Service
The MBE for volunteer groups

2025 Awardees



PROSPECTUS

2025/26

✓ **PILLAR 1: FOR YOUNG PEOPLE**

Raising Aspirations + Coaching Practical Skills

✓ **PILLAR 2: FOR VULNERABLE FAMILIES**

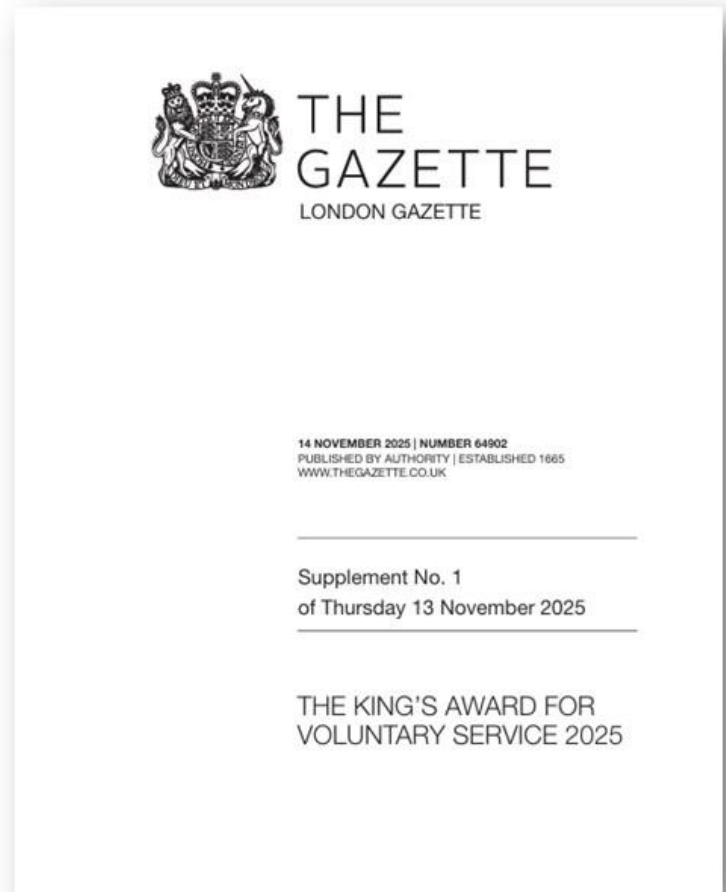
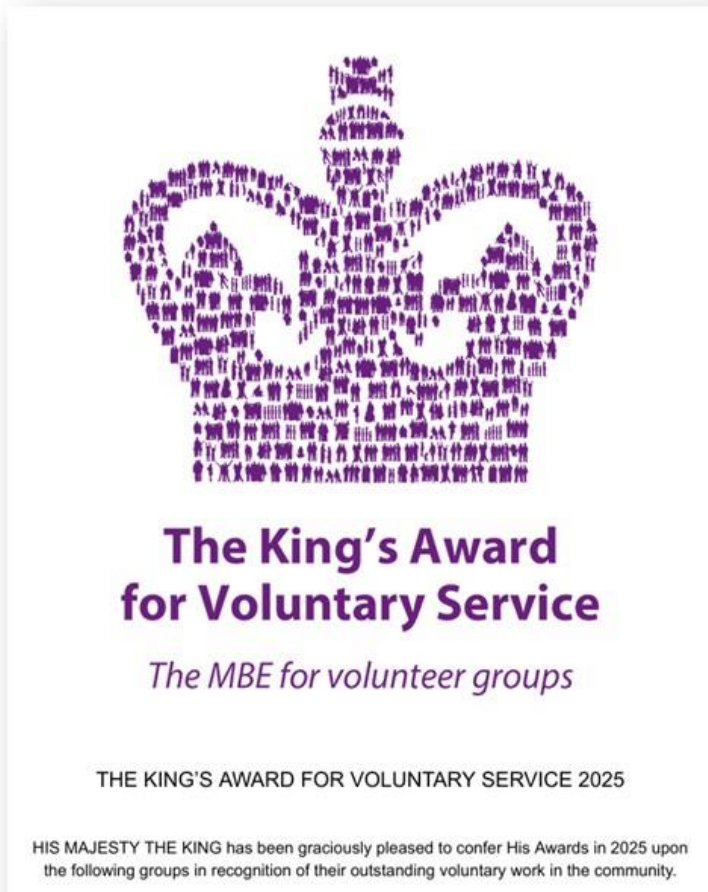
Humanitarian Support

✓ **PILLAR 3: FOR SOCIETY**

Storytelling for Social Impact



We work with young people in London – including their schools, families and their wider community – to bring **long and lasting change.**



On His Royal Highness' Birthday 2025, **icanyoucantoo** was awarded the **King's Award (KAVS)** – the **MBE for voluntary groups** – the highest honour bestowed by this country – in recognition of its work to **“Nurturing ambitious young people, and their communities, to flourish personally and professionally”**

TABLE OF CONTENTS

PROSPECTUS 2025/26

Introducing Our Founder	5
Introducing icanyoucantoo	7
What We Do	8
Our Story In Numbers	9
Measuring Our Impact	10
Meet The Core Team	13
What People Say About Us	14

WHAT WE DO – IN MORE DETAIL

Pillar 1: For Young People

Raising Aspirations + Coaching Practical Skills	15
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Pillar 2: For Vulnerable Families

Humanitarian Support	31
----------------------	----

Pillar 3: For Society

Storytelling for Social Impact	36
--------------------------------	----

Awards, Publicity and Media	41
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*Having grown up in a similar environment, I know first-hand that the narrative in these communities, and the experiences of the young people, **are completely unacceptable – we have to change that!***

INTRODUCING OUR FOUNDER

Nilesh B. Dosa MBE

How it all began...

I GREW UP IN A DEPRIVED PART OF EAST LONDON

The **son of migrants**, I grew up in a one bedroom council flat in Newham, where I did my schooling.

I was diagnosed with a rare neurodegenerative condition at birth, called Charcot Marie Tooth (CMT) disease. As the symptoms have gradually increased, I've become more and more aware of my limitations, and **my personal need to fulfil my purpose has grown**. I am compelled to do as much as I can before my health prevents me!

I've always had a **passion for supporting non-privileged communities**, and have volunteered my time toward doing so since 1996.

I STUDIED HARD, GOT JOBS AT TOP TIER FIRMS, YET STILL FELT LIKE AN OUTSIDER

I graduated with a first-class degree in finance; completed my chartered accountancy training at a Big 4 firm; worked in banking and then joined EY in 2014.

But, **I've never been able to shift the feeling that I'm an outsider**.

I realised very early on in my career that **being strong academically did not stop me from feeling like an imposter**.

From the beginning, there were constant reminders all around me – wearing a brown suit on my first day working in finance, not knowing how to use my knives and forks at corporate dinners, and colleagues even asking if they could call me by an English nickname – because it would be easier to pronounce!

icanyoucantoo WAS BORN FROM MY DESIRE TO CHANGE THE NARRATIVE

Through my own lived experience I understand first-hand the challenges faced by many young people and their families.

I started **icanyoucantoo** in 2016 to take action against these barriers, fuelled by my (at times challenging!) belief that following my purpose would lead to more fulfilling 'work' than a 'regular' career path.

On my journey I have navigated uncertainty – weathering pay cuts, all-consuming working hours, and asking people to come along on the ride with me - to **create the capacity and environment to do as much as I can for the causes that I love**.



Clockwise from top left: I did my schooling at St Bonaventure's School, Forest Gate | The son of migrants | Becoming a dad changed my perspective massively | Growing up near Green St, in Upton Park

INTRODUCING ICANYOUCANTOO

For the community, by the community

icanyoucantoo started in 2016/17 as a grassroots mentoring initiative with a group of 5 young people receiving 1-2-1 coaching sessions. Today, we **support over 1,000 people** within our London community every year!

We believe in **'for the community, by the community'** and the people we support are at the heart of *every decision* we make.

We support the non-privileged within our community based on their needs, by **seeing and hearing first-hand** the challenges that they face.

Each year, **our offering has grown – with tailored and bespoke solutions**. You can find out all about us in this prospectus!

We are a volunteer-powered social enterprise tackling social inequality
Compelled to action through what we see and hear from the London communities we support



Pillar 1

Coaching + Mentoring

Raising aspirations and
coaching skills



Pillar 2

Humanitarian Support

Humanitarian **support** in
the community



Pillar 3

Storytelling for Social Impact

Impacting social change
using **our story**

WHAT WE DO

We are compelled to take action by what we see and hear



PILLAR 1



PILLAR 2



PILLAR 3

WHAT WE HEAR

*"My parents work in factories, **school doesn't have a careers service** and I've never had work experience – how can I get a professional job?"*

*"When us mothers flee from Domestic Violence we **come to the refuge with almost nothing and no money.**"*

*"We strive to be a diverse and inclusive organisation but **we recognise we are not there yet and need to do more.**"*

WHAT WE BELIEVE

1. People should **not be held back** by their social status;
2. The 'value' of people's skills and what they have access to **should not be defined by their background, wealth or family circumstances**;
3. Our **society will benefit if there is increased diversity** of individuals from all backgrounds in further education and the workplace.

WHAT WE DO TO MAKE A DIFFERENCE

We run a coaching and mentoring programme for young people aged 16-21, to facilitate social mobility.

Our syllabus incorporates a broad range of expert coaching in practical skills, access to professionals from a variety of industries and the opportunity to learn from real role models.

Through regular sessions during the academic year, **we equip our young people with the skills and networks they need to access further education and/or employment.**

See p.15

We provide vulnerable families with hot meals, essential supplies, and educational equipment.

Our hot meals initiatives run during the Christmas school holidays when low-income households struggle the most. We also provide clothing, books, calculators, toys and technology wherever we can.

We provide vital resources so that families are fed and can access education regardless of their circumstances.

See p.31

We tell our story to educate individuals and organisations about the work that we do, and why we make an impact.

We share the story of our work and experiences as well as give our young people a platform to share their personal journeys. We aim to empower those we speak to with the knowledge and inspiration to develop, or improve, their own initiatives.

We share our learnings, opportunities to volunteer, and the chance to mentor our young people to impact social change on 'both sides'.

See p.36

OUR STORY IN NUMBERS

PILLAR

1**Total Number of Students: 500+****In 2025/26:**

Activities: 35+ { Expert Coaching: **10+**
Practical Exercises: **10+**
Guest Speakers and Other: **10+**

Delivered by: Professionals: **250+**
Organisations: **50+**

Our Immersive Experiences:**1. Career Specific Insight Days / Work Experience: 20+**Across **c.10** industries**2. Out-of-Box: 5+**

Including Nando's, Wagamama, Theatre, Stubbers and Dance Studio

3. Volunteering Opportunities: 10+

Including The Felix Project and our Hot Meals Initiative

2**Since Inception:****1. Hot Meals and Food Items: 35,000+****2. Hygiene Products: 12,000+****3. Individuals Supported: c.2,000****4. Volunteers: c.650****3****People Reached: c.15,000**

MEASURING OUR IMPACT

Holding ourselves accountable in numbers

PILLAR 1: FOR YOUNG PEOPLE

Raising Aspirations + Coaching Practical Skills



Our primary objective is for our young people to secure meaningful employment, apprenticeships and higher education. Examples of the establishments our **young people have secured roles** at are:



As at 2025/26, **c.15% of our alumni are actively involved** in the programme and/or regularly donate money to the programme.

2024/25 Survey Results

What our young people say:

95%

"...feel **my aspirations** have been raised"

97%

"...feel I had an **opportunity to access industries, professionals and work locations** that I might not normally have had"

9.2/10

Average student rating in terms of the programme's usefulness in "**equipping me for a better future**"

PILLAR 2: FOR VULNERABLE FAMILIES

Humanitarian Support



Since Christmas 2020, we have been **running Hot Meals Initiatives throughout the Christmas and Easter school holidays** which provide **freshly cooked meals, essential supplies and hygiene products** to vulnerable individuals across Havering and Thurrock.

We **redistribute any surplus to local food banks, hospices, and hospitals** to ensure there is no waste. Overall, we have provided:

35,000+

Hot meals

25,000+

Shopping essentials

12,000+

Hygiene essentials

2,000+

Individuals supported

We have also sourced and supplied many other items for young people and families, including:

1,000+ Christmas Presents

800+ Educational Supplies

200+ Coats | Blankets

We're grateful to the following organisations for their generous product donations



PILLAR 3: FOR SOCIETY

Storytelling for Social Impact



15,000+

Corporate professionals have heard our mission at talks and presentations

c.14,000

Volunteering hours organised for professionals to mentor and coach

2,000+

Professionals have volunteered their time

We have shared learnings with **50+ global corporates and universities** to provide insights that enable them to create successful work experience and apprenticeship programmes, with a **level playing field** for all applicants, including:



ESTÉE LAUDER



Julius Bär



MEET THE CORE TEAM

A mixture of former students and experienced professionals

Our team of volunteers is made up of professionals from a range of industries and backgrounds, as well as young people who were icanyoucantoo programme students themselves, in previous years.

The team work with our wider network of **250+ active professional volunteers** to deliver the full scope of icanyoucantoo initiatives:



WHAT PEOPLE SAY ABOUT US

Parents | Educators

“

...icanyoucantoo is **backed up by an absolute determination to make a real difference.**

This is not just in coaching and mentoring young people, but in ensuring that they do everything they can to remove barriers to social inequality. Nothing is insurmountable!

Penny Johnson, Headteacher

“

...as a single mother of 3 children who is barely scraping by for the bare necessities I could not afford...my children honestly were **so overwhelmed they were screaming in excitement**...icanyoucantoo had done something that not even the government could do for my children.

Parent, London

“

When I look at my daughter between her starting and ending the programme – **she is unrecognisable!**

Parent, London

“

icanyoucantoo **has changed our lives.** My son is a hero in our community.

Parent, London

“

icanyoucantoo coach and mentor, **with kindness and respect**...no person is a failure or written off due to their behaviour, ability level or standing in society. Having also been part of the Hot Meals programme – delivering food parcels to people who were struggling to make ends meet – **I was blown away** that everyone was made to feel equally valued.

Parent, London

“

icanyoucantoo has correctly identified that the poverty of these young people is not only financial, but also a poverty of aspiration. They have no real role models with whom they can identify and no opportunity to access the kind of experiences they need in order to fulfil their potential. **The work that icanyoucantoo carries out, therefore, is a major contribution to the London communities they support.**

Professor Andrew Massey, King's College London

THE PROGRAMME

Pillar 1: For Young People

Programme Background	16
Understanding Our Students	17
How The Programme Works	19
Alumni Stories	26
Student Case Studies	28
What Our Students Say	29

PROGRAMME BACKGROUND

Set up to tackle the barriers that young people face getting into further education and employment

WE KNOW THAT*:

- Young people are not **receiving appropriate career support** at school due to funding cuts in 16-19 education, disproportionately **impacting disadvantaged students**;
- Those from better off backgrounds are **almost 80% more likely to land a top job** than their working-class peers;
- **c.10% of the UK population are privately educated** but they make up **+50% of Judges, members of the Cabinet and FTSE100 CEOs.**

WE TAKE ACTION TO:

- Give young people from non-privileged backgrounds **real, consistent role models** from a **range of professional careers**;
- Provide and coach **practical and pastoral skills** that they will need in future education and work opportunities;
- Create a **supportive network of partners and volunteers**, including the highest Executive-level professionals, to share real world examples of career journeys and experiences;
- Put these **young people at the heart of everything we do**, and every decision we make.



UNDERSTANDING OUR STUDENTS

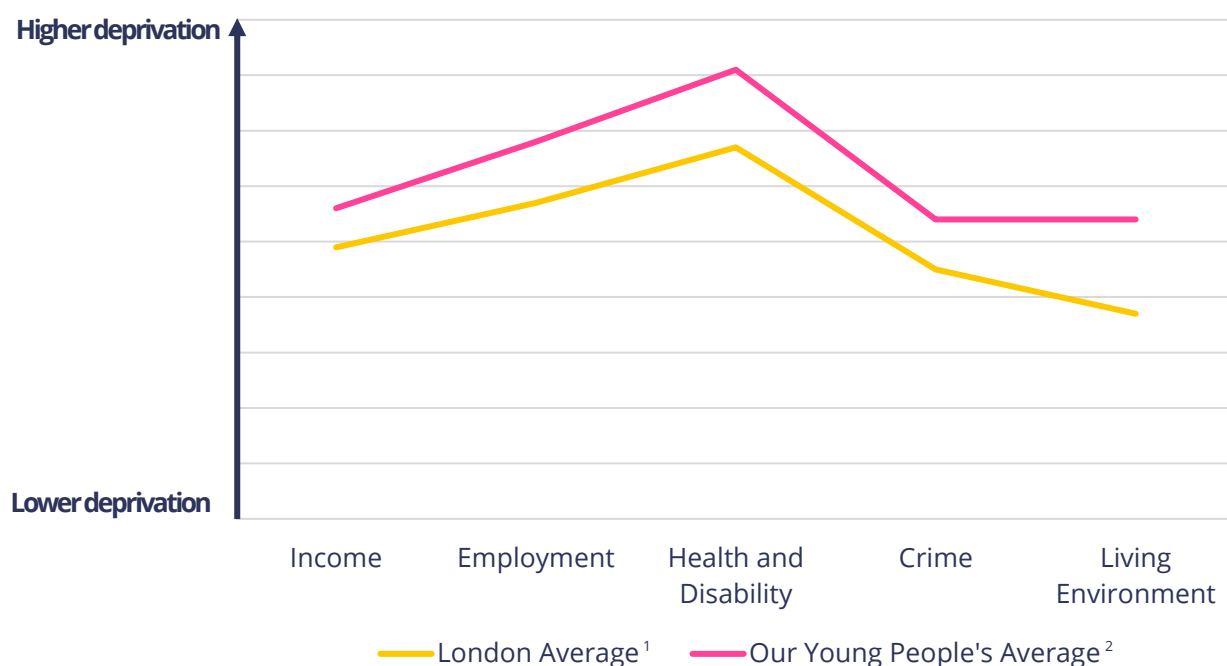
The young people we serve face higher levels of deprivation, on average, than the rest of London

Tackling social inequality is the core purpose of icanyoucantoo. We have measured our students against some key indicators of both deprivation and diversity to ensure we are delivering on our mission.

1) Deprivation

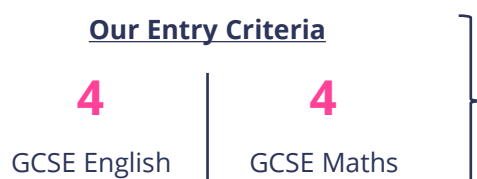
We measured our '24/25 students against the Index of Multiple Deprivation (IMD)*, which is the **official measure of relative deprivation** for small areas in England, to see how they compare.

This clearly shows that **our average student faces higher levels of deprivation** than the rest of London:



2) Diversity

Also, our programme has been designed so that **other diversity criteria do not impact who is able to take part** in our programme:



Our programme is **not just for** the 'gifted and talented'

Sources:

¹ <https://data.london.gov.uk/dataset/indices-of-deprivation>

² <https://imd-by-postcode.opendatacommunities.org/imd/2019>

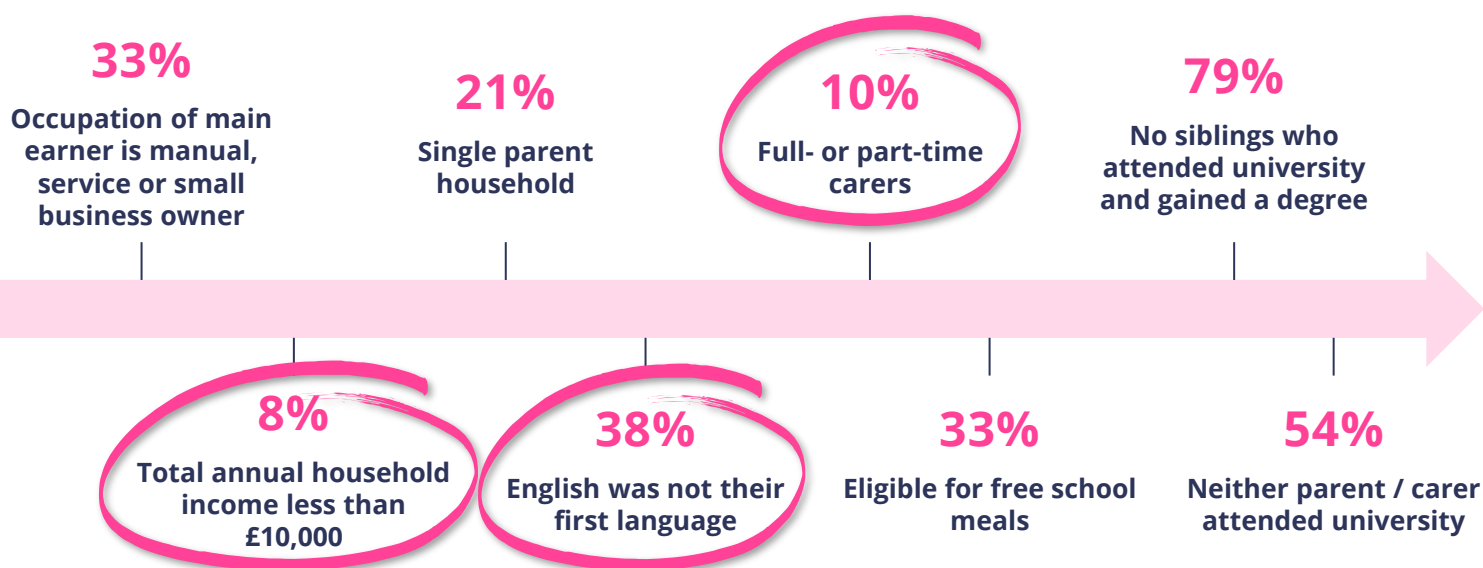
Notes:

* The IMD will be refreshed in late 2025 and therefore the latest data (2019) is used here

OUR STUDENTS (CONTINUED)

We gathered data from our '24/25 students to understand what our 'typical' student looks like

Further results are as follows:



We also asked our students about barriers which they felt held them back, to build a more informed picture:

“ I have **dyslexia, dyspraxia and dyscalculia**, which makes it harder to find opportunities and to do well in school.

“ 4 of the 6 people living in my house **suffer with disabilities**.

“ I grew up in an environment where **there wasn't anyone I could look up to** and there was **no real guidance**. I realised early on that **my parents were in no place to be role models** to me, and I felt a bit lost and alone.

“ Just because one of my parents has gone to university and got a degree and a job, doesn't automatically mean we have money and are rich. **It is just enough for our family of 7 and can be difficult at times**.

“ Although I was born in UK, **my parents' immigration status impacted my growing up**. We were **homeless**, moved around and now live in a poor area.

“ Despite my family earning just above the threshold, I can tell they **struggle to pay off the bills** and I have always felt **I want to help but can't**.

“ I have been living in England for three years. My mum, my brother and I are **currently seeking asylum**, and we **do not receive any financial help**.

“ I moved here after my dad's passing, which was very difficult for me. **Dealing with grief alongside such a new environment really resulted in low self-esteem**.

HOW THE PROGRAMME WORKS

Our young people are at the heart of everything we do

The icanyoucantoo **mentoring and coaching programme** takes place over **regular sessions**, across a **single academic year**, for Year 12 students

OBJECTIVES:

1

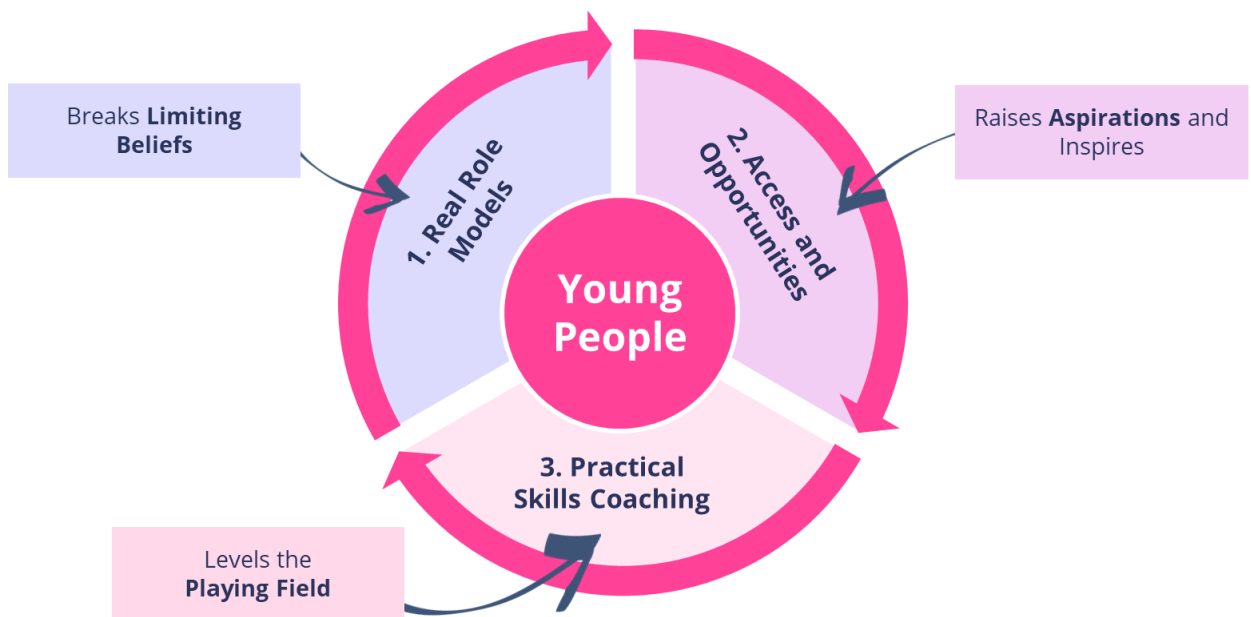
Provide access to a variety of **real role models and networking opportunities**

2

Provide **opportunities and access** to a variety of industries, professions, and work locations

3

Provide **practical skills coaching** required for higher education and the workplace



FUNDAMENTAL PRINCIPLES:

Consistency ⇒ **Relationships** ⇒ Safe Space ⇒ **Outcomes**



AAKASH VAGHELA
CEO
RNT



ALEX AYIN
Marketing Director
WISER



ANNE-MARIE BALFE
Partner
EY



CARRON MANNING
Co-Founder & CEO
Chiron Health AI



DAMION BURROWS
Managing Director
DMBA



DAVID JONES
Presenter
Sky Sports



DAVID SACK
Director
EY



DIDI SCOTT
Head Of Risk
HSBC



DIMPLE PATEL
CEO
NatureMetrics



DR KARAN RAJAN
Doctor
NHS



HHJ KARIM EZZAT
Circuit Judge
Judiciary of England and Wales



JAS SINGH
CEO, Consumer Rel.
LBG



JHAI DHILLON
Co-Founder
Simmer



JULIA HOGGETT
CEO
London Stock Exc.



KRISTEN SHANNON
COO
Dexory



DR MARK GILLETT
Chief Medical Officer
The Premier League



LORD MICHAEL HASTINGS
Chairman
SOAS



MICKEY PATEL
Partner
August Equity



NAVJOT SAWHNEY
Founder
The Washing Machine Project



DR NISHMA PATEL
Dentist
Frays Dental Centre



NYAT ARON-YOHANNES
PPE
Oxford Uni.



RAIYYAN KHYAR
Degree Apprentice
JP Morgan



RUPA LAKHA
Partner
Osborne Clark LLP



SIMMY DHILLON
Co-Founder
Simmer



SIMRAN CHATHA
Paralegal
Harold Benjamin



TAHIRA MATHUR
Patient Advocate
Muscular Dystr. UK



TEY BANNERMAN
Partner
McKinsey



TOLU OKE
CEO & Founder
The Inclusive Experience Group



TOM DEAN
Olympian
Team GB



VISHAL AMIN
Founder | CEO
Until

OBJECTIVE 2) ACCESS

To a variety of professions, professionals and corporate / educational establishments

The following organisations will provide **access to their establishments** for our 2024/25 sessions:



EXAMPLES OF THE ESTABLISHMENTS OUR YOUNG PEOPLE ACCESSED IN 2024/25:



ACCESS TO A VARIETY OF INDUSTRIES AND PROFESSIONS

Our young people will access, and **network with, professionals** from the following industries and professions:

Accounting, Finance and Professional Services | **Actuarial Science** | Architecture, Interior Design and Real Estate | **Banking and Financial Services** | Entrepreneurship | **Healthcare (Medicine and Dentistry)** | Law + Politics | **Marketing** | Psychology | **STEM**

OBJECTIVE 3) PRACTICAL SKILLS COACHING

Month	2025/26 Syllabus – Summarised Version		
Nov	INSPIRATIONAL OPEN		TEAM BUILDING + ICE-BREAKERS
	GROWTH MINDSET	ALUMNI PANEL	HOW TO HACK THE BRAIN
	GUEST SPEAKER / PANEL		WRITING A CV
Dec	PERSONAL BRAND + FIRST IMPRESSIONS		NUMERICAL REASONING
Jan	ETHICS [#]	PREPARING FOR INTERVIEWS	PERSONAL STATEMENTS [#]
	LIVE CAREERS LIBRARY		
Feb	VIDEO INTERVIEWS		UCAT [#]
Mar	WRITING & DELIVERING A PRESENTATION		GUEST SPEAKER / PANEL
	HEALTHCARE PATHWAY – PRACTICAL DAY		
Apr	PRESENTATIONS (ACTIVITY)		GUEST SPEAKER / PANEL
	THE RIGHT UNIVERSITY FOR YOU + YOUR PLAN B [#]		
May	ASSESSMENT CENTRES		THE HEALTHCARE APPLICATION PROCESS [#]
Jul	FINALE GRADUATION		

SYLLABUS:

Expert Coaching ⇌ Practical Activities | Inspirational Guest Speakers | Networking

2024/25 SYLLABUS IN NUMBERS:

10

Host Organisations

30+

Coaches | Speakers

10+

Activities

250+

Professionals

2,500+

Volunteer Hours

Notes:

- Healthcare specific

icanyoucantoo



**ALEX
KOURIE**

Director
EY



**ALIA
CHOHAN**

Program Director
Debate Mate



**ASTON
BROOKS-ASHITEY**

Social Marketing Manager
LinkedIn



**CHARLIE
THOMAS**

Senior Consultant
EY



**DOMINIC
JOYCE**

Founder | Maverick Otter
LinkedIn Top Voice



**JESS
NICHOLSON**

Learning Designer
The Smarty Train



**JOSEPH
MASSEY**

Vice President
SSI Strategy



**MONIQUE
SHAW**

Founder
Re/Write



**SHEENA
SETHI**

Associate
Alvarez & Marsal



**SIDHARTH
HARIGOVIND**

Mentor
Debate Mate



**TIFFANY
MANTEAW**

Data Culture
Lloyds Banking Group



**DR THOMAS
DANNHAUSER**

CEO
Smart Start Minds

PROVIDING IMMERSIVE EXPERIENCES

Increasing confidence and competence



Over and above the syllabus (p.21), we have worked with a diverse range of organisations to curate **immersive experiences** for our young people across multiple industries. These are elective opportunities for our young people which are designed to increase their **confidence, capabilities and competencies**.

Examples include:

1

Career-Specific Programmes

Which provide our young people with **access to practical work experience in their industry of choice**, so that they can gain first-hand understanding of their chosen field. These have included initiatives at:



2

Out-of-Box

These experiences enable our young people to build **friendships**, enhance their **social capital**, increase their **confidence** and most importantly, just have some **fun**. This year included a team-building exercise at Stubbers Adventure Centre, a trip to watch Disney's The Lion King, lunches at Nando's and a day at Lord's Cricket Ground.

3

Paying It Forward

Our young people are all encouraged to **give back in different ways**. We provide opportunities to do this with us where we can such as volunteering for our Hot Meals Initiative (see p.30) and taking part in fundraising events.



ALUMNI STORIES

Role models who are realising their aspirations and paying it forward



AYLA BEHARI

WHAT IS AYLA DOING NOW?

Ayla will be studying Chemical Engineering at Loughborough University. She is currently volunteering at her local church as a Eucharistic Minister.

She became an Ambassador after finishing the programme, where she hosted a panel and supported the Hot Meals Initiative.

IN MY OWN WORDS...

*"Being a student on the icanyoucantoo programme allowed me **to develop many skills, I gained a variety of knowledge and improved my confidence.** Each session helped me with my communication skills, presentation skills, and confidence through presenting.*

Meeting professionals in the engineering industry gave me insights into the engineering field.

*This academic year, being an ambassador allowed me to take on more responsibility and **develop my interpersonal skills.** I had the opportunity to host a panel and assist at Hot Meals prep day, which allowed me to give back to the community.*

*My experiences with icanyoucantoo over the past two years have **significantly boosted my confidence, enhanced me as an individual, and helped me to realise my potential.***"



LUKAS ROMANOVSKIS

WHAT IS LUKAS DOING NOW?

Lukas is an Underwriting Assistant at Carbon Underwriting.

After finishing the programme, Lukas joined as an Ambassador, supporting various components of the programme.

IN MY OWN WORDS...

*"icanyoucantoo really helped me **acquire the skills I need to thrive in the world of work,** such as clear communication, discipline and maturity.*

*I believe biggest thing I took away from icanyoucantoo, was the experience I got from mock interviews, which **really depict what happens in real job interviews.***

*The **whole team was really kind and supportive** all the way throughout the course of my journey and I wish the next cohorts make the best of their time at icanyoucantoo."*

ALUMNI STORIES

Role models who are realising their aspirations and paying it forward



MILLIE LEWIS

WHAT IS MILLIE DOING NOW?

After completing the icanyoucantoo Programme, Millie has now obtained a Human Resources apprenticeship at Morgan Stanley.

Millie is incredibly excited to start her new chapter beyond education in September 2024.

IN MY OWN WORDS...

*"icanyoucantoo has allowed me to flourish. The icanyoucantoo programme has **enabled me to learn so many key skills that are vital for the corporate world**, which includes; public speaking, assessment centres, forming a good CV and perfecting interview skills. Without the help of icanyoucantoo, I would have not had the opportunity to practice or learn these skills, which have been **crucial in getting me to where I am today**.*

*The icanyoucantoo programme was incredible. The icanyoucantoo programme was **not easy while balancing it alongside three demanding A-levels**. However, it was the most wonderful and self-fulfilling experience. This is because Niles and the **team would motivate and push you to make sure that you were getting the most out of the programme and reaching your full potential**. I am so grateful for the support from the team, as it has driven me to strive to be the best version of myself."*



HAARIS AHMED

WHAT IS HAARIS DOING NOW?

Haaris will be studying Medicine at the University of Leicester.

He became an Ambassador after finishing the programme, supporting new students as they developed.

IN MY OWN WORDS...

*"icanyoucantoo provided **opportunities that I would not have been able to attain anywhere else**. We were regularly offered different work experiences at top companies in order to learn more about different careers and see if that career was right for us.*

*I **became more comfortable networking** with others. At many of the sessions we were honoured to have top professionals and I was able to network with them and ask them different questions, something only found at icanyoucantoo.*

*The **icanyoucantoo team truly cares**. One thing I realise at icanyoucantoo is that you will be looked after, if you have any problems or concerns then the team will do their best to help you and care for you."*

STUDENT CASE STUDIES

Transforming young lives



I am now at university, going to be doing an internship this summer, and want to become an Actuary – a few years ago **my ‘ambition’ was working in my dad’s shop on the local high street.**



3 years ago, I was **taking depression medication and had no idea what my future looked like** – I am now going to be starting a degree at a Russell Group university and don’t recognise that girl from 3 years ago.



During my GCSE years, when I actually failed English, **I was selling drugs to help out financially at home** – fast forward 2 years and I am going to be starting an apprenticeship with a prestigious Bank in the city – and I passed GCSE English too.



I was the guy who thought all black people were either security guards or cleaners in the offices in the city – today, **I am one year away from qualifying as a chartered accountant** with one of the Big 4 Professional Services firms.



I was **permanently excluded from school** and did year 10-11 at a PRU (Pupil Referral Unit). I know how lucky I am to get a chance to be on the icanyoucantoo programme – working with top professionals and prestigious companies – young people like me, especially once they are at a PRU, usually get no more chances!



I am thankful everyday for the opportunity as it has shaped my life immensely. icanyoucantoo provided me with an insight into the careers that existed and **inspired me to believe that they were very much attainable** for me as well.

WHAT OUR STUDENTS SAY

Student Survey 2024/25

“ I now feel primed and ready for not just the corporate world, but **ready for life itself!** *(Clayton-Kledi)*

“ ...beyond all the careers stuff, what's really changed is me – **you have changed me!** *(Maya)*

“ This family is fuelling me with enough power to **take over the world!** *(Zuriel)*

“ Each face, each word, each story has left **an imprint on me that will never fade.** *(Lucia)*

“ You've created **a space where we feel safe to grow**, make mistakes, and become the best versions of ourselves. *(Chanay)*

“ Thank you all for seeing potential in me and giving me the **tools to see it in myself.** *(Jesiah)*

“ icanyoucantoo didn't just teach me practical stuff, but it **made me feel seen, valued, and capable.** *(Alex)*

“ The icanyoucantoo family will **forever leave a fingerprint on my professional journey.** *(Alisha)*



Tom Dean MBE



Young people engrossed



At SKY



Returning Alumni - Paying It Forward...



Lots of questions...



Inspirational Guest Speakers



ican you can too

HUMANITARIAN SUPPORT

For Vulnerable Families

Humanitarian Support Background	32
What We Do	33
Rising To The Challenge	35

HUMANITARIAN SUPPORT BACKGROUND

Providing food and essential supplies to vulnerable families in London (across Havering and Thurrock)

WE KNOW THAT

Young people and their families **struggle to afford basic household necessities** and are **disproportionately affected** by the ongoing cost of living crisis in the UK.

School holidays put **additional pressure on low-income households** due to the increased costs of food, energy, entertainment, and school supplies.

Financial hardship is constant in low socio-economic family units.

WE TAKE ACTION TO

- Provide **freshly cooked meals and other household essentials** during school holidays;
- Partner with local supermarkets and suppliers to ensure the **food, essential supplies, and hygiene products we deliver are fresh and high quality**;
- Source and provide educational equipment such as **laptops, textbooks, and calculators** throughout the year;
- Maintain a presence on email and social media **where families can turn to for support**;
- **Redistribute any surplus to local food banks, hospices, and hospitals** to ensure there is **no waste**;
- Invite corporate **volunteers to help 'on the ground'**, so that they can see first-hand the pressures families are under.

WHO WE SUPPORT

2,000+ individuals from:

7 Schools | Children's Hospice | Community Café | Women's Refuge



WHAT WE DO

Hearing from the families we have supported



This has been an amazing initiative which has made a **huge difference to parents and carers** who may otherwise have struggled to provide healthy, nutritious food for their loved ones during this challenging year.



A lot of us women here find it hard to ask for help and **icanyoucantoo understands that it is difficult for us**. To be honest a lot of us have struggled throughout the school holidays as all the children are off and it means cooking an extra meal and snacks each day, with icanyoucantoo's help that **struggle was lifted from our shoulders**.



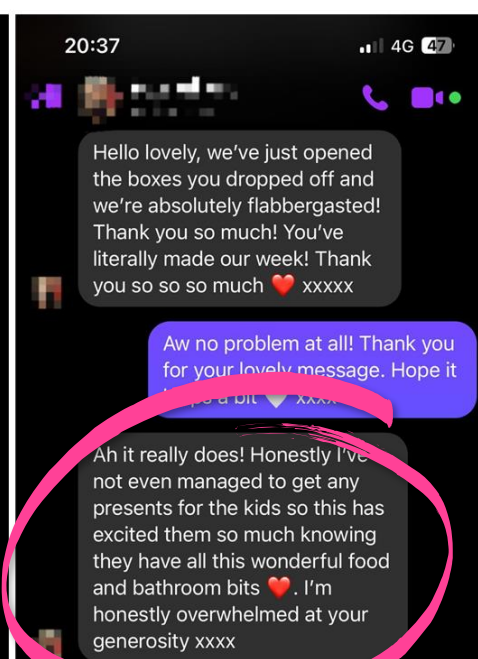
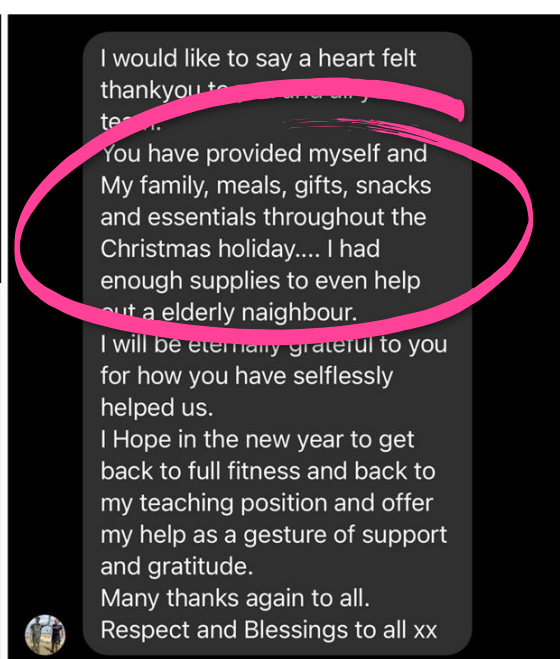
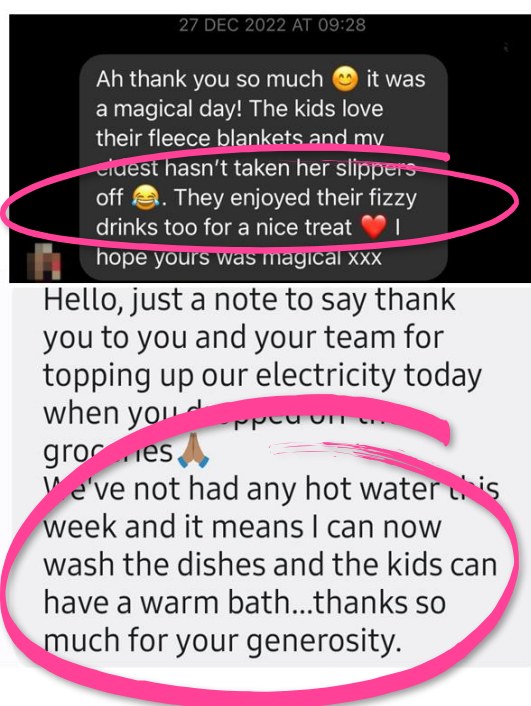
...To support the most vulnerable families...icanyoucantoo was able to purchase groceries for the families. They were also able to secure donations of hot food which was distributed to the students and ensured they were **still able to have a nutritious home cooked meal**.



My children honestly were so overwhelmed...they were screaming in excitement, **I will never forget their reaction as they have never owned a laptop before it was as if Christmas had come early for them**.



icanyoucantoo has constantly shown [*our women's refuge*] **a kindness that is rare to the residents**, a kindness that I believe we as Domestic Violence survivors needed to see. We have honestly been speechless so many times.



ORGANISATIONS WHO HAVE DONATED PRODUCTS

Air IT

carlton
packaging

Coca-Cola

Dunelm

**earth
breeze**

Felix | THE FELIX PROJECT

FOOD ALL

Hey girls

Le Moulin

THE HYGIENE BANK

TIMPSON
Great Service by Great People



RIISING TO THE CHALLENGE

Creating certainty to protect our future

To date, our **humanitarian efforts have relied on kind, one-off donations** and fundraisers from our supporters and network to make it all happen.

But, with demand ever-increasing, food prices rising, and our burning desire to support as many people as possible driving us...**we needed to create more certainty** around our resources. Namely, money.

RIDE CASTLE

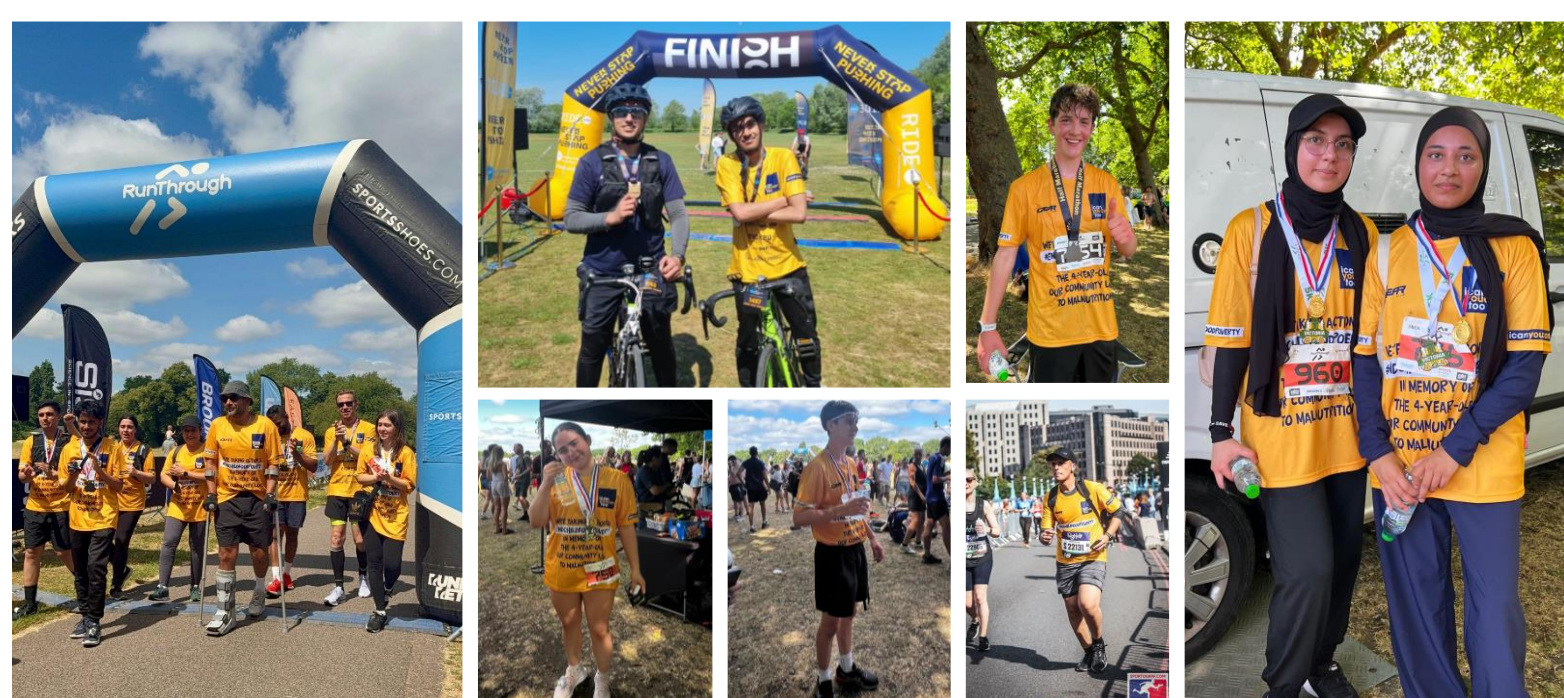


So, Team **icanyoucantoo** rolled up their sleeves and – 50+ individuals – took on personal challenges by hitting the road, and the water, in 2025.

We **entered 3 teams** into our first ever Swimming, Running and Riding events to fund our Academic Year '25/26 Hot Meals initiatives...

£25K+ raised

Enough to fund '25/26 initiatives and more!



icanyoucantoo

STORYTELLING FOR SOCIAL IMPACT

For Society

Storytelling Background	37
What People Say About Us	40

STORYTELLING FOR SOCIAL IMPACT (I)

Sharing what we know, and do, to inspire others to act

WE KNOW THAT

- Society is at a crucial inflexion point where there is **heightened political awareness** and an **accelerated desire for change**;
- People **want equality and have a platform from which to do something**, but **don't always know where to start**;
- **Organisations are responding** to their social conscience by diversifying their workforces and levelling the playing field for all, but they have an **inherent lack of understanding of how to effect lasting cultural change**.

WE TAKE ACTION TO

- **Affect change on both sides**, by educating not only the young people or the corporate organisations, but **bringing them both together to have meaningful conversations** and learn from each other;
- **Deliver presentations to start-ups through to FTSE-100 organisations**, to share the story of our work, experiences, and knowledge on specific topics such as Social Equality, Social Mobility and Race and Ethnicity;
- **Empower those we speak to with knowledge that can help them develop their own initiatives** such as inclusive work experiences, apprenticeships, and mentoring programmes;
- **Offer volunteering opportunities to professionals** that want to support, from **apprentices through to senior-level executives**.

EXAMPLES OF WHO WE'VE PRESENTED TO:



ESTÉE LAUDER



Julius Bär



STORYTELLING FOR SOCIAL IMPACT (II)

Impacting individuals, corporates and the ecosystem

WHAT WE HAVE DONE

Through storytelling, we have connected with individuals and corporates to help them understand the social inequality challenges that exist, and **ways they can help and support to make a genuine difference**. We have an ability to reach influential people and organisations, to further drive purposeful change.

WHAT WE CONTINUE TO DO

1. AFFECT THE INDIVIDUAL

- Our network of professionals are **in the room**. They build relationships with our young people, they volunteer their time to support our humanitarian efforts and they participate in fundraising activities;
- This puts them **at the heart of the programme and embedded into our communities**. This then allows them to be conscious of social inequality in a very real and meaningful way.

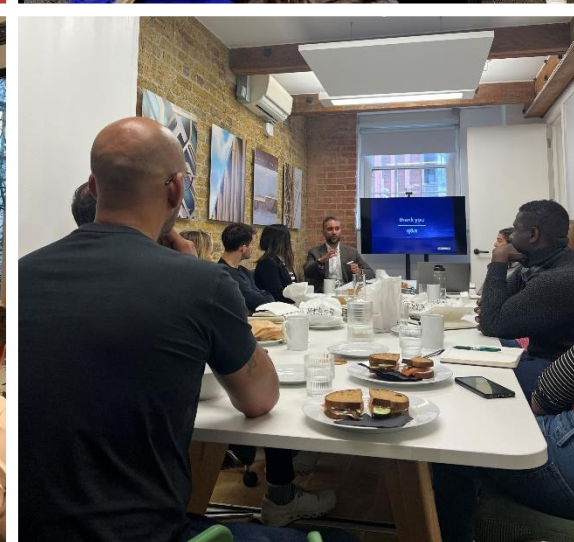
2. AFFECT THE CORPORATES

- We share our stories and experiences with corporates to **help them develop Corporate Social Responsibility (CSR) programmes internally** – which create engaging opportunities for their employees to give back.

3. AFFECT THE ECOSYSTEM – CORPORATES, CHARITIES + COMMUNITIES

- We have **brought different organisations together** to better utilise their CSR days and focused their time and resources to support The Felix Project (a food distribution charity), and providing interview practice to entire school year groups;
- Across 2024/25 we plan to do more of this, **continuing to bring individuals and corporates together** to support our local community and broader society.





WHAT PEOPLE SAY ABOUT US Corporate Professionals



The icanyoucantoo programme is a truly incredible programme. The investment into the **scope and breadth of the programme is second to none**, ensuring that each aspect of the syllabus offers the greatest value to its candidates.

Rupa Lakha, Partner – Osborne Clark LLP



It's been a real privilege to work with the fantastic team at icanyoucantoo and to hopefully inspire and actually be inspired by the amazing young people that benefit from the programme. Whenever I get involved, it **feels personal, different and like I'm actually helping to make a difference**.

Peter Barriscale, Former UK MD – HSBC Private Bank



I've been extremely fortunate to be involved with icanyoucantoo. I have had many conversations about icanyoucantoo with friends, family and clients. **It fills me with great pride to speak about such a powerful organisation.**

Kasey Alexander, Founder – The Suit Group



It's not difficult to be carried along by the **mission, purpose, energy and passion** of icanyoucantoo...

Jacquie Hughes, Director – Specialist Government Adviser



icanyoucantoo provides their participants with **real, practical training and connection opportunities** that otherwise wouldn't be available to them, but unfortunately without which they'd be held back in a privilege driven working world.

Dimple Patel, CEO – NatureMetrics



I have observed the icanyoucantoo team, programme and impact grow from strength to strength over the past few years. **I would encourage other firms to get involved and work with this excellent team**, who are truly changing the lives of so many young people, whilst bringing more talented diverse candidates to organisations in the City.

Mitesh Sheth, Founder – OrgAlpha

AWARDS, PUBLICITY AND MEDIA

AWARDS, PUBLICITY, AND MEDIA



News > UK

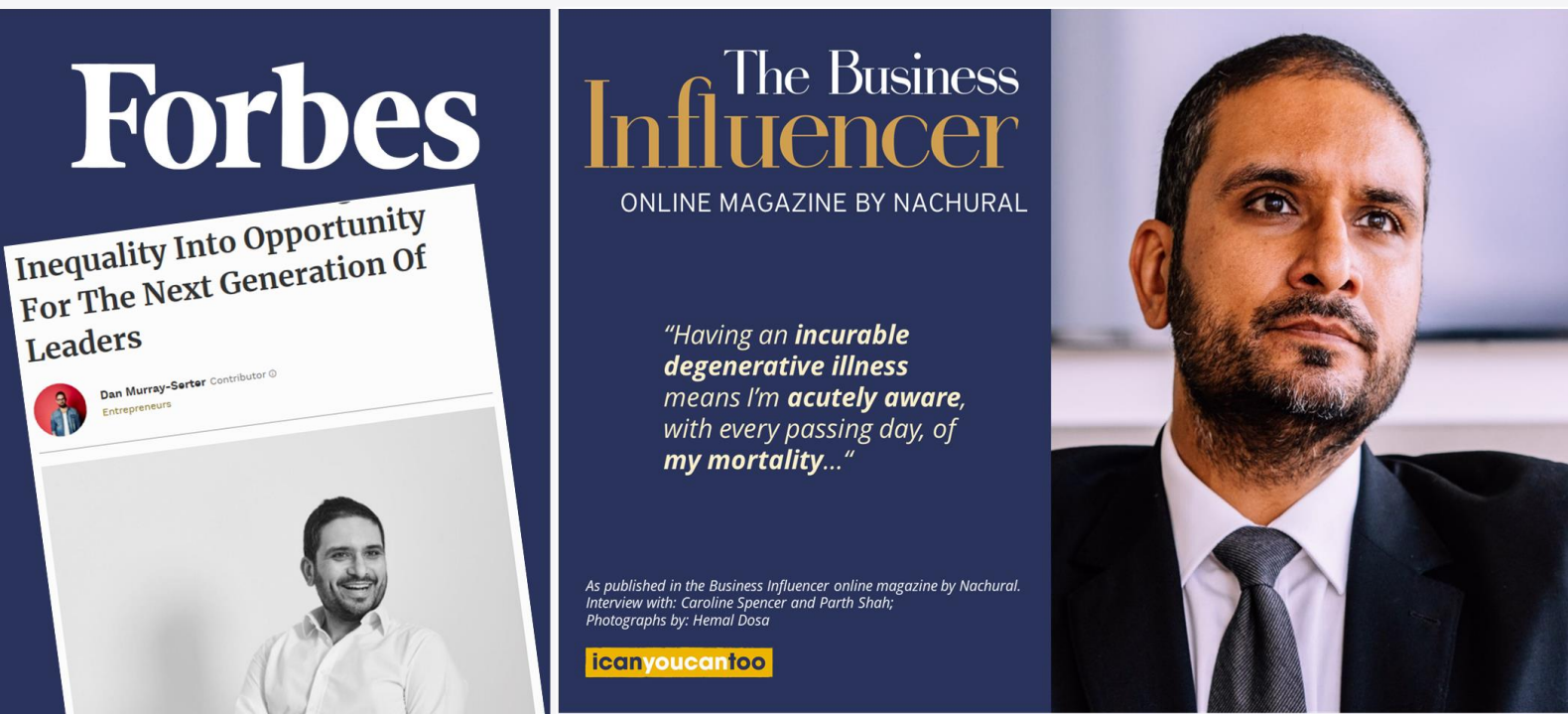
Schools are failing youngsters by not teaching basic workplace etiquette, says youth mentor

ANTHONY FRANCE | Monday 29 April 2019 13:05

Cambridge University | Centre For Social Innovation: Student Interviews



AWARDS, PUBLICITY, AND MEDIA



MBE | "...For Services To Social Equality"



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All Awards and Accreditation notices WW1 notices WW1 medals Resources

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> Order of the British Empire

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1129

Order of the British Empire

Civil Division

Central Chancery of the Orders of Knighthood

St. James's Palace, London SW1

30 December 2023

THE KING has been graciously pleased to give orders for the following promotions in, and appointments to, the Most Excellent Order of the British Empire:

M.B.E.

To be Ordinary Members of the Civil Division of the said Most Excellent Order:

Nilesch Bhasker DOSA

Founder, icanyoucantoo

For services to Social Equality.



WEBSITE

www.icanyoucantoo.co.uk

EMAIL

info@icanyoucantoo.co.uk



icanyoucantoo



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