



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



PROSPECTUS

2026/27

✓ **PILLAR 1: FOR YOUNG PEOPLE**

Raising Aspirations + Coaching Practical Skills

✓ **PILLAR 2: FOR FAMILIES**

Humanitarian Support for Families Facing Hardship

✓ **PILLAR 3: FOR SOCIETY**

Storytelling for Social Impact

A large, stylized white quotation mark icon, consisting of two thick, curved lines facing each other, positioned to the left of the main text block.

We work alongside young people whose **talent and potential are not always matched by opportunity**, and the schools, families and communities around them, to **remove barriers, expand opportunity and create outcomes that last.**

TABLE OF CONTENTS

PROSPECTUS 2026/27

Introducing icanyoucantoo	4
National Honours	7
Introducing Our Founder	8
Our Story In Numbers	11
Measuring Our Impact	12
Meet The Team	15
What People Say About Us	16

WHAT WE DO

Pillar 1: For Young People

Raising Aspirations + Coaching Practical Skills	17
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Pillar 2: For Families

Humanitarian Support for Families Facing Hardship	33
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Pillar 3: For Society

Storytelling for Social Impact	37
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Note: The use of logos throughout this document does not constitute or represent any formal partnerships or agreements with these entities. These are used only to highlight the Companies or Company representatives who work with icanyoucantoo.

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.
We are compelled to act due to what we see and hear from the London communities we support.**



Pillar 1

Coaching + Mentoring

Raising aspirations and
coaching practical skills



Pillar 2

Humanitarian Support

Supporting families
facing real hardship



Pillar 3

Storytelling for Social Impact

Bringing **our stories** into
rooms of influence

WHAT WE DO

We are compelled to act due to 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 16-18, 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.17

We provide families facing hardship 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.33

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.37

WHAT OUR STUDENTS SAY

Student Survey 2025/26

“ The imprint of icanyoucantoo will remain for a long, long time.
You lot are brilliant! *(Ryan)*

“ ...has been more than a programme – a constant reminder that with the right support, opportunities, and people around you, **anything is possible!** *(Vilte)*

“ This doesn't feel like a programme with the odd session where you show up and then you leave, **it genuinely feels like a second home.** *(Jayden)*

“ You didn't just offer advice, you all showed genuine care and belief in who I could become. That's **something I'll never forget.** *(Holly)*

“ I genuinely believe that **every young person deserves the opportunity to experience** what icanyoucantoo have created here. *(Daniela)*

“ I wish I could express in words how amazing this past year has **been** for me, but the truth is, I can't. *(Barney)*

“ Each talk, each panel, and each experience has **shaped what I believe my future can look like.** *(Chidiogo)*

“ This **once in a lifetime opportunity has completely transformed the way I see myself**, my potential and what value I can give back to others. *(Ebrahim)*

NATIONAL HONOURS

MBE | Nilesch Dosa, Founder "For Services to Social Equality"



King's Award for Voluntary Service (KAWS) | The Core Team – Past + Present



**The King's Award
for Voluntary Service**

The MBE for volunteer groups

THE KING'S AWARD FOR VOLUNTARY SERVICE 2025

HIS MAJESTY THE KING has been graciously pleased to confer His Awards in 2025 upon the following groups in recognition of their outstanding voluntary work in the community.



The highest accolade a voluntary organisation can receive, the **King's Award for Voluntary Service** was awarded to **icanyoucantoo** in His Royal Highness' Birthday Honours 2025. Regarded as the MBE for volunteer groups, this prestigious national honour recognises outstanding work in **"Nurturing ambitious young people, and their communities, to flourish personally and professionally."**

icanyoucantoo



*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

EXTERNAL RECOGNITION



Forbes

**Inequality Into Opportunity
For The Next Generation Of
Leaders**

Dan Murray-Serter Contributor @
Entrepreneurs

**The Business
Influencer**

ONLINE MAGAZINE BY NACHURAL

*"Having an **incurable degenerative illness** means I'm **acutely aware**, with every passing day, of **my mortality...**"*

As published in the Business Influencer online magazine by Nachural.
Interview with: Caroline Spencer and Parth Shah;
Photographs by: Hemal Dosa

icanyoucantoo




**ASIAN WEALTH
MAGAZINE**

ENTREPRENEURS LUXURY & LIFESTYLE BUSINESS EVENTS VIDEO

**Niles Dosa: The finance man providing
opportunities for children from the shadows
of Canary Wharf**

Entrepreneurs 15-09-2019

f t e



"We call ourselves a developed society, but there are children in the shadows of Canary Wharf who believe they are not allowed to come here, let alone work here." –

VIEW LATEST EDITION



OUR STORY IN NUMBERS



PILLAR 1

Raising aspirations and **coaching skills**:

Students who have completed the Programme since 2016: 500+

Delivered in 2025/26:

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

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

Immersive Experiences:

1. Career Insight Days & Work Experience:

20+ across **10** industries

2. Fun: 5+

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

3. Volunteering Opportunities for Students: 10+

Including our own Hot Meals Initiative and The Felix Project



PILLAR 2

Supporting families **facing real hardship**:

Support Provided to Families Since December 2020:

Hot Meals and other food items: **40,000+**

Hygiene products: **15,000+**

Individuals supported: **2,500+**

Volunteers involved: **800+**



PILLAR 3

Bringing **our stories** into rooms of influence:

Reaching 15,000+ Individuals across 50+ Organisations

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:



2025/26 Student 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"

9/10

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

Furthermore, as at 2025/26, c.15% of our alumni are actively involved – **volunteering their time** towards icanyoucantoo initiatives and an increasing number **regularly donate money** to the programme.

PILLAR 2: FOR FAMILIES

Supporting Families Facing Real Hardship



Since Christmas 2020, we have been **running Hot Meals Initiatives throughout the Christmas school holiday**, which provides **freshly cooked meals, essential supplies and hygiene products** to individuals facing hardship – predominantly women and children – 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:

40,000+

Hot meals

30,000+

Shopping essentials

15,000+

Hygiene essentials

2,500+

Individuals with support

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

2,000+ Christmas Presents

1,000+ Educational Supplies

500+ Coats and Blankets

We are 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

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 TEAM

A mixture of former students and experienced professionals

Our model comprises of a **Core Team**, who are responsible for the operational delivery throughout the academic year, and a **Supporting Team** of valued contributors that strengthen specific programmes, projects and activities on a variable basis.

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 *Friends of icanyoucantoo*, who are our **wider community of 250+ active professional volunteers**, supporters and sponsors who step forward to share their time, skills, experience and opportunities.



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	18
Understanding Our Students	19
How The Programme Works	21
icanyoucantoo A-Level Accelerator	27
Alumni Stories	28
What Our Students Say	30

PILLAR 1: 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.



PILLAR 1: UNDERSTANDING OUR STUDENTS (I)

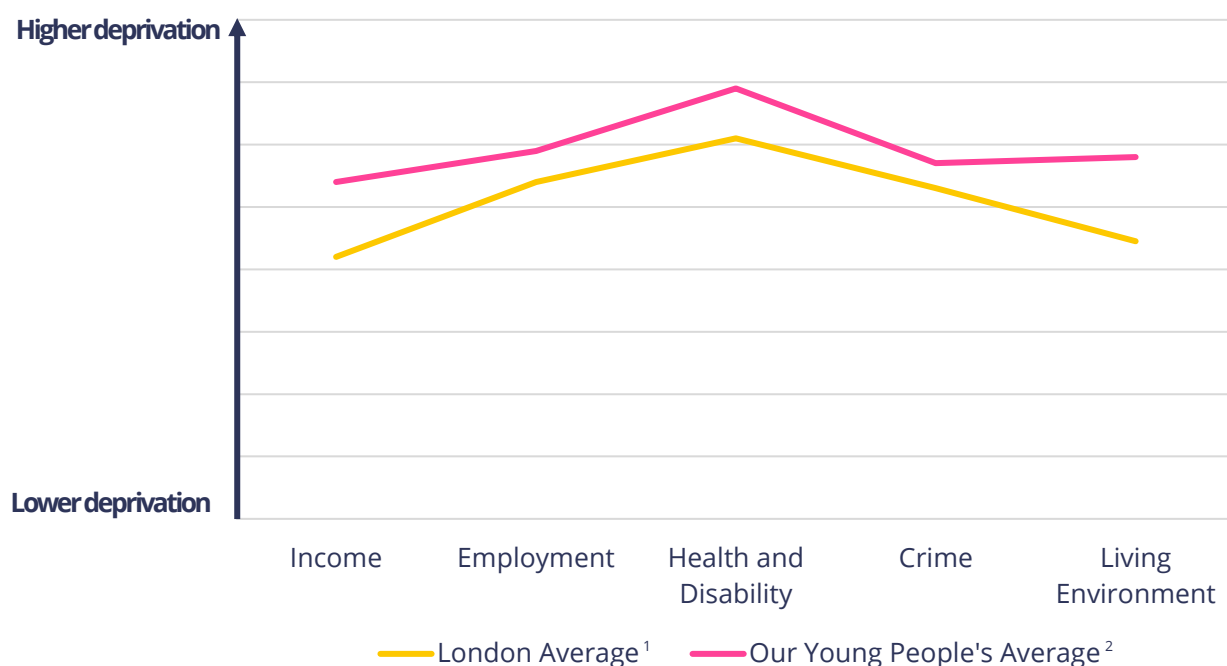
The young people we serve face higher levels of deprivation, on average, than the rest of London

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

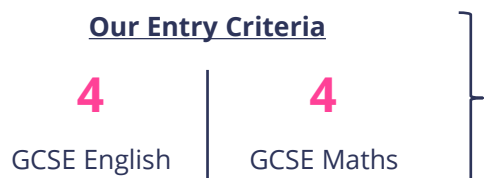
We measured our '25/26 students against the 2025 Index of Multiple Deprivation (IMD), which is the **official measure of relative deprivation** for small areas in England, to see how they compare.

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



2) Gifted & Talented

We **do not restrict entry to students with the highest grades**. We know that **grades reflect opportunity** as well as ability, and that young people without access to tutoring and other advantages can **still go on to secure** outstanding apprenticeships and careers.



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

Sources:

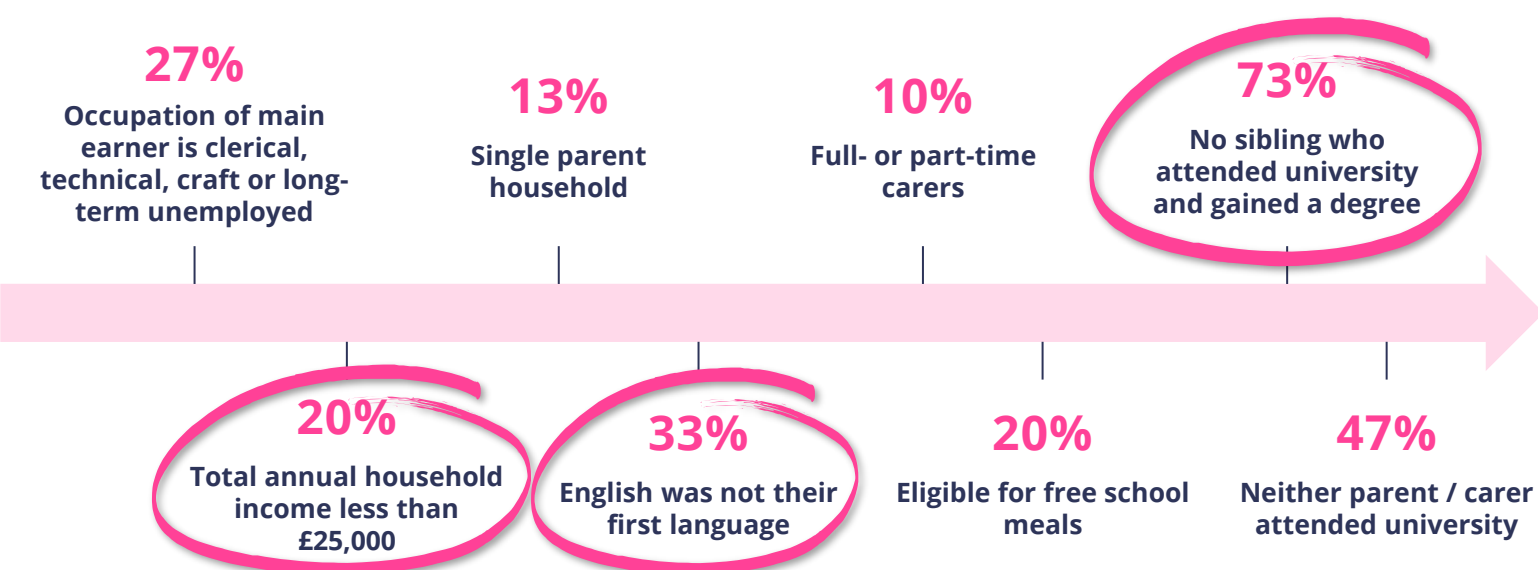
¹ <https://www.gov.uk/government/statistics/english-indices-of-deprivation-2025>

² <https://imd2025.co.uk/imd2025/>

PILLAR 1: UNDERSTANDING OUR STUDENTS (II)

We gathered data from our '25/26 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 been **misunderstood** and had **stereotypes** put against my name.

“ My parents have worked hard to get us in the best possible socio-economic situation we could be in, however, there are still **limits to my access to money and success**.

“ **Our financial issues and lack of connections became a limiting factor** when competing with my privileged peers.

“ I have a sibling with **severe special needs that requires most of the attention**.

“ It is really **difficult trying to find opportunities** (especially for work experience and enriching activities) **when money is a constant worry**. There have been countless times that I have looked into work experiences, courses and opportunities to explore my career interests, but **money has been a barrier and has limited me to what I can do**.

“ Many assume with a high household income brings much comfort and little thought about money, but that is not the case. Coming from an immigrant Asian family, much money is sent back home - to **over 30 people from one income alone**.

“ I am very stressed about university as there are a **very limited number that I can apply to within London that would permit me to live at home and actually be able to eat**.

PILLAR 1: 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**

OBJECTIVE 1: REAL ROLE MODELS IN THE FORM OF INSPIRATIONAL GUEST SPEAKERS



**AHNAF
LASKAR**

Energy Claims Adjustor
Chaucer Group



**AMANI
HUSSAIN**

Software Engineer
Morgan Stanley



**ANNE-MARIE
BALFE**

Partner
EY



**ARYMAN
PATEL**

Reinsurance Apprentice
Liberty Mutual Reinsurance



**DELINA
DANIEL**

Assurance Associate
EY



**ITRICIA
ROBERTS**

Manager
LSEG



**JULIA
HOGGETT**

CEO
LSEG



**HHJ KARIM
EZZAT**

Circuit Judge
Judiciary of England and Wales



**KAY
SELICK**

STEM Operations Manager
Atlassian Williams F1 Team



**LAURA
SARTENAER**

Director
LSEG



**LIZ
BRADFORD**

Founder
Transform Perform



**MITCH
HUTCHCRAFT**

Record Breaker
Adventurer



**NAVJOT
SAWHNEY**

Founder
The Washing Machine Project



**NICK
COMPTON**

Partner
EY



**NOEL
DAWITT**

Economics, Law and Environment
Uni. of Cambridge



**OMAR
MIRZA**

Managing Director
Alvarez & Marsal



**RABIR
HUSSAIN**

Trading Real Estate Underwriter
AXA UK



**ROBBIE
LYLE**

Founder and Group CEO
Global Fan Network



**RUPA
LAKHA**

Partner
Osborne Clark LLP



**TEY
BANNERMAN**

Partner
McKinsey

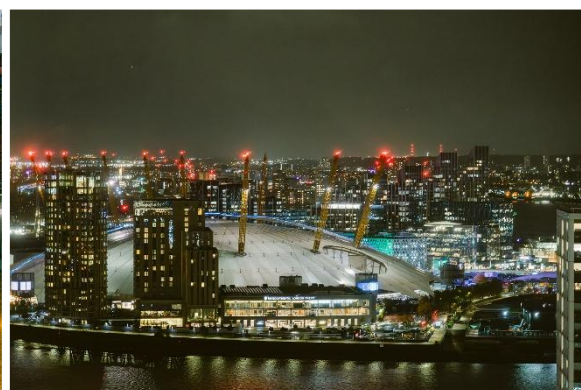
OBJECTIVE 2: ACCESS

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

The following organisations will provide **access to their establishments** for our 2026/27 sessions:



EXAMPLES OF THE ESTABLISHMENTS OUR YOUNG PEOPLE ACCESSED IN 2025/26:



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

Expert Coaching ⇄ Practical Activities Inspirational Guest Speakers Networking			
MONTH	2026/27 SYLLABUS SUMMARY		
OCT	INSPIRATIONAL OPEN		TEAM BUILDING + ICE BREAKERS
NOV	GROWTH MINDSET		ALUMNI PANEL
	WRITING A CV	PERSONAL BRAND	HEALTHCARE APPLICATION PROCESS#
DEC	NUMERICAL REASONING		NO HEALTH WITHOUT MENTAL HEALTH
JAN	STRENGTHS + INTERVIEWS		PERSONAL STATEMENTS
	LIVE CAREERS LIBRARY		
FEB	GUEST SPEAKER / PANEL		INTERVIEWS (CORPORATE + MMI#)
MAR	WRITING & DELIVERING A PRESENTATION		GUEST SPEAKER / PANEL
	ETHICS#	UNIVERSITY TOUR	GUEST SPEAKER / PANEL
APR	PRESENTATIONS (ACTIVITY)		GUEST SPEAKER / PANEL
	THE RIGHT UNIVERSITY FOR YOU + YOUR PLAN B#		
JUN	ASSESSMENT CENTRES (COACHING)		ASSESSMENT CENTRES (ACTIVITY)
JUL	FINALE + GRADUATION		

2026/27 SYLLABUS IN NUMBERS:

10+

Host Organisations

30+

Coaches | Speakers

35+

Activities

250+

Professionals

1,500+

Volunteer Hours

Notes:

[#] - Healthcare specific



**AHNAF
LASKAR**

Energy Claims Adjustor
Chaucer Group



**ALEX
KOURIE**

Director
EY



**ALIYA
CHOUDHURY**

Medicine
Uni. of Cambridge



**AMINAH
MAZHAR**

Medicine
Uni. of Cambridge



**ARYMAN
PATEL**

Reinsurance Apprentice
Liberty Mutual Reinsurance



**CAROLINE
SPENCER**

Client Solutions Manager
CBRE



**DOMINIC
JOYCE**

Founder | Maverick Otter
LinkedIn Top Voice



**JESS
NICHOLSON**

Senior Design Manager
The Smarty Train



**JOSEPH
MASSEY**

Vice President
SSI Strategy



**MONIQUE
SHAW**

Founder
Re/Write



**NILESH B. DOSA
MBE**

Founder
icanyoucantoo



**DR PRIYA
NATHWANI**

Consultant Psychiatrist
Priory Group

OVER AND ABOVE: IMMERSIVE EXPERIENCES

Increasing confidence and competence



Over and above the syllabus (p.24), we work with a diverse range of organisations to curate and provide **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

Fun

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, dancing with Hip Hop To Help and a day go-karting with TeamSport.

3

Paying It Forward

Our young people are all encouraged to **give back in different ways**. We provide opportunities to do this with us such as volunteering for our Hot Meals Initiative (see p.33), becoming an A-Level tutor to current students and taking part in fundraising events.

OVER AND ABOVE: A-LEVEL ACCELERATOR

Pay-it-forward Alumni tutoring model to level to playing field

An **alumni-powered tutoring programme providing targeted A-Level support** during one of the most important academic years of a young person's life.

A **self-sustaining, pay-it-forward tutoring model** where today's students become tomorrow's tutors.

THE YEAR 13 CHALLENGE

Year 13 is a **defining academic year**. Young people are **making decisions** that shape what comes next - university, apprenticeships, careers and future pathways. Their priority shifts to exams, grades and securing offers.

High-quality tutoring makes a meaningful difference, but **private tutoring is expensive**. Access to this additional **academic support depends on the ability to pay**.

New for 2026/27!



Free for students
Volunteer tutors



30
students



9
subjects



15 tutors
(including 4 from the 2024/25 cohort)



c.60-hours a week
(c.2,000 hours in 2026/27)

OUR COMMUNITY-POWERED RESPONSE

Students identify the **A-Level subject and exam board** where **targeted support** would make the **biggest difference**.

We then match them with **vetted volunteer tutors from our alumni network and wider icanyoucantoo community** - vetted for:

- Academic performance,
- Subject knowledge,
- Experience and competence

who **give one hour a week** through Year 13.

THE PAY-IT-FORWARD MODEL

1. Students **choose their subject**
2. Vetted tutors are **matched**
3. Tutors give **one hour a week**
4. Students become **future tutors**

Proudly supported by Save My Exams:

Free Premium Accounts giving our students access to high-quality revision resources alongside weekly tutoring.



icanyoucantoo

PILLAR 1: 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."*

PILLAR 1: 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.

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 Nilesch 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."*

PILLAR 1: WHAT OUR STUDENTS SAY

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.





Inspirational Guest Speakers – Adventurer Mitch Hutchcraft



Returning Alumni – Real Role Models



Receiving Expert Coaching



Get Them Up – And Out of Their Comfort Zones



Playing Games, Having Fun



Taking Notes – Taking It In

HUMANITARIAN SUPPORT

Pillar 2: For Families Facing Hardship

Humanitarian Support Background	34
What We Do	35

PILLAR 2: HUMANITARIAN SUPPORT BACKGROUND

Providing food and essential supplies to families facing hardship 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**; and
- Invite corporate **volunteers to help 'on the ground'**, so that they can see first-hand the pressures families are under.

WHO WE SUPPORT

2,500+ individuals, predominantly women and children, from:
10 Schools | Children's Hospice | Community Café | Women's Refuge



PILLAR 2: 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 families facing hardship...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.

27 DEC 2022 AT 09:28

Ah thank you so much 😊 it was a magical day! The kids love their fleece blankets and my eldest hasn't taken her slippers off 😊. They enjoyed their fizzy drinks too for a nice treat ❤️ I hope yours was magical xxx

Hello, just a note to say thank you to you and your team for topping up our electricity today when you dropped off the groceries 🙏. We've not had any hot water this week and it means I can now wash the dishes and the kids can have a warm bath...thanks so much for your generosity.

I would like to say a heart felt thank you to icanyoucantoo for the support you have provided myself and My family, meals, gifts, snacks and essentials throughout the Christmas holiday.... I had enough supplies to even help out a elderly neighbour.

I will be eternally grateful to you for how you have selflessly helped us. I Hope in the new year to get back to full fitness and back to my teaching position and offer my help as a gesture of support and gratitude.

Many thanks again to all. Respect and Blessings to all xx

20:37

Hello lovely, we've just opened the boxes you dropped off and we're absolutely flabbergasted! Thank you so much! You've literally made our week! Thank you so so so much ❤️ xxxxx

Aw no problem at all! Thank you for your lovely message. Hope it helps a bit 💖 xxxxx

Ah it really does! Honestly I've not even managed to get any presents for the kids so this has excited them so much knowing they have all this wonderful food and bathroom bits ❤️. I'm honestly overwhelmed at your generosity xxxxx

Organisations Who Have Donated Products



STORYTELLING FOR SOCIAL IMPACT

Pillar 3: For Society

Storytelling Background	38
Cambridge University King's College	40
What People Say About Us	42

PILLAR 3: STORYTELLING FOR SOCIAL IMPACT (I)

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

WE KNOW THAT

- **People and organisations often want to make a meaningful difference**, but do not always know where to begin;
- There is a **gap between good intentions and real understanding of the barriers** faced by young people, families and communities from non-privileged backgrounds;
- **icanyoucantoo has built a trusted platform over ten years**, strengthened by lived experience, long-term relationships, and recognition such as the King's Award for Voluntary Service;
- **Storytelling can move people from awareness to action**, helping them find the cause that lights them up and the role they can play in creating change.

WE TAKE ACTION TO

- Use our story, our platform and our relationships to **help people better understand social inequality**, opportunity, access and the power of community-led change;
- **Deliver presentations to start-ups through to FTSE-100 organisations**, sharing the story of icanyoucantoo, the young people we support, and the lessons we have learned over the last decade;
- **Create meaningful spaces where professionals and young people can connect**, learn from each other, and **better understand the worlds they may not otherwise encounter**;
- Help individuals and organisations **turn intent into practical action** through volunteering, mentoring, work experience, apprenticeships, partnerships and long-term support.

EXAMPLES OF WHO WE'VE PRESENTED TO:



ESTÉE LAUDER



Julius Bär



PILLAR 3: STORYTELLING FOR SOCIAL IMPACT (II)

Impacting individuals, corporates and the ecosystem

WHAT WE HAVE DONE

Through storytelling, **we have connected individuals and corporates with the realities of social inequality** and shown them **practical ways they can help and support to make a genuine difference**. We have built the ability to reach influential people and organisations, and to bring them into work that drives lasting, 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 embeds them in our communities**, allowing them to understand social inequality in a 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** that create genuine, engaging opportunities for their employees to give back.

3. AFFECT THE ECOSYSTEM – CORPORATES, CHARITIES + COMMUNITIES

- We have **brought different organisations together to amplify the impact of their CSR days**, such as focusing their time and resources to support The Felix Project (a food distribution charity) and to provide interview practice to entire school year groups;
- We **continue to build on this, bring individuals and corporates together** to support our local community and wider society.



PILLAR 3: Cambridge University | King's College Widening Participation and Access Advisory Role



UNIVERSITY OF
CAMBRIDGE

KING'S COLLEGE
CAMBRIDGE



Cambridge University recognised icanyoucantoo as a trusted partner in **Widening Participation and Access**, inviting us to support a research and advisory project led by **King's College, Cambridge**. As the **only social mobility organisation involved**, we **convened a diverse group of alumni** whose lived experiences, educational journeys and career pathways provided valuable insight to **academics, admissions tutors and senior staff**.

Drawing on **the strength of our network, credibility and relationships**, we brought together voices that might otherwise go unheard, helping inform discussions around access, opportunity and student success. The project marked another important step in our growing relationship with Cambridge and demonstrated **the unique role icanyoucantoo plays in connecting institutions with the communities they seek to serve**.





PILLAR 3: 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

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