

# Trustees

Jon Drown (Chair of trustees) Ella Bevan Mike Price Mark Darbon Sarah Mills

# Safeguarding statement

Northampton Saints Foundation takes safeguarding very seriously. The safety and welfare of the young people in our care, and our staff, is of the utmost importance.

We ensure all our staff, and regular volunteers, undertake appropriate checks and have regular training to ensure they can carry out their role to the highest standards.

We work with our partners and service providers to ensure safeguarding is our highest priority. We are committed to taking reasonable action to ensure the safety and welfare of everyone who uses the Northampton Saints Foundation.

Charity number: 1176345







- Our Ambassadors
- 15 Our Heritage
- Our Programmes 17
- **Education Programmes** 19
- Youth Counsellor
- **Education Programmes**
- Awards & Nominations
- Foundation Awards
- Fundraising
- Partners & Grants





I want to express my gratitude for your support in 2022/23, a successful and impactful year at Northampton Saints Foundation.

The generosity of all our supporters has played an important role in positively impacting the lives of over 6,000 young people through our social inclusion and education programmes plus community projects.



The past academic year has been remarkable, our heritage projects have flourished supported by a grant from The National Lottery Heritage Fund to explore and document Northampton Saints RFC during the 1950's and 1960's era further ensuring the rich heritage of the club is not forgotten.

We were honoured to welcome Lewis Ludlam and Tom James as Ambassadors. Their invaluable experience, and ability to act as role models to our young people will undoubtedly enhance our work, and spread further awareness to create a lasting impact.

We launched our memory cafe supported by a grant from the Northampton Queens Institute fund administered by Northampton Community Foundation. Which has provided comfort and companionship for those in the local community who have memory and mobility issues, and those who feel isolated or lonely. The success of this programme has led to the expansion of our offer to care homes, fostering connections and brightening the lives of even more individuals.

We opened a new Engage hub, our sixth, in Corby helping young people in North Northamptonshire who are disengaging with education, and we moved our Milton Keynes hubs to Glebe Farm School, providing a bigger space from which to operate.

Through our 16+ programmes, more young people have gained qualifications and valuable work experience which has been supported by an incredible volume of both local and national businesses. 84% have moved on to education, training or employment.



Our <u>Saints Inside</u> programme began in 2021 and is going from strength to strength, nine programmes have been delivered in HMP Highpoint and HMP Five Wells, with 52 students passing their qualifications, showing improvement in their mental health and increasing their likelihood of employability upon release.

Finally, we experienced awards success, with the Foundation delighted to win the NNBN Charity of the Year award, testament to the hard work, commitment and dedication of our whole team. Four individuals were nominated for the annual HITZ awards, with two coming away victorious, including Shirley, our Hitz Officer, being named "Hitz Champion' for the unwavering support she provides learners.

Additionally, the Foundation received nominations for both Project of the Year (Engage) and Apprentice of the Year at the Business Excellence Awards and our Engage programme was awarded Excellence in Education at the Community Foundation Awards.

Looking ahead, I am excited about a future of further growth, developments and opportunities across all the pillars of our work. I am confident that the Foundation can achieve even greater milestones, making a difference in the lives of all those we support."

- Catherine Deans Managing Director



# OUR HISTORY THEIR FUTURE

Northampton Saints Rugby Football Club was formed, in 1880, when Reverend Samuel Wathen Wigg identified rugby as a way to channel the energies of some of the county's more troubled youngsters.

More than 140 years on, Northampton Saints Foundation continues his legacy, using the power of sport and the values of rugby to INSPIRE, SUPPORT and EDUCATE thousands of people each vear.

Our education and social inclusion programmes inspire the current generation to learn, develop new skills, increase confidence and where appropriate return to education, training or





# 1880 - 2019 2020 2021

Samuel Wathan Wigg formed Northampton Saints



Study centre formed

# 2012

HITZ programme launched

Engage programme launched 👩 at Franklin Gardens

Engage+ programme in partnership with Northampton College launched

Northampton Saints Foundation incorporated as a charity

Harry Mallinder and James Grayson announced as first Foundation Ambassadors

### **NOV 2019**

Doug Ferguson and Mel Hayward, Learning and Development Mentors win HITZ Champion award

including Tackling Health, Character and Numeracy

### **FEBRUARY**

Engage hub opens at ( Old Northamptonian's V

## JUNE

Jack Fleckney raises over £7k for Northampton Saints Foundation and achieves a new world record for Ski-Erg challenge



## **SEPTEMBER**

Founder 15 and Sponsor a Student corporate schemes launch, MPA become first Founder 15



Raised £5k at First Foundation Day (behind closed doors due to covid)



Jack Fleckney raises over £45k for Foundation taking on World Record attempt Chin-Up Challenge

Jack Fleckney named as Foundation's fourth Ambassador

### **AUGUST**

Saints Inside HMP Highpoint launched



Engage hub at Ipswich opened

Launched supporter Match-day raffle



# 2022

### **JANUARY**

Sensory Boost programme launched



Second Foundation Day took place, first with fans! £60k raised

Engage hub in Milton Keynes 👩 at Bletchley hub opened

# **AUGUST**

Tackling Heritage programme launched

### **SEPTEMBER**

Lewis Ludlam ioined as Ambassador

Saints Inside HMP Five Wells launched

Launch of Aspire programme 16+ in partnership with Northampton College

# DECEMBER

Youth Counsellor role introduced across our programmes with funding from the National Lottery Reaching Communities Fund.

# 2023

**Northampton Saints Foundation** celebrates 5 years!

### **JANUARY**

**FEBRUARY** 

Two Milton Keynes Engage hubs move to Glebe Farm



Third Foundation Day £52k raised

### APRIL

Engage hub at O Corby opened

# JULY

First Memory Cafe launched with funding from Northamptonshire Community Foundation - Queens Institute Fund.

Black, Green and Golden Age project launched, funding received from Heritage Lottery Fund

### **OCTOBER**

Tom James joins as Saints Inside Ambassador

NNBN Charity of the Year Award

### **NOVEMBER**

Shirley Hitz Champion & Hitz Academic Achiever awards

Ambassador James Grayson leaves for Japan

### DECEMBER

The Grinch panto written and directed by Ethan Waller raises £8,400 for the Foundation

### **JANUARY**

First Social Value report demonstrates in excess of £1 million of Social Value created by the work of the Foundation.

### AND...

so much more to come





Social Value Report

Key findings identified in our Social Value Report written by University of Northampton Institute for Social Innovation and Impact include the

following highlights

Successful Delivery: Northampton Saints Foundation delivers effective and consistent support to children and young people on programmes.

Positive Progression and Outcomes: Children and young people engaging with Northampton Saints Foundation experience positive progression and outcomes.

Improving Health and Wellbeing: Children and young people reported significant improvements in health and wellbeing.

**Reintegration and Positive Relationships** (Saints Inside): Saints Inside delivered positive outcomes to most learners on the programme.



**Positive volunteering:** Northampton Saints Foundation actively supported and engaged volunteers in 2022-2023. Volunteering at Northampton Saints Foundation had a positive impact on the volunteers mental and physical health.

**Varied Activities:** Northampton Saints Foundation offer children and young people a wealth of opportunities, with activities ranging from cooking and painting to trampolining and climbing. These activities whether practical or physical tend to keep young people engaged with the Foundation as well as teach them positive behaviours such as dealing with anxiety, teamwork, and discipline.

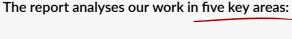
**Building Confidence:** Children and young people on all Northampton Saints Foundation programmes, as well as adults engaged on Saints Inside, reported improvements in

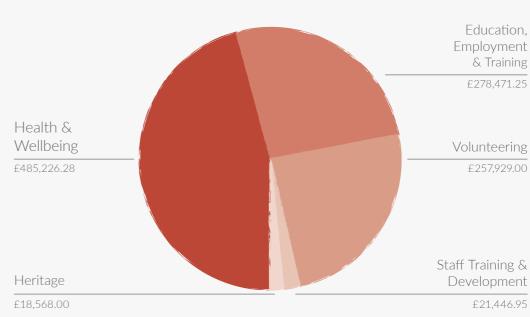
Young people who have low self-esteem or confidence benefited from attending the 16+ programme at the Foundation whilst young people on the school's programmes reported positive changes in building relationships, school and grades.

**Life and Work Skills:** Another improvement for children and young people after joining the Foundation was developing their work skills.

Visits from employers such as Barclaycard, and the module on Life Skills provided young people with the opportunity to understand how a workplace functions and what skills are needed for employment.

**Safe Space:** Children and young people participating in interviews described Northampton Saints Foundations as a safe and secure place where they can confide with the staff and volunteers.





The social impact of Northampton Saints Foundation equates to over £1,061,641.48<sup>1</sup>

Recommendations from the report have been adopted in 2023/24 and we expect this impact measure to grow significantly as we adapt our analysis and key performance indicators to give better indications of outcomes and impact.

<sup>&</sup>lt;sup>1</sup> Caution should be exercised in interpreting this figure as a proportion of the wellbeing value is based on non-validated scales.





Tom Wood Ambassador



Jack Fleckney

Ambassador



James Grayson Ambassador



Lewis Ludlam
Player Ambassador



Tom James
Programme Ambassador

I've really enjoyed getting involved with the Foundation and being a part of the Saints Inside programme. I've always thought it's so important to try and give back to a community which is so supportive of the Saints. It's been great to see prisoners getting the opportunity to direct their energy and efforts into something so positive. I've found it really rewarding being able to offer insight to these guys on how we train as professional athletes at Saints".

- Tom James

3



On 15th October 2022, a special reunion took place at Franklin's Gardens as 26 members of the Wigg family joined us to watch Northampton Saints play, whilst remembering their ancestor and founder of the club, Reverend Samuel Wathen Wigg. The Wigg family have entrusted the Foundation's Heritage team with their invaluable family archives, ensuring the club's origins and Reverend Wigg's legacy is preserved for generations to come.





# Black, Green and Golden Age of Northampton Saints

In June 2023, we were delighted to have been awarded a two-year grant through the National Lottery Heritage Fund, to research, explore and document



Northampton Saints during the 1950s and 1960s, a period of success and development for the club.

This project has breathed new life into this era of the club's history by capturing stories and anecdotes through interviews, recording oral histories and group reminiscence sessions with past players, key committee members as well as supporters from the era.

It has also enabled us to invest in the correct equipment, systems and preservation materials to correctly digitise, catalogue and archive memorabilia in our collection, safeguarding the items for future generations and so it can be easily shared digitally.

At the end of the project in June 2025, we aim to have a wider audience engaged with our heritage, a team of at least 30 volunteers engaged and upskilled, and a range of educational and exhibition materials to celebrate this era of the club's legacy for years to come.

You can't help but wonder just what he would make of it all 142 years later and come to the conclusion that he'd be very proud to see what had become of his Improvement Class"

-Club Historian Graham McKechnie

# Memory Cafe

July 2023 saw the launch of our first Memory Café, made possible by grant funding provided by the Northampton Queen's Institute Fund, administered by Northampton Community Foundation.

Our memory cafes offer a safe space to enhance the personal wellbeing of people within the community who have memory or mobility issues, or those who feel isolated or lonely. The sessions are delivered every month at cinch stadium at Franklin's Gardens, supported by a wonderful team of volunteers, and cover a range of topics for conversation as well as physical activities.



The world of dementia is incredibly lonely and without groups such as yours, the feeling of isolation is not only terrifying but completely overwhelming. Your staff and volunteers really work hard to make this such a fantastic experience.

You are really doing a fantastic thing here and each month that we have returned, it's been like returning to a group that we've known for years, so, thank you to you and your team for always making us so welcome and making the whole experience uplifting."

- Christine & Neale

15

Our Heritage

The Foundation has a

dedicated heritage team

that focuses on preserving,

protecting, and celebrating the

history of Northampton Saints.

Over the past academic year,

we have been working on

projects including;

**Our Programmes** 

# EDUCATION PROPERTIES SUPPORTED

The Foundations education programmes serve as valuable additions to a school or alternative setting's curriculum, aiming to enrich students' school experiences supporting the physical, social and emotional development of children.

The goal is to minimise the likelihood of exclusion or disengagement from education. suported by





**Education Programmes** back to contents

# ()UR PROGRAMMes

Click here to see all of our programmes on our website



# **Foundations of Writing**

Intervention programme designed to develop, work on or introduce key fine and gross motor skills for young people to become successful and confident writers.



# **Values**

Incorporates the core values of the Foundation and the power of sport through innovative classroom and practical multi-sport sessions.

Aims to build character in its participants, improve their interaction and communication skills, whilst also encouraging positive self and social behaviours.



Targeting three themes - Tackling Health, Character and Numeracy, these programmes use the power of sport and the values of rugby, to inspires the current generation to learn, get active and discover their inner champion to help grow their self-esteem, raise their aspirations and achieve their potential.

# **Tackling Heritage**

Northampton Saints are a club steeped in heritage which we share through our engaging and interactive education programmes.

They cover both local area and world heritage and boast strong curriculum links to World Wars and Black History Month.



# **Sensory Boost**

A sensory circuit experience, which aims to support young people in their cognitive, social and emotional development helping to develop communication, self-awareness and self regulate own thoughts and feelings.

# **Care Homes**

Due to the success of our ongoing memory cafés, the Foundations Education staff have began taking our practical based activities into care settings, to encourage exercise, promote enjoyment and stimulate brain activity. These sessions have been great fun and are proving popular. We look forward to increasing our support for these settings.

"The Foundation of Writing programme was so much more than just a writing programme for us.

It provided our students with activities which supported their engagement, problem solving, confidence, communication and social skills. We saw high levels of engagement from pupils of all levels and their staff knew just how to get the best out of each child."

> - Middle Leader. Special Needs 3-19 School



"I cannot praise the Heritage Programme enough. It is a fantastic scheme which the children love and are all fully engaged in.

It works so well because they learn about local history, take part in practical activities both in and out of the classroom and play rugby learning how the game was invented through to today.

Even with rugby aside, it's taught them so much in terms of resilience, teamwork, determination and respect and I can't recommend it enough".

- Xana Maruzza, Lings Primary School, Teaching Assistant, Support Staff "The sensory room was a brilliant hit. The lighting, activities provided, and sensory elements were perfect. They loved the sensory tools. The lesson was structured perfectly for the ability of all our children.

They were so happy and the staff were brilliant at encouraging them and showing them how to engage in various tasks"

- Class Teacher, Billing Brook School



# The data below shows the impact across the academic year for our young people.



Direct support and casework began in January and throughout the last academic year there were many stories of success, including Skye going on to win a national HITZ award, and Vicky being recognised in our internal student awards.

Both young people had overcome significant adversity outside of the Foundation, were able to make full use of the therapeutic support offered to them and go on and complete their course.



The Youth Counsellor role was incorporated into Northampton Saints Foundation in December 2022 with the focus being 1:1 support for our young people on programme, as well as support for staff through training and upskilling them around the area of mental health and wellbeing.





58 hours of 1:1 therapeutic support within hubs of therapeutic support outside of hubs 11+ hours (Schools, home visits, community settings) of informal 1:1 support 20+ hours (ad hoc conversations within hub settings) Co-Planning and delivering Memory Café Sessions 12 hours which included design input from young people as well as volunteer support in a number of sessions.

attended 1hr thematic group works: topics such as 28 Young People sleep hygiene, stress awareness and mental health awareness.

Of the young people supported, and using the Outcome Rating Scale (ORS) and Session Rating Scale (SRS):

100%

of young people reported improvements in their relationships and overall sense of wellbeing.

100%

of young people reported that they felt listened to in the sessions and that they were working on what they felt was important.

# Social Sight Sight Engage

old, who are disengaged from need of additional support, to Farm school. regain control of their academic pathway.

Engage uses the values of rugby The programme operates across to inspire, support and educate six hubs, with the opening of young people aged 7-16 years the Corby hub in April being the newest location and the Milton mainstream education and in Keynes hubs relocated to Glebe

See more on our website













# 2022-2023 academic year

5,076 sessions



**85%** 170 of young people on Engage made positive progressions

In June, Engage expanded to Corby with the goal of providing increased support to young individuals in North Northamptonshire.

The occasion bought together local schools, the Mayor of Corby, Councillor Leanne Buckingham, Northamptonshire Police and Crime Commissioner Stephen Mold, and the Foundation's Ambassador, Jack Fleckney.

Jack successfully raised £45,000 through a World Record attempt in 2021, contributing to the hubs opening.

# cinch | Allen Ford

Thank you to cinch who provided the Foundation with additional vehicles which transport young people to their social and development activities







**Education Programmes** back to contents

# 101 Programmes

# Student Passports

We updated our student passports for 2023/24 academic year, now using the Warwick-Edinburgh Mental Wellbeing scale which facilitates the assessment of mental wellbeing, as well as assessing initiatives, schemes, and policies designed to enhance mental wellbeing.

Used across our Engage and 16+ programmes, our passports serve check-ins between staff, referrers and students, giving opportunities to discuss their mental wellbeing, progression on the programme, address concerns and make any necessary adjustments to the plan.



The 2022/2023 academic year saw the Aspire programme launch, for young people aged 16-19, in partnership with Northampton College. The programme supports young people with the key skills and

qualifications they need to improve their employability. Learner's work towards Level 2 Employability and GCSE Maths and English, supported by Foundation tutors in small classes.



Learners completed Level 2 employability



hours of work experience completed

"I don't know what I would have done without the Foundation"

-Bailey









Engage+, in partnership with Northampton College, is designed to support individuals who require additional learning support or are at risk of not being in education, employment or training (NEET).



Founded in October 2017 with the support of Always a Chance, the programme works with students who are currently enrolled at Northampton College, with the aim of increasing self-esteem, selfawareness and improving their employability skills.



Now in it's 15th year, HITZ is an award-winning education and employability programmes dedicated to supporting young people to make positive life changes and giving the chance for a positive future.

Learners study a City and Guilds Level 1 Employability qualification covering topics that aid preparation to work and take part in a range of work experience and enrichment opportunities



learners completed



hours of work experience completed

In partnership with Premiership Rugby and YMCA, the programme uses the power of sport and the values of rugby to develop the personal confidence, self-assurance, life, and employability skills of young people aged 16-19.



young people engaged with a 93% completion rate



(education, training or employment)



passed their functional skills exams

"You helped him do the hardest bit, get out of the door and meet new people, he's certainly in a better frame of mind than he was when we met".

-Mother of a young person







Education Programmes back to content

# 16+Highlights



Learners helped refurbishment Long Buckby RFC supported by Volunteer it Yourself gaining an entry Level 3 Painting & Decorating and Health & Safety qualifications.



Helped transform the Barclaycard Community Garden



Attended a Barclays Life skills workshops focusing on CV and Interviews



Supported Northampton Saints hospitality team pre and post event/ match and conferences



Supported the Dodderidge Centre with organising clothes donations and event organisation for the centre



Students volunteered during Foundation Day, helped with various jobs around HQ and volunteered for fundraising duties



Education Programmes back to contents

# SAINS — the support you feel that forgotten. SISSE — the support you feel that forgotten.

Highlight of the course, I think the two occasions where people coming from the outside (Jack Fleckney and the players).

— the support they give, it makes you feel that you are not completely forgotten.

O.S



The Saints Inside programme incorporates both .

Northampton Saints Foundation and rugby's own core values through classroom and physical activity to reduce reoffending within UK prisons.

At Northampton Saints Foundation we believe education and training in prisons play a key role in improving the mental health and the employability of prisoners upon release.

Saints Inside gives participants the opportunity to increase their confidence, become productive and learn new skills to reduce criminality, isolation and help change their lives for the better by providing skills and a qualification that can be used upon release.

See more on our website



obviously we are in prison, but it gives you a sight on but it gives you a sight on what is possible. The course is what is possible a lot with wicked it's helped a lot with my mental health and my way of thinking.

New skill developed, everything to do with the level 2, I feel like I have come out of myself from that before. I wanted to be in every day.

You are actually working towards something.

# Since it started in 2021

9

programmes
delivered within
HMP Highpoint and
G4S HMP Fivewells

91

completed & passed their qualifications

# Achievements FROM SEPT 2022 TO JULY 2023

42

students
completed and
passed their
qualifications

Completed our first programme alongside the Level 3 Personal Trainer Qualification.

A group of

10

passed their qualification, alongside further development of their rugby skills, professional skills and values.

# Looking ahead

The Foundation continues to work with new cohorts with ...

6

cohorts scheduled for 2023-2024

I've got a bigger understanding on all l've got a bigger understanding on all aspects of the gym, professionalism, seeing able to talk to more people.

# back to contents

# HITZ Awards

**NNBN** 

Charity of the year

Winner



**Community Foundation Awards** 

Excellence in Education

Winner



# **Business Excellence Awards**

Community Project of the Year Apprentice of the Year

Finalist Finalist



HITZ Academic Achiever Award

**HITZ Champion Award** 

Skye

Winner Shirley

**Physical Activity Award** 

Runner up Mason

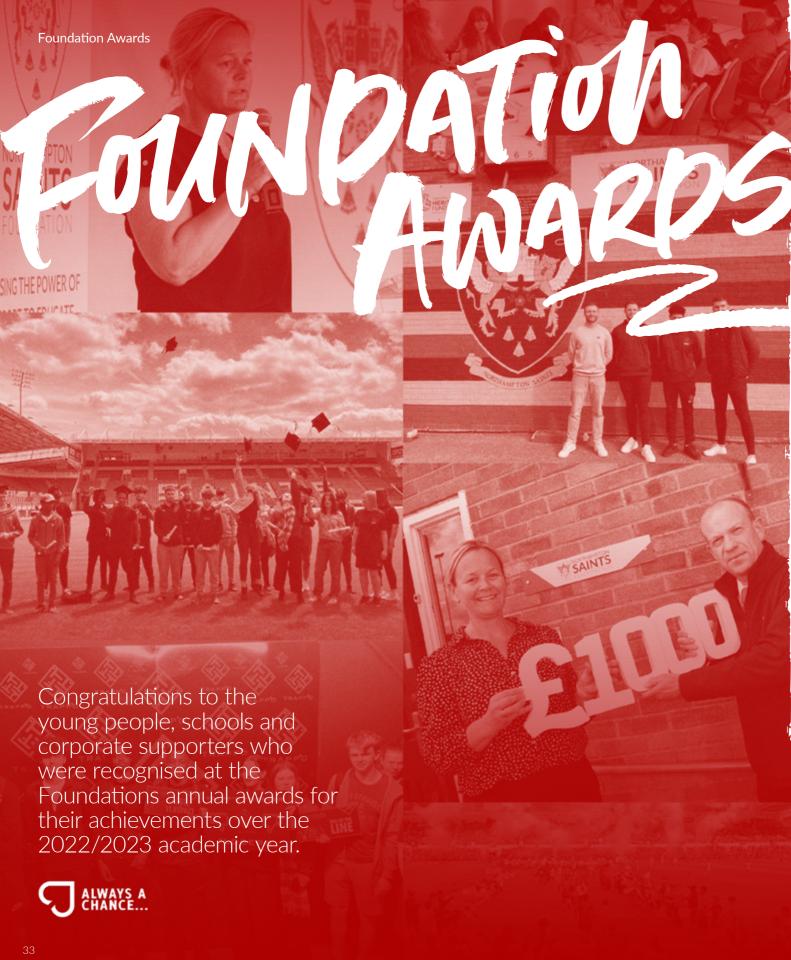
Young Achiever Award

Bayleigh Runner up





The Foundation were recognised for their outstanding contributions and unwavering commitment to young people and the community over the past academic year, with several award wins and nominations.



# 2022/23 Award Winners

sponsored by Always a Chance



# Employee of the year

Shirley Lynch - HITZ Officer

# **Contribution Award**

**WHP Creative** 

# Engage programme

Foundation Values award Natalia

Progression award Logan

Student Achievement award Alfie

# **Engage+ & Aspire Programme**

in partnership with Northampton College



Foundation Values award Filip

Progression award Angel

Student Achievement award Chelsie-Lily

# **HITZ Programme**

in partnership with Premiership Rugby and YMCA



Foundation Values award Reginald

Progression award **Bayleigh** 

Student Achievement award Vicky

# **Education programme**



School of the Year **Rowan Gate Primary School** 



Class of the Year **CAMHS Activate Group** 

Student of the year Mason

Thank you award Heledd



Corporate donations

£83,000

**Events and Sponsorship** 

£69,000



Thank you to everyone who fundraised for the Foundation over the past year, your donations ensure the Foundation can continue making a difference to the lives of people in the community.

Here are just some of our supporters stories



Paula Carter ran 150 miles in December 2022 in aid of the Foundation raising £1,183

"Recently introduced to the great work that this charity does to support vulnerable people, I couldn't help but be struck by the enthusiasm and genuine care that the Foundation's Ambassadors have for their work.

This year's charity of choice was an easy decision for me. Hearing the issues of the children who attend the Hubs is both eye opening and heartbreaking.

As a mum of 3, by putting one step in front of the other, it's the very least I can do to help raise funds for this amazing charity".



David raised £1,443 by biking 984 miles from Lands End to John O-Groats



Spencer raised £885 by running the virtual marathon



Kellie raised £580 by running the virtual marathon

**Fundraising** back to contents



A team of golfers have raised £14,000 in aid of the Foundation through a charitable golf day held at Northamptonshire County Golf Club, sponsored by Hawthorns Northampton Retirement Village.

Raising such a significant sum for the Foundation meant we can continue our work to create an infrastructure of skills, people, resources, and facilities that means we can continue the vital work we do with people within our community.

# £14,000 can cover either:

85% travel costs of Engage this year

100% food and drink provided to young people on Engage

**30%** activity costs that we provide to the young people as part of the bespoke programme to enrich their lives, and work with us to make a change

This contribution is significant to ensuring our young people's experience is positive, successful and delivers results. We could not do what we do without people like this giving up their time to organise and execute events like these, from all of us at Northampton Saints Foundation, a huge thank you to all our fundraisers.



Foundation employees raise £3,425 by taking part in the virtual marathon



**Approved Business Finance**, a long term charity partner of Northampton Saints Foundation, have continued their strong relationship by holding a fundraising golf day and gala dinner, raising £15,000.



Lycetts golf day raises £1,000



A doughnut created by a Foundation student raised £333.25 whilst on sale, in December, at Butterwick Bakery to help raise money for the Foundation.



Thank you to Barclays whose dinner raised £10,000

Northampton Saints Foundation are delighted their third Foundation Day, raised £52,385. Thank you to Approved Business Finance and MPA, our headline partners and everyone who donated before, during and after the game.

The day saw Northampton Saints players wear Foundation branded warm up shirts, an exciting half time activation, raffle and auction.







Matchday total raised

Foundation Day total raised

£99,988.94 £52,385.00

Partners & Grants
back to contents



We are incredibly grateful for the support of our corporate partners, who help us to broaden the horizons of our young people and add so much more to the work we do.



This past year, we had 19 grants awarded, totalling £204,000 raised to support Heritage, Social Inclusion and Education.

Huge thanks to the following











National Lottery Heritage Fund









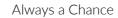
Edith Murphy Foundation

Openwork Foundation









Youth Justice Sport Fund

Dennis Alan Yardy Charitable Trust







Rexona Breaking Limits
Programme

Moth in a China Shop

Big Local Fund – Growing Together Northampton







Northamptonshire Sport

Northampton PFCC

National Lottery Reaching Communities Fund







Funding from Suffolk Community Foundation through Suffolk Police & Crime Commissioner's Fund

support Northampton Saints Foundation, visit:
northamptonsaintsfoundation.org





