



Impact Report

2023 - 2024

Trustees

Jon Drown (Chair of trustees)
Ella Bevan
Mike Price
Mark Darbon
Stephen Etheridge
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.

All staff and regular volunteers undergo thorough checks and receive ongoing training to ensure they are fully equipped to carry out their roles to the highest standards. We also work closely with our partners and service providers to maintain a shared commitment to safeguarding.

We are dedicated to taking every reasonable step to ensure a safe and supportive environment for everyone who engages with the Northampton Saints Foundation.

Charity number: 1176345



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Our Year



As we reflect on the past academic year at Northampton Saints Foundation, I extend my deepest gratitude to everyone who has supported us throughout 2023/24. Your generosity and commitment have been pivotal in helping us achieve remarkable milestones and positively transform the lives of over 7,600 people through our social inclusion initiatives, education programmes, and community projects.

This year has been nothing short of extraordinary. Through a National Lottery Heritage Fund grant, our heritage initiatives flourished, uncovering and celebrating the rich history of Northampton Saints RFC in the 1950s and 1960s. These projects ensure the legacy of our club remains a source of inspiration for future generations.

We were honoured to have Tom Wood, James Grayson, Lewis Ludlam, and Tom James as ambassadors this year. Their involvement and leadership have served as powerful examples for the young people we work with, enhancing our programmes and expanding their impact.

Our Memory Café programme, supported by the Queens Institute through Northampton Community Foundation and Caretech Foundation and a dedicated team of 16 volunteers, continues to grow, tackling loneliness and social isolation within our community. This year, we saw 208 participants attend Memory Café, its success enabled an expansion into care homes, bringing its transformative impact to even more individuals.

The opening of our sixth Engage Hub in Corby marked a significant step forward in our efforts to support young people in North Northamptonshire who are disengaged from education. This year, Engage reached 237 young people — a remarkable 18% increase from last year — delivering over 5,700 sessions across Northamptonshire, Milton Keynes, and Ipswich. Working with over 90 schools, the programme has been instrumental in reducing permanent exclusions and helping young people re-engage with their education.



Our post-16 programmes have also seen significant achievements. This year, 56 young people earned accredited employability qualifications through Aspire, Engage Plus, and HITZ. These programmes provided participants with opportunities to explore 10 different industries, supported by partners including Barclays, Bearwood Engineering, Delapré Abbey, Travis Perkins, and Northampton Saints RFC. Over 725 hours of work experience were completed,

equipping young people with vital skills and confidence for their future. We celebrated their achievements with a special graduation day, marking the end of another successful year.

Our Saints Inside programme continues to make a profound impact. Since its launch in 2021, it has grown significantly, delivering nine courses across HMP Highpoint and HMP Five Wells this year. With 72 students earning qualifications, the programme has shown tremendous success in improving mental health and employability for participants, helping them rebuild their lives upon release.

As we look ahead, I am filled with enthusiasm and hope. The opportunities for growth and innovation across all areas of our work are immense. With your continued support, I am confident that the Northampton Saints Foundation will achieve even greater milestones and transform more lives in the years to come.

Thank you for being an integral part of this incredible journey.



Warm regards,
Jon Drown
Chair of Trustees,
Northampton Saints Foundation

OUR HISTORY THEIR FUTURE

Founded in 1880 by Reverend Samuel Wathen Wigg to guide troubled youth through the spirit of rugby, Northampton Saints Rugby Football Club began a legacy that thrives today.

Over 140 years later, Northampton Saints Foundation carries this mission forward, using the transformative power of sport and rugby's core values to inspire, support, and educate thousands annually.

Through our education and social inclusion programmes, we empower individuals to build confidence, develop skills, and embrace new opportunities, helping them find their path to education, training, or employment.

[Click here to find out more](#)



Giving every person
the chance for a
positive future.



INSPIRE



SUPPORT



EDUCATE



Our History

1880 - 2019 → 2020 → 2021 → 2022 → 2023 → 2024

1880
Samuel Wathen Wigg formed Northampton Saints



2003
Study centre formed

2012
HITZ programme launched

2015
Engage programme launched at Franklin's Gardens

2017
Engage+ programme in partnership with Northampton College launched

2018
Northampton Saints Foundation incorporated as a charity

2018
Harry Mallinder and James Grayson announced as first Foundation Ambassadors

2019
Doug Ferguson and Mel Hayward, Learning and Development Mentors win HITZ Champion award

JANUARY
Relaunched education programmes including Tackling Health, Character and Numeracy

FEBRUARY
Engage hub opens at Old Northamptonian's

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



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



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

JULY
Jack Fleckney named as Foundation's fourth Ambassador

AUGUST
Saints Inside HMP Highpoint launched



SEPTEMBER
Engage hub at Ipswich opened

Launched supporter Match-day raffle



JANUARY
Sensory Boost programme launched



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

APRIL
Engage hub in Milton Keynes at Bletchley hub opened

AUGUST
Tackling Heritage programme launched

SEPTEMBER
Lewis Ludlam joined 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.

Northampton Saints Foundation celebrates 5 years!

JANUARY
Two Milton Keynes Engage hubs move to Glebe Farm

FEBRUARY
Third Foundation Day £52k raised

APRIL
Engage hub at 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 received 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.

MARCH
Foundation Day £60,644 raised

APRIL
Green Game - Sustainability

1706 students participate in Sustainability Assemblies, in partnership with Northampton Saints "Green Game" Fixture

MAY
Courtney Lawes & Ethan Waller announced as Ambassadors.

JULY
Annual Foundation awards, recognising and celebrating student and staff achievements

SEPT
Launch partnership with Tresham College - Corby / Wellingborough

OCTOBER
Kettering Hub opening

DECEMBER
Reading Champions Launched

Our Ambassadors

This academic year, we were thrilled to have long standing ambassador Tom Wood, Player ambassador James Grayson and Lewis Ludlam and Tom James serve as Programme Ambassadors.

Their invaluable support as role models enabled them to share their experiences, skills, and advice, offering guidance and inspiration to those participating in the Foundation programmes.

As James and Lewis's tenure concludes, they have passed the ambassador baton to Ethan Waller and Courtney Lawes, ensuring the continuation of this impactful work.



Tom Wood

Ambassador

“ As an ambassador for this amazing foundation, I'm proud to help spread the word about the important work we're doing.

It's all about raising awareness, supporting those who need it, and bringing people together to make a real difference.

This cause means a lot to me, and I'm so grateful to be part of something that's changing lives. Let's keep working together and making an impact!”

- Tom Wood



Tom James

Programme Ambassador

“ As a program ambassador, I get to work directly with our students, and it's honestly the most rewarding experience.

Seeing their growth, hearing their stories, and being part of their journey is so inspiring.

Every day, I'm reminded of the impact we're making together, and it pushes me to do even more. I'm so proud to be part of a program that empowers students and helps them reach their full potential.”

- Tom James



Ethan Waller

Ambassador

“ As an ambassador, I'm passionate about rallying support for this incredible cause. It's amazing to see how generous and committed people can be when they understand the difference we're making.

Every pound raised brings us closer to creating opportunities and changing lives, and I'm so proud to play a part in that. Together, we're proving that a little effort can lead to a huge impact!”

- Ethan Waller



Courtney Lawes

Ambassador

“ As an ambassador raising awareness from afar, I'm deeply passionate about supporting this foundation's incredible vision. Even from a distance, I've seen the impact of the work being done, and it inspires me every day to share the ambition with as many people as possible.

Our ambition to create meaningful change drives everything we do, and I'm honoured to be part of spreading that message and making a difference wherever I can.”

- Courtney Lawes

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 the following projects;

northamptonsaintsfoundation.org/heritage



Cataloguing, Digitising and Archiving

With the support of our dedicated volunteers, we have implemented a cataloguing and archiving system, whilst digitising our archive. This ensures that our heritage collection is safeguarded for generations to come, as well as accessible.

This is an ongoing project, and we look forward to developing and sharing this area of our work.

Black, Green and Golden Age of Northampton Saints

In June 2023, we started a two-year project named the Black, Green and Golden Age of Northampton Saints, focusing on the 1950's and 1960's era of the club's history.

To date, 26 volunteers have given over 1250 hours of their time to project, working on a range of tasks such as researching the era, digitising and cataloguing over 1500 items of memorabilia and recording over 15 hours of oral histories with past players.

It has been wonderful to interact with past players and supporters, and discover stories from this period at the club and the people that were involved at the time – many of them sadly no longer with us.

We will celebrate their memories, everyone involved at the end of the project and our findings through a range of events and exhibitions in Spring / Summer 2025.



Memory Cafe

We launched our first memory Cafe in July 2023 with an initial grant from Northamptonshire Community Foundation and continues to run thanks to funding from the Caretech Foundation.



Our memory cafe enhances 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 dedicated team of 16 volunteers, and cover a range of topics for conversation as well as physical activities.



VOLUNTEER FEEDBACK

"The memory cafe is full of prompts to evoke memories and encourage the participants to engage in conversation with the volunteers and each other. There is a lot of fun and laughter, and everyone leaves with a smile on their face, including the volunteers. It offers a safe space for family members/ carers of those suffering with memory loss to chat/share with others who understand the difficulties and challenges they may be facing.

The memory cafe is a very positive, fun filled and happy experience that can be shared by all who attend and are involved."

- Carol, Volunteer

PARTICIPANT FEEDBACK

"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

VOLUNTEER FEEDBACK

"I originally volunteered because being recently retired, I wanted to help with a worthy cause. When I saw the details of the Memory Café, I thought it would be perfect as I've been a Saints season ticket holder for more than 30 years, and both my parents had, or have Alzheimer's.

Giving up a few hours of my time each month is a small price to pay for the benefit I can see these sessions bring to all the attendees. I am proud to play a very, very small part in the excellent work being done by Northampton Saints Foundation"

- Jackie, Volunteer

"How wonderful it is to be valued almost 60 years after hanging up my rugby boots."

- John Shurvinton #1275

The Pillars of Delivery



PHASE 1
Education

Education **4 - 104 years old**

- Intervention programmes within a school, alternative provision or care home setting
- Focuses on character, communication and positive social behaviours



PHASE 2
Inclusion

Social Inclusion **7 - 16 years old**

- Mental health issues, attainment challenges, behavioural problems and traumas
- Social and emotional development opportunities
- Addressing their needs and challenges
- Reintegrate back into full time education/employment



PHASE 3
Employability

Employability **16+**

- Accredited Qualifications
- Employability Skills
- Enrichment and Life Skills
- Reduce NEET (not in education employment or training)



PHASE 4
Specialist Services

Saints Inside **18+**

- Developing skills and confidence
- Qualifications
- Employability
- Reduce reoffending



Passports

For the 2023/24 academic year, we updated our student passports to include the Warwick-Edinburgh Mental Wellbeing scale. This scale helps assess mental wellbeing and evaluates initiatives, schemes, and policies aimed at enhancing mental health.

Implemented across our Engage and employability programs, our passports act as

a communication tool for regular check-ins between staff, referrers, and students.

They provide opportunities to discuss mental wellbeing, track progress, address concerns, and make any necessary adjustments to the plan.

Within education, we also use validated scales which use the distance travelled for cohorts via PIRLS, 2016, student sense of belonging scale.

EDUCATION PROGRAMMES

The Foundation's education programs offer valuable enhancements to both traditional school curricula and alternative learning environments, aiming to enrich students' academic experiences while supporting their physical, social, and emotional development.

Our goal is to mitigate the risk of exclusion or disengagement from learning. We are also committed to supporting nine care settings, where we foster positive well-being through activities that promote physical activity, stimulate cognitive engagement, and inspire joy.

supported by



The
WILSON
FOUNDATION

187

individual programmes delivered

40

different settings

2,600

hours delivered

7,014

people supported

EDUCATION PROGRAMMES

[Click here to see more information on our programmes on our website](#)



Foundations of Writing

Tackling Heritage

A targeted intervention program focused on developing, enhancing, or introducing essential fine and gross motor skills, empowering young people to become confident and successful writers.

Northampton Saints is a club rich in heritage, which we preserve and share through engaging educational programs, talks, assemblies, and workshops.

Within the 23/24 academic year, we have...

These initiatives highlight both local and global history, with strong connections to the World Wars and Black History Month within the curriculum.

Champion Programmes

Focusing on three key themes Health, Character, and Numeracy these programs harness the power of sport and the core values of rugby to inspire the current generation.

They encourage learning, active lifestyles, and self-discovery, empowering participants to build self-esteem, elevate their aspirations, and reach their full potential.

GRANTS SUPPORTED EDUCATION:

- Wilson Foundation
- The Thomas and Rosemary Greenhalgh Trust



Within the 23/24 academic year, we have...



delivered **10** programmes

across **118** hours to

330 young people.

Within the 23/24 academic year, we have...

delivered **2** assemblies,

4 full day workshops,

10 stadium tours

across **49** hours to

485 people.

delivered **10** programmes

across **170** hours to

570 young people.

Care homes

Building on the success of our ongoing memory cafes, the Foundations Education staff have begun bringing our hands-on activities into care settings to promote exercise, enjoyment, and stimulate brain activity.

These sessions have been highly enjoyable and are gaining popularity.

We are excited to expand our support for these settings.

Within the 23/24 academic year, we have...

delivered **38** programmes

across **44** hours to

705 individuals.

Sensory Boost

A sensory experience designed to support young people's cognitive, social, and emotional development, helping them enhance communication, self-awareness, and the ability to regulate their thoughts and feelings.

Within the 23/24 academic year, we have...

delivered **30** programmes

across **340** hours to

790 young people.

PE Curriculum Delivery

We have started offering high quality, inclusive, and flexible PE curriculum lessons for all settings, including Primary, Secondary, SEND, and alternative provisions, supporting all key stages.

Within the 23/24 academic year, we have...

delivered **19** programmes

across **463** hours to

720 young people.

Values

Integrates the Foundation's core values with the transformative power of sport through innovative classroom and hands-on multi-sport sessions.

The programme is designed to foster character development, enhance interaction and communication skills, and promote positive self-awareness and social behaviours among participants.

Within the 23/24 academic year, we have...

delivered **48** programmes

across **1,360** hours to

1,373 young people.

FEEDBACK

"All values programmes have been absolutely brilliant and the kids as well as staff have been so pleased with the delivery of sessions and the friendliness of the staff you are sending over.

I love this cohort and it's great to see kids who do not really get a chance to try or shine, really excel through this programme."

- Maia

FEEDBACK

"Having the Foundation's support these past 3 years has been so valuable for the many students who have benefited. (by my calculations in the region of 130 students!!)

Being a values based school the way in which the programme is delivered, the language used and ethos behind it all really compliments what our children are learning day to day.

It reinforces this through sport and fun which makes it memorable, meaningful and impactful.

The adaptive teaching approaches (dependent on the group needs) are evident and has meant that in our more recent referrals we have targeted some of our more vulnerable pupils this last academic year.

We wouldn't have done this without being absolutely confident in the Foundation's skillset, compassion and dedication in getting it right for those groups.

No one group feels the same and the coaches are always creative and enthusiastic, the children gaining these opportunities talk about it during and after their experiences.

We really hope this partnership can continue and we cannot thank the team behind it all enough for their hard work and commitment."

- Jo

SOCIAL INCLUSION

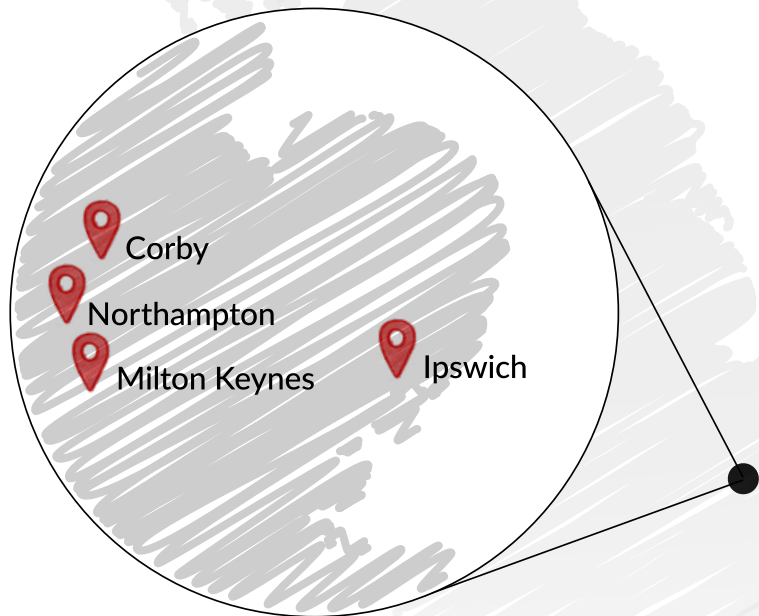
Engage

Engage uses the values of rugby to inspire, support and educate young people aged 7-16 years old, who are disengaged from mainstream education and in need of additional support, to regain control of their academic pathway.

The programme operates across six hubs throughout Northamptonshire, Milton Keynes and Ipswich.

Within the 23/24 academic year, we have...

- Over 5,900 sessions delivered
- Working with 238 young people across the programme
- Working with 97 schools across the provisions
- 92% positive progression across the programme



Grants supported Engage:

Suffolk Community Foundation, through Suffolk Police & Crime Commissioner's Fund, Corby Borough Council, Northamptonshire PFCC, Edith Murphy Foundation, Beyond Sport - Rexona Breaking Limits Programme, Always a Chance, Integrated Care Northampton, Wooden Spoon, Moth in a China Shop

The Corby Hub saw a huge demand with the ever growing need for supporting young people who are disengaged with education. This has brought plans into place to open another hub in the next academic year.

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

cinch Allen Motor Group



"My daughter is currently attending your foundation programme twice a week.

It has changed her life and given us as a family more hope for the future."

- Parent of an Engage student

"I can't speak highly enough of you and the team for everything you have done for Pupil A to help him with his social and communication skills.

This is proven by the fact he wants to be in school full time, is engaging with his peers and is enjoying being back in education."

- SENCO at a Secondary School

GRANTS SUPPORTED EMPLOYABILITY:

- Henry Sale Foundation
- Beyond Sport - Rexona Breaking limits Programme

EMPLOYABILITY (FROM 16+)

Aspire

Aspire, in partnership with Northampton College, is a programme designed to support young individuals with the key skills and qualifications they need to create a positive pathway.

The Aspire programme is ideal for young people, aged 16-19, looking to gain their Level 2 Certificate in Employability, GCSE Maths and English.

The course sees the delivery of accredited units supporting the journey to work alongside the opportunity to take part in a range of enrichment and work experience opportunities from painting and decorating and barista training, earning additional qualifications to improve employability.

The Foundation welcomes a number of partners and special guests, throughout the year, to deliver motivating workshops covering goal setting and local businesses who create awareness of the many sectors and opportunities available.



24 Young People have completed the programme in the academic year of 23/24

92% positive progression of young people going into either education, training or employment

"I was about to give up with education as my grades were bad and there was not really any courses for me, with the help of the Foundation and Northampton College things are much more positive".

-Young person on Aspire programme



16+ HITZ

The 2023/24 academic year marked HITZ's 15th year of empowering young people from diverse backgrounds. HITZ, an award-winning education and employability programme, helps young people create positive life changes and build brighter futures.

In collaboration with Premiership Rugby and YMCA, the programme harnesses the power of sport and rugby's core values to strengthen personal confidence, self-belief, life skills, and employability in 16-19-year-olds.



"Can I just say that his time at the Foundation, he has gained more confidence and now believes in himself. College is now going well, and I believe that is down to the Northampton Saints Foundation building him up. We can't thank the Staff enough for what they have done. We will always be grateful".

-Mother of a Student

100% functional skills pass rate was achieved

ENGAGE+

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).

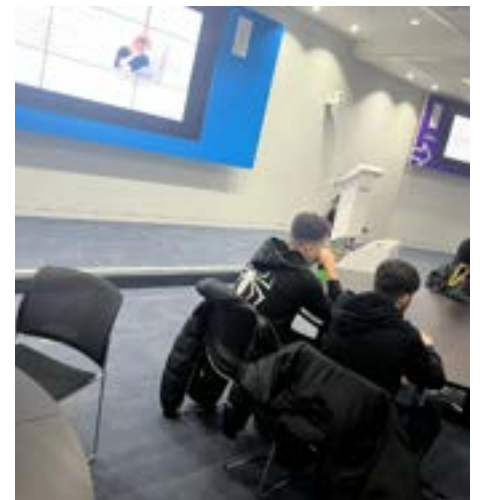
Founded in October 2017 with the support of [Always a Chance](#), the programme works with students who are currently enrolled at Northampton College, with the aim of increasing self-esteem, self-awareness and improving their employability skills whilst aiming to achieve Functional skills in Maths and English.

Learners are able to gain a City and Guilds Level 1 Certificate in Employability covering topics that aid preparation to work and take part in a range of work experience and enrichment opportunities.



10 Young People have completed the programme in the academic year of 23/24

100% positive progression of young people going into either education, training or employment



EMPLOYABILITY

ANNUAL HIGHLIGHTS

The Employability Department has achieved remarkable growth in fostering work experience and opportunities for young people, engaging 10 industries across the year. Highlights include:



Collaborations and Projects

- Delapre Abbey's Christmas Fayre: Supported planning and setup, providing students with hands-on event management experience.



- Career Workshops and Flavour Days: Engaged students with Foundation supporters Bearwood Engineering and Ocee Design for sector-specific insights.
- Inclusion Hub Project: Partnered with LCS Cleaning Services for a three-week practical project integrating health and safety lessons with commercial cleaning at Northampton Saints' Inclusion Hub.



Workshops and Volunteering Initiatives

- Barclays LifeSkills Workshops: Delivered engaging CV and interview preparation sessions.
- Barclays community garden project



- Event Support: Assisted Northampton Saints' hospitality team pre- and post-match and conference events.



- Foundation Day Volunteering: Students actively supported HQ operations and fundraising initiatives.

Enrichment Activities for 16+ Students

- Goal-Setting:
 - Hosted Seek, Strive, and Conquer workshop by Jack Fleckney.
- Workshops with Industry Experts:
 - Fraud & hacking awareness workshop



- Apprenticeship career talk with Travis Perkins during Apprenticeship Week.
- Mock interviews and financial education with Metro Bank.
- Social media awareness workshops supported by Northampton Saints RFC.
- Wellness and Physical Activities:
 - Mental health awareness, sleep hygiene, and stress management workshops.
 - Weekly boxing sessions with Dom Felix.
 - Sport and physical activities at cinch Stadium at Franklin's Gardens.

- Exciting Opportunities and Insights:
 - British Army intelligence and logistics workshop, including hands-on intelligence tasks.



- Go-karting activity for team building and skill development.

These initiatives underscore the department's commitment to equipping young people with the skills, knowledge, and confidence to thrive in the workforce while emphasizing personal growth and well-being.

SAINTS INSIDE



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](#)



"My mental health is great at the moment, it's probably the best it has been in a long time. I have lost a lot of weight, and I am seeing the results."

"I enjoyed the course in general it is a good escape, and you are working towards something."

"It has made me realise I can do things that I thought I couldn't do. I can now do a 10km row!"

In the last academic year

54 men completed their level 2 gym instructor qualification.

We are currently working with 14 men who have progressed onto their level 3 Personal trainer qualification



2 ex students completed the three peaks challenge. Raising money and giving back to the foundation.

The national reoffending rate is **25.2%**

We have seen **56** students released, of that cohort **7.14%** have reoffended.

Recorded data via the Ministry of Justice, National Statistics Sourced

"I think the course has had a positive impact on my life. Before the course I didn't want to get out of bed now I have a reason to get out of bed. It has had a good impact on my mental health, gave me direction and purpose."

"Yes, it has taught me to persevere – not quit the course. It has allowed me to be more engaged in group activity and has made me more competitive, even in just the small game it's a good feeling to win."



Youth Counsellor

Youth Counsellor and Wellbeing Support

Over the past 12 months, the Youth Counsellor has provided continuous support to both students and staff. This year, we integrated the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) into our student passports for a more holistic approach to monitoring progress.

The Youth Counsellor trained staff on using this tool, enabling better engagement with students and tailoring support.



The Youth Counsellor received 15 direct referrals, working with 8 young people from Engage and 2 from our 16+ programs.

Across 169 formal sessions, 79 were one-on-one sessions with young people, 22 involved meetings with parents, and 68 were multi-agency collaborations.

Reasons for Referrals

Referrals focused on emotional regulation, anxiety, low mood, self-harm, and worry management.

Complexity of Need

Many cases involved looked-after children, those on child protection plans, or working with external agencies. A key challenge has been addressing trauma from adverse childhood experiences (ACES), with many lacking protective factors or emotionally available adults. The Youth Counsellor's trauma-informed approach has been crucial in building trust and delivering effective support.

At Northampton Saints Foundation, we not only recognise the challenges our young people face, but we also strive to provide transformational support that prepares them for their futures.

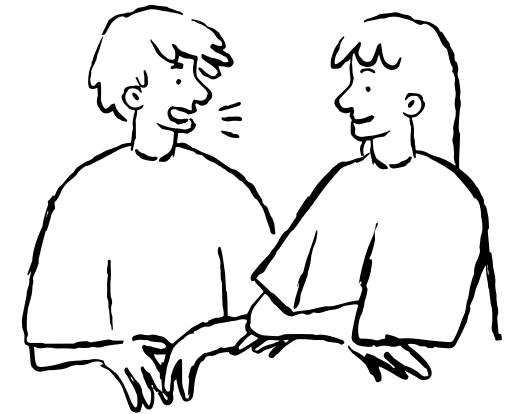
Interventions and Support

Average one-on-one sessions per client: 8, with some requiring more or fewer based on need. Northampton Saints Foundation offers ongoing support as long as necessary.

Interventions include Cognitive Behavioural Therapy (CBT), Solution-Focused Therapy, Motivational Interviewing, and more. Group sessions addressed topics like Trauma Informed Practice, Anxiety, and Exam Stress.

Outcomes

The Outcome Rating Scale (ORS) and Session Rating Scales (SRS) showed significant improvements for many young people. Some were unable to complete final assessments due to complexities or transitions to full-time education.



Staff Support and Training

The Youth Counsellor also supports staff by providing shadowing opportunities, peer support, and training on trauma, mental health, and safeguarding. This has shaped our staff training plan for the coming year.

CASE STUDY

Client A, a 14-year-old under a Child Protection Plan due to neglect, receives ongoing support. Our team has worked closely with social services and the police to address a serious grooming risk, dedicating nearly 300 hours to **ensure their safety**.

Client A also participates in regular therapeutic sessions, both during the program and through community/home visits.

Over the past six months, the time spent working with this young person includes:

- 51 hours** in professional meetings
- 220 hours** supporting on the program
- 8 hours** in phone calls
- 16 hours** of 1-1 therapeutic support
- 295 hours** total supporting Client A

As a result of this ongoing support, Client A is now in a safer position and has started returning to education after over a year away.

Client A is one of 10 young people actively supported by the Youth Counsellor, many facing similar challenges such as Child Protection or Child in Need plans, and Special Educational Needs requiring Personal Education Planning (PEP).

The organization dedicates significant time and resources to supporting these vulnerable young people, many of whom have experienced trauma requiring careful, ongoing support.



FOUNDATION AWARDS



Congratulations to the young people, schools and supporters who were recognised at the Foundations annual awards for their achievements over the 2023/2024 academic year.

2023/24 Award Winners

EMPLOYEE OF THE YEAR

Sue Wright – Grants and Fundraising Lead

Gemma Shields – Business Support Manager and Partnerships Lead

ASPIRE & ENGAGE+ PROGRAMMES

in partnership with Northampton College

Foundation Values award
Callie

Progression award
Morgan

Student Achievement award
Devon

HITZ PROGRAMME

in partnership with Premiership Rugby and YMCA



Foundation Values award
Molly

Progression award
Rafferty

Student Achievement award
Radu

ENGAGE PROGRAMME

Foundation Values award
Ben



Progression award
Josh & Ollie

Student Achievement award
Jack



EDUCATION PROGRAMME

School of the Year
Holywell School

Class of the Year
Denfield Park Primary - Year 4



Primary student of the year
Jack

Secondary student of the year
Issy

CONTRIBUTION AWARD

Graham McKechnie

FUNDRAISING

Corporate donations

£84,375

Events and Sponsorship

£71,131

Grants

£207,197

Match Day

£122,972



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:



Heledd undertook an inspiring journey from Loughborough to Northampton, culminating in an exhilarating abseil down Northampton's Lift Tower.

Along the way, she proudly flew the Foundation flag to raise awareness, successfully collecting an impressive £3,300 in donations for the Foundation



Two of our employees, Dawn and Shirley, took on the challenge of learning, training, and participating in a boxing fight, raising an impressive £3,605.00 together!

Rookery New Farm donated from their charity day - £150.00

Northampton School raised £392.45 during their charity week.



Emilie achieved an incredible milestone by raising £1,180.57 through her London Marathon run!

Three Shires raised £2394.00 by hosting a number of events through the year



We held a Courtney Lawes raffle to launch his ambassador role with the Foundation raising £5,050

Barclays make a difference day raised £360.17 for the Foundation.

Rockup donated £185.63 from their charity day.



Ethan Waller raised £8431.52 by hosting a Grinch pantomime



A team of golfers have raised £10,250 in aid of the Foundation through a charitable golf day held at Northamptonshire County Golf Club, sponsored by Hawthorns Northampton Retirement Village.

Fundraising plays a crucial role in supporting our mission at Northampton Saints Foundation. Raising such a substantial amount allows us to sustain and develop the infrastructure of skills, resources, facilities, and dedicated people essential to our work in the community.

This incredible contribution directly impacts the positive, successful experiences we strive to provide for young people, helping us deliver meaningful results. We simply couldn't achieve this without the dedication of individuals who generously volunteer their time to plan and carry out events like these.

From all of us at the Foundation, a heartfelt thank you to our amazing fundraisers. Your support truly makes a difference.

FOUNDATION DAY

Northampton Saints Foundation are delighted their fourth Foundation Day, raised £60,644.

Thank you to Approved Business Finance, Keepmoat and Workwear for their sponsorship 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.



Foundation Day total raised

£60,644



OUR PARTNERS

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.

GRANTS

16 grants awarded, totalling £207,197 raised to support Heritage, Social Inclusion and Education. Huge thanks to:



Bella Barista

The Wilson Foundation

National Lottery Heritage Fund

Funding from Suffolk Community Foundation through Suffolk Police and Crime Commissioners Fund



ocee & four DESIGN

Edith Murphy Foundation

Always a Chance

Rexona Breaking Limits Programme



MOORISH

Moth in a China Shop

Sport England – Movement Fund

Northampton PFCC

SepSols Limited.



National Lottery Reaching Communities Fund

Henry Sale Foundation

Wooden Spoon

MERIDIAN



The Thomas and Rosemary Greenhalgh Trust

Caretech Foundation

Corby Town Council Community Grants

OUR CAR PARTNERS



Allen Motor Group

Integrated Care Board Northamptonshire

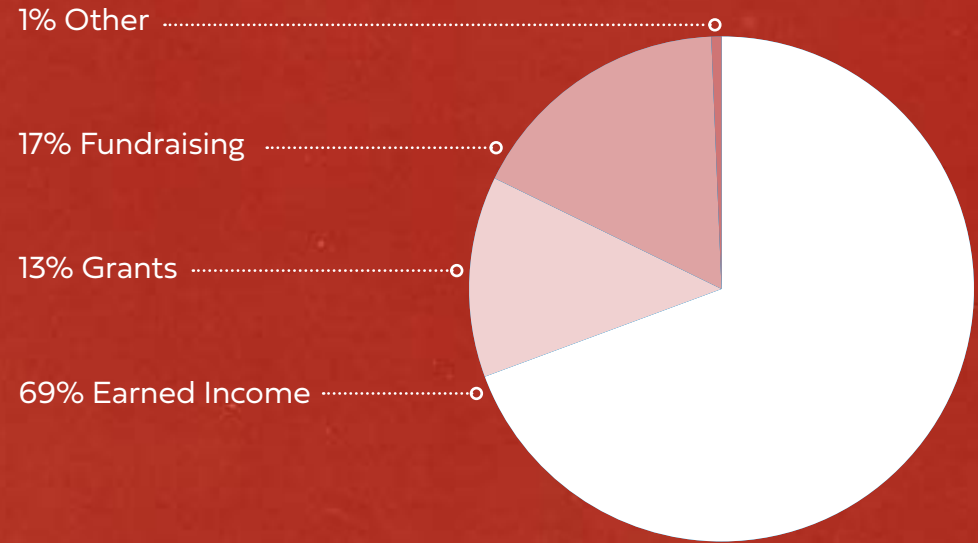
FINANCES

INCOME	EARNED INCOME	GRANTS	FUNDRAISING	OTHER	TOTAL
EDUCATION	£308,696	£38,500	£0	£0	£347,196
SOCIAL INCLUSION	£659,335	£133,570	£0	£0	£792,905
HERITAGE	£0	£3,473	£0	£0	£3,473
SAINTS INSIDE	£155,011	£0	£0	£0	£155,011
FUNDRAISING	£0	£0	£277,320	£0	£277,320
OTHER	£0	£32,812	£0	£10,550	£43,362
TOTAL	£1,123,042	*£208,355	£277,320	£10,550	£1,619,267

*Excludes £145,425 grants received in 2024-25 for 2024-25 delivery (carried forward to 2024-25)

EXPENDITURE	DELIVERY	GRANTS & FUNDRAISING	OPERATIONAL OVERHEADS	TOTAL
EDUCATION	£233,797	£0	£0	£233,797
SOCIAL INCLUSION	£604,072	£0	£0	£604,072
HERITAGE	£46,790	£0	£0	£46,790
SAINTS INSIDE	£81,541	£0	£0	£81,541
FUNDRAISING	£0	£112,014	£0	£112,014
OVERHEADS	£116,384	£0	£381,805	£498,189
TOTAL	£1,082,584	£112,014	£381,805	£1,576,403

Income Analysis



Expenditure Analysis

