

PROGRAMME BOOKLET



northamptonsaintsfoundation.org

Charity number 1176345

Inspired by the history of Northampton Saints, the Foundation uses the power of sport and the values of rugby to **INSPIRE, SUPPORT** and **EDUCATE** thousands of people every year.

Our **education programmes** inspire the current generation to learn, develop new skills and increase confidence, aiming to reduce the risk of exclusion, or disengagement from education.

The Foundation's **social inclusion programmes** helps young people, who are disengaged from mainstream education and in need of additional support, to regain control of their academic pathway.

Our **16+ programmes** work with young people, who require additional learning support or are at risk of not being in education, employment or training (NEET), to provide them with qualifications and employability skills.



EDUCATION PROGRAMMES



VALUES

Values incorporates the core values of rugby and the power of sport through classroom and practical multi-sport sessions.

The programme offers a holistic approach to promote wellbeing – aiming to build character in its participants, improve their interaction and communication skills, and to encourage positive self and social behaviours.

Our sessions encourage participation, understanding and personal development, with pupils discussing and developing their knowledge of the core values and how they are applied in and support real-life situations.



Our Values delivery is not a 'one size fits all' approach. We deliver adaptable and bespoke programmes to suit your learners' specific needs – sessions could run across the course of a six-week term or for the whole academic year.

We also encourage the inclusion of your school's own values within our delivery to support your own approach to learning.

Values can either be delivered at your school, comprising of a sports-based practical session, or at our Values delivery partner – Boost Trampoline Park. Sessions at Boost will incorporate our classroom-based theory session with a hour's practical which includes access to the park.

"The Foundation's staff have been professional, inspiring, understanding, innovative and supportive in their approach to re-engagement of our young people into investing in their futures. There has been a real 'buzz' from some of our most vulnerable and disengaged pupils"

Sarah Mills, Coventry City Council

Foundations of Writing

Foundations of Writing is a five week programme designed to develop, work on or introduce key fine and gross motor skills for children and young people to become successful and confident writers.

Using sport to educate, engage and inspire; Northampton Saints Foundation are pleased to offer you support in tackling your pre-writers and/or your reluctant writers, of whom may be –

- Working below writing expected standards
- Struggle with handwriting
- Disengaged from the writing process
- Reluctant or lack confidence to write



This intervention programme is suitable for a wide variety of ages through its adaptability, engaging and creative approach which offers learners the chance to develop their physical skills.

Over five weekly sessions, six areas of gross motor skill are targeted; hand eye co-ordination, hand dominance, upper body strength, ability to cross the midline, balance and object manipulation, all of which are embedded within both rugby and an individuals foundations of writing.

Throughout multi-sport sessions, which aim to meet children's needs across all learning styles, children will develop motivation and confidence within their writing as well as the core physical skills which underpin it.



"The programme from Liam 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".

Billing Brook Primary School

Sensory Boost

Sensory Boost aims to inspire and support young people in their cognitive, social and emotional development.

Participants are able to enjoy an active session on the trampolines, with thanks to delivery partners Boost Trampoline Parks, followed by a sensory interaction and exploration session.

Aims of Sensory Boost:

- Learn to self-regulate own thoughts, feelings, and behaviours
- Create self-awareness
- Develop communication skills
- Grow confidence
- Increase independence



The programme, suitable for all ages, can be adapted to suit learners' specific needs, refreshments are provided, and each young person will receive a pair of jumping socks which are required in order to bounce.

We recommend a group size of between 6-12 young people but this can be discussed upon booking.

Example itinerary:

12.20pm - Arrival
12.30pm - Lunch
1pm - 1.45pm - Group 1 - Sensory Interaction Session / Group 2 - Bounce
1.45pm - 2.30pm - Group 1 - Bounce / Group 2 - Sensory Interaction Session
2.30pm - Depart



Premiership Rugby Champions is split into three interactive five-week curriculum based programmes - Tackling Health, Tackling Character and Tackling Numeracy.

Tackling Health

Aims to not only improve understanding of what constitutes healthy eating and a healthy diet in young people, but also aims to teach students about their own health and wellbeing.

The interactive programme provides practical sessions highlighting the importance of exercise and increasing levels of physical activity plus promotes motivation and enjoyment within physical activity.

Tackling Numeracy

Aims to prepare young people for their future using themed content that connects with a variety of experiences and offers learners the chance to use and embed their numeracy skills within practical and real-life contexts. Uses engaging rugby-themed numeracy content to cover and improve upon core skills from all areas of numeracy including number, money, shape, space and measure, using and applying and data handling.

All programmes include

Five hours of TAG Rugby practical sessions

Five hours of classroom theory sessions.

Weekly progressive and differentiated learning objectives.

Education

In partnership with
 **NORTHAMPTON SAINTS**



Preserving the past and protecting the future is a key part of Northampton Saints Foundation. We believe remembering the individuals who have brought the club to where it is today is vital to the community as well as the club. Alongside our club historians we are proud to share two heritage programmes delivered within schools.

Tackling Heritage

Our engaging five-week programme covers both the local area and world heritage and boasts strong curriculum links to World Wars.

Each week groups will receive one hour theory delivered by our Foundation education staff and a one hour practical rugby session, with Heritage links, from the Northampton Saints community coaching team.

The programme is suitable for those in key stage two and all sessions are delivered within your school. With two members of staff in attendance, we ask to work with a minimum of two classes, to enable us to run our sessions on a rotation basis.



Edgar Mobbs

Education - Heritage

In partnership with
 **NORTHAMPTON SAINTS**



Heritage Learning Days

Northampton Saints Foundation invites you to explore the history behind Northampton Saints through assemblies, active sessions, presentations and stadium tours.

Learn about Edgar Mobbs, who formed the Mobbs' Own and fought in the First World War. Hear how the club came to discover, Frank Anderson the club's first mixed raced player and the story of Jim Baker, the Saints first captain.

SOCIAL INCLUSION PROGRAMMES



ENGAGE

Engage, is a Social Inclusion programme, which 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.

We understand the school environment isn't suited to everyone. Many young people experience mental health issues, attainment challenges, behavioural problems and traumas which can affect their education.

During a maximum of 15 hours per week, young people visit one of our five hubs across Northamptonshire, Milton Keynes, Ipswich and Corby to take part in a wide range of social and emotional development opportunities alongside physical activities.

Taking participants away from their everyday routine encourages them to see the positives in everyday life whilst improving their confidence, self-esteem and communication skills, giving them the tools they need to break down the barriers they are facing and tackle life's challenges.



Interventions



The programme welcomes guest speakers to inspire young people and encourage positive behaviours through art therapy and cooking. External guests cover important topics on health, relationships and crime to support the prevention/reduction of knife crime, gang culture.

Our aim is to get every young person we work with re-integrated and re-engaged in learning and on the pathway to a positive future.

THE ENGAGE PROGRAMME IS:

- A partnership between young people, parents/carers, staff and the wider community that seeks to support every pupil to perform at their best
- Caring, friendly and encouraging, whilst firm and consistent in our expectations
- A safe environment for both young people and staff so the focus is placed on the social development of all our young people

If you would like to make a referral or find out more information, please contact
engagemanagers@northamptonssaintsfoundation.org

Holiday Activities and Food Programme

The Foundation runs holiday programmes for young people, many are current young people on the Foundation's programmes or eligible for free schools' meals.

The programmes offer young people a focus and creates opportunities to support existing young people to keep them away from potential risks they may face, targeting a reduction in anti-social behaviour and crime during these time periods.



With thanks to funding, from the Government, young people are able to get involved in some fantastic enrichment opportunities such as Boost Trampoline Parks, Goals and Laser Zone.



To take part in the programme families must be receiving benefits-related free school meals and be aged between 5 to 16 years old.

"My son has been amazing and is up, ready for breakfast, full of excitement. It has provided respite for me which is fantastic and made my son more confident and hopefully improve his anxieties".

Mother of a young person

Funded and in partnership with



**NORTHAMPTON
SAINTS
FOUNDATION**

16+ education PROGRAMMES





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

The programme specialises in supporting individuals, aged 16-18, who find a regular educational learning environment difficult. Delivered through a structured timetable the learners have the opportunity to work towards and gain a City and Guilds Level 1 Certificate in Employability.

The course oversees topics that aid preparation and journey to work such as CV writing, personal awareness and communication - all key employability skills.



Our Employability Lead and tutors with a support staff network that ensures the young people receive a high level of support and mentoring in order to succeed.

Young people also have fantastic work experience and enrichment opportunities due to Northampton Saints Foundation working with excellent business partners locally and nationally.

The programme welcomes guest speakers to cover a range of important topics on topics on health, relationships and crime to support the prevention/reduction of knife crime, gang culture.

Why join the Aspire programme?

- **Study within an adaptable and safe learning environment**
- **Excellent work experience and enrichment opportunities to encourage personal development**
- **A balance of practical and classroom-based learning activities**
- **Improve employability**
- **Gain accredited qualifications**



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 1 or Level 2 and develop their maths and english skills.

The course covers a variety of units from personal confidence, customer service, career planning and managing personal finance which will be taught through interactive sessions, group work, practical and theory lessons. Participants will also have 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.



All participants will be based at both the Foundation at cinch Stadium at Franklin's Gardens and the College's Lower Mounts campus during their time on the programme.

Why choose the Aspire programme?

- **Warm and welcoming environment**
- **Small group sizes**
- **Earn qualifications to boost employability**
- **Work experience opportunities**
- **Enrichment activities**
- **Boosts confidence and self esteem**
- **Leave with a CV and cover letter ready for your next steps**

HITZ is Premiership Rugby's flagship employability and education programme, supporting young people to make positive changes in their life.



Delivered nationally by Premiership Rugby's shareholder clubs, the HITZ programme uses the values of rugby to develop the personal, life and employability skills of young people.

If you're aged 16-19 and looking for an alternative education provider to improve your employability, or looking for guidance on your next steps, the HITZ programme is the perfect relaxed environment for you.

Why join the HITZ programme?

- Structured timetable creating consistency and stability
- Boost confidence and self esteem
- Gain Maths and English qualifications
- Complete a City and Guilds Level 2 Certificate in Employability
- Variety of local work experience opportunities
- Engaging workshops to support with employment
- Informative local guest speakers
- Fun enrichment activities

Taught and in partnership with YMCA our friendly HITZ tutors will be with you every step of the way and be your biggest champions, to support and see you succeed!



"The HITZ programme has improved my daughter's confidence, self-esteem and mental health. She has gained three valuable qualifications, completed a range of work experience activities and learnt to work in a team"

Mother of a young person

Visit: northamptonsaintsfoundation.org

**For general enquiries email:
admin@northamptonsaintsfoundation.org**



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