



**Community Engagement**

**6,783**

total number  
of participants  
engaged



**230** free books given away to children and families as part of world book day



**220** free matchday tickets given out in the community



**264** player visits



**24** projects delivered



**20** volunteers have supported our programmes



**£169,306** of new external funding brought into the county

**Education, Training and Employability**



**100%**

participants reported increased confidence after completing a Traineeship programme



**14** participants supported into work



**26** Participants completed employability programmes



**19** participants with autism supported through the Stay in the Game project



**92%** Participants felt more ready to move into education or work after Traineeships course



**13** participants gained a new qualification



**2** volunteers supported to gain a qualification



**3** participants supported into further education



**3700** children took part in the Joy of Moving Summer Festival



**27** schools engaged



**10** teachers supported to improve their confidence in delivering PE



**1620** children took part in the Premier League Primary Stars programme



**Covid Response**

**364**

personalised video messages of support from NTFC players



**112** people supported through weekly befriending calls



**87** food drops made



**59** new participants engaged via virtual pan disability holiday courses



**64** people supported to get online for the first time



**10** devices donated to help people get online



**110** activity packs donated to children with a disability to keep active



**4190** accessed our online weekly fitness sessions videos



**Health and Wellbeing**

**100%**

participants felt more confident to start a conversation around mental health after completing course



**100%** MHFA participants were less likely to judge mental health issues negatively (reduced stigma around MH) after completing course



**70** Mental Health First Aiders Trained



**100%** participants improved their knowledge and understanding of how to start mental health conversations after completing course



**85%** Participants taking part in Fit Cobblers programme saw a reduction in anxiousness after completing programme



**111** participants took part in Fit Cobblers and Man v Fat projects



**28** participants lost 5% or more of their bodyweight. A further 8 lost 10% or more of their bodyweight



**50%** Participants showed a significant increase in life satisfaction after taking part in health and wellbeing projects



**100%** participants saw a sustained increase in regular physical activity levels post programme (Fit Cobblers)



**322.4kg** of weight lost via Fit Cobblers and Man v Fat projects



**100%** Participants reported a decrease in daily hours spent in a sedentary position after completing Fit Cobblers



**51** participants took part in our drug and alcohol recovery football sessions

**Sports Participation**

**215**

female participants engaged through sports participation work



**165** women and girls supported to take part in regular grassroots football each week



**406** participants attended holiday courses



**71%** participants reported improved confidence or self esteem after attending a holiday course



**66%** participants reported increased physical activity levels after attending pan disability holiday courses



**92%** of participants attending made new friends or social connections through holiday course programmes

**Disability and Inclusion**



young people took part in crime awareness workshops



**76** participants engaged through walking football programmes



**116** participants took part in disability sessions



**275** participants engaged through Premier League Kicks



**9** participants enrolled on PL Kicks gained a qualification

**OUR PARTNERS:**



# Beth's Story

## 2019-2020



NORTHAMPTON TOWN F.C.

# COMMUNITY

In August 2019 a very anxious looking 17-year-old came in for an informal talk about our Traineeship programme and what to expect. Accompanied by her father - Chris, Beth struggled to make eye contact during our meeting and was visibly nervous as she clenched her hands tightly together with legs shaking under the table. This is Beth's story.

18 months before Beth was due to sit her GCSEs, she dropped out of school. A capable student and on track to receive straight A grades, Beth was being chronically bullied and had started to self-harm. Instead Beth stayed off school and created a timetable of revision to prepare for her exams. Unfortunately, Beth continued to self-harm and her eating habits became dangerous.

2 weeks after sitting her GCSEs Beth was admitted to an inpatient psychiatric facility. Over the following months, Beth was placed on an eating plan and learnt that she had passed her GCSEs with all As.

Despite these grades however Beth did not feel capable of going back to study for her A levels. Beth feared being back in a 'school' environment, meeting new people, and still battled with trying to stick to a meal plan.

It was Beth's father that heard about the NTFC Community Trust Traineeship programme and got in contact to arrange a meeting. We listened to Beth's story, and we talked about how if Beth joined us, we could support her to ensure this experience would be a positive one. We agreed that it was Beth's choice, and that a space was open to her but that she also could step off at any point if it became too much.

On the first day, Beth arrived early. A trait that would follow her through the programme. For Beth it was key that she knew 'what to expect', our lesson plans and activities were emailed out to her in advance, we would talk over the phone about what we would be doing for the next session. Each week we would sit down and talk over a 1-1 on how she was doing, not just on the Traineeship but at home, in life. We adjusted as we went to ensure hospital appointments and check-ups were attended.

Beth as the only female in a cohort of seven, began to find her voice in the group and became a natural leader in activities and group challenges. Her confidence in speaking up and presenting grew as each week we set tasks that challenged her to take control.

Then, at week 5 we had a breakthrough. Beth wanted to go back to studying. Beth's experience with mental illness had inspired hopes of a career supporting others, in the way that she too had been supported. Our sessions started looking at colleges, courses and career directions. The more time Beth spent with her peers, the greater her

skills for communicating became and the nervous hand clenching and leg shaking reduced.

In week 7 Beth was taken off her meal plan, her hard work and commitment to staying well in order to stay on the programme had paid off. As Beth began her work placement mentoring with the Education department at the football club, we really began to see the difference in her confidence. Beth's emerging passion for helping others came through in her empathetic and calm approach to situations.

**By the time Beth applied for college to do her A levels, she was already considering a summer job. As we began sessions on building a CV Beth was using her work placement experience to support her peers to write an impressive CV.**

Completing the Traineeship was an emotional day for Beth. The anxious girl that walked in for an interview 3 months ago was no longer the young woman that we said goodbye to. Armed with a great CV, new friends, and 6 weeks of work placement as fuel to drive her forward Beth left the Traineeship with the goal of finding a summer job. She had improved in confidence, self esteem and gained a couple of new qualifications along the way.

6 months on from the Traineeship we called Beth to find out how she was getting on. The college acceptance letter had arrived soon after the Traineeship ended, Beth's independent eating plan was still going well and she has now started a course of DBT with the psychology outreach team. Furthermore, Beth had handed her CV (in person!) into a little café outside of her village and after interviewing had got the job! Unfortunately, after just one shift, the local COVID lockdown was implemented and so the café isn't open, so Beth is patiently waiting to start her second shift when it does.

I asked Beth, how she felt the Traineeship has supported her and this was her parting comment.

"I didn't think I was going to be able to do it! But Gemma (NTFC employability officer) was so supportive from the beginning and I felt like I had to try. Meeting the other guys on day one was really scary, but after that the time flew and we did so many good things that I never felt like I couldn't do it after that. I loved working in the education department, I'm definitely going to be helping others in my career. I guess I just want to say thank you to you and Eoin, the Traineeship was great and I'm so glad that I did it!"

CONTRIBUTING TO:



OUR PARTNERS:



# Nic's Story

## 2019-2020



NORTHAMPTON TOWN F.C.

# COMMUNITY



CONTRIBUTING TO:

2020 saw the fourth Fit Cobblers programme take place and amongst the new recruits, 45 year old Nic Pentelow started his journey towards developing and maintaining a healthier lifestyle. Prior to joining the programme Nic led a sedentary lifestyle which was only made worse since the start of the COVID-19 pandemic. Nic was restricted to working long hours from home and this often led him to sacrifice any form of exercise. Furthermore, Nic's working habits and life also affected his food and water intake as Nic would always look to have fast foods, unhealthy snacks and meal deals when commuting to work or when working from home Nic snacked regularly whilst working.

Nic had never been one to try weight loss or lifestyle behaviour change programmes but on the occasion he had tried to previously do the couch to 5k challenges, Nic struggled with the self-motivation to maintain the activity which saw him end back where he started after only a couple of weeks. After seeing Fit Cobblers programme being advertised, the appeal of taking part in a programme at the football club with other like-minded men, Nic thought he'd give it a go.

Over the 12 weeks of learning under the guidance of the Northampton Town FC Community Trust Staff, Nic was able to learn more about making sustainable lifestyle behaviour changes around exercise, nutrition, daily routines, goal setting and many more topics. Being surrounded by like-minded individuals all on the same journey helped Nic settle in, stay engaged and stay motivated.

From the first day Nic was really receptive to members in his group, always sharing ideas and experiences each week. He helped others celebrate their successes and weight loss. In his first physical activity session, Nic could barely climb 3 flights of stairs without getting out of breath but that only motivated him more.

Nic says "since the first session at the stadium, I made an active effort to go for at least one long walk every day, this goal was easy to achieve therefore I looked to doing two 5km walks, which slowly tuned into running. Towards the end of the programme, I substituted majority of the walks into runs."

By week 12 of the programmes Nic had clocked up 4.8 million steps, that's the equivalent of walking from Lands End to John O Groats and further.

Nic explained:

**"Since joining the Fit Cobblers programme, my lifestyle has significantly changed I feel so much fitter, healthier and happier. Over the 12 weeks I saw a regular weight loss and that has continued after the programme finished. I started Fit Cobblers weighing 95.3kg and I finished weighing 80.4kg, losing a total of 14.9kg which is 15% of my bodyweight."**

As a result, I feel much fitter, running 5km feels much easier as especially over the last couple weeks I have managed to run 5km under 30 minutes. I make much better food choices and often opt for more consumption of fresh fruit and vegetables regularly, I've completely cut down on the fatty and processed foods and we now very rarely get takeaways.

The biggest benefit of this process has been the impact it has had on my family as their support during this journey and also joining in on the healthy eating and regular exercise has helped keep the momentum going. Since finishing the programme I have lost another 6kg and weigh 74kg and I've managed to finish a 5km run under 29 minutes. I feel so motivated to stay fit and I look forward to achieving more goals with the rest of the lads who have been on the course before."