



SAINTS
FOUNDATION

IMPACT REPORT

2022/23



INTRODUCTION

Welcome to our first impact report! After developing our theory of change last year, this marks the first time that we'll have been able to assess our progress and to look at the difference that our work has made overall.

Thank you to the whole team at Saints Foundation for their involvement in the development of this report, and the evidence it is based on. A huge thank you too to our participants for taking the time to complete surveys and take part in focus groups and 1:1 interviews over the course of this year.

Our approach to impact is all about evidence-based practice, and whilst there is lots to celebrate in terms of who and how we've been able to help this season, we also want it to highlight what we've learned, and how we'll continuously develop in our purpose of supporting Southampton.

Ultimately, participants achieve these outcomes for themselves, our role, alongside our amazing partners, is to help them to do so. As much as I hope this report makes you feel proud of what our participants have been able to achieve, I also really hope you find it useful in furthering our collective understanding of how football can help drive positive change. We march on towards our vision of a Southampton where everyone has the opportunity to thrive.

Thank you.

Lucy

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Saints Foundation Head of Impact & Insight











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**“[Saints
Foundation]
gave me
a way back
to my life”**

– participant

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MEASUREMENT

Our approach to measurement:

Our approach to measurement uses the principles of realist evaluation. Whilst we do look at the scale, and the size of the difference that we're helping to make, we concentrate on answering the larger question of 'what works, in what context, for whom and why?'. This means that throughout this report there is a lot of discussion around 'mechanisms' which is a term that we use to describe the factors about our projects and project teams that help to make change happen. Focusing as much on understanding why change has happened as how much change has happened helps us to learn more effectively and continually develop our practice.

Our work happens in the community, and there are certain types of evaluations that aren't appropriate in community settings (for example control trials). In line with the governments Magenta Book¹ guidance for evaluating projects in our context we often use theory-based evaluation practices, which focus on triangulating data from multiple sources to help understand if change happens, using a mixture of qualitative and quantitative techniques to gain a variety of different viewpoints. Where appropriate, we do use statistical tests to help us better understand changes, but this isn't possible across all of our work (often due to small group sizes).

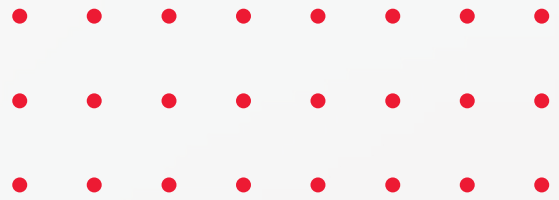
To help us evaluate, we have a shared outcomes framework across our projects, and whilst it isn't appropriate to use the same tools, or even methodologies, across everything, having a shared framework does mean that we have been able to be consistent in the approaches that we've taken. Participants should have a voice in everything that we do, and you'll hear from them throughout the report in terms of how they'd like projects to improve and the differences they feel the projects have made in their own words.

We're continuously developing our evaluation practice, and we know we still have some way to go on our journey in this space, and that there's lots still to learn. For now, we believe in being transparent about how we're evaluating our work, and much more information about the process can be found within our accompanying **technical report**.

Due to challenges implementing a new monitoring system, there were 2 things that we had planned to measure but couldn't: data about the number of sessions that were delivered & the achievement of outcomes by different demographics. Plans are in place to be able to do so next year.

¹ The Magenta Book - GOV.UK (www.gov.uk)

THEORY OF CHANGE



Theories of change describe the difference that an organisation is trying to make and the steps that need to happen for that change to occur².

Our theory of change was developed, in partnership with participants, staff, partners and the local community in 2021/22. Our approach links to the United Nations Sustainable Development Goals, helping to ensure that we're thinking globally, but acting locally.

Our theory of change outlines our goal as 'helping to build a more aspirational, inclusive and healthier community in order to reduce the impacts of inequality within Southampton' and links to the following 5 United Nations Sustainable Development Goals:


SDG 3: Good Health & Wellbeing	SDG 4: Quality Education	SDG 5: Gender Equality	SDG 8: Decent Work & Economic Growth	SDG 16: Peace, Justice & Strong Institutions
Our Health Focus	Our Education Focus	Our Gender Equality Focus	Our Employability Focus	Our Pathways Focus


These 5 goals in practice form our 5 focus areas of projects: Health, Education, Gender Equality, Employability & Pathways.

Furthermore, who we target is based on reducing inequalities, linking to SDG 10: Reduced Inequalities.

We chose to work towards these goals based on analysing the needs of our city³ and then looking at these needs, with partners, to determine the areas where we could help make a difference (for example by looking at what other services already provide or areas where we already had skills and experience).

Key local needs which our theory of change focuses on include:

 29,870 people in Southampton live in one of the 10% most deprived areas in the country. Deprivation isn't uniform across our city, in wards such as Redbridge & Woolston, over 45% of children live in deprivation (IMD 2019).

 Health in Southampton is worse than England overall, but most importantly it's the wider determinants of health & health inequalities where our city really struggles, which covers things like being in care, alcohol and drug misuse, self-harm and hip fractures in older people. Moreover, 1 in 5 young people in Southampton have a disability, which is much higher than the national rate. (PHE, Local Authority Health Profile).

²New Philanthropy Capital

³More information on our needs analysis can be found within our technical report

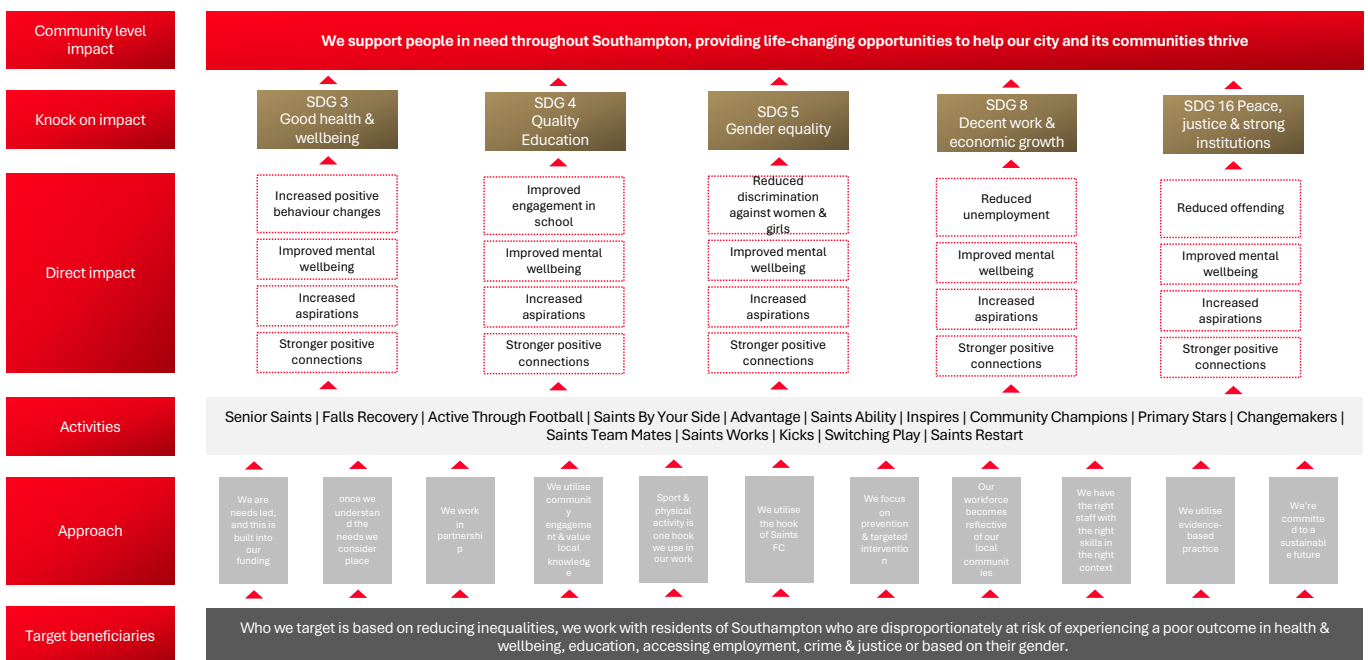
THEORY OF CHANGE



- Southampton has some of the lowest rates in the country for young people entering higher education; moreover, there's a 25% inequality gap for young people achieving a level 2 qualification (GCSEs) (Department for Education LAIT, 21/22).
- Southampton has the 13th highest rate of sexual offences against women in the country and in Southampton, women are significantly more likely to be the victim of a violent crime than men. There are peaks of VAWG at night, but also at 3pm when schools close for the day (Southampton City Council VAWG Problem Profile: 2022).
- Southampton has some of the highest rates in the country for 16–17-year-olds not being in employment, education, or training (Department for Education LAIT, 21/22).
- Southampton has the 3rd worst rate in the country for crime deprivation (IMD 2019) and has the 9th highest crime rate in the country overall (Southampton Safe City Strategic Assessment 21/22).

Our theory of change also outlines our approach, and the ways that we decided we wanted to work towards achieving our goal.

Chart: Saints Foundation Theory of Change.



WHO WE'VE WORKED WITH



Throughout 2022/23, we worked with 5,316 unique participants (2% of Southampton's population).

Across our 5 focus areas, this breaks down to the following:

UN Sustainable Development Goal	Focus Area	Engaged Participants	Variance to Target
3: Good Health & Wellbeing	Health	926	-13
4: Quality Education	Education	2,831	+156
5: Gender Equality	Gender Equality	160	+128
8: Decent Work & Economic Growth	Employability	155	+14
16: Peace Justice & Strong Institutions	Pathways	1,244	+4

Visually, (looking at the proportions) our engagement across the different focus areas highlights that much of our engagement is linked to the Education focus area, followed by Pathways and Health, with Gender Equality & Employability forming much smaller proportions.






Chart: Proportions of participants engaged within each focus area.



WHO WE'VE WORKED WITH




What's the story behind those numbers?

-  **Health:** the small negative variance has been driven by slower than anticipated engagement on the Saints By Your Side project & by the our disability open access sessions plateauing at 67 participants. Senior Saints engaged more participants than they targeted by +82.
-  **Education:** the positive variance here hides a mixed picture. Primary Stars overachieved significantly, driven by the first year of accurate data collection. Conversely, both Community Champions and Inspires did not meet their engagement targets.
-  **Gender Equality:** the positive variance here is driven by higher than expected take up of Saints Team Mates within primary schools and to a lesser extent, a larger Changemakers cohort.
-  **Employability:** the positive variance here was driven by additional work delivered in the forms of 'Stewarding Swap' courses, co-delivered by Saints Foundation & Southampton FC, this accounted for the gap driven by the now defunct NCS programme engaging fewer participants than expected.
-  **Pathways:** the very small positive variance was driven by a small number of additional Kicks participants.

Were these the people that we'd planned to work with?

In our theory of change, we state that who we target is based on reducing inequalities. At the start of this season, and in consultation with stakeholders throughout the year, each team set out who specifically that they wanted to target for their project⁴. This included broad factors such as deprivation, but also risk factors linked to specific negative outcomes, for example those outlined within the government's CAPRICORN framework, linked to youth offending.

-  **Throughout 2022/23, we worked with 5,316 unique participants (2% of Southampton's population).**

Ultimately, 3,963 (75%) of the people we worked with were from target groups that we'd set out to engage on our projects. That isn't to say that the remaining 25% didn't need or benefit from their project, but 1 out of every 4 of our participants weren't from a target group that we'd planned to work with. Whilst not discounting session mix, this highlights that we need to be more targeted in ensuring we're working with the people who need the project the most, or clearer within our strategies about who our target audiences are.

⁴ Target groups for each project can be found within the technical report.

WHO WE'VE WORKED WITH

Data highlights a logical trend, which is that projects which operate on a referral basis⁽⁸⁾ have higher levels of fidelity (97%) to their planned target audiences compared with open access projects (8, 80%). The exception to this is the two largest projects that are based in schools, Premier League Primary Stars and Community Champions, which both have fidelity of just under 80%.

Chart: Proportions of participants within each project meeting target group criteria, split by referral vs open access.

Focus Area	Project *	Open Access or Referral	% of participants that met planned target group requirements	Number engaged with from planned target group
Education	Inspires	Referral	100%	111
	Community Champions	Both	79%	595
	Primary Stars	Referral	78% ⁵	1534
Employability	Works	Referral	100%	75
	NCS	Open Access	100%	80
Gender Equality	Team Mates	Referral	100%	113
	Changemakers	Open Access	83%	39
Health	Fall Recovery	Referral	100%	186
	SaintsAbility	Open Access	100%	67
	Saints By Your Side	Referral	100%	16
	Saints Goal	Open Access	86%	18
	Senior Saints	Open Access	70%	267
	Active Through Football	Open Access	63%	160
Pathways	Switching Play	Referral	100%	40
	Kicks	Open Access	55%	662

⁵ Specific information on how this is calculated for Premier League Primary Stars can be found within the technical report.

WHO WE'VE WORKED WITH



What about participants from areas of deprivation, specifically?

Deprivation underpins many of Southampton's inequalities, and was a key factor driving much of who we aimed to target at the start of this year. Deprivation is measured nationally, using the multiple indices of deprivation (IMD), with the latest data set from 2019.




Our analysis highlights that over a third of the people we engaged with this year lived in one of the 20% most deprived areas in the country, which is slightly above (+8%) the average for Southampton.

Chart: Proportion of participants living in areas of deprivation vs Southampton overall.

	1st most deprived	2nd	3rd	4th	5th	6th	7th	8th	9th	10th least deprived
Southampton	12%	16%	17%	18%	10%	10%	5%	9%	3%	1%
Saints Foundation participants (n=3100)	22%	14%	11%	21%	6%	8%	4%	8%	4%	2%

Chart: Proportion of participants from within each project living in an area defined as one of the 20% most deprived in England.

Projects vary widely in terms of the proportion of participants who live in an area of high deprivation, with patterns not linked to whether a project is open access vs referral. There are three key things to note:


-  The two projects with the oldest age profile have the smallest proportion of deprived participants.
-  The three projects which have the lowest proportion of participants from a deprived area are 3 of the 4 projects where participants are most likely to have a disability or life limiting illness.
-  The 2 largest schools projects have the highest proportion of participants living in an area of deprivation.

	20% most deprived decile
Falls Recovery	15%
Senior Saints	16%
SaintsAbility	17%
Works	32%
Saints By Your Side	33%
SSP	36%
Changemakers	36%
Inspires	40%
Active Through Football	45%
Kicks	47%
Community Champions	55%
Primary Stars	56%

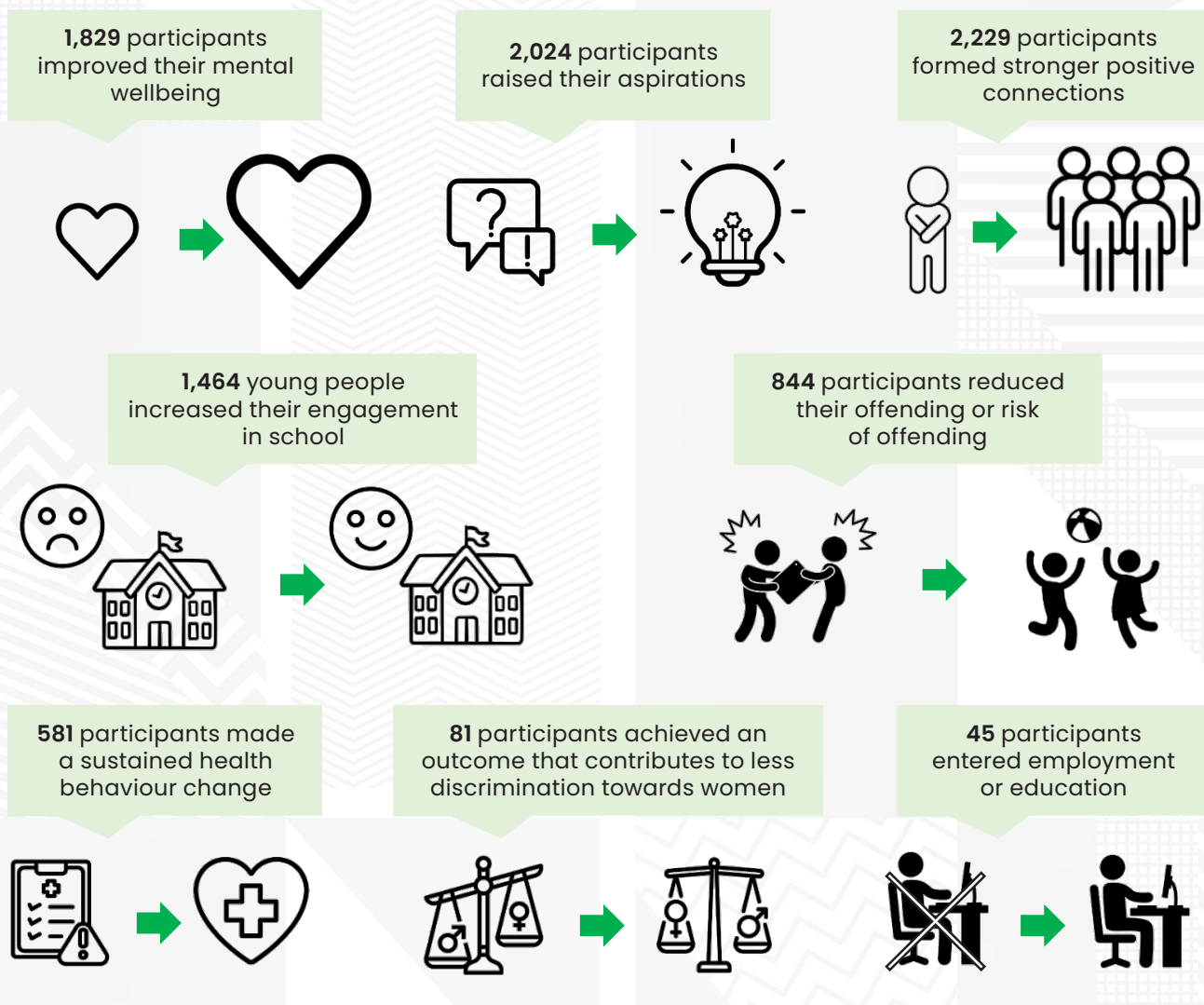
OUTCOMES

What outcomes have we helped participants to achieve?

 In total, 4,091 participants achieved at least 1 positive outcome and 9,098 individual positive outcomes were achieved this year⁶. This means that just over 3 out of every 4 participants that we worked with achieved a positive outcome⁷.

 This slightly exceeds (+91) the number of participants that we had projected to achieve an outcome (4,000). This was driven by working with more participants than forecast, rather than (overall) projects working better than expected. Our success rate was 77%, whereas our target was 80%.

The 9,098 outcomes achieved breaks down to:



⁶ Detailed information on how outcomes are measured can be found within the technical report.

⁷ Detailed information on how focus area specific outcomes are measured can be found within the technical report.

OUTCOMES

Most importantly, what does the achievement of these outcomes look & feel like for participants?

Across all projects, 1,161 participants left a comment stating the difference that attending made to them, which helps us to understand the role that we play in supporting participants to achieve an outcome.

[without Senior Saints]
I would be sinking into depression – Senior Saints participant

Made me focus more and work harder – Primary Stars Participant

I was not in a good place mentally and physically. With the help and support I feel a new person and positive about the future – Saints Goal participant

I have not got into any fights and not hurt myself/anyone else and been focusing more and stayed out of trouble. – Community Champions participant

It has helped me with the confidence of finding work and getting on the path to my future – Saints Works participant

I have been able to face thinking about and discussing subjects that I have avoided for years – Saints By Your Side participant

Believe in myself feel more confident – Changemakers participant

I can let out my feelings to somebody that isn't a teacher – Inspires participant

Makes me feel like I have some sort of power and I can trust the staff – Kicks participant

My walking, standing and sitting has really improved. I feel more confident and assured about my self worth. When I had my fall, I used the skills I have learned and got myself up without help and did not hurt myself getting up – Falls Recovery

It helped me understand what happens online and understand gender stereotyping is bad and no one should be doing it – Team Mates participant

OUTCOMES



What do the focus area outcomes mean in practice⁸?

Health

- Saints Goal: whether a participant has increased their self-esteem.
- Senior Saints: whether a participant has increased their physical activity levels or reduced their loneliness.
- Saints By Your Side: whether a participant is more likely to feel as though they know where to get help for challenges with their mental health.
- Falls Recovery: whether a participant has reduced their score on the International Falls Efficacy Scale.
- Active Through Football: whether a participant has increased their physical activity levels.
- SaintsAbility: no good quality data available.

Pathways

- Kicks: whether a participant has increased the amount of time they spend playing sports or whether they have increased their positive social network.
- Switching Play: 6 months after completing the project, the Youth Justice Service provides us with data on whether a young person has reoffended.

Education

- Community Champions: whether a participant has increased how hard they try in school or how much they want to learn.
- Premier League Primary Stars: whether a participant has increased how hard they try in school or how much they want to learn.
- Inspires: whether a participant has increased how hard they try in school or how much they want to learn.

Employability

- Works: participant enters employment or education within 4 weeks of leaving the project.

Gender Equality

- VAWG Prevention: whether a participant has increased their understanding of gender stereotypes.
- Changemakers: whether a participant has increased their self-esteem.

⁸ Detailed information on the scales & methodologies used can be found within the technical report.

OUTCOMES

How does the achievement of outcomes break down by project?

The proportion of participants who achieved a positive outcome varied widely across different projects:




	Unique participants achieving an outcome (proportion)	Unique participants achieving an outcome (number)	Unique participants achieving a focus area outcome (proportion)	Of participants achieving an outcome, average number of outcomes achieved
Saints Goal	92%	19	60%	2.4
Senior Saints	91%	345	80%	2.1
VAWG Prevention	91%	103	64%	2.5
Changemakers	90%	42	20%	1.5
Saints By Your Side	88%	14	25%	1.7
Community Champions	86%	647	59%	2.5
Kicks	80%	963	68%	2.6
Falls Recovery	78%	145	47%	2.2
PLPS	75%	1475	50%	2.1
Inspires	75%	83	33%	1.9
Active Through Football*	73%	185	73%	1.0
Switching Play*	62%	25	62%	1.0
Works*	60%	45	60%	1.0

*Automatically limited at 1.0 as shared outcomes were not collected for this project for a large enough base size to report here.

OUTCOMES

The three projects which recorded the lowest proportion of outcomes are projects where the shared impacts were not measured or where the base sizes were not large enough to report, plans are in place to implement this for the 23/24 delivery year.




Shared outcome highlights:

-  Projects with the highest proportion of mental wellbeing outcomes:
Saints By Your Side & Saints Goal
-  Projects with the highest proportion of increased aspiration outcomes:
Kicks & Falls Recovery
-  Projects with the highest proportion of stronger positive connections outcomes: **Team Mates & Senior Saints**

What were we not able to achieve (yet)?

Within our theory of change, we outlined 17 projects that we were planning to deliver. 8 of these projects were either new projects, or projects that we had planned to reshape/expand considerably to meet the purpose outlined in our theory of change.

This year we have launched 3 new projects:

-  **Saints By Your Side:** Delivery began in January 2023
-  **Advantage:** Delivery began in May 2023
-  **Saints Restart:** Delivery began in August 2023

OUTCOMES

5 of the 17 projects we had planned to expand:

- 💡 Changemakers (Gender Equality)
- 💡 Saints Team Mates (Gender Equality)
- 💡 Saints Works (Employability)
- 💡 SaintsAbility (Health)
- 💡 MOP Unit (Health) began October 2023

Unfortunately, this expansion wasn't always possible during the 2022/23 delivery year, largely driven by capacity within the team. However, the following plans are in place for 2023/24:

- 💡 Changemakers (Gender Equality) – expanded project begins September 2023
- 💡 Saints Works (Employability) – expanded project begins October 2023
- 💡 SaintsAbility (Health) – consultation on the future of the project begins October 2023
- 💡 Saints Team Mates (Gender Equality) – expanded project begins April 2024

A key trend this year has been the length of time taken to 'start' a new project or the considerable expansion of an existing project:

- 💡 **It takes an average of 8 months between the stakeholder consultation and the project beginning** (often including the sourcing of funding).

Due to a change in the requirements of the project (meaning that it was no longer targeting the beneficiaries outlined in our theory of change), in December 2022, we made the decision to close the NCS project.

MECHANISMS



What is it about projects that make participants more likely to achieve an outcome?

Project Design



In terms of the project design, different factors about the project can and do make a difference to a participant's likelihood of achieving an outcome, with different trends seen when we analyse data for just focus area specific outcomes⁹.

Whilst without a regression analysis we can't say with statistical certainty, trends suggest:



For both shared outcomes & focus area specific outcomes, projects where delivery was continuous, rather than a cohort block were slightly more effective.



For shared outcomes (but **not** just focus area specific outcomes) sessions which don't include a 1:1 element are more effective.



For shared outcomes (but **not** just focus area specific outcomes) sessions which are open access are slightly more effective.



For focus area specific outcomes **only**, projects where there is a volunteering or social action element are slightly more effective.

Project Delivery



As well as structural aspects about the project, there are also important aspects about how the project is delivered that effects a participant's likelihood of achieving an outcome:



Except for the 2 gender equality projects which act as outliers, the more likely a participant is to find the project staff inspiring, the more likely they are to achieve a positive outcome. Whilst this is true across shared outcomes, it doesn't hold true for solely focus area outcomes.

⁹ Factors listed here have a difference of +-5% or more.

MECHANISMS



Except for the 2 gender equality projects which act as outliers, the more likely a participant is enjoy the project, the more likely they are to achieve a positive outcome. Whilst this is true across shared outcomes, it doesn't hold true for solely focus area outcomes.










Across both shared and focus area outcomes there is a correlation between the amount of time a participant spends engaging with the project, and the likelihood of a participant achieving a positive outcome¹, with the correlation being stronger for focus area outcomes.

Participants' Perspectives



As important as what the quantitative data shows us, is the qualitative information gathered from participants about what is most important to them about the project. To gain this information we conducted a Q-sort study¹⁰ across 7 projects, where we asked participants to rank different elements of the project to help us establish what matters most to them.

The findings outline that the top elements of the project that participants find important are:

-  **It helps them to achieve their goals**
-  **Being able to access new opportunities**
-  **That it's linked to football**
-  **They trust the staff**
-  **They like the group dynamic**
-  **The sessions are enjoyable**
-  **They have some agency over the session**

¹⁰ More information on the methodology can be found in the technical report.

MECHANISMS



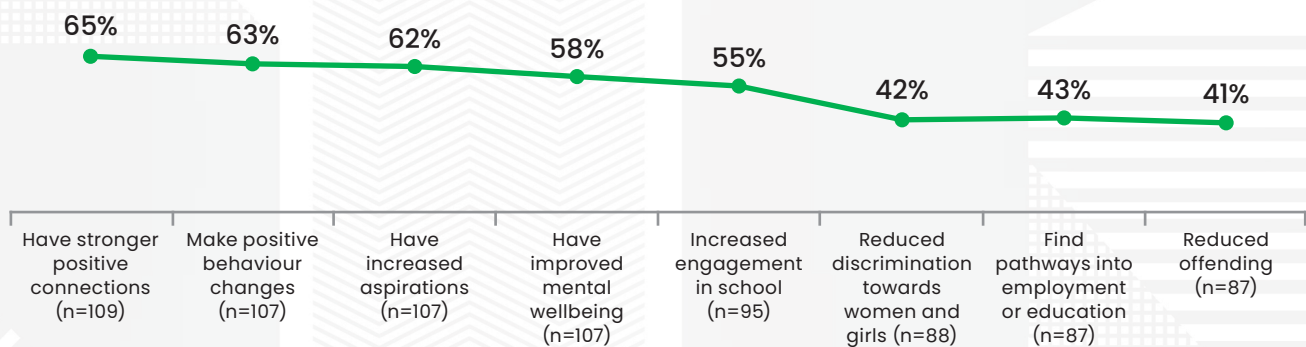
How do local stakeholders feel the projects have impacted participants?

To help us triangulate the data and understand the contribution that Saints Foundation makes towards a participant achieving an outcome, we surveyed 110 local stakeholders to ask them about the difference they feel we help make¹¹.






Stakeholders were most likely to agree that Saints Foundation contributes towards participants having stronger positive connections, making positive behaviour changes, and having increased aspirations.

Chart: Proportion of stakeholders who strongly agree (N/As removed) that we contribute towards the people of Southampton achieving outcomes.



Stakeholders that are relevant to each focus area (e.g., teachers views on education projects) were most likely to strongly agree that we contribute towards:

-  Increased engagement in school
-  Sustained behaviour change
-  Entering employment or training



Despite 79% of participants achieving a reducing offending outcome, only 55% of stakeholders related to this area strongly agree we're contributing towards this outcome, driven by respondents linked to Kicks (33%) rather than Switching Play (83%).

¹¹ More information on the stakeholder survey can be found within the technical report.

MECHANISMS






Chart: Proportion of participants achieving each positive outcome, compared with proportion of relevant stakeholders (all for shared outcomes) who strongly agree that we contribute towards that outcome.

	Proportion of participants achieving a positive outcome	Proportion of stakeholders strongly agreeing that we contribute towards that outcome	N
Increased engagement in school	78%	86%	56
Sustained health behaviour change	82%	75%	32
Entering employment or education	60%	73%	11
Less discrimination towards women and girls	91%	63%	8
Reduced offending	79%	55%	20
Mental wellbeing outcomes	34%	58%	110
Aspiration outcomes	38%	62%	110
Positive connection outcomes	42%	65%	110

For shared outcomes, whilst the figures differ, both data sources highlight the same pattern, that **we contribute the most to forming stronger positive connections, followed by increasing aspirations and then improving mental wellbeing.**

When thinking about mechanisms from a stakeholder’s perspective, key ratings included:

-  Saints Foundation care about their participants
-  Saints Foundation work in partnership well
-  Saints Foundation are reliable & professional

OUR APPROACH

Within our theory of change, we included 11 different statements that outlined how we wanted to achieve our goals. Whilst in some of these areas we have made progress, in others we are still learning, with key findings outlined below.

We are needs led:



Throughout this year we have continued to review our needs analysis, and each project's strategy outlines the needs that it works towards. Key examples of needs led adaptations this year have included:

- Repurposing our Falls Recovery work within the winter to include 'warm spaces' where participants were able to access a free hot meal, and stay for longer in a heated space
- The provision of Environment Agency winter packs across our older adult work, in response to the cost-of-living crisis
- Restructuring our Kicks provision to run throughout the whole year, rather than having a different timetable during summer holidays (based on crime trends highlighted by partners)
- The expansion of Switching Play, driven by need within the Youth Justice Service
- Developing a timetables intervention within Primary Stars, based on a need highlighted by schools

Stakeholders are not necessarily recognising that we are needs led, with only 45% strongly agreeing with the statement 'Saints Foundation is a needs led organisation' and 11% stating that they don't know¹².

Once we understand the needs, we consider place:




Throughout this year we have continued to run and strengthen Active Through Football as our sole place-based project within Saints Foundation. 'Place' has become an increasingly important consideration within our delivery this year, linked to the rise in 'postcode wars' between young people living in SO14 and SO16. Other key place-based considerations this year have been:

- The provision of Kicks sessions near to Thornhill, in the wake of an increase in knife crime
- The provision of Kicks sessions in Weston, linked to it being a high area of deprivation

¹² Saints Foundation Stakeholder Survey 2023 n = 110.

OUR APPROACH

 The removal of the Kicks session at the Outdoor Sports Centre, based on it not being in a location that participants often access.








A challenge that we have found with considering place is balancing this with being able to find suitable venues which are available at the times which are needed for provision to take place; something that has been particularly challenging for open access projects. 2 projects, Falls Recovery and Saints Switching Play provide transport to sessions in order to mitigate against this challenge.

We work in partnership:






In 'Our Plan' published earlier this year, we highlighted that we work with 129 different partners. Our recent stakeholder survey (June 2023 n = 110) highlighted that 98% of our partners were either satisfied or very satisfied with Saints Foundation.




In terms of what matters most to partners (established by a key driver analysis) the areas where partners feel we do particularly well are:

-  That we're reliable and professional
-  That we're positive role models for participants
-  That they trust us
-  That we communicate well with them
-  That we do what we say we will
-  That we're well organised
-  That we're working with the right people (participants) in the city

When asked how we could improve, partners particularly highlighted:

-  Having more provision
-  Increased partnership working
-  Having more information sharing about their projects and other Saints Foundation work

With the key driver analysis also highlighting the following areas to work on:

-  Sharing the impact projects have made
-  Information sharing being timely, and being given plenty of notice for opportunities
-  Partners being aware of our work being needs led and utilising evidence-based practice

OUR APPROACH



Partners left very positive comments, particularly about staff and you can find these throughout the report.

We utilise community engagement & value local knowledge:



Our approach to community engagement has developed over this year and with initial plans to hire a community engagement officer facing recruitment struggles, a new plan was developed to incorporate community engagement into how projects run day to day, which will be launched in September 2023.

1 project, Active Through Football, takes an asset-based community development approach, and is particularly strong at engaging the local community, with the project being built on a community engagement process, and the principles (including delivering shared events) underpinning how the project team works day to day.

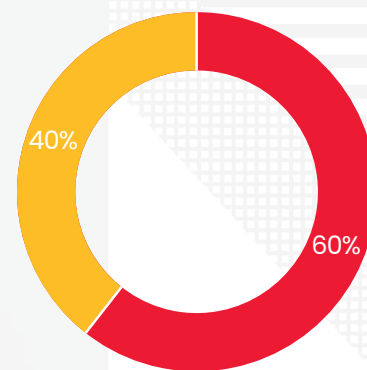
Sport & physical activity is 1 hook that we use within our work:



Around 60% of all Saints Foundation delivery is physical activity and sports. 16 of our 17 projects regularly utilise some form of physical activity within their sessions, with the exception - Saints Works - being primarily delivered in a workshop format.

Chart depicting the proportion of sessions that have a sport / physical activity component.

- Physically active session
- Physically inactive session



We utilise the hook of Southampton FC:



Being the charity of Southampton FC provides us with an important tool to engage participants, with this being particularly important to some sub-groups, especially young people¹³. All our projects are delivered by staff members wearing Southampton FC kit, but co-ordinators have also highlighted the following ways that the hook of the badge has been used this year:




For 86% of projects special events have taken place at St Mary's Stadium.


¹³ Q-Sort Study 2023.





OUR APPROACH



 For 72% of projects, at least some sessions have taken place in St Mary's Stadium

 43% of projects have delivered workshops that utilise Southampton FC

 43% of projects have used Southampton FC branded resources

 43% of projects have had guest speakers from Southampton FC

Overall, 86% of project co-ordinators agree or strongly agree with the statement 'that we are linked with Southampton FC is important to most participants on my project'.

We focus on prevention & targeted intervention:



In practice, our staffing teams feel that most of our projects combine a mixture of helping to prevent issues from occurring and intervening once an issue had occurred. The staff team feel that in practice, the difference between prevention and intervention isn't as clean-cut, and that projects often intervene for one issue, whilst trying to prevent another from occurring.

Each project that ran this year is plotted on the below prevention – intervention scale, with scores given by project co-ordinators (subjectively).

Prevention					Intervention				
1	2	3	4	5	6	7	8	9	10
			Kicks Team Mates	Senior Saints Inspires	Community Champions Changemakers Primary Stars	Falls Recovery Saints By Your Side Active Through Football Saints Works Switching Play			

Our workforce becomes reflective of our local communities:




Data highlights that whilst staff are broadly reflective of Southampton's population for gender and sexual orientation, we have a smaller proportion of staff who are ethnically diverse and disabled than Southampton overall.

As of the 1st August 2023:

 44% of staff were women, compared to 49% in Southampton


OUR APPROACH

 12% of staff were from ethnically diverse backgrounds, compared to 19% in Southampton

 7% of staff were disabled, compared to 18% in Southampton

 8% of staff were LGBTQ+, compared to 5% in Southampton


We have the right staff, with the right skills in the right context:

 Staff turnover and recruitment has been a large challenge this year. Overall (not including recruiting for new projects & administrative staff:





 **There have been at least 974 days of delivery missed due to the time taken to recruit new staff to fill vacancies¹⁴**

This has been particularly challenging for the education team. The biggest challenge has been recruiting a project officer to work within the Compass School (a pupil referral unit), which despite multiple offers being made to candidates, there being no dedicated resource within that school throughout the academic year.

We utilise evidence-based practice:

 Ahead of partner consultations for new projects, a literature review is undertaken to establish what the existing evidence is surrounding interventions.

Whilst every project was able to cite at least 1 example of where they had used evidence-based practice, only 78% were able to cite 2 or more instances of where they had done so. Key examples from this year include:

-  The development of the mentoring framework
-  The implementation of rewards within projects
-  Adapting sessions based on recommendations from internal insight packs
-  Developing project initiatives based on skills gaps identified in local reports

Stakeholders are not necessarily recognising that we are needs led, with only 40% strongly agreeing with the statement 'Saints Foundation is a needs led organisation' and 16% stating that they don't know¹⁵.

¹⁴ Further information on how this is calculated can be found in the technical report.

¹⁵ Saints Foundation Stakeholder Survey 2023 n = 110.






OUR APPROACH



We have the right staff, with the right skills in the right context:



In July 2023 we launched sustainability frameworks for our projects, to be implemented from September 2023. These frameworks will help us to take a more considered approach to sustainability moving forwards. In the meantime, actions taken within this space throughout the 22/23 delivery year have included:

-  Staff car sharing to venues
-  Using crockery and washing up at sessions, rather than single use plastic
-  Offering sustainability workshops & social action projects in Primary Stars
-  Reporting safeguarding incidents electronically, rather than using paper
-  Printing less!

LEARNINGS



What have we learned this year:

Our evaluation practices focus on learning, and whilst each project has its own set of learnings (which you can find in the individual project pages of this report), our analysis has highlighted 13 key trends across all our areas of work.

Key Learnings:



The importance of having a strong succession plan to fill vacancies, particularly in a challenging recruitment environment. Staff are a key mechanism (in terms of trust and acting as an inspiration), but we've missed over 974 days of delivery this year due to staff vacancies.



Building or expanding new work takes a long time (an average of 8 months), and we need to find ways to speed this process up, or to plan in longer lead times to help set expectations.



We need to consider our target groups and decide if we need to be more considered with the participants we're working with or re-write our target groups for projects to account for session mix (1 in 4 participants aren't who we'd intended to work with).



That it's important to balance working in the right place with finding suitable venues – we should continue supporting work that increases facilities in areas locally where there is need.

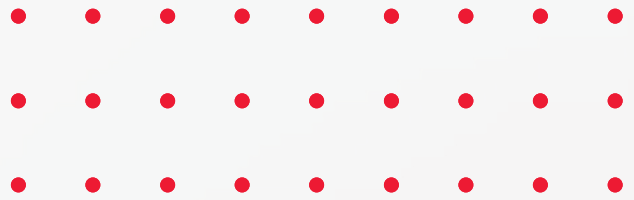


That for community engagement to be effective, it needs to be incorporated within a project (taking learnings from Active Through Football), rather than its own separate strand of work.



That we need to share more information with our partners, whether that's about opportunities within projects, other projects that we run or the impact that projects make.

LEARNINGS



Continuous delivery is often more effective than delivery in cohorts.



Getting the group dynamics right are key in participants achieving outcomes.



We need to ensure that our 1:1 sessions are purposeful for all outcomes, not just focus area outcomes (e.g., mentoring for mental wellbeing).



Adding a volunteering or social action element to project delivery plans will help more participants to achieve focus area outcomes.



That sessions are fun remains vital, with participants having the opportunity to try new things - as does the principle that a high average contact time is key to participants achieving an outcome.



We need to strengthen our evaluation practices and ensure that shared outcomes are measured on externally evaluated projects and that we are providing accessible evaluation tools.



Participant voice is important, with participants recognising that having agency over their session is something that is important to them.



**SAINTS
FOUNDATION**

HEALTH





**“It has made me
aware of our ability
and needing time
to improve. Taking my
time and being patient
– it is the best thing
we have done at this
stage in our lives to
join Senior Saints”**

– participant

SENIOR SAINTS



Classified as both prevention & intervention



This project is an open access session



The project engaged 382 people



345 achieved a positive outcome

The need we're trying to meet:

Almost 1 in 5 older adults in Southampton feel lonely in their daily life¹⁶ & 37% of our older adults are physically inactive¹⁷.

What is Senior Saints?

Senior Saints is an open access community programme, where over 60s take part in fun, group exercise sessions lasting 30-45 minutes, followed by the opportunity for a 'tea and chat'. Participants can take part in person (12 classes a week, with a timetable varying in intensity and type of activity) or via the radio (5 broadcasts a week). The project is open-ended, and participants can engage as frequently or infrequently as they like.

Who have we engaged?

382 older adults attended (+82 people vs target) and 70% of this group (267 older adults) met the target group requirements of: feeling lonely, living in one of the most deprived areas in the city or not meeting the Chief Medical Officer's guidelines for physical activity levels.

Alongside Falls Recovery and SaintsAbility, this project has the smallest proportion of participants who live in an area of deprivation.

What difference has it made?

91% of Senior Saints participants achieved a positive outcome.

For Senior Saints, health behaviour change is defined as increasing physical activity levels or reducing levels of loneliness¹⁸.

Is the difference between the pre and post statistically significant?

Yes. The base size for the evaluation was large enough to run paired t-tests on both behaviour change outcomes and the differences are statistically significant.

¹⁶ Southampton City Survey 2020.

¹⁷ Active Lives 21/22.

¹⁸ Information about how this is measured can be found within the accompanying technical report.

SENIOR SAINTS



"It has given me a reason to get up in the morning. I am getting some exercise and have people to talk to!"

Senior Saints Participant

Overall, 48% reduced their levels of loneliness through taking part in the project, with this almost doubling for those whose baseline survey highlighted that they were always or often lonely. 59% of participants increased their physical activity levels – importantly the active component of each session is a maximum of an hour long, but for 35% of participants the amount of physical activity they now complete each week exceeds 1 hour, suggesting that for just over a third of participants that they are completing more exercise outside of the sessions too.







In total, 80% of participants of Senior Saints either reduced their levels of loneliness or increased their levels of physical activity, during their time on the project.

With our shared outcomes across projects vs the Saints Foundation average:¹⁹

Shared Outcome	% achieving outcome within Senior Saints	% achieving outcome within Saints Foundation
Improved mental wellbeing	37%	36%
Increased aspirations	24%	39%
Stronger positive connections	48%	43%

Does it work for everyone?

-  Participants with a disability or life limiting illness were almost twice as likely to achieve the increased physical activity outcome than the rest of the group.
-  For physical activity, but not loneliness, men were less likely to achieve a positive outcome than women.
-  Participants of the Shirley Baptist Church circuits session (which is large) were the most likely to achieve a positive outcome.
-  One participant suggested improvements for the project focused on changing the exercises, having more classes available and having consistent staffing at sessions.

¹⁹ Information about how this is measured can be found within the accompanying technical report.








SENIOR SAINTS



What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders.

Key findings include:

-  The sessions are fun, with 98% of participants enjoying them.
-  The staff are inspiring, with 96% of participants agreeing with this.
-  93% of participants felt like they could be themselves at the session.
-  Participants valued that it was in a group, and allowed them to socialise (27%).
-  Participants like the physical activity component (25%) staffing at sessions.

What do our partners think, and how do they think we contribute to change?²⁰

Of 12 responses to our annual stakeholder survey, 92% of stakeholders were very satisfied with this project, with 8% being satisfied. Stakeholders of Senior Saints trust the charity, want to work with Saints Foundation more and feel that we work in partnership well.

58% of stakeholders strongly agreed that Senior Saints has a positive impact on helping participants to achieve sustained behaviour change.

67% of stakeholders strongly agreed that Senior Saints has a positive impact on participants mental wellbeing.

58% of stakeholders strongly agreed that Senior Saints has a positive impact raising participants aspirations.

67% of stakeholders strongly agreed that Senior Saints has a positive impact on participants connections with others.

Stakeholders would like to see Senior Saints continue to work in partnership, refresh the content of the radio broadcasts and look at additional locations for delivery; alongside scaling up provision.

²⁰ A detailed overview of the stakeholder survey methodology can be found within the technical report.

SENIOR SAINTS



What have been this year's highlights?

- 💡 Re-introducing the apprenticeship.
- 💡 New partnerships and collaborations which provide different opportunities for participants such as 'try the train', 'let's get digital' and a social session.
- 💡 Reshaping how we deliver certain sessions to help participants create new friendship.
- 💡 Linking in with COPD physiotherapy teams, who signpost people they work with into the project.

"They enable the older residents of Southampton to keep their physical and mental health as strong as possible which promotes their independence and confidence"

Partner

What have been this year's key learnings²¹?

- 💡 Recruit for behaviours as much as experience & the value of a practical element in staff recruitment.
- 💡 Participants are increasingly trying 'new things' and attending multiple different types of sessions.
- 💡 For the first time we've been able to engage digitally with participants effectively, with a 367 participant strong email list and 120 participants forming part of a WhatsApp community group.
- 💡 Educational workshops should be linked to need and feel timely, rather than be scheduled in too far in advance.
- 💡 Participants value trips!
- 💡 We're increasingly seeing participants discuss issues at home, and moving forwards the team has highlighted that they need support signposting participants to other services.

²¹ Generates from project annual reviews.

CASE STUDY

SENIOR SAINTS:

Gordon Jefferies, aged 83, lives alone and was referred to Senior Saints following a call with his COPD clinic and discussions with his local GP surgery. Gordon, has mentioned how he was "lacking motivation" and often felt "isolated" at home following the loss of his partner. After taking part in physiotherapy Gordon decided he wanted to continue to exercise regularly and began to engage in Senior Saints.

Gordon started Senior Saints with the Riverside walk, once a week on a Wednesday and has been a regular attendee throughout this year. Gordon soon progressed to more challenging exercises, moving from the chair session to our circuits class, and overall attending 120 sessions this year. Gordon detailed how each session has been "supportive" and "fun", also that he has recognised improvements in his physical and mental well-being immensely over the past year. He mentioned that family and close friends have also seen a real difference in his daily routine and behaviour.



Gordon was an attendee on our 'try the train' trip to Weymouth in partnership with South-Western Railway (SWR). Gordon was so thankful for the trip expressing *"the trip was amazing, it reminded me a lot of when I used to work for the railway. I really surprised myself how far I walked along the pier. I never knew these opportunities would happen. I'm so grateful for the Saints Foundation and the guys for the exercise that's got me to this point."*

Since joining, Gordon has made positive steps in meeting new people and building friendships with other participants. His enthusiasm and positive attitude have been recognised across all sessions with one of Gordons peers in sessions saying, *"We all love Gordon, he's always so happy and really started to come out of his shell."*

Gordon mentioned how he has often struggled with lower back issues preventing him from walking and performing daily activities. However, has been really surprised with the changes following regular exercise and specialist support through Senior Saints. From engaging in just one session a week Gordon now increased his levels of physical activities more by progressing to the more challenging classes and he's described the classes as a "life saver."

Senior Saints utilises a social tea and chat period at the end of each session as a catalyst for people to engage in positive conversations, address problems and provide feedback to staff. Gordon often stays to socialise and has been very supportive in recognising when other participants also need extra support. Connor, Senior Saints Health Project Officer, has offered additional support to Gordon including three well-being phone-calls and 1:1 support. Gordon has often shown a lot of gratitude towards Senior Saints staff stating *"Staff are amazing and caring; Connor and all the team always ask how I am. Alongside the exercise I've also been able to open up and talk about my personal life, that I've bottled up for so long. It's been 4 years since losing my wife and no one has asked me how things are at home, until now."*



FALLS RECOVERY



Classified as an intervention



This project is referral only



The project engaged 186 people



145 achieved a positive outcome

The need we're trying to meet:

In Southampton, data modelling predicts that there will be a 16% increase in falls leading to a hospital admission by 2028 & that 50% of over 80s will fall at least once a year²². Falls are the number 1 reason older people are taken to the emergency department and nationally the NHS spends more than £6 million a day as a result of falls.

What is Falls Recovery?

Falls Recovery is a referral-based programme, where adults in Southampton who have had or are at risk of an injurious fall take part in a 12 week programme within the community (taught by postural stability instructors) that increases their strength and balance and reduces their risk of falling again. They are provided with the option of transport to and from the classes. This team also runs a falls reduction programme within the MOP Unit at a Southampton hospital, with 169 patients engaging with this strand of the programme – we are currently awaiting evaluation results so will be able to report more on this strand soon.

Who have we engaged?

186 older adults attended and 100% of this group met the target group requirements of: being referred into the project by the Community Independence Service based on having had a fall or having a high risk of an injurious fall.

Alongside Senior Saints and SaintsAbility, this project has the smallest proportion of participants who live in an area of deprivation.

²² Active Lives 21/22.

FALLS RECOVERY

What difference has it made?

78% of Falls Recovery participants achieved a positive outcome.

For Falls Recovery participants, health behaviour change is defined as a reduction in fear of falling as measured through the FES-I, as this is a key risk factor for falls²³.

Overall, 47% reduced their fear of falling through taking part in the project. Moreover, 68% of those who took part in the project did not fall whilst taking part. Of the 32% who did, only 5 (14% of fallers) had to go to hospital as a result of that fall.


Is there anything to note about the evaluation of this project?


Yes. A masters student at Solent University recently conducted a study which identified the mechanisms (from a participant's perspective) that drive success.


With our shared outcomes across projects vs the Saints Foundation average:²⁴


Shared Outcome	% achieving outcome within Falls Recovery	% achieving outcome within Saints Foundation
Improved mental wellbeing	43%	36%
Increased aspirations	47%	39%
Stronger positive connections	36%	43%

Does it work for everyone?

 There was no statistically significant difference for reduced fear of falling between delivery that incorporated warm spaces provision and 'normal' delivery.

 Men were slightly more likely to achieve a positive outcome than women.

 Those with a disability or life limiting illness were more likely to achieve a positive outcome than those without.

 Participant suggested improvements for the project focused on having follow on classes, having everything within the manual, consistently providing transport, not combining classes during warm spaces & having more trips.

"My walking, standing and sitting has really improved. I feel more confident and assured about my self worth. When I had my fall, I used the skills I have learned and got myself up without help and did not hurt myself getting up"
Falls Recovery Participant

²³ Information about how this is measured can be found within the accompanying technical report.

²⁴ Information about how this is measured can be found within the accompanying technical report.





FALLS RECOVERY



What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders.

Key findings include:

-  The sessions are fun, with 98% of participants enjoying them
-  The staff are inspiring, with 98% of participants agreeing with this
-  98% of participants felt like they could be themselves at the session
-  From the external research project, participants valued that they were able to learn new things, the resources that were provided (e.g. the exercise book), being able to interact with others in the group and staff, with participants being motivated to achieve their goal being another key mechanism driving positive outcomes within the project.

What do our partners think, and how do they think we contribute to change?²⁵

Of 10 responses to our annual stakeholder survey, 100% of stakeholders were very satisfied with this project. Stakeholders of Falls Recovery believe the staff are experts in their roles and are reliable and professional, trust the charity, care about their participants and work in partnership well.

70% of stakeholders strongly agreed that Falls Recovery has a positive impact on helping participants to achieve sustained behaviour change.

80% of stakeholders strongly agreed that Falls Recovery has a positive impact on participants mental wellbeing.

60% of stakeholders strongly agreed that Falls Recovery has a positive impact raising participants aspirations.

60% of stakeholders strongly agreed that Falls Recovery has a positive impact on participants connections with others.

Stakeholders would like to see Falls Recovery provide more educational events and to link with other providers to create pathways for participation, alongside being able to provide more classes.

²⁵ A detailed overview of the stakeholder survey methodology can be found within the technical report.

FALLS RECOVERY

What have been this year's highlights?

- 💡 Improving participant's quality of life.
- 💡 Seeing participants make new friends.
- 💡 Strengthening partnerships with other organisations.
- 💡 Having a good team dynamic.

What have been this year's key learnings²⁶?

- 💡 The provision of transport is key, when this had to be paused, we saw a reduction in attendance.
- 💡 Where possible, look to collaborate more with Senior Saints to create exit pathways from the project.
- 💡 The MOP Unit work has received good feedback, and we should consider expanding to other wards.
- 💡 The project continually adapts in reaction to local needs.

"I feel the work Saints Foundation do to support older adults in particular is fantastic - the NHS can only provide a certain amount of care due to overstretched staffing and lack of resources and having an organisation step up to support and work alongside us is so valuable"

Partner

²⁶ Generates from project annual reviews.

SAINTS BY YOUR SIDE



Classified as an intervention



This project is a referral-based project, but participants can self-refer



The project engaged 16 people



14 achieved a positive outcome

The need we're trying to meet:

Men have a 1.8x higher risk of ending their own lives compared to women and are less likely to seek help for their mental health challenges – overall, men account for 75% of the suicides in England.

Southampton has a significantly higher suicide rate than both the national average and it's local neighbours, and of the 27 Southampton men who took their own lives over a 2-year period, 48% were not known to mental health services. Moreover, locally, within Southampton, not only is there a higher than national rate of mental ill health but this is unequally distributed, with those living in deprived areas more likely to have an adverse outcome.²⁷

What is Saints By Your Side?

Saints By Your Side is a 12-week programme that engages with men who have had challenges with their mental health. Taking place in St Mary's Stadium, each week focuses on a different topic around managing mental health, but with plenty of space for participant led discussion. Workshop / discussion sessions are paired with a light physical activity session, and active signposting into other, positive, provision.

Who have we engaged?

16 participants attended and 100% of this group met the target group requirements of being male and having challenges with their mental health.

This project was new for this year, and challenges with the project set up have meant that we engaged with far fewer participants than we had initially planned (25%).

²⁷ Southampton Data Observatory.

SAINTS BY YOUR SIDE



What difference has it made?

88% of Saints By Your Side participants achieved a positive outcome.

For Saints By Your Side participants, health behaviour change is defined as a participant increasingly knowing where to get help for challenges with their mental health.²⁸

Overall, 25% became more likely to know where to get help for their challenges with their mental health – however, although not the primary outcome of the project, 75% increased their mental wellbeing through taking part, the second highest score across all Saints Foundation projects.

With our shared outcomes across projects vs the Saints Foundation average:²⁹

Shared Outcome	% achieving outcome within Saints By Your Side	% achieving outcome within Saints Foundation
Improved mental wellbeing	75%	36%
Increased aspirations	38%	39%
Stronger positive connections	13%	43%

Is there anything to note about the evaluation of this project?
Yes. The base size was very small, more data is needed to analyse different sub-groups.

What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders.

“The sense of belonging. I felt like I belong to a community. The team coordinators and the other attendees were really supportive for me to be able to complete these sessions. Just being there has made the difference, I can talk and express my feelings, and your staff are listening to what I say”
Saints By Your Side Participant

²⁸ Information about how this is measured can be found within the accompanying technical report.






²⁹ Information about how this is measured can be found within the accompanying technical report.



SAINTS BY YOUR SIDE



Key findings include:

-  The sessions are fun, with 92% of participants enjoying them
-  The staff are inspiring, with 92% of participants agreeing with this
-  92% of participants felt like they could be themselves at the session
-  Staff reflections also highlight the importance of sessions being participant led in the achievement of outcomes
-  Participants would like the programme to be longer!

What do our partners think, and how do they think we contribute to change?³⁰

Of the 7 responses to our annual stakeholder survey, 100% of stakeholders were very satisfied with this project. Stakeholders of Saints By Your Side believe the staff work in partnership well, and that we are a charity that they would like to work with more.

71% of stakeholders strongly agreed that Saints By Your Side has a positive impact on helping participants to achieve sustained behaviour change.

71% of stakeholders strongly agreed that Saints By Your Side has a positive impact on participants mental wellbeing.

57% of stakeholders strongly agreed that Saints By Your Side has a positive impact raising participants aspirations.

86% of stakeholders strongly agreed that Saints By Your Side has a positive impact on participants connections with others.

Stakeholders would like to see Saints By Your Side to keep attending peer meetings and offering taster sessions for the project.

³⁰ A detailed overview of the stakeholder survey methodology can be found within the technical report.

SAINTS BY YOUR SIDE



What have been this year's highlights?

- 💡 Creating links with other organisations in Southampton to provide exit routes for participants.
- 💡 Starting delivery, creating workshops and seeing participants engage well across delivery.
- 💡 Ensuring that delivery has been safe, and adapting to ensure that we've prevented adverse situations.

"huge impact on service users - inclusion and integration promotes independence/ self-confidence enhances mental health programme very vast so reaches lots of different diagnosis/ issues"

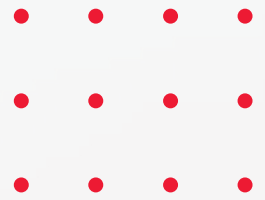
Partner

What have been this year's key learnings³¹?

- 💡 Whilst we have received a high number of referrals (96) only a far smaller number have gone on to engage on the project, with the journey from referral to engagement being challenging.
- 💡 Boundary setting with participants is key.
- 💡 The project has needed to adapt to participants needs.
- 💡 Good group dynamics are important for the project's success.

³¹ Generates from project annual reviews.

ACTIVE THROUGH FOOTBALL



Classified as an intervention



This project is open access



The project engaged 254 people



185 achieved a positive outcome

The need we're trying to meet:

Over a quarter of adults in Southampton are physically inactive, and this is even higher amongst women, low income groups and amongst people from ethnically diverse backgrounds³².

What is Active Through Football?

Active Through Football is a place-based programme, that provides free, open access football and sports sessions throughout the SO14 postcode area. The project solely targets people aged 16+. The project targets groups who are more likely to be physically inactive, and what makes it different is that it takes an asset-based community development approach, with a focus on community engagement and aiming for participant ownership of sessions. Sessions have specific target groups, including women, refugees and older adults.

Who have we engaged?

254 people attended (+34 people vs target) and 63% of this group met the target group requirements of living in SO14.

Alongside the schools' projects and Kicks, Active Through Football had one of the largest proportions of participants who live in one of the most deprived areas in England.

What difference has it made?

73% of Active Through Football participants achieved a positive outcome.

For Active Through Football, health behaviour change is defined as increasing physical activity levels³³.

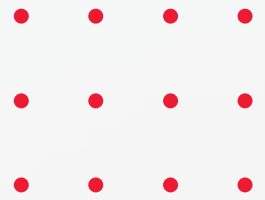
Is there anything to note about the evaluation of this project?

Yes. This project is externally evaluated by the University of Leeds, we're awaiting their published results; but this meant this year we didn't capture shared outcomes as we don't want to over-survey participants.

³² Southampton Physical Activity and Sports Strategy.

³³ Information about how this is measured can be found within the accompanying technical report.




ACTIVE THROUGH FOOTBALL



What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders.

Key findings include:

-  Participants are joining the sessions because it's been recommended to them by someone they trust (a friend).
-  The project helps them meet their goals (improving their health).
-  The project accounts for individual need; for example, adapting session times for Ramadan or linking with other providers to allow for childcare.

What do our partners think, and how do they think we contribute to change?³⁴

Of 13 responses to our annual stakeholder survey, 100% of stakeholders were very satisfied with this project. Stakeholders of Active Through Football trust the charity, want to work with Saints Foundation more, feel that we work in partnership well and feel that staff are reliable and professional & care about their participants.

62% of stakeholders strongly agreed that ATF has a positive impact on helping participants to achieve sustained behaviour change.

77% of stakeholders strongly agreed that ATF has a positive impact on participants mental wellbeing.

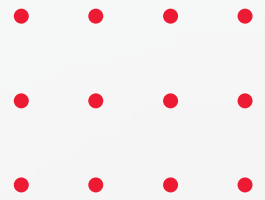
58% of stakeholders strongly agreed that ATF has a positive impact raising participants aspirations.

69% of stakeholders strongly agreed that ATF has a positive impact on participants connections with others




Stakeholders would like to see Active Through Football continue to work in partnership, provide taster sessions in the community, build on the number of sessions provided and continue to respond to local need in terms of which participants to target.

³⁴ A detailed overview of the stakeholder survey methodology can be found within the technical report.

ACTIVE THROUGH FOOTBALL







What have been this year's highlights?

-  The celebration event for the project, which due to collaboration with the local community and organisations, resulted in a great community day.
-  Being able to provide local residents and refugees the opportunity to take part in an 11-a-side football match at St Mary's Stadium. A day to remember for all involved.
-  Enabling sessions to be adapted for Ramadan, by reaching an agreement with city partners for us to be able to access venues later at night.



"I like this session because it helps me, and my daughter be more active and also helps us socialise with other people in the same group"
Participant

What have been this year's key learnings³⁵?

-  Partnership working leads to better outcomes; sessions without a partner don't work as well.
-  Being active in the community outside of sessions is key to building relationships and encouraging participants to attend.
-  Asset based community development is all about relationships, having staff time to build those relationships is key.
-  There is a need for more female-led delivery.

³⁵ Generates from project annual reviews.

ADVANTAGE



Classified as prevention



This project is referral-based only

The need we're trying to meet:

Southampton's children are significantly more likely than the England average to have a social, emotional or mental health need³⁶.

What is Advantage?

Advantage is a mentoring programme for young people who are involved with the Children & Families First Team. It is a very new programme (although part of a franchise which has been proven elsewhere) with delivery only beginning in May 2023. Young people are mentored for 6 months, with a focus on them achieving the goals that matter most to them. It is too early in the projects lifecycle to evaluate the impact of the project.

Who have we engaged?

So far, we have engaged 7 young people, all of whom have been referred through Children & Families First.

What do our partners think, and how do they think we contribute to change?³⁷

Of 3 responses to our annual stakeholder survey, 100% of stakeholders were very satisfied with this project. The response rate is too low to look at attributes.

100% of stakeholders strongly agreed that Advantage has a positive impact on helping participants to achieve sustained behaviour change.

66% of stakeholders strongly agreed that Advantage has a positive impact on participants mental wellbeing.

100% of stakeholders strongly agreed that Advantage has a positive impact raising participants aspirations.

100% of stakeholders strongly agreed that Advantage has a positive impact on participants connections with others.






³⁶ Mental health and wellbeing (southampton.gov.uk).

³⁷ A detailed overview of the stakeholder survey methodology can be found within the technical report.

ADVANTAGE

Stakeholders would like to see Advantage get up and running (and recognise that we're learning together about the young people who are the most appropriate to refer in) and look forward to seeing the difference the project makes.

What have been this year's highlights?

-  Developing the partnership with the clinical psychologist.
-  The ability to use the stadium.
-  That once participants take part, they want to keep attending.
-  Establishing great processes to ensure participants are safe.
-  Starting to see the impact, with young people opening up.

SAINTSABILITY



Classified as prevention



This project is open access



The project engaged 67 people

The need we're trying to meet:

1 in 5 young people in Southampton have a disability, which is much higher than the national rate³⁸.

What is SaintsAbility?

SaintsAbility is a free open access project that provides football sessions for people with a disability.

Who have we engaged?

This project has engaged with 67 people this year, and alongside Falls Recovery and Senior Saints, has engaged with the lowest proportion of participants living in a deprived area. All of the participants of SaintsAbility have a disability.

What difference has it made?

The variety of accessibility requirements for SaintsAbility has made it a challenge to evaluate, for this year, we have therefore discounted quantitative data and have just reviewed qualitative responses from participants which include:



"Feel happier"



"Like playing football"



"Coming here is fun"



"Is so much fun"



"Makes me much more happier. I used to be grumpy but I am not now".

³⁸ Local Authority Health Profile.

SAINTSABILITY



How would participants like to see us improve?

Participants would like to have more players at sessions and for there to be more matches played.

What do our partners think, and how do they think we contribute to change?³⁹

Of 7 responses to our annual stakeholder survey, 86% of stakeholders were very satisfied and 14% were satisfied with this project. Stakeholders of SaintsAbility feel that we work in partnership well and are positive role models for participants.

71% of stakeholders strongly agreed that SaintsAbility has a positive impact on helping participants to achieve sustained behaviour change.

71% of stakeholders strongly agreed that SaintsAbility has a positive impact on participants mental wellbeing.

71% of stakeholders strongly agreed that SaintsAbility has a positive impact raising participants aspirations.

71% of stakeholders strongly agreed that SaintsAbility has a positive impact on participants connections with others.

Stakeholders would like to see the project expanded and to have more communication about the project.

What have been this year's key learnings?⁴⁰



The project needs to be revitalised, previously this had been one of our largest areas of work – a stakeholder consultation is scheduled for October 2024.

³⁹ A detailed overview of the stakeholder survey methodology can be found within the technical report.

⁴⁰ Generates from project annual reviews.



**SAINTS
FOUNDATION**

EDUCATION



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**“[Without Saints Foundation]
I wouldn't of come
into school or
I would be in school
but really really
late and not into
lessons.”**

- participant

PRIMARY STARS



Classified as both prevention & intervention



This project is referral-based (within schools)



The project engaged 1967 people



1475 achieved a positive outcome

The need we're trying to meet:

Southampton has some of the lowest rates in the country for young people entering higher education; moreover, there's a 25% inequality gap for young people achieving a level 2 qualification (GCSEs)⁴¹.

What is Primary Stars?

Based in schools, Primary Stars Officers are in each school (15) 1 day a week, delivering a mixture of PE CPD for teachers, targeted interventions focused on maths, English & PSHE and extra-curricular clubs, alongside events linked to key topics in society. Primary Stars also enables young people to deliver social action projects.

Who have we engaged?

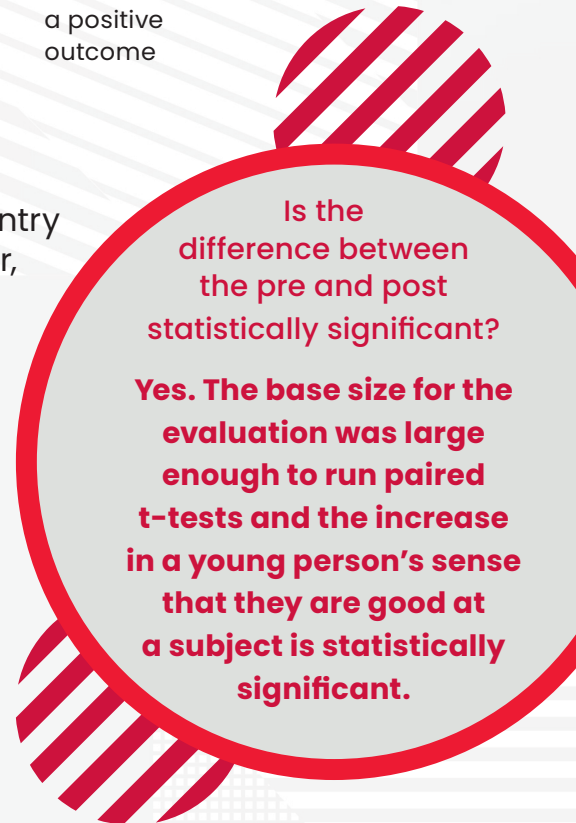
1,967 primary age children took part in the project, making it by far the largest project (engagement wise) that Saints Foundation deliver. 78% of participants were from the specified target group and the project had the highest proportion of participants living in a deprived area from across all Saints Foundation projects.

What difference has it made?

75% of Primary Stars participants achieved a positive outcome.

For Primary Stars an increase in engagement in education is linked to trying harder in school or an increase in wanting to learn⁴².

Overall, 50% of young people improved their engagement in school through taking part in the project.



Is the difference between the pre and post statistically significant?

Yes. The base size for the evaluation was large enough to run paired t-tests and the increase in a young person's sense that they are good at a subject is statistically significant.

⁴¹ Department for Education LAIT, 21/22.

⁴² Information about how this is measured can be found within the accompanying technical report.




PRIMARY STARS



With our shared outcomes across projects vs the Saints Foundation average⁴³:

Shared Outcome	% achieving outcome within Primary Stars	% achieving outcome within Saints Foundation
Improved mental wellbeing	39%	36%
Increased aspirations	42%	39%
Stronger positive connections	40%	43%





Does it work for everyone?

-  Interventions are more effective than PE CPD at raising mental wellbeing for participants.
-  The older a child is, the more effective the project is at improving their mental wellbeing.
-  Interventions are more effective than PE CPD at both increasing a child's enjoyment of a subject, but also increasing their sense that they are good at a subject.



What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders. Participants of this project are less likely to strongly agree with staff statements compared to projects outside of Education, however, the Q-Sort identified the following key trends as important:

-  That young people like the project staff
-  The link to Southampton FC / football
-  That the sessions are fun
-  That they are often active

What do our partners think, and how do they think we contribute to change?⁴⁴

Of 24 responses to our annual stakeholder survey, 96% of stakeholders were very satisfied with this project, with 4% being satisfied. Stakeholders of Primary Stars believe we work in partnership well, are relatable for participants, that staff are reliable and professional and that they care about their participants.

⁴³ Information about how this is measured can be found within the accompanying technical report.

⁴⁴ A detailed overview of the stakeholder survey methodology can be found within the technical report.

PRIMARY STARS



67% of stakeholders strongly agreed that Primary Stars has a positive impact on increasing participants engagement in education.

54% of stakeholders strongly agreed that Primary Stars has a positive impact on participants mental wellbeing.

67% of stakeholders strongly agreed that Primary Stars has a positive impact raising participants aspirations.

58% of stakeholders strongly agreed that Primary Stars has a positive impact on participants connections with others.

Stakeholders would like to find out more about school / youth led interventions, see more flexibility within the timetable, more resources available to use when the Primary Star isn't there and more player engagement.

What have been this year's highlights?

- Running successful events, that participants and schools have loved.
- Developing resources in line with need.
- Building our school relationships & managing their expectations.
- Having a great team.

What have been this year's key learnings?⁴⁵

- Ensuring that we're able to target the right teachers, rather than those who have received the CPD before.
- That the best interventions have been when the school has been able to provide targeted referrals.
- Relationship building with all levels of staff within school is key.
- There has been a large benefit to the co-ordinator no longer delivering in schools and receiving support from the events lead member of staff.

"They do such valuable work with some of the most challenging and vulnerable young people, not only helping them to become more active and improve their mental health, but also running interventions and workshops to allow them to become better citizens and understand their full potential in life"

Partner

⁴⁵ Generates from project annual reviews.

CASE STUDY

PRIMARY STARS:

Logan is in year 6 at Thornhill Primary School. Logan had a challenging time in year 5, he was persistently absent and was out of school more than he was in it (he had an attendance rate of 45.8%). PL Primary Star Connor Richards described Logan's situation at the beginning of this academic year as *"Logan didn't enjoy school and really struggled to engage in his lessons, as well as appearing withdrawn or non-communicative with staff"*.

In September 2022, the school referred Logan to work with his PL Primary Star as part of a PSHE intervention (outside of the classroom environment) that focused on building communication skills and positive interactions with others. Whilst Logan initially struggled to focus and be engaged in sessions and sometimes let his behaviour get the better of him, Logan began to respond well to Connor when he realised, he was able to talk about one of his big passions, football.

Connor spoke with Logan's teachers about his challenges, and together they developed a plan to help Logan to achieve his goal of being able to work well with others. Football was a key part of this plan, and Connor was able to use football-based scenarios to bring Logan out of his shell and to begin sharing his own thoughts with the group. The plan also framed Logan as a 'captain' within sessions, allowing him to utilise his natural leadership skills, but more importantly have him be able to make decisions whilst listening to other people's points of view, and taking them into account.

With this plan implemented, Logan began to express himself and Connor began to give him responsibility within the intervention. This leadership role allowed him to voice his opinions and make difficult decisions. Logan began to recognise the positive influence he had on others and started to actively enjoy the sessions.

After completing the PSHE intervention at Christmas, Logan continued to thrive, utilising the skills he'd learned, and particularly he became more resilient with setbacks as he now understood that sometimes we do make mistakes and we need to keep trying our best to achieve our goal instead of giving up. Thinking about Logan's goal of being able to work better with others, at the end of the school year Logan was selected to help run the KS1 sports day at the school, where he was responsible for looking after groups of younger children and role modelling positive behaviour, alongside demonstrating activities. Logan's teachers were very impressed, particularly with how he interacted with younger children and made sure that they were all having fun.

Overall, Logan's progress has been brilliant, and his school have said that he should be so proud of what he's achieved. Logan's school attendance has almost doubled (reaching 87%) and most importantly, going to school is now something that he enjoys. Reflecting on Logan's progress, PL Primary Star Connor Richards stated *"From when I met Logan in September 2022, to the young man he is becoming today, he has matured and has become a credit to the school"*.

So, what's next for Logan? He's looking forward to attending secondary school next year (where he'll be able to work with a Saints Foundation Community Champion) and is excited to continue playing football which he loves!



COMMUNITY CHAMPIONS



Classified as both prevention & intervention



This project is referral-based (within schools)



The project engaged 753 people



647 achieved a positive outcome

The need we're trying to meet:

Southampton has some of the lowest rates in the country for young people entering higher education; moreover, there's a 25% inequality gap for young people achieving a level 2 qualification (GCSEs)⁴⁶

What is Community Champions?

Based in schools, Community Champions are in each school (9) 4 days a week (except for 2 schools which are 2 days a week), delivering a mixture of mentoring, interventions and extracurricular activities, working with young people who are referred into them based on them having risk factors for becoming disengaged with education.

Who have we engaged?

753 secondary age children took part in the project, making it the third largest project that Saints Foundation deliver. 79% of participants were from the specified target group and the project had the second highest proportion of participants living in a deprived area from across all Saints Foundation projects.

What difference has it made?

86% of Community Champions participants achieved a positive outcome.

For Community Champions an increase in engagement in education is linked to trying harder in school or an increase in wanting to learn.⁴⁷

Overall, 59% of young people improved their engagement in school through taking part in the project.

Is the difference between the pre and post statistically significant?

Yes. The base size for the evaluation was large enough to run paired t-tests and the differences are statistically significant for improved mental wellbeing.

⁴⁶ Department for Education LAIT, 21/22.

⁴⁷ Information about how this is measured can be found within the accompanying technical report.





COMMUNITY CHAMPIONS





With our shared outcomes across projects vs the Saints Foundation average⁴⁸:

Shared Outcome	% achieving outcome within Community Champions	% achieving outcome within Saints Foundation
Improved mental wellbeing	65%	36%
Increased aspirations	43%	39%
Stronger positive connections	44%	43%

“He has helped me improve my attendance. He has also increased my confidence in school and at home such as speaking to other teachers. When I had trouble I wouldn’t speak to people as I got scared. But now I always ask for help”







Participant

Does it work for everyone?

-  The project is more effective in increasing engagement in education for those who had particularly low starting scores.
-  Young people who took part in an intervention were more likely to achieve a positive outcome than those who took part in mentoring.
-  If a young person had low confidence initially, the project was more effective at raising their aspirations.
-  For young people who didn’t have a positive role model to start with, 91% increased the positive connections they have with others.

What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders. The Q-Sort with participants identified the following key trends as important:

-  That young people like the project staff.
-  The sessions gave them someone to talk to who wasn’t a teacher.
-  They were able to talk about what mattered to them.
-  They were able to miss lessons to take part.
-  The sessions helped them to achieve their goals.
-  That the sessions are fun.

⁴⁸ Information about how this is measured can be found within the accompanying technical report.





COMMUNITY CHAMPIONS

What do our partners think, and how do they think we contribute to change?⁴⁹

Of 34 responses to our annual stakeholder survey, 74% of stakeholders were very satisfied with this project, with 24% being satisfied. Stakeholders of Community Champions believe that staff are positive role models for participants and that they care about participants.

56% of stakeholders strongly agreed that Community Champions has a positive impact on increasing participants engagement in education.

44% of stakeholders strongly agreed that Community Champions has a positive impact on participants mental wellbeing.

53% of stakeholders strongly agreed that Community Champions has a positive impact raising participants aspirations.

62% of stakeholders strongly agreed that Community Champions has a positive impact on participants connections with others.

Stakeholders would like staff to be in school more, or to have more staff in school, to have more information about what is delivered to young people, better communication, more player appearances and an increased number of events.

What have been this year's highlights?

- Introducing different interventions, for example offering healthy lifestyles as part of the intervention menu.
- Starting the project in 3 new schools.
- Developing our work around what effective mentoring looks like.



"makes a huge impact on our students. He delivers numerous amounts at school, and provides opportunities within the community as well as offering experiences our students may never in their lives have the chance to take part in"

Partner

What have been this year's key learnings?⁵⁰

- There have been challenges around a more structured timetable, with staff and schools feeling the reduced flexibility impacts outcomes.
- The project has felt the impact of large staffing gaps, with 4 schools having 1 term with no staff member in post.
- Having reasons for referral from schools more consistently helps to tailor provision more appropriately.

⁴⁹ A detailed overview of the stakeholder survey methodology can be found within the technical report.

⁵⁰ Generates from project annual reviews.



INSPIRES



Classified as both prevention & intervention



This project is referral-based (within schools)



The project engaged 111 people



83 achieved a positive outcome

The need we're trying to meet:

1 in 4 young people feel like they are going to fail in life and almost two thirds of young people say they are scared for the future (Prince's Trust Youth Index 2023)⁵¹

What is Inspires?

Based in schools, Inspires Project Officers are in each school (4) 4 days a week, with all Inspires schools being alternative school provision. The team deliver a mixture of mentoring, interventions and extracurricular activities, working with young people who are referred into them based on them having risk factors for becoming disengaged with education aiming to raise aspirations, confidence & wellbeing.

Who have we engaged?

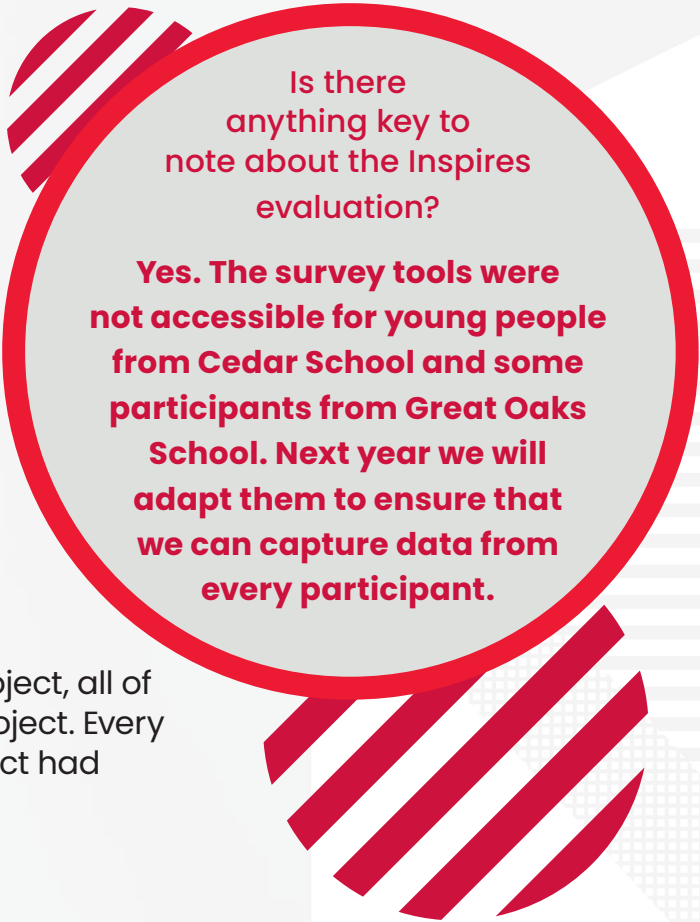
111 secondary age children took part in the project, all of whom met the target group criteria for the project. Every participant who took part in the Inspires project had a special educational need or disability.

What difference has it made?

75% of Inspires participants achieved a positive outcome.

For Inspires an increase in engagement in education is linked to trying harder in school or an increase in wanting to learn.⁵²

Overall, 33% of young people improved their engagement in school through taking part in the project.



⁵¹ Prince's Trust Youth Index 2023.

⁵² Information about how this is measured can be found within the accompanying technical report.


INSPIRES





With our shared outcomes across projects vs the Saints Foundation average⁵³:


Shared Outcome	% achieving outcome within Inspires	% achieving outcome within Saints Foundation
Improved mental wellbeing	53%	36%
Increased aspirations	32%	39%
Stronger positive connections	27%	43%


Does it work for everyone?

 The project saw larger effect sizes within Polygon than within Great Oaks School.

 Polygon students saw the largest increase in mental wellbeing across all secondary schools.

 Interventions were more effective than mentoring at increasing young people's engagement in education.

 If a young person didn't feel as though they tried hard in school before they took part in Inspires, they were more likely to record an increase in their engagement in education.

 If a young person didn't agree that they had a positive role model in their life, they were much more likely to record an increase in their positive connections.


"I can let out my feelings to somebody that isn't a teacher"
Participant


What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders.

 93% enjoy attending Inspires.

 92% felt as though they could be themselves as part of sessions.

 Participants enjoyed that they were able to learn new things through the project.

 Participants valued having someone who wasn't a teacher there for them to speak to.

⁵³ Information about how this is measured can be found within the accompanying technical report.

INSPIRES

What do our partners think, and how do they think we contribute to change?⁵⁴

Of 5 responses to our annual stakeholder survey, 80% of stakeholders were very satisfied with this project, with 20% being satisfied. Stakeholders of Inspires felt that we work in partnership well and that we are a charity that they would like to work with more.

100% of stakeholders strongly agreed that Inspires has a positive impact on increasing participants engagement in education.

60% of stakeholders strongly agreed that Inspires has a positive impact on participants mental wellbeing.

60% of stakeholders strongly agreed that Inspires has a positive impact raising participants aspirations.

40% of stakeholders strongly agreed that Inspires has a positive impact on participants connections with others.

Stakeholders would like to see improved communication, information explaining what's available as part of the Inspires project, more sessions available and more player engagement.

What have been this year's highlights?

- Running a multi-sport festival in May, that was fully inclusive, with many schools competing with each other for the first time.
- Launching the independent living project, where students from Great Oaks, Cedar & Polygon were able to plan (and go on) trips to St Mary's stadium & London, independently.
- Developing careers workshops, and being able to deliver this in all 4 schools.

"The Saints Foundation (particularly Fern) has really made a difference with my pupils this year. Fern has helped build confidence and resilience, has helped build and improve on social skills. My pupils feel included and important. They all look forward to their sessions and are disappointed when they are over"

Partner

What have been this year's key learnings?⁵⁵

- The project has felt the impact of large staffing gaps, with 1 school not having a project officer in post throughout the whole year.
- Having reasons for referral from schools more consistently helps to tailor provision more appropriately.
- Resources and workshops need to be adapted to account for the different needs within each school, they also need to contain a practical element.
- We should explore the option of adding qualifications to the interventions.

⁵⁴ A detailed overview of the stakeholder survey methodology can be found within the technical report.

⁵⁵ Generates from project annual reviews.



**SAINTS
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GENDER EQUALITY





“It helped me understand what happens online and understand gender stereotyping is bad and no one should be doing it”

- participant

CHANGEMAKERS



Classified as prevention



This project is a referral-based project, but participants can self-refer



The project engaged 47 people



42 achieved a positive outcome

The need we're trying to meet:

At ages 7 to 11, boys are almost twice as likely as girls to want to be scientists. Girls tend to outperform boys in STEM subjects at GCSE, despite this, male students are almost twice as likely to take maths at A Level, and a gender pay gap persists alongside an underrepresentation of women in leadership roles.⁵⁶

What is Changemakers?

Changemakers is a year-long project where girls ages 11-16 take part in workshops that aim to develop their leadership skills and raise their self-esteem. Workshops are a mixture of physical activity sessions and classroom-based tasks and there is a strong focus on inspirational guest speakers and providing girls with access to aspirational opportunities.

Who have we engaged?

47 girls aged 11-16 attended and 83% of them met the target group requirements of having low self-esteem or living in areas of high deprivation.

What difference has it made?

90% of Changemakers participants achieved a positive outcome.

For Changemakers participants, the reduction in discrimination towards women and girls is measured by an increase in self-esteem.⁵⁷

Overall, 20% increased their self-esteem through taking part in the project, with 80% trying something new during their time on Changemakers. 30% increased their teamwork skills and 30% increased their physical activity levels.

Is there anything to note about the evaluation of this project?

Yes. The base size was very small, more data is needed to analyse different sub-groups.

⁵⁶ HM Government Gender equality at every stage: a roadmap for change.

⁵⁷ Information about how this is measured can be found within the accompanying technical report.

CHANGEMAKERS



With our shared outcomes across projects vs the Saints Foundation average⁵⁸:





Shared Outcome	% achieving outcome within Changemakers	% achieving outcome within Saints Foundation
Improved mental wellbeing	70%	36%
Increased aspirations	20%	39%
Stronger positive connections	30%	43%

“A good impact, I’ve enjoyed taking part and I think it has helped me be more confident in sharing my opinion”
Changemakers participant

What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders.

Key findings include:

-  The sessions are fun, with 80% of participants enjoying them.
-  The staff are inspiring, with 90% of participants agreeing with this.
-  70% of participants felt like they could be themselves at the session.
-  50% of participants made a new friend through taking part in Changemakers.

What do our partners think, and how do they think we contribute to change?⁵⁹

Of the 5 responses to our annual stakeholder survey, 80% of stakeholders were very satisfied and 20% were satisfied with this project. Stakeholders of Changemakers believe the staff work in partnership well, and that we are a charity that they would like to work with more.

⁵⁸ Information about how this is measured can be found within the accompanying technical report.

⁵⁹ A detailed overview of the stakeholder survey methodology can be found within the technical report.

CHANGEMAKERS



60% of stakeholders strongly agreed that Changemakers has a positive impact on helping participants to achieve reducing discrimination towards women and girls.

80% of stakeholders strongly agreed that Changemakers has a positive impact on participants mental wellbeing.

100% of stakeholders strongly agreed that Changemakers has a positive impact raising participants aspirations.

100% of stakeholders strongly agreed that Changemakers has a positive impact on participants connections with others.

Stakeholders would like to see Changemakers scaled up, and to have the project publicised more.

What have been this year's highlights?

- 💡 A training session for participants, with the women's first team, led by Lauren Phillips.
- 💡 Linking in with Southern Brave.
- 💡 Being able to grow the project, with more participants taking part.



"huge impact on service users - inclusion and integration promotes independence/ self-confidence enhances mental health programme very vast so reaches lots of different diagnosis/ issues"
Partner

What have been this year's key learnings?⁶⁰

- 💡 That the next step for the project is about pathways for participants, and ensuring that we're setting participants up for the future.
- 💡 That the project can expand, and can sit as its 'own' project rather than being completely incorporated within Kicks.
- 💡 That we should explore what other qualifications are available, to ensure that participants are leaving the project with a qualification that is really relevant to them, and their personal goals.

⁶⁰ Generated from project annual reviews.

TEAM MATES



Classified as prevention



This project is referral-based (within schools)



The project engaged 113 people



103 achieved a positive outcome

The need we're trying to meet:

Southampton has the 13th highest rate of sexual offences against women in the country and in Southampton, women are significantly more likely to be the victim of a violent crime than men. There are peaks of VAWG at night, but also at 3pm when schools close for the day.⁶¹

What is Team Mates?

Currently delivered via Primary Stars, Team Mates is a 10 week programme delivered in partnership with Yellow Door that works with young people who schools have identified them as having risk factors for having negative attitudes towards women and girls. Whilst the project can include boys and girls, the majority of participants are boys. Workshops focus on tackling gender stereotypes and learning about positive relationships.

Who have we engaged?

113 primary age children took part in the project, across 9 Primary Stars schools and 1 non Primary Stars school.

What difference has it made?

91% of Team Mates participants achieved a positive outcome.

For Team Mates, reducing discrimination against women and girls looks like increasing children's understanding of gender stereotypes and why they are harmful⁶². Overall, 64% of young people achieved this through taking part in the project.

Furthermore, 55% of participants can now explain what respect looks, sounds and feels like and 45% increased their sense that everyone has rights and responsibilities, no matter what their gender is.

Is the difference between the pre and post statistically significant?

No. The base size for the evaluation wasn't large enough to calculate whether the difference was statistically significant.

⁶¹ Southampton City Council VAWG Problem Profile: 2022.

⁶² Information about how this is measured can be found within the accompanying technical report.

TEAM MATES



With our shared outcomes across projects vs the Saints Foundation average⁶³:

Shared Outcome	% achieving outcome within Team Mates	% achieving outcome within Saints Foundation
Improved mental wellbeing	27%	36%
Increased aspirations	64%	39%
Stronger positive connections	73%	43%

"Its made a huge change because it has helped me know about respect and positive things!"

Participant

Does it work for everyone?

- Although base sizes are low, the project is slightly more effective for boys than girls.
- Participants gaining a positive role model is key; 73% increased their agreement with this statement through taking part in the project.
- The project was most effective in increasing the understanding of gender stereotypes and why they are harmful for when their initial understanding was very low (either disagreeing or strongly disagreeing).

- Participants themselves would like to see more games incorporated in the session.

What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders:

- 83% of participants enjoyed the sessions.
- 76% of participants felt that the staff inspired them to do their best.
- Staff reflections highlight the importance of having expert partners as part of the project, through Yellow Door.
- Staff reflections highlight that having 1 male and 1 female staff member is very helpful.

⁶³ Information about how this is measured can be found within the accompanying technical report.

TEAM MATES

What do our partners think, and how do they think we contribute to change?⁶⁴

Of 4 responses to our annual stakeholder survey, 100% of stakeholders were very satisfied with this project. The base size is too low to accurately look at the individual measure scores.

75% of stakeholders strongly agreed that Team Mates has a positive impact on reducing discrimination against women & girls.

75% of stakeholders strongly agreed that Team Mates has a positive impact on participants mental wellbeing.

75% of stakeholders strongly agreed that Team Mates has a positive impact raising participants aspirations.

75% of stakeholders strongly agreed that Team Mates has a positive impact on participants connections with others.

Stakeholders would like to find out more about the project and to see the intervention scales up.

What have been this year's highlights?

- 9 schools choosing to have the intervention.
- The positive partnership with Yellow Door
- The delivery of the project in 1 non - Primary Stars school

What have been this year's key learnings?⁶⁵

- The project can be expanded to work within schools outside of Primary Stars.
- Our staff are increasingly confident in delivering work linked to violence against women and girls.
- Having an expert partner on board is invaluable.
- Time of year is key, schools are largely only choosing this intervention within the summer term.

"It is an excellent resource that works hard to 'fill the gap' - i.e. providing a service that nowhere else does. There is a real sense of pride and togetherness in all they do."

Partner

⁶⁴ A detailed overview of the stakeholder survey methodology can be found within the technical report.

⁶⁵ Generates from project annual reviews.



**SAINTS
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EMPLOYABILITY





**“It’s given
me a routine
so I’m not sat
at home all day
everyday”**

- participant

SAINTS WORKS & STEWARDING SWAP



Classified as prevention



This project is a referral-based project, but participants can self-refer



The project engaged 47 people



42 achieved a positive outcome

The need we're trying to meet:

Southampton has some of the highest rates in the country for 16 to 17 year-olds not being in employment, education, or training⁶⁶.

What is Saints Works & the Stewarding Swap?

Saints Works is a 24-week project that works with 16 to 24 year-olds who are not in education, employment or training, that aims to support young people into work or school. It takes place in St Mary's Stadium and consists of 12 weeks of workshops, followed by a maximum of 12 weeks 1:1 support. The Stewarding Swap is a shorter programme, that specifically aims to get unemployed adults into work as a matchday steward for Southampton FC.

Who have we engaged?

39 16 to 24 year-olds who were not in education or training took part in Saints Works, with an additional 36 taking part in the Stewarding Swap or receiving 1:1 career advice and guidance (with this group consisting mainly of participants from other projects).

What difference has it made?

In the past year, through Saints Works, we have supported 30 16 to 24 year-olds into employment, education or job search:



18 have entered employment (8 of whom have entered employment within the clubs catering arm, Gather & Gather).



4 have entered education.



8 previously economically inactive young people have entered job search.

Is there anything of note about the evaluation?

Yes. In order for an outcome to 'count' we need formal confirmation of employment from an employer within 4 weeks of the participant leaving the project. Due to an issue with fieldwork, we also don't yet have shared outcome data for this project.

⁶⁶ Department for Education LAIT, 21/22.

SAINTS WORKS & STEWARDING SWAP

Outside of Saints Works, we have also:

- Supported 20 people to become matchday stewards at St Mary's stadium (including 2 from the project Saints By Your Side).
- Supported 1 Saints By Your Side participant to work for Gather & Gather.
- Supported 2 Kicks participants to work for Gather & Gather.

So, across all age groups that is:

- Supported 41 participants into employment.
- Supported 4 participants into education.
- Supported 8 previously economically inactive young people into job search.

Does it work for everyone?

- The project is more effective at getting people into work rather than education.
- The Saints Works project works best with those who are furthest away from the job market (inactive).
- The project has a high disability rate (67% of participants had a disability), but this doesn't impact on their likelihood of achieving an outcome, with job search included.

"It's made
me figure out
what I wanna do!"
Participant

What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders. From the Q-Sort study with this project, key mechanisms identified were:

- That participants trust the project staff.
- The link to Southampton FC / football.
- They are able to access new opportunities / try new things.
- That the sessions help them to achieve their goals.
- The group dynamics.

SAINTS WORKS & STEWARDING SWAP



What do our partners think, and how do they think we contribute to change?⁶⁷

Of 10 responses to our annual stakeholder survey, 100% of stakeholders were very satisfied with this project. Stakeholders of Saints Works want to work with us more, believe the team are positive role models and that they are reliable and professional.

100% of stakeholders strongly agreed that Saints Works has a positive impact on reducing unemployment.

60% of stakeholders strongly agreed that Saints Works has a positive impact on participants mental wellbeing.

60% of stakeholders strongly agreed that Saints Works has a positive impact raising participants aspirations.

40% of stakeholders strongly agreed that Saints Works has a positive impact on participants connections with others.

Stakeholders would like to see more visibility within job centres and to have more information about other projects.

What have been this year's highlights?

- Engaging with the 'right' young people who face complex barriers to employment.
- Great engagement with and from local employers, particularly linked to Corporate Patrons.
- Utilising the link with Southampton Football Club to support participants to work within the Saints Universe.



What have been this year's key learnings?⁶⁸

- That the landscape is ever changing, and that where the greatest need is changes quickly.
- Young people want to work, rather than go into education, which can be challenging when they lack English and maths qualifications.
- Young people are further away from the job market and need time to develop their skills
- Stewarding Swaps are successful and help participants to achieve outcomes.

⁶⁷ A detailed overview of the stakeholder survey methodology can be found within the technical report.

⁶⁸ Generates from project annual reviews.

CASE STUDY

Billy* was referred into to take part in Saints Works by Seetec Plus. He's 23 years old and, despite a recently diagnosed registered disability was assessed as fit to work and able to gain employment if he was provided with additional support.

Billy's health condition presented during lockdown, the condition is physical, and Billy has struggled to come to terms with why this happened to him and his disability impacted hugely on his self-esteem. Before his condition Billy had been outgoing with an active lifestyle and a strong social network, but the pain caused by his condition had caused him to become more withdrawn and isolated from others. Billy was struggling with a loss of identity and not feeling like his 'old self'. In a 1:1 early within the project Billy had stated *"I don't even feel like myself anymore"*.

Billy was hesitant to engage with Saints Works and needed a lot of emotional support and encouragement. Billy's levels of emotional wellbeing were very low; when the project officer introduced an ice breaker task to colour in a popular trainer with colours aligning to their emotions Billy would often colour his trainer black and purple to signify his hopelessness. Having identified Billy as needing more support, the project team increased their 1:1 time with him, and worked hard to challenge Billy's negative mindset, which often presented in statements like *"I am useless, I will never work"*.

The staff really began to see a positive change in Billy during the part of the project which focuses on unlocking young people's passions and interests. Billy identified that his strength was creativity, and this coupled with a love of TV & film meant that he'd love to work within the media. Building on this long term aim, staff helped Billy to set short and medium term goals that would help him to enter the career he wanted to. The first step was supporting Billy to re-build his confidence and social networks, the second was finding paid employment to build his CV, alongside exploring media internships & the final step was applying for an internship that he is passionate about.

Billy made great progress with the first step and the team set Billy 'homework' to text an old friend and invite them round to watch a film and have a cup of tea. This was successful and helped build his confidence to begin looking for paid work.

Saints Works then supported Billy to gain a role at Sodexo, working as a cleaner at Old Mutual Wealth in Southampton. For Billy, the job was so much more than rejoining the labour market and earning a wage, it was challenging his belief that he could never work due to his disabilities and that he would never feel *"himself again"*. Feedback from Billy's referral partner was *"He was very excited when he told us this morning. The support you guys' game him during the programme has helped Billy with his confidence and self-belief so thanks for all the support you and the team have given Billy"*.

Being in paid work has helped Billy to realise that he can achieve his goals. A BBC internship opens in October 2023 and the project team have offered Billy some work experience filming a Saints Works case study with Bullet Media to bolster Billy's application for the internship. The team are excited to support Billy, not just to see him progress into a first job and have plans for a career, but to see him gain his sense of self back - we look forward to seeing him go from strength to strength!

*pseudonym used



**SAINTS
FOUNDATION**

PATHWAYS





**“It made
me a better
person”**

- participant

KICKS



Classified as prevention



This project is open access



The project engaged 1204 people



953 achieved a positive outcome

The need we're trying to meet:

Southampton has the 3rd worst rate in the country for crime deprivation.⁶⁹

What is Kicks?

Kicks aims to prevent youth offending. The project provides free, open access football sessions for young people aged 8-18, focusing particularly on young people who are at risk of offending (including those from low-income backgrounds), with the aim of increasing young people's protective factors as outlined in CAPRICORN⁷⁰. Sessions runs throughout the year, at times and in places that have higher levels of anti-social behaviour.

Is there anything to note about the Kicks evaluation?

Yes. This data isn't paired, we use an anonymous pre questionnaire to collect risk factors about participants, linked to the government's CAPRICORN framework.

Who have we engaged?

1,204 participants engaged in the project, with 55% of them meeting the target group requirements for this project. 47% of Kicks participants live in one of the most deprived areas in England and challenges with data capture mean that in practice, many more than that 55% will have a risk factor for offending, the young people may just not be willing to share that with us when they first start the project.

What difference has it made?

80% of Kicks participants achieved a positive outcome.

For Kicks, a reduction in reoffending looks like increasing the protective factors of having increased opportunities for sports and hobbies and/or gaining positive social interactions and social groups⁷¹.

Overall, 71% increased at least 1 of those 2 protective factors through taking part in the project, with 50% of young people also increasing their confidence.

⁶⁹ IMD 2019.

⁷⁰ Collaborative approaches to preventing offending and re-offending by children (CAPRICORN): summary - GOV.UK (www.gov.uk).

⁷¹ Information about how this is measured can be found within the accompanying technical report.

KICKS







With our shared outcomes across projects vs the Saints Foundation average⁷²:

Shared Outcome	% achieving outcome within Kicks	% achieving outcome within Saints Foundation
Improved mental wellbeing	18%	36%
Increased aspirations	64%	39%
Stronger positive connections	60%	43%





Does it work for everyone?

“Made me feel like I am stronger as a person”
Participant

-  A participant’s likelihood of achieving an outcome isn’t influenced by age, gender or disability.
-  The more sessions a participant attends, the more likely they are to achieve a positive outcome.
-  Ethnically diverse participants were less likely to achieve an outcome, but this could be linked to other factors; sessions in more ethnically diverse areas (the Cantell & St Mary’s sessions) saw a lower effect size than elsewhere.
-  The project is only effective with those who interact with staff; those who don’t find staff inspirational or trust the coaches were far less likely to achieve a positive outcome.

What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, we ask participants about the mechanisms that helped them to achieve their outcomes, and support this with data from local stakeholders. Findings included:

-  That young people come to play football and that is what the sessions allow them to do.
-  That sessions provide young people with the opportunity to socialise.
-  Relationships with staff; these are key to a participant achieving an outcome.
-  That it provides young people with ‘something to do’, when often there isn’t anything else available.

⁷² Information about how this is measured can be found within the accompanying technical report.



KICKS



What do our partners think, and how do they think we contribute to change?⁷³

Of 20 responses to our annual stakeholder survey, 75% of stakeholders were very satisfied with this project, with 20% being satisfied. Stakeholders of Kicks want to work with us more and believe we understand Southampton.

30% of stakeholders strongly agreed that Kicks has a positive impact on reducing offending.

60% of stakeholders strongly agreed that Kicks has a positive impact on participants mental wellbeing.

60% of stakeholders strongly agreed that Kicks has a positive impact raising participants aspirations.

70% of stakeholders strongly agreed that Kicks has a positive impact on participants connections with others.

Stakeholders would like coaches to be more engaged in sessions, to see a booking system, increased structure and the reopening of closed / paused sessions.

What have been this year's highlights?

- Introducing the apprenticeship.
- Changing the staffing structure on the project to be more fit for purpose.
- Moving to a delivery model that is all year round in response to local need.
- Starting a partnership with Hampshire Police.

"Kicks - a positive free activity for kids, who may get themselves into trouble, can take part in every week"
Partner

What have been this year's key learnings?⁷⁴

- Ensuring partners are aware of Kicks and it's purpose.
- Looking at improving sustained engagement in the project for specific demographic groups.
- The importance of increasing partnership work with other charities.
- That it's key to empower natural leaders and find them positive pathways.
- That ensuring the sessions are safe in a changing local context is key.

⁷³ A detailed overview of the stakeholder survey methodology can be found within the technical report.

⁷⁴ Generates from project annual reviews.

CASE STUDY

KICKS:

Hamish is 16 years old; he is on the autistic spectrum and has been struggling in school, he has been to multiple schools but hasn't found somewhere where he is provided with the right amount of support. Hamish's mum got in touch with the PL Kicks project team as she was concerned about his low confidence and self-esteem and she wanted him to take part in something that would make him happier.

When first attending PL Kicks, Hamish was shy and gave short, minimal answers. To help Hamish feel confident enough to attend the project, staff met with him at St Mary's Stadium ahead of his first session and walked to the venue together in order to build a rapport and ensure that Hamish felt comfortable. Reflecting on first meeting Hamish, PL Kicks project officer Adam stated, *"I met Hamish for the first time when his mother introduced him to me and the staff; he came off as very shy and not very interactive with other participants. But it was clear that he enjoyed playing football."*

Hamish had a clear passion for football, and using this as a hook, staff were quickly able to develop a positive relationship. Staff interacted with Hamish throughout sessions, finding out what his interests are, who his favourite player is and hearing about how much he loves Southampton FC. Having taken the time get to know Hamish and make him feel welcome, the staff recognised the personal growth in him as he quickly became a regular participant. Over time Hamish would interact more with other participants and with staff. Adam noticed the growth in Hamish, stating, *"Within a few weeks Hamish would always have a smile on his face and laugh with coaches and participants."*

Staff felt like the next stage for Hamish would be to invite him to represent Saints Foundation at the PL Kicks Regional Tournament as this would take him out of his comfort zone and help him to progress. Staff were so pleased to see Hamish flourish at the tournament, he met a range of new people and showed confidence when interacting with others. Throughout the day, Hamish had a beaming positive attitude regardless of whether we won or lost a game which contributed to Saints Kicks coming away with the PL Fair Play trophy. Adam, who took Hamish and the team to the tournament stated *"He even surprised me with his confidence around others at the PL Kicks Regional Tournament, making friends with other players he had never met before. It has been a privilege to watch him grow in confidence."*

Saints Foundation were keen to continue to support Hamish, and he was invited to represent Saints Foundation at our Charity Match Day vs Fulham FC. He was invited by the PL Kicks team to be part of the team holding the giant banner on the pitch before kick-off, as well as playing football at St Mary's Hub and tickets to watch the match. Being a Southampton supporter Hamish was ecstatic and his mother was very grateful for giving him the opportunity.

CASE STUDY

KICKS

Hamish is at the age where he is encouraged to take part in work experience, but it was looking like he was unlikely to find a placement. His mother reached out to the PL Kicks team two weeks before the deadline and we offered to help find him a placement. Hamish was passionate in doing work experience at a football club and so we called many clubs around Southampton. It was proving difficult as lots of clubs either did not run work experience or it was too late to join. Fortunately, a local club, AFC Stoneham, were willing to take him and the PL Kicks team went to meet AFC Stoneham to make sure all the relevant forms were signed so that Hamish could have the best possible experience.

Hamish successfully completed his work experience, his mum was so pleased and very grateful for the Kicks team's support, she messaged Adam to say: *"He is really enjoying his work experience and learning lots of stuff and we are seeing a huge difference this week in him so thank you for organising it - we really are so grateful. He is watching them play this evening after the chairman invited him and has been invited to extend the work experience into next week too which has given him a boost. Thank you".*

Adam asked Hamish about his experience on PL Kicks, and Hamish commented *"The sessions are fun, the coaches are really nice and I have enjoyed the events including the tournament at Brighton and the Saints Foundation display before the Fulham game at St Mary's."*

So what's next for Hamish? Adam and the PL Kicks team will be supporting him to step into volunteering and entering the Kicks Squad within the next delivery year.

SWITCHING PLAY



Classified as intervention



This project is referral



The project engaged 40 people



25 achieve positive outcome

The need we're trying to meet:

Over a third of young people in Southampton reoffend⁷⁵.

What is Switching Play?

Switching Play aims to reduce youth offending within Southampton. The project engages with young people who are referred through the Youth Justice Service and provides them with 1:1 mentoring delivered alongside a sporting activity, with a focus on helping them to achieve their goals. The project lasts between 6 and 12 months depending on the young person's individual needs.

Who have we engaged?

40 participants engaged in the project, with all of them being referred through the local authority. Participants are usually referred in because of their offending behaviour, but some are referred in due to being at risk of becoming 'NEET'. Most participants are involved in a problematic peer group, with some involved in gangs. The vast majority of participants are male.

What difference has it made?

62% of Switching Play participants achieved a positive outcome, with this being defined as the young people not reoffending within 6 months of taking part in the project – this data is provided to us by the youth justice service⁷⁶.

Additionally, 10% of participants increased their school attendance (as measured through school data over 3 school terms) and 7 participants achieved a qualification.

Is there anything to note about the Switching Play evaluation?

Yes. It's externally evaluated, which is very exciting in the long run, but means that we don't currently have shared outcome data, at the risk of over-surveying participants.

We have recently trialled a survey, but only have 'pre' data

⁷⁵ IMD 2019 & Southampton Safe City Strategic Assessment.

⁷⁶ Information about how this is measured can be found within the accompanying technical report.

SWITCHING PLAY



What mechanisms meant that this difference could happen?

Ultimately, participants achieve outcomes for themselves, with our work often acting as one piece in a wider puzzle. To help us understand how we help, the external evaluation for this project identified 5 key areas:

- 💡 Young people find the sport / activity that they take part in appealing.
- 💡 Young people find the staff relatable.
- 💡 Participants have a voice and say within their projects.
- 💡 Participants feel as though they are making progress towards their goals.
- 💡 From a participant's perspective, they would like to have group sessions and to have more of the same kind of provision.

What do our partners think, and how do they think we contribute to change?⁷⁷

Of 6 responses to our annual stakeholder survey, 100% of stakeholders were very satisfied with this project. Stakeholders of Switching Play trust the charity, feel we work in partnership well and that staff are positive role models for participants.

30% of stakeholders strongly agreed that Switching Play has a positive impact on reducing offending.

60% of stakeholders strongly agreed that Switching Play has a positive impact on participants mental wellbeing.

60% of stakeholders strongly agreed that Switching Play has a positive impact raising participants aspirations.

70% of stakeholders strongly agreed that Switching Play has a positive impact on participants connections with others.

Stakeholders would like to see more staff so that we can increase the caseload, and to have more specific information about projects available.

⁷⁷ A detailed overview of the stakeholder survey methodology can be found within the technical report.

SWITCHING PLAY



What have been this year's highlights?

- 💡 Strong exit routes for participants, including through Saints Works.
- 💡 Young people volunteering at other Switching Play sessions after they had completed their own intervention; acting as peer mentors.
- 💡 There have been some great workshops and events, particularly the Paul Hannaford workshop and Festival of Boxing.

What have been this year's key learnings?⁷⁸

- 💡 We need to ensure all partners are clear on the role that Switching Play can play for a young person.
- 💡 That we need to look at different ways to increase female participation on the project.
- 💡 We've made good progress with exit routes for participants, but need to strengthen this further.
- 💡 We should explore how we can embed qualifications within delivery to provide participants with that additional benefit.
- 💡 The more knowledge the team has of what other provision is out there, the better for signposting participants to delivery.

"The team at Saints Foundation are amazing at forging relationships with the young people referred, giving them a trusted adult to talk to and be inspired by. Switching play supports so many of the young people I work with, they provide excellent mentor and intervention support. Providing positive activities and interactions to young people who may not have any other opportunities to do so"

Partner

⁷⁸ Generates from project annual reviews.

THANK YOU!

**If you have any questions,
or would like this report
available in an alternative format,
please contact Lucy Horne.**

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SAINTS FOUNDATION

Impact Report | 2022/23

