



FALKIRK FOUNDATION 2023

END OF YEAR REPORT



OUR VISION



Our vision for 2022 - 2025 is divided across 4 key themes.



HEADLINE FIGURES

KEY FIGURES



We are proud of the work that has been achieved throughout the year. We have always said that we want to be a Foundation that not only Falkirk FC, but one that the supporters and our community can be proud of. The reach and scale of our work is highlighted in the numbers in this report, but it is the impact that is made to peoples lives that is the real story.

In 2023, we have reached new heights in our mission. We have expanded our programmes, touched more lives, and made a significant impact in the communities we serve. None of this would have been possible without the amazing support from our funders, partners and everyone connected to the Foundation. The support we have had has been instrumental in this journey. Despite the challenges we faced, we remained resilient and focused on our mission. We adapted, innovated, and found new ways to serve those in need.

Looking ahead, we are excited about the opportunities that lie before us. We will continue to strive for excellence, expand our reach, and make a lasting impact on those we work with. We are committed to our mission and, with everyone's continued support, we are confident that we will achieve our goals.

Here's to another year of making a difference, together in our community for the community.



MENTAL HEALTH & WELLBEING

GETTING YOUR HEAD IN THE GAME



Football brings people together and we are uniquely placed to integrate conversations about mental health in a recognisable, relaxed, and safe setting. We are committed to working with specialised organisations to develop and deliver impactful programmes that reflect current community needs.

In the past year, we have worked with SAMH to deliver Mental Health Training for staff, coaches and players in our community teams. We have also launched our Bairns Blether initiative which gives those aged 60+ the opportunity to come into the stadium for a hot drink, a bit to eat and a chat with the aim of tackling loneliness and isolation.



Our Programmes

- ➔ CAMHS & ASN Football
- ➔ Changing Room
- ➔ Mental Health Training
- ➔ Falkirk Blind Club
- ➔ Football Memories
- ➔ Senior Bairns
- ➔ Bairns Blether
- ➔ Winter Campaign

MENTAL HEALTH & WELLBEING

CASE STUDY: CHANGING ROOM



The Changing Room project aims to promote men's mental health through the power of football. Supported by SAMH, Movember and the SPFL Trust, it provides men in their middle years an opportunity to open up and get things off their chest in a football setting.

We recently hosted a Changing Room cohort made up of our Walking Football players. It was a big success with twelve men starting and finishing the course. Some of the attendees gave their thoughts in this video.



12

Course participants

100%

Of starters finished the course

EDUCATION & EMPLOYABILITY

LEVELLING THE PLAYING FIELD



We provide our community with tools, skills, and opportunities to develop and secure employment. Working closely with the community and partners throughout Falkirk, the Foundation facilitates an alternative to traditional education routes and attracts a diverse range of participants from a variety of backgrounds.

In 2023, we expanded our educational reach and presence and are now involved with nurseries, primary schools, secondary schools, colleges and universities.



Our Programmes

- ➔ Centre Forward
- ➔ Cashback Off The Bench
- ➔ Coalfields Sports Works
- ➔ Scottish FA Coach Education
- ➔ First Aid Training
- ➔ Schools Programme
- ➔ Link Living
- ➔ Newtown Kicks

EDUCATION & EMPLOYABILITY

CASE STUDY: CENTRE FORWARD PROGRAMME



The Centre Forward programme is a 12-month course we deliver in partnership with Forth Valley College, funded by the National Lottery Community Fund. The programme is designed specifically for young people aged 16-24 who have additional support needs and who wish to become more active whilst learning and developing their confidence.

42
Centre Forward
Participants

We recently asked some of the current participants for their thoughts on the course;



“

It's a good opportunity to learn new skills, become more active and build your confidence.

“

I've been around people who understand my additional needs.

“

I've gained quite a bit of confidence from it, made new friends, managed to speak to new people, learning new skills I never even knew I had.

“

Give it a go, you will really enjoy it, you'll more than likely make new friends and will be made to feel welcome.

PHYSICAL HEALTH & WELLBEING

GETTING MATCH FIT



We have a host of excellent facilities and personnel to ensure that the community can keep fit through physical activities. With this strategy, we support the physical resilience of people in our community so they can get as much out of life as they wish.

We have recently renovated the Woodlands Community Sports Hall & Pitch which we operate during evenings and weekends. This provides the community with a space to be active in the centre of Falkirk. We have also recently introduced NHS Why Weight to promote health in young people.



Our Programmes

- ➔ Woodlands Community Sports users
- ➔ Football Fans In Training
- ➔ NHS Why Weight
- ➔ Multi-Sport Programmes

433

Unique participants
in non-football fitness
activities

985

Healthy meals provided
to school holiday camps
participants

235K

Hours of physical
activity across all
programmes

PHYSICAL HEALTH & WELLBEING

CASE STUDY: FOOTBALL FANS IN TRAINING (FFIT)



Football Fans in Training is a free 13-week programme that can help men or women improve both their physical health and mental wellbeing. We caught up with participant Deryk 'Del' Wilson to speak about his experiences on the course.



80

Participants completed our male and female courses



FOOTBALL ACTIVITY

PLAYING THE GAME



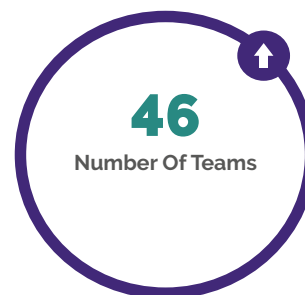
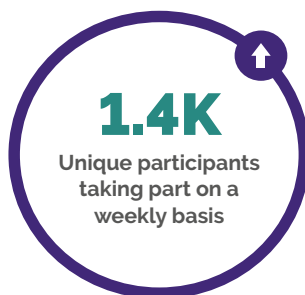
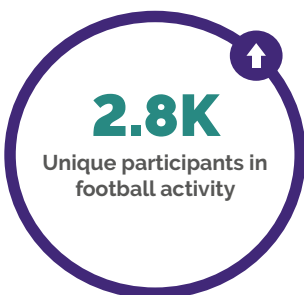
For many people in our community, football is a way of life. At the Falkirk Foundation, we love seeing young and old individuals enjoying the beautiful game. It is why we always look to encourage people who are passionate about football to participate and even find pathways into working in the sport.

We have strengthened and expanded our football pathway throughout the year, providing opportunities for more groups to play including a new Women's recreational group. We have increased our weekly football participants by over 200 and now have nearly 50 community teams.



Our Programmes

- ➔ Baby & Mini Bairns
- ➔ Junior Academy
- ➔ Boys Community Teams
- ➔ Girls Community Teams
- ➔ Men's Adult Football
- ➔ Women's Adult Football
- ➔ Walking & Rec Football
- ➔ Midnight League
- ➔ McDonald's Fun Football
- ➔ Holiday Camps
- ➔ KDM Girl's Soccer Centre



FOOTBALL ACTIVITY

CASE STUDY



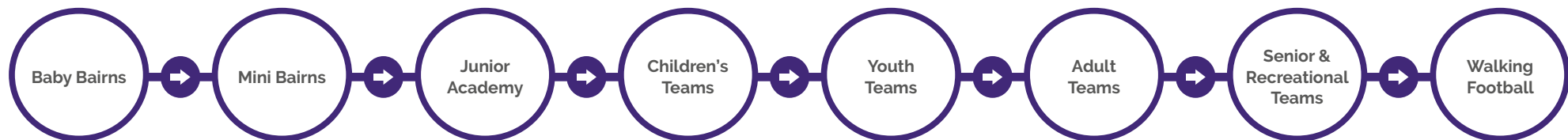
Ella Stewart joined Falkirk from Linlithgow Rose when she was 12 years old. She made an immediate impact playing above her years in the U15s team before moving onto the U17s, U18s and Development squad in the following years. She was named Coaches' Player of the Year for the 2022/23 season which she feels has been her best moment at the club.

After impressing in the first few months of the 2023/24 season, Ella graduated from Development level to the Women's first team who play in Scottish Women's League One. At the time, Ella said she felt nervous but also excited with the challenge. She scored on her first team debut in a pre-season game against Stirling University which calmed those nerves and gave her the confidence to push on and become a key player in the team.

Ella is a fantastic example of a player who has played at every age level in the Scottish Women's Football league pyramid and we're excited to see how she develops the talent that she already has already shown at a young age. Ella is a great role model to youngsters in the Women's pathway at Falkirk, where we have teams ranging from the U8s all the way to senior level.



Male & Female Pathway





THANK YOU

TO ALL OUR SPONSORS & PARTNERS

