

## COMMUNITY ENGAGEMENT

- 750** free tickets given out in the community
- 360** player visits
- 29** volunteers have supported our programmes
- Supported **13** volunteers to gain qualifications
- 318** free books given away to children and families as part of world book day

## DISABILITY AND INCLUSION

- 402** participants took part in disability sessions in 2018-19
- An additional **200** participants took part in our annual disability festival
- 51** participants engaged through Walking Football programme
- 35** participants engaged through Extra Time Hubs project

## SPORTS PARTICIPATION

- 217** girls took part in the Premier League Girls programme
- 56** girls took part in football for the first time
- 80%** of girls taking part in the programme reported they now feel more confident to play football
- 838** unique participants attended our Holiday Courses
- 120** girls taking part in regular competitive football each week through NTFC CT teams

## HEALTH & WELLBEING

- 218** participants took part in NTFC CT Men's Health programmes
- 129** participants took part in Man v Fat and Fitter Fans courses
- 739.4kg** lost by participants taking part in Man v Fat and Fitter Fans courses
- 64** participants lost 5% or more of their starting weight through programmes
- A further **16** participants lost 10% or more of their starting weight through programmes
- 89** participants took part in our mental health football sessions (St Andrews, Berrywood, Redwell)
- 6** participants with a diagnosed mental health condition gained a qualification as part of our St Andrews Healthcare sessions
- 25** participants took part in our drug and alcohol recovery football sessions

## EDUCATION

- 900** pupils took part in the Premier League Primary Stars programme
- 83%** of pupils noted an increase in enjoyment and confidence of literacy based work
- 313** literacy or numeracy based sessions delivered in primary schools
- 15** teachers supported to improve their confidence in PE
- 70%** of teachers supported stated they felt more confident using skills to engage and challenge all pupils to progress
- 83** interventions delivered to support pupils well-being, behaviour, resilience and growth mindset
- 6** NEET participants aged 16-18 engaged in traineeship programmes
- 2** people moved into paid work after completing an employability course
- 55** schools supported in Northamptonshire in 2018/2019

### OUR PARTNERS:

