

## INTRODUCTION

As we entered the new academic year for September 2020 we were poised to 'get back to normal'. Freedom Foundation were excited to be back in schools delivering face to face as well as continuing to support students through our 'Lockdown Learning Hub'. We were seeing that children and young people's mental health was suffering from six months of isolation and being out of school and our programmes were needed more than ever. This along with the priorities for teachers and schools resulted in all our programmes being well received and supported by schools and partners we were working with.

For the first time students benefited from the Freedom Factory programme during the school day which added extra value to the schools supporting much needed PPA time and understanding further how the programme supports PSHE and Curriculum outcomes. We embarked on our mentoring programme working with children at risk of serious crime and were able to mould our work to support these young people on a one to one basis supporting and influencing choices and long-term behaviours.

As the new year lay ahead we were looking forward to new projects and being able to get out into the community but as another lockdown was upon us we went back to working hard to support children and young people, families and schools remotely. Thankfully the work that we had done during 2020 on the Lockdown Learning Hub meant we were in a stronger position to do this and through the consultation of the students we were working with they influenced and shaped how we could support them better. Our Motivational Mornings programme was welcomed as an outlet and some powerful pieces of work about lockdown, isolation and the struggles they were facing were able to be shared.

The hub also meant that post Easter as the schools returned we were able to offer a 'hybrid' of delivery including our amazing Motivational videos that reached 1,000s of students to motivate them as they returned to school.

The summer term saw our busiest yet with new facilitators being welcomed into the Freedom Foundation Family and the most delivery of projects in a term so far. We were pleased to continue our strong relationship with the Nottingham Academy juniors and seniors and worked with a number of students that had benefited in junior school and were so happy to be able to attend the factory programme as an older individual.

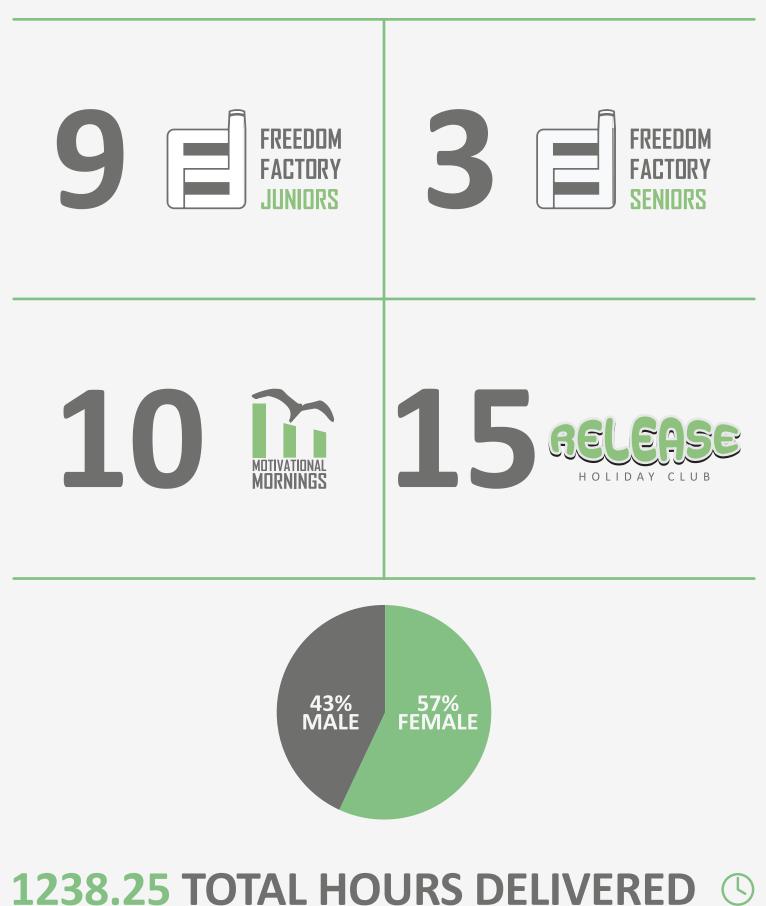


WE HAVE BEEN VERY BUSY REACHING OUT TO LOTS OF CHILDREN AND YOUNG PEOPLE THIS YEAR

### HERE'S OUR YEAR IN NUMBERS



### **PROGRAMMES DELIVERED**





7 Whatsup videos were created and shared with families and parents to inform and offer alternative ways of navigating their way through digital learning, whilst strengthening bonds with their child. The programme is designed to help parents with young children embrace the digital learning environment in a safe and fun way.

HOLIDAY ACTIVITY FUND (HAF)

### 28

FACILITATORS TAUGHT OUR HAF

### 120

**CHILDREN FROM 68 FAMILIES WERE SUPPORTED** 

### 19

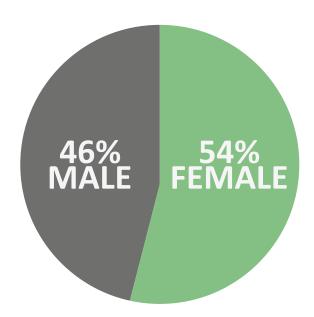
**CLUBS DELIVERED** 

### 80%

FULL ATTENDANCE THROUGHOUT

### 80%

**RECEIVE FREE SCHOOL MEALS** 



# HAF SUMMER 2021

#### **ONLINE (THE HUB)**

We continued to use our online platform to support children and young people during the lockdown periods, which enabled us to give extra support to students and offer a safe space for them to still work with us and engage. Here's what we achieved.







#### BEESTON RYLANDS FREEDOM FACTORY COMMUNITY PROJECT







#### SUTHERS MOTIVATIONAL MORNING







### **FEEDBACK**

QUOTES FROM STUDENTS

### FREEDOM FACTORY (DRAYCOTT)

'Be strong don't give up'

'I have the Freedom to be who I want to be'

RELEASE (HAF)

'I am capable of more than I think'

'I am strong and powerful'

'I should never give up'

MOTIVATIONAL MORNING (ONLINE)

## 100%

Of children enjoyed the Motivational Morning programme and were sad it had come to an end.

# 100%

Said it improved their confidence.

## 100%

Said they would continue looking at positive content and use positive affirmations.

# 100%

Said they felt it helped write down feelings and emotions throughout the songwriting.



#### **STUDENT RAP**

#### VERSE

SOMETIMES THE THOUGHT OF LOCKDOWN GETS ME DEPRESSED,

SO MUCH IS CHANGING IT MAKES ME FEEL STRESSED

**EVEN THOUGH THINGS SEEM LIKE A MESS** 

I AM GRATEFUL FOR LIFE AND I KNOW I AM BLESSED

SOMETIMES I FEEL ANGRY AND SOMETIMES I AM SCARED

FOR COVID 19 I WASN'T PREPARED

I WISH I COULD SEE MY FAMILY AGAIN

**BUT COVID 19 IS WINNING THE GAME ?** 

A TERRIBLE WAR ON THE HUMAN RACE

FEELS LIKE WE'RE COMING IN LAST PLACE

BUT WE WILL TRY NOT TO WORRY THAT ALL HOPE IS GONE

WE'RE WRITING THIS SONG TO KEEP PUSHING ON

#### **CHORUS**

YOU CAN GET THROUGH ANYTHING EVEN THOUGH IT SEEMS HARD

STAY POSITIVE AND TAKE SMALL STEPS AT THE START

SOON IT WILL BE EASIER, AND THEN YOU WILL SEE

THIS LOCKDOWN SONG WILL SET YOU FREE

## THE YEAR AHEAD

The Year Ahead feels full of opportunity and excitement for Freedom Foundation. We welcome our Operations Manager into the team who will focus on enhancing our delivery and supporting our facilitator team, we have a great team of staff, freelancers, volunteers and consultants in place and our projects have been developed to support children and young peoples mental health but also support teachers, schools and partners to meet their outcomes and visions for a happy and healthy generation.

Our aim is to continue to develop our core projects alongside working with partners to mould and evolve based on need.

The work we are doing with children at risk of serious crime will help us understand more about the work we do around identity and belonging can support these young people and through consultation we will be able to influence change.

Impact and evaluation continues to be a priority for us, working to demonstrate the longer term influences our programmes can have on those that we work with. Helping mindset, behaviour and choices will continue to be at the core of our work and being able to show this better will be a focus for us.

We just want to do more! After four years of hard work and developing our understanding of our offer we feel we are in a strong position to support our children and young people through a continued difficult time and get them excited about their future. We will work hard to work with more children and young people and support more schools and families.

Our growth strategy is in full swing and our plans will be executed!





### www.freedomfoundationuk.org

### 0115 993 2370

### info@freedomfoundationuk.org







freedomfdn\_uk