



ANNUAL REPORT

2021 - 2022



Well, what a year it had been. We have reached 2858 children in 80 settings and our provision has started to reach people outside of Nottinghamshire.

We have loved developing our FRED programme further this year and were delighted to work with LLEP and D2N2 to reach young people who learnt about their career aspirations and opportunities whilst recording their own videos! - Look on our socials for those in action!

Our HAF provisions widened up across the East Midlands and we worked with over 2858 children on free school meals providing fun activities, food, nutrition and mental wellbeing support.

'The partnership with Streetgames has strengthened, with our Peer Researcher talking to hundreds of young people about the impact of social media and music on gang culture. Through further consultation next year, they hope their findings will go back to central government and influence local change.

On top of all of this, we have been continuing to deliver and develop our Freedom Factory and Motivational Morning programmes. The world around us continues to change and challenge children/young people's resilience and our work, using music and dance, now seems more important than ever. With the great impact work we are developing with NTU, we are moving forward to being able to demonstrate further the fundamental changes that these programmes have, particularly on attendance and anxiety.

Freedom Foundation has grown during this last year to 7 employees, 4 contractors and over 50 facilitators and everyone comes their own passion for supporting children's mental health - we are very proud of the team.

As we move into 2022 - 2023 we hope our growth continues to help us reach more children and young people during this turbulent time.

We thank everyone that has supported us personally and professionally - the dedicated team, our funders, partners, schools and communities we have the pleasure of working with every day.

And of course the children, one of whom told us 'I wish I could come here every day', well we wish we could have you! Keep moving forward but do not forget to look in the rearview mirror!

Please take a moment to look at the successes we have enjoyed across the year.

With love and dedication,

Laura & Stacey

OUR YEAR IN NUMBERS

2858

CHILDREN AND YOUNG PEOPLE SUPPORTED



14

CHILDREN REACHED THROUGH DIGITAL DELIVERY



80

DIFFERENT PROJECTS DELIVERED



6

COMMUNITY PROJECTS DELIVERED



37

SCHOOLS SUPPORTED



24

RELEASE CLUBS



80

DIFFERENT GROUPS OF YOUNG PEOPLE REACHED






542

SESSIONS DELIVERED



PROGRAMMES DELIVERED

8	 FREEDOM FACTORY JUNIORS	3	 FREEDOM FACTORY SENIORS
3	 MOTIVATIONAL MORNINGS	24	 RELEASE HOLIDAY CLUB
14	 FUNKY TOTS	1	 Y-WISE
12	HYDRO FRED	4	HYDRO FRED SEND
4	GREEN FRED	6	COMMUNITY PROJECTS

HOLIDAY ACTIVITY FUND

1612

STUDENTS SUPPORTED

98%

ENJOYED THE RELEASE HOLIDAY CLUB

89%

REPORTED THAT RELEASE HELPED THEM TO WRITE DOWN THEIR FEELINGS AND EMOTIONS

87%

SAID THAT THE RELEASE CLUBS INCREASED THEIR CONFIDENCE

37

DIFFERENT SCHOOLS

2

PROGRAMMES DELIVERED

46

COMMUNITY SETTINGS



PARTNERS AND FUNDERS



Nottingham Forest
Community Trust



The Wheatcroft Fund
Growing & Giving Our Legacy

The Thomas Farr Charity



Rushcliffe
Borough Council



TESTIMONIALS

RELEASE (BESTWOOD ESTATE)

"Release has helped me realise it's not good to isolate yourself"

"Release has helped with my mental health and understanding not to spend too much time on your phone"

"My daughter has enjoyed all of it, especially meeting new friends, she has learnt new boundaries of comfort – Amazing Programme"

"My son enjoyed being encouraged and included, following the sessions he has been happier and more confident"

RELEASE (HEANOR)

"I cannot tell you what an amazing time my children have had this week! Thank you so much to Tahila and Zara. I just hope I have their names right! They have been slowly encouraging out of their comfort zone and nurtured by them. Very grateful to the foundation."

RELEASE (COTGRAVE)

"Absolutely wonderful club! Thank you so much for keeping my girl entertained, happy and most of all positive all throughout the week! Big thanks to sophie and natalie xx"

RELEASE (KIRKBY IN ASHFIELD)

"I just wanted to let you know my boys are absolutely obsessed with your classes, they come home every single night, wanting MORE!! They are 7 & 9 and couldn't be more different, so to capture both of their imagination is simply BEYOND ME!!! So thank you SOOOOOOOO MUCH!!!"

"Thank you very much! My daughter Amelia, although not overly happy with the dancing absolutely loved taking part in the singing. It's a shame we were all poorly on the day of the performance because we were looking forward to hearing what she wrote as a song."

TESTIMONIALS

NOTTINGHAM EDUCATION GROUP

“Hope this email finds you well. I just wanted to thank you again for the sessions that you ran at the start of August for Nottingham Education which were very warmly received by both staff and students – the students didn’t want the week to end!” Head of Provsion/SENCo

FREEDOM FACTORY SENIORS

“The students have loved it and don’t want it to end and their confidence has changed in their lessons that they feel proud of who they are”

FRED SEND

“Having passionate people to come and speak with our young people really does make a difference and helps with inspiring them to aim high and see all the fantastic opportunities open to them”

MOTIVATIONAL MORNINGS

“Motivational Mornings has helped me quite a lot because it’s boosted my confidence and it’s made me feel safe about myself and more safe.

Y-WISE

“I have noticed a marked improvement in their confidence and social skills, they have explored how they can make a difference to wider social issues”



As we look forward to the year ahead, we continue to self-grow our core team and remain committed to reaching more children and young people to support their mental health and wellbeing.

We aim to reach more vulnerable children that we know benefit from our programmes, in SEND and Alternative Provision settings. We will educate, train, and commit to providing our workforce with the tools and resources required to deliver this; including SEND, behavioural management, and trauma induced behaviour training.

Our partnerships continue to grow and strengthen and we look forward to sharing with you the results of our Peer Research project.





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