



ANNUAL REPORT

2022-2023



INTRODUCTION

Well its been another year of rollercoasters here at Freedom Foundation.

As our team continued to grow and more of our freelancers became permanent members of staff, this enabled us to reach more children and young people and grow our programme delivery.

The children we have worked with across this year have continued to show great resilience. It is a challenging ever changing world and they continue to help us evolve and tell us more about the landscape than we could ever read or be trained for.

As we continue to see mental health issues rising, student exclusion rates higher than has been seen before, and investment of the arts the lowest for a long time, our projects are needed now more than ever.

Our DRIL programme has become invaluable with those partner schools that have invested in this work – we have seen decreases in exclusions, increases in attendance and positive participation increasing in schools. As many schools move towards internal APs we hope to support more students to stay in mainstream schools.

The music that has been made this year has been outstanding and our partnership with Elementz has provided the young people with such an engaging and interesting experience of making music.

We have worked with children as young as 2 and young people up to 18. They have all enjoyed and benefitted from the ethos of Freedom Foundation for longer term mental and physical wellbeing.

The challenges of funding, investment and sales into mental health and arts provisions has been tough, we are proud to be still standing and moving into another year with an amazing team behind us all focused on inspiring the next generation.

Thank you to our amazing team, our funders, and all our partner organisations but most of all to the young people to be open to learning and embracing the Freedom Foundation way.

With love and dedication,



Laura & Stacey



OUR IMPACT

OUR YEAR IN NUMBERS

1,113

CHILDREN AND YOUNG PEOPLE SUPPORTED



63

DIFFERENT PROGRAMMES DELIVERED



42

COMMUNITY PROGRAMMES DELIVERED



15

SCHOOLS SUPPORTED



40

HOLIDAY ACTIVITY FUND RELEASE CLUBS
DELIVERED



528

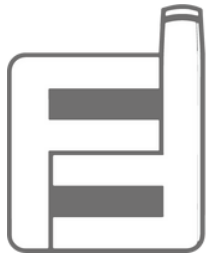
SESSIONS DELIVERED



OUR IMPACT

PROGRAMMES DELIVERED

8



FREEDOM
FACTORY
JUNIORS

2



MOTIVATIONAL
MORNINGS

4



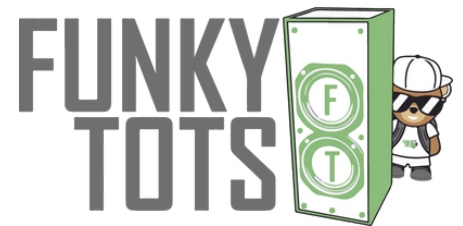
2



2



3



40



2

DROP
DOWN
DAYS



PARTNERS & FUNDERS

THANK YOU FOR ALL OF YOUR SUPPORT!



Community Action



Derby City Council



YOUTH
MUSIC



Ideagen



COMMUNITY
FUND



Nottinghamshire
County Council



THE
NATIONAL
LOTTERY

UK YOUTH

serco



Nottingham
City Council

Nottingham Forest
Community Trust



Metropolitan
Thames Valley

CARE 4
CALAIS



PROGRAMME BREAKDOWN

Freedom Factory

252

Children supported

8

Factory programmes

180

Sessions delivered

94.5%

Enjoyed the programme

89%

Would recommend

“My child is a lot more positive.”

Parent/Guardian

Child

“I have had so much fun. The Factory is a place where you can make friends and do lots of dancing and singing. I would love to come again.”

“My child has learned that he can enjoy things he did not expect to and that it is good to give things a go.”

Parent/
Guardian

“They have learned to be themselves, to love and accept who they are.”

SEND Factory

39

Children supported

2

Programmes delivered

64

Sessions delivered

100%

Enjoyed the programme

100%

Would recommend

“Freedom Factory continues to be such a valued, cherished and imperative part of St Giles, Retford, it champions all of our values as a school and helps us to celebrate just how incredible our learners are. We have taken part in a number of Factories now, they have all helped our young people thrive, grow in confidence and to celebrate themselves. Freedom Factory has also helped to encourage them to step outside their comfort zones, given them different experiences, showing them how to deal with challenges when they arise. Most importantly, it has given our young people their time to shine, to stand up and be proud of who they are and the tools to take these skills and confidence into their learning and with them in further steps in life. Thank you for leading such positive, inspirational and uplifting sessions!”

Teacher

PROGRAMME BREAKDOWN

DRIL

46

Children supported

51

Sessions delivered

102

Hours of contact time

92%

Enjoyed the programme

100%

Would recommend

“Having conversations with the mentors about life and the things I have been through has helped me manage my emotions better in school and feel more confident when challenged by teachers, I can talk about what I am going through rather than bottling it up and exploding.”

Child A

“This programme is sick and I wish I could come and do a DRIL session once a day. It has helped me with managing issues with teachers and helped me change my behaviour and attitude towards education. I wish the mentors worked at school so I could use them when I am having an off day to help me resolve my issues.”

Child B

Motivational Mornings

19

Children supported

23

Sessions delivered

29

Hours of contact time

“Since you have been running the project with the pupils, we have seen a significant decrease in the number of negative points the group have received and in turn a significant decrease in detentions and ILU (Internal Learning Unit) visits. The sessions focused on the students taking accountability and understanding that the mistakes they make are having a real effect on them and the way they carry themselves around school. I have now been able to give some of these students leadership roles in school; for example, picking a number of them to take part in the year 6 transition days. The group are a lot more focused in lessons and seemed to have gained a greater understanding of the reasons they are in school and what they need to do to be successful in the future.”

School's Year 9 Head of Year

PROGRAMME BREAKDOWN

Y-Wise

11

Children supported

2

Programmes delivered

26

Sessions delivered

100%

Increased their self-esteem

100%

Improved their communication skills

“The girls said how much the whole programme inspired and empowered them. It has motivated them to work towards their passions and not let their insecurities hold them back. They seemed very excited for the future.”

Facilitator

“It has helped me be more open to other’s opinions and to understand other people’s views and experiences.”

Child

“I have noticed a distinct difference in my child since they have taken part in the sessions, including an improvement in their mood/mental state, their confidence in themselves and their own abilities.”

Parent/guardian

Funky Tots

64

Children supported

19

Sessions delivered

100%

Parents/guardians reported their child’s co-ordination improved

100%

Parents/guardians would recommend

“My child was gently encouraged to grow her confidence to become more independent.”

“My child has built awareness of what emotions are and I feel he is more confident to talk about how he may be feeling openly.”

Parent/
Guardian

“The session was very upbeat and encouraging for the children; it definitely encouraged confidence.”

“Great class for children and adults to socialise and have fun!”

PROGRAMME BREAKDOWN

Release

383

Children supported

40

Programmes delivered

160

Sessions delivered

90%

Enjoyed the programme

91%

Increased their confidence

“The programme made me feel welcomed and part of a group. Meeting new people in a calm environment helped my confidence.”

Child

“The staff were very good at looking after my child who has additional needs.”

Parent/Guardian

“We need more of this. My daughter is totally isolated.”

“The programme helped to keep me calm. I have realised singing helped me to control my ADHD.”

Child

Drop-Down Days

299

Children supported

2

Programmes delivered

90%

Enjoyed the programme

100%

Improved their knowledge of mental health and wellbeing

“I will never forget this day, what an amazing session. The children and parents absolutely loved it, the session was so needed.”

Freedom Foundation
Facilitator

“An injection of sunshine in such a gloomy, dismal place.”

Care 4 Calais Volunteer
Refugee Drop Down
Day

“Me and my children have been here (Britannia Hotel) over a year now and to have something so different to do has been amazing.”

Mother from Iraq
Refugee Drop Down Day

THE YEAR AHEAD

We always approach the New Year with excitement and anticipation and this year will be no exception.

With a strong and cohesive team who have taken lots of learning from last year's lessons, we are confident we will continue to deliver high quality programmes ensuring young people are able to enjoy good physical and mental wellbeing.

As the world remains ever changing, Freedom Foundation will try to do what we do best – respond, react and evolve and support those around us to keep them safe and help them to thrive.





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