

IMPACT REPORT



SARACENS
FOUNDATION



NIGEL WRAY, SARACENS RUGBY CLUB OWNER

It takes me no time at all to write this introduction because I have a real passion for the work of the Saracens Foundation, but it's an inherited passion, inherited from seeing the huge dedication and genuine caring every single day of all the young people who work for the Foundation. This isn't false modesty, I just am a huge admirer of all that they do to make disadvantaged people's lives so much better.

In a way it is a special year the Foundation as its their 20th Anniversary, 20 years since a tiny little rugby club began, what was then a small endeavour, to give back a little bit to the community. There has been at least 1M people's lives hugely improved over that period – ex-prisoners, disabled

people, kids who have been brought together into sport and into learning key life skills, it's amazing, and yet if you ask the people at the Foundation, they've only just begun! Roll on the next 20 years.

All the very best.

Nigel

PS: It's probably well known that I have a little bit of a scepticism for large charities, how much money actually avoids their bureaucracy and hits the target. I have no such scepticism about the Saracens Foundation, every penny is hitting the target.



OUR COMMUNITY

HEALTH

29%

OF CHILDREN DO LESS THAN 30 MINUTES OF PHYSICAL ACTIVITY A DAY (SPORT ENGLAND, 2019)

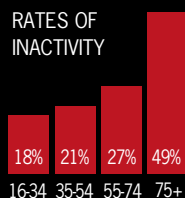
63%

ACTIVITY LEVELS ARE DIRECTLY LINKED TO ACCESS TO COMMUNITY SPORTS CLUBS (63% OF PHYSICAL ACTIVITY AMONG AGES 11-18 COME FROM TEAM SPORTS).



MEETING THE DAILY PHYSICAL ACTIVITY LEVELS HAS BEEN SHOWN TO INCREASE YOUNG PEOPLE'S HAPPINESS SCORE WHICH CAN LEAD TO A DECREASE IN MENTAL HEALTH ISSUES.

RATES OF
INACTIVITY



INACTIVITY LEVELS GENERALLY INCREASE WITH AGE, WITH THE SHARPEST INCREASE COMING AT AGE 75+ (TO 49%) (ACTIVE LIVES ADULT SURVEY, MAY 18/19)

CRIME



IN 2019, PER 1000 PRISONERS, THERE WERE 296 PRISONER ON PRISONER ASSAULTS.

83%

OF WHOM ARE LIKELY TO LEAVE PRISON WITHOUT ANY EMPLOYMENT, TRAINING OR EDUCATIONAL OPPORTUNITIES.

17TH

BRENT HAS THE 17TH HIGHEST CRIME RATES NATIONALLY, WITH 4,500 CHILDREN HAVING COMMITTED A KNIFE CRIME IN 2018.

90K

IS THE ROUGH COST OF KEEPING A YOUNG OFFENDER IN FELTHAM YOUNG OFFENDERS INSTITUTE

POVERTY

67%

OF PRISONERS WOULD HAVE ENTERED CUSTODY UNEMPLOYED



66% OF CHILDREN ON THE POVERTY LINE OFTEN SKIP MEALS WHICH CAN SERIOUSLY AFFECT THEIR DEVELOPMENT

37%

CHILDREN LIVING IN POVERTY IS EXPECTED TO RISE TO 37% BY 2023



HOLIDAY HUNGER IS AN ISSUE CURRENTLY FACING AN ESTIMATED 3 MILLION CHILDREN AND YOUNG PEOPLE EVERY YEAR.

£7,400

YOUNG PEOPLE ELIGIBLE FOR FREE SCHOOL MEALS ARE PART OF A HOUSEHOLD WHO EARN LESS THAN £7,400 PER YEAR, OR ARE ON UNIVERSAL CREDIT.

VISION & MISSION

Vision: Transforming lives on and off the pitch to build stronger communities

Mission: We work collaboratively to enhance the education, employability and health of our communities, to build a stronger and more inclusive society for all.

The Saracens Foundation was founded in 2000 to address the needs of the North London and Hertfordshire communities, using sport as a vehicle for change. We work collaboratively to enhance the education, employability and health of our communities, to build a stronger and more inclusive society for all.

Our programmes cover the breadth of the community working with all ages and social groups, from school age children to 100 year olds! We address specific social needs within our community by encouraging increased participation in sport and physical activity; breaking down barriers to participation for specially excluded groups, developing interventions to address health issues and developing pathways into education and employment.

20 YEARS

I wonder if Nigel Wray thought 20 years ago when the Saracens Foundation was first launched, that its success and reach would be so extensive?

Since its conception no gender, age, race or disability has stood in the foundations way to help and assist those more in need than ourselves. From octogenarians to the youngest school children the foundation has always found a way to engage, educate and benefit those in the local community.

Thanks must go to the dedicated colleagues who are the heartbeat of the foundation, always eager and engaging with a smile and an enthusiasm that never wains.

I would also like to thank all the trustees past and present who have helped steer and shape the Foundation to the powerhouse it is today, their tireless commitment is second to none.

I personally have found my time with the foundation, either as a trustee and for the last 5 years its Chairman, one of the most rewarding and satisfying roles I have ever held, it has been a honour and a privilege with a sense of pride and humility.

Here's to the next 20 years!

David Lebond,
Chairman of the Trustees,
Saracens Ltd



**OVER 20 YEARS
WE INVESTED**

£10M

RAISED TO DELIVER OVER



28

LIFE CHANGING PROJECTS



**208K HOURS
ON PROJECTS TO**

- ↓ REDUCE** INEQUALITIES
- ↓ REDUCE** SOCIAL CHALLENGES
- ↓ REDUCE** ECONOMIC CHALLENGES
- ↑ INCREASE** IMPROVE HEALTH

WE IMPACTED



**1 MILLION PEOPLE
WERE ABLE TO BUILD
A BETTER LIFE FOR
THEMSELVES THROUGH
OUR PROJECTS**



**£40 MILLION SAVED
BY THE LOCAL AND
NATIONAL GOVERNMENT
AS A RESULT OF OUR
PROJECTS**

CONTENTS

01 DISABILITY
SPORT

09 GET ONSIDE

17 PARTICIPANT
PROFILE:
LATRELL LEWIS

23 PARTICIPANT
PROFILE: ALICE
AND MARTHA

03 PARTICIPANT
PROFILE:
SHAILEN

10 PARTICIPANT
PROFILE:
KIZZY

18 HEALTH AND
WELLBEING

24 THANK YOU

04 PREVENTION &
REHABILITATION

11 HEALTH

19 PARTICIPANT
PROFILE:
DIANE BAKER

26 OUR PATRONS

06 PARTICIPANT
PROFILE:
LEE

12 FEEDING FUTURES

20 SARRIE'S IN MY
SCHOOL

07 WHEELCHAIR
SPORT

13 RUGBY4LIFE

21 PARTICIPANT PROFILE:
HOW WOOD PRIMARY
& NURSERY SCHOOL

08 PARTICIPANT PROFILE:
PAUL 'MIDGE'
HARTLEY

15 PROFILE: THE
LONDON
BLUES RUGBY CLUB

22 SARACENS
CHEER &
DANCE

DISABILITY SPORT

40% OF DISABLED PEOPLE
ARE INACTIVE

700K PEOPLE
REGISTERED AS
AUTISTIC IN THE
UNITED KINGDOM

LAUNCHED IN 2013

Our disability projects specialise in supporting young people with Autism Spectrum Disorder (ASD).



“Strictly Sarrie is so important to Lizzi. She is communicating better and has made some great friends.”

Lizzi – Strictly Sarrie Participant

“I love strictly Sarrie. I like to dance and have fun with my friends. My coach is great at teaching dance.”

Lizzi – Strictly Sarrie Participant

7 AUTISTIC SPORTS
SESSIONS PER
WEEK

155 YOUNG PEOPLE
ATTENDING
EVERY WEEK

75% REPORT
INCREASED
CONFIDENCE

100% HAVE MADE NEW
FRIENDSHIPS AND
CONNECTIONS

OVER 20 YEARS
WE HAVE...



Engaged 20,000
disabled people
into sport



Delivered over 1,500
hours of ASD
specific sport

PARTICIPANT PROFILE: SHAILEN

SARRIE'S SKILLS CLUB

Shailen has been a regular member of Sarrie's Skills Club since January 2019, transitioning from our Sarrie's Inspire sessions run with his school, Oakbridge. Shailen has severe autism which affects his communication, social skills, attention span and problem-solving ability. In addition, Shailen also suffers with scoliosis which limits his flexibility and movement.

Sarrie's Skills Club offers, at a minimum, one to one support for individuals with severe autism, providing bespoke activities to address the specific needs of our participants. The tasks might look basic, but the benefits

extend beyond just working on mobility or coordination, but they require our participants to use communication and social skills in a fun, relaxed environment.

Skills Club is also an opportunity for the parents and carers to have some respite. Knowing that their charges are safe downstairs, they can relax and socialise with individuals with shared experience. The community of parents which has evolved is arguably one of the most important biproducts of Skills Club as a programme.

After just one year attending the programme, Shailen has made some huge strides across the board, but particularly in his confidence levels as well as his social skills.

Shailen's school teacher points to his development interacting with his peers, and "he now regularly helps other students who struggle with tasks or need guidance, especially at the [Sarrie's Inspire] sessions". His problem solving and communication skills have also noticeably improved and it is amazing to see!



PREVENTION & REHABILITATION

TWINING
PROJECT

GET
INSIDE

PROJECT

GET
INSIDE

LAUNCHED IN 2019

Go Forward is an education programme designed to prevent young people from entering the criminal justice system while building their aspirations and confidence to enable them to build a better life for themselves.

Go Forward, targets two schools in North London which are in some of the highest areas of deprivation and child poverty. Our Go Forward Officers are stationed in the school where they support lessons and pastoral care of young people, ensuring that they can achieve the best possible educational results, while also building key life skills.

“Go Forward is such a successful project doing everything and more than was expected of it, it has just been such an incredible support. It helps support us enhance our school offer, especially to year 7 students who need it the most.”

Jacqueline McDonnell, Capital City Academy



THE PROJECT INCORPORATES CORE VALUES THAT MIRROR THE SARACENS ETHOS



GO FORWARD USES A MIX OF EDUCATION AND PRACTICAL RUGBY SESSIONS TO TEACH STUDENTS KEY LIFE SKILLS



OPPORTUNITIES FOR ONCE-IN-A-LIFETIME OUTDOOR EXPERIENCES

1000

MENTORING HOURS PROVIDED IN 2019 TO THOSE AT RISK OF CRIMINAL ACTIVITY

95%

ATTENDANCE RATE OF OUR BENEFICIARIES, SUPPORTING THEM TO IMPROVE THEIR EDUCATIONAL ATTAINMENT

75%

OF GO FORWARD STUDENTS NOW ATTEND EXTRA-CURRICULAR CLUBS



**OVER 20 YEARS
WE HAVE...**



Engaged
25,000 young
people through
our education
programmes

PARTICIPANT PROFILE: LEE

GO FORWARD – CAPITAL CITY ACADEMY

Lee came to Capital City Academy in year 7 with little confidence and low self-esteem and consequently his attendance at school suffered. However, his poor attendance meant that he struggled to build friendships across his peer group which further knocked his confidence and left him feeling lonely and isolated. Throughout all of this, Lee's education was impacted by this vicious cycle of low confidence.

Our Go Forward mentor worked on a one-to-one basis with Lee to understand the reason for his low self-esteem. He facilitated Lee's initiation into the Go Forward group of 30 students, supporting him to build connections with his peers across the group. These friendships have made Lee feel more comfortable at school which has improved his confidence reflected in his attendance which now sits at 98% - well above the national average.

A key part of the Go Forward project is providing the participants with excursions, this year the Go Forward group were taken on a residential trip to the Brecon Beacons.

Many of the young people in the Go Forward group have never left London. This trip provides young people, like Lee, the opportunity to learn, develop, and build life-long friends. It is also a great opportunity to have experiences that would not have been afforded to this group without the project.

Lee said "The challenges of the outward-bound trip has definitely increased our teamwork across the group and supported me to develop new friendships. Now when I struggle at home, I know that there are people out there to help."



GO FORWARD HAS SUPPORTED LEE TO:



**INCREASE HIS SCHOOL
ATTENDANCE TO 98%**



**INCREASE HIS ATTITUDE TO LEARNING
SCORES BY AN AVERAGE OF 2 POINTS**



**BUILD A STRONG SUPPORT NETWORK
OF MENTORS AND PEERS TO ENABLE
HIM TO CONTINUE TO MAKE GOOD LIFE
CHOICES AND STEER HIM AWAY FROM
CRIMINAL ACTIVITY**



WHEELCHAIR SPORT

LAUNCHED IN 2019

Our Wheelchair Rugby Club provides an opportunity for people with physical impairment to take part in sport and physical exercise.

“Playing wheelchair rugby has allowed me to regain my confidence and rediscover who I once was. This approach has been highly positive, and I now think more about what I can achieve, and how I can challenge my condition, rather than being defined by it.”

Paul ‘Midge’ Hartley,
SWRC Participant



422 NEW WHEELCHAIR RUGBY PARTICIPANTS

16 NEW SARACENS WHEELCHAIR RUGBY CLUB MEMBERS

47% STATED FEELING ISOLATED PRIOR TO PARTICIPATING

IN PARTNERSHIP WITH...

Allianz 



PARTICIPANT PROFILE: PAUL 'MIDGE' HARTLEY

SARACENS WHEELCHAIR RUGBY CLUB

Paul 'Midge' Hartley, who was diagnosed with Hereditary Spastic Paraplegia (HSP) in 2007, first took up wheelchair rugby in November 2017.

His condition led to his discharge from the Royal Air Force in 2013 after which he tried out wheelchair rugby at an Invictus Games taster session. He is now a central member of the Saracens Wheelchair Rugby Club, has represented the UK Team at the Warrior Games in Tampa, Florida and has also been selected to represent Scotland at Wheelchair Rugby League.

Midge has supported the Saracens Wheelchair Rugby Club with the development of outreach sessions for combined army, navy and air services at RAF Wyton. These sessions saw 86 service men and women take part in wheelchair rugby for the first time as part of a rehabilitation exercise by the combined services for people who have been injured during their service.

He credits the Saracens Foundation with helping him progress in the sport, saying:

"With regards to my own performance, the backing that the Saracens Foundation and Allianz have provided cannot be emphasised enough. I have improved so much over the last year and the support provided has been a major contributor to all I have achieved this year."

"I have improved both physically and mentally and participating in the Saracens Wheelchair Rugby Club has provided me with the opportunity to achieve my goals and hopefully inspire others."

GET ONSIDE

LAUNCHED IN 2011

Get Onside uses rugby as a tool for change, reinforcing the positive values rugby has as a catalyst for change. The programme engages with participants while they are inside, preparing them for life post release and supports them 'through the gate'.

“Most are unaccustomed to the structure and discipline of rugby and often teamwork isn't amongst their best attributes, but feedback from participants supports the view that the programme is changing the way they think and as such can help them change their lives, reduce levels of violence in prison and reduce reoffending.”

Jason Swettenham, Head of Prison Industries, Catering, Retail and PE at HMPPS



“We learned so much more than just rugby, I learned about me and who I really am.”

Dean (ex-participant)

“In all the years I have been coming to prison, nobody has offered us lads this type of help that we need.”

We are now seeing some participants support the project by returning to prison as mentors and staff supporting new waves of participants.

OVER 20 YEARS WE HAVE...



Engaged and supported over 450 offenders



Seen just 15% of participants re-offend vs a national average of as high as 65%

20

YOUNG OFFENDERS
TOOK PART AT
HMP FELTHAM

25

ADULT INMATES
TOOK PART AT
HMP THE MOUNT

80%

COURSE GRADUATES
SUPPORTED
'POST-RELEASE'

PARTICIPANT PROFILE: KIZZY

GET ONSIDE

Kizzy's journey with Get Onside started in early 2019. He was serving a two year sentence at YO1 Feltham and tentatively joined the project after a previous childhood experience of playing rugby at his local club.

Kizzy was such a standout character on his first course, he was invited to take part in the following Get Onside course in late 2019 as an on-course mentor, acting as a positive role model for other young men on the course. His impressive commitment, attitude and character resulted in Kizzy leading the team as captain when they took on UCS Rugby Club in the presentation game at the end of the course.

Whilst the course ends after 8 weeks, the relationships between the Foundation and participants continue. Our aim on the Get Onside project is to support our participants 'through the gate' and help them manage the often chaotic transition back into society – supporting them to live a life free from the cycle of the criminal justice system.

Kizzy has worked closely with a mentor, staying in constant contact. Their relationship gives Kizzy a space to talk through his options and help him progress to his goal of becoming a physical therapist at a professional sports club.

Kizzy is working full time, currently in retail, in order to raise funds to help himself through university. He aims to start university in 2021, studying firstly for a foundation degree in sport therapy. Kizzy has been working towards his goals with his mentor and has had the unique opportunity to learn from and speak to the medical team at Saracens to get a real insight into professional sport.

Kizzy himself said "The Get Onside course has taught me skills that I can use to become a better person and make something of myself. It's taught me how to be a leader, how to work in a team, how to be honest with not just myself, but others as well; to never give up, no matter what life throws in your path."

"With the help of the facilitators, I've come to realise that I'm worth more than what I've been previously labelled... It's opened my eyes to the fact that there's more to life than just a prison cell".



HEALTH



FEEDING FUTURES



OUR FEEDING FUTURES PROJECT FUNDED BY BURTON'S BISCUITS COMPANY AND THE JOHN LYONS CHARITABLE TRUST TARGETED YOUNG PEOPLE ON FREE SCHOOL MEALS IN BARNET.

2019

LAUNCHED IN 2019, OUR FEEDING FUTURES PROJECT PROVIDED FREE BREAKFAST, LUNCH AND ACTIVITIES IN SCHOOL HOLIDAYS TO TARGET REDUCING THE TRIPLE THREAT OF SOCIAL ISOLATION, HOLIDAY HUNGER AND PHYSICAL INACTIVITY.

66%

OF FAMILIES FROM DISADVANTAGED AREAS DON'T KNOW WHERE THEIR NEXT MEAL IS COMING FROM



RUGBY4LIFE



WITH THE SUPPORT OF THE PRIORY FOUNDATION, RUGBY4LIFE SETS OUT TO GIVE 5,000 PRIMARY SCHOOL AGED PARTICIPANTS THEIR FIRST TASTE OF PLAYING COMPETITIVE RUGBY EVERY YEAR.



RUGBY4LIFE CREATES STRONG RELATIONSHIP WITHIN THE LOCAL COMMUNITY, PARTNERING WITH 16 LOCAL RUGBY CLUBS AND HOSTING TRANSITION DAYS WHERE PARTICIPANTS CAN HAVE AN EASY, ENJOYABLE START TO LIFE AT A GRASSROOTS RUGBY CLUB.

“This has given us a great opportunity to play as we were rejected from another competition as we are an all girls school.”

Deborah Street,
The Village Prep School



PROJECT RUGBY

THE PREMIERSHIP RUGBY 'PROJECT RUGBY' PROGRAMME AIMS IS TO ENGAGE BLACK, ASIAN MINORITY ETHNIC GROUPS (BAME), THOSE FROM LOWER-SOCIO ECONOMIC GROUPS, WOMEN AND GIRLS AND DISABLED PEOPLE INTO REGULAR RUGBY ACTIVITIES.

74%

74% OF OUR PARTICIPANTS REPORTED THAT THEY WERE MORE LIKELY TO CONTINUE TO PLAY RUGBY EITHER AT SCHOOL OR IN A CLUB AFTER ENGAGING IN PROJECT RUGBY.

85%

85% OF PARTICIPANTS REPORT AN INCREASE IN WEEKLY PHYSICAL ACTIVITY LEVELS, THIS CAN LEAD TO INCREASED CONFIDENCE AND SOCIAL SKILLS WHICH CAN AID KEY EMPLOYMENT SKILLS TO NARROW THE SOCIO-ECONOMIC DIVIDE.

6000

LAUNCHED IN 2016, PROJECT RUGBY HAS ENGAGED WITH OVER 6000 PARTICIPANTS FROM A BAME COMMUNITY OR WHO ARE LIVING IN LOWER SOCIO-ECONOMIC COMMUNITIES.

40%

LESS THAN 40% OF YOUNG PEOPLE FROM BAME BACKGROUNDS REACH PUBLIC HEALTH ENGLAND'S PHYSICAL ACTIVITY GUIDELINES OF WHICH ONLY 8% OF GIRLS AGED 13-16 REACH THIS TARGET OF 150 MINUTES PER WEEK.



PROFILE: THE LONDON BLUES RUGBY CLUB

PROJECT RUGBY

Since the summer of 2019, Harrow Safer schools and Saracens Foundation's Project Rugby have been working in partnership together to create the 'London Blues'. A rugby club specifically designed to divert young people away from negative influences in Harrow's toughest estates.

Research from the British Medical Journal has shown that for the two hours after school finishes, young people aged 11-18 are most at risk of committing crime or being a victim of crime. 22% of crimes committed by individuals in that age range are committed during these hours.

London Blues RFC has interacted with over 50 participants from two different Harrow schools, with the project seeing five participants further expand their activity by attending local grassroots rugby club training.

The London Blues implement the shared values of teamwork, respect, enjoyment, and discipline to make small changes in the behaviour of the group. Playing in the team has improved the group's performance in school and behaviour at home.

“Through the help of the Saracens Foundation, we have seen a reduction in crime directly after school leaving time in our targeting area. Not only that, but schools have reported an improvement in behaviour during school hours for those at risk of being involved in criminal activity.”

Ben Eynon – Harrow Safer Schools



LAUNCHED IN 2019

Our Thales Group funded Champions and Challenge project gives an opportunity for secondary schools to play rugby, develop their skills and compete through curriculum support sessions and organised fixture nights.

This project also provides pathway nights where young people receive additional sessions focused on community cohesion, social development, values and their physical development.

“The pathway sessions have helped our students to realize that there is a genuine pathway for them in rugby. They have also used their new skills and knowledge to contribute towards training sessions and help their friends to improve as well.”

Matt Long – Wren Academy

“We do not have a pitch at school and have to walk to Green Park for our lessons. Without the Champions & Challenge Cup programme rugby would not exist at our school.”

Callum Lecky – Westminster School



600 PARTICIPANTS ENGAGED IN THE PROJECT EACH YEAR

92 DEVELOPED KEY SOCIAL SKILLS SUCH AS TRUST AND RESILIENCE THROUGH PATHWAY NIGHTS

480 HOURS OF CURRICULUM SPORT DELIVERED IN SCHOOLS



PARTICIPANT PROFILE: LATRELL LEWIS

CHAMPIONS AND CHALLENGE CUP

One of the player pathway challenges during the Champions and Challenge Cup programme was to demonstrate how the participants have used the concept of 'Pound the Rock' either in sport, at school, or in their day to day lives. Latrell speaks about the positive impact the Saracens Foundation has had on his ability to be resilient in his school life.

"At the start of this term, I didn't like the idea of learning Spanish, it was just another language for me to learn. In primary school, I didn't like learning languages because they were too hard, and I struggled to concentrate and get any good grades because I would give up.

At the pathway night we learned about the phrase 'Pound the Rock'. It really inspired me to keep going when things get tough at home and school. When I went back to school, I was determined to keep learning even though I found it so difficult. One day, it clicked and I realised I could translate the English words into Spanish. Learning became a lot easier and I started to love Spanish! In my latest Spanish tests, I didn't want to get anything wrong and I got 100%! It's amazing what you can achieve when you keep pounding the rock.



HEALTH AND WELLBEING

LAUNCHED IN 2010

Our health and wellbeing programmes support the Over 50s Community

72 THE AVERAGE AGE OF OUR HEALTH & WELLBEING PARTICIPANTS IS 72 YEARS OLD

“Older adults are vulnerable to a number of issues including physical inactivity and social isolation. Our programme provide an inclusive and welcoming environment, supporting participants to build new social circles and improve their physical and mental health.”

Dean (Participant)



31 SESSIONS DELIVERED EVERY WEEK WITH...

90% PARTICIPANTS REPORTED AN INCREASE IN PHYSICAL ACTIVITY

84% HEALTH AND WELLBEING PARTICIPANTS REPORTED AN INCREASE IN SOCIAL ACTIVITY

92% PARTICIPANTS REPORTED AN IMPROVEMENT IN THEIR PHYSICAL HEALTH

“Love to Dance has improved the quality of my life - both physically and emotionally. Sometimes members have difficult situations in their lives, but just talking to each other lightens the load.”

“Nordic Walking has become such a big part of my life and having been on anti-depressants for 14 years, I have now stopped taking them, another thing I put down to the positivity of this activity.”

OVER 20 YEARS
WE HAVE...



Engaged 5000 older people



Delivered over 30,000 hours of over 50 health & wellbeing sessions

PARTICIPANT PROFILE: DIANE BAKER

LOVE TO DANCE

Diane has been attending the Whitehall Love to Dance class since March 2011. It only took one class to get Diane hooked and so she joined a second class in the area! She had a knee replacement in 2014 and found that the Love to Dance classes helped her hugely with her rehab and eventual recovery. The constant support from the rest of the group and teachers encouraged her to keep working on her recovery.

Diane loves the social aspect of the Love to Dance classes and has made some lovely friends in the group. She now organises monthly lunches with her group to bring them together and spend time with friends outside of the classes, maximising the social benefits that each member of the group enjoys.

The support provided by the Love to Dance group was never clearer or more important than when Diane was at her lowest after her husband passed away. Diane didn't take any time off and continued to attend the classes as she felt comforted talking to others in the group who had gone through the same experience. Diane has now become a 'champion' for the Whitehall group and loves being the voice and link between the various groups and partners.

In Diane's own words says that "It is difficult to pick one favourite thing from Love to Dance as there are so many, but just pipping the dancing and exercise for me, is the friendships and camaraderie that we have together in our group. When my husband died almost 8 years ago, the support and encouragement I had was wonderful and helped me to carry on."



SARACENS FOUNDATION

SARRIE'S IN MY SCHOOL

DANCE

LAUNCHED IN 2004

Our SIMS programme supports children and schools in our local community

20.1% OF CHILDREN AGED BETWEEN 10 TO 11YRS ARE OBESE, WITH A FURTHER 14.2% OVERWEIGHT (UK PARLIAMENT, 2019)

Sarrie's in my School offers bespoke physical activity classes and clubs for schools in our local community, tailoring each session to suit the school's needs. These sessions include breakfast, lunch, afterschool, and curriculum-based classes for primary and secondary schools as well as sixth forms and colleges. Our aim is to provide a safe, innovative, and inclusive environment for young people to develop and widen their skillset, whilst also helping young people to progress in their education and gain an understanding of how to lead healthy and active lifestyles. We hope to ingrain a passion in these young people to become lifelong participants of sport to support their physical and mental health.

35 SIMS SCHOOLS IN 2019/20

900 HOURS OF SIMS SESSIONS DELIVERED IN 2019/20

Sarrie's in my School is ever evolving, and we continue to learn from each school that we work with. Over the last 10 years we have developed our programme to meet the growing needs of the local community by working with each school to deliver the most desired sessions for themselves. We hope that by doing this we will continue to be relevant in providing the most engaging sessions possible to increase the development of all beneficiaries. This has led to improved relationships with local schools allowing us to grow our brand and continue to create new partnerships each year increasing the number of individuals we are able to impact through sport and physical activity.

95% OF OUR SIMS PARTICIPANTS FEEL HAPPIER WHEN ATTENDING A SIMS CLASS

94% OF SIMS PARTICIPANTS HAVE GAINED CONFIDENCE THROUGH ATTENDING

100% OF SIMS PARTICIPANTS HAVE IMPROVED THEIR DANCE AND CHEER SKILLS

OVER 20 YEARS WE HAVE...



Engaged 25,000 young people through our education programmes.



This equates to just over 1000 participants per year.

PARTICIPANT PROFILE: HOW WOOD PRIMARY AND NURSERY SCHOOL

SARRIE'S IN MY SCHOOL

SIMS is a programme which provides schools with dance, cheer or rugby lessons delivered by highly qualified staff.

How Wood Primary and Nursery School have taken this opportunity even further and together, the Foundation and the school have built a uniquely strong partnership. SIMS is no longer just a school sports club at How Wood, but an integral part of their school curriculum. The Foundation provides dance lessons to the whole school which feeds into their individual class topics.

One of the key aims for SIMS is to promote a healthy and active lifestyle for the children we work with. We also want to break down the barriers to participation for those who might not otherwise connect to these sports outside of the school environment, ultimately inspiring a life-long passion.

At How Wood School where the partnership has become integral to the fabric of the school, the Foundation's impact on the community reaches a much deeper level. Working with the whole school magnifies our reach not only in the school community but locally as well. The Foundation are so proud of the relationship we have with How Wood and are excited to take this blueprint forward of how SIMS can make a real difference in the education community.

The impact of the SIMS programme is evident through the testimonies of the children and staff we work with. From the youngest year group, to the staff in the school, they can all point to how dance and the SIMS programme has changed their day to day lives.

Year 5 Teacher "The dance lessons engage all the children, and they begin with an energetic warm up to fun music. The instruction is easy to follow and clear demonstrations enable all children to participate. Appropriately pitched choreography gives the children the opportunity to learn and practise dance skills. It is always a super start to our Friday afternoon!"



SARACENS CHEER & DANCE

LAUNCHED IN 2010

our Cheer & Dance programme delivers fun & inclusive sessions to young people in our local community.

95%

OF SARRIES CHEER AND DANCE ATHLETES HAVE IMPROVED FITNESS LEVELS SINCE STARTING THE PROGRAMME

100%

OF SARRIES CHEER AND DANCE PARTICIPANTS HAVE IMPROVED THEIR CHEER AND DANCE SKILLS

6

CHEER & DANCE SESSIONS DELIVERED WEEKLY IN 2020/21

250+

HOURS OF CHEER SESSIONS DELIVERED IN 2019/20



“Saracens Cheer & Dance allows my child to express themselves and have fun with their friend whilst learning a new skill.”

“I like dancing with my friends and learning new moves and when I go home, I can practice with my brother & sister.”

“With Cheerleading it was so different. We didn't know what it was going to be like, but it was a lot of fun!”

OVER 20 YEARS
WE HAVE...

13,000

Engaged and impacted over 13,000 young people!

SARACENS FOUNDATION

PARTICIPANT PROFILE: ALICE AND MARTHA

SARACENS CHEER AND DANCE

Alice and Martha got their first taste of cheerleading while in Year 8 at Bushey Meads School. After completing a six-week course, they joined the Saracens Foundation's School of Cheer and never looked back! At their first competition, they got a glimpse of how big cheerleading really is which only served to motivate them to continue with the sport.

Alice and Martha have now completed their Level 1 and 2 BGU Cheer Course and have been working as casual coaches for the Saracens Foundation Cheer and Dance team. They also help to coach some of the SIMS classes.

Alice and Martha started their cheer careers as participants and to now see them imparting their passion for the sport to other Foundation participants is testament to the impact of the programme and the sport.

"Cheerleading is a lot bigger than you think. Once you go into the cheer world, there's so much to do and it's really exciting".

“Cheerleading is a lot bigger than you think. Once you go into the Cheer world, there's so much to do and it's really exciting.”



THANK YOU

The Saracens Foundation has changed and adapted over the last 20 years, but the one constant has been the immense support of our donors, fundraisers and volunteers. Simply put, the Foundation would not have the impact it does on the community without them. Over the last 20 years, the Saracens Foundation has tried to address the needs of the community with sustainable, meaningful, and high quality programmes which would not have been possible without the support of our wider Foundation family.

We are fortunate to have a strong community of individuals, regular donors and fundraisers who are really the foundation that the charity stands upon. We are able to grow and improve our programmes and transform more lives in North London and Hertfordshire because of these supporters.

Their commitment to our participants is the cornerstone of the community spirit we try to embody as a charity.



500K+ £310K

**WE HAVE RAISED AN
INCREDIBLE £1.3MILLION
THROUGH EVENTS OVER
THE LAST TWO YEARS**

**WE HAVE LOST IN EXCESS OF
£310K FROM OUR FUNDRAISING
EVENTS IN THE 2019/20 AND
2020/21 SEASONS**

**LIKE MANY CHARITIES, THE PANDEMIC MEANT WE
LOST OUT ON OUR MAJOR FUNDRAISING EVENTS**

OUR PATRONS

Our patrons have always been the backbone of the foundation, without them we simply couldn't continue to change lives the way we do. The generosity and commitment of our patrons has helped to see us through an incredibly challenging year meaning we have been able to continue to support our beneficiaries throughout the Covid-19 period. We currently have 3 different levels of patron:

FRIEND OF THE FOUNDATION

£10-£49PCM

GOLD PATRON

PERKS INCLUDE

Lunch with the players prior to the patrons training day event

£50-£99PCM

PLATINUM PATRON

PERKS INCLUDE

Lunch with the players prior to the training day event

A tour of the training ground prior to the training day event

£100+PCM

BECOME A PATRON TODAY

Become a part of the Foundation Family today. Come and see our programmes, become a regular donor, and tell your friends about us.

You can help us transform lives in our community.

0203 675 7243

foundationinfo@saracens.net

www.saracenssportfoundation.org

20 YEARS 20 YEARS 20 YEARS 20 YEARS 20 YEARS 20 YEARS
20 YEARS 20 YEARS 20 YEARS 20 YEARS 20 YEARS 20 YEARS
20 YEARS 20 YEARS 20 YEARS 20 YEARS 20 YEARS 20 YEARS