

TIM HENMAN FOUNDATION



ANNUAL REVIEW

2022-2023

One Life, Many Opportunities

Supporting the transformation of the lives
of disadvantaged young people.

Welcome

The Tim Henman Foundation is a youth charity with the mission of transforming the lives of disadvantaged young people by creating sporting and educational opportunities as well as improving mental and physical health together with our partners.

"I feel very fortunate to have been given opportunities in my life. That is not the case for everyone. Through our work at THF we would like to provide as many sport and education opportunities for as many disadvantaged young people as possible. With today's challenges, physical and mental health are more important than ever."

Tim Henman OBE



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1 in 4
of all children in
the UK are now
living in poverty.

Overview

At the core of The Tim Henman Foundation is a mission to transform the lives of disadvantaged young people. With the challenges that youngsters and their families face today, we have an increased responsibility to provide support where it is needed most.

Our inspirational coaches, teachers and mentors have been working extremely hard to provide these transformational opportunities over the last year.

As the cost-of-living crisis continues for the second year, more children are at risk of being pulled into poverty. Over 1 in 4 children in the UK now live in poverty, and you are 8% more likely to grow up into poverty if you have a disability, which highlights the importance of supporting as many people as possible through our sport and education programmes.

There is a high demand for support. In November 2022, our Opportunity Fund was oversubscribed by 33%, and in our round of grant funding in July 2023, we were oversubscribed by 61%. Those missing out are not getting the opportunities they deserve.

We therefore need to do more to allow more children to access the opportunities they deserve. The fundraising backdrop has been challenging – some grant funding applications have been oversubscribed by over 500%, and fewer individuals are giving to charity, with an 8% drop since 2019.

Despite these challenges, thanks to the generosity of our supporters we have been able to increase our fundraising by 52% over the last year. This will allow us to be able to support more disadvantaged young people who need our support the most.

Thank you to everybody who has supported us over the last year – it is helping the most deserving young people to transform their lives.

Jamie Feaver, THF CEO

The Foundation

Since The Tim Henman Foundation relaunched in 2015 we have raised £3.01m and helped over 62,000 young people. The Foundation's core values of sport, education and improved health have remained at the forefront of everything we do throughout this time.

In 2021 we refined our sport and education programmes to directly deliver to areas of deprivation and to young people who need our support the most.

In the last year we have grown by 51%, covering 51 different KPIs across charitable activity, fundraising, impact and communications. This includes raising around twice as much per £1 spent, supporting more children who are eligible for free school meals, more students with special educational needs and disabilities and going into more deprived areas to deliver our programmes. We saw a 36% increase in our social media followers and almost a third more of our supporters are donating for a second year in a row.

Thank you for all your loyal support.



Performance Plus Sport has helped to increase the Tim Henman Foundation capacity by

38%

TIM HENMAN
FOUNDATION

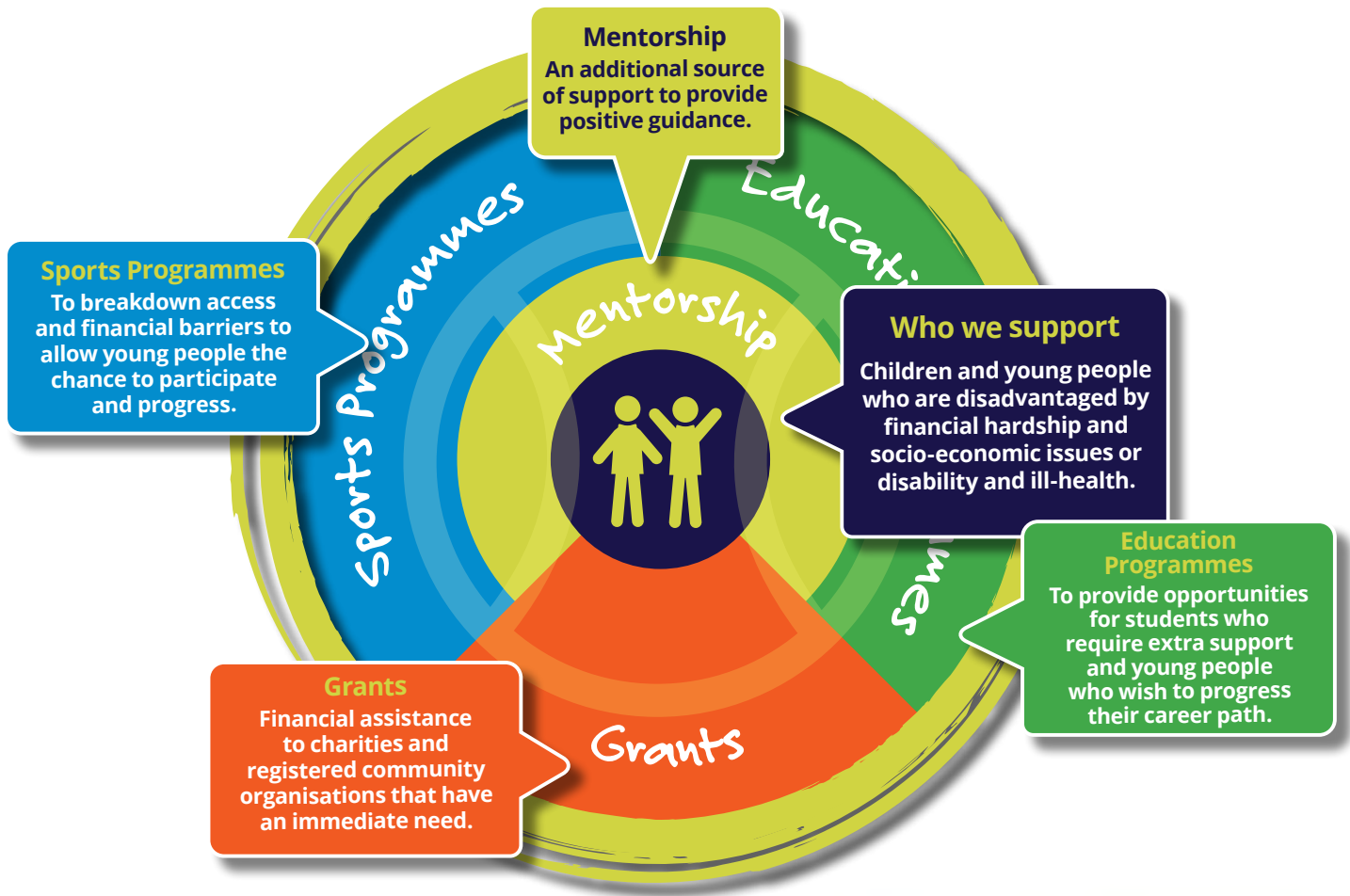
PERFORMANCE
plus
MADE THROUGH SPORT

In 2021 The Tim Henman Foundation formed a strategic partnership with Performance Plus Sport UK (PPS) because of its shared mission and connected charitable objectives.

This partnership enables THF to increase its capacity to reach and support more disadvantaged young people.

(Figure based on funds raised, funds spent, programmes delivered and total reach.)

What we do



We aim to deliver programmes in the most deprived areas with the highest rates of poverty.

We target areas which are classified as the most deprived (the bottom 30%) with the highest rates of poverty.

We have a partnership-based model of delivery where we form collaborative relationships with partners to deliver high-impact programmes.



Thank you to our inspirational coaches, teachers and mentors!

Finances



Year-end	Funds raised	Expenditure
2015	£229,515	£98,058
2016	£441,090	£259,031
2017	£510,175	£390,152
2018	£569,200	£357,500
2019	£275,850	£335,030
2020	£182,890	£228,200
2021	£192,920	£133,620
2022	£275,700	£150,950
2023	£418,863	£458,621

Where did the expenditure go in 2022-23?

74%

Charitable Activity

We spent £338,014 (74%) directly on charitable programmes.

26%

Admin, Fundraising and Governance

The remaining 26% was spent on administering the programmes, raising the funds, and governing the Foundation.



Fundraising

For every £1 we spent on fundraising, we raised between £5-7.

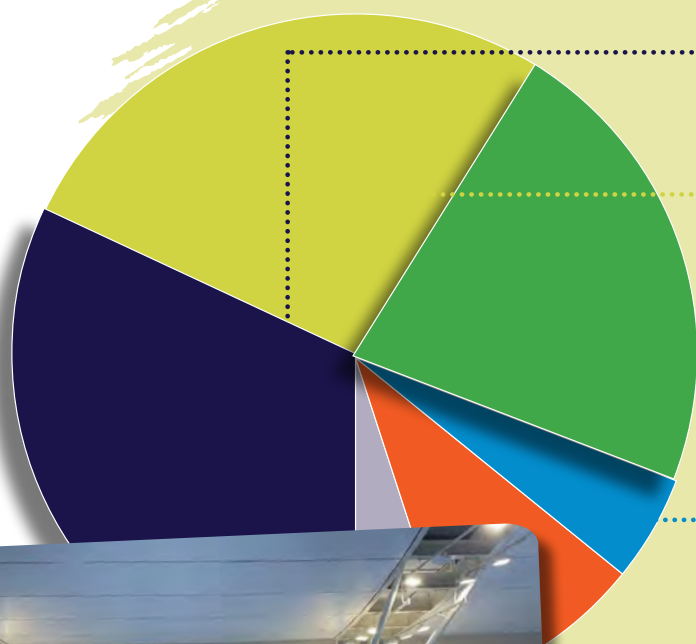
Fundraising

Thank you to all the 266 donors and funders who supported us this year. Thanks to your support we have been able to increase our fundraising by 52%. We are grateful to all individuals, foundations and trusts, corporate companies and those who attended our events.

- 68% were small donations (under £100), which accounted for 2% of income.
- 13% were from large donations (above £2,500), which accounted for 88% of income.
- Because we are facilitating more delivery programmes ourselves, we are now able to apply for grants. And this year, 12 new foundations and trusts are supporting our work.

92%

Thank you to all of the loyal THF supporters who have donated two years in a row.



32%

General donations

27%

Grant fundraising

22%

Pro-Am Doubles Tennis Tournament Event

5%

Tennis Masterclass and Spring Dinner Events

9%

Christmas and Summer digital campaigns

5%

Other (Donated items, third party fundraising, Amazon Smile)

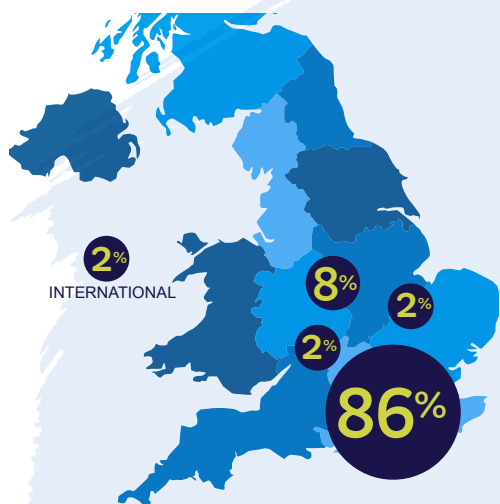


Impact

We delivered 41 sport and education programmes with 73 partners reaching 3,471 young people. In addition, we provided 8 grants along with 6 other activities reaching a further 5,936 youngsters.

9407

young people reached in 2022-2023



programmes delivered, on average, in the bottom 25% most deprived areas

41

programmes delivered

73

partners worked with

66%

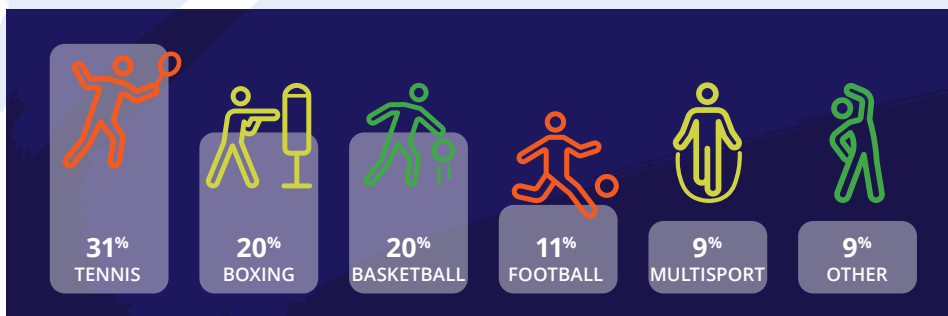
students in receipt of free school meals

49%

Students with SEND

57%

ethnic diversity

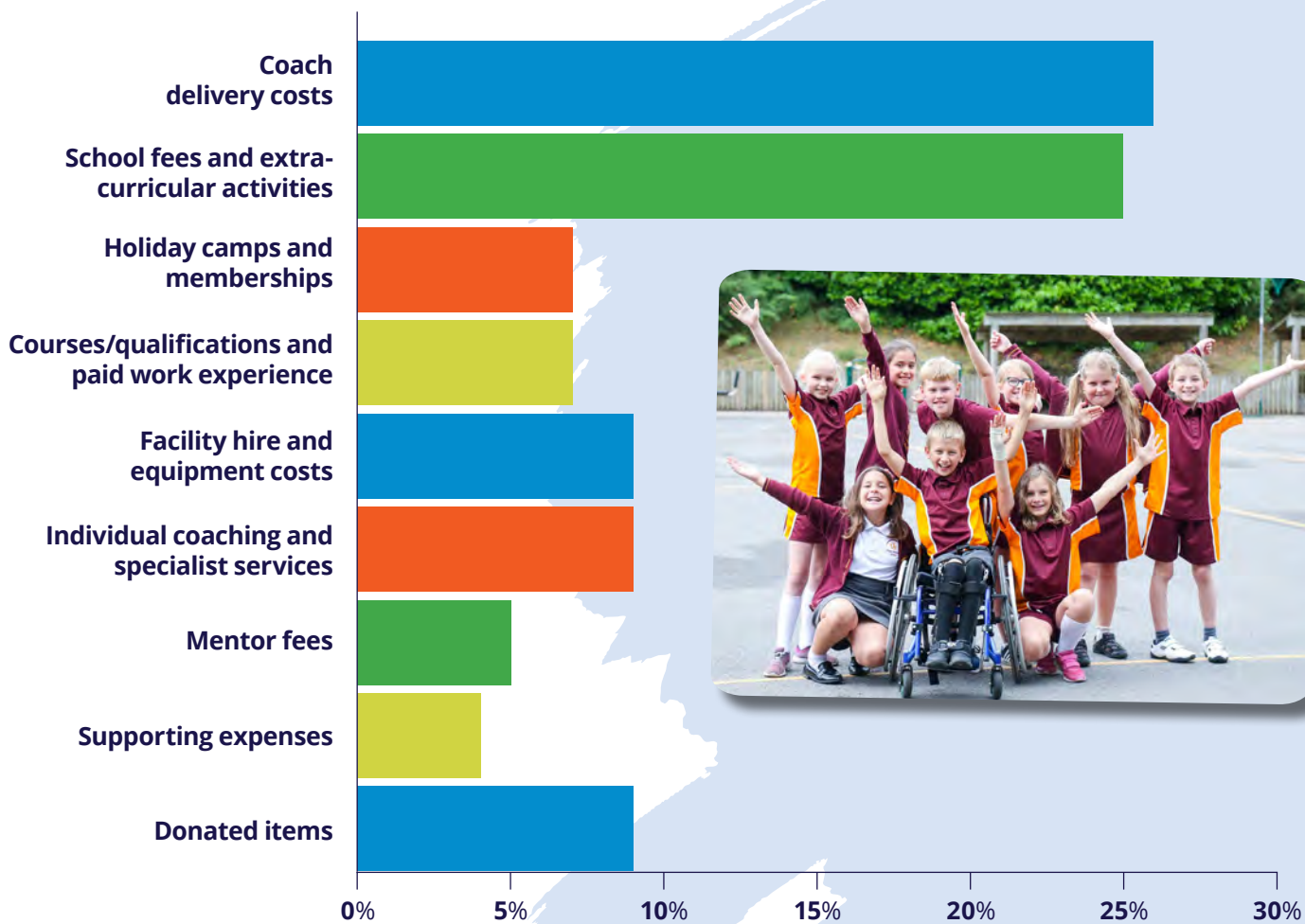


8

grants awarded



Spending



Programme	Number delivered	Spend	Spend allocation	Reach
Sports	34	£105,910	32%	3,019
Education	7	£64,895	20%	426
Grants	8	£150,671	46%	3,467
Other charitable activities & projects	6			2,469

Sport Programmes

Community Activity Programmes

At a glance

9 programmes delivered

2,466 young people received regular coaching

Average age of 12 years

132 children received further opportunities (camps, competitions, extra training)

18 teachers received training

£17

per person

Creating free, accessible and regular activity with further opportunities for young people so they can experience the benefits of sport.

Young people from disadvantaged backgrounds are less likely to take up activities (46%) than those from higher-income households (66%), with just half of those receiving free school meals taking part.

100% of parents say time and cost, rather than a willingness to exercise more, are the main barriers to regular activity for their children.

Before the tennis programme at Chestnut Park (Croydon) started, 80% of participants had never played tennis before. Following the programme, 100% now take part in formal sporting activity at least once a week.

Tennis programme, Chestnut Park School, Croydon

“Tennis was out of reach. If we go to the club and come back it’s an hour. Here at school it is five minutes! Time and money are the main barriers right now.”

Judyta, mother



Watch the case study video online



Watch now

Sport Programmes

Inclusive Activity Programmes

Creating free, accessible and inclusive activity for young people with special educational needs and disabilities so they can experience sport in a way that is relevant to them.

- Those with additional needs are nearly twice as likely to be physically inactive as their peers (23% compared to 43%).
- Their needs ranged from educational needs, social, emotional and mental health needs and physical disabilities.



IAP at Merstham Park School, Croydon

There are multiple barriers faced by those with special educational needs and disabilities (SEND) in taking up sport and staying active as shown by the activity gap.

77% of disabled people would like to be more active but only 42% feel they have the opportunity to do so.

IAP delivered regular sports coaching to 45 students at Merstham Park in Red Hill, all of whom with a form of SEND.

After 6 months the students were ready for their first inclusive sports day, delivered by Panathlon Challenge, which they loved!

They also received a mentorship workshop from Louise Hunt, a former Paralympian.

- 92% of students said they are 'loving the sports sessions'.
- 82% of students said they 'really feel happy when taking part'.
- 70% said they 'feel much fitter' and 60% are now 'exercising regularly'.
- 80% say they 'learn something new each week'.



Read more

At a glance

4 programmes delivered

180 young people received regular coaching

Between 8 and 19 years old

x6.5

costs 6.5 times as much for fully inclusive sessions.

Advancement Programmes

Support for aspiring athletes who have a positive attitude and winning mindset but need extra support to advance to an elite/professional level, as well as assistance for the delivering coaches and mentors.

- For young aspiring athletes in clubs and academies, 62% struggle to pay the fees to continue and 66% of these clubs and academies can't intervene to help cover the costs, inevitably leading to high dropout rates.
- For those at a higher level, 64% of their annual costs cannot be covered without charitable support, creating an uneven playing field and putting increased pressure on individuals/families.



At a glance

21 programmes delivered

399 aspiring young athletes

Average age: 18

13 individual programmes and 8 group programmes

£592
per person



“I can't thank PPS enough. I couldn't have done it all without the help and am so happy to be attaining the goals I have dreamed of.”

Harvey Norman, footballer for the England U23's deaf team

“Big thank you for helping me reach my dream because without the funding and support things in my career might have worked out differently.”

Billy Adams, having been selected for the GB Olympic Podium boxing squad and subsequently turning professional



“The financial help is a massive help to my parents that fund me totally during a particularly hard cost of living crisis”

Jessica Duncton, gold medal in the 100m hurdles at National English Schools

Education Programmes

Scholarships

Providing a first-class education at Reed's School for young people at risk.

- It costs 1.82 times more to put a child through the care system than it does to fund them at a top boarding school with wrap-around and holistic care.
- A third of care leavers are thought to be living on the street.

Reed's School is where Tim Henman attended and received a scholarship.

It is also where Jeremy Stephens (also a Reedonian) acted as a mentor to the young THF funded scholars.



Hamza's Story

This summer Hamza accepted a place at Oxford University to study History and Politics, after seven years at Reed's.

"I have never been described as a student conventional in my approach to study. For a very long time I struggled to work and as a result found myself falling behind. It was in my final year of Sixth Form that I realised there may be a deeper-rooted cause for my struggles and I was duly tested for and diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). This discovery was truly life changing as it allowed me to re-frame how I thought about myself. I was able to learn how to work with my diagnosis to achieve the goals I set myself.

Further to this, I am the 1st generation of my family to attend university. Having had responsibilities as a young carer and growing up in an area with the single highest rate of child poverty, I have developed a unique perspective which I am sure will benefit me as I pursue my future career ambitions. Many thanks to all those who have helped me on this journey so far, THF for their support and Reed's School for being my home for the last seven years. I look forward to being able to announce even greater news in the years to follow.

At a glance

6 students part-funded to attend Reed's school

Reed's School is an independent day and boarding school for boys aged 11 to 18 with a co-educational Sixth Form



Education Programmes

Opportunity Fund

At a glance

410 students supported

We worked with one school and two academy trusts (covering a further 34 schools)

85%

of students who take part in extracurricular activities improve their grades in core subjects

Funding extracurricular educational opportunities for students who require additional support.



Children from low-income families are three times more likely to not participate in any extracurricular activities compared to those from wealthier families.

We supported students directly to fund specific extracurricular activities and we worked with teachers to deliver targeted after-school clubs.



Opportunity Fund with Embark Federation

“We work in an area of very high deprivation with 40% of students in receipt of free school meals. These children are just as talented and individual and have just as many strengths as other children, but quite often their families are not in a position to fund them to explore their strengths further. The opportunity that this fund gives us is really, really valuable.”

Head teacher

Watch the case study video online



Watch now

Career Path Programme

Training and educational opportunities to create a pathway to employability.

There are 770,000 young people not in employment, education or training (NEET) in the UK. This is 11.3% of all 16-24 years olds, and an increase from 9.3% in May 2021.



At a glance

3 programmes delivered

12 students received career development support

Average age: 23

78%

of young people are in employment a year after completion of our Career Path Programme.

Career Path Programme (CPP) with DoTraining

Three different participants, with three different barriers to long-term employment.



All three were referred to us by our partner DoTraining, a coaching provider delivering expert strength and conditioning training to elite athletes based at the University of East London. The participants are from on average the bottom 4% most deprived areas in England.

Whilst they all possessed the desire to progress their career path, they lacked the financial resources and further support they needed

With the CPP they each received three vocational qualifications, 130 hours of paid work experience, mentoring and employment readiness workshops.

“PPS provided me with much needed support that has allowed me to make real, tangible progress towards my career goals in a matter of months”.

Asma, now fully employed, working at the University of East London



Read more

Mentoring

An additional source of support to provide positive guidance.

- **Mentorship workshops** - life enhancing and educational group workshops and experiences.
- **Individual mentoring** - unique relationship to help provide focused support to individuals.
- **Peer mentoring** - we work with teachers and coaches with lived experience and who can provide regular support.



At a glance

73 individual mentor meetings facilitated

35 mentor workshops delivered

15 mentors (7 paid, 8 voluntary)

Effective mentor provision will increase impact and engagement by

19%

“I was lucky enough when I was younger to meet other people, who like myself have a disability and were achieving great things. It was seeing those people which made me realise what was possible. I hope that through the mentoring and sessions I deliver for the Tim Henman Foundation I can offer to others what was offered to me”.

Louise Hunt, THF mentor and paralympic athlete



Grants

Financial assistance in the form of grants to charities and registered community organisations that have an immediate need.

THF awarded a grant to Chailey Heritage Foundation School so they could purchase a specialist piece of mobility equipment. Bertie is now able to join the rest of his classmates on a ride. Until this time, he has had to miss out due to his complex disabilities.

We also granted Raynes Park High School the opportunity to invest in refurbishing their tennis courts. The courts were in such poor condition, but are now looking spectacular!



At a glance

4 special needs schools

2 schools

1 children's & young people's hospice

1 international aid agency

£150,671

The value of the 8 grants awarded 2022-2023

Grant for Aid Pioneers

THF acts in times of extreme need. After an earthquake hit Turkey and Northern Syria on 6th February, the Trustees had met and agreed a response within three days and a further five days after had enabled Aid Pioneers to facilitate the transportation of USD 262,632.91 worth of medical goods to 8 hospitals in Northwest Syria.

Our partners on the ground for this project, HiHFAD, told us that World Health Organisation shipments only met 15-20% of the need in the first week of the earthquake. Only a fraction of this reached Northwest Syria due to a host of complex issues.

“Thanks to THF’s generous and timely financial support, we were able to provide medical goods to those who have so far been overlooked by the international community.”

Alexis Broschek, Managing Director, Aid Pioneers



Read more

Going the extra mile



#FeedingYourSpark Campaign

We delivered 5,346 meals to 594 students and their families during the Christmas holidays who would normally receive free school meals during term time.

Thank you to La Piccola Deli for donating the delicious food.

Fruit Bars Donated

Thank you to Gregory's Tree for donating 1,440 fruit bars so we could distribute them to our charitable partners.



Tickets Donated

We were able to give the opportunity to 20 excited players to the Laver Cup in November and Eastbourne in the summer. Phil from our Inclusive Activity Programme in Croydon even did the coin toss!

Thank you to the LTA Tennis Foundation for donating the tickets.



TCL Grant Funding

Thank you to our partner TCL who not only grant us funding for our PPS programmes, but also donate tablets and footballs so we can pass them onto those who need them the most.



Looking Ahead

As we move into 2024, just one year away from our 10 year anniversary, we are looking to consolidate and continue our growth. We would like to be able to continue to deliver the programmes we have established and also increase this to provide transformational opportunities to those that are currently missing out.

“We are extremely grateful to have your support. Together, it provides relief for parents and opportunity for young people. Especially when having to face some of the day to day financial difficulties that could deny children from believing in their dreams and goals. Your support has gone beyond funding with the mentors and experiences that have helped our young people gain confidence.”

Lamar Roberts, Founder and CEO of Right Development Foundation, a community basketball programme based in Barking and Dagenham, East London

How you can help

One Life, Many Opportunities

Supporting the transformation of the lives of disadvantaged young people

✓ Follow our campaigns!

Our campaigns are designed to raise awareness of our work and the gaps in society, and we hope the public respond to our appeals.



@TimHenmanFDN

✓ Make a donation

Make a difference to the lives of young people today. And select Gift Aid to allow your donation to go 25% further.



✓ Fundraise for us!

Put yourself forward to help the young people we support! We welcome and support ideas to raise funds for our valuable work.



✓ Corporate and charity partnerships

We look to partner with corporate organisations as part of their CSR, and other charitable organisations. These partnerships include joint fundraising efforts and collaborations to further our charitable objectives.

✓ Legacy Giving

Help to secure the long-term future of the foundation and the young people we support by leaving a Gift in your will. Please contact us to work through the process with you.

TIM HENMAN FOUNDATION

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www.henmanfoundation.org

Thank you



Registered Charity Number 1161964

Donate now!

