



ANNUAL REPORT

2023 - 2024



OUR YEAR IN A SNAPSHOT!

What an incredible year we've had at Freedom Foundation!

We are particularly proud of the new partnerships and relationships we have fostered this year, allowing us to reach more children and young people across Nottingham and Derby.

The individuals 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 previous years, and investment of the arts at an all-time low, our projects are needed now more than ever.

Our DRIL programme has become invaluable with those partner schools that have invested in this work; from students being open and honest in their classroom and trusting us to help bring their thoughts and feelings to life, to then being brave enough to perform at the Virtual Schools Conference. 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.

This year, children and young people from the ages of 2 to 18, have enjoyed and benefited from the ethos of Freedom Foundation for longer term mental and physical wellbeing.

Over the last 2 years, challenges of funding, sales, and investment into mental health and arts provisions has been tough, but we are excited to be in a stronger position moving into another year with an amazing team behind us that are all focused on inspiring the next generation.

There has been a slight change in leadership at Freedom Foundation, with Laura and Stacey stepping away, but having the faith and belief that by guiding us into leading, evolving, and pushing Freedom Foundation to become the organisation that we envisage, we will continue to ensure that we retain the values and mission that we have always held dear to us as one of the leading providers of mental health and wellbeing support for children and young people.

We are so excited to see what the future holds!

Thank you as always to our incredible team, our funders, and all our partner organisations but most of all to the children and young people we have worked with, and for being the inspiration and driving force behind all that we do at Freedom Foundation.

Big love
Anna and Simon



OUR IMPACT

OUR YEAR IN NUMBERS

1322

CHILDREN AND YOUNG PEOPLE SUPPORTED



57

DIFFERENT PROGRAMMES DELIVERED



24

COMMUNITY PROGRAMMES DELIVERED



15

SCHOOLS SUPPORTED



15

HOLIDAY ACTIVITY FUND RELEASE CLUBS
DELIVERED



408

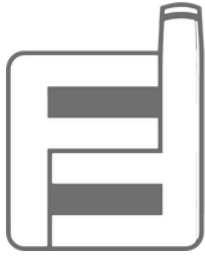
SESSIONS DELIVERED



OUR IMPACT

PROGRAMMES DELIVERED

4



FREEDOM
FACTORY
JUNIORS

5



FREEDOM
FACTORY
SENIORS

4



15



7



9



1



3



8



2



PARTNERS & FUNDERS

THANK YOU FOR ALL OF YOUR SUPPORT!



Derby City Council



CREATIVE EDUCATION TRUST
Knowledge Connected



SUTTON
COMMUNITY
ACADEMY



J. N. Derbyshire Trust



NOTTINGHAMSHIRE
POLICE
PROUD TO SERVE



Nottingham
City Council

Nottingham's Cultural
Education Partnership



The Thomas Farr Charity



Nottinghamshire
County Council

FARNBOROUGH
SPENCER ACADEMY

BRIDGE THE GAP
Child Mental Health C.I.C.

Empowering through education



Coalfields
Regeneration
Trust

BUILDING PROSPERITY & OPPORTUNITY



PROGRAMME BREAKDOWN

95

Children supported

9

Factory programmes

109

Sessions delivered

98%

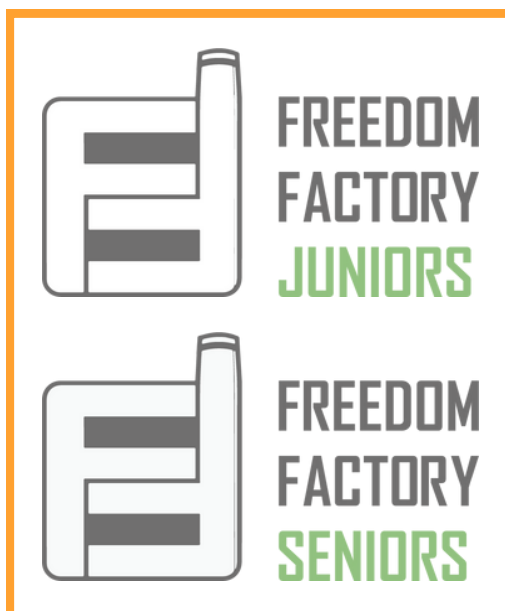
Enjoyed the programme

94%

Would recommend

“Freedom Factory is a place where we can sing and dance and have a really good time while making friends!”

Child



Child

“You can be totally yourself!”



“Following on from the sessions, my child is a lot more positive about things. Her confidence has grown massively!!”



“The programme helped me to be more confident and happy.”

Child

Parent/ Guardian



PROGRAMME BREAKDOWN

51

Children supported

9

Programmes delivered

46

Sessions delivered

98%

Enjoyed the programme

94%

Would recommend

“It is quite simply a wonderful and marvellous programme!”

School teacher



School teacher

“I would like to shout about Freedom Factory from the rooftops for all schools to hear! It is a life changing, positive, and empowering programme they all need to be part of! I would not and could not change anything about the programme in any way!”

“The Factory programme has taught me to not be so shy and to stick up for who I am.”

Child

“The programme helped me to build up my confidence to tell people my secret which is that I am transgender.”



PROGRAMME BREAKDOWN

79

Children supported

93

Sessions delivered

462

Hours of contact time

93%

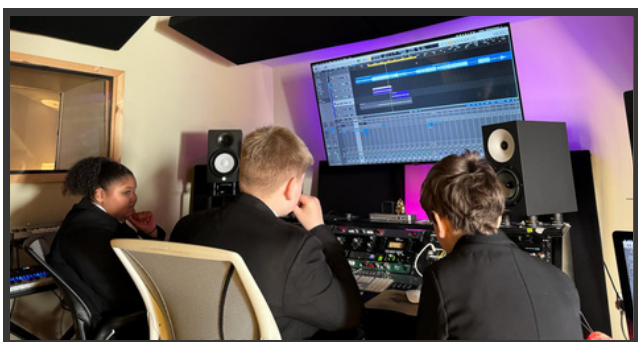
Enjoyed the programme

98%

Would recommend

"I never thought I would be able to do anything like DRIL but I have and the way it has boosted my confidence is incredible, my family have said that they have seen that too. I am talking to people a lot more, I have now always got a smile on my face and it has helped me so much with my mental health."

Child



"DRIL helped with my anxiety which helped to keep me calm and not get angry, my school attendance improved because of this."

Child

"DRIL has been amazing for the kids, we have seen children who could not be in their lessons for more than 10-minutes stay within the DRIL sessions and work together for 2 hours; their confidence and behaviour has drastically improved."



School teacher



PROGRAMME BREAKDOWN

65

Children supported

77

Sessions delivered

77

Hours of contact time

93%

Enjoyed the programme

90%

Would recommend



Child

“The sessions have helped me to focus more in school and to not get involved in drama. It has been a safe space for me to come to, I feel more positive and can now open up to people.”

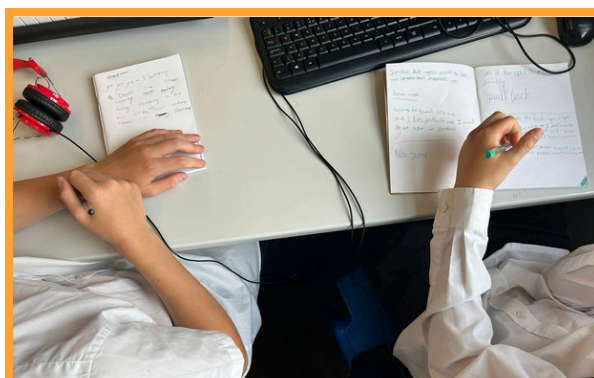


“I have seen the students have a much more positive attitude towards school.”

Teacher

“I enjoyed the sessions every week, they benefitted me a lot and I am now more focused and driven to succeed in school.”

Child



Child

“MM is the only place I can be myself and talk to people about how I am feeling. I wouldn't come if I didn't think it was helping me. I feel like I can get things off my chest when coming here, I feel so much better after.”



PROGRAMME BREAKDOWN

11

Children supported

1

Programme delivered

12

Sessions delivered

100%

Increased their self-esteem

100%

Improved their communication skills



"The topics helped me to gain confidence and to talk openly."

Young person



"The programme made me feel more aware about different situations, it also helped me to think about myself differently and more positively; for example, about my own body image."

"I enjoyed leading which helped me to build my confidence."

Young person



Young person

"I enjoyed making an impact on the community through our social action project."



"I really enjoyed delivering mental health workshops to children."



PROGRAMME BREAKDOWN

70

Children supported

8

Sessions delivered

100%

Parents / guardians would like more sessions

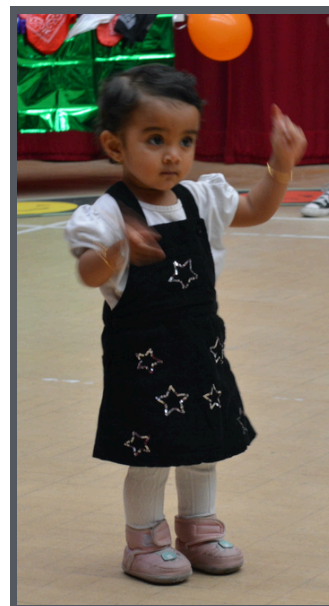
100%

Parents / guardians would recommend

Parent/guardian

“Funky Tots is a great programme to help children interact with other children and grow in confidence.”

“The sessions were very upbeat and encouraging for the children, they definitely instilled confidence.”



“The sessions were fantastic, my child loved teaching family, friends, and teachers the dances she learned at sessions.”

Parent/
Guardian



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

Parent/ Guardian



PROGRAMME BREAKDOWN

168

Children supported

15

Programmes delivered

60

Sessions delivered

96%

Enjoyed the programme

100%

Increased their confidence

“My child’s singing has been loud and proud at home after attending Release.”

Parent / guardian

“This programme has been totally amazing, I have seen my son grow in confidence, self-esteem, and positivity.”



RELEASE
HOLIDAY CLUB

“My child is always a much happier child when at Release!”

Parent/ Guardian

“My child came home after each session happier. They felt inspired by other children, not to mention the staff!”



Parent / Guardian

“Both facilitators were welcoming, professional, and very inspiring for my daughter.”



PROGRAMME BREAKDOWN

805

Children supported

32

Sessions delivered

100%

Enjoyed the programme

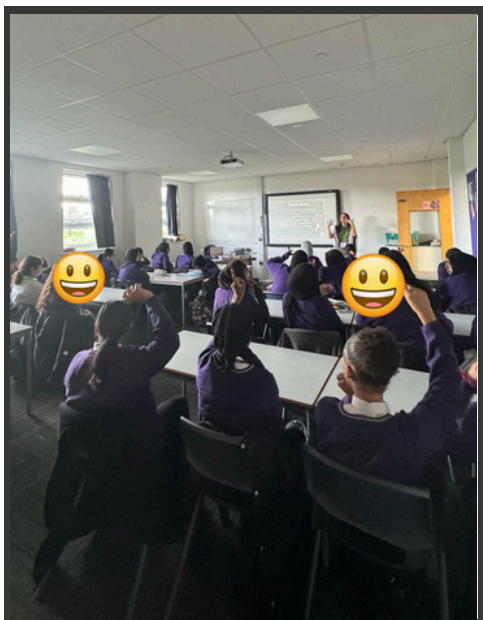
85%

Improved their knowledge of mental health and wellbeing

“The group were very positive about this session, they particularly enjoyed the way in which one of the facilitators was able to engage with them and their style of delivery.”

School teacher

**DROP
DOWN
DAYS**



School teacher

“The facilitators engaged the students effectively. They gave really useful advice and delivered in a way that older students liked to learn.”

School teacher

“There was a good connection between the facilitators and students. A student with ASD really opened up and communicated well with them.”



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, evolve, and support those around us to keep them safe and help them to thrive.





FREEDOM FOUNDATION

Antenna Beck Street
Nottingham NG1 1EQ

0115 993 2370

info@freedomfoundationuk.org



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