



**Community
and
Education
Trust**
Registered Charity No. 1120773

IMPACT REPORT 2022



***Connecting
people,
inspiring
generations,
achieving goals.***

Our Provision



Community Engagement

Our Community Engagement provision delivers initiatives that create safer, stronger and more resilient communities.



Education

Our Education provision provides a pathway for all, helping people to achieve their goals.



Health and Wellbeing

Our Health and Wellbeing provision tackles health inequalities across Preston by supporting people to lead healthier and more active lifestyles.



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“

I just do it because I have it within my heart. I want to help, I want to do everything for my club, and if I can help I'm the first one to be there so it's a real pleasure to receive this trophy.

”

**PFA Community Champion 2021/2022,
Bambo Diaby**



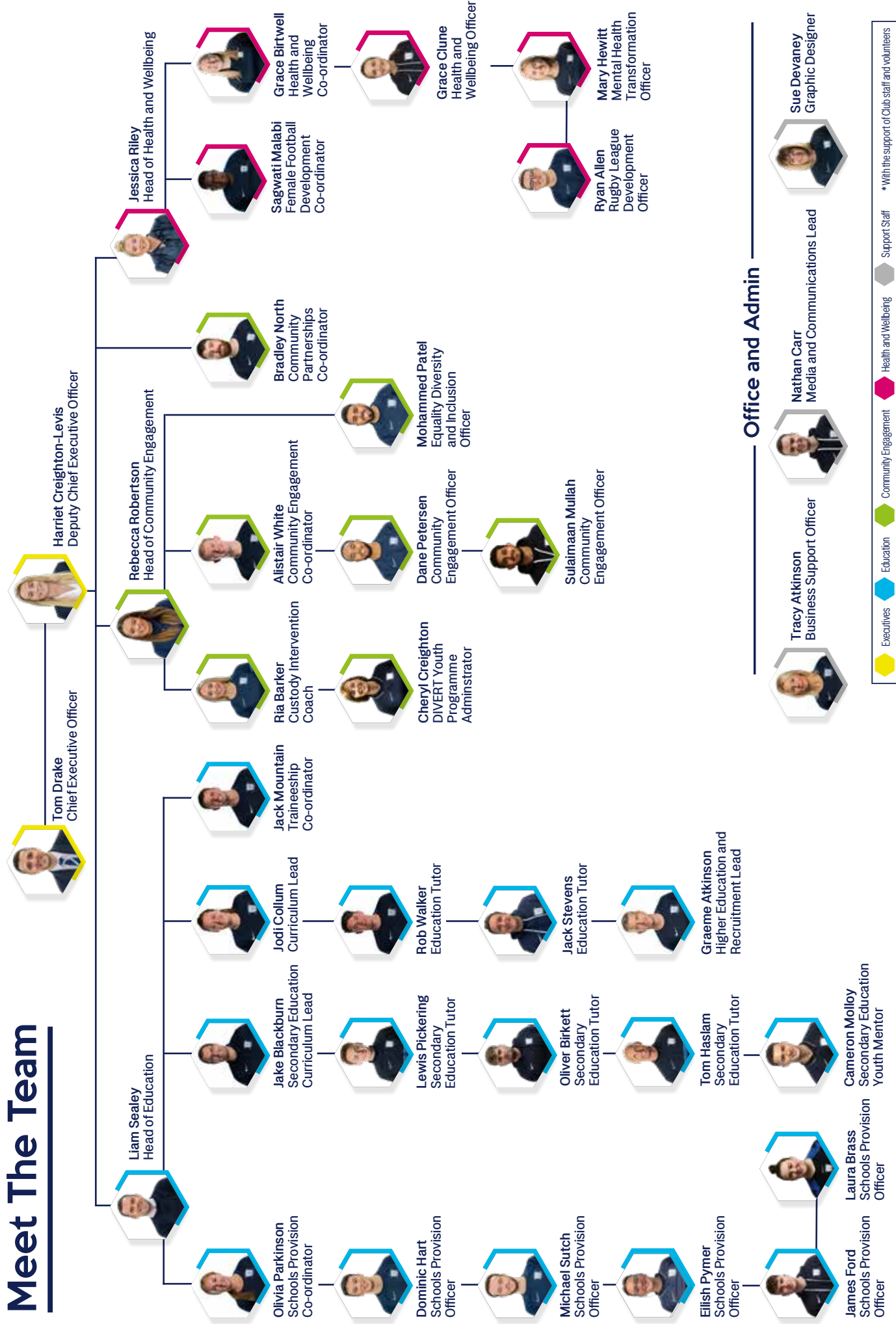
“

My involvement with Tipy Toes, was something that really interested me because it was something I'd thought of in the past in terms of whether there are charities for babies and children. You start to think how people cope. I probably should have got involved a lot sooner as it was something I wanted to do.

”

**Community Player Of The Year 2022,
Alan Browne**

Meet The Team



A Message From Our Chief Executive Officer



It is with great pride that I present to you Preston North End Community and Education Trust's 2022 Impact Report. 2022 proved to be another year of growth and success, which was encapsulated by being recognised at this year's EFL Awards for our PR1 Community project, which is outlined in this report.

The Trust has grown to 36 full-time staff, and for the second year running invested over £1 million into the Preston community through delivering our life changing programmes. During 2022 over 17,000 people benefitted from our programmes with much of the impact being highlighted throughout this document.

I would like to thank all of our partners and funders for their continued support, without whom it would not be possible to impact the lives of so many.

I would like to place on record my thanks to our team, who work tirelessly and show great professionalism, enthusiasm and dedication to continue to provide for the needs of our community. I look forward to 2023 with great optimism.

Thank you for taking the time to read Preston North End Community and Education Trust's 2022 Impact Report.



Tom Drake



Who We Are

We are Preston North End Community and Education Trust, the official charity (Registered Charity No. 1130773) of Preston North End Football Club.

Utilising the power and appeal of Preston North End Football Club and football as a whole, we situate ourselves at the heart of the Preston community, providing a high-quality service to improve people's lives.

Our provision is centred around

Community Engagement

Education

Health and Wellbeing



Our Trustees



Kevin Abbott



Doreen Hounslea



Sharon Asquith



Bryan Gray CBE



Dr Adrian Ibbetson



Ian Topping



Ben Rhodes



Zafar Coupland

2022 The Year At A Glance

2022



JANUARY - Class Of The Week

We launched a Class of the Week ticket initiative to invite primary school classes to Preston North End home matches, alongside an accompanying adult, free of charge.

The initiative rewards primary school classes for achievements both inside and outside of school. Hoole St Michael's were the first school to be recognised.



FEBRUARY - Ministerial Visit

PNECET received a ministerial visit from the Chancellor of the Duchy of Lancaster, Steve Barclay. He witnessed the power and impact of the Trust's Community

Engagement work by speaking to participants from our PNE Armed Forces programme, and graduates from the National Citizen Service programme.



MARCH - EFL Awards Win

PNECET was recognised as the EFL's Community Club of the Season for the Championship with a community awards event at the House of Commons.

Our 'innovative' entry won judges over by supporting members of the local community to mark Ramadan and Eid.



APRIL - Break Your Fast Event

PNE's Bambo Diaby supported our Ramadan project by delivering Iftar meals during the EFL Week of Action as well as attending our

Break Your Fast event at Deepdale. Bambo prayed, ate and spoke with fellow Muslims, 350 of whom attended the the event.



MAY - Brockholes Wood Community Primary

A team of eight girls from Brockholes Wood Community Primary School represented PNECET in a Premier League national tournament at Watford's

Vicarage Road. The girls had won two regional tournaments to qualify for the final event, an experience for all to remember.



JUNE - Girls Talent ID Event

In partnership with the EFL Trust and England Football, PNECET delivered a Girls Talent ID event at Christ the King High School as part for the Girls Talent Inclusion

programme. Fifteen girls were identified and referred to the next stage of the England Women's Talent Pathway.



JULY - PASTA Programme

PNECET delivered its first six-week Play and Skills at Teatime Activities [PASTA] programme to 16 families at St Teresa's Catholic Primary

School. Together families took part in physical exercise, tried new food and took home affordable recipe ideas.



AUGUST - Get Stuck In Programme

PNECET provided 150 daily places to support children eligible for free school meals with its Get Stuck In programme throughout August. Across three venues throughout the

month children took part in educational workshops, physical activity and were provided with a free lunch.



SEPTEMBER - A Royal Visit

The Earl and Countess of Wessex met participants from the Trust's programmes on their visit to Preston during September. Participants from across five of PNECET's

various programmes shared how they had benefitted from the Trust's provision in conversation with the Earl and Countess of Wessex.



OCTOBER - Rugby League World Cup

The eagerly anticipated Rugby League World Cup kicked off during October 2022. Preston played host to the Men's Welsh Rugby League team. During the tournament the

Trust's Rugby League Development Officer hosted a number of tournaments and events with the winners representing Preston as flag bearers at the Wales v Tonga game.



NOVEMBER - Mission Christmas Appeal

PNECET collaborated with PNE and Rock FM for the Mission Christmas Campaign, collecting toys at its offices and raising funds for vulnerable families and young

people in Preston. Staff, players and fans kindly donated new and unwrapped toys which were suitable for children and young people aged between 0 and 18.



DECEMBER - Senior Whites Christmas Lunch

Over 65 guests from a variety of Health and Wellbeing programmes came together for the Senior Whites Christmas Lunch at Deepdale. Members from Sporting Memories,

Walking Football and FIT Fans, as well as local group Age Concern, enjoyed festive food and live musical performances.

Community Project of the Season EFL Championship



Preston North End Community and Education Trust's Ramadan project was recognised at the House of Commons for the EFL Championship Community Project of the Season.

3,000
Iftar
packs
delivered

**Over
150**
hours
volunteered

£8,000
raised to
deliver PR1
Community
project

**Over
350**
individuals
broke fast at
Deepdale

Staff from PNECET, alongside Omar Khan of the Preston United Youth Development Programme and Deepdale Councillor Zafar Coupland, were present at the House of Commons for the EFL Community Awards ceremony.

PNECET were presented with the EFL Community Project of the Season award for the Championship at the House of Commons in April 2022, recognising its PR1-Community Ramadan response project.

The PR1-Community Ramadan project was delivered from April to May 2022 to support those fasting during the holy month of Ramadan. There were 3,000 free Iftar packs - which included fresh fruit, dates water - delivered across the local community.

“
It was a pleasure for members of our team and some of our key project partners to be recognised at the EFL Community Awards event. It was a fantastic opportunity not only to reflect on our own successes, but to learn and celebrate the other clubs' award-winning work.
”

Tom Drake
Chief Executive Officer PNECET

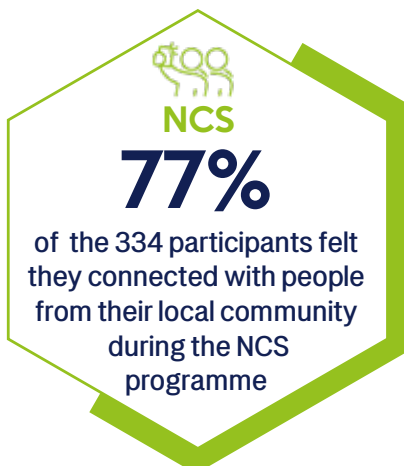
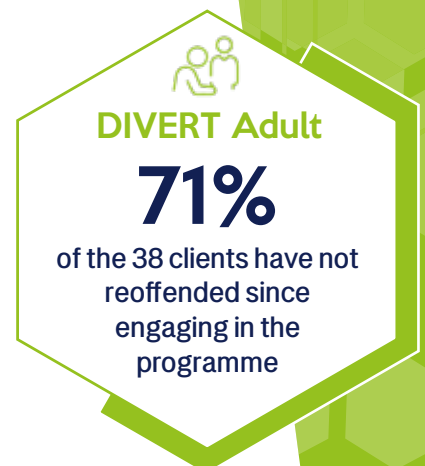




Community Engagement

Our Community Engagement provision delivers initiatives that create safer, stronger and more resilient communities.

- 8 DIVERT
- 9 Premier League Kicks
- 10 PNE Forces
- 11 National Citizen Service [NCS]



DIVERT



The Divert programme aims to reduce the rate of re-offending in Lancashire by working with 11 to 25-year-olds, who have entered or are at risk of entering the criminal justice system. PNECET provides clients with the chance to make positive life changes centred around their goals.

38
engagements
on the adult
programme in
2022



16
individuals have
been supported
into education,
training and/or
employment

61
have not
reoffended since
engaging in either
the DIVERT
youth or adult
programme



I have had amazing one to one support from the DIVERT team. I have suffered with mental health issues from an early age, but this support has helped bring my dream back of opening a music studio to support other individuals with mental health issues.



Divert Adult Client



Jimmy Roxby from the Police Early Intervention Team, based at Preston Police Station, works alongside our Divert team. Together, they provide opportunities to young people as well as breaking down the barriers of police engagement and the negative perceptions young people have towards them as a service.



The DIVERT team work collaboratively with the police especially with the Early Intervention Team as we both try to change the mindset of young people who have started on the wrong path. The team are very obliging and have helped with positive incentives for the young people I work with.



Jimmy Roxby,
Police Early Intervention Team



Premier League Kicks



Premier League Kicks [PL Kicks] is the flagship community programme that uses the power of sport and the brand of professional football clubs to inspire young people aged eight to 18 in the local community to improve their wellbeing, ability to work together and build stronger, safer and more inclusive communities.

Reda first got involved with our PL Kicks project in September 2021. Reda enjoyed being part of this programme so much he joined the Trust's NCS programme and was supported onto our Level 2 Sport Programme at Preston College Centre of Sporting Excellence.



It's been fantastic, very enjoyable and it's really made me feel at home and it's brought the best out of me. The sessions have been very good as well because everyone is like each other, we get to play football together, speak with each other and even pray together during the session.



Reda,
PL Kicks participant



467
engagements
in
2022

18%
of our
engagements
in 2022 were
from an ethnic
background

60
engagements
were
females

The PNECET team deliver weekly sessions to special educational needs and disability [SEND] students at Cardinal Newman College as part of our PL Kicks offer, in order to provide opportunities in a fun, inclusive and friendly environment.



Having the weekly sessions delivered to our SEND students is the highlight of their week. Physical and mental health, socialisation, skill development, enjoyment of football and camaraderie amongst peers and staff are all positively impacted throughout these sessions.



Brett Longstaff,
Cardinal Newman College



401
participants
took part in
workshops
centred
around
life skills

10%
reduction in
anti-social
behaviour across
the area we
operate in



PNE Forces



An open session to anyone who currently or has previously served in the Armed Forces. Weekly football sessions provide attendees with the chance to reconnect with other like-minded people and benefit their physical and mental wellbeing.

90%
of participants
feel they are more
socially connected
as a result of
the weekly
sessions


26
unique
engagements
in 2022

90%
of participants
feel the sessions
help them to stay
connected with
the armed forces
community

80%
of the group have
benefitted from
ticket incentives
through being
part of the Forces
programme


4
individuals
received
further
support with
housing and
employment

Martin has been a member of PNE's Forces programme for around three years and enjoys regularly attending the sessions and representing the PNE Forces team.

“

It is a great programme and provides a much needed chance for ex-service personnel, young or old, to get out and keep fit, whilst also providing us with events, education and contacts that can we may otherwise not be aware of. I will definitely be an active member for as long as my legs allow!

”

Martin Walters, PNE Forces participant



PNECET work in partnership with Ian Barber, Lancashire Armed Forces Covenant Network Lead, to provide support for the veteran community, sharing information around education, employment, health, housing, wellbeing, and welfare support.

“

PNECET have been at the forefront of the Lancashire football clubs; reaching into the veteran community and using their brand to engage with and support military veterans through a range of health and social activities. I commend PNECET for their support to the armed forces community.

”

**Ian Barber,
Lancashire Armed Forces Covenant Network Lead**



National Citizen Service



National Citizen Service [NCS] is an unforgettable experience aimed at young people aged 15 to 17. PNECET delivers one of the most inclusive programmes throughout the year and help young people overcome unique challenges whilst making their mark, supporting them to build their work and life skills.

This summer, 102 young people embarked on a life-changing programme; starting with a week-long residential of team building, growing independence and outdoor adventures, before planning and delivering a social action project.



It was the most accommodating and comfortable experience with both adults and people my own age I have ever had in my life. It has offered me countless incredible opportunities and let me forge memories that I will never forget, teaching me valuable skills and allowing me to make lifelong friends.



NCS participant



334

engagements
in 2022

161

hours
contributed to
local economy
through social
action

200

participants
agree that the
programme
helped them gain
confidence

Our NCS team supported Preston College's English for Speakers of Other Languages [ESOL] group on a weekly basis with their fundraising activities. As part of their social action project they learnt about the history of PNE and delivered a stadium tour to their fellow college students, in several different languages.



A massive thank you for all your help and support with the students for their fundraiser. They have made a lot of money for their school trip and the Red Cross.

It's been great having the team in on a Thursday working alongside our 18 ESOL teens.



**Joanne Smith,
Preston College**



100%

completion
rate across
all NCS
programmes

227

of participants
agree they
experienced a
new challenge
with NCS





Community Engagement

Our Community Engagement provision delivers initiatives that create safer, stronger and more resilient communities.

£

444,597

total investment
for Community
Engagement
in 2022



693

staff hours
volunteered on
PR1 community
initiative



4,964

unique participants
engaged in community
engagement
activities

£

1,252

fundraised through
NCS
social action



7

staff trained in
youth work, trauma
informed and mental
health first
aid



1,954

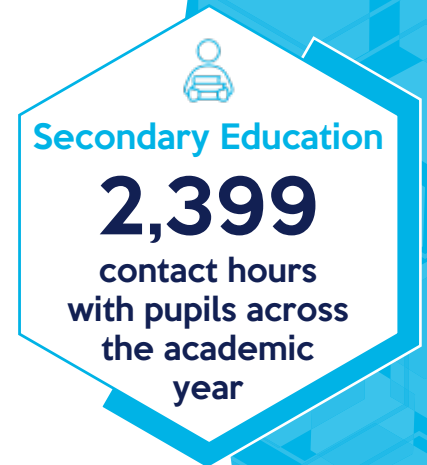
total
hours
delivered



Education

Our Education provision provides a pathway for all, helping people to achieve their goals.

- 14 Premier League Primary Stars
- 15 Secondary Education
- 16 Further Education
- 17 Higher Education



Premier League Primary Stars



Premier League Primary Stars [PLPS] uses the appeal of the Premier League and professional football clubs to inspire children to learn, be active and develop important life skills. Our bespoke and unique curriculum encompasses physical education, English, maths and PSHE.

130
primary teachers
upskilled to
deliver high
quality PE


3,920
pupils
worked
with

92%
of teachers
now feel more
confident to
deliver PE

2,898
hours of
curriculum PE
delivered
throughout the
academic
year


48
partner
schools

Emily is a pupil at our partner school Royal Cross which is a school for deaf children. Emily has been inspired and engaged by dance sessions delivered by PNECET and has since joined a dance class out of school hours for the first time.



I am profoundly deaf and wear two cochlear implants. I can dance, I can hear the different sound of the music and I can feel my body's vibration from the music to make my body move. I love going to dance club as I meet new friends and have lots of fun.



Emily,
Royal Cross School



PNECET has a proven track record of supporting teachers to improve their skills, knowledge and confidence in delivering PE and school sport. After our bespoke programme of support, of the 130 teachers, 94 per cent feel they can now deliver effective PE lessons which are high quality, progressive and engaging.



Primary Stars has helped me learn new progressions to include in my Fundamental Movement Skills planning. It has developed my understanding of new ways to structure groups and organise activities. I feel more confident about planning and delivering effective lessons.



Mrs A Richardson,
Kennington Primary School



Secondary School Provision



Our Secondary School provision [SSP] supports pupils disengaged with the traditional school environment with our multi-component alternative provision, delivered at Deepdale.

Josh was at Acorns School before he enrolled on our provision in March 2022. Despite difficulties in his personal life, through his hard work and endeavour, Josh achieved a Level One and has progressed on to Christ the King Sixth Form College and semi-professional football.



PNE helped me realise I could achieve and be successful even during a difficult time. The staff understood my circumstances and were very approachable and supported me to gain a qualification to progress on to college and play semi-professional football.



Josh Jackson,
SSP pupil




70
pupils
enrolled
on SSP

54
qualifications
gained
in either Sports
or Business and
Enterprise

100%
of the 28 leavers
progressed into
education,
employment
or further
training

A Secondary Education Youth Mentor was appointed by PNECET to deliver for four days a week in Southlands High School. There have been 191 students who have benefitted from support which has seen school exclusions reduced and behaviour improved by 28 per cent.



I think it is key having a skilled Youth Mentor at the school, wearing the PNE badge and developing a positive relationship with our young people. This helps our young people buy into the concept of pursuing excellence and we can promote the PNE badge as a brand to the students; emphasising hard work and being the best that they can be.



Mr P Bousfield,
Headteacher Southlands




14
partner
schools

6
previously
excluded students
transitioned back
into mainstream
education



Further Education



The Preston Centre of Sporting Excellence is a formal partnership between PNECET and Preston College. The partnership offers high-quality, technical education programmes in sport for 16 to 19-year-olds in Preston spanning level one to three.

28
learners
accessed
coaching from
elite coaches

120
enrolments
in 2022

100%
achievement
rate achieved
across
Levels
1 to 3

96
progressed
onto HE or
employment

16
professional
guest
speakers

Grace enrolled at the Centre of Sporting Excellence in 2022 studying a Level 3 extended Diploma in Sport. Grace is a talented Skier who represents Great Britain and has won multiple titles nationally and internationally.



This programme has helped me understand much more than performance in my sport. Studying mechanics, sports science, and anatomy, I've become a more educated athlete. Understanding the relationship of healthy mind, attitude, physiology, and anatomy, I am much better equipped to push myself to a higher level.



Grace Harrison,
PCSE student



Preston Centre of Sporting Excellence is in its third academic year of partnership. Over this time, our combined recruitment has doubled in size making sport one of the top five programmes applied for at the College.



Through the combined presence of both PNECET and Preston College, teachers from both partners offer an eclectic array of expertise and experience allowing us to offer an ambitious curriculum with opportunities for young people looking to pursue careers within the sporting industry.



Sam McKenna,
Preston College



**Centre of
Sporting
Excellence**

Higher Education



In conjunction with the University of South Wales [USW] and the EFL Trust, Preston North End Community and Education Trust offer the opportunity to study various degree qualifications with lectures delivered on-site at Deepdale.

Steven Spence completed the Community Football Coaching and Development degree in 2020 and progressed onto a Masters degree. Since his studies Steven has successfully gained employment with FIFA as a Tournament Analyst.



I'm over the moon to have accepted a position at FIFA. It's been a long journey, but I've found myself working for the biggest football organisation in the world. The academic work has been interesting for the most part, but it's the work experience that has given me the confidence and knowledge to acquire such a role.

Steven Spence,
USW student



21
learners
enrolled

10
participants
gained additional
Level 2 coaching
qualifications

50%
of graduates
received 2:1
or above

PNECET are one of over 40 clubs delivering the degree programme. Our students find that online learning, mentor support and work experience makes them work ready and proves a significant advantage to securing their chosen career.



PNECET are a valued delivery partner and have been for a number of years. Students gain access to a supportive and engaging learning environment, allowing them to develop their knowledge, skills and experiences in a variety of areas including sports coaching, sports development, project management and sports science.

**Adam Sherratt, National Academic
Development Manager**



2,184
volunteer
hours
contributed
to community
activity

10
learners have
received paid
employment
with the
Trust





Education

Our Education Programmes provide a pathway for all, helping people to achieve their goals.

£

601,569

total investment
for Education
in 2022



3,938

hours of work
experience
undertaken



4,138

unique participants
engaged in education
programmes



196

qualifications
achieved



11

fully qualified
teachers



12,500

teaching
hours
delivered



Health and Wellbeing

Our Health and Wellbeing provision tackles health inequalities across Preston by supporting people to lead healthier and more active lifestyles.

- 20 Weight Management and FIT FANS
- 21 Sporting Memories
- 22 Every Player Counts
- 23 Walking Football
- 24 Play And Skills At Teatime Activities [PASTA]
- 25 HeadStart



Weight Management

5.6cm

average loss of cm from waist per participant



Every Player Counts

54

participants engaged in Every Player Counts sessions



Sporting Memories

95%

of the 71 participants said their mental wellbeing has improved through attendance



FIT FANS

90%

of the 138 FIT FANS lost centimetres around their waistline



Walking Football

79%

of the 130 participants have improved their physical activity levels

Weight Management and FIT FANS



Our Weight Management and FIT FANS provision supports adults aged 18 and over with a BMI of 28 or above to make healthier lifestyle choices, through a variety of tailored programme methods.

2.08%
average
weight loss
per
participant


138
engagements
in 2022

79%
of participants
have improved
their physical
activity levels

93%
of participants
lost weight
during the
programme


3
organisations
worked with

Stephen joined our FIT FANS programme in January 2022 and the 12-week programme had a huge positive impact on him. He has lost a total of 32kg and has improved his blood pressure, cholesterol and diabetic levels.



The FIT FANS programme improved my knowledge around physical activity, portions, drink and takeaways. I am so proud of all I have achieved, but I know I could not have done this without the help and support from everyone at PNECET. I will be forever grateful to you all.



Stephen Geraghty,
FIT FANS participant



Our Weight Management provision is delivered in a bespoke manner to several local organisations to cater for specific participant needs, including at the medium secure mental health unit, Guild Lodge, in Goosnargh, which houses around 160 service users.



Our service users are now more aware of needing to read food labels, understanding more about the sugar content in certain food and drinks, cutting back on takeaways and trying to eat healthier options, whilst adding exercise into their daily routine.



Joanne Burke,
Guild Lodge



Sporting Memories



Our Sporting Memories programme is an initiative which forms part of our Extra Time Hub programme, in partnership with the EFL Trust, bringing people of retirement age together to do things that they enjoy. The programme is primarily designed to support those living with dementia, depression and loneliness and those wishing to reminisce about sport with like-minded people.

Malcolm is one of our longest-serving Sporting Memories participants and thoroughly enjoys attending sessions with his friends, but also with his wife, Joyce.



Attending the sessions has not only maintained, but added to my positive and optimistic orientation. Additionally, connecting with friends and new people is life enhancing. Sharing past memories with like-minded others is enjoyable and uplifting.



Malcolm Rae OBE,
Sporting Memories participant




71
engagements
in 2022

63
participants
said they feel
less lonely or
isolated

100%
believe the
programme has
helped break
down barriers
associated with
dementia

We regularly invite guest speakers to deliver talks and presentations to the group. This year, we invited Gail Newsham, a local author, to visit our Sporting Memories group to deliver a presentation about the Dick, Kerr Ladies football team.



I think the sessions are fantastic and they help to bring interesting local stories to the attention of the participants that they might not otherwise be aware of. The Sporting Memories sessions also help to jog some past memories of their own.



Gail Newsham,
Guest Speaker




23
guest
speakers

24
of the group
are associated
with
dementia




Every Player Counts



The Every Player Counts programme, an EFL Trust initiative, aims to increase participation in football amongst disabled people with free sessions every week, for both adults and children in Preston.

Umar, an Every Player Counts participant, thoroughly enjoyed the sessions we provided at Preston College. He enjoyed both the social aspect of the programme and playing football with other students.

94%
saw an
improvement
in their physical
wellbeing


54
engagements
in 2022

“ I have really enjoyed playing five-a-side with new people. The sessions helped me to improve my football skills and helped me to gain more confidence. I have also been able to help out on the Ramadan initiatives with PNECET and I have really enjoyed helping out in the community. ”



Umar Khaiiq, Every Player Counts participant

5
people
progressed into
volunteering
opportunities

We have worked closely with Preston College, to offer a weekly Every Player Counts session for their students. Every Player Counts sessions have also been delivered at two other venues, including Royal Cross Primary School and PlayFootball.

91%
saw an
improvement
in their mental
wellbeing


3
organisations
worked with

“ Staff at PNECET are a great support to the College and are great advocates to wellbeing and sports participation. The sessions provided by PNECET allows the college to support students' health and wellbeing and it also helps us to increase our enrichment offer. ”



Zoe Bidula, Student Services Co-ordinator, Preston College



Walking Football



Walking Football is a slower paced version of the beautiful game, with running not permitted, for men aged 50 and over and for women of all ages. The aim of Walking Football is to re-engage people with a sport, where the mainstream game is beyond their limitations, due to age or health.

Richard has become a frequent and enthusiastic attendee at our Walking Football sessions, which has led to him representing Preston North End in regional Walking Football tournaments against other clubs.



Three years ago, I got diagnosed as diabetic and I had to lose some weight and alter my diet and exercise. I have now reversed my diabetes. Representing Preston North End is special to me. I couldn't be prouder when I put that North End top on.



Richard Wilkinson,
Walking Football participant



130
engagements
in 2022

85%
saw an
improvement
in their mental
wellbeing

Val, who grew up in Germany, only had limited opportunities to play football in her home country. It is only later in life that Val has started playing walking football, thanks to our weekly sessions.



I got involved in Walking Football in April 2022, a dream come true. At the tender age of 78 I finally got on a football pitch! Though my speed, skills and courage has dropped, I just enjoy being amongst wonderful team-mates, keeping active and having fun. It certainly gives me a happy feeling.



Val Finney



3
teams
entered into
Greater
Manchester
Walking
Football
League

65%
strongly agreed
that they have
reconnected
with old or made
new friends

70%
participation
retention over
five or more
sessions

Play And Skills At Teatime Activities



The Play And Skills At Teatime Activities [PASTA] programme supports families with young children between five and eight-years-old, to learn to cook various healthy recipes, and take part in physical activity, over the course of a six-week programme.

Charlie and his mother, Paige, from Fishwick, completed our PASTA programme in June 2022. They both wanted to learn new recipes, in order to cook healthier family meals together.

93%
of the children
stated that their
physical activity
levels have
increased


31
families
engaged


58
children



We are now ordering less takeaways and swapping beige foods for healthy options where possible. Charlie was previously fussy about different textures, however, PASTA has allowed him to try new foods alongside other children. Additionally, Charlie and I now exercise at home.



Paige Roberts,
PASTA participant



72%
of children
increased the
amount of fruit
and vegetables
in their
diet



6
schools
engaged with
in our four
targeted
wards

76%
of children
increased the
number of meals
they helped to
cook/prepare
at home



We had a few children that were very fussy with their foods and this has helped them to try new foods and realise food is not that scary. Even one of the parents has overcome food anxieties from completing the programme.



Angela Barton,
Family Support Worker,
St Maria Goretti



HeadStart



HeadStart is a new initiative being piloted across Lancashire and South Cumbria to support the mental health of year six children that are transitioning into secondary school.

Through whole class sessions and one-to-one support, PNECET's Mental Health Transformation Officer [MHTO] has been supporting Grange Primary School pupils' mental health and raising awareness of support services and coping strategies.



I thought the lessons with the MHTO were great. She was kind to us and never judged us if we felt a certain way about something. The MHTO always says 'it's okay' and gives us ways to feel better. If we wanted to talk outside of our group about something personal, she always made time for us.



Grange Primary School pupil

Through the HeadStart programme, we are working with Year 6 pupils from five primary schools within Preston, including Brookfield Community Primary School.



Pupils have engaged in a range of whole class sessions with a focus on reflecting on their own mental health and gaining strategies for how to overcome potential barriers. Some of our most vulnerable pupils have engaged... and the MHTO has provided a safe space for them to do this.



Miss L Payne, Brookfield Community Primary School



174
children and young people have engaged with HeadStart

73
children have been identified for one to one support

34

hours spent delivering one to one support



5
Primary schools engaged with

47
whole class sessions delivered



Health and Wellbeing

Our Health and Wellbeing provision tackles health inequalities across Preston by supporting people to lead healthier and more active lifestyles.




Rugby League



The eagerly anticipated Rugby League World Cup came to England in 2022. Preston were host to Wales men's Rugby League team. In partnership with Preston City Council, the University of Central Lancashire and Rugby League football, PNECET employed a Rugby League Development Officer [RLDO] to support and build participation and interest across the city.

As part of the build up to the Rugby League World Cup, the Trust's RLDO has delivered a number of initiatives across the City centred around raising the interest and participation in Rugby League, including the development of the new South Ribble Rabbitohs Junior team.

1
Under 13
Rugby League
club
established


840
children and
young people
engaged

4
Rugby League
competitions
delivered in
Preston

80
girls attended
the first girls only
Rugby League
competition


20
local schools
involved



We joined forces with local club Preston and South Ribble club, Rabbitohs to form a junior side. After successful taster sessions, a new U13 team was formed, training weekly and playing two friendly matches in 2022. In 2023 the team will be playing in the local North West 1 league, and plans are in place for additional age groups.



Ryan Allen



Through participating in the Rugby League provision at school, Ethan has joined South Ribble Rabbitohs, which was set up by PNECET's RLDO. Since taking this step, Ethan's mother has seen real improvements in Ethan's behaviour and mood.



I've seen a massive change in Ethan since playing rugby. He is a very shy lad who can find socialising difficult. He seems a lot happier which makes me really happy. I would like to thank the RLDO for giving Ethan an opportunity to join a team. He looks forward to every training session and game.



Lucy Parker



Financial Summary

2020/21

INCOME

RESTRICTED £772,563	UNRESTRICTED £306,298	TOTAL £1,078,861
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EXPENDITURE

TOTAL £823,637	SURPLUS £255,224
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2021/22

INCOME

RESTRICTED £834,168	UNRESTRICTED £478,523	TOTAL £1,312,691
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EXPENDITURE

TOTAL £1,109,860	SURPLUS £201,554
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What's Next?

Despite the challenging economic climate of the last 12 months and the challenges we continue to face as a result of the cost of living crisis, PNECET is in the privileged position to have generated a surplus of £201,554 for the last financial year.

This will be used to invest in the growth of our existing programmes whilst looking for new ways in which we can improve the lives of the people in our local community in line with our 2020-2023 strategy.

As a result of the success and growth of the organisation over the last three years, we have begun identifying ways in which we could fund the development of a new facility within the stadium, which will provide further space to expand our

programmes, in turn positively impact more people from across our community.

In line with our new outcomes framework the Trust will continue to collect data to measure the short, medium and long term impact of our programmes seeking to keep in touch with all our participants.

Throughout 2023 the Trust will begin the development of their 2024-2027 strategy, engaging with participants, key stakeholders and employees on the aims and objectives of the organisation ensuring we continue to address the needs of our community.

We look forward to the next 12 months with optimism.

Our Values

HOLISTIC

We strive to be holistic, with our participants at the heart of our provision. Developing their physical, mental, and emotional health, while taking social factors into consideration.

CREATIVE

We are creative in our approach, encouraging employees to seek or create the best solutions, show a willingness to experiment, take calculated risks and challenges.

AMBITIOUS

We always strive to be a forward-thinking organisation that delivers the best possible outcomes and continually improve and grow.

PASSIONATE

We employ passionate individuals, who provide high quality services, that are inspiring to our community to help drive a positive change.

EFFICIENT

We know that being efficient not only produces results, but it does so with minimum wasted effort or expense.

SUSTAINABLE

We know that providing a service that our community can rely on, will be sustainable and leave a lasting legacy.

EMPOWERING

We believe that by providing the correct tools and environment for our team and participants will increase independence and self-determination, to enable them to represent themselves and their community in a positive way.

DIVERSE

We believe that cultural perspectives can inspire our creativity and drive innovation in our community.



**Community
and
Education
Trust**
Registered Charity No. 1130772



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PNECET