

One Life, Many Opportunities

The Tim Henman Foundation is a youth charity creating opportunities that support and inspire children and young people to reach their potential.

We deliver sport and education programmes for disadvantaged children and young people, focusing on those with special educational needs & disabilities and youngsters from low-income backgrounds.

What we do



One Life, Many Opportunities

henmanfoundation.org

Registered Charity Number 1161964

The Tim Henman Foundation

One Life, Many Opportunities

Our mission

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What we do

We deliver sport and education programmes for disadvantaged children and young people, focusing on those with special educational needs and disabilities, and youngsters from low-income backgrounds.

How we do it

We have a place-based approach where we form partnerships with schools, community based organisations and coaches, teachers, mentors to deliver programmes which are embedded into communities of high deprivation.

Where and Who

Children and young people (up to the age of 25) who are*:

- From low-income backgrounds
- Have special educational needs and/or disabilities
- Schools with high rates of children in receipt of free school meals (above the national average).
- Schools with high rates of children with special educational needs and disabilities (above the national average).
- Based in the bottom 30% most deprived local areas and/or local authorities in England (deciles 1-3).
- Based in local authorities with high rates of child poverty (above the national average).

* In the South East (specifically London and Oxfordshire), unless funding opportunities arise elsewhere.

Inclusive Activity Programme

✓ Sport Programme ✓ With schools

Access to regular activity and further opportunities so children can experience the benefits of sport.



Because we know there are substantial barriers to regular sports participation and mainstream sport isn't always accessible to those with SEND.



Partners

Host partners: mainstream schools, special schools, alternative provision schools, hospital schools

Delivery partners: coaching providers, independent coaches, mentors, inclusive providers

Details

- ✓ Between 2-4 hours of specialist coaching per week across the school year
- ✓ Weekend/holiday activities
- ✓ School aged children
- ✓ Tennis and multi-sport

Deliverables

- ✓ Regular coaching in-school
- ✓ Community activities
- ✓ Equipment
- ✓ Mentorship workshops
- ✓ Inclusive sports days
- ✓ Teacher/coach training and qualifications

Outcomes

1. Improved physical and mental health, and wellbeing.
2. Increased confidence and resilience.
3. Stronger social connections.
4. Improved school engagement (attendance, behaviour, academic attainment).



[Find out more](#)

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Educational Enrichment Programme

✓ Education Programme ✓ With schools

Extra tuition clubs in core subjects with enrichment activities for students who need additional support.



Because we know the attainment gap is getting wider and disadvantaged students are missing out on enrichment activities.



Partners

Host partners: mainstream schools, special schools

Delivery partners: in-house teachers, external tutors, mentors

Details

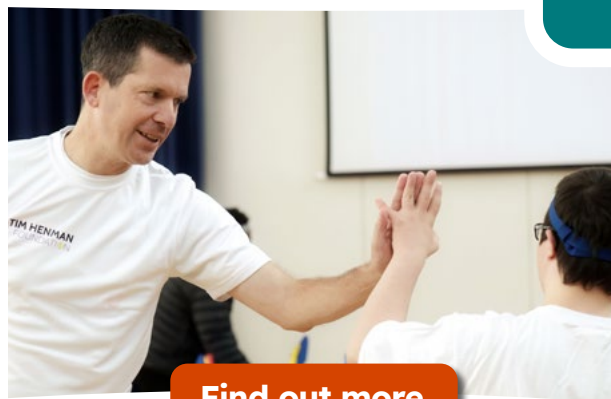
- ✓ Between 3-6 hours of extra tuition per week across the school year
- ✓ Small groups
- ✓ Opportunity for enrichment activities
- ✓ Literacy, numeracy and core subjects or other further learning opportunities

Deliverables

- ✓ Tutoring clubs
- ✓ Enrichment activity (trip, experience etc)
- ✓ Resources
- ✓ Mentoring

Outcomes

1. Improved attainment in core subjects and increased exposure to extracurricular opportunities.
2. Increased academic confidence.
3. Improved classroom behaviour and focus.
4. Greater academic engagement.
5. Raised future aspirations.



[Find out more](#)

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Advancement Programme

✓ **Sport Programme** ✓ **In the community**

Support for talented young athletes who deserve the chance but lack the resources.



Because we know it's not always a level playing field for young athletes.



Partners

Host partners: referrals from sports clubs, sports academies, coaching providers

Outcomes

1. Improved support for talented young athletes (so they can pursue their sporting aspirations.)
2. Increased achievement of sporting goals
3. Equal access to a high-performance pathway.
4. Removed financial barriers.
5. Increase confidence and self-belief.

Details

- ✓ Annual support
- ✓ Average funding £3,000/year
- ✓ Ages 14+
- ✓ Competing at regional/national level

Deliverables

- ✓ Coaching/training fees
- ✓ Membership subscriptions
- ✓ Equipment costs
- ✓ Fund to access qualifications
- ✓ Fund to access travel expenses
- ✓ Individual mentoring



Find out more



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Career Path Programme

✓ **Education Programme** ✓ **In the community**

Training and education as a pathway
to employment.



Because we know there are many marginalised young people not getting the support they need to move into employment.



Partners

Host partners: youth centres, sports clubs, coaching providers

Delivery partners: training providers, tutors, mentors

Details

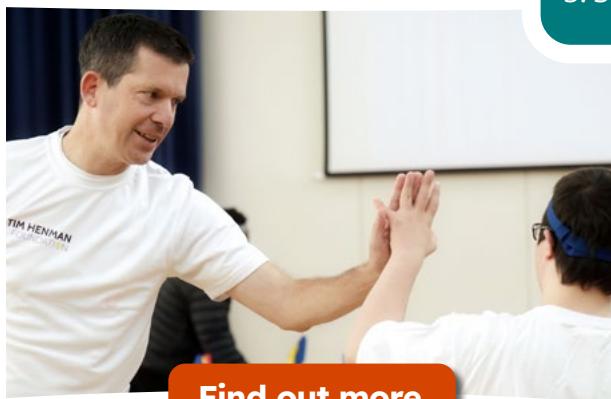
- ✓ Fitness and sports coaching industry or other areas linked to sport
- ✓ 6-9 month programme
- ✓ 16-24 year old NEET young people

Deliverables

- ✓ Vocational qualifications
- ✓ Paid work experience
- ✓ Mentoring support
- ✓ Resources
- ✓ Option of Career Path Plus with further mentoring and access to a progression fund

Outcomes

1. Increased employability and future prospects for young people.
2. Increased confidence and self-worth.
3. Improved work-readiness.
4. Enhanced resilience and perseverance.
5. Stronger sense of belonging.



Find out more

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