TIM HENMAN
FOUNDATION

Impact & Highlights

2025-2026



One Life, Many Opportunities

Create opportunities that support and inspire children and young people to reach their potential.

henmanfoundation.org

Our Impact 2025-2026

In 2025–26, THF delivered 84 sport and education programmes within 34 communities, reaching 3,205 children and young people.

Further support included five additional projects and activities and four Professional Development & Qualifications Fund entries. THF also awarded two targeted capital and specialist equipment grants.

110

Thank you to all of our 110 partners and 2 grantees who brought the programmes to life!

55%

Our programmes were delivered in the bottom 55% most deprived areas in the country



Social Return on Investment

For every £1 invested across our programmes, **£5.09** of social value was generated

Total social value generated: **£1.88m**

And **£586.18** of social value per person.

83%

of students have special educational needs and disabilities

7
Mentors

20
Workshops

262
Meetings

12

was the average age of all participants across all programmes (60% male, 40% female)

35%

were experiencing child poverty

59%

of children and young people come from low-income backgrounds

50%

of children and young people were from ethnically diverse backgrounds

Educational Programmes

36% Literacy

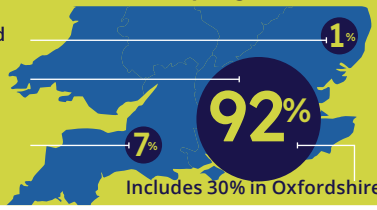
14% Numeracy

36% English

7% Maths
7% Other
40% Fitness
48% Coaching
12% Youth work

Where we delivered our programmes

East England
London and South-East
South West England



Includes 30% in Oxfordshire

Sport Programmes

52% Tennis

4% Boxing

10% Multisport

8% Swimming
23% Athletics
4% Football

Fundraising & Finance

Thank you to every donor, trust, foundation, and corporate partner whose generosity supported our work this year.

donors and funders who supported us this year

229

Just over half of whom were new



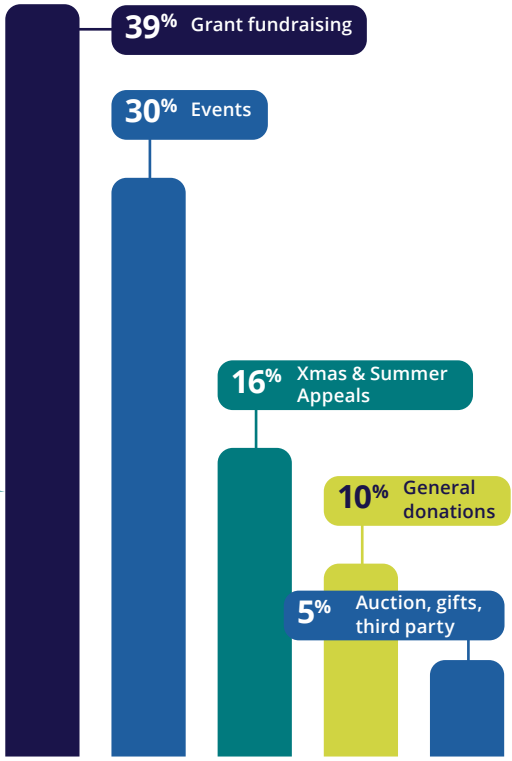
74%

repeat rate (those who donated this year and last year)

38% success rate on grant applications

53%

of donors were new supporters



Year	Funds raised	Expenditure
2022	£275,700	£150,950
2023	£418,863	£458,621
2024	£574,707	£626,751
2025	£554,100	£543,003
2026	£774,067	£554,652

89% of charitable activity expenditure on direct delivery programmes

11% on grant giving

77%

Spent on charitable activity

4%

Spent on governance

19%

Spent on fundraising

£

For every £1 we spend on raising funds we raised £7.32

Inclusive Activity Programme



What was delivered:

2,682 children reached across 53 programmes in 18 communities.

3,414 further opportunities delivered (sports days, community activities, mentoring and teacher/coach training).

Delivered across 46 school host partners, with 59% in specialist settings.

91% of participants have SEND; 54% come from low-income backgrounds.

£74.42 average annual expenditure per child reached.

What difference did it make:

- 95% of teachers reported increased pupil confidence (36% reporting significant growth).
- 88% of coaches observed increased physical activity levels during sessions.
- 69% of teachers noted tangible improvements in physical health and wellbeing.
- 41% of pupils demonstrated greater resilience when faced with challenges (up from 24%).
- 91% of pupils said they are happy or “can’t wait” to attend school on programme days.
- 42% of teachers reported a significant increase in confidence delivering accessible sport.





£469.05 social value per child

£5.63

social value generated for every £1 invested

Educational Enrichment Programme



What was delivered:

444 school pupils supported across 12 programmes in 4 community projects.

206 received regular small-group tuition in core subjects (91% experiencing enrichment opportunities as well).

224 accessed funded extracurricular enrichment trips and activities.

One enrichment-only programme reached an additional 14 children.

84% of pupils are from low-income backgrounds; 46% have SEND.

£91.25 average annual expenditure per child.

What difference did it make:

- 73% of teachers reported improved attainment in relevant core subjects.
- 64% of teachers confirmed a direct reduction in the attainment gap.
- 77% of students felt they understood their schoolwork better than before.
- 91% of teachers observed marked increases in academic confidence.
- 55% showed improved focus and attention; 45% displayed less disruptive behaviour.
- 69% of pupils rated their enjoyment of enrichment experiences 8+ out of 10.





£497.67 social value per child

£4.88

social value generated for every £1 invested

Advancement Programme

A PPS DELIVERED PROGRAMME



What was delivered:

13 high-potential young athletes funded across 7 community projects.

30 bespoke 1:1 mentor meetings delivered by dedicated athlete mentors.

92% from low-income households; 46% have recorded SEND.

£3,102 average annual investment per athlete (covering coaching, travel, equipment, entries).



What difference did it make:

- 100% of parents confirmed the programme significantly or hugely reduced the financial burden.
- 44% of parents stated their child would probably or definitely have dropped out without support.
- 100% of athletes improved their performance and believe in their ability to achieve their goals.
- 70% of athletes achieved or made major progress towards their key sporting milestones.
- 80% reported a significant or huge improvement in access to high-performance elite coaching.
- 77% of families experienced reduced stress regarding supporting their child's sporting ambitions.



£11,224.16 social value per child

£3.24

social value generated for every £1 invested

Career Path Programme

A PPS DELIVERED PROGRAMME



What was delivered:

66 marginalised young people (aged 16–24) supported across 6 programmes in 5 communities.

54 accredited vocational qualifications completed (sports coaching, fitness industry, youth work).

232 1:1 mentor meetings and 5 intensive workshops delivered across the year.

91% from low-income backgrounds;
29% recorded SEND.

£741.61 average spend per young person (funding qualifications, paid work experience, resources).



What difference did it make:

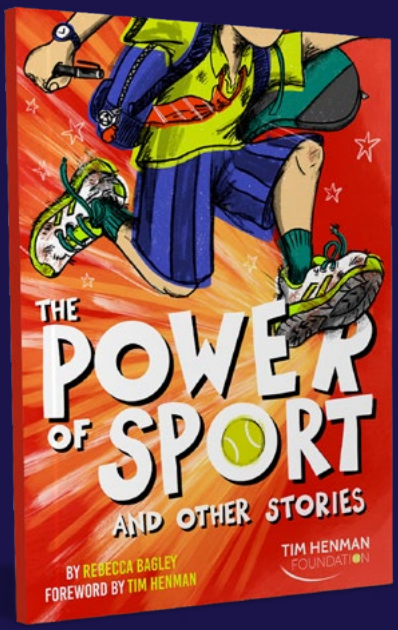
- 100% of key workers confirmed the programme successfully increased employment potential.
- 80% of host sites saw at least half their cohort progress into employment, education, or training.
- 100% of participants were assessed as work-ready by their key workers upon completion.
- 96% of young people reported increased confidence; 82% reported higher self-worth.
- 79% felt confident and fully prepared for job interviews (up from 68%).
- 89% reported feeling a strong sense of belonging and community connection.



£3,846.05 social value per child

£4.63

social value generated for every £1 invested



The Power of Sport and Other Stories

This year, we launched *The Power of Sport and Other Stories* – an uplifting collection of four illustrated tales inspired by real journeys across our Foundation, accompanied by an educational resource pack featuring lesson plans, discussion guides, practical activities, and an audiobook.

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FUNDRAISING REGULATOR

Registered Charity Number 1161964