



COMMUNITY FOUNDATION



ENRICH OUR COMMUNITIES

IMPACT REPORT 2023

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

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#enrichourcommunities

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WELCOME FROM OUR CEO & BOARD

It is with great pleasure and enormous pride, we are able to evidence through **“Enrich our Communities Impact Report 2023”**, the difference we are making in our communities. Our staff, volunteers and trustees continue to respond magnificently to the many and varied challenges in our area, and always go the extra mile to support those who need it most.

Back in January 2023 we were excited about what we were going to achieve in the first year through **“Enrich our Communities Strategy 2023-2028”** and looking forward to making a real impact within the communities we serve. The year has exceeded our expectations, and you will see throughout this summary the difference we have made which will have significant long-term benefits.

This report is external evidence that our programmes **inspire, enrich, and unite** our communities, each of which are embedded into our organisation as we set out to deliver these to our beneficiaries. We have continued to place partnerships at the heart of what we do, and it has been amazing to see our commitment to building long term education, health, participation, and inclusion programmes start to materialise. Thank you to everyone over the last 12 months who has trusted us, supported us, funded us and believed in us.

Ensuring manageable growth whilst providing continual high quality delivery has and will continue to be at the forefront of our objectives, as a result providing a positive impact within the areas we serve. If we continue to show

the passion, dedication and creativity shown to date, we can confidently look forward with optimism to creating further successes together in 2024.

We again enter 2024 acutely aware that factors beyond our control may play a part in our direction of travel. We will need to continue being agile, flexible and recognise that there are likely to be bumps in the road. We do however have a strong infrastructure in place to react, which is underpinned by an exceptional football club at the heart of it’s community.

We hope you find our **“Enrich Our Communities Impact Report 2023”** provides a beneficial insight into the work and impact we are engaged in with our communities. The entire organisation looks forward to another year of strengthening our bonds and continuing to use the unparalleled power of sport for good.

If any aspect of what we do is meaningful to you, please get in touch, we’d love to hear from you.

Corin Haines
Chief Executive Officer

OUR BOARD OF TRUSTEES



LINDA GAINE
Trustee lead on Health



DMITRI HALAJKO
Trustee lead on Sports Participation



TIM WADDINGTON
Trustee lead on Safeguarding & EDI



ANNE TURRELL
Trustee lead on Inclusion



ROBBIE COWLING
Trustee lead on Business Development



21,550

hours of delivery within
our community

304,000



engagements with our beneficiaries

2023



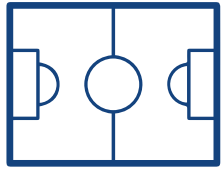
£1.1million

financial investment
into our community



44

different community projects



1,770

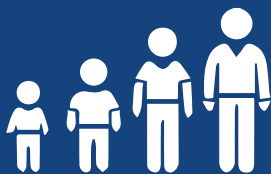
community members access
our Shrub End Community
& Sport Centre each week



98

partner organisations and educational
settings worked with us during this period

OUR YEAR IN NUMBERS



2-87

our youngest participants were just
2 years old, and our eldest
beneficiary was 87 years old

59

employees,
volunteers and
trustees committed to
making a difference
to people's lives



OUR CORE



OUR MISSION

To **inspire, enrich,** and **unite** our communities

OUR FOUNDATIONS



Finance



Safeguarding



Impact & Insight



Governance



Community-Led



Equality, Diversity,
and Inclusion

OUR CULTURE

C REATIVE

OUR PLEDGES

WE WILL

develop healthier and safer communities

WE WILL

bring communities together

WE WILL

create an affinity to Colchester United Football Club

WE WILL

raise aspirations

OUR PILLARS OF WORK



HEALTH

We aim to use evidence based interventions that target health inequalities and challenges faced by our communities. Working in collaboration with key organisations to enrich our provision.



PARTICIPATION

We aim to reduce the socio-economic barriers faced by the wider community to access an active lifestyle. Using both the power of sport and the brand of Colchester United to inspire all generations.



EDUCATION

We aim to enhance and develop the learning opportunities in Colchester and wider communities. Utilising innovative methods and providing a structured approach.



INCLUSION

We aim to ensure everyone within the community has access to the support they need. Through creative partnerships that create a diverse offer that meets the demands of the local community.

U NITED

C OMMITTED

F AIR

SOME 2023

HIGHLIGHTS

WOMEN'S TEAM

Colchester United Women's Team are back! Featuring players from our girls pathway, college side and even some returning faces from our previous side, we remained unbeaten in the Essex County Women's Football League Division 2 up to Christmas 2023.



COMMUNITY CHAMPION

We've welcomed eight Community Champions, recognising outstanding contribution to the local community and going above and beyond to help others. Each received a unique matchday experience and pitch side presentation.

COMMUNITY CELEBRATION

We hosted the first ever Colchester Community Celebration at our home in Shrub End Sports & Community Centre. With a range of sports, food vendors and local businesses in attendance, plus a small-sided football tournament and a visit from the Mayor.



CHANCE2SHINE CRICKET

In partnership with Essex Cricket, we launched our new Chance2Shine Indoor Cricket programme, a free to access programme in Greenstead, Colchester.



CHAMPIONS AT COBHAM!

We took a Pan-Disability side to Chelsea's Cobham Training Ground and emerged victorious! A great day out for our participants and their families!

STRATEGY LAUNCH

Following a rebrand and name change to Colchester United Community Foundation, we continue to provide high quality provision, which inspires, enriches and unites our community.



COMMUNITY FOUNDATION



OLYMPIC HERO VISITS SENIOR U'S

Double gold medal winning rower, James Cracknell OBE, paid a visit to Shrub End to meet our Senior U's! James joined in playing table tennis, target ball and even made everyone cups of tea!

OUR PROGRESS AGAINST STRATEGIC OBJECTIVES

OBJECTIVE 1 TO INSPIRE, ENRICH AND UNITE OUR COMMUNITIES



Focus:

Embedding a culture that inspires, enriches and unites

- » **We have** provided staff with the tools and knowledge to develop projects and experiences
- » **We have** ensured the needs of the of participants are at the heart of every project
- » **We have** created equal pathways for all, regardless of backgrounds or demographics



“Colchester United Community Foundation makes me feel thought of and included as part of my Club. It’s a reason to leave the house and a chance to make new friends. My confidence has shot up and it’s become the highlight of my week. I’ve even signed my children up to new activities with CUCF, to ensure they’re benefitting from their work too.”

CHRIS
ADULT PAN-DISABILITY
PARTICIPANT



OBJECTIVE 2

PROVIDE EXCEPTIONAL SERVICES TO OUR COMMUNITIES



Focus:

Ensuring an individual's experience will exceed expectations

- » **We have** ensured all staff are receiving adequate upskilling and reflection for personal development, to enable them to thrive
- » **We have** created a comprehensive offer of affordable services
- » **We have** made our services accessible to all through varied lines of communication

“My daughter absolutely loves coming to the holiday camps. Whether it's meeting Eddie the Eagle, taking part in dance workshops or just meeting new friends. She's never come away unhappy.”



PARENT
HOLIDAY CAMP PARTICIPANT



OUR PROGRESS AGAINST STRATEGIC OBJECTIVES

OBJECTIVE 3

ENSURE COMPREHENSIVE GOVERNANCE AND INNOVATIVE LEADERSHIP



Focus: Providing staff and the communities we serve with a robust governance and leadership

- » **We have** enhanced the support networks between community groups and organisations
- » **We have** ensured existing working relationships strengthen through continuous partnership development
- » **We have** recruited and retained trustees who enhance the experience and expertise of our board



“We would like to thank you for all the great work you and the other organisations did through the WCSG 2022/23. Earlier this month Roger Hirst, the Police Fire and Crime Commissioner, recommended the Violence and Vulnerability Roundtable report. There was lots of positive comments about the difference the work is making and how inspirational the work is. Thank you for the part you and your organisation played in this.”

ESSEX COUNCIL
FOR VOLUNTARY YOUTH SERVICES



OBJECTIVE 4

EMBED FURTHER EDI, ENVIRONMENTAL SUSTAINABILITY & IMPACT MEASUREMENT WITHIN OUR ORGANISATION



Focus: Continuing to drive positive change and impactful stories throughout our organisation

- » **We have** enhanced our knowledge and resources towards EDI within our organisation
- » **We have** promoted and sustained positive environmental behaviours across the whole network
- » **We have** increased the level of impact measurement we have within our community

“Over the past 12 months, we have appointed members of staff in key roles to oversee our impact monitoring, to lead on environmental sustainability and an EDI lead. We are connecting with other professionals in these fields to continually evolve and improve our methods.”

DAVID HOOLEY
IMPACT & INSIGHT OFFICER





OUR PARTICIPANTS



LEE'S STORY



After being diagnosed with Multiple Sclerosis in 2012, Lee was referred to Walking Football by the medical staff supporting him with his condition. His diagnosis soon began to impact on a range of elements of his life, including work and socialising.

"I had a lot of time off work before becoming home-based, so I lost a lot of confidence," Lee told us.

"IT'S MASSIVELY IMPROVED MY SOCIAL SKILLS, I'VE MET LOADS OF GREAT PEOPLE ON THE PROGRAMME AND THE COACHES HAVE BEEN BRILLIANT. I'D DEFINITELY RECOMMEND IT TO ANYONE"

His condition was affecting his speech and had caused a right-sided weakness, particularly prominent in colder months.

"It's massively improved my social skills, I've met loads of great people on the programme and the coaches have been brilliant. I'd definitely recommend it to anyone with diabetes or another neurological condition."

With his loss of confidence and the drop off in his social life, Lee had found the prospect of going out to be daunting and his mental health was suffering as a result. He described the impact of Walking Football as a 'Godsend', feeling a renewed self-confidence and a sense of relief.

"We've started going out on social events outside of the sessions, including some curry nights and we've taken part in tournaments against other football clubs, too and I've loved representing Colchester United. I've probably met 40 or more new friends as a result and it's a pleasure to spend my time with the group."



OUR PROGRAMMES

54 Joy of Moving Programmes Delivered

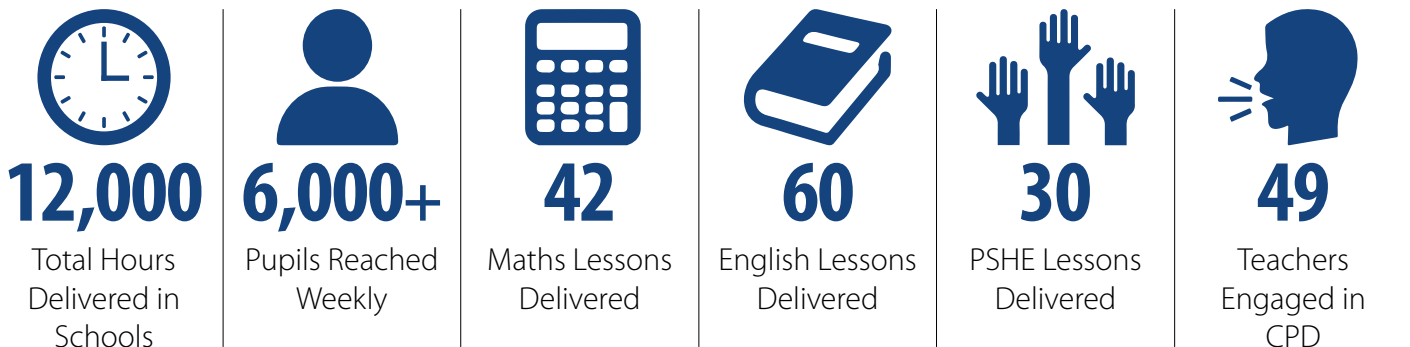
13 Education Assemblies

(6x No Room For Racism, 3x LGBTQ+, 1x Allergy Awareness, 3x Christmas)

43 Festivals

(36x JOM, 1x Girls Football, 1x Mixed Football, 2x Inclusive Football, 3x Sports Days)

45 Premier League Primary Stars Programmes Delivered



MARTHA'S STORY

Martha, aged 10, has benefitted from CUCF's delivery within her school for over 3 years. Over the course of 2023, she engaged in a mix of PE and Premier League Primary Stars.

"I really like the coaches we have from Colchester United, who make every lesson fun and are always really positive," she says.

"I've liked learning to play football in PE and the different skills they teach us each week. It's the first time I've felt confident joining in with PE with the rest of my class," Martha admitted, when we asked about how she felt her PE lessons were going. "Some of my classmates are really sporty and good at PE, which can be a nervous experience, but I'm not worried anymore."

Reflecting on the Wellbeing Stars programme she's taken part in, Martha recognised the impact this has had on her life: "My diet is so different now, and much better! I'm eating more fruit and veg and there's a healthy balance to it. I feel fitter, I feel healthier – I've even started to choose sugar-free options when it comes to food and drink. It's amazing!

"Even outside of PE, I'm making much more effort in class – I don't give up so much... that's called perseverance!"

On the first week of her wellbeing programme,



Martha said that she hated making new friends and trying new experiences. How has that changed since she finished the programme?

"I've joined a new dance club! I've got loads of new friends there and I can't wait to go back. I would have never done that before. I feel focused and it's changed how I feel about new activities."

As she summarises, she has a whole new attitude: "Get up, get dressed, get outside!"

"MY DIET IS SO DIFFERENT NOW, AND MUCH BETTER! I'M EATING MORE FRUIT AND VEG AND THERE'S A HEALTHY BALANCE TO IT. I FEEL FITTER, I FEEL HEALTHIER"



100	Girls Development Centre
300	Boys Development Centre
44	Thurstable Boys College
23	Women's Team
350	Skills Centre
70	Emerging Talent Centre
16	Female Football College

4,600	Free ActivAte Places
4,345	Soccer Camps
136	1-2-1s
150	Teacher Strike Camps

MICHELE-CHRISTINE'S STORY



Michele-Christine began her journey with Colchester United Community Foundation on our Skills Centre programme at the start of 2023, which was her first experience of playing football. Her coach, Toby, did a "terrific" job, which Michele-Christine's dad, Yannig, believes was the key to her falling in love with the sport.

"I'm delighted that she's participating in the Development Centre. I watched her session yesterday and it looked like a great experience – the coaching was great and there was a really positive atmosphere. Week-by-week, her skills were developed, until she eventually had enough confidence to join a team."

Michele-Christine has described her experiences as "wonderful" and feels very grateful to all the staff that have worked with her so far.

"There's not really a chance to play with other girls at school, so it's really nice to have this chance every week. I'm much more active now and it's also helped to reduce the stress I previously had in social situations. I've even joined a local team, Stanway, because I now have the confidence to do so – I would never have done this without CUCF!"

"I'M MUCH MORE ACTIVE NOW AND IT'S ALSO HELPED TO REDUCE THE STRESS I PREVIOUSLY HAD IN SOCIAL SITUATIONS"

It isn't just the physical and social benefits that Michele-Christine and her family have noticed, either. It's also making a positive impact within her school life, too.

Yannig told us: "She's joined her school team and plays all different sports with her classmates too. She prefers it to spending her breaks chatting to friends, as football leads to much less drama!"

"It's become part of our family life. We love watching her play and kicking a ball around with her, too."



594	Premier League Kicks
40	Chance2Shine Cricket
25	Refugee Football

830	United Against Knife Crime
1,660	Many Minds, One Heart
18	Fly Like an Eagle
1,043	Unite Our Communities

KAMAL'S STORY



Kamal, a participant within our Pan-Disability programme, has been attending sessions at Shrub End on a Thursday since September 2023.

Francesca, our Pan-Disability coach, has noticed enormous progress in the way that he interacts with her and the other players within the group. When he first arrived, he would only vocalise his own name and speak briefly to one other child, but as he has kept attending, he is now confident to ask for fist bumps, enjoy a laugh with the other participants and knows everybody's name.

Kamal's mum has also noticed a big difference in her son.

"The football sessions go beyond the game; it is a stepping stone for Kamal's journey. Through



"THROUGH EACH KICK AND INTERACTION WITH OTHERS, I CAN SEE THAT HIS SOCIAL SKILLS ARE BLOSSOMING AND HIS PHYSICAL CO-ORDINATION IS IMPROVING"

each kick and interaction with others, I can see that his social skills are blossoming and his physical co-ordination is improving. Kamal truly enjoys each session and a newfound confidence is taking root. Watching him chase the ball with a radiant smile is a moment I will cherish forever. The sessions are thoughtful and embrace his unique abilities and he feels not only welcomed but celebrated. As a mother, I am grateful that each session is not just a space for Kamal to play but a space for him to grow."

OUR PROGRAMMES, WITH THANKS

Thank you to our funders, beneficiaries and stakeholders for their incredible support throughout 2023. None of this would be possible without you.

Interested in getting involved in 2024? See below a list of our programmes. We'd love to welcome you.

PROJECT	ACTIVITY
Sport & Education Provision	Helping pupils to improve their physical literacy and achieve Government guidelines in PE
Premier League Primary Stars	Improves PE skills, literacy and numeracy and PSHE
Work Placements	Unique opportunities to gain real-life experiences for individual students
Alternative Provision	Sports-based studies for students who require additional support
Male Football College	Post-16 Football and Education programmes studying - BTEC, A Levels and public services
Female Football College	Post-16 Football and Education programmes studying - BTEC, A Levels and public services
Apprenticeships	Paid employment opportunities in sports coaching and business administration
Early Eagles	Open access weekly development programme for 4-7 year olds
Joy of Moving	6-week programme using the power of play to enrich the national curriculum around healthy li
Sports Days, Assemblies, Festivals	One off events, tailored to your needs and supporting your regular delivery (Age 5-16)
Skills Centres	Open access weekly development programme to improve all areas of the game
Holiday Activity Camps	Affordable holiday activities with enjoyment and development at the forefront
ActivAte Activity Camps	Free holiday activities with enjoyment and development at the forefront
Wildcats Centres	Open access weekly development programme to improve all areas of the game
Female Development Centres	Invitation-only weekly development programme to improve all areas of the game
Female Emerging Talent Centre	Invitation-only weekly development programme to improve all areas of the game
Boys Development Centres	Invitation-only weekly development programme to improve all areas of the game
Grassroots Club Development	Supporting grassroots clubs with player and coach development
Matchday Experiences	A comprehensive matchday offer from mascots to community champions
Women's Team	Senior side playing in the national pyramid (16+)
Chance2Shine Cricket	Weekly cricket programme aimed at developing cricket skills, with fun at the heart of it (8-13)
Adult Pan-Disability	Tailored football sessions for ages 18+ with disabilities
Walking Football	The slower form of the game for male and female players
Senior U's	Activities, support and a sense of belonging for over 55s
Joy of Moving	Inspiring children of all abilities to move through play
Many Minds One Heart	Support young people with Mental Health
Premier League Kicks	Free activities for young people during the evenings and weekends
Children In Need (Disability Provision)	Sports activities for children with disabilities
United Against Knife Crime	Tackling the growing number of knife crime incidents involving young people
Unite Our Communities	Tacking extremism, radicalisation, hate crime and prejudice to aid community cohesion amongst
Fly Like an Eagle	Mentoring support for young people to improve their outlook and role with school and comm
Refugee Provision	Providing guidance and support whilst playing sport within their new surroundings

Education

Participation

Health

Inclusion

AGE RANGE

2-4

5-7

8-11

11-16

16-18

18-25

25-34

35-55

55+

Living (Age 5-11)

young people and their families

unities



COMMUNITY FOUNDATION

