



The
Spring Charity

Impact Report

2023 / 2024

Impact Report

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2023 /2024

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MESSAGE FROM OUR

Charity Manager



“Welcome to our Annual Impact Report for 2023/2024. This report gives a snapshot of the impact of our provision in the last year. None of this work would have been possible without the support of our generous trustees, staff, donors and volunteers who made it possible for us to continue to make a positive impact in our community and ensure local families ‘Thrive and Grow!’

Thank you to everyone who made our year so successful!”

Tracy Hamilton

MESSAGE FROM OUR

Chair of Trustees



“I have been connected with the Spring Boroughs area of the town for over 40 years.

I strongly believe that giving young children (and their families) a good start in life is vital for their physical, emotional and intellectual development. I am delighted to be involved with the Spring Charity and I am very impressed with everything happening at our centre.”

Duncan McAlpine

The Freedom PROGRAMME

This is a domestic violence programme for women that examines the impact of societal attitudes on abusive behaviour and victim response. The programme also discusses the effects of abuse on children and holds weekly online sessions. Referrals are accepted from professionals or self-referrals.

The delivery of our programme, follow-up support and signposting, are made possible by funders like Good Will Solutions.



**IN 2023/2024 WE RECEIVED 26 REFERRALS
FROM NORTHAMPTONSHIRE CHILDREN'S TRUST
AND 2 SELF-REFERRALS.**

28 women now have a better understanding of the impact of domestic abuse, the red flags to watch for early in a new relationship, and how it affects their children.

The Freedom

PROGRAMME

CONTINUED...

"The freedom programme has been a massive help to me as I can do it in the comfort of my own home. It's helpful to have it run remotely especially having a new baby and not having to have difficulties finding child care. I would definitely recommend this to busy mums in similar situations as me...."

A QUOTE FROM A FREEDOM PROGRAMME ATTENDEE 1 (NAME WITHHELD AS REQUESTED)



From Surviving to Thriving

One Freedom Programme participant made the brave decision to leave her partner and rebuild her life. With our continued support, she's now training to become a fitness instructor — gaining a professional qualification that will help her earn an income doing something she loves and provide for her daughter. She told us:

"This is like a dream... I'm so excited to get started!"



Christmas Present Pick

EVENT 2024



Our Community Room was transformed into a Toy Shop when we held our annual Christmas Present Pick Event! All of the gifts were kindly donated by local firms, organisations and individuals.

344

children whose grown ups were struggling to buy gifts received presents



A special THANK YOU to Jam-Helping Out who helped us make this event possible!



Our NEW Breakfast Club!

We are incredibly proud of our new Breakfast Club, which was launched in response to families requesting support with morning meals. Many parents were ensuring their children were fed, but often skipping meals themselves due to financial or time pressures.

Thanks to generous furniture donations from the Mercure Hotel (formerly The Park Inn) following a recent refurbishment, we were able to create a welcoming and functional space.



998

breakfasts have been funded thanks to the kind support and donations from The Anchor Fund, Sainsbury's, and Northamptonshire Charitable Foundation (NCF) — providing a positive start to the day for both parents and children.



This initiative has promoted wellbeing, reduced stress in the mornings, and helped families feel supported and connected.



Core Provision

At the core of our work lies something simple but powerful — our Stay and Play sessions. Held twice a week during term time and once a week during the longer holidays, these sessions are so much more than playtime.

They're a warm, welcoming space where families can come together, connect, and build lasting relationships. Our dedicated team of staff and volunteers gently support each family, taking the time to build trust, respect, and a sense of belonging.



| Core Provision for 2023/24 | Annual Attendance Figures for Adults & Children |
|---|---|
| Stay and Play Sessions - Tuesdays | 880 |
| Stay and Play Sessions - Thursday | 682 |

From this strong foundation, we're able to introduce families to other services and targeted support — not with pressure, but with care, kindness, and at just the right moment.

These sessions are often the first step on a much bigger journey — and we're honoured to walk it with them.

ENGAGEMENT



In 2023/24, we took a big step forward by expanding our workshops and community provision — shaped by what families told us they needed most.

Through meaningful conversations, we co-designed activities that bring people together, build confidence, and strengthen community.

It's about more than services — it's about connection, inclusion, and creating a space where everyone feels seen and supported.

Together, we're building something special — and this is just the beginning.

Workshops and Courses for 2023/24 Number of Attendees



Breakfast Club

998



Solihull Approach

5



Healthy Cookery Workshop

142



Greening Activities

65



Wellbeing Workshops

198



Freedom Programme

28



Professionals DA Workshops

9

Our Volunteers



20 amazing people have
volunteered this year!

We've been incredibly lucky to have a team of kind-hearted, energetic people who've rolled up their sleeves and made a real difference! From transforming rooms with fresh coats of paint and moving furniture, to serving up refreshments with a smile — their generosity knows no bounds.

They've helped us plant trees, bring our community garden plots to life, sort donations with care, and even support our much-loved Stay & Play sessions. Their efforts have truly brought colour, warmth, and joy to our spaces — and to everyone who uses them.



We're also proud to support our volunteers as they progress in their chosen careers — and no matter where their paths take them, they remain a valued part of The Spring Charity Family.



“MAKE SOME NOISE” GRANT



Global Radio



Thanks to the incredible generosity of Global Radio’s Make Some Noise Grant, we’ve been able to expand our Family Support Team — and we couldn’t be more excited!

Say hello to Alice, our new Family Support Worker! Alice has hit the ground running, already making a real difference in the lives of the families we support. Her energy, compassion, and commitment have helped us grow our services and launch several brand-new projects that are reaching even more people in our community.



“It’s been such a joy getting to know the families and being part of something that truly makes a difference. Every day brings new challenges — and new reasons to smile.” - Alice

Polina's Journey:



FROM OVERWHELMED TO EMPOWERED

When Polina first joined our Stay and Play sessions, she was juggling a lot — caring for an older child, twin toddlers, and supporting an unwell parent. Life felt overwhelming, and she was carrying it all on her shoulders.

Through regular support, a listening ear, and a welcoming space, we've had the privilege of walking alongside Polina on her parenting journey. Today, she is a confident, inspiring woman — studying for a degree in her second language and thriving in her role as a mother of three.



Polina continues to be a shining example to other parents, offering encouragement and proof that with the right support, anything is possible.

“It is like being with family when I go to The Spring Charity! Thank you for all you have done for me and my family...”
— Polina, Mother of 3



50 FAMILIES

PROJECT



We were thrilled to be chosen as one of just three partner charities to take part in a powerful collaboration with Food4Heroes, Northamptonshire Community Foundation, and the University of Northampton — working together to provide a full year of healthy lifestyle support to 50 local families!

Fuel for the Future: Helping Families Live Healthier Lives



The Spring Charity was allocated 20 family spaces, and we've wasted no time in making the most of this opportunity. From hands-on cooking workshops to screen-free activity ideas and nutrition tips, we've already delivered a vibrant programme designed to make healthy living accessible, fun, and family-friendly.

While the long-term results are still unfolding, the impact is already clear: parents and caregivers are growing in confidence, and children are happily trying new foods — and even asking for seconds!

We can't wait to share even more next year as this exciting project continues to grow.



Thank You

TO
OUR PARTNER
ORGANISATIONS



West
Northamptonshire
Council



University of
Northampton

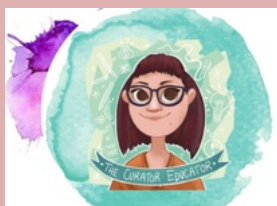


POWER OF THE MIND
NETWORKS
STORYTELLING COMMUNITY

THE CLOTHWORKERS'
FOUNDATION



Food 4
Heroes



Northampton
College

Donations & Funding Highlights

The Spring Charity is fortunate enough to receive a funding grant from the National Lottery Fund that covers core costs and provision.

This year we have also been so grateful to receive grants and donations from organisations, individuals and businesses totalling over £7000!

This generous support has allowed us to install our own teaching kitchen, and a stairlift so our upstairs community room is accessible to all and offers our families and local residents a safe, friendly place for the wide range of workshops and courses we offer.



The Spring Charity Provision Snapshot

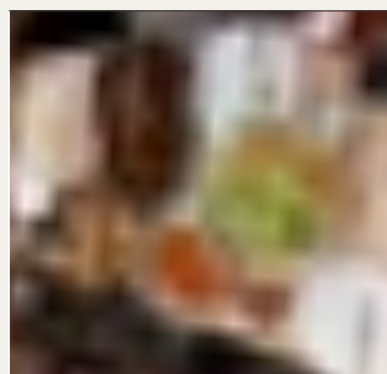
2023/2024



Non-Food Household Bank



Farm Visits



50 Families Programme



Young Mums' Group



Parenting Courses



Greening Projects

The Spring Charity Provision Snapshot Continued...

2023/2024



Greening Projects



Wellbeing Sessions



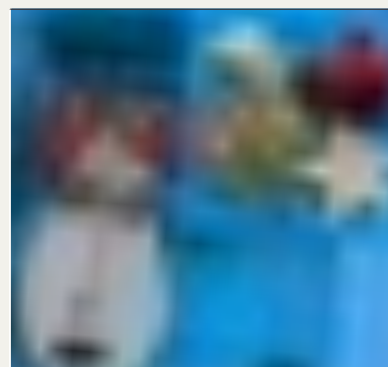
Stay & Play



Parenting Courses



Park Outings



Cookery Workshops

WHAT NEXT FOR **The Spring Charity in 2024/2025?**



After listening closely to our families, we were excited to launch three brand-new pilot projects during the Summer Term — and the response has been incredible! Each one has been so successful that we're aiming to make them a core part of our offer in 2024/25.

Our Non-Food Household Bank

A practical and much-needed initiative — this pilot supported 120 families before the summer holidays even began! Thanks to generous funding from the WNC Household Support Fund, we were able to extend the service throughout the summer. With continued funding, we hope to keep this vital provision going strong next year.



“Road to Reception” – School Readiness Pilot

This supportive, confidence-building programme helped 10 families prepare their little ones for starting school. From routines to uniforms to emotional readiness, families told us it made a huge difference in easing the transition into Reception.



WHAT NEXT FOR

The Spring Charity in 2024/2025 Continued...



Young Mums' Group

In partnership with Home Start Northampton and KidsAid, we piloted a welcoming, nurturing group for young mums, using our trusted Stay & Play model. It's been extremely popular, offering peer support, fun, and a safe space to connect.

Young mums can self-refer or be introduced through health visitors or other professionals — and they've already told us: "Please keep it going!"

