

MIDDLESBROUGH FC
FOUNDATION
SECONDARY SCHOOL
PROGRAMMES



Foundation



Premier League
Inspires

CONTENTS

01

INTRODUCTION TO MIDDLESBROUGH FC FOUNDATION

02

PREMIER LEAGUE INSPIRES

04

DELIVERY MODELS

06

PREMIER LEAGUE
INSPIRES CHALLENGE

07

IDENTIFYING YOUNG PEOPLE

08

COSTS

08

TARGETED
INTERVENTIONS



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INTRODUCTION TO Middlesbrough FC **Foundation**

Middlesbrough FC Foundation ('the Foundation') is the official charity of Middlesbrough FC ('the Club') established in 1996 to support the communities of Tees Valley to raise aspirations, improve life chances and promote wellbeing across our local boroughs of Middlesbrough, Redcar and Cleveland, Stockton-on-Tees, Hartlepool and Darlington.

We continue to be a consistent presence across Tees Valley, with the aim to continue with this reliability and stability for the area and the Club in 2023-24.

The Foundation exists to support the people of Tees Valley, lifting people up through good times and bad by providing positive inspiration and opportunities for all. We support people through the life-changing potential of football; using the power of football coupled with our distinct expertise and skills, this provides us with a unique offer to engage across a wide range of communities and within schools.

We can't support our communities alone and by partnering with your School we aim to help create transformational change, working together to support Tees Valley and provide a sustainable, long-term offer to our communities.

We deliver under the following themes:

- Education and Employability
- Health and Wellbeing
- Social Inclusion
- Sports Participation





Premier League Inspires

Premier League Inspires is an education programme, developed by the Premier League and football club foundations in 2019. Middlesbrough FC Foundation works with young people aged between 11-25 in educational settings and uses our unique characteristics of our employees' skills and expertise along with our learning and experience from a number of other educational programmes we have delivered over the years, to positively affect change in those most in need.



The programme recognises that young people today face a variety of ever-evolving challenges, with more than ever experiencing mental health issues. Teachers and practitioners in secondary schools and the education sector face multiple pressures and each school and trust has differing priorities, including in your approach to pastoral care, behaviour management and emotional support.

Middlesbrough FC Foundation uses the Premier League Inspires framework but tailored to the individual needs of both the school/trust as well as the young people we work with.



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Vision

To offer a world-class programme that uses the appeal of the Premier League and Middlesbrough FC to support 11-25-year-olds at risk of not reaching their potential as they move through the education system allowing them to develop personal skills, knowledge, and attitudes to succeed in life.

Goal

To work with young people who are at risk of not reaching their potential – giving them the skills and attitude to succeed.



Objectives

- Support young people to improve their wellbeing.
- Develop young people’s character and life skills.
- Help schools keep young people present and committed.
- Provide young people with access to more opportunities.
- Enable young people to plan for the future and be work-ready.



Commitment

The Foundation is committed to safeguarding and inclusion; all employees have completed safeguarding training including additional training in mental health, adverse childhood experiences and mentoring. We have Foundation policies and procedures which your school is welcome to request if required. Working with the Club, we are committed to inclusion through RiverSideBySide, which includes inclusive delivery of programmes, training and development in equality, diversity and inclusion for all employees.



Premier League Charitable Fund

Delivery Models

We have a team of highly skilled and experienced **Education Officers and Activators** who deliver our programme within schools, tailoring each programme and session to suit the needs of the individual young people and school/trust. Premier League Inspires is delivered over a full academic year with a dedicated staff member attached to your school, delivering either a half or full day package. You can explore a wide range of packages which best suit the needs of your school below.



FULL DAY DELIVERY

We will work with a number of cohorts throughout the school day tailored to how you would like it to be delivered.

Morning Cohort (Full-Term basis)

This cohort will work with us for a total of 12-weeks completing an ASDAN Qualification which uses the backdrop of Middlesbrough FC's business model to deliver enterprise and employability skills and education. Once they have completed, the young people will then move onto a social action project which aims to support them to give back to their community.

One-to-One Wellbeing Check-Ins (Half-Term basis)

Working on a six-week timetable, selected young peoples can access time with us on a weekly basis in an open and safe environment to discuss how their week has been. You are able to highlight areas in which you feel a one-to-one approach may be beneficial for the young peoples.

HALF DAY DELIVERY

Half Day Cohort (Half-Term basis)

The identified group will work with us for a term or half term completing targeted interventions. You will be able to select a theme for every cohort and then allocate spaces to young people who you feel will benefit from the targeted intervention chosen.

Targeted Interventions:

- ASDAN Qualification
- Health Matters
- The Football Association EE Playmaker Award
- Risky behaviour and personal safety
- Equality, Diversity, and Inclusion (EDI) including LGBTQ+, anti-racism and disability
- Social Action Project
- Stepping Up from Primary to Secondary
- Premier League Changemakers - leadership programme



Please note we ask to have a programme initiation meeting to discuss and develop your individual and bespoke needs prior to delivery starting.

A sample of some of our targeted interventions include:

Social Action



Social action is where young people take practical action in service of others to create positive social change that is of benefit to the wider community as well as to the young people themselves (National Youth Agency). The social action projects are youth led, whereby the cohort of young people will decide on their chosen project to deliver within the school and/or community. Previous examples include planting trees as part of Tree Tree Treessider for MFC player Matt Crooks, recycling old football boots to make planters and walking to raise money for Teenage Cancer Trust.

Premier League Changemakers

Premier League Changemakers supports girls and young women to develop their personal skills and positive attitudes for leadership. The course is delivered through 12-core themes:

- Mental health
- Wellbeing
- Self and identify
- Confidence and self-esteem
- Empowerment and leadership
- Resilience, role models
- Educational attainment and career development

Gibson's Gig

Gibson's Gig is an enterprise-based programme, where young people work in small teams to coordinate a music concert to be held at the Riverside Stadium. The tasks and skills that will be developed include:

- Presentation skills
- Managing a budget
- Team working
- Managing time through developing a plan with deadlines
- Problem solving
- Communication
- Design of marketing and literature

Each group will then present on their Gig with a winning team chosen based on their presentation performance and engagement throughout the programme.



Premier League **Inspires Challenge**

Each year the Premier League hosts the Premier League Inspires Challenge regional and national events. The events are opportunities for young people from across other Foundations to come together to meet new people and learn new skills. The challenge involves a group representing Middlesbrough FC Foundation presenting on their social action idea around a specific theme identified by the Premier League.

By delivering Premier League Inspires we invite all our schools to enter the challenge. A group of young people from your school will have the chance to present their social action project to a panel of Middlesbrough FC and Foundation representatives at the Riverside Stadium with a school chosen representing Middlesbrough at the regional event. The chosen school will be based on engagement in the social action project, commitment to the chosen theme and presentation skills at the event.



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Identifying Young People



Premier League Inspires is aimed at 11-18 year-olds going through the school and further education system. The programme has a specific focus on young people that are marginalised, resulting in poor engagement with education creating barriers for them to fulfil their potential. You are encouraged to identify young people who have one or multiple risk factors that can or are having a negative effect on their attendance, attainment or personal progress in school:



Risk Factors

- Access to Free School Meals
- Access to Pupil Premium
- At risk of exclusion
- Bereaved young person
- Disability/ special educational needs
- Disruptive behaviour
- Looked after child
- Low commitment to school
- Low confidence/ low self-esteem
- Low personal resilience/ aspirations
- Negative school experiences
- Poor attendance/ punctuality
- Poor behaviour
- Poor communication/ social skills
- Social exclusion
- Victim of bullying
- Young carer



Costs

Premier League Inspires	
DELIVERY MODEL	COST PER SCHOOL
Half day	£3,625
Full day	£7,250
1.5-days	£10,875
2-days	£14,500
2.5-days	£18,125
3-days	£21,750
3.5-days	£25,375
4-days	£29,000

Multi-years and multi-school offers are available, please enquire directly with the Foundation for more information.

Targeted Interventions (subject to availability)

IN SCHOOL DELIVERY	FULL DAY
Up to 20 young peoples	£250
Up to 40 young peoples	£335
Up to 60 young peoples	£420

STADIUM DELIVERY	FULL DAY
Up to 20 young peoples One tour included	£575
Up to 40 young peoples Two tours included	£660
Up to 60 young peoples Multiple tours included	£735

HERLINGSHAW DELIVERY	FULL DAY
Up to 20 young people Including a physical activity	£350
Up to 40 young people Including a physical activity	£435
Up to 60 young people Including a physical activity	£520

Please note that food and transport is not included in the prices, on the left, but can be quoted for. We ask all schools to kindly sign a waiver beforehand if you are bringing your own food to events.



Foundation | Premier League Inspires
ERSPELLING

THE
Styled.

Premier League
Inspires



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Offices:

Willie Maddren Centre
The Riverside Stadium
Middlesbrough TS3 6RS

Herlingshaw Centre
Normanby Road
South Bank TS6 9AE

Hunley Hall Golf Club
Ings Lane
Brotton TS12 2FT

For more information or to book your school delivery, please contact:
enquiries@mfcfoundation.co.uk or call us on: **01642 757674**

You can find more information about the Foundation, our programmes,
safeguarding and inclusion at: **www.mfcfoundation.co.uk**

Or see our work in action on any of our social media channels:

 **@mfcfoundation**  **mfc.foundation**

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