

IMPACT

EMPOWERING HEALTHIER LIVES WITH CITY YOUTH THROUGH FOOTBALL

PILLARS



**HEALTHY
PEOPLE**



**HEALTHY
FUTURES**



**HEALTHY
COMMUNITIES**

OUTCOMES

Improve physical
health and wellbeing

Improve mental
health and wellbeing

Improve confidence
and self-esteem

Improve skills and
knowledge

Improve access and
opportunities

OUTPUTS

Number of unique
participants
engaging with CITC

Number of
sessions/events
delivered

Number of
programme hours
delivered

Aggregate contact
time with
participants

Number of
qualifications gained
by participants

Average contact
hours per
participant

Participant
demographic data

Number of
venues/partners
worked with

ACTIVITIES

Regular session
delivery and contact
time

Coach-led, tailored
provision

Free provision
wherever possible

Competitions,
events and unique
opportunities

Careers advice
and support

Food provision in
the holidays

Engagement
events

Qualified staff
with ongoing
training

Bespoke curriculum
and resource
creation and use

Social Action
projects

Work experience,
volunteering and
placement
opportunities

Mentoring

Fundraising
activities

Social Media
presence