



 Morethanfootball

Impact Report March 2020

Reducing social isolation: main achievements 2019-20



Big Hearts Community Trust aims to reach out and support individuals and families most at risk of social isolation across Edinburgh. In 2019-20 our charity engaged with more vulnerable people than ever before, using the power of football to create positive social change.



people engaged



volunteer hours



free days of activities



new staff



award nominations

Big Hearts works closely with Heart of Midlothian FC and local partners to address identified areas of need in the community.

Creating opportunities for adults at risk



In the past year Big Hearts focused on maintaining a regular level of support across our programmes. We aim to offer groups most at risk of social isolation the chance to make positive connections that will help them thrive.



Areas of work:

- ✔ Loneliness
- ✔ Addictions
- ✔ Depression
- ✔ Dementia



adults
involved in
wellbeing
activities



reminiscence
sessions for
older people



hours to
support
men's mental
health



joined due to
the football
environment

Building resilience of vulnerable children



Over the last 12 months Big Hearts extended our on-going work with primary and secondary schools to offer isolated young people activities that help improve their wellbeing, build their confidence and increase their friendships.



youth groups

every week
supporting



young people



weeks of
holiday
support



after
school
sessions



children
made new
friends



school
referral
partners



Big Hearts' focus 2020-21: child poverty in Gorgie

Big Hearts is committed to better addressing child poverty: the biggest challenge on our doorstep. In 2019 we started developing comprehensive support to improve outcomes of low-income families living in South West Edinburgh, including home visits and advice on relief services.



free hot meals



children
Christmas presents



free football
match tickets

The Big Hearts promise:

- ✔ **Team of dedicated family support staff**
- ✔ **100% free activities and wrap around support**

The Gorgie/Sighthill area, where Big Hearts is based, holds the highest rate of child poverty across Scotland's capital city, at 39%.

Empowering communities: Big Hearts Supporters



From Hearts' fans to local stakeholders, the Big Hearts' family continues to grow with a wide range of supporters joining our journey to make a positive difference in their community whilst changing the lives of those most vulnerable.



236 active
volunteers



86% retention
year on year



101 community
fundraisers



11 corporate
partners

Want to join us?

 [@bighearts](https://twitter.com/bighearts)

 [/bigheartscommunity](https://www.facebook.com/bigheartscommunity)

 www.bighearts.org.uk

Registered charity SC037311