

Big Hearts' focus post-Covid: main achievements 2022



As a well-established football charity in Edinburgh, Big Hearts aims to bring community resources together to offer adults and children free opportunities to help them live a safe and fulfilling life.

In the past 12 months, our charity's new dedicated space at Tynecastle Park has allowed us to strengthen our offer of support, whilst providing a safe and friendly environment for all.



days of activities



free meals



volunteer hours

Areas of work

Following a consultation involving members of the community, our programmes of activities are now focused on positive mental health, meaningful social connections and further equal opportunities.

This new strategic direction will shape our work towards 2024.

Big Hearts Community Trust: changing lives through football

Big Hearts is the official charity of Heart of Midlothian FC and we believe in the power of football to engage with people most in need of support.

From our facilities at Tynecastle Park, we are committed to changing lives by working alongside local authorities, partner organisations and football fans.




Big Hearts Community Trust
Tynecastle Park
Gorgie Road
Edinburgh EH11 2NL

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Registered charity SC037311



 Morethanfootball

Impact Report October 2022

Positive mental health at all ages



Over the last 12 months, Big Hearts developed further initiatives to improve the mental health of children, teenagers, male and female adults. We are delivering a range of support groups and bespoke advice covering early intervention, coping strategies and trauma recovery.

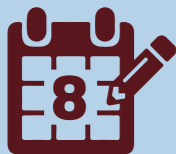


adults

supported on average every month



young people



wellbeing services



referral partners

Our work is part of a city-wide partnership with Edinburgh Council to offer free community-based mental health services to children.

Social connections with like-minded people



In the past year, Big Hearts continued to tackle loneliness. Our activities help adults and children build meaningful social connections. They get to spend time with other football fans, build a trusted relationship with role models and share their lived experience with peers.



reminiscence participants



befriending hours



active volunteers



made new friends

Our Big Hearts Supporters' movement was recognised as the 'Most innovative and impactful community project' across European Football.

Equal opportunities for a brighter future



In the previous football season, Big Hearts initiated new projects to help people thrive, regardless of their background. We are supporting individuals recently arrived in Scotland, school pupils living in low income and young people looking for a new step towards education or employment.



SQA recipients



hours of activities



relief vouchers



were football fans

Our work with young refugees received the Scottish FA National Grassroots Award for 'Best Community Football for All Project'.