

The logo features a white cross shape on a dark background. Inside the top-left arm of the cross, the text 'RUGBY+' is written in white. Below the cross, the word 'FUTURES' is written in a large, bold, white sans-serif font.

RUGBY+
FUTURES

The background of the entire page is a photograph of two young men. The man on the left is smiling broadly, looking down and to the right. The man on the right is also smiling, looking directly at the camera. He has long hair and glasses and is wearing a red lanyard. A large green rectangular box is overlaid on the lower half of the image, containing white text.

**EMPOWERING
OUR YOUNG
PEOPLE
FOR A
BRIGHTER
FUTURE**

Falcons Community
Rugby+ Futures
Programme

The logo consists of a stylized white bird in flight above the text 'FALCONS COMMUNITY' in a white sans-serif font.

FALCONS
COMMUNITY

The logo features a stylized white 'C' shape above the text 'NEWCASTLE RUGBY FOUNDATION' in a white sans-serif font.

NEWCASTLE
RUGBY
FOUNDATION

+ OVERVIEW

Introducing the transformative Rugby+ Futures initiative by Newcastle Rugby Foundation, tailored for young people aged 14 to 24.

This comprehensive programme is designed to build confidence and aspiration through emotional intelligence (EI). The participants are found in schools, colleges, not in education or training (NEET), are engaged in existing youth sporting, activity, or community groups.



+ THE CHALLENGE

The Rugby+ Futures programme recognises the barriers faced by young people in the North East, particularly in terms of deprivation, poverty, and limited resources. We also recognise that these factors can have a significant impact on their prospects, in areas such as education, health, and employability.

The challenges faced by young individuals aged 14 to 24 are substantial. According to the Office for National Statistics, a staggering 11.3% of 16 – 24-year-olds, were NEET in the early months of 2023. This equated to 770,000 individuals within this age range. Factors such as an unsuitable learning environment, mental health struggles, unstable home life, negative influences, caring responsibilities, low-confidence and self-esteem have contributed to this issue. Prolonged NEET status has been linked to negative impacts on physical and mental health, as well as increased vulnerability to unemployment and lower wages later in life.



+ THE RESPONSE: Rugby+ Futures

Developed collaboratively by British lion Tony Underwood, Olympian Chris Cook, acclaimed coach Lysa Morrison, and the Newcastle Rugby Foundation Team, the Rugby+ Futures program offers a transformative solution.

This programme, designed for young people aged 14 to 24, focuses on enhancing core life skills and emotional intelligence so young individuals are empowered to overcome obstacles, build meaningful relationships, and achieve success in both their personal and professional lives.

+ PROGRAMME STRUCTURE

The programme's structure caters to different contexts, be it schools, colleges, NEET individuals, or existing youth groups.

The curriculum spans 6 engaging and interactive 3-hour sessions, delivered over a flexible 3 to 6-week period within local communities. The curriculum is rooted in lessons drawn from the world of sports, integrating fun games and activities to impart key concepts of emotional intelligence.

+ LESSONS FROM SPORT

The Rugby+ Futures programme innovatively incorporates lessons learned from sports into its curriculum, creating engaging activities that help participants understand and apply emotional intelligence in their lives. By utilising sports-based principles, participants engage in enjoyable games that teach them vital emotional intelligence skills, such as:

Emotional Self-Awareness:

Participants engage in activities that help them identify and manage their emotions effectively, much like athletes learn to manage their mindset during a game.

Resilience and Adaptability:

Similar to athletes, learning to bounce back from setbacks, participants learn strategies to develop resilience and adapt to various life situations.

Empathy and Collaboration:

Through team-based activities, participants enhance their communication and collaboration skills, building empathy and fostering healthy relationships, mirroring the dynamics of a sports team.

+ PARTICIPANT BENEFITS

The Rugby+ Futures program doesn't just stop at skill-building; it empowers participants in profound ways:

Enhanced Confidence and Self-Esteem: By fostering self-worth and belief in their capabilities, the program empowers participants to confidently pursue their aspirations with confidence.

Improved Emotional Regulation:

Through immersive EI training, participants acquire the skills to effectively manage their emotions, enabling better decision-making and composure during challenges.

Stronger Interpersonal Skills:

Active listening, empathy, and effective communication are nurtured, allowing participants to establish meaningful connections and resolve conflicts constructively.

Increased Resilience:

Armed with techniques to navigate adversity, participants develop the ability to bounce back from setbacks and persevere in the face of challenges.

Enhanced Employability:

Participants gain highly sought-after EI skills that significantly enhance their employability prospects or further educational pursuits.

BUILD BELONGING

87% feel more comfortable in social situations.

BOOST WELLBEING

100% feel that they've improved their mental health.

GROW SKILLS

100% feel that they learned something on the Futures programme 100% feel better equipped to deal with issues in their life.

RAISE INVOLVEMENT

100% felt that they'd engaged positively with the programme. 87% feel prepared to get involved in positive activities in their personal life (Volunteering, grassroots sports etc.).



WHAT THE PARTICIPANTS THOUGHT OF THE PROGRAMME.

"It was amazing! I really enjoyed today (the session) and if I'm being honest, it really did take me out of my comfort zone, which is good!"

"My emotions have been dealt with on the programme, so I don't wake up every morning dreading being in a bad mood".

"Everything I have learned has really helped me".

"I really enjoyed the sessions with Chris and Tony. When I was invited to go, I didn't know what to expect, but I was not expecting what I learnt."

"I am thankful and grateful for being involved with such a great programme. The sessions have made me alter my ways and thoughts about life in general".



+ BUSINESS INVOLVEMENT

Businesses can sponsor the programme in a local school or young person's community group of choice, contributing to community development and adding social value into their localities.



Benefits for businesses include:

Emotional Intelligence Workshop:
All sponsors will receive 5 places on a specially designed half day Emotional Intelligence workshop in Newcastle, run by Chris Cook and Lysa Morrison.

Brand Exposure:
Our partnership will provide you with extensive brand exposure through various promotional channels, including social media, press releases, and event materials, showcasing your commitment to community development.

Talent Acquisition and Retention:
By engaging with young individuals who have completed our program, you will have the opportunity to identify potential talent and develop a pool of skilled candidates for future recruitment.

Corporate Social Responsibility (CSR):
Supporting this initiative will strengthen your CSR efforts, demonstrating your dedication to empowering local youth and fostering social impact.



FOR MORE INFORMATION PLEASE CONTACT:

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