



BUILDING SUPPORT THROUGH AUTHENTIC IMPACT

By Tranai Todd

BUILDING BRIGHTER FUTURES

THROUGH SPORT & YOUTH WORK



MY JOURNEY AND WHY



Tranai Todd
Founder & CEO
Support Through Sport



INTRODUCTION & IMPACT

OUR MISSION

ENGAGE

EMPOWER

ERADICATE



Impact Beyond Numbers

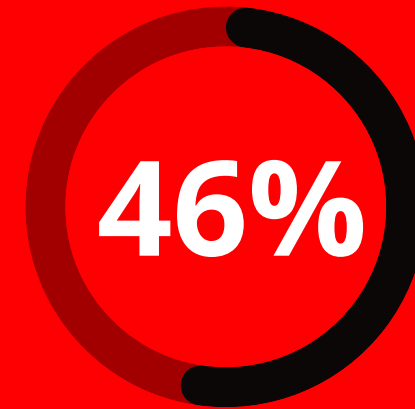


Building Brighter Futures & Creating Safer Communities
Through The Power Of Sport and Youth Work

OUR 2025 IMPACT REPORT



IMPACT IN NUMBERS



Participants From Global Majority Backgrounds



Workshop Attendances



Young People Engaged



Delivery Days Every Week



Years of Delivery



Session Attendances



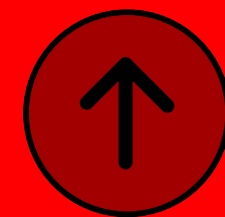
Young People Meaningfully Supported



1-2-1 Mentoring Hours



Hours of Youth Work



Sessions Delivered



Community Events



HAF Sessions



Engagement Areas



Local Authority Areas



Staff and Volunteers

DEMONSTRATING IMPACT

Time & Capacity

Resources

Pressure

6.6 Freya's Story

Freya is a young person who had been finding it increasingly difficult to stay engaged in school, and was referred to our School and Community Navigator programme due to her risk of exclusion. Ongoing challenges in Freya's education, combined with pressures outside of school, were affecting her motivation, confidence, and ability to focus. Although she wanted to do well, Freya often felt overwhelmed and unsure about her next steps, which made it harder for her to fully participate and learn during her lessons.

When Freya began working with our Targeted Youth Practitioner, the priority was creating a safe, consistent space where she could talk openly about her worries and feel genuinely listened to. Through regular 1-2-1 mentoring, she was able to explore what was holding her back, gain reassurance, and rebuild her confidence in her own abilities through a strengths-based approach. Sessions focused on jointly reviewing Freya's grades, discussing subject choices, and helping her make decisions that aligned with her future goals.

Sport and activity played an important role in Freya's support, offering a positive outlet that helped her regulate emotions, improve focus, and reconnect with learning in a way that felt natural and enjoyable. Over time, Freya became more settled in school, more confident in her choices, and more motivated to work towards her renewed aspirations.

Freya is now fully engaged in her selected options and shows a noticeable improvement in her attitude, commitment, and belief in herself. Freya's journey highlights the difference that trusted relationships, consistent mentoring, and youth work support can make in helping young people re-engage with education and fulfil their potential.



A PEOPLE FIRST APPROACH TO IMPACT

People, not Programmes

Real Voices and Lived Experience

Linking Activity to Real Outcomes



If people cannot feel the impact, they will not connect to it

STORYTELLING & THE JOURNEY



A Journey

Sharing your progress and development helps people follow you



Stewardship

Bringing others on your journey, being intentional on support for the mission



Building Impact

Over time, people will follow your journey, building trust and connection



Consistency

Consistently being authentic, staying true to your values and your why

IMPACT INTO SUPPORTER RELATIONSHIPS



Positioning Supporters As Key Enablers To Your Impact

DELIVERING CHANGE

CTAs

Authenticity

Grounded

Belonging





LET'S MAKE IT HAPPEN!

www.supportthroughsport.org.uk

Building brighter futures and creating safer communities, through the power of sport and youth work combined!



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