



Northamptonshire  
Community Foundation  
Giving back to our county

# Northamptonshire: Hidden Needs

Second Edition, October 2023



<b>Foreword</b> .....	<b>4</b>
<b>About Northamptonshire Community Foundation</b> .....	<b>5</b>
<b>Overview</b> .....	<b>6</b>
<b>Access to services in rural areas</b> .....	<b>7</b>
<b>Inequality and Deprivation</b> .....	<b>8</b>
<b>Health and Wellbeing</b> .....	<b>10</b>
<b>Children – Impact and Challenges</b> .....	<b>14</b>
<b>Education, Skills and Training</b> .....	<b>17</b>
<b>Older People</b> .....	<b>20</b>
<b>Housing and Living Environment</b> .....	<b>22</b>
<b>Crime</b> .....	<b>25</b>
<b>Conclusion</b> .....	<b>27</b>



The Community Foundation would like to thank the University of Northampton's Institute for Social innovation and Impact, Professor Richard Hazenberg and Associate Professor Claire Paterson-Young for their hard work on producing the Northamptonshire Hidden Needs Report.

# Foreword

**Welcome to the second edition of our Hidden Needs Report highlighting urgent and priority needs across Northamptonshire. Thank you to the Institute of Social Innovation and Impact at the University of Northampton for researching and producing our latest report. Both the summary report and the full report are also available via our website: [www.ncf.uk.com](http://www.ncf.uk.com)**

Since we commissioned and published our last report in 2018 our communities have lived through one of this country's major life events since the Second World War, the COVID-19 pandemic, and also a current cost of living emergency which is causing huge pressures for local residents and exacerbating the economic and social effects of the pandemic.

---

**"We know that there is much to celebrate about Northamptonshire and its residents but we also know that there are persistent and emerging concerns around poverty and disadvantage."**

---

Our philanthropic and grant giving work is built around the recovery and revival of our communities, supporting them at this time. We feel that the best place to start is by looking at some of the current and priority needs through data, research and community knowledge.

We know that there is much to celebrate about Northamptonshire and its residents but we also know that there are persistent and emerging concerns around poverty and disadvantage.

The report highlights the data across a range of themes including a new edition focusing on the access needs of rural communities. It also provides some great example

case studies of the local charitable sector response.

We hope again that this report will be read and used by anyone who wishes to understand Northamptonshire better whether you are a donor, company or individual that cares about our county, or community groups and charities which helps you to plan your activities of support or put forward your case for funding.

Through our updated edition of Hidden Needs we hope to encourage more local philanthropists to work closely with the Foundation to provide more directed grant giving in order to channel funds to address urgent local needs. We also wish to shine a spotlight on fantastic local projects already tackling those needs.



**Rachel McGrath**

**Chief Executive, Northamptonshire Community Foundation**

# About Northamptonshire Community Foundation

**Northamptonshire Community Foundation has been at the forefront of funding small local charities and community groups to improve the wellbeing of our communities over the last 22 years working alongside a broad range of donors that feel passionate about making a positive difference to people's lives and our county. Northamptonshire Community Foundation is a unique charity which promotes and manages philanthropy.**

We are the leading independent grant-making charity in the county and we are proud to have worked with our fund holders and donors to ensure projects make a sustainable impact on local needs, helping our donors make the most of their charitable giving.

We deliver a variety of funding for the local voluntary and community sector awarding grants of over £2.5 million within the last year. We are dedicated to funding community-based action which improves the lives of our county's most disadvantaged people and communities. Child poverty, unemployment, homelessness, domestic violence and social isolation are just some of the issues we strive to tackle each year.

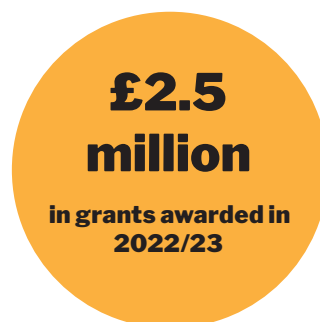
We are one of 48 Community Foundations across the UK which are playing a leading role in the development of community philanthropy and resources to build thriving communities.

With the help and support of our donors and partners we are able to help the communities where we live, work and play. This Foundation is for the county of Northamptonshire. All funding raised stays right here.

## A Permanent Community Resource

We believe that in order to meet long-term community needs, we need resources with longevity. Many of our funds are endowed which means that we invest donations and use the resulting investment returns to award grants to local charitable and voluntary organisations year-on-year. In this way, donations continue to make an impact forever. Alternatively, funds can be set up as 'flow through funds'. These funds are not invested and involve an annual donation which is spent within the year. Our emergency response funds (e.g. our Northamptonshire COVID-19 Response Fund) was set up in this way to allow us to address urgent need.

## As a snapshot of a year, Northamptonshire Community Foundation enabled donors to:



# Overview

Northamptonshire has experienced population growth higher than the national average, with the population growing an estimated 10.2% in the past decade (in comparison with 7.84% for England) (JSNA, 2020).

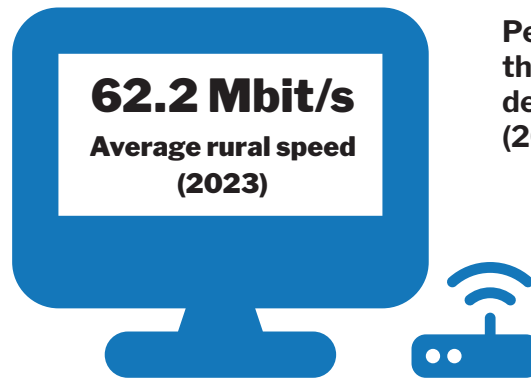
In 2019, Northamptonshire's population was estimated at 753,278 people (all ages) (ONS mid-year estimates), an increase of 0.76% from 2018 (747,622) and 8.86% from 2011 (691,952) (JSNA, 2020).

The unitary council split for Northamptonshire illustrates that a larger proportion of the population live in West Northamptonshire (405,050) than North Northamptonshire (348,228) (JSNA, 2020). Population growth creates pressure on local authorities to ensure priority needs are addressed at the right time. The following pages summarise eight themes identified in the assessment of the county's hidden needs.



# Access to services in rural areas

Access to services, travel and transport contribute to pressures on individuals in accessing services, especially individuals living in rural areas.



Percentage of premises that do not have access to decent download speeds (2023)

**0.71%**  
Urban

**3.11%**  
Rural

Residents living in rural areas have longer travel times (by public transport/walking and cycling) to:



**Supermarkets**



**General Practitioner**



**Hospital**



**Town Centre**

## Case Study: Burton Latimer Town Council

Burton Latimer Town Council were awarded funding to secure the future of the Burton Latimer Community Managed Library.

The grant has allowed them to continue to create a community hub in Burton Latimer. They have been able to work with groups providing mobility support (supporting independence) economic support, and emotional support. The grant has allowed them to focus on the needs of Burton Latimer residents

and enabled them to bring local community groups, organisations, and business together.

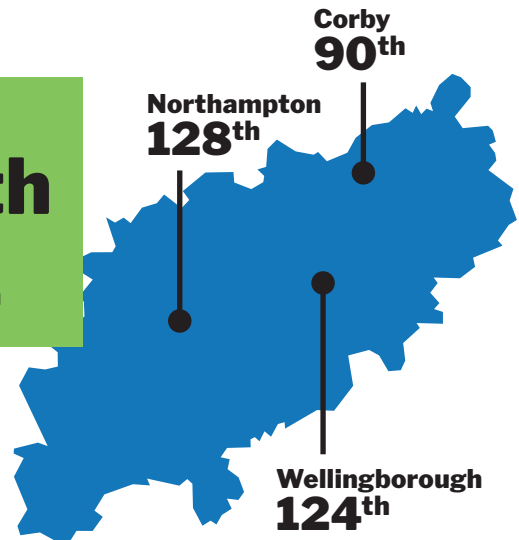
They have been able to increase their activity timetable recently starting a Ukulele group, extending their Singing For The Mind group and starting a new Rhymetime and Childminders session all requested by their members. Without this grant their community members would not have access to the extended services and support the library offers.

# Inequality and Deprivation

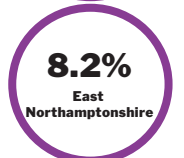
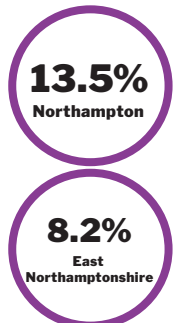
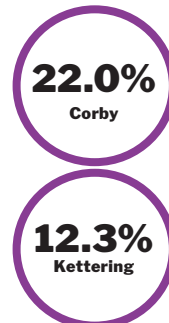
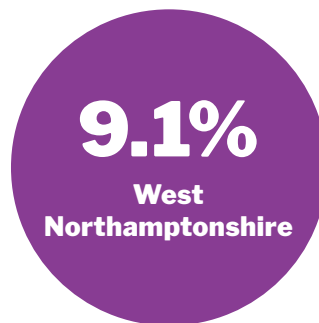
Approximately 127,000 people in Northamptonshire (around 16.9%) live in the 20% most deprived communities (IMD, 2019).

Highest levels of deprivation in the county.

- Corby**
- Northampton**
- Wellingborough**



Children living in low-income families (2020)



Food vulnerability (2020)



The food vulnerability index score shows vulnerability with higher figures illustrating more vulnerability



## Case Study: Northampton Town Football in the Community

Northampton Town Football in the Community is a sport for development charity, with a vision to create a healthy, happy and connected Northamptonshire using the power of sport.

They prioritise the most vulnerable in the community, including children, young people and adults who are living with disabilities, those who are socially isolated, or who are affected by deprivation.

The organisation received an award of £4,950 from the Cecil Pettit Legacy Fund to support their successful

Disability Holiday Course provision which provides regular physical activity sessions for children with a disability aged 5-13 during school holiday periods.

The project supported children and young people with a disability from across Northamptonshire and over the course of the year, they had 169 participants with many parents and carers noting an increased level of confidence and self-esteem in their child since attending and an increased amount of physical activity levels following on from completing a course.

## Case Study: United African Association

United African Association is an advice, support, advocate organisation for the African community in Northamptonshire.

Their activities include providing African food parcels, supporting the wider community, offering telephone befriending services, hosting ladies swimming sessions for beginners and improvers and other wellbeing events.

The organisation received a grant of £2,000 from the Family Food Aid Fund to provide food parcels to mainly African beneficiaries, who have encountered many difficulties due employment shortages and are unable to access benefits because of their immigration status.

With the help of the award, UAA were able to support 420 beneficiaries with access to food parcels, as well

as providing additional support such as acting as an advocate when further support is needed through Adult Social Services or Local Authorities.



# Health and Wellbeing



Most deprived areas for Health Deprivation and Disability (2019)



**Northamptonshire**

**Corby**

**Northampton Wellingborough**

Average life expectancy 2018-2020



**79.2 years**  
North  
Northamptonshire



**82.4 years**  
North  
Northamptonshire

**79.8 years**  
West  
Northamptonshire

**82.8 years**  
West  
Northamptonshire

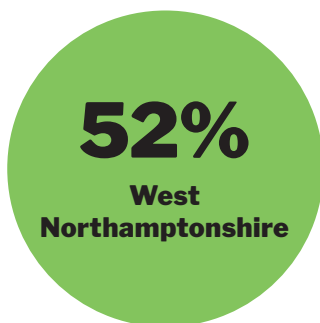
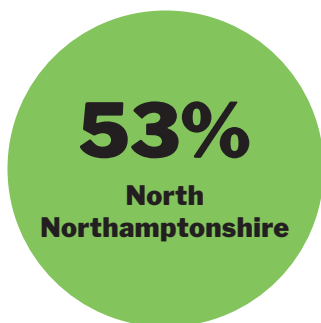
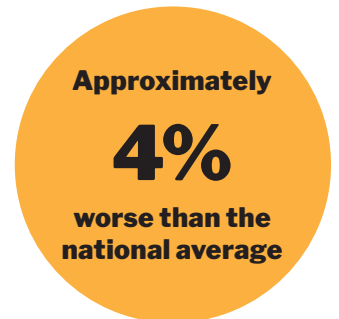
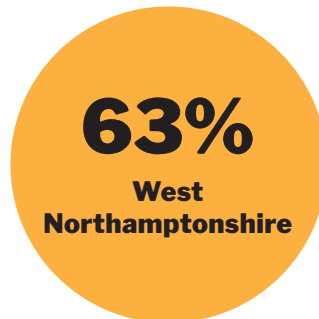
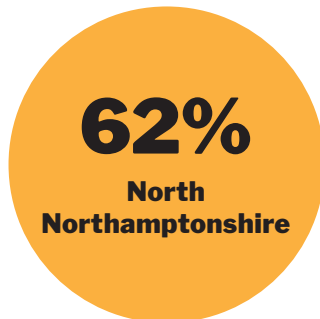


Proportion of adults who had weight issues in 2019-2020

North  
Northamptonshire  
(12.9%)

West  
Northamptonshire  
(9.4%)

Proportion of adults who were physical active in 2020-2021



**Healthy eating**

(adults eating '5-a-day', 2019-2020)

## Case Study: Friends of West Glebe Park

The Friends of West Glebe park are a voluntary body that are committed to the protection and development of the use of the open space for community use.

The group were funded £3,000 to put on an Active Communities Family Funday. The aim of the event was to provide 'come and try' sessions in a variety of sports and physical activities and promote wellbeing for the Corby Community. This event supported the community in signposting them to sports and activities sessions and health and wellbeing services available to them in the local area.

Many families had the chance to take part in activities together and try new things. The event brought many different cultures and communities together, all having a sense of pride in the town and their community.



### Smoking prevalence (2023)



**16.6%**

North  
Northamptonshire

**11.5%**

West  
Northamptonshire

**13.0%**

National  
Average

### Smoking prevalence was higher in people (18-64 years-old) working in routine and manual occupations in 2023

**29.1%**

North  
Northamptonshire

**27.1%**

West  
Northamptonshire

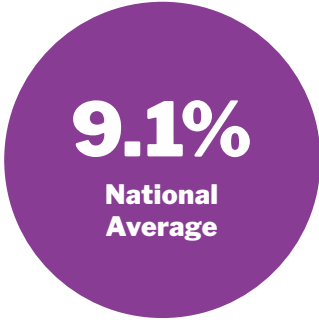
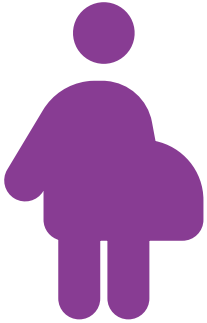
**24.5%**

National  
Average



# Health and Wellbeing

Smoking in pregnancy was higher than the average in England in 2021-2022



**Alcohol related hospital admissions per 100,000 population was higher in West Northamptonshire (467) than North Northamptonshire (431) in 2020-2021**

Hospital admission rates for alcohol-specific conditions in 2018/2019



Mental health needs in Northamptonshire, defined by The Small Area Mental Health Index Score, are higher in urban areas than rural areas (2023)



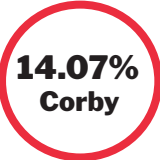
The prevalence of depression in Northamptonshire (2023)



**13.79%**  
Urban areas



**13.47%**  
Rural areas

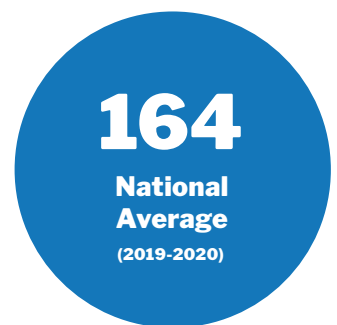


## Case Study: The Lowdown

The Lowdown is a mental health charity providing free and confidential support services to young people aged 11 and 25 living in Northamptonshire. They provide a caring, non-judgemental environment where young people are supported fully on their journey towards positive emotional health and wellbeing regardless of ethnicity, gender, religion, ability, sexuality, economic condition or perceived disadvantage.

The Lowdown were awarded £4,995 to fund one-to-one counselling support sessions for young adults aged 19-25 in Northampton and the surrounding areas.

Within the counselling sessions the clients explore and express their feelings and gain support, guidance, and coping strategies to build their confidence and empower them to make positive changes on their journey towards emotional health and wellbeing.

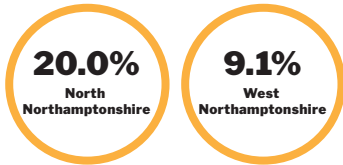


**Emergency hospital admissions for intentional self-harm (per 100,000) increased in all districts except East Northamptonshire (2023)**

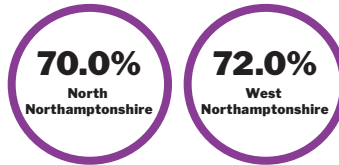
# Children – Impact and Challenges



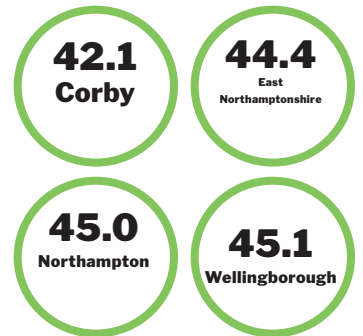
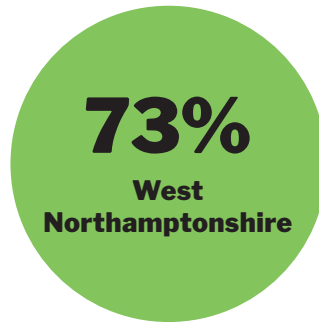
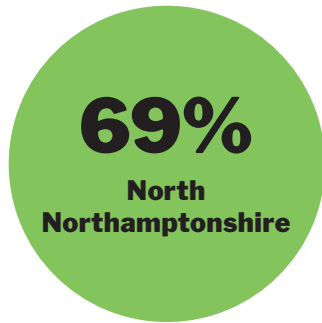
Children (aged under 16 years-old) living in low-income families (2020)



Children achieving a good level of development upon finishing reception (2020)

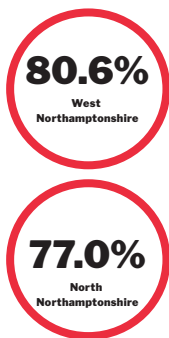


The percentage of children that achieved a standard pass (4) in England and Maths at GCSE in 2021

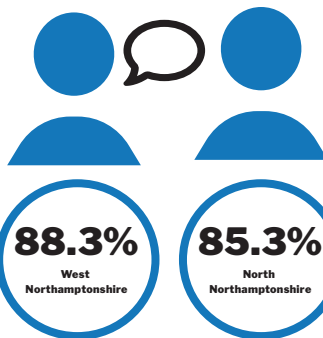


Average attainment scores in Northamptonshire are lower than the England average (46.9)

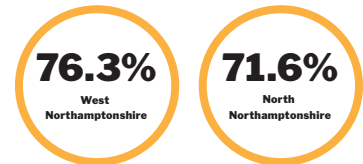
Children achieving a good level of development at 2 – 2.5 years in 2021-2022:



Children achieving the expected level in communication skills



Children achieving the expected level in personal social skills

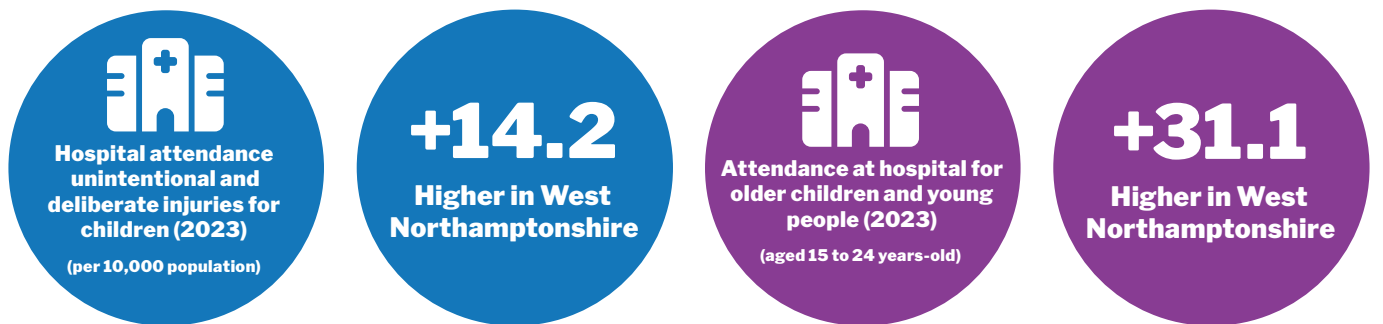
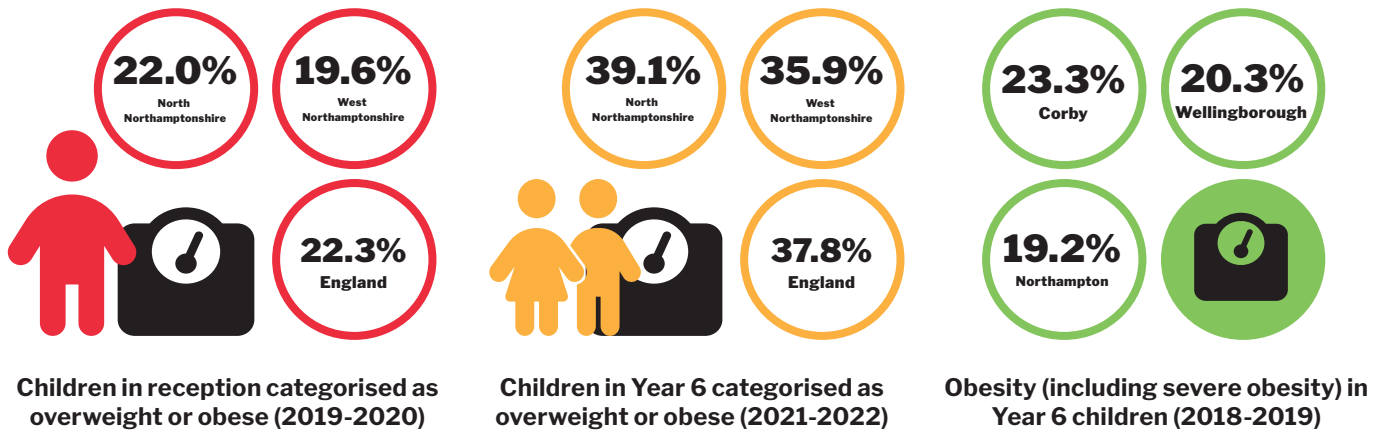


Children achieving the expected level in phonics at Year 1



# Children – Impact and Challenges

Obesity is a contributing risk factor in developing cancer, high blood pressure, type 2 diabetes and heart disease



# Children – Impact and Challenges

## Case Study: Community Court Yard

Community Court Yard is a not for profit social enterprise that delivers youth and community work which at its' core is based around grassroots community engagement with a focus on social education.

The group were awarded £5,000 to run an alternative education programme for young people not attending education to connect them back into education, utilising a blended learning approach that combined practical learning through gaming (discord / twitch to), cooking, crafting, storytelling with basic English and Maths skills.

The young people have challenged their own narrative about education and the role it plays in their lives. For families, this has meant they have been able to rebuild relationships with schools - as they are now communicating about learning plans rather than behaviour problems.



## Case Study: KidsAid

KidsAid is a local charity supporting children who have experienced trauma with creative therapies and wellbeing support. Their aim is to help young people to lead healthier and more fulfilling lives and to ensure early years' trauma does not manifest in later life.

The KidsAid Foundation were awarded £4,900 to fund Crisis support for children suffering from complex trauma. The sessions made a profound impact to the mental health and wellbeing of the parents they

worked with. Themes included improved resilience, relationships and mental health and wellbeing. Following their intervention, beneficiaries were able to regulate their emotions in a healthier way, communicate their difficulties and problem solve more effectively. Furthermore, difficulties such as sleeping problems and lack of engagement in school improved significantly following the children's interventions.



# Education, Skills and Training



Northamptonshire ranks in the 60th for Employment, Skills and Training Deprivation

Most deprived areas in Northamptonshire for employment deprivation

**10<sup>th</sup>**  
Corby

**58<sup>th</sup>**

Wellingborough

**80<sup>th</sup>**

Northampton

Employment deprivation in Northamptonshire (2019) is highest in:



**79<sup>th</sup>**  
Corby

**117<sup>th</sup>**

Wellingborough

**150<sup>th</sup>**

Northampton

**154<sup>th</sup>**

Kettering

**3.6%**

England average unemployment

Unemployment in Northamptonshire (2023)

**2.8%**

North  
Northamptonshire

**3.1%**

West  
Northamptonshire

Unemployment was highest in (October 2021-September 2022):

**3.8%**  
Kettering

**3.4%**  
Wellingborough

**3.6%**  
Corby

**3.0%**  
Northampton

District level data shows that benefits claims for the unemployed were highest in (2023):

**3.6%**

Corby

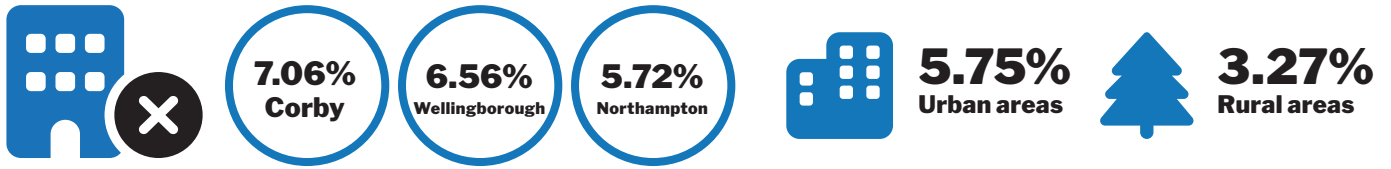
**3.0%**

Northampton

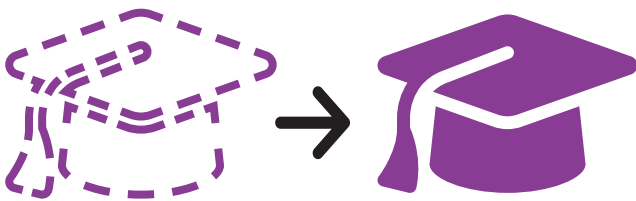


# Education, Skills and Training

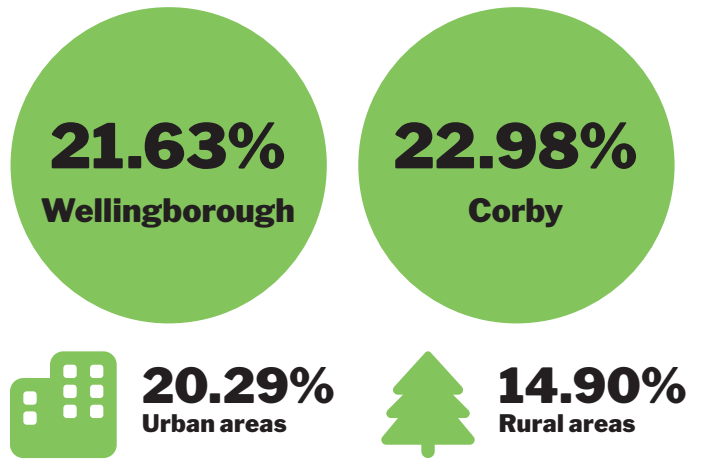
Youth unemployment (18–24-year-olds receiving JSA or Universal Credit) levels are highest in (2023):



Northamptonshire experienced a shift from people with no qualifications to people with level 4/5 qualifications and above. Despite changes, there remains a high number of residents in Northamptonshire who have no qualifications which creates challenges for securing employment.



Residents with no qualifications was highest in (2021):



## Case Study: The Good Loaf CIC

The Good Loaf CIC is an artisan bakery with a community cafe providing training and employment opportunities for vulnerable women in order to break the cycle of poverty, unemployment and/or offending.

The group were awarded £4,888.80 from the Social Enterprise Fund for Northamptonshire to deliver a work program which aimed to improve skills, confidence and employment options for vulnerable women.

The sessions included employability skills, goal setting, budgeting and reading & writing sessions. The 52 beneficiaries involved in the project improved their CV's and built confidence to be able to take on new challenges such as looking for work and attending interviews. From this project 20 participants went on to take up work or a volunteer placement/experience opportunity.

## Case Study: The Lab

The Lab aims to provide its' members with a mutually supportive community, hosting regular events and workshops alongside opportunities to socialise in a creative low-pressure environment with like-minded people.

The Lab provides opportunities for creative learning and expression to those who may not otherwise have access.

The group were awarded £2,999.20 from the Constance Travis Endowment Fund for Northamptonshire to host a fortnightly cross-generational skill swap sessions focusing on a range of themes including wellbeing, music & entertainment, food, environment, history and creative arts.

The events each had local volunteer experts sharing

their field of interest as either a short presentation, conversation starter or practical workshop. The project supported 86 participants with many noting the increase in practical skills as well as increase in knowledge.



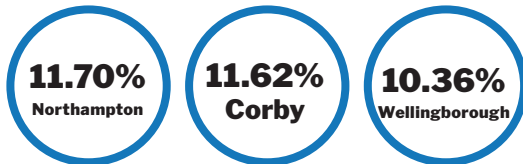
# Older People

Northamptonshire is one of the UK's fastest growing counties in England and Wales, with Northamptonshire seeing the **highest increase in population groups aged 50 years and over** (and those aged 10-19 years) (2020)

## Average age of residents (2020):



**Pensioner poverty, referring to pensioners living in households with an income of less than 60% of the median for the UK (2020):**



**13.7%**  
Urban areas



**8.2%**  
Rural areas

## Case Study: Serve Rushden

SERVE aims to promote independent living for the elderly and adults with disabilities in Northamptonshire and encourage them to remain in their own homes; and to promote health and wellbeing through a range of activities, exercise and advice on healthy eating.

SERVE were funded £2,850 through the Winter Wellbeing fund to upscale their Meal on Wheel's

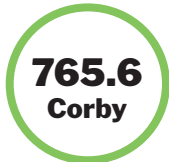
project (born out of the pandemic) to support more people struggling with the cost of living who are unable to leave their homes independently with hot and nutritious meals, and provide home advice on how to stay warm at home during the cold weather months and provide essential items such as blankets, microwaves and non perishable food items.

## Hospital admissions due to falls in people aged 65+ years

(per 100,000) (2020-2021)



Hospital admission for hip fractures for residents 65+ years (2023)



Dementia diagnosis in Northamptonshire has increased in all areas (with the exception of South Northamptonshire)(2023)



## Case Study: Dementia Sings Out

Dementia Sings Out is a non-profit-making venture to encourage people of all ages and abilities to meet on a weekly basis to sing uplifting and inspirational songs. It is open to anyone living with dementia, whether they are living independently or resident in local Care Homes.

These free choir sessions are held every Thursday morning for an hour of lively and interactive singing followed by refreshments and socialising amongst all the participants' carers and the Dementia Friends Wellingborough Community Gospel Choir members. Dementia Sings Out were awarded £3,000 through the Constance Travis Endowment fund

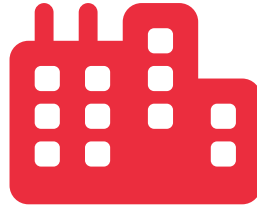
for Northamptonshire to enable them to continue providing support, through free weekly singing sessions, for people in the Wellingborough area living with dementia, and their carers.



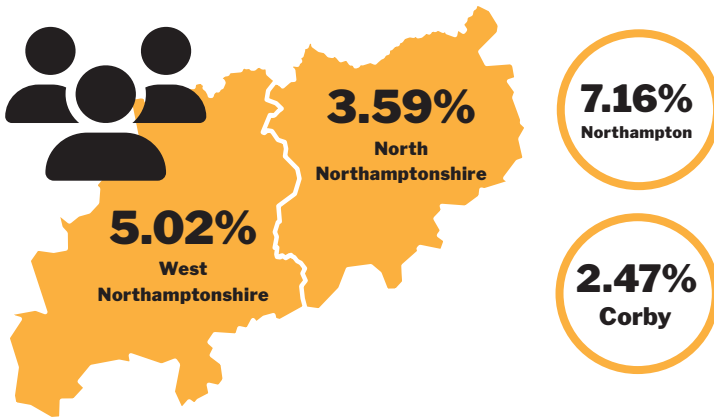
# Housing and Living Environment

Northamptonshire ranks **65th** for **Barriers to Housing and Services** and **116th** for **Living Environment** (2019)

## Most deprived areas for Barriers to Housing and Services (2019)



## Overcrowding in Northamptonshire (2021)



## Households owed a duty under the Homelessness Reduction Act (2021-2022)



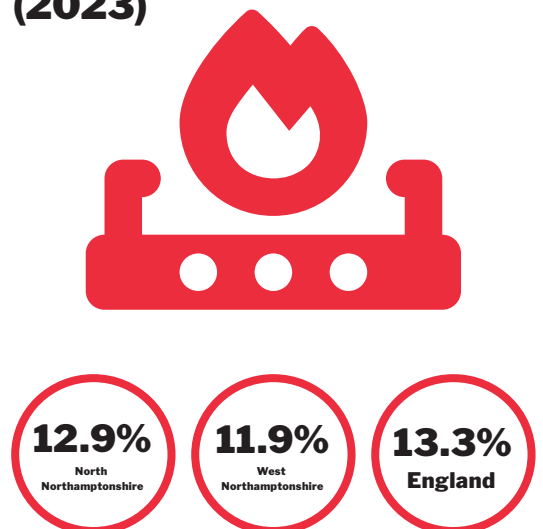
## Most deprived areas for Living Environment (2023)



## Levels of statutory homelessness (crude rate per 1,000 households) (2023)

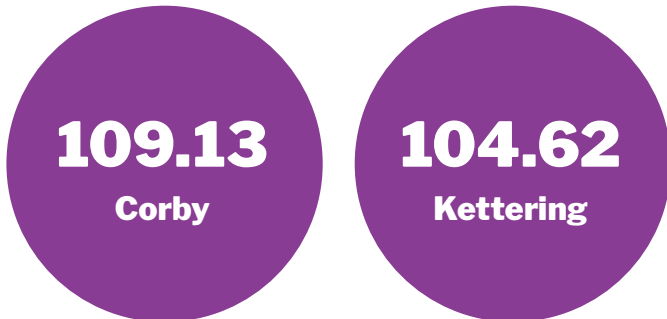


## Proportion of households experiencing fuel poverty (2023)



# Housing and Living Environment

Community Needs score was highest in (2023):



Civil Asset score was highest in (2023):



Connectedness score was highest in (2023):



Active and Engaged Community score was highest in (2023):



On all of the above, higher scores represent higher needs.

## Case Study: Northampton Hope Centre

Northampton Hope Centre is a charity aiming to support those who are homeless, hungry or living in hardship. Hope's support stretches from crisis support for the homeless through their hand up service to long term sustainable food support.

The charity was awarded £6,000 from the Constance Travis Endowment Fund to support their on-going hand up service offering food, clothing, welfare packs, shelter, showers, advice and support to those who are homeless.

The service includes drop-in sessions, mental health

support, opportunities to socialise, as well as practical support such as getting a haircut.

The service is open from Monday to Saturday, providing a vital lifeline to those in crisis as well as support to achieving longer term goals of tenancy sustainment, reduction in addictive behaviours, improvement in mental health.

# Housing and Living Environment

## Case Study: The Daylight Centre

The Daylight Centre is a local charity working to prevent and alleviate homelessness, poverty and social isolation across Wellingborough and the surrounding areas.

The group were funded £3,000 to support their Community Centre activities which provided socially excluded individuals with a space where they can access a range of practical support and advisory services for the issues they face and relieving food poverty through their Foodbank and the provision of either free or low-cost meals for those in critical need.

They delivered services that prevented escalation of need, developed resilience, and promoted independence. In the reporting period they offered varying levels of wrap around support which included practical interventions, including self-care activities, person centred support sessions, volunteering opportunities and a variety of activities to improve





The Crime domain measures the risk of personal and material victimisation in Northamptonshire:

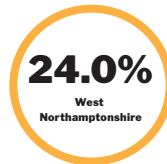
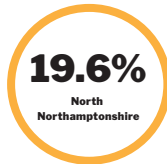


**Most deprived areas for Crime Deprivation (2019):**



Northamptonshire ranked among the **top 20 most dangerous counties**, with an overall crime rate of 85 crimes per 1,000 in 2022 in comparison with 83.77 crime per 1,000 people in England

**The percentage of offenders who re-offend (2023):**



**Average number of re-offences (per re-offender) (2023):**

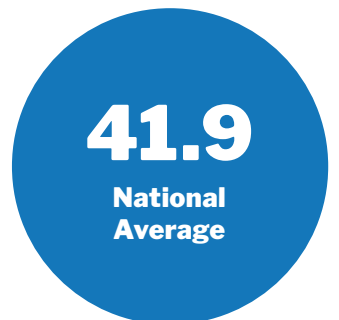
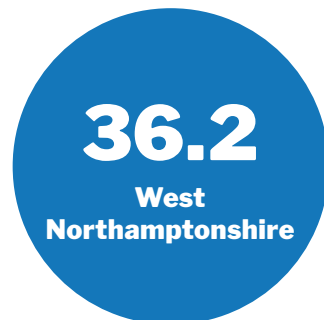


Violent crime in Northamptonshire, particularly violent crime involving children and young people, has received significant attention in 2023,

**Number of violent offences (per 1,000 population) (2021-222):**



**The number of sexual offences (per re-offender) (2021-2022):**



## Case Study: C2C Social Action

C2C Social Action is an offender rehabilitation charity working to create a safer, stronger Northamptonshire. The main aim of the organisation is to offer help and support to individuals and families of individuals who are involved in the criminal justice system, or who are at risk of being involved.

Through one-to-one support addressing the pathways to reduce reoffending, and projects such as C2C Grows and their walking wellbeing group, they aim to help these individuals restore their lives, find hope for the future, and positively contribute to the communities they live in.

C2C Social Action were funded £5,000 through the High Sheriff Initiative Fund, to run a wellbeing course,

to empower young people in Kettering and divert young people from crime – both those who are already involved in the criminal justice system and those at risk of being involved.



## Case Study: Springs Family Centre

Spings Family is situated in Spring Boroughs and has created a street level centre at the heart of the neighbourhood.

They have two large youth clubs, a Jobsclub for all, a project for young people getting into work, a music recording studio, a cooking course for young people, a hub open four afternoons a week for people to come in and chat and make friends, 1:1 work and much more.

They were awarded £5,000 through the High Sheriff's Initiative Fund to provide a more intensive support to individuals within their youth work and employ a youth worker with lived experience of the challenges their young people face.

Their youth work includes Junior Hub for 8-10 year olds – set up because of anti-social behaviour on the estate, Spring Boroughs Youth Hub for 11-25 year olds, detached outreach work, football in the park, basketball practice, music recording studio sessions.

They showcase how small-scale interventions can make a real difference to reducing knife crime and youth violence.

**Northamptonshire is a fast-growing county situated in the heart of England. The mix of urban and rural areas within Northamptonshire highlights a mix of competing and emerging needs for local areas and communities.**

Through the Hidden Needs Report what emerges is several key priority and very urgent needs within Northamptonshire. There is serious deprivation to be addressed in specific areas of the county as Northamptonshire has some of England's most deprived neighbourhoods in terms of education and skills, income and employment, health, crime and housing. The barriers to accessing services combined with the priority needs highlighted in this report only widen inequality and poverty within our communities and negatively impact the social and economic wellbeing of future generations.

Northamptonshire Community Foundation believes that community based solutions delivered by local charitable groups and voluntary organisations are a key element to tackling some of the priority needs of the county head on. Indeed a properly resourced civil society is responsive and creative to the needs of communities on the ground and some example solutions have been highlighted in this report. We also believe that philanthropy plays a key role in supporting groups and organisations to be properly resourced to improve the wellbeing and lives of people in Northamptonshire. As a Community Foundation we manage a range of funds on behalf of a diverse number of donors

If you are surprised or concerned by the findings of this report and want to make a difference in Northamptonshire, we are a great place to start and wish to hear from you.

Whether you are an individual, company, trust or local authority, we can provide community solutions to

your local charitable giving and in turn you will help us tackle some of the most pressing needs for our county. We will also help you make a lasting impact through helping us tackle these needs together and build a better future for all.

## **Start today to help make a difference through Northamptonshire Community Foundation.**

We are a local organisation with deep roots in the community.

Our staff, patrons, trustees and grants panel members have broad knowledge of community issues and needs and we have unrivalled knowledge of the charity and community sector in Northamptonshire

As a community leader we bring together ideas and resources to create positive, lasting change. We provide personalised options, tailored to meet your individual charitable and financial goals.

We offer various ways for you to give, so that you can support the causes you care about and can partner with Professional Advisors to create planned approaches to charitable giving.

We handle all administrative tasks making it easy for you to give and offer you all the tax advantages of giving to charity.

We help you create a personal legacy for lasting impact, while our endowment model means your gift keeps giving forever.

Talk to us about how you can make a difference, today:

**Tel:** 01604 230033

**Email:** [enquiries@ncf.uk.com](mailto:enquiries@ncf.uk.com)



Northamptonshire  
Community Foundation  
Giving back to our county

View more about our work at [www.ncf.uk.com](http://www.ncf.uk.com)