



Netball Development Trust Impact Report



Netball Development Trust

www.netballtrust.co.uk



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Who we are.

We are a UK-registered charity (CIO 1210225) with a mission as bold as it is simple: to use the power of netball to transform the lives of girls through play, leadership, and health education. For the last 14 years, we have been delivering grassroots netball and health programmes in underserved communities across Uganda, Kenya, and Ghana. We design every project with the communities we serve, using their local knowledge, culture, and data to guide our work.

What sets us apart is that our work extends beyond sport; we integrate locally relevant health education into every session.

Girls do not just learn how to pass and shoot; they learn how to lead, to communicate, and to stay healthy. They learn about menstruation, consent, gender equality, and more: topics often steeped in stigma or silence.

In Uganda, 50% of girls miss up to three days of school per month due to menstruation, often because of shame, misinformation, or lack of sanitary products. In Kenya, similar stories echo across rural communities. Girls describe their periods using words like *fear*, *shame*, *distraction* and *confusion*; barriers that often lead them to leave school or stop playing sport entirely.

Netball is a great method to teach about health, as it creates a team environment, gives young women a reason to be together that is fun, is a safe space and build relationships with role model, local coaches.

Sharing our story.

When putting together this report, we set out to find the best way to demonstrate our impact. At first, we thought we needed an in-depth, data-driven report to showcase our achievements. But on reflection, we realised our true impact is best told through the voices and actions of our coaches and leaders — the heart and soul of our work — and through the children and communities whose lives they touch every day.

Much of this impact is captured on our Facebook pages, where our teams proudly share their successes in real time. We invite you to [take a look](#).

What follows is a snapshot of the stories, programmes and milestones we are most proud of from the past two years.



The numbers.

- Over **14** years our teams:
 - have worked with **26,300+** children
 - actively involve **60+** primary schools
 - work with **115+** local volunteer coaches regularly learning and upskilling themselves; all to help our children live better lives.
 - have benefited **48** girls in Kenya from high school scholarships because of their netball ability, signposted to schools via our teams.
 - have welcomed **100+** international volunteers who have travelled to our programmes to support the local teams' development, making friends for life.

How we collect this:

Our teams don't have advanced technology in the field, so we're relying on pen, paper and non-smart 'phones. For each of our paid projects we (UK team) ask the teams for monitoring and evaluation and impact measurement, however they can do that. This is always locally led evaluation and often asking anonymised responses to survey questions at the start, mid-point and end of a project to the same children, to show learning. They'll also document numbers of children, volunteers and will have team meetings at the end of projects to share learning and improvements they'd want to make.



We plan to make improvements to our M&E, standardising forms and building on best practice as we continue to develop.

Our why.

Our local teams explain:

Kenya

Research has shown that 4/10 girls in Bungoma County have had the challenge of teenage pregnancy before they are 18 years old. Teacher Agnes Alai reminds us that teenage pregnancy is a big challenge for her girls.

<https://www.facebook.com/reel/1600027353738717>



Madame Florence Murunga (headteacher) reminds us how important sexual health education and netball is to her school. <https://www.facebook.com/reel/1664375651172749>

One of our scholarship students reflects: *"NDT sessions have taught me to believe in myself and have given me the courage to say no to boys' pressure to fall in love with them because that can destroy my future."*

Uganda

This powerful summary of our menstrual health programme in Budondo (Uganda) explains the need for our activities. <https://www.facebook.com/share/v/174zHCM87y/>

One of the boys' shares what he has learnt and how he feels about his fellow girls going through menstruation. <https://www.facebook.com/share/v/1C6vSAgTCP/>

Ghana

We spoke teachers from 42 schools in Labadi district.

- 67% think girls sometime miss school during their menstrual cycle
- Only 36% of teachers are discussing sexual health education at least once a month.
- 90% of teachers believe encouraging students to play sports can have a positive impact on their grades and attendance at school.

Recent successes.



(Our Trustee Board and Director)

- Kenyan volunteers Hellen Sinoya and Mirriam Wamani were part of the Kenyan national netball team in December 2024. They learned their netball on our fields.
- We employed our first employee (Julie Smith) in June 2025. This is a massive step forward in increasing impact and reach. Julie brings a range of skills and passion and we're super excited.
- Both our Ghana and Kenya teams have created curriculum of the health education and activities that work for them.
- Caleb Olita, a coach and volunteer, became a qualified and approved umpire in the Kenya Netball Federation (KNF) National League thanks to his experience on our programmes.
- Our incredible Ghana netball queens had a whirlwind month with 3 tournaments in 3 weeks across 3 different regions of Ghana (2 tournament victories, a 2nd place finish in the third, with 'best player' and 'top goal scorer' awards at each competition!
- We opened the Kenya office as a safe space for our teams to get together, host meetings and plan future programmes. The goal is to expand this space to include a netball court, so the girls have their own safe space too.

The formal stuff.

(why we need vital funding).

All our funded programmes are evaluated locally by our teams, and we would be happy to share these full reports with you. Here are two snippets:

Waterloo Foundation funding – Kenya

Working with 30 young people from 7 schools (210), our team of volunteers led weekly sessions in each school, delivering netball and holding conversations around teenage pregnancy. Data was taken from 70 of the young people who benefitted.



Major headlines:

- Responders were age 9-19, with 77% being female.
- 16% had been pregnant.
- More than half had had a sexual experience under 13 years old.
- 66% knew someone who had dropped out of school due to teenage pregnancy.
- 7% think being pregnant is a curse from God (not due to unprotected sex)
- 26% will not freely discuss teenage pregnancy at home (shame, taboo, fear)

This data, as well as locally sourced insight,(<https://www.kenyanews.go.ke/concern-raised-over-gbv-teenage-pregnancies-and-hiv-in-bungoma/>) reinforces why education is the key here. Netball allows the relationships to build between coach and child, allowing the education element to then be easier to deliver.

‘Kyabulido’ menstrual health programme

60 primary students aged 11-13 in rural Uganda.

One question the young people were asked was to ‘name one cultural practice or tradition related to menstruation within their community.’ They wrote the thing they think they can’t do when they’re on their periods:

Cultural Practices	Frequency
No playing netball	23 (38%)

No caring for babies	14 (23%)
No cooking	9 (15%)
No digging	7 (12%)
No swimming	5 (8%)
No praying as a Muslim	1 (2%)
No riding bicycle	1 (2%)
Grand Total	60

This data reflects a spectrum of cultural practices that are present within the community and the need for more conversations around 'norms' in menstrual health, as they CAN play netball on their periods.

Christmas holiday programme (Kenya)

This holiday programme was implemented across five rural communities. The team worked with 500 children educating them on teenage pregnancy while developing their netball skills.

In the final report, a few details stood out:

Q1 - Do you know what causes pregnancy? – figures went from 58% knowing the correct answer to 98% knowing, after training.

Q2 - Is it risky to be pregnant as a teenager? - 73% to 96% knowing the answer, after training.

“The evaluation indicates that the training significantly improved knowledge and shifted participants' perceptions towards more informed, empathetic, and empowered views. The participants showed better understanding of both biological aspects and social consequences of teenage pregnancy.”

Lives are changed.

Our teams are brilliant at capturing stories in the field and sharing them online. Here are a sample of lives changed by NDT.

- **Coach and leader (Uganda)** Calvin <https://www.facebook.com/share/v/19idqjHVC2/>
- **Mentor (Kenya)** Leilah Akisa, a form three student 2024, talking about our NDT holiday programme and her learning as a facilitator in netball and teenage pregnancy education. <https://www.facebook.com/share/v/1Coqi5Ztk3/>
- **Player (Ghana)** Vanessa - <https://www.facebook.com/reel/776251361518400>

- **Coach and player (Kenya)** Waswa <https://www.facebook.com/share/v/1FKtZi6NKx/>
- **Coach and scholarship student (Kenya)** Kellan - She's one of our graduate scholarship girls in Kenya who is now supporting youngsters as a senior volunteer on the programme. <https://www.facebook.com/share/v/17mxCXyi13/>
- **Coach (Uganda)** Edison - <https://www.facebook.com/share/v/1BFArxZ8qj/>
- **Parents (Ghana)** <https://www.facebook.com/share/r/1CqJQ11KAn/>

Strategy 2026-29.

We will launch our 2026-2028 Strategy early in 2026. In this we will look to develop:

- Funding diversification – a broad range of income from grants, corporate sponsors, partnerships and online giving.
- More regular programmes – more chances through the year to bring our girls together for learning and fun
- New geographical reach – expand our programmes into new areas, sharing our learning with partners in new places
- New cohorts – more girls benefiting from our programmes, learning about their health and gaining confidence
- Leadership – more coaches gaining qualifications, learning new skills and developing their leadership; in the hope to help the gain employment.

Conclusion.

We are so proud of how much we have achieved as a volunteer-run charity for 14 years. This year saw our first employee begin their career with us and we opened our first safe space, in Kenya.

We also continued the grassroots work we have always done. We let children play netball, helping boys see how formidable girls are and helping everyone understand female health, so that girls can flourish in their communities.

We know that we have changed lives through netball and health education. We see that opportunities come from what we offer (scholarships, employment, joy, learning) and we are excited for the next chapter.

As we look to the next strategic period for NDT (2026-28) we will learn new ways of capturing impact and work closer with our teams to show off the incredible life-enhancing work they do.

- **£5,000** funds a six-month menstrual health and netball project, empowering 300 girls with knowledge about their bodies and boys with empathy and respect. This project is locally led and easily replicable across all our communities.
- **£7,500** (match funded) builds and sustains our new netball centre in Bungoma County, Kenya: a permanent hub for girls to play, learn, talk and thrive.
- **£30,000** allows us to keep employing our Director to support the programmes, scale learning, deepen our monitoring and evaluation and expand our reach.

