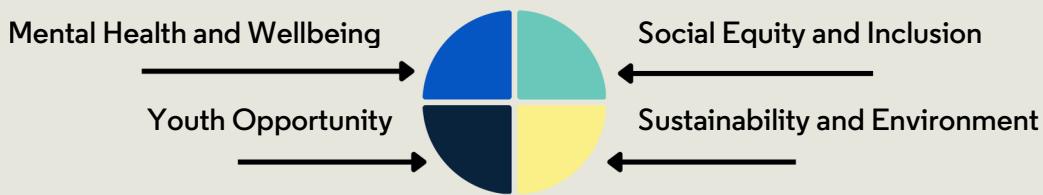


Rising Stars

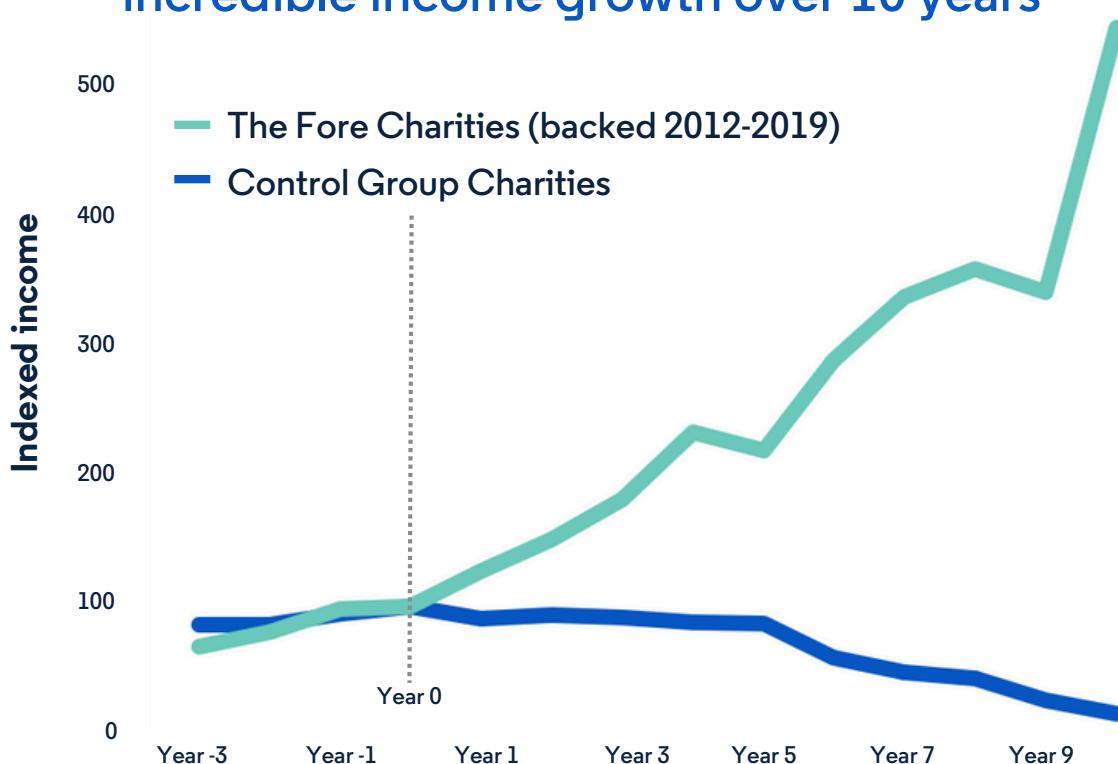
Autumn 2025

The Fore is creating a society that solves its own problems. We're the only venture philanthropy fund in the UK dedicated to backing the best small charities. Our goal is for exceptional solutions to get from grassroots to nationwide impact in five years.

This Autumn, we ran our national funding round. Twelve more exceptional charities and social enterprises, from Dumfries to Sussex, will receive unrestricted funding, introductions to our networks and access to our training and support. They are the Rising Stars of the sector.



Charities #BackedByTheFore show incredible income growth over 10 years



Further detail on our benchmarking study can be found [here](#).

If you have skills or resources to share please get in touch at
partnerships@thefore.org.



Darkside Rising

Darkside Rising (DR) are opening up health and fitness to women who have traditionally been left out.

Many women are excluded from fitness because most entry level fitness training doesn't equip instructors to work safely with women going through major life transitions or living with long-term health conditions. DR offer specialist physical activity programmes for women experiencing menopause, neurological issues, postnatal recovery and other health needs. They also deliver industry-recognised training for fitness professionals, but high demand and limited capacity keep them from offering more.

Our backing will help DR launch courses that help fitness instructors support women with a wider range of health needs. This will build a sustainable operating model, and enable more women around the UK to access physical activity in ways that genuinely meet their needs.

darksiderising.co.uk

@darkside.rising

£45,000 awarded



stem4

stem4 are transforming young people's mental health through accessible, NHS approved digital tools.

One in four young adults have a mental health disorder and over 270,000 children are on NHS waiting lists. stem4 have developed apps that provide immediate support. 93% of users of their Clear Fear app report reduced anxiety. Clear Fear is an individual-use app, but stem4 have developed Clear Fear for Schools (CFS) – a programme incorporating psychoeducation and resources to reduce anxiety across entire schools, rather than one pupil at a time. To take CFS nationally, they need to run a 12-month pilot to demonstrate impact, but they lack the resources.

stem4 will use our funding to run the pilot. With the proof of concept, they'll be able to scale CFS nationally and move from an organisation dependent on grants to one with a confident, earned-income model.

stem4.org.uk
@stem4org
£40,000 awarded



Disability Sports Coach

Disability Sports Coach (DSC) make sports and physical activity accessible to people with disabilities.

A lack of coaches who know how to make sports more accessible creates a barrier to participation. It's no surprise that people with disabilities are twice as likely to be physically inactive, increasing risks of isolation and poorer wellbeing. DSC address this through community clubs and training courses that teach schools and community organisations to adapt activities so everyone can be included. They have a proven formula, with 93% of those they support feeling happier, but demand is surging and they are having to turn down opportunities.

DSC will use their grant to hire a Community Coach, allowing them to build strong partnerships and increase income, helping them to plan for the future and grow.

disabilitysportscoach.org.uk
@disability_sports_coach
£45,000 awarded



Feeding Futures

Feeding Futures (FF) help local communities in Kenya set up school meal programmes that last.

In rural Kenya, many children attend school hungry because their families can't afford to feed them. This affects concentration and prevents children reaching their full academic potential. FF provide meals to partner schools for one year before phasing out their support. They teach parents business skills and sustainable agricultural methods, and help schools establish farms to supply their kitchens, so the programmes continue long after FF are gone and children continue to receive nutritious meals that improve their life chances. They have a strategy for growth, but don't have the people to deliver it.

FF will use our funding to recruit a Fundraising and Communications Manager, who will help secure the financial support needed to scale operations and take their model beyond Kenya.

feedingfutures.org
@feeding_futures
£45,000 awarded



Metal For Good

Metal For Good (MFG) bring the rock and metal community together to fund music projects that change lives.

MFG support projects that use music to improve mental health, boost confidence in young people and amplify underrepresented voices. They've funded 16 initiatives through grant-making, including Gig Buddies, which pairs adults with disabilities with gig-goers so they can enjoy live music together. But as a volunteer-led organisation, MFG struggle to capitalise on strong partnership opportunities that could propel growth.

Our grant will fund the CEO's salary, helping them secure new partnerships, attract high-profile ambassadors and donors, and fund more life-changing music projects nationwide.

metalforgood.org
@metalforgood
£45,000 awarded



Dementia Information & Support Courses CIC

Dementia Information & Support Courses (DISC) support unpaid carers of people with dementia in East Sussex, from the first signs before diagnosis to after their caring role ends.

One in three people will care for a person with dementia. With people waiting years for a diagnosis and the loss of council dementia services, DISC plug the gap. They help 1,500+ carers through support groups, one-to-one advice, and practical carer training. Their workplace training helps employers recognise early dementia symptoms and keep staff in work for longer, but they can't keep up with the demand for it.

With our grant, DISC will launch a training department that can meet this demand and generate income. In turn, they will support an additional 500 carers each year, cementing their role as the county's leading dementia-carer service.

discdementiasupport.org
@dementiasupportdisc
£45,000 awarded





DFY Sports Limited

DFY Sports Limited (DFY) use sport to level the playing field for young people in Brent growing up without access to the opportunities that give others a head start in life.

Almost 50% of children in Brent grow up with limited access to sport, and many don't have sporting role models. Working with 2,000+ children weekly, DFY partner with schools, run summer camps and sports academies, and connect young people with role models, including Olympians, who coach and build their confidence. With 85% of parents noticing increased confidence, it works. DFY have opportunities to expand into other parts of London, grow their academies and launch a mentorship programme for particularly vulnerable children, but they don't have the time to get these off the ground.

Our grant will give them the capacity to do this and to build the partnerships needed to continue growing.

dfy.org.uk
[@dfysports](https://twitter.com/dfysports)
£45,000 awarded



Next Chapter Scotland

Next Chapter Scotland (NCS) support people across Scotland to move forward after being affected by the criminal justice system (CJS).

More than 1 in 10 people in Scotland have a criminal record and stigma makes finding work almost impossible, yet unemployment is a key factor in reoffending. NCS tackle this through peer groups and one to one support and by improving how society and services treat people with experience of the CJS. They've designed a new service that connects highly skilled people who've been affected by the CJS with potential employers, but they lack the resources to bring it to life.

NCS plan to use our funding to launch this service, boost their income and accelerate their work with the Scottish Government and other agencies to destigmatise people affected by the justice system.

nextchapterscotland.org.uk
[@nextchapterscotland](https://twitter.com/nextchapterscot)
£45,000 awarded



DataKind UK

DataKind UK help charities use their data to deliver better services and demonstrate impact.

More than half of UK charities need support to make sense of data but lack the funding and skills. DataKind fill this gap by providing free support through a network of volunteers so charities can better support people, work smarter, and make a stronger case for funding. They've already supported nearly 300 organisations. Demand has surged, with waiting lists growing, and volunteers can't be onboarded or matched quickly enough.

DataKind plan to use the funding to recruit a Team Coordinator and increase CEO capacity, allowing them to implement a more agile delivery model, while developing new income streams and securing more partnerships. This will help DataKind to make real progress towards closing the Third Sector data gap.

datakind.org.uk
[@datakinduk](https://twitter.com/datakinduk)
£44,368 awarded



Embracing Arts

Embracing Arts (EA) bring the magic of theatre to children with serious health or additional learning needs.

Seriously ill children and those with additional learning needs are often cut out of theatrical experiences because spaces rarely meet their needs. EA are changing this by staging accessible Christmas shows, parties and workshops in familiar places like classrooms and hospitals. 99% of surveyed audiences said it boosted their child's wellbeing. EA also equip teachers with the tools to make classrooms and performances work for every child. They want to continue widening their offer, but don't have the resource to realise this ambition.

EA will use our funding to create space to focus on longer-term strategy, expanding their income-generating CPD service for teachers, and growing digital content so more children can enjoy what they offer year-round.

embracingarts.org.uk
@artsembracing
£44,302 awarded



The Pachamama Project

The Pachamama Project (TPP) are on a mission to make sure no one is held back by their periods.

Around the world, people who menstruate miss out on education and opportunities because of period poverty. Founder Ella Lambert was inspired to tackle this, having missed days of education due to severe period pain. She started making reusable pads while at university for people unable to afford products. Now TPP have 2,500+ volunteers worldwide and have supported over 20,000 people in 12 countries. Alongside pads, they run workshops covering reproductive health and how to manage periods safely and confidently. They have ambitions to scale but don't have the staff to realise this.

With our funding, TPP plan to expand their team to diversify income to fuel the doubling of their impact in just three years.

thepachamamaproject.org
@thepachaproject
£45,000 awarded



Men Who Talk

Men Who Talk (MWT) create online spaces for men to talk so they don't have to face mental health challenges alone.

1 in 8 men in the UK face mental health challenges, and 40% don't feel comfortable seeking help due to stigma and conventional services not feeling made for them. MWT's concept is simple: it isn't therapy and it isn't counselling. It is just men talking openly with other men who get it. Because of this, they reach men that the NHS can't. They've run 124 groups and supported 500+ people, but as a small team, they're stretched and spending most of their time on the day-to-day.

Our grant will give them capacity to focus on financial sustainability, reaching more men and playing a stronger role in shaping how the UK addresses men's mental health.

menwhotalk.org
@men_who_talk
£45,000 awarded

