

HRH THE PRINCESS ROYAL VISITS MFC FOUNDATION

HRH The Princess Royal visited MFC Foundation to witness some of the charities life-changing programmes at the Riverside Stadium.

As part of HRH's visit to Teesside, The Princess arrived at the Willie Maddren Education Centre in the stadium's East Stand and was greeted by the Foundation's Chair of Trustees, Ray Mallon, Head of Foundation, Helena Bowman, Chair of Middlesbrough Council, Cllr Stephen Bloundele and Member of Parliament for Middlesbrough, Andy McDonald MP.

The Princess Royal began her tour of the Foundation by watching pupils from Northallerton School taking part in activities which encourage young people to engage in social action within their local community.

The students completed a number of activities centring on personal and community profiling, combatting anti-social behaviour, and what it means to be a good and active citizen. From the classroom to the pitch, the tour continued outside to the Riverside Stadium turf, where coaches on the Stepping Up transition programme delivered an educational PE lesson using numeracy and literacy to Year 7 pupils from Foundation partner school, Unity City Academy.

Stepping Up is a unique programme to MFC Foundation which aims to provide a positive catalyst to better prepare children stepping up from primary to secondary school. The programme is funded by the Premier League, English Football League Trust (EFLT), Professional Footballers'



Association (PFA), as well as both Middlesbrough and Redcar & Cleveland Borough Councils.

The main objectives are to prepare children for the social and emotional aspects of transition through a programme that uses the inspirational draw of a professional football club. Her Royal Highness' visit was completed by greeting local business men and women who are supporters of the Foundation, as well as members of the charities' board and workforce.

Helena Bowman said: "I am delighted to welcome Her Royal Highness to MFC Foundation. It is a wonderful occasion to showcase some of the fantastic work we do in the local community of Teesside, which benefits both children and adults in

many of the deprived wards of the region. I hope that the Princess Royal enjoyed her visit to Teesside and MFC Foundation."

Over the past 22 years, MFC Foundation has reinvested more than £25 million in the local community, and engaged with more than 500,000 people on Teesside. Together, they strive to inspire hope, and inspire confidence.



FOUNDATION SHINE AT NORTH EAST CHARITY AWARDS



MFC Foundation enjoyed great success at the North East Charity Awards in October, winning one award and being highly commended in another category.

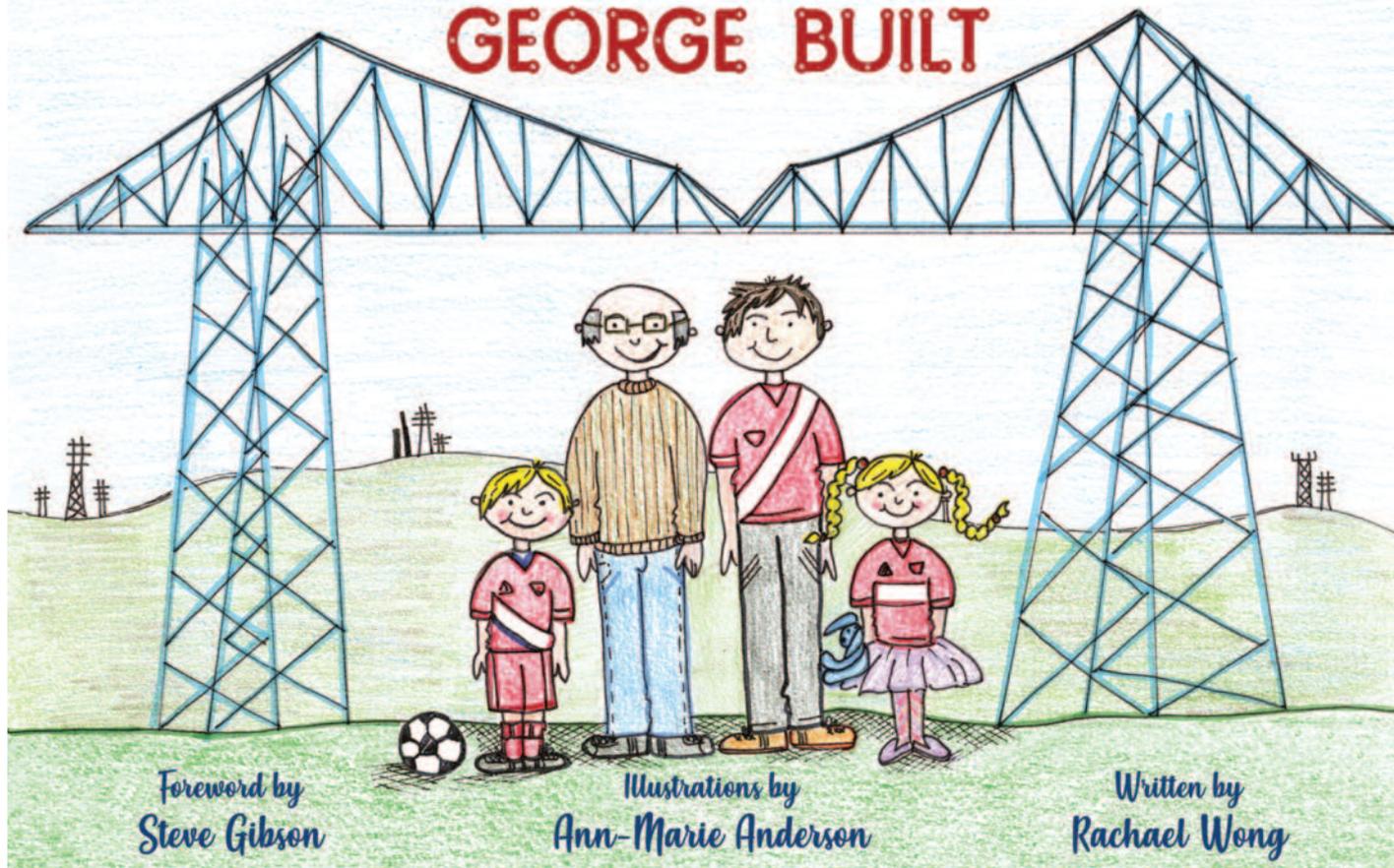
The Awards are designed to recognise the hard work and innovative thinking by local charities and individual fundraisers, whilst also celebrating the local businesses and employees who help to support the work of charities.

Hosted by The Journal and The Gazette newspapers, the fourth annual awards

night was held at Hardwick Hall in Sedgfield.

MFC Foundation was nominated for two awards, the 'Uniquely North East' award, and 'North East Charity of the Year'. Despite narrowly missing out to St. Oswald's Hospice in the latter, together with Newcastle United Foundation and Foundation of Light, we were successful in the 'Uniquely North East' category, winning the award for our joint work together in our local communities.

THE BRIDGE THAT GEORGE BUILT



FOUNDATION ANNOUNCE BRAND NEW CHILDREN'S BOOK 'THE BRIDGE THAT GEORGE BUILT'

MFC Foundation is delighted to announce that we have launched a children's book, 'The Bridge That George Built', which hit the shelves at the MFC retail store on Tuesday October 23rd.



Written by local author Rachael Wong, and illustrated by Ann-Marie Anderson, the book follows the story of a young boy called George and his grumpy Grandad, who share one same passion, Middlesbrough FC.

Not only does the book encourage inter-generational links with nods to Boro greats such as Wilf Mannion and Brian

Clough, it also looks to instil a sense of pride in children about the history of Teesside. Look out for sister Leila's little blue rabbit, Hercules, which is named after the famous Gladstone quote about the 'Infant Hercules'.

The book is also being used as an educational tool to encourage Dad's to spend more time reading to their children, with the book expected to be as much fun for parents as it will be for the children! With the foreword written by Chairman Steve Gibson, and supported by a quote from George Friend, 'The Bridge That George Built' is definitely this Christmas' must-have children's book for any Boro-mad families out there.

Books will cost just £4.99, and are now on sale. All of the proceeds from the book will go directly to MFC Foundation, the club's official independent charitable arm, to help support our life-changing programmes for both children and adults right across Teesside. Local author Rachael Wong said: "Growing up on Teesside in the 1970's, my brother and I



used to go and watch the Boro with our dad and grandad, just like the children in this book.

"We quickly understood that supporting the Boro was about a lot more than football.

"In writing this book, I wanted to reflect the sense of family and community which comes through football, and to write something that all generations of Boro supporters would enjoy reading together.

"I also wanted to support the amazing work MFC Foundation does in my home town and the bridges it continues to build for the people of Teesside."

A perfect stocking filler for any child, make sure you pick up your copy in time for Christmas!

YOUNG PEOPLE CELEBRATED AT NCS GRADUATION EVENT AFTER RAISING £4,650 FOR LOCAL CHARITIES



More than 120 young people from the Teesside area celebrated completing a summer of team-building and charitable work at a very special graduation event with Middlesbrough FC Foundation at Cineworld in Middlesbrough.

Having signed up to the National Citizen Service (NCS) programme with MFC Foundation, the teenagers flocked to the Middlesbrough multiplex cinema on Marton Road to take a look back at all of their fantastic achievements throughout the six weeks of summer.

Special guest, Middlesbrough FC defender and NCS Ambassador George Friend was there to congratulate the young people, as well as handing out achievements awards to the few who had gone above and beyond what was asked of them on the programme. The young people, aged 15-17 years old, spent two weeks living away from home while on the programme, which included a one week away residential doing activities such as kayaking, gorge scrambling and mountaineering.



The second week involved living in Teesside University halls, experiencing independent living, taking part in workshops on money management, and finding out more about some of Teesside's community-orientated organisations such as Hillcare Care Homes and Teesside Nautical Centre. For the final two weeks of the programme, the young people chose a local charity to raise awareness and vital funds through a variety of different means.

One group, 'Forget the Knife', were inspired by a talk delivered by Chris Cave Foundation founder, Theresa Cave, which supports and educates families and local communities affected by violent crimes. The group produced a promotional awareness video about the dangers of knife crime, as well as completing a number of different fundraising activities to help towards the charities goals of producing a nationwide campaign.

From our second wave, the group 'NCS Making Changes' chose children's charity Barnardo's as the focal point of their social action campaign, with a couple of the group having personal connections to the organisation. From car washes to raffles, and even a sponsored walk from Barnardo's office in Middlesbrough to the one in Redcar, they raised a stunning £700 to help with the redevelopment of both centres.

Finally, a group from our third wave chose James Cook Hospital's Paediatric

ward, due to personal connections. The team raised funds through a number of fundraising events, and used the proceeds to purchase toys for the ward, with the idea to minimise stress for young people in hospital.

The group braved a night in the cold concourse of the Riverside Stadium with a sponsored sleepout, and a charity bag pack at B&M store in Middlesbrough. Other charities fundraised for were: Middlesbrough Homeless Café, James Cook Antenatal ward, My Sisters Place, Shelter and Community Campus 87.

George said: "The young people have excelled themselves again and made a wonderful impression on their local community.

"I've been a supporter of MFC Foundation's NCS project for a number of years now, and I've seen first-hand the positive impact it has had on the teenagers involved.



"Their hard work throughout the four weeks has definitely paid off, and I'm sure it will stand them in good stead for the future, whatever they choose to do."

Kelly Daley, MFC Foundation's NCS Coordinator added: "From the moment we first met all of the young people on the programme at our very first 'Keep Warm' event in February, I have seen each and every one of them grow as individuals.

"We are all incredibly proud of their fundraising efforts, and I know that the organisations involved greatly appreciated their time and efforts. "They all have such bright futures ahead of them, and I hope some of them will stay within the NCS programme as ambassadors."

For more information about the NCS programme, visit www.ncsyes.co.uk



BORO STARS TEAM UP FOR MFC FOUNDATION'S CHARITY 'QUESTION OF BORO' QUIZ SHOW

After a four year hiatus, MFC Foundation is delighted to announce the return of 'A Question of Boro', which will see a team of current Boro stars taking on a group of club legends.

Hosted by BBC Tees' Gary Philipson and MFC's Riverside Live commentator Gordon Cox, the panel show will take place on Tuesday November 6th in the Legends Lounge at the Riverside Stadium.

George Friend and Stewart Downing will head up a team of four first team players on the night, facing off against an ex-pros side featuring Mark Proctor and Neil Maddison. The last Question of Boro event was held in 2014, with the team of Rhys Williams, Danny Graham, Jason Steele and Lee Tomlin narrowly losing to the four legends by a single point. Following the format of the hit BBC celebrity game show, the teams will be tested on sporting trivia and general knowledge as well as all things Boro.

A fun-filled laugh-a-minute night is on the cards, with all proceeds of the event going to MFC Foundation, the club's official charitable arm, which delivers life-changing programmes for both children and adults throughout Teesside.

Tickets are anticipated to sell quickly, and are priced at £30 per person, or a table of 10 for £250. Ticket includes a delicious pie and pea's supper. As this is a live event and content will be 'uncensored', the evening is open to over-16s only. Guests aged 16-18 must be accompanied by an adult.

Dress code is casual. Doors open at 7pm, with a 7.30pm show start time.

To book your tickets, call 01642 757676, or email diane.oconnell@mfcfoundation.co.uk

MFC FOUNDATION

A QUESTION OF BORO

FORMER PLAYERS v CURRENT PLAYERS

MFC Foundation Guest Hosts Gary Philipson & Gordon Cox

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or email diane.oconnell@mfcfoundation.co.uk

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Premier League BT
inspiring disabled people through sport

TEAMS FLOCK TO TEESSIDE FOR FOUNDATION MENTAL HEALTH INCLUSION TOURNAMENT



Twenty teams from across the country competed in MFC Foundation's annual Inclusion Football Tournament, which celebrates organisations that attempt to tackle mental health issues through sport.

As well as MFC Foundation, fellow EFLT (English Football League Trust) members such as Carlisle United Community Trust, Derby County Community Trust and Newcastle United Foundation all entered teams, as they too deliver programmes for adults who have battled anxiety, depression, addiction or other issues, offering football as a healthy way of relieving stress and emotions.

Teams from as far as Wrexham entered the competition, with MFC Foundation itself also registering sides. This included our 'Think With Your Feet' mental health football team, and members of our 'Club Together' refugee and asylum seeker programme. A high quality afternoon of football saw teams compete in two separate tournaments based on ability, starting with a group stage round before moving on to the semi-finals.

Men Tell Health team in Stockton squeezed through to the final after a penalty shoot-out in the semi's to take on our 'Think With Your Feet' in the final. A close affair, but it was victory for MFC Foundation as 'TWYF' scored with the final kick of the game to win the match by one goal to nil.

On the other side of the pitch, our two Club Together teams lit up the tournament with some dominant displays in the groups, as

they both progressed all the way to the final, where they would face off for bragging rights.

Despite the goals pouring in during their group stage games, neither side could find a winner, so the cup final was to be decided on penalties. With both teams trying to hold their nerves, it was a surprise win for Club Together B, who won the shoot-out 2-1 after goalkeeper Mohammed made two stunning stops between the posts. The game ended in smiles as the two teams celebrated together, which rounded off an excellent day of sport at the Herlingshaw Centre.

Claire Streeeter, MFC Foundation's Social Inclusion Manager said: "I'd like to thank every team who could join us for this year's Inclusion Football Tournament, I greatly appreciate how far some teams had to travel to compete. I hope you all had a fantastic day.

"We've been hosting this tournament for the past few years now, as we know that mental health is a more prominent topic now than it has ever been. Offering people the opportunity to enjoy some healthy competition can be a great release, and we hope that everyone took a lot from this event.

"I'd like to also thank North Riding FA with their support of the tournament by providing referees for the day. We're already planning for next year's event, so hope to see you all again in 2019!"



'PREMIER LEAGUE WORKS' SPONSORED WALK RAISES FUNDS FOR REFUGEE FOOTBALL TEAM



Participants on our Club Together refugee football programme have been kitted out with brand new bespoke warm-up gear thanks to a sponsored hike from our Premier League Works employability students.

Premier League Works uses the power of football clubs and the Premier League to engage young people aged 16-29 who are not currently involved in education, training or employment. The programme, delivered in partnership with the Professional Footballers' Association and the Prince's Trust, provides young people with support to develop their personal and social skills. This will give them the confidence and the experience they need to make a positive transition back into education, access training or gain meaningful employment.

As part of the 'Do Something' process of the programme, the group took on the Middlesbrough Three Peak Challenge, walking 14 miles across three of the regions biggest hills, Eston Nab, Roseberry Topping and Captain Cooks Monument.

The students received sponsorship from friends and family to complete the walk, with the proceeds used to buy our Club Together refugee football programme participants their very own

MFC Foundation tracksuit top and shorts. Club Together runs in partnership with the Methodist Asylum Project in Middlesbrough, which helps give both refugees and asylum seekers in the area an opportunity to participate in sporting activities, and also help with their English.

MFC Foundation has had refugees from all over the world join the programme after moving to Teesside, from countries such as; Syria, Eritrea, Afghanistan and Sudan.

Patrick Robinson, Premier League Works Coordinator at MFC Foundation said: "When approaching the 'Do Something' section of the programme, our students had already identified the Club Together programme as a group they would actively like to help, and felt passionate around making them feel like they belong.

"They had the idea of buying them their very own training kit to wear during sessions, which would unify their belonging. They sourced, designed and ordered the training kits themselves, and were able to present them to the group during one of their 'crossover' sessions with them. Our students' main aim was to ensure that new and existing members of Club Together felt a sense of belonging with the tracksuits, and

truly feeling to a part of the Teesside community." Paul South, Club Together Coordinator at MFC Foundation said: "I can't thank the Premier League Works participants enough for the kind gesture they made with the training gear. As you can appreciate, moving to a new country with very limited resources can be intimidating for some people, so receiving such thoughtful gifts is incredibly humbling.

"Our two programmes have worked together closely over the past few months, and I can see how both groups have been enriched by learning about one another's cultures. Community cohesion is vitally important in this area, and I'm thrilled to see how well the programmes have linked together."



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FOUNDATION KICK OFF NEW FITNESS PROGRAMME WITH PREMIER LEAGUE KICKS



MFC Foundation's Premier League Kicks department has created a brand new fitness and health based programme to help young people lead healthy lifestyles.

With the new school year starting at the beginning of September, the Foundation's Kicks team looked at implementing educational sessions alongside playing football, to help participants learn more about anatomy, health and wellbeing, and how to look after their bodies correctly. The initiative has also been backed by some of the Middlesbrough FC players, including George Friend, Ryan Shotton and Jordan Hugill, who have all recorded fitness plans and inspirational messages to motivate the children.

As well as taking part in a number of fitness drills prior to every football session at sites across Acklam, Trinity Catholic College, Southlands and the Herlingshaw Centre, well-behaved and punctual participants have been treated to some aspirational trips.

This has included tickets to Middlesbrough FC matches, an outing up to Newcastle to see the Newcastle Eagles Basketball team in action, as well as a behind-the-scenes tour of the Rockliffe Training Ground, which included a healthy, tasty evening meal prepared by MFC Head Chef, Howard Archer.

Liam Watson, MFC Foundation's Premier League Kicks Coordinator said: "Football is the reason that young people come to Kicks, but while they are with us, we saw a great opportunity to help them with their conditioning and health & wellbeing.

"You learn a lot of it at school, however we felt that the messages we want to deliver may be received better in a sporting environment. Directly linking football to health and fitness makes it relatable to the children, and hopefully they will benefit from the sessions we are putting on."



WILDCATS SPOTTED ON TRAINING GROUND VISIT



Girls from our SSE Wildcats Girls Football session were special guests of the club at Rockliffe Training Ground in September.

Seventeen of the girls who attend the weekly sessions at our Herlingshaw Centre facility in South Bank were treated to a VIP behind-the-scenes tour of the state-of-the-art complex in Hurworth, followed by the chance to watch the first-team train up close.

After training, the girls got the opportunity to meet the players as they came off the pitch, with the team happy to sign autographs and pose for photos with our budding young Wildcats. The SSE Wildcats training sessions provide girls aged 5-11



with regular opportunities to play football and take part in organised sessions in a fun and engaging environment created exclusively for girls.

Our sessions are ran in conjunction with North Riding County FA, funded by energy provider Scottish & Southern Energy (SSE), and provides a safe environment where girls with no football experience can:

- Have fun engaging with sport
- Develop fundamental skills
- Try a variety of sessions
- Learn new things
- Create foundations for a lifelong love of sport

Claire Whitehouse, whose daughter Laura regularly attends our SSE Wildcats sessions said: "She absolutely loves it. She hadn't played much football before, just in the garden with her Dad, but now she has somewhere to go every week and have fun with her friends. She's gained more confidence from coming to the sessions; definitely scored more goals against her Dad now!"

On the visit to Rockliffe, Girls Football Lead Rachel Horsley added: "We'd like to thank Tony Pulis, his staff and the players for inviting us to watch training this past week.

"It was a wonderful opportunity for the girls, and a great chance to show them how professional footballers' day-to-day routines. They won't stop talking about it for weeks now!"

For more information, call 01642 757674, or email rachel.horsley@mfcfoundation.co.uk

BORO STARS GUEST COACHES AT BOROBILITY CEREBRAL PALSY SESSION

Middlesbrough FC first-team players Sam McQueen and Danny Batth helped the Foundation deliver a football session to children with Cerebral Palsy on our Borobility programme.



The players, on loan from Southampton and Wolves respectively, spent an evening at the Acorn Centre in Acklam, working alongside MFC Foundation disability coaches to support the session, which is funded through the BT & Premier League Disability Fund. The children started the session with warm-up activities designed to increase their heart-rates, such as 'Splat Tag' which involved throwing coloured bibs at your opponents.

Next up was a game of 'Stuck in the Mud Football', which required teams to work together to dribble a football through their team-mates legs to free them after being tagged. The warm-up finished with a game of 'Pirates of the Carribean', which saw the children run from one side of the sports hall to the other to steal from the two Boro players who were guarding the treasures. To finish off, the children split into two sides, 'Team Danny' and 'Team Sam', to play a game of five-a-side football until the end of the session.

On the visit to the Borobility, Sam said: "We came down and had a great time. It's something we can enjoy ourselves, take part and get to meet people from all different areas

and backgrounds, like the kids today with Cerebral Palsy. It's good to meet them, and hopefully we could help them out.

"The community is there for us, and does a lot for us. They support us on the match days, both the clubs and the players, and it doesn't go unnoticed. It's our job to repay their loyalty and interest in us.

"Playing games with the kids gets them active, gets them enjoying sport, and despite the conditions they have, it can really lift them, and the chance to meet other children in similar situations."

Danny added: "This was the first time I've had the chance to come out (into the local

community) and visit the kids. Club's like Middlesbrough are well supported, and coming along today you can see that first hand. The kids have had a great time, and they're all going home happy and smiling, and probably a bit exhausted as well!"

MFC Foundation currently run FREE weekly football sessions for children age 5-16, with conditions such as Cerebral Palsy, Downs Syndrome and Deaf & hard of hearing, as well a Pan-Disability session.

For more information, contact lee.grace@mfcfoundation.co.uk or call 01642 757674.



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Wednesday*
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Ages 5-11
Herlingshaw Centre, TS6 9AE

Thursday*
5-6pm
Ages 5-11
Cleveland Juniors, Acklam, TS5 7RZ

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