

FOOTBALL FANS IN TRAINING BACKED BY NHS CHIEF

MFC Foundation's 'Football Fans in Training' programme, a free health and fitness programme for men on Teesside has been praised nationally by the National Health Service (NHS).

NHS England chief executive Simon Stevens has today backed a scheme that lets overweight football fans train at their club's stadium, encouraging them to get fit and live a healthier, more active life.

Five clubs from the English Football League Trust are already taking part in the Football Fans in Training (FFIT) programme, first run in Scotland – which sees overweight men coached for 12 weeks at their team's home ground.

Clubs put on a three-month programme of exercise and sports and give advice on healthy eating.

Our Head of Foundation, Helena Bowman, and former programme participant, Mark Davies spoke on Sky News on Boxing Day about how the initiative has benefited people in the Middlesbrough area.

Middlesbrough FC Foundation were one of the pioneers of the programme, and the only community trust to deliver Football



Fans in Training in the North East & Yorkshire.

Simon Stevens said that the scheme in England will help cut type 2 diabetes and other obesity-related problems including heart disease and several types of cancer, improving health and relieving pressure on the NHS.

Simon Stevens, Chief Executive of NHS England, said: "Obesity is a public health emergency and tackling it needs to be a team effort.

"Football clubs are the centre of

communities across England and working with them to encourage fans to get fit is a great idea that can produce real results.

"As the NHS prepares to publish a long term plan that will include a renewed focus on prevention, commissioners should consider whether schemes like this can help patients live fitter, healthier lives – and take pressure off on NHS services."



**Want to join MFC Foundation's new Football Fans in Training programme for 2019?
Email paul.south@mfcfoundation.co.uk for more information!**



ETHAN AWARDED DAVID BINGHAM TROPHY FOR PREMIER LEAGUE KICKS DEDICATION

Fifteen-year-old Ethan Jones has been awarded the David Bingham Trophy for 2018, after impressing with his behaviour and leadership on the Premier League Kicks programme.

The trophy – remembering the late David Bingham, a lifelong Boro fan who played an important role in the club's survival in 1986 – has been presented each year for more than two decades. The criteria for nomination has changed over the years, with past winners including Boro legend John Hendrie.

The award is now presented to a deserving participant from a Foundation programme who has shown excellent attitude, willing to work, and going above and beyond what is required of them

He was presented with the award by Grant Leadbitter, Christine Newton and David Bingham's grandchildren. Ethan, who lives in Lingdale, East Cleveland, has gone from strength

to strength since MFC Foundation started delivering a PL Kicks session in his area.

Kicks Coach, Scott, remarked that his behaviour both in and out of school has drastically improved, and is setting a terrific example for the other children.

"His behaviour has been first class in the sessions," he said. "He plays for my Sunday League team as well, and he is always on time, bringing a positive attitude, and he's always keen to learn.

"His father has seen first-hand Ethan's behaviour improve, and at the Kicks sessions we look to Ethan to help guide and encourage the younger ones. He has recently become an Uncle, and

just like to the children of Lingdale, he has the chance to be a great role model for his nephew."

Kicks uses the power of football and appeal of professional football clubs brands from the Premier League and Football League to engage young people who may otherwise be difficult to reach in some of the most disadvantaged areas of the country. The vision is to 'build safer, stronger, more respectful communities through the development of young peoples' potential.

Are you aged 8-19 I want to play free football with Middlesbrough FC Foundation coaches?

Contact Liam.Watson@mfcfoundation.co.uk to find you closest Premier League Kicks site.

SHOTTON'S STEPPING UP AT HILLSVIEW ACADEMY

Boro defender Ryan Shotton visited Hillsview Academy in South Bank to join a class of Year 7 pupils taking part in MFC Foundation's 'Stepping Up' programme.

Shotton was at the school for a discussion with the students about their recent transition from primary school to secondary, having only recently moved up to Year 7 this past September.

The aim of the meeting was to discuss feelings and emotions surrounding transitioning to a new, bigger school, in a bid to help tackle any anxiety, personal worries or dangers of acting out due to stress and other contributing factors.

The children also had some questions for Ryan about his own move from primary to secondary education, as well as about how he coped moving around the country from club to club.

"When I was younger, I went to a primary school near to where I lived. However, when I went to secondary

school, it was about the distance between Darlington and Middlesbrough, so I had to get the bus every day, which was quite daunting. Having a programme like this to support children moving schools is fantastic, and something I really would have benefited from if it had been around back then."

Ryan finished off the session by taking on questions about his footballing past, including his favourite match he has played in, and some of his most difficult opponents on the pitch.

There was just enough time for every pupil to receive a signed copy of Middlesbrough FC programme from the Reading game back in February 2018, in which Ryan was on the front cover, and the chance to pose for a few photos.

In his closing message to the children, Ryan said: "You can do anything in life, any of you, if you work hard enough at what you want to do. That's what I believe, and that's what I've done."



FOUNDATION TAKE OVER 250 CHILDREN WITH DISABILITIES ICE SKATING

MFC Foundation and Tees Valley Sport gave more than 250 children with disabilities an unforgettable day of ice-skating at Billingham Forum, all thanks to the Premier League and BT Disability Fund.

Children from over 19 specialist schools across Teesside visited The Forum throughout the day, giving many young people their first every experience of being on the ice.

The event was part of MFC Foundation's brand new disability programme, 'Elements', which plans to provide quarterly mass-participation events for children with disabilities, centering around the four elements; earth, wind, fire and water. For one girl called Olga, 5, it was her very first time ice-skating, as she took to the rink on her wheelchair.

"Olga has cerebral palsy, and it is the first time she's ever been ice-skating and she's absolutely loved it," her mother Emma said. "She's been on the ice with skates on, which is something that is very difficult for children with cerebral palsy, but Olga is so determined, she never gives up and always tries everything."

Ten people from around the region also kindly volunteered on the event thanks to the BT Sport Volunteers programme. They

were joined by another group of volunteers, Year 10 pupils from Nunthorpe Academy school in Middlesbrough.

"You have huge admiration for parents and people who support kids with disabilities and we're giving a small part back, so it's really been really rewarding for us all today in fact," said volunteer John Rutterford.

"I just love getting out into the community helping to support kids. I love football, I love sport, and doing something like this is really rewarding."

Lee Grace, MFC Foundation's Disability Coordinator added: "To give over 250 children the chance to try something new and enjoy a day on the ice is absolutely fantastic, and the feedback we've had from teachers and parents alike has been wonderful.

"This wouldn't have been possible without the Premier League and BT Sport, and we'd like to thank them for their ongoing support, and commitment to raising the aspirations of both children and adults with disabilities across the country."

For more information about our adult and child disability programmes, please contact lee.grace@mfcfoundation.co.uk



BARCLAYCARD HELP STEPPING UP STUDENTS WITH MONEY SKILLS WORKSHOP

Around 50 children from five different high schools in Teesside were at the Riverside Stadium to take part in a series of workshops around money management, delivered by Barclaycard.

Year 7 pupils from the following schools took part in the aspirational day at the stadium; Acklam Grange School, Unity City Academy, Trinity Catholic College, Hillsview Academy and St Peter's Catholic College.

To help promote communications skills and confidence to talk to new people, this children were mixed, so each group had two students from each school. The young people then rotated round five different Middlesbrough FC corporate boxes, where they would take part in different workshops.

This included:

- **Recognising your money personality**
- **Needs and Wants**
- **Financial planning for a bigger purchase**
- **Value for money**
- **Fraud and identity theft**

The intentions of the workshop was to give the young people important tips and guidance on money management. Barclaycard wanted to get involved with the Stepping Up programme as they felt the Money Skills Workshops would really benefit the young people in raising their awareness with how to handle, spend, save and protect their money.

"All the staff and volunteers really enjoyed it and loved how enthusiastic the children were in exploring all things money, we can't wait to work with you again in the future" said David Mohan,

Senior Learning Advisor at Barclays. Steven Bell, Stepping Up Coordinator added: "I'd like to thank the Barclays team for coming down and delivering the fantastic workshops for the children.

"I think it is very important for young people to understand the value of money, as it isn't often on any school curriculum. Teaching children how to properly save and invest their money will benefit them greatly in the long run."



CHILDREN CELEBRATE 100% ATTENDANCE WITH ROARY



Children with 100% primary school attendance this year were given the opportunity to join Boro mascot Roary for a special celebration event at the Riverside Stadium.

As part of the Roary's Class Acts Attendance programme delivered by MFC Foundation, children in participating primary schools are encouraged with special Roary-based goodies, as well as the chance to earn MFC merchandise and tickets to matches.

Children who had made it to school on time every day from ten primary schools around Teesside were rewarded with a unique day at the stadium, which involved taking part in an educational healthy body workshop with our Health & Fitness coaches.

The pupils were then given a behind-the-scenes tour of the Riverside, including

visiting the home dressing room, tunnel, the dugouts, the director's box and the state-of-the-art media suite.

Gary Walton, Roary's Class Acts Lead said: "We're extremely proud to be working with 49 primary schools around the region, and providing vital encouragement in helping every pupil reach 100% attendance.

"The programme has been running for a couple of years now, and year on year we are seeing huge improvements in the schools taking part.

"I'd like to thank all of the following organisations for helping make the project such a success: Tees Valley Community Foundation, The Premier League Charitable Fund, Middlesbrough Council, Emmerson Marketing, The Cleveland Centre and The PFA."



BRITT & MARCUS HELP LAUNCH PREMIER LEAGUE WRITING STARS COMPETITION

Middlesbrough FC first-team duo Britt Assombalonga and Marcus Tavernier were on hand to promote the Premier League Writing Stars Competition at Rockliffe, as they joined a poetry class made up of children from two Foundation partner schools.

Pupils from Richmond Church of England Primary School and Preston Primary in Eaglescliffe were special guests of the Foundation at the club's training ground in Hurworth-on-Tees this week, as they enjoyed a full school day learning more about 'Diversity' with Premier League Primary Stars.

The children started their day with some classroom activities, producing mind-maps about the meaning of diversity, looking at different characteristics that makes everyone unique. This was followed by a fun activity to put what they learned into practice, as they designed their very own gingerbread men and women using different coloured icing, sweets and chocolate.

Out of the classroom, the boys and girls were then taken on a behind-the-scenes tour of the training ground's facilities, including the gym, boot room and indoor sports hall. The group then dropped down to pitch level to watch the first-team being put through their paces by Tony Pulis and his staff.

After training, the players came across to sign autographs and pose for photos with the excited children. To round off the day, we transformed the club's media suite into a Premier League Primary Stars classroom, so the children could use their research about diversity as inspiration for writing a poem, song or rap.

For extra motivation, Assombalonga and Tavernier joined the children between training sessions to offer their help with some rhyming, looking at different themes and encouraging them with their work.

Premier League Writing Stars Poetry Competition is an annual challenge nationwide for primary school pupils to create a poem around one of the themes of the Premier League Primary Stars programme.

This year's theme is diversity, using inspiration from the poem written specially for Premier League Writing Stars, Beautifully different, Wonderfully the same by Joseph Coelho.

Britt said on the competition: "I think it is great that the children have been set a task that allows them to be creative and thoughtful, especially on a topic as important as diversity.

"Their ideas were fantastic; a great starting point for a good poem, and I'm really looking forward to seeing the finish products!"

For more information about the Premier League Primary Stars programme, visit www.plprimarystars.com



MFC FOUNDATION
#BOROBILITY
BLIND & PARTIALLY SIGHTED FOOTBALL

Afterschool Club at The Kings Academy School, TS8 0GA.

For further information please use the contact details below:

Lee Grace | MFC Foundation t: 01642 757674 e: lee.grace@mfcfoundation.co.uk

Liz Milburn | Sunnyside & The Kings Academy e: lmilburn@sunnyside.org.uk

Jill Patterson | Middlesbrough Council CSVI Service e: Jill_Patterson@middlesbrough.gov.uk



THORNABY STUDENTS RAISE THEIR GAME AT TEESSIDE PARK

Pupils from Thornaby Academy have teamed up with MFC Foundation and Teesside Retail Park to take part in the 'Raise Your Game' enterprise programme, which provides Key Stage 3 students the opportunity to participate in real-life business and enterprise activities in the retail sector.

Funded by British Land PLC, owners of Teesside Park, the programme has provided over 100 young people in secondary education the chance to earn enterprise qualifications over the past three years, as well as valuable life skills that will help them in their future working careers.

This past week, Teesside Park invited 20 students from Thornaby Academy to learn more about the park and its stores, and the different challenges the outlets face on a daily basis to maximise efficiency and quality.

The children began the day at Hollywood Bowl, a multi lane ten-pin bowling centre, before visiting one of the park's most popular restaurants, Nandos.

The students then visited Teesside Park Management Centre to take part in a

number of resilience challenges, requiring them to overcome difficult logistical problems and fixing them together as a team.

To round off the day, the young people visited Curry's/PC World to learn more about new revolutionary technology that keeps the organisation at the fore-front of the UK's tech sales market.

In the next few weeks, the children will be set a challenge by the park which will require them to use all of the skills they have learned on the programme to Mike Clarke, Centre Director at Teesside Park said: "We had the pleasure of hosting the latest part of the Raise Your Game programme this week. Since October we have been working with Thornaby Academy.

"The kids had a fun filled day with us taking part in various activities in Hollywood Bowl, Nando's and Curry's.

"It's great to get involved with the local community and this MFC Foundation initiative for the third year. We're looking forward to setting the young people the Teesside Park Challenge and seeing the results."





<p>Acklam Green Centre</p> <p>MONDAY 5:30pm - 6:30pm 6:30pm - 7:30pm</p> <p>WEDNESDAY 5:30pm - 6:30pm 6:30pm - 7:30pm</p> <p>FRIDAY 5:30pm - 6:30pm 6:30pm - 7:30pm</p>	<p>Herlingshaw Centre</p> <p>MONDAY 5:00pm - 6:00pm 6:00pm - 7:00pm</p> <p>WEDNESDAY 5:00pm - 6:00pm 6:00pm - 7:00pm</p> <p>FRIDAY 5:00pm - 6:00pm 6:00pm - 7:00pm</p>	<p>Southlands Centre</p> <p>MONDAY 5:00pm - 6:00pm 6:00pm - 7:00pm</p> <p>FRIDAY 5:00pm - 6:00pm 6:00pm - 7:00pm</p>
<p>Trinity Catholic College</p> <p>MONDAY 5:00pm - 6:00pm 6:00pm - 7:00pm</p> <p>Wednesday 5:00pm - 6:00pm 6:00pm - 7:00pm</p> <p>Friday 5:00pm - 6:00pm 6:00pm - 7:00pm</p>	<p>East Cleveland</p> <p>EVERY THURSDAY</p> <p>Lingdale Community Centre 6:00pm - 6:45pm</p> <p>Skelton Community Centre 7:00pm - 7:45pm</p> <p>Loftus Community Centre 8:00pm - 9:00pm</p>	<p>Newport Settlement</p> <p>THURSDAY</p> <p>5:00pm - 6:00pm 6:00pm - 7:30pm</p>

FREE TO PLAY!

1st hour 8-12 yrs
2nd hour 13-19 yrs



MFC FOUNDATION



MFC FOUNDATION

Wills Month

Need to write a will?

Already have one, but it's out of date?
Want to leave something behind for your family?

If you answered YES to any of the above questions the next question you should ask yourself is how soon and where I can write my Will? By drawing up a Will you gain peace of mind by knowing that you have provided properly for all your loved ones in the future.

During **March** MFC Foundation is working in partnership Jacksons Law Firm, Macks Solicitors and DS Wills and Estate Planning, who are giving their time and expertise to families in the area.

singular Will
£100

Joint Will
£120

To take part in 'Make a Will' month this March please contact your preferred participating solicitor directly from the list below:

JACKSONS
Jackson Law Firm is one of the North East's longest established law firms and has been practicing in Tees Valley for over 140 years. Appointments available Monday-Friday. Contact 01642 355500 email: utees@jacksons-law.com

Macks Solicitors
Macks solicitors are Wills and Probate specialists and are rated as one of the UK's highest rated firms on Trustpilot. Appointments available at the Middlesbrough office. Contact 01642 252825 or jacksons.hill@jacksons.co.uk

DS Wills and Estate Planning covers Tees Valley and provides appointments in the comfort of your own home. Appointments on days and times to suit you. Contact 01642 968707 or dorset@ds-wills.co.uk

For more information:

Email: ann-marie.anderson@mfcfoundation.co.uk
or ring 01642 757674



MFC FOUNDATION

MIDDLESBROUGH SCHOOL CHILDREN CELEBRATE TONY PULIS' BIRTHDAY

Children from Priory Woods School in Middlesbrough surprised Tony Pulis with cake and balloons this week to celebrate the boss' birthday.



Priory Woods is a school for children with a wide range of special educational needs from the age of four to nineteen.

Eleven pupils who regularly attend the after-school football session delivered by MFC Foundation were treated to a VIP tour of Rockliffe Training Ground.

The children spent the morning taking part in resilience exercises, testing their problem solving skills and hand speed.

They then were given a behind-the-scenes tour of the training facilities, including the indoor sports hall, gymnasium, boot room, kit room, first team dressing room and the media suite.

Dropping down to pitch level, the group got to watch their heroes in action up

close and personal as the team trained right in front of them, before getting the chance to collect some autographs from the players.

And at the end of the session, the children presented manager Tony Pulis with a football-shaped birthday cake, with the Boro boss celebrating his 61st birthday today.

Lee Grace, MFC Foundation's Disability Coordinator said: "The children have been excited about this visit for weeks, and they had a truly fantastic day meeting the players.

"The teachers have been very positive with their feedback about the trip, and I know that some of the children will be talking about the day for a long, long time!"



MIDDLESBROUGH FOOTBALL CLUB GOLF DAY

Thursday 2nd May 2019
Rockliffe Golf Course

In support of MFC Foundation

Price includes breakfast on arrival, shotgun start, round of golf on one of the UK's leading golf courses, Stableford scoring, 'Nearest the Pin' and 'Beat the Pro' challenges, plus two-course evening meal and awards giving.



Just
£500
per team
of 4

Non-golf
playing dinner
guests also
welcome -
£40pp

To book your place:

Email ann-marie.anderson@mfcfoundation.co.uk
or ring 01642 757674

BORO PLAYERS BACK NCS PRIOR TO BLACKBURN WIN



Middlesbrough FC's first-team gave their support to the National Citizen Service programme on Sunday prior to kick off in their 1-0 win over Blackburn Rovers, by wearing t-shirts during the warm-up.

MFC Foundation teamed up with Blackburn Rovers Community Trust to promote the nation's fastest growing youth movement, which empowers and motivates young people age 15-17 through a four-phase programme specifically designed to provide them with all sorts of new experiences. All of the events of the day were organised and planned by NCS Graduates from Rovers Community Trust's core programme, and supported by grads who had come through our programme here on Teesside.

The young people were briefed at Ewood Park's Community Zone, before taking part in a number of planned events including a CPR workshop delivered to both Middlesbrough FC and Blackburn Rovers fans. The plan was to educate fans on the basics of CPR, and to raise awareness and funds to purchase a defibrillator for a local grassroots football club within the Blackburn area.

After taking some pitch-side photos, one graduate from each team were interviewed by the English Football League (EFL), sharing their own past experiences from being on programme. Both groups took part in the pre-match flag parade, as well as walk around the pitch at half-time to promote NCS.

Liam Daniels, who completed the NCS programme in 2017 said: "We had a fantastic day at Ewood Park, meeting up with the Blackburn Rovers Community Trust Grads, and enjoying the day at the football.

"It was a great experience for us all, and for me personally, being interviewed by the EFL and to be featured live on Sky Sports was pretty crazy!

"NCS was one of the best experiences I've ever had. I learned so many new skills, and met loads of new people. I can't recommend the programme enough to anyone who is thinking about doing it."



FORMER BORO STAR MAKES CHILDREN'S PRESENT DROP ON XMAS EVE

Former Middlesbrough FC defender Danny Bath and his charity, Foundation DB, joined MFC Foundation staff to deliver presents to children in need on Christmas Eve.

Danny and his partner Natalie received 100s of toys from the Sikh Toy Appeal, which they gifted to a number of organisations including MFC Foundation, to be distributed to local children in Teesside.

The gifts were hand delivered by Danny, Natalie and Foundation staff members to two sites in Stockton.

The first delivery was to St. James' in Portrack, a supported accommodation centre which is part of the Sanctuary Supported Living Organisation. They provide vital emergency accommodation for families living in crisis and have a wing specifically for families who have otherwise nowhere to go.

Danny and the team joined the families at the centre's Christmas Eve Party, to spread some Christmas cheer, donate presents and meet the families.

From there, the group then visited Bridges Family Support to deliver more presents.

Bridges Family Support is a charity within Stockton who support children, young people and families who have fallen victim to crisis due to parent, sibling and/or child drug and alcohol abuse. Bridges provide holistic care for families and support kinship carers who look after children taken away from their parents.

On Foundation DB's social media post about the visit, Danny added: 'Can't beat putting some smiles on faces at Christmas!' Foundation DB is a charitable organisation dedicated to 'Helping People Help Themselves'.

We run numerous fundraisers throughout the year, dividing the proceeds between our three chosen beneficiaries. Our beneficiaries are chosen based on the work they do to help better communities both locally, nationally and internationally.



BORO TRIO VISIT FOUNDATION HOLIDAY COURSE

Jon Obi Mikel, Lewis Wing and George Saville were special guests at MFC Foundation's February half-term holiday course, joining the children for an afternoon of fun at the Herlingshaw Centre.

The three Middlesbrough players joined more than 60 children on the soccer camp, taking part in a Q+A session with the group, and handing out match tickets for the game against QPR to the kids with the best questions.

The players also handed out medals, posed for photos and signed autographs for every child on the course. The two-day 'Train Like A Pro' course has given children aged 5-14 the chance to practice their skills just like the professionals do, with many of the drills taken from right off the



Middlesbrough FC training pitch.

MFC Foundation also ran a 'Girls Only' coaching session, as well as a multi-sports activity day through the rest of the half-term week.

Jon Obi said on his first community visit at his new club: "I really enjoyed visiting the kids at the soccer school, and seeing their happy faces. The children had lots of good questions for me and the boys, and I hope the winners enjoy coming to the match."

Lewis Wing added: "The facilities are fantastic for the children to play on, and you could see that they were really enjoying themselves on the pitch.

"They're very fortunate to have access to sport centre's like this, and I hope they continue enjoy their football for years to come."

To keep up to date with all of MFC Foundation's Holiday Course's, visit www.mfcfoundation.co.uk



MFC FOUNDATION

Willie Maddren Centre
Riverside Stadium
Middlesbrough TS3 6RS

01642 757674
www.mfcfoundation.co.uk

Editor: Nick Lough
Charity No: 1059418
Company No: 03142447



Roary's Academy is a Football Development School for children aged between 2 & 6 years old. These sessions aim to enhance a child's self-confidence, encourage teamwork and develop both fine and gross motor skills through structured sessions delivered by FA qualified coaches. MFC Foundation believes that encouraging sports at an early age promotes a healthy life for your child.

£4 per session

Termly awards

Themed sessions

Each child will receive a Roary's Academy T-shirt when they sign up

Roary's Mini Soccer Stars:

- Monday mornings
- 2-3 Year olds - 9.30am-10.15am
- 3-4 Year olds - 10.30am-11.15am
- New courses ran each term
- £4 per session to be booked in advance for each term
- Specialist football sessions for 2-4 year olds with FA qualified coaches

STARTING 25th February 2019

Roary's Mini Soccer Skills:

- Monday evenings
- 4-6 Year olds - 4.00pm-5.00pm
- New courses ran each term
- £4 per session to be booked in advance for each term
- Develops key techniques in football, including: passing, dribbling and shooting

COMING SOON

All sessions will be played on the indoor 3G pitch

Contact us on: T 01642 282128 or email at: alex.dore@mfcfoundation.co.uk

www.mfcfoundation.co.uk

Premier League Girls Football Sessions

FREE of charge
AGES 11-16 YEARS

Every Wednesday 5.00pm-6.00pm
At Outdoor 3G Pitches, MFC Foundation
Herlingshaw Centre TS6 9AE
Starting Wednesday 27th February 2019

For more information or to book contact:
T: 01642 454816
E: rachel.horsley@mfcfoundation.co.uk