



MIDDLESBROUGH AWARDED EFL COMMUNITY CLUB OF THE YEAR AT HOUSE OF COMMONS SHOWCASE

MFC Foundation were delighted to accept Middlesbrough FC's EFL Checkatrade North East & Yorkshire Community Club of the Year Award at the showcase event at the House of Commons in London.

The awards are designed to recognise the best performing club community trusts around the country, as well as some of the key individuals associated to the projects, whether that be in a participating or coaching capacity.

Following an application process open to all 72 EFL clubs, Blackburn Rovers, Portsmouth, Charlton Athletic, Bristol City, Derby County and Middlesbrough were all celebrated for their innovative and ground-breaking work across many areas over the past year.

The evening, sponsored by Andrew Griffiths MP, was hosted by broadcaster Colin Murray with EFL Chairman Ian Lenagan and Sports Minister Tracey Crouch just some of those to acknowledge the work of not only the six regional winners, but the club trusts across the EFL.

MFC Foundation's 'Stepping Up' programme was highlighted as a key factor in Middlesbrough's successful application, with the transition-based project providing a positive catalyst to better prepare children stepping up from primary to secondary school.

Speaking at the event, Head of Foundation, Helena Bowman said: "We are very proud both as a Foundation, and as part of the football club, to be recognised for our hard work across the local community in Middlesbrough.

"Every project we witnessed has made such a tremendous impact in their respective regions, and to be a part of this celebration today was truly humbling.

"Stepping Up has gone from strength to strength since the programme was implemented, as we have continued to expand our reach to other areas of Teesside.



"We would like to thank the EFL Trust for such an excellent opportunity to showcase our project, and Middlesbrough Council for its continued support of Stepping Up."

Chairman of the EFL, Ian Lenagan added: "It is a fitting environment for recognising excellence and we are here today to celebrate the outstanding work and impact that EFL clubs and their Trusts make on a daily basis, seven days a week, 365 days a year in communities nationwide.

"Football clubs have a special role in society, with a unique ability to make a positive impact on the lives of millions of supporters in so many ways."

FOUNDATION TO HOST THIRD ANNUAL CHARITY DINNER



Middlesbrough Football Club Foundation is delighted to announce the date of their third annual charity dinner at Rockliffe Hall Hotel & Spa.

Held in the Rockliffe Suite, the black tie event is taking place on March 1st 2019, and will celebrate the 22-year history of MFC Foundation, the official charitable arm of Middlesbrough FC.

The dinner will boast fine dining and exquisite service at one of the North East's most prestigious country venues.

Following the fantastic success of previous years' dinner, March's event will look back at some of the highlights of 2018 at MFC Foundation, and the fantastic work done to raise aspirations and change lives on Teesside.

Chairman Steve Gibson established the charity - then known as MFC in the Community - in 1996, using the draw of the Boro badge to improve the lives of people on Teesside.

Now, twenty-two years later, the Foundation works in four key themes; Education, Health, Social Inclusion and Sport Participation, and has engaged with over half a million people across the region.

You can reserve a table of ten for £800, while we also have a number of exclusive premium packages available on request.

For bookings or more information, please email enquiries@mfcfoundation.co.uk or call 01642 757674.



MFC FOUNDATION RECEIVE HOME OFFICE FUNDING TO PROMOTE COMMUNITY COHESION THROUGH SPORT

MFC Foundation are one of ten sports-based projects across the UK to receive funding to promote community cohesion from the Home Office's Building a Stronger Britain Together (BSBT) programme.

The charity has been awarded £50,000 for its work uniting people from all different communities through education, cultural and sporting activities. The project will reach 1,500 people.

Building a Stronger Britain Together is a partnership between Government and civil society across England and Wales. It seeks to bring people together to build stronger, more resilient communities, tackle extremism in all its forms, and offer people a positive alternative regardless of race, faith, sexuality, age and gender.

The award is part of a wider announcement of £400,000 to ten sports-related projects across the country made by Baroness Williams, Home Office Minister for Countering Extremism, at an event held at St Andrew's stadium in Birmingham (Friday 22 June).

Announcing the funding, **Baroness Williams**, said: "The work that Middlesbrough are doing to bring people from a wide range of backgrounds together shows that sport has a uniquely powerful way to break down barriers and provide a common platform to unite us all.



"This is why Building a Stronger Britain Together is providing funding to organisations to strengthen our communities so that they can stand against those who seek to divide us with extremist views."

Other groups receiving funding include England Netball and football club foundations across the country. Commenting on the announcement, **Paul South, Middlesbrough Football Club Foundation**, said: "We're delighted to be part of the BSBT network.

"Our goal is to use the power of the football club badge to raise aspirations

and change lives in the local community. "One of our core values is community cohesion: we aim to bring together individuals from all over the region, irrespective of their age, background or ethnicity. We strive to provide an environment which makes everyone feel welcome, with the hope of reaching more and more people every year."

The BSBT network includes grassroots campaigns that bring together young people from segregated communities, build resilience to extremism and challenge extremist narratives.

To find out more about BSBT, visit: <https://www.gov.uk/guidance/building-a-stronger-britain-together>



WYNYARD PARK RACE DAY RAISES £25,000 FOR MFC FOUNDATION

Leading property development agency Wynyard Park raised a stunning £25,000 for MFC Foundation thanks to a charity race day at Rockcliffe Hall.

Wynyard Park held a magnificent Royal Ascot Race Day at the Hurworth-based Spa & Golf resorts' luxury marquee to celebrate the infamous horse racing meet held in Berkshire, with a live streaming service from the course. The fundraiser was held in memory of Wynyard Park's Chief Executive Chris Musgrave's late father Joe Musgrave, an avid race goer and race horse owner. The luxurious event was not only a great success, but raised vital funds for both MFC Foundation and Alice House Hospice in Hartlepool.

Alongside the betting, fundraising took the form of a prize raffle, a silent auction, and an envelope draw. In the main prize auction of the day, attendees were in with the chance of winning a selection of prizes, including a seven-night stay in Dubai and a trip to the Monaco Grand Prix. Helena Bowman, MFC Foundation's Head of Foundation said: "From everyone at MFC Foundation, we'd like to thank Wynyard Park for their wonderful donation. The funds will be put towards achieving the vision of the Foundation, which is to raise aspirations and change lives of vulnerable and disadvantaged people across Teesside.

"The donation will be primarily invested into our 'Stepping Up' programme, which provides children in Year 6 with both emotional and physical support as they make the daunting leap from primary to secondary education.

North East Organisations boost MFC Foundation with Festive Fundraisers

A number of local organisations have given MFC Foundation a considerable boost over the past few months by raising valuable funds for the charity through different fundraising events.

Back in May, one of MFC Foundation's corporate partners, Newcastle Airport, held their annual charitable race day at Newcastle Racecourse. Split equally with the two other North-East footballing charities, Newcastle United Foundation and the Foundation of Light, proceeds from the live auction and envelope draw raised significant funds for the three charitable organisations.

In the same month, North East Young Chartered Accountants Group held an auction for the Foundation at their annual dinner, while the Boro Walkers Association made a kind donation during the Rockcliffe to Riverside Charity Walk. In June, club and Foundation partners Cornerstone Business Solutions marked their 10th birthday with a celebration event in Stockton-on-Tees, with proceeds of a raffle being dedicated to the Foundation.

Staying in June, Barclaycard Headquarters in Stockton held a Colleague Sport Event Day to motivate staff with a day packed with fun both in and out of the office. With delicious food, beauty and craft stalls all on offer, there was even a visit from the Premier League Trophy for staff to get their photo taken with. MFC Foundation were there with our Arriva Health Bus doing sporting challenges and health checks with employees, while also raising money through generous donations around the offices with a raffle.

Younger Guns, a social group of young business men and women on Teesside, held a charity BBQ event in The Lounge at the Dickens Inn in Middlesbrough, with the group kindly holding an envelope draw with the proceeds going to the Foundation. Meanwhile over the summer, contestants from this year's Miss Tees Valley 2018 competition are raising money through a number of different ways for both MFC Foundation and Zoe's Place Baby Hospice. The participants have been hosting their own individual charity nights, which has included raffles, cake stalls and other fundraising activities. MFC Foundation's Fundraising & Events

Coordinator, Diane O'Connell, said: "Thanks to the generosity of these organisations, we can continue raising aspirations and offering hope to people both young and old here on Teesside.

"Fundraising is a vital part of MFC Foundation, and we would like to extend our gratitude to every organisation who continue to support our work across the region."



TEENS KICK OFF THEIR SUMMER ON NCS 2018



More than 135 young people aged 15-17 have been gearing up to take on this year's National Citizen Service (NCS) programme with MFC Foundation.

Over the past six months, teenagers from all over Teesside have been signing up to take part in this year's NCS programme with the Foundation, thus taking part in the UK's biggest youth movement.

NCS is a flagship government programme for young people aged between 15-17. Offering something for everyone, this is a once in a lifetime

opportunity to find your identity, take control of your life and channel your energy into making a real difference to your local community. This year the Foundation is running



three waves of young people, with roughly 45 in each group.

Since signing up to the programme at the end of last year, MFC Foundation's NCS staff have hosted a number of 'Keep Warm' events to engage with the young people involved, encourage early team building and allow them to meet each other for the first time.

We kick-started our 'Keep Warm' events with a Quiz Night held at the Riverside Stadium, before following it up with a marvellous 'Murder Mystery' evening, featuring all members of our staff for the summer!

As the weather started to improve heading towards the summer, we invited the NCS participants to our Herlingshaw Centre in South Bank for a very special 'It's a Knockout' inflatable obstacle course event. Together the young people and staff competed in their separate waves to tackle the course, on an afternoon of laughs and gaffs which left both participants and staff members in hysterics.

With England making the nation proud this summer at the World Cup, our last 'Keep Warm' event was a dual-celebration, one for the national team, and one for the end of GCSE's exams for our participants. We held an 'End of Exam Party' at Bar Zero in Middlesbrough, Teesside's first alcohol free bar. The young people enjoyed some delicious mocktails while playing table tennis and pool, while England played against Belgium on the big screens. With all the final preparations done, and the young people kitted up with their new NCS gear, the three waves went off on their away residential, two groups going to Coniston in the Lake District, while the other went to Malham in North Yorkshire.

NCS Coordinator, Kelly Daley said: "It has been quite a long journey already for all of the young people, from the moment they first declared their interest in the programme to the moment the bus pulled away from the Riverside Stadium to their outward bounds destinations.

"NCS is a fabulous opportunity for any 15-17 year old to change their summer, make new friends and learn a number of valuable skills. I've yet to meet a young person who hasn't positively benefitted from the programme; their group becomes their family, and we are guaranteed a few tears on graduation night when they have to go their separate ways.

"I'd like to thank the parents for their support every step of the way. We've kept them updated at all times with parent's evenings in the build-up, and always being at the end of a telephone if they need anything. I hope the experience has been just as great for them as it has been for their children."

SOCIAL MEDIA COMPETITION SENDS WILDCATS TO WEMBLEY

A social media storm on Teesside helped 20 young girls on our SSE Wildcats girls' football session earn a trip of a lifetime to the FA Women's Cup final at Wembley Stadium in May.

SSE Wildcats Girls' Football Centres provide girls aged 5-11 with regular opportunities to play football. The joint-initiative by Scottish power and energy firm SSE and the Football Association (FA) offers organised sessions in a fun and engaging environment created exclusively for girls, with our local Wildcats venue at the Herlingshaw Centre in South Bank.

With the professional football season coming to an end, SSE threw the gauntlet down to all Wildcats venues with a social media competition. The challenge was to take a picture of all the children on the programme, post it to Twitter with #TogetherWeCan, and win an all-expenses paid trip to Wembley for the Women's FA Cup.

The winner was determined by the tweet with the most retweets, and with a mammoth 188

shares on Twitter, our girls took first place. Middlesbrough FC goalkeeper Dimi Konstantopoulos was amongst the supporters who helped the girls reach their goal, together with the club's social media channel itself and North Riding FA amongst others. Together, the girls were taken to the country's biggest sporting arena in the heart of London to watch Chelsea Ladies take on Arsenal Ladies for one of the greatest prizes in Women's Football.

The day also included a scheduled visit to the Wembley fan zone so the girls could paint, colour and draw their own flags to support their favourite team. This was followed by the opportunity to meet former England Women's footballer Kelly Smith prior to kick-off.

Rachel Horsley, MFC Foundation Girls Football Lead said: "We can't thank everyone enough for sharing our tweet on social media, this is a trip the girls will remember forever. We now have more 25 young and excited girls who attend our sessions every week, which is absolutely fantastic to see in this area.



"We'd like to thank SSE for giving the girls this amazing experience, and both their and North Riding FA's continued support with the Wildcats programme."

If you have a daughter who is aged between 5 and 11 and would like to get involved in football, please contact rachel.horsley@mfcfoundation.co.uk

BOROBILITY STARS SHINE ON CHELSEA & CITY TRIPS



Children and adults benefitting from our Premier League/BT Inclusion Disability football sessions have had the opportunity to compete at the home of two of the league's elite clubs over the past few months.

Back in May, MFC Foundation were invited by Chelsea Football Club Foundation to a two day celebration event at their state-of-the-art training ground, and the club's West London stadium, Stamford Bridge.

On the Saturday, our Inclusion team made their way to Cobham in Surrey, the official training facility of both Chelsea FC's first team and Academy, for an U16 football tournament. Our team comprised of children who have attended our weekly 'Borobility' football sessions, funded by the Premier League and BT, which caters for young people with different disabilities such as Cerebral Palsy, deaf & hard of hearing and Downs Syndrome, as well as a pan-disability session.

Competing against teams from the charitable arms of other professional football clubs, Borobility beat a strong Chelsea side on penalties to win the CFC Foundation Plate, a fantastic achievement for the boys and girls involved.

On the Sunday, we took our adult disability team to Stamford Bridge stadium to compete against other clubs on Chelsea FC's pitch. Making it two out of two, the team also took home a trophy back to Teesside after winning their division, rounding off a very successful weekend for Borobility's two teams in the capital.



Meanwhile in July, MFC Foundation were invited to enter a team into the Premier League and BT's Festival of Football held at Manchester City's academy.

The children took part in a number of skill based drills set-up and coached by Disability coaches

from all of the teams involved, in order to collect an achievement sticker from each zone to put on their Premier League event pass.

Joined by BT presenter Jake Humphreys and former footballers Joleon Lescott and John Hartson, the young people spent the afternoon competing against teams of similar abilities, which included participants from Liverpool, Southampton and Stoke.

The children were all given medals for their participation, as well as a Premier League goody bag which includes sweat bands and water bottles.

Lee Grace, MFC Foundation Inclusion Lead said: "Opportunities such as the Chelsea and Manchester City trip will live long in the memory of our participants, and for that we are truly grateful to the organisers of the events.

"The Premier League and BT's commitment to making football inclusive to everyone is truly wonderful, and with the funding they provide, we are able to continue giving both children and adults across the Teesside area the chance to access both facilities and coaching which has been carefully tailored to their needs."

For more information about our free Borobility football sessions, please contact lee.grace@mfcfoundation.co.uk or call 01642 757676.

TEESSIDE SCHOOLS TAKE ON MEANINGFUL ENCOUNTERS CHALLENGE

Pupils from three different Teesside senior schools have teamed up with MFC Foundation to take part in the Meaningful Encounters programme, which aims to develop enterprise and employability skills for young people.



Over the past few months, students from Thornaby Academy, Outwood Academy Bishopsgarth and All Saints School in Ingleby Barwick have each been working individually with Robertson Facilities Management, Tata Global Beverages and OCS (Outsourced Client Solutions) to offer them a unique opportunity to discover more about the world of work.

Beginning in 2017, students from Year 9 and 10 were introduced to the programme at a special behind-the-scenes visit to the Riverside Stadium, as they met Foundation Enterprise staff and business mentors from Robertson, Tata GB and OCS in the Players' Lounge. The three schools took part in a number of team-building activities relevant to each of the organisations. Thornaby Academy worked directly with OCS and Tata GB, while Outwood Academy and All Saints took part in the Meaningful Encounters programme with Robertson FM.

After the initial introductions, over the space of the next couple of months the pupils made a number of visits to Tetley's Factory in Eaglescliffe, the biggest tea factory in the world, proudly owned by Tata GB.

With OCS & Tata GB, the young people from Thornaby were given the chance to look closely at some of the prominent real-life issues the companies are facing, and how they could actively offer viable solutions to those problems. These included challenges such as: 'Making Tea Relevant', 'Importance of Healthy Eating', 'Do's & Don'ts of Customer Service' and 'Budgeting for Changing Room Refurbishment'.

Meanwhile with Robertson, Bishopsgarth and All Saints readied themselves to take part in a 'Kitchen Takeover', whereby they took control of their school cafeteria for a day. Planning for the event included designing a menu, sourcing the ingredients, coming up with prices, and physically making the food with the assistance of the school catering staff.

At a celebration event held at the Riverside Stadium, the pupils were rewarded for their efforts with a Premier League enterprise qualification, and a piece of Middlesbrough FC merchandise.

Danny McGowan, MFC Foundation Education Tutor said: "Having worked with the pupils from the three schools over the past six months, I have seen them grow from being quite shy and reserved students, to outgoing and confident young men and women.

"The next few years are some of the most important years of their lives, as they look to fine-tune their skills, and choose a path to follow in terms of employment. Learning how to tackle real-life problems, working together as a team and taking leadership are all valuable skills they have acquired over the course of the programme."



FUN ON THE PITCH WITH MFC FOUNDATION



With the 2017/18 season having come to a close, MFC Foundation had the opportunity to host a number of events on the Riverside Stadium pitch.

Our Education and Sport Participation staff hosted the very first Riverside Schools' Cup tournament, which included eight of our senior partner schools across Teesside.

With the tournament themed around the World Cup, each team was assigned a country, as they competed in two separate groups of four, with two teams progressing from each to the semi-finals.

In the final, Acklam Grange and Nunthorpe battled it out for the trophy, and representing Belgium, it was Acklam Grange who ran out winners, taking home the Riverside Schools' Cup for the 2018/19 school year.

Later in that week, our Inclusion team hosted a multi-programme event on the pitch, split into two sessions across one morning.

In the first 90 minutes they held a tournament for primary schools with special educational needs, giving children with disabilities the chance to follow in the footsteps of their Boro heroes and score on the Riverside pitch.

In the second half of the morning, participants on our Think With Your Feet mental health football programme; Club Together initiative for local refugees and asylum seekers; and our Premier League Works enrichment project for

16-29 year olds all teamed up together for a friendly fixture.

Mixed together for the duration of a full match, the session promoted community cohesion, with people from all different walks of life standing side-by-side in working together to win the game.

Finally, we gave Middlesbrough FC fans the opportunity to bid on their chance to play on the famous Riverside pitch with an online auction, with all proceeds going to the Foundation. Managed by former Boro stars Andy Campbell and Ross Turnbull, the two teams had access to the dressing rooms to prepare for kick-off, as well as being able to keep their own match kit at the end of the game.

Diane O'Connell, Events & Fundraising Coordinator said: "We'd like to thank everyone who took part in our Play on the Pitch charity match.

"It was a great opportunity for fans to step onto the Riverside pitch and make their own memories, and with every penny paid by the supporters being invested back into our community programmes.

"I'd also like to thank Middlesbrough FC for the use of the pitch. Their continued support helps us to reach the amount of people that we do, and we are very grateful for their assistance."



BILLINGHAM STUDENTS RAISE THEIR GAME WITH TEESSIDE RETAIL PARK



Pupils from St. Michael's Catholic Academy marked their completion of the Raise Your Game enterprise programme today with a special celebration event held in the Players' Lounge of the Riverside Stadium.

Over the past few months, MFC Foundation and Teesside Shopping Retail Park have been working with around 18 students from the Billingham school to offer them a unique opportunity to discover more about the world of work, particularly in the retail and customer service industries.

Beginning at the start of the year, the Year 10 children spent a day at the retail park going behind-the-scenes with organisations from three different sectors; retail (GAME), food service industry (Nandos Restaurant) and entertainment industry (Hollywood Bowl). The students were split up into three groups, and set the task of turning one of the large kiosk containers around the edge of the park into a fully-functional business, taking into account the size of the building, and the typical uses of the kiosks' quick and easy service.

Each group went away to plan their business proposals, which resulted in three new local companies being proposed: Cosy's Dessert Shop, Toastie Town Restaurant and Stu's Sausages.

At the stadium, the pupils took part in a number of feedback exercises by sharing their thoughts on the programme via a graffiti board, emoji makers, as well as taking part in mock interviews with the Foundation's Communications Officer to help prior to college, university or apprenticeship applications.



After taking a little tour around the stadium and posing for a few group photos, the children returned to the Players' Lounge to receive their enterprise qualifications, medals, and to find out which group would be crowned as Raise Your Game 2018 champions.

With the decision made by Matt Boxall, Deputy Centre Manager at Teesside Retail Park, the winning team was Cosy's Desserts, who were commended for both their innovative business plan, sound knowledge of the retail park to identify a gap in the market for a dessert shop, and keen attention to detail in their design of the kiosk.

"This is the second year of the Raise Your Game programme, and the third year we have been working with the Foundation," Matt said. "We feel that at Teesside we have a fantastic opportunity to give back to the local children of Middlesbrough and the surrounding areas by giving them a chance to have a day at the park.

"Community is very much at our heart, and the most rewarding part of this programme is the impact it has had on the kids, bringing them out of their shell and helping them to learn new skills."

Mr. Briggs, Pastoral Learning Manager for Year 10 at St. Michael's added: "The children have responded really well to the programme; they're more confident at school, much more engaged in lessons, and they're starting to understand that there is a world outside of St. Michael's gates.

"It was the pull of working with Middlesbrough Football Club that appealed to the kids and helped them to buy into it, and I'd like to thank not only the Foundation but to Teesside Retail Park for giving the boys this fantastic opportunity.

"Hopefully it has given them more ideas about potential employment in the future."



TEESSIDE PRIMARY SCHOOLS GET POWERED BY WATER

Over the last school year, MFC Foundation has been working closely in partnership with Northumbrian Water to help primary school children become more aware of the importance of hydration.

Powered by Water is a new interactive educational workshop that will be delivered to thousands of students over the next year, as part of MFC Foundation's health and wellbeing programme in primary schools. So far we have delivered the programme to over 500 pupils on a weekly basis across Teesside, with special one-day educational visits to the Riverside Stadium for other schools bringing the total to up to 3,000 children. The Powered by Water workshop is designed to help children learn the importance of drinking water to keep them healthy and hydrated, through a series of fun games and activities. Staying topped up with water throughout the day keeps your brain healthy, helps you think clearly, improves your mood and stops you from getting tired.

The initiative also teaches children the importance of choosing water over fizzy drinks and certain fruit juices, which can contain high amounts of sugar. Too much sugar is bad for your teeth, makes you feel tired and can lead to more serious health problems later in life.

Judith Huffee, External Communications Consultant for Northumbrian Water said: "MFC Foundation do some terrific work with young people emphasising the benefits of physical activity and we're really proud to join up with them. "It's really important that young people learn how important it is to stay hydrated, as it will assist their development, keep them healthy and give them a boost both when playing sport and working hard in the classroom. "We hope that teaching children the importance of drinking water, through the Powered by Water programme, will help them to stay healthy, hydrated and active throughout their lives."

Paul South, MFC Foundation's Health Coordinator stated: "We're delighted to be partnering up with Northumbrian Water through the Powered by Water programme. The initiative will see us deliver a targeted workshop in conjunction with our Move & Learn programme at schools around the Middlesbrough, Stockton and Redcar areas. "The programme will demonstrate the direct benefits drinking water can have on our bodies, and also give the children an opportunity to appreciate the value of having access to a quality water source."



BORO STARS BRING THE SMILES ON #IWILL CELEBRATION DAY



MFC Foundation celebrated a #iWill Day, an ongoing programme funded by Virgin Money Foundation which inspires children at both primary and secondary level to actively identify key issues within a local community, and collectively work together to make a difference.

In April, 16 pupils from Whitecliffe Primary School in East Cleveland were rewarded for their efforts on the programme with a very special VIP tour of the Rockliffe Training Ground, and an opportunity to watch the first team train and meet the players.

With the school situated some 37 miles from the club's state-of-the-art training facility at Rockliffe, the children took part in a number of critical thinking and problem solving activities in the Academy's educational headquarters, before taking a tour around the first team

dressing room, indoor 4G facility and boot room before heading pitch side.

The children then finished off their trip by meeting some of their heroes as they left the training pitch, with the team happily signing autographs and taking photos with the group. Meanwhile on that afternoon, midfielder Jonny Howson surprised pupils at North Shore Academy in Stockton during their extra-curricular #iWill session with the Foundation.

The students spent the first hour of the class looking at characteristics and personal attributes of what makes a good team, using Middlesbrough FC and their players as an example, with Jonny playing a key role in their research.

The Boro player helped the children map out their local community, discuss real issues the area faces, and how they can brainstorm ideas

to tackle some of the problems. Jonny also signed autographs for the group, took part in a Q+A session about being a professional footballer, and offered advice to them all.

Annaleigh Wynn, MFC Foundation's #iWill Coordinator said: "We can't thank the club enough for investing in our #iWill awareness day, and giving some of the children we work with memories that they'll never forget.

"The young people we work with have a lot of social and emotional barriers, and we talk a lot about adversity and bad or unpleasant conditions. They are genuinely making real differences to their local communities, which proves that when more than one voice shouts together, they can be heard."



RUDY MAKES GIRLS FOOTBALL SESSION VISIT

Rudy Gestede paid a visit to Ingleby Manor School to support a girl's football session with the Foundation, as part of the English Football League (EFL) Day of Action. The striker was a surprise visitor to MFC Foundation's football session at the school, where he met and chatted with the girls taking part.

Rudy spoke about his life and career in football and beyond and offered words of inspiration to the youngsters, encouraging them to pursue their goals whatever they may be.

The Boro man then posed for photographs and presented signed certificates to the young footballers.

"It's good to share with them a bit of my story, and explain to them that in life you have to work hard to make sacrifices to be where you want to be," said Rudy.



"But they are young and it is important that they

see they can enjoy themselves playing football too.

"It's very important to keep this kind of link between the club and the people. We show that we are not just a football team.

"If we can give them a boost to succeed in their life then that's a good thing."

The girls football session at Ingleby Manor is just one of many sessions delivered all over Teesside for girls aged 11-25, as well as older female participants looking for a way back into sport.

Also working with the likes of the Premier League and the North Riding FA, the aim is to increase participation in female football nationwide, to foster the sport and encourage the transition into local football teams.

The visit was part of the wider EFL Day of Action, with all 72 EFL clubs showcasing the innovative and ground-breaking work they do for young people in tackling some of the biggest issues in society across education, health, community inclusion and participation.

Stewart Downing has been recognised for his commitment to the Teesside region and further afield after being named Boro's PFA Player in the Community for 2017/18.

The winger has made a number of visits to MFC Foundation programmes throughout the season, visiting various schools to spread the message about leading a healthy lifestyle and playing sport.

His visits included taking part in a 'Move and Learn' health session at Chandlers Ridge School, as well as taking part in the Foundation's 'Week of Action' with his Boro teammates.

He has also contributed to various other worthy causes which MFC is proud to promote.

That includes working with Redcar RNLI, the club's official charity partner this past season; the White Ribbon campaign to end violence against women; and helping to publicise World Mental Health Day with Middlesbrough and Stockton Mind.

And in December, the Boro man was one of several first team faces to visit Rose Wood Academy in Middlesbrough as part of the clubs' annual 'Christmas in the Community' day.

Stewart was presented with his award by children from Preston Primary School in Eaglescliffe, who visited Rockliffe with the Foundation.

"It's an honour to receive an award like this," said the player. "I'm a local lad, and Middlesbrough and Teesside mean a lot to me. I'm proud to come from this area, and it's a great feeling to be able to put something back.

"Since I came back to the club a couple of years ago, I've enjoyed the community side of things. Last year I went back to my old



STEWART DOWNING LANDS PFA COMMUNITY CHAMPION AWARD



school and saw the changes there and it's good to get involved and be a part of the good work that both MFC Foundation and the club do around the area."

Boro Chairman Steve Gibson paid tribute to Downing's work in the community earlier this year when he said: "Beyond his abilities and achievements on the pitch, it's heartening to know that he has shown his passion and dedication to the area by giving up his own personal time to help local charities and those less fortunate.

"From everything I know about Stewart, that's typical of him and I congratulate him on his award.

"He is definitely a Teesside Hero."



BORO SHOT STOPPER DIMI KONSTANTOPOULOS VISITS KEEPERS AND STRIKERS HOLIDAY COURSE

Middlesbrough goalkeeper Dimi Konstantopoulos made a surprise visit to our Keepers and Strikers Holiday Course at the Herlingshaw Centre on Tuesday.

Having recently penned a new one-year deal with the club, Dimi spent the afternoon with over 40 children on the course, delivered by qualified Foundation coaches to help improve aspiring young strikers with their shooting, and goalkeepers with their shot-stopping skills. The one-day action-packed course included fun activities and football drills, five-a-side matches, and certificate and medal presentations at the end of the day.

Dimi was on hand to offer the children some first-class tips on the art of goalkeeping, as well as signing some autographs, posing for photos and awarding the prizes out to the children.

"I really enjoyed spending some time with the children on the course," Dimi said.

"It's nice to give something back to the young supporters who come and watch us every week, and for them to spend their Easter playing football and keeping active is great.

"There was some good young goalkeepers out there today, and strikers too, and I'm glad they really enjoyed the programme."



For more information about the official Middlesbrough FC holiday courses and their running times, visit mfcfoundation.co.uk

FOUNDATION HIT GOLF DAY FOR FOUR



MFC Foundation raised over £8,000 at its fourth annual charity Golf Day at Rockliffe Hall in May. Fourteen teams signed up to compete in the friendly tournament, where groups of three or four players would make their way round the beautifully-kept 18 hole golf course, as they looked to take bragging rights back to their organisation.



The companies taking involved were: The Prestige Group, Ramsdens, Heineken, Project Scaffolding, Shutter Media, Cornerstone, Bulkhaul, Middlesbrough FC, MAP Group UK, Wilton Group, SG Petch, MFC Foundation Trustees and Dr Mohammed Kibridge and friends.

The Prestige Group, owner of multiple premiere care homes across Teesside, kindly sponsored the event for the second year in a row, while Sembcorp graciously sponsored the first hole on the course.

As well as players from each organisation, some of the teams were made up with special guests, former Middlesbrough FC players from yesteryear.

Players had the opportunity to purchase mulligan cards before they feed off, proceeds of which went to the Foundation, which allowed them to redo a shot on a specific hole.

Ex-Boro stars such as Ross Turnbull, Tony McMahon, Gary Pallister, Craig Hignett and John Hickton all joined us for an afternoon on the green, as the weather remained perfect right up until 5pm.

After enjoying a delicious two-course meal in the Rockliffe Hall Golf Club dining room, the prizes

were given out for the longest drive, nearest to the pin, and first, second and third place on the course.

First place was The Prestige Group with Craig Hignett, second was Wilton Group with Neil Maddison and third was Map Group UK with Ross Turnbull.

Congratulations too to Ross who was closest to the pin on the day, while Louis Bond won the longest drive competition. Diane O'Connell, Events & Fundraising Coordinator said: "Year on year our Golf Day's keep getting better and better, and that is thanks to everyone organisation and every player that attended."

"I'd like to say a special thanks to The Prestige Group who once again sponsored the event, their support over the years has been phenomenal, and we greatly appreciate our fantastic partnership with them."



LADIES DAY RAISES OVER £3,300

MFC Foundation's Ladies Day raised more than £3,300 in June, thanks to the generosity of our guests.

The event, which took place on a Saturday afternoon in the Riverside Suite at the stadium, was the Foundation's second annual Ladies Day.

Given last year's resounding success, we were delighted to welcome even more guests to our wonderful occasion, which raised valuable funds for our community programmes. Guests arrived at the stadium just before 12 noon to a glass of fizz, before being given the opportunity to peruse the specialist stalls we hosted around the edge of the room. Stalls included a women's fashion line, fine jewellery, a summer gin collection, and Partylite Candles.

We were also pleased to welcome Natasha Day, Senior Manager at The Body Shop at Home, who gave two fabulous make-up tutorials either side of afternoon tea. As well as the demonstrations, the ladies were given the opportunity to purchase

items from the Body Shop at Home stall, with 10% of all on-the-day profits being donated to the Foundation, as well as the proceeds of the raffle Natasha hosted.

The day rounded off with an envelope draw, giving our guests the chance to win some fantastic prizes such as a Michael Kors handbag, kindly donated by Psyche, and a bottle of Lanson Pink Champagne, signed by Middlesbrough FC Chairman Steve Gibson.

MFC Foundation's Business Development Manager, Ann-Marie Anderson said: "On behalf of the Foundation, I'd like to personally thank everyone who attended our second annual Ladies Day this weekend."

"It was wonderful to have so many fantastic women join us and I'm thrilled with the feedback we've received. The generosity shown on the day will support some of Teesside's most vulnerable adults and children, inspiring hope and raising aspirations in order to change lives."



SIGN UP TO BE A FRIEND OF THE FOUNDATION

Ahead of the new season, organisations around the North East are already signing up to be a Friend of the Foundation, and help support our programmes throughout the community.

We are delighted to announce the following organisations have signed up for the 2018/19 season, while some of our existing friends have renewed their sponsorship!



JOIN OUR WEEKLY LOTTERY!



WIN £25,000

At MFC Foundation, we know that £25,000 can go a long way to help fund programmes and initiatives that can raise aspirations and change the lives of many vulnerable people across Teesside.

A significant amount of money for us, but also a life-changing amount of money for hundreds and thousands of people throughout the UK. That's why we are giving you the chance to take home up to £25,000 with just £1 a week!

Whether it's helping to buy specialized equipment to give children with disabilities the chance to play sport, or even saving someone with mental health issues' life, 50p of every £1 goes straight to the Foundation, to help us continue to deliver our programmes.

LOTTERY PRIZES

To win a prize you must match at least three numbers in the right order. If the draw result was 0-6-1-0-2-0 and your number was: 9-6-1-0-2-9, you would have matched 4.

- Match 3 numbers and win £2
- Match 4 numbers and win £20
- Match 5 numbers and win £250
- Match 6 numbers and win £25,000

If you match all 6, you win £25,000 guaranteed - no sharing the jackpot!

SIGN UP HERE!

Visit mfcfoundation.co.uk and hit the 'Win up to £25,000' to sign up today!



Want to become a Friend of the Foundation?

We rely heavily on the generous support of our business community to help us achieve our mission. In response to corporate feedback we have introduced our Friends of the Foundation scheme, through which a donation of £500 a year can help us in a number of ways, including:

- Increasing the funding available to support disadvantaged people in Teesside
- Assisting us to spread the word about the work we do
- Helping us plan for the future growth of the charity

As a member of the network, you will receive a number of benefits, including:

- Networking at events with other Friends of the Foundation
- A personalised certificate for you to proudly display
- The use of our supporter logo to demonstrate your CSR credentials
- A copy of our Foundation newsletter
- Your logo on the partner's page of our website

- A PR story in the #UTB match-day programme, on our website and across our social media channels featuring your business
- Priority booking for MFC Foundation events, including our annual dinner, golf day, ladies day and many more!

The funds raised through Friends of the Foundation membership in 2018/19 will be used to:

- Help us grow our 'Roary's Class Acts' programme which raises the attendance of children in primary schools and supports better attainment.
- Develop our programmes that support those struggling with poor mental health to overcome their barriers and give them hope for the future.
- Continue our 'Club Together' project that brings communities together and educates them in order to promote cohesion and build stronger communities.

Together we can work to make a real difference across Teesside. For more information, please email ann-marie.anderson@mfcfoundation.co.uk, or call 01642 757676.



FREEBROUGH ACADEMY IMPRESS IN PREMIER LEAGUE ENTERPRISE FINALS

Freebrough Academy proudly represented Middlesbrough FC and MFC Foundation at this year's Premier League Enterprise Finals in London with their 'Project Menka' initiative.



Freebrough was one of six schools who reached the final, where they presented fully costed ideas to meet a brief set by Premier League Executive Chairman Richard Scudamore, which

this year was to increase their club's international fan base and its income streams for the USA. The team consisted of five pupils from the Brotton-based high school; Eve, Katie, Toby, Neo and Joe. Freebrough's idea was to connect with the local community through the annual Mela celebration in Middlesbrough, a two-day free event in the heart of the town centre. It is one of the largest multi-cultural events in the North East, which attracts up to 40,000 visitors to enjoy a mix of live music, foods, craft and fashion stalls.

The concept was to host a Mini Mela festival prior to a Middlesbrough FC home match, as a way of attracting a potential new demographic to the Riverside Stadium. Their idea became a reality after receiving support from Mark Ellis, Middlesbrough FC's Chief Operating Officer, and local BAME supporter group Boro Fusion, with a Mini Mela festival hosted prior to the match against Nottingham Forest at the end of last season.

Across the country, a hundred schools took part in this year's challenge, with 30 Premier League and Football League clubs engaging 600 young people. Having beaten out a number of quality pitches from schools across Teesside, Freebrough Academy went to the King Power Stadium in Leicester to compete against qualifying schools from Norwich, Derby County, Huddersfield Town and Aston Villa.

Freebrough took the one and only space from the round to earn a place in the finals, which was held at Ernst & Young Headquarters in London. Despite impressing the judging panel which consisted of Dragon's Den star and businessman Theo Paphitis, former Chelsea defender Graeme Le Saux, Arsenal Ladies footballer Alex Scott and Peta Bistany from the Premier League, the team fell narrowly short of clinching the top prize, losing out to joint-winners Wigan Athletic and Everton.

MFC Foundation's Premier League Enterprise Coordinator, Andy Downey, said: "We are exceptionally proud of the boys and girls from Freebrough Academy, and what they have achieved on this journey to the finals." "From their very first pitch back in December, we knew their idea was a great one, and with a little expansion could become a very real and feasible concept to deliver." "There was some very tough competition at every stage of the process, but they can take this experience and use it towards any other enterprise they may wish to pursue in their budding careers.

"The fact that they actually managed to get Middlesbrough Football Club to bring their idea to life and deliver it on a match day was monumental; proving that their sound planning and hard work had paid off." The competition, run in partnership with Sport Relief, uses football to engage young people in business activities and has been running since 2009 with 11,000 young people engaged to date.

NUR FITNESS ENJOY SPECIAL DAY AT ROCKLIFFE



Members of the NUR Fitness programme were special guests of the Foundation at one of Middlesbrough FC's first-team training sessions towards the back end of last season.

NUR Fitness is a women's fitness programme, and is based upon the simple idea that getting fit should be inclusive, enjoyable and rewarding for all women regardless of age, culture or previous experience. The group have been working together with MFC Foundation to take part in a 12-week healthy lifestyle course at the Riverside Stadium.

The aim of the course has also been to provide members of the group more about the football club the Foundation, and what happens behind-the-scenes both on match days, and during the week. They have met a number of different members of staff from a variety of departments, and gained an insight as to their specific roles at the club. The group has attended a couple of matches throughout the season, and greatly enjoyed the experience.

The Rockliffe experience saw the ladies watch Tony Pulis put his squad through their paces before the players posed for photos and signed autographs. The group then returned to the Media Suite at Rockliffe where player Mo Besic took time out to answer some of their burning questions about being a professional football player.

One of the members of the group said: "I absolutely loved it. It was an absolute privilege to be so close to the players and watch them train." "I'd never been to a football match before because with wearing a head scarf, I was worried about receiving abuse and perhaps being racist, but everyone was so nice and made me feel welcome."

MFC Foundation's work with NUR Fitness is part of the Middlesbrough FC's on-going Riverside By Side initiative, a campaign which is based around diversity, equality and inclusion and is supported at every level within the club.