



Hello everyone and welcome to the official MFC Foundation Newsletter for Winter 2020/21.

As we move through the early days of spring and pray the green shoots popping up everywhere are a sign of better times ahead, we take a look back at the difference we have made through the season we have just left behind, winter.

Including winter, over one million individual food items and 140,000 food parcels have been delivered throughout the region in the last 12 months, over 4,000 school breakfasts provided, 245 hours of targeted education delivery has reached some of the most vulnerable in society and 65 resources created in a free online classroom. And that just scratches the surface.

It has been a year where we were encouraged to stay apart as individuals. Through that it can be argued communities have become stronger and the Foundation has been at the very heart of that.

STOP PRESS:

We're delighted to be able to announce two dates for your diary.

Our annual golf day returns to Rockcliffe on Thursday May 20th, while our annual dinner will this year be held at the Riverside on Friday November 12th.

For details on either event, please e-mail paul.shepherd@mfcfoundation.co.uk

The poster features a black background with a pattern of white stars. At the top is the Middlesbrough Football Club crest. Below it, the word 'Foundation' is written in white. The main text reads 'MFC Foundation Annual Dinner Celebrating 25 years as a charity'. A large, stylized '25' is the central focus, with '1996' to its left and '2021' to its right. Below the '25', it says 'years of inspiring confidence and hope across Teesside'. At the bottom, it states 'Friday 12th November 2021 at the Riverside Stadium'. For ticket information, it provides the email paul.shepherd@mfcfoundation.co.uk.



INTRODUCING THE NEW CHAIR OF MFC FOUNDATION

JOHN BAKER has been on the board of trustees of the Foundation for several years and now takes over from Ray Mallon as Chair of Trustees.

John brings a wealth of experience in chairing boards in the public, private and third sector.

Born and bred in Middlesbrough and very proud of it, John has spent his entire career in the steel industry mainly on Teesside but also working in other parts of the UK. He held a number of senior managerial appointments prior to joining Teesside Cast Products as HR Director in 2006, remaining in that role until the plant was mothballed in 2011. John held the post of Director, Public Relations & Media with SSI UK from June 2011 until the plant closed in 2015.

A keen Boro supporter, John feels that raising aspirations within the local communities is an important factor in assuring the future success of the area. He sees the Foundation, particularly with its association with the club, as being ideally placed to raise standards and provide opportunities for a wide cross section of the local population.

EFL TRUST AND FERRERO UK DELIVER JOY OF MOVING PROGRAMME FOR THE SEVENTH YEAR

IN partnership with the EFL Trust and Ferrero UK, we were able to announce that the Joy of Moving Programme will be delivered once again throughout the 2020-21 academic year.

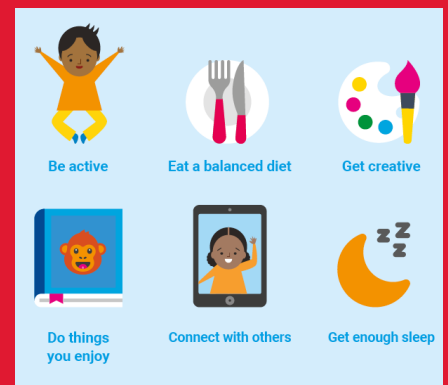
Joy of Moving, Ferrero's unbranded CSR programme, has been supporting children across EFL Communities in the UK for the past six years. The programme consists of two elements – the school-based Move & Learn programme and the Joy of Moving Festivals, which have been developed in conjunction with EFL Trust.

These programmes are designed to inspire children to move through play, and in doing so, build up their

physical fitness, motor coordination, cognitive functions and creativity and life skills and develop positive habits for adulthood.

Through the partnership the Foundation will continue to support and inspire thousands of children throughout Teesside to lead an active and balanced lifestyle.

Never has it been more important to support children in these uncertain times. According to a poll of PE teachers and school leaders by the Youth Sport Trust, 73% of children returned to school after lockdown with lower fitness levels. It is important to ensure the programme continues to play a part in supporting communities.



PL KICKS HOLIDAY CAMP IS A WINNER

JUST before Christmas a three-day PL Kicks Holiday Camp at the Acklam Green Centre in Middlesbrough was met with wide acclaim.

Cleveland Police mixed in with the local youngsters, there was a money workshop run by Barclays and sessions that had the community at heart. How to make it a better place and something they could be proud of, work which was recognised by Marcus Rashford much to the delight of all concerned.

There was, of course, football, a lot of it.

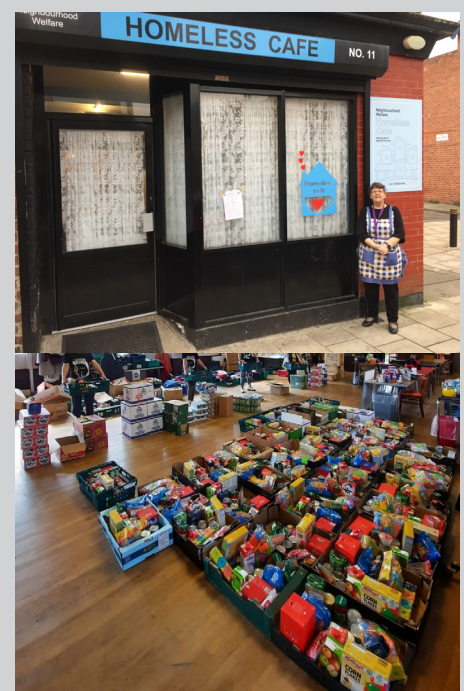
MFC FOUNDATION CHOSEN AS ONE OF BARCLAYS' UK CHARITY PARTNERS

WE were in receipt of some great news when it was announced MFC Foundation would be one of Barclays' UK charity partners.

The reason we were chosen was the meaningful work we are doing with Tees Valley Community. Almost a year ago Barclays announced a £100m Community Aid Package to support charities that are helping people and communities most impacted by COVID-19. Alongside a colleague-matched fundraising initiative and the £10m pledged through their 100x100 Programme.

It meant we were donated £100,000, money which has been and will continue to be used to fund the continuation of food parcel distribution to those who need it most at this time. Working with the Food Poverty Partnership, the Foundation will also ensure that the funds are used to enhance sustainable food options in Tees Valley for the foreseeable future, ensuring that there are accessible and affordable options available for local people.

Barclays chosen partners in the UK include those who are meeting the immediate needs of low-income families, those facing financial hardship, isolated elderly people, NHS staff and key workers





INDIVIDUAL FRIENDS OF THE FOUNDATION

Throughout this newsletter are examples of the work we do to help make a positive difference to our communities. We could have included a lot more, but frankly that might have kept you reading until our Spring Newsletter was ready to drop through your Inbox.

As you will see there are no barriers, in either age, ethnicity or ability. We're not here to judge, we're here to help.

Some of our programmes are funded, many are not and this is where we need your help.

We are often asked how you can support us and that's very kind. One way is to become a Friend of the Foundation.

There has long since been something in place for the business community and they have responded in the way we hoped they would and we're very grateful for that.

Now there's a chance for individuals, or families to help us.

There are two ways to become a Friend of the Foundation:

Via Mobile Phone

Text **FRIEND** to **70480** to donate £5 a month.

Texts cost £5 plus two standard rate messages and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £5 but do not wish to receive marketing communications, text FRIENDNOINFO to 70480.

Via Virgin Giving

Click on the link, or copy and paste it into a new URL, select monthly payment and enter £5 in the amount box.

https://uk.virginmoneygiving.com/donation-web/charity?charityId=1009508&stop_mobi=yes

We are incredibly grateful for the support of the Boro fans.

Thank you to everyone who has supported us this year.

FRIENDS OF THE FOUNDATION

WE were delighted to welcome on board new Friends of the Foundation during the winter. Roary cut the ribbon on KIT chen's new fast food restaurant in Roseberry Court, just off Burlam Road in Middlesbrough, while Evans Halshaw on Teesside had only just come on board when they started to distribute food across the area.

Glenn Bartlett has been a Boro fan for as long as he can remember. He's worked with managers and players who began as clients and often became friends.

His company, Close Protection Security, saw becoming a Friend of the Foundation as a natural association.

"We're involved with a lot the club do, as fans and in business, have been for a long time and we are great admirers of the work the Foundation does for the communities around the area.

"We're very proud to be a part of it."

Words echoed by Steve Buxton who has been a Boro fan for close on 50 years. He first started supporting the club in the 70s and has stuck with them through thick and thin.

He is also the UK Director of a company called Doornbos, based in Billingham.

Founded in 1938 and employing over 100 members of staff, Doornbos are a fourth-generation family business with over 80 years' experience within the industrial cleaning industry. They have offices in Rotterdam and Amsterdam as well as Billingham and operate over 1,500 machines.

They have come on board as a Gold Member Friend of the Foundation and plan to raise more money through their golf day (in August or September) this year which will be held solely to raise funds for the Foundation, as well as enjoying a round of golf with the participants of course.

Firstsource joined in the winter too and were soon out on the shop floor so to speak. It was also a time when we welcomed Stokesley Round Table and Saltburn Rotary Club while it was good to welcome back On A Roll who re-joined after a year away.



CLIMB ANY MOUNTAIN – FEBEREST CHALLENGE

WE have had a mountain to climb to keep our fundraising going. It's been the same for many charities during these unprecedented times. We asked the great Teesside public to help us by climbing a mountain of their own (not literally, but almost!).

The MFC Foundation Climb Any Mountain Feberest Challenge helped keep participants fit and healthy – an important part of the battle against Coronavirus! We teamed up with the Boro Walkers Association charity to raise much needed funds for both organisations and armed those taking part with the essential knowledge.

The average height of a staircase in a UK home is 7.87ft, so we've worked out how many times you would have to climb your stairs to scale the heights for Everest throughout February.

- Everest – 29,079ft = 3,695 stair ascents = 131 ascents per day
- Kilimanjaro – 19,340ft = 2,457 stair ascents = 88 ascents per day
- Mount Etna – 10,922ft = 1,388 stair ascents = 50 ascents per day
- Ben Nevis – 4,413ft = 561 stair ascents = 20 ascents per day
- Roseberry Topping – 1,050ft = 133 stair ascents = 5 ascents per day

Walking downstairs didn't count, so by the time the intrepid climbers has finished there were some pretty worn-out stair carpets, but a lot of satisfaction shared among people who raised hundreds of pounds.



VOLUNTEERS NEEDED FOR RUGBY LEAGUE WORLD CUP

VOLUNTEERS are needed to help make Rugby League World Cup 2021 a success when it visits Teesside.

Boro's Riverside Stadium is hosting the match between the Cook Islands and Tonga at 2.30pm on Sunday 7 November this year, and applications are now open for people to join the pre-tournament preparations or to help out on the match day itself.

Roles will include wayfinders and stewards, information givers and event facilitators across the Tees Valley's five boroughs, including at the Cook Islands' training base at Darlington's Mowden Park, with the action focusing on Middlesbrough in the run-up to the big day. Should any

coronavirus restrictions still be in place, volunteers will be briefed and these will be followed.

The Cook Islands take their name from Middlesbrough-born Captain James Cook, who visited many of the nation's southern islands. The team will be based in at Darlington's Rockliffe Hall from October 16 while they compete in the competition.

Applications close on 23 April, with a selection process taking place between May and July and training to be provided during August and September. General tickets are now on sale.

For more details, visit www.rlwc2021.com/volunteers



FOUNDATION WERE ON THE FRONT OF BORO'S SHIRT FOR THE STOKE CITY GAME



THE visit of Stoke City marked a special moment for MFC Foundation.

Seasonal shirt sponsors 32Red once again donated their front of shirt to us in a repeat of gestures they have made in the past, helping raise thousands of pounds.

MFC Foundation are the oldest charity in the country linked to a professional football club and in November will celebrate their 25th birthday.

"We're very proud of that. Our focus has never changed in that time," says Helena Bowman, Head of MFC Foundation. "We were created to serve our communities and by using the power and influence of Middlesbrough Football Club we deliver bespoke programmes providing opportunities to raise aspirations and improve life chance of the people who make up those communities."

FOUNDATION AND IRONSTONE ACADEMY TRUST JOIN FORCES TO DELIVER FREE SCHOOL MEALS



STAFF from MFC foundation joined forces with Ironstone Academy Trust in a five-week-long project to deliver free school meals to pupils from five schools in the area.

Foundation employees delivered in the region of 250 meals a week, collecting from the schools' kitchens and taking them directly to those in need.

Qualifying pupils from Ormesby Academy, Normanby Academy and Nunthorpe Academy in Middlesbrough, together with Riverdale Primary and Zetland Primary, both in Redcar, received a school meal each day Tuesday through Friday.



LOCKDOWN LITERACY

Literacy has been identified as one of the most affected elements of education across the nation throughout the Covid-19 pandemic. Many children are simply not reading enough and some not at all.

In an effort to combat that, our Premier League Primary Stars team launch a #LockdownLiteracy campaign, helping to raise the profile with a series of photos of children reading or being read to.

It had the great knock-on effect of getting adults back reading again, some for the first time since they left school.

There was a variety of reading matter on display, though it was the content that was important, rather the fact people were reading again.

Important as it is for everyone to read, it is in the younger generation where the impact is at its height.

Some of the statistics provided by the National Literacy Trust are frightening. Their research indicated that 55% of 0-2-year-olds are not read to daily. The figures get better until a child reaches around 7-years-old, then drop away at home as often parents leave that skill to schools. Only schools aren't there in the way we have come to know them right now, with a greater emphasis placed on home learning.

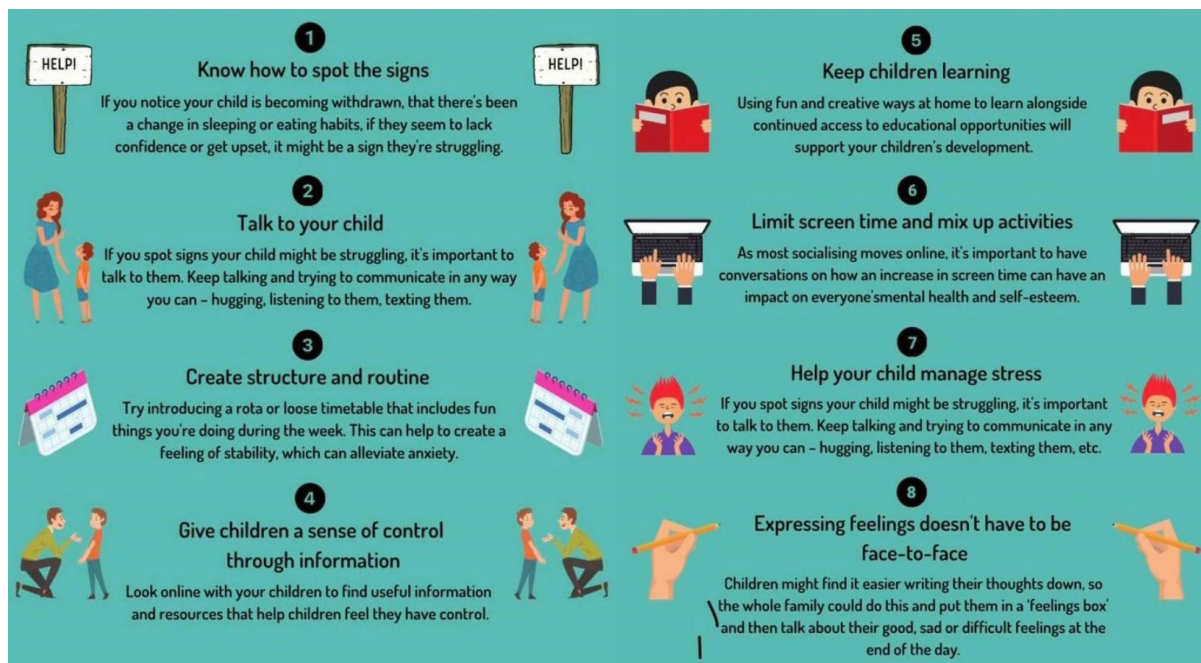
Reading can be fun and can open whole new worlds to a fertile imagination.



CHILDREN'S MENTAL HEALTH WEEK

We were right behind a national initiative in early February. One week was set aside to raise awareness of mental health in children, the signs that there may be something wrong.

The fact is, of course, mental health issues don't just manifest themselves once a year and we're always there to help.



THANK YOU HAMPERS DELIVERED ACROSS TEESSIDE

WITH a lot of help from volunteers we were busy putting together and delivering hampers around our communities. Though some of these deliveries came with a little twist – they were delivered to unsuspecting individuals who had been nominated for their work and dedication over a very testing few months.

People such as Tracey Dresser, Service Lead at Tees Alive, part of Community Integrated Care.

She was selected by her nominator because: "Tracey has been an absolute legend throughout the pandemic going way above and beyond what is required in her role. She is a real ambassador of CIC and the Care Sector and a passionate advocate of the people we support. Tracey also contracted COVID as was really poorly during which time she soldiered on, working from home, providing support to her staff, the people we (CIC) support and families of Tees Alive."

Dan Peterkin from Boro's Academy Dan volunteered every opportunity he could, including delivering leaflets door to door around central Middlesbrough, gardening in Grove Hill, dropping off meals every Friday to those in need, and driving around all over Teesside on various tasks.

We work with 14 classes in Green Lane School and a hamper was

dropped off for the staff to share, while the Acklam Green Centre were nominated for their continued support of the PL Kicks programme delivered there three nights a week.

East Cleveland resident Shaun Brown received a hamper for his outstanding community work during lockdown, organising a family quiz, entertainment via his own disco and more recently providing Christmas lights and decorations for his entire street.

The staff in The Retreat at UCA had a hamper to go with their recent award for their work with after school club, while volunteer PL Kicks coach, Dan Able attends weekly sessions at the Herlingshaw Centre and is passionate about developing himself.

There was a story behind every hamper. Each one has a tale, each one was a surprise, each individual had made a difference.



HEALTH MATTERS TO OUTWOOD ACADEMY



A HEALTHY relationship has developed between the Foundation and Outwood Academy Riverside through delivery of our Health Matters programme.

Thursdays become very popular days for the both the pupils and MFC Foundation's programme deliverers.

Topics change each week; however the theme remains the same – Health Matters.

Physical activity and how it affects the body and the importance of a balanced diet and why it is good for our bodies were among the early subjects covered, while the project took on a different twist with a Greatest Showman theme adopted as fitness elements associated with circus acts were discussed.

The importance of sleep and the benefits it can have on the body were followed by a theme centred around anti-bullying week.

There was an unexpected twist when dental hygiene was the topic when one young man coincidentally lost one during the lesson!

Don't worry, he's fine!

As well as physical aspects, mental wellbeing is discussed, how we look at our emotions and how they differ from person to person. Maybe something there for us all.



SURPRISE DELIVERIES BRING FOOD AND SMILES

Throughout the first few weeks of the year, our work in East Cleveland brought smiles and a little reward. Working with Chef Matei Baran, our team would pay a surprise visit to members of the community who were classed as key workers, or organisations like the Police, Fire Brigade, NHS workers, GP practices.

That extended into schools and staff on the allotment used by our Team Talk mental health group.

"The idea is to surprise a different group of people each week," says the Foundation's operational support officer Charlie Bell.

"It's a way of saying "thank-you" to some and also a way of putting smiles on faces."

