

WELCOME TO THE OFFICIAL MFC FOUNDATION NEWSLETTER FOR SPRING 2021.

Winter brought fresh challenges and with them new opportunities. Sadly, it also brought the passing of a former Foundation Chair when Stewart Smith lost his long battle with illness in April.

As a Foundation we again served our communities, offering practical and meaningful support during times which are still demanding.

Our resources are in demand more now than they have ever been. The demand continues to grow and we continue to respond.



FOUNDATION PARTNERSHIP TAKES OFF WITH TEESSIDE INTERNATIONAL AIRPORT

TOWARDS the middle of March MFC Foundation was named as one of just three charities to be chosen by Teesside International Airport as a new partnership was formed to help fundraising.

Proceeds from donation boxes located in both the departures and arrivals hall in the newly refurbished airport terminal, will be split evenly between the Foundation, Alice House Hospice and the Great North Air Ambulance.

As well as donating in pennies and pounds, holidaymakers can donate unwanted foreign currency. You know, the type that rattles around in a drawer at home and isn't worth converting back to our currency.

Head of Foundation Helena Bowman commented: "MFC Foundation are delighted to have been chosen as one of Teesside Airport's charity partners. The Foundation works across Teesside using the brand of the Football Club to Inspire Confidence and Inspire Hope in our communities.

"There is no doubt that having the support of Teesside Airport will help us reach even more people to provide support. We are looking forward to working closely with Teesside Airport, Alice House and the Great North Air Ambulance to raise awareness and generate extra funds for such great causes."

Tees Valley Mayor Ben Houchen said: "The first, most immediate, phase of this partnership will let people drop their unwanted change off in our terminal, so they know it's going to one of our brilliant local charities, helping people who need it most, rather than doing nothing at the bottom of a drawer.

"When I brought our airport back into public ownership, I pledged to use it to benefit everyone across the region, not just secure flights to Alicante, as popular as they are. I'm delighted we're teaming up with Alice House, the Great North Air Ambulance Service and MFC Foundation to help improve – and even save – lives."

THE RETURN OF FIT BORO HAS BEEN A SUCCESS

OUR free and very popular fitness programme FIT BORO returned to the Riverside in the middle of May.

Both male and female sessions have proved popular, especially the female sessions on cool evenings on the north west lower concourse at the Riverside and in a media suite which was used as the changing room for the national teams of Austria and Romania as well as visiting teams in the Championship.

As with previous incarnations of the programme, friendships have been formed growing in a relaxed environment where the only pressure applied is the pressure of expectation placed on themselves by the participants. Like previous versions, it is to be hoped personal success stories are just around the corner.



KICKS EXPANSION GIVES MORE OPPORTUNITIES

EVERY night of the week, Monday through Friday and into Saturday morning, more opportunities than ever before have been made available through our PL Kicks programme.

Adding new sports in new venues to tried and trusted delivery in familiar surroundings is a formula which has so far worked.

There are now 27 sessions across 17 different venues covering dance, football, golf, performing arts and table tennis. Most sessions are mixed, some are girls only, others offer chances to those with disabilities, as well as amputees and wearers of prosthetics.



TRAINEESHIPS INSPIRING CONFIDENCE

DESPITE the challenges presented by Covid-19, MFC Foundation's Traineeship scheme has enjoyed considerable success over the last six months helping graduates progress into customer service and sports coaching roles.

Working with Applebridge, five participants have full-time positions in the construction industry, while two members from a different group completed customer service-based Traineeships resulting in employment with Tesco and four others secured apprenticeships with local sports employers.

The training, conducted in the Herlingshaw Centre, alongside a meaningful work placement, can pave the way for young people to secure employment opportunities which otherwise may elude them.

One participant, Callum reflected: "I had been unemployed for a while, struggling with confidence and motivation. The combination of the sports and employability appealed to me a lot. I had lost my confidence from being unemployed multiple times for a long period and was lacking social interaction which spiralled into being demotivated."

While on the course, Callum gained the skills to apply for jobs and to perform at interviews and has now secured full time employment, even graduating early from our programme.





SWITCH IT TAKES TRANSITION IN ITS STRIDE

SINCE launching just a few weeks ago our Switch It programme, working in partnership with Middlesbrough Borough Council to deliver a new targeted transition youth offer, has proved very popular.

Seeming to grow almost exponentially, the numbers of young people engaged on the programme quickly headed towards three figures.

Bringing established practice and combined knowledge together, the

service provides support for children and young people at key transition points where there is a significant change in their lives. This could be the transition from moving schools, as well as the transition from school to next steps in education, training or employment.

Middlesbrough Youth Service supports Middlesbrough Children's Service's vision of 'Middlesbrough Children Matter', through delivering an inclusive youth service that is accessible to all young people residing in Middlesbrough aged 11-18-years-old (up to 25 years old for those with additional needs).

The service aims to deliver early help and prevention work for children, young people and their families

to reduce the impact of adverse childhood experiences. The Youth Service will also offer targeted support for those young people who require additional provision, including supporting young people at key transitional stages of their childhood.

Working collaboratively with fellow providers The Linx Youth Project and The Junction Foundation, this multi-agency approach will ensure that every child and young person in the Middlesbrough Local Authority area has equal access to high quality services, aiding their transition through important milestones, and enabling them to fulfil their potential and promote general quality of life.

HOLIDAY COURSES AGAIN PROVE POPULAR

IF the engagement levels shown at our holiday courses over Easter and the first week of June are matched at our summer provision, our coaches are in for a busy time.

The Herlingshaw Centre and Loftus Cricket Club were the main venues for indoor and outdoor provision as youngsters aged from 5 to 13 enjoyed coaching ranging from goalkeepers to strikers and general football instruction to plain and simple enjoyment.

The Boro Bus also proved a popular addition to a three-day course in East Cleveland.





BOOKINGS INCREASING AT THE HERLINGSHAW

BE it the indoor or outdoor facilities, bookings at the Herlingshaw continue to increase.

It isn't just pitch hire which is proving popular, Walking Football proved an instant hit when it was reintroduced in late May, Kicks sessions are always popular, Boxercise is building and from such events word spreads about the facility and what it can offer.

A bespoke online booking system has helped and it is the number of returning customers that tells the story of continued improvement.



GOLF DAY TEES UP CASH INJECTION

PLAYING conditions were far from ideal, but there wasn't a single complaint from any of the 19 competing teams who were all given goody bags at the end of their rounds, courtesy of donations from Doornbos, Middlesbrough College and Rosedene Nurseries and a lot of hard work behind the scenes from Foundation staff.

The event was sponsored by Host and Stay and although no-one managed to win the prize of a new car from Evans Halshaw Vauxhall Middlesbrough for a hole in one on the fifth, there were plenty of other winners.

First Place - Winning the coveted MFC Foundation Golf Day trophy, 4 winners trophies, 4 bottles of spirits, and 4 single rounds at Rockliffe Golf - Wilton Engineering (91 points)

Second place - Winning 4 bottles of wine, and a 4 ball at Middlesbrough golf course on Brass Castle Lane - Advanced Vehicle Leasing (on a count back with 89 points)

Third place - Barrier Group (89 points)

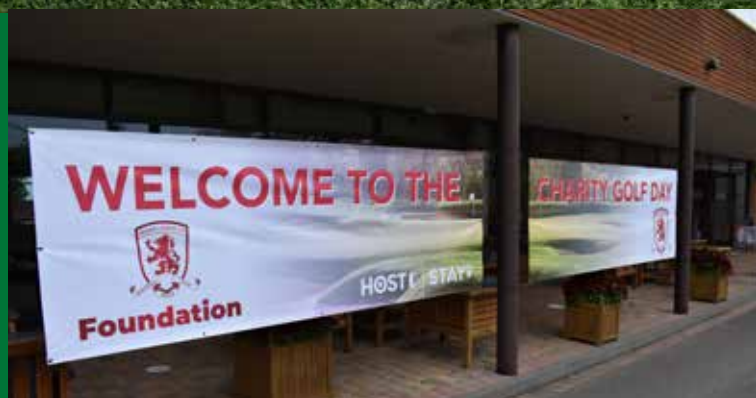
Fourth Place - LFF Glamal (on a count back with 87 points)

Fifth Place - Close Protection Security (87 points)

Longest Drive - Winning the Longest Drive trophy - Peter Scott, Close Protection Security

Nearest The Pin - Winning the Nearest the Pin trophy - Clarke Beagrie - Advanced Vehicle Leasing.

The event raised close on £4,500 for MFC Foundation.





FOOTBALL CONTINUES TO WELCOME

THE range of nationalities represented in our Football Welcomes programme reached 19 when a gentleman from Western Sahara joined the ranks which now number over 50.

We all have a role to play in showing solidarity with people who have had to flee their homes and rebuild their lives in another country. We were fully behind Amnesty UK's #FootballWelcomes month in April, but of course our support isn't restricted to a single month.

Naomi Westland, Movement Building Manager at Amnesty International UK, said: "Clubs like Middlesbrough and their Foundation are at the heart of their communities and football can be a powerful force for good, bringing people together and providing a sense of purpose and belonging. For those who've fled conflict and persecution and had to leave everything behind, this is incredibly important.



"It's heartening to see football clubs across the country doing great work in their communities to show there is more that unites us than divides us.



ALLOTMENT PROJECT AND TEAM TALK GROWING IN HARMONY

IT was good to see our Team Talk programme back up and running.

Team Talk was set up to help people who, usually through no fault of their own, have lost their way a little and this programme affords the chance to come together with likeminded people, to talk, discuss and to help each other. There's no set agenda.

Two new venues opened up at the start of June, at Pallister Park in Middlesbrough and Seaton Carew.

One of our more established venues is back in action after a short break. The Riverside Building in Skinningrove has changed hands, but it is at the rear of the building where a project started around 18 months ago is blooming – literally.

At one of the meetings in what used to be a schoolhouse, an introduction to Francis Owens, director of Harmony Food Revolution, a Community Interest Company (CIC), was made and soon after an allotment project began.

Working with nothing more than an overgrown garden and a handful of volunteers, the allotment has come a long way since they started. Working together, the team dismantled and revamped the area, starting almost from scratch.

Being productive and enjoying some fresh air are two things proven to improve mental health, and the two go hand in hand at the Skinningrove allotment where their aim is to help people regain confidence and belief by teaching them basic gardening skills.

Team Talk participants are working tirelessly to create their own small utopia. What once stood as a neglected, forgotten wilderness, is now blossoming into something much more.



BE AWARE OF YOUR MENTAL HEALTH



THINK WITH YOUR FEET continues to reach out to and help members of our communities who are finding their way back from difficult times; some participants are still going through them.

This football-based programme has always proved popular and since its return at the Herlingshaw it has seen a steady increase in numbers.

It offers a chance for participants to come together once a week in an understanding environment where no one judges and everyone tries to help.

Similar in its aims to our Team Talk programme, this is more than just a free game of football, this could offer a way back to a life once lived, sometimes back to employment and the chance to rebuild confidence by offering hope.

COLLABORATION HELPS SET UP A NEW WOODLAND PARK

WE have teamed up with Redcar-based housing provider Beyond Housing to help deliver an exciting environmental renewal project in Loftus.

The Foundation, Esh Construction, Groundwork North East & Cumbria, Loftus Town Council, Redcar & Cleveland Borough Council and Loftus ACCORD Walking Group have all united with the housing provider to transform a 4.6-acre disused allotment site into an accessible woodland park that connects local people to nature.



The park will also create work and training opportunities in groundwork and labouring for young people, giving them a taste of what it's like to work on an environmental project this big and providing that vital experience for their CV.

When complete in March 2022, the woodland park will offer a schedule of family activities and opportunities for schoolchildren to venture out of the classroom to learn outdoors. There'll also be two-metre-wide paths to support those with limited mobility and a specialist area for people with dementia, supporting the elderly and vulnerable people who will soon move into The View, a new supported living scheme Beyond Housing and Esh are currently building at the nearby Hummersea Hills estate. Alongside this scheme, an additional 85 homes are under construction for affordable rent or rent to buy.

The woodland project is one of just 68 schemes in the UK chosen to receive a financial boost from the Government's £40 million Green Recovery Challenge Fund, with an impressive £124,100 secured in funding.



STORY CONTRACTING BECOME A FRIEND OF THE FOUNDATION



WE were delighted to receive an email from Story Contracting saying they had seen the work which was done in the area by the Foundation and would like to donate £1,000.

In graciously accepting the donation, the Foundation made Story a Friend Of The Foundation and despatched mascot Roary to accept the cheque and present the company with their silver-status certificate.

Story Contracting is a privately-owned, award-winning infrastructure company, providing rail, construction and plant solutions across the UK. On behalf of Network Rail, they are currently carrying out upgrades to Middlesbrough Station, the first phase of which involves platform extension works in order to facilitate more services and longer trains at the station.

As part of their commitment to invest in the communities in which they work, they chose to support Middlesbrough Football Club Foundation, reasoning: "We greatly admire the work that the charity does with people across Teesside, inspiring them through sport, education, health and inclusion projects."

Chris Sidwell, Contracts Manager at Story Contracting and pictured here, added: "As a company we strive to be a good neighbour and to give back to the community, something that has never been more important than during the pandemic."

"We are therefore delighted to have been able to support Middlesbrough Football Club Foundation and the vital work that the charity does in improving the lives of young people and adults living in Teesside."

BECOME A FRIEND OF THE FOUNDATION

AS well as the long-standing option for businesses, there is a chance for individuals or families to become a Friend of the Foundation.

It costs £5 a month, and all Friends of the Foundation will be given the option to have their name on a website Hall of Fame, highlighting their support and commitment.

That commitment helps us help our communities; your communities.

How do people sign up?

There are two ways:

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 Money Giving

Click on this link, select monthly payment and enter £5 in the amount box.

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