



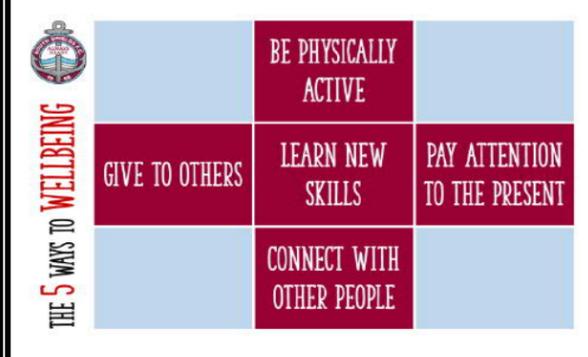
FOUNDATION FAMILY

CREATING INCREDIBLE MEMORIES

EDITION 2. NOVEMBER 2020



HALLOWEEN FUN FROM U9 CLARETS



PROMOTING WELLBEING



HALLOWEEN FUN FROM U9 WHITES

A GAME OF TWO HALVES...

OUR JOURNEY SO FAR.



The Foundation was established in 2017 initially with the sole purpose of creating incredible memories for young players. Looking back, it's hard to believe how far we have come in such a short space of time. In 2017 we had half a dozen junior football teams playing away from Mariners Park run by a couple of parent volunteers and a small Committee.

Fast forward three years and we have a, financially independent, registered charity with a turnover of around £350k; a flagship schools programme working with [pre-covid] over 500 children every week in 13 schools and nurseries; a grass roots football programme with over 400 players & 100 more participating in community programmes each week delivered by a highly skilled workforce and a dedicated group of over 50 volunteers.

We now organise what we do across all five NHS ways to wellbeing, recognising the range of different things that contribute to people's health and wellbeing in our community. We are so much more now than just football and we don't just work with children.

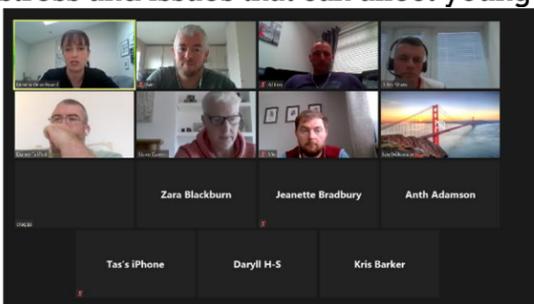
A game changer for us was the partnership we struck with Harton & Westoe Miners Welfare in July 2019 which saw us secure the future of the Harton site and gave us an opportunity to increase the Club's community impact. Which we did, doubling it from £1.1million in 2017/18 to £2.2million in 2018/19. We calculate our social impact using a recognised Wellbeing Valuation Approach. We have delivered £3.3m in social impact in the last two and a half years which delivers a return on investment of £7 social value for every £1 we spend.

We are emerging from lockdown stronger and more resilient. With many of our programmes back up and running safely we have a renewed and increased determination to focus on the health and wellbeing of our local community. In the last newsletter we focused on World Mental Health Day on October 10th and the practical ways you can look after your mental health. As part of this theme our coaches, as part of their regular CPD (Continued Professional Development) events, had a live call with Donna Woodward from KOOTH – a wellbeing community for young people with support from South Tyneside Council which we are now rolling out across the Foundation.

Kooth is a free, safe and anonymous online chat and emotional wellbeing service for young people aged 11 to 25 which can provide hints and tips and support for exam stress and issues that can affect young people through life.

Online counselling & well-being support

- Young people can sign up themselves - no referral needed
- Text based - live or asynchronous messaging
- Offers a range of therapeutic tools and activities
- Open 365 days a year
- 12-10pm weekdays, 6-10pm weekends



"Kooth offers so much more than just speaking to a counsellor. The community is always online, and there's other young people that will be there to help you. **You're never alone, don't be afraid to speak up.**"

-THE DIGITAL NEWSPAPER-



FOUNDATION FAMILY – MEET THE TEAM

Each month we will introduce you to a member of the Foundation Team:

Name: Peter Barnes

Role: Head Coach

Responsibilities: Liaise with the lead phase coaches in relation to which teams need support and in which area. The support could be around coaching or simply an admin problem. I've been involved in coaching for a long time now and have encountered most of the issues coaches face on a weekly basis. I am also involved in ensuring the clubs values, philosophy and beliefs are shared amongst coaches and parents. As well as those responsibilities I run the U14 JPL and Golds Sunday Team along with Derek Sloan. Coaching a grassroots team can be time consuming and difficult at times but the rewards of seeing young people develop far outweigh the negatives.

Favourite quote: Sometimes later becomes never. Do it now!

COACHES STRIVE TO LEARN

One thing the foundation is keen to do is to support our coaches in CPD (Continuous Professional Development) ensuring we provide not only learning opportunities for the children but for our coaches too. Having the availability of Harton Welfare has allowed our coaches to meet regularly to experience a mix of practical sessions along with theory, coordinated by Academy Manager – Wess Brown and supported by the academy staff.

Wess states 'it's important all coaches understand our values and beliefs and what they look like in practice. Providing a framework to work from brings clarity to our expectations as a club and an understanding of the importance of the environment we create if we want to provide incredible memories for our young players'.



Competition: Name the Player!

We have 3 SSFC face masks to give away.

To enter, e-mail your answers to ken.temple@southshieldsfc.co.uk.

The 3 x winners will be randomly selected in a draw to take place by the 26th October. Entrants after this date will not be counted.

The name of the prize winners will be announced in the next monthly newsletter.



Last month's crossword winner was:

Annette submitting on behalf of her son, Vaughan Davis from the Under 14 Clarets.

Congratulations! 3 x SSFC face masks on route to your family



PLAYER FOCUS

HAYDEN LOWDEN

Team: South Shields Under 13 Whites

Favourite position: Right Wing/Striker

Favourite player: Blair Adams

Favourite food: Sausage and Chips

What makes you angry: When I think I have had a bad game

What makes you happy: When I have played well for my team

If you would like your child to feature on the player focus, please send a picture as well as answers to the questions to:

ken.temple@southshieldsfc.co.uk