



Legacy Fund: League Cup Report



Scottish Professional Football League Trust



LEGACY 2014
XX COMMONWEALTH GAMES



Setting the scene...

THIS REPORT TELLS THE STORY OF A REMARKABLE SEASON IN SCOTTISH FOOTBALL.

In season 2013-14, the Scottish League Cup was supported by the Scottish Government, as part of a drive to support communities across the country.

As part of a unique partnership with the SPFL Trust, a £500,000 grant was awarded, with every professional club in Scotland invited to apply for up to £11,000 of funding, for activity to be delivered against key national priorities. The impact was remarkable.

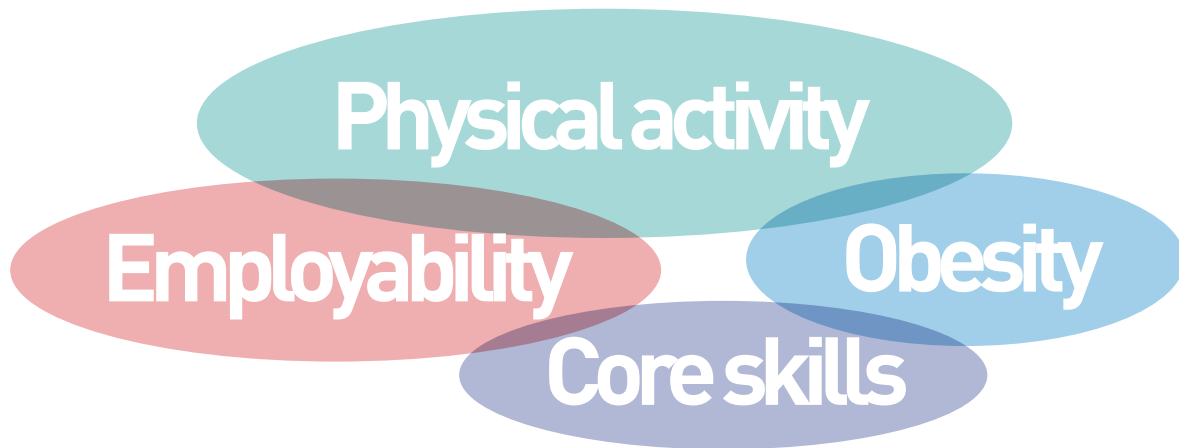
All participating clubs submitted a full set of evaluation documents to evidence delivery and the success of their individual projects, including financial, qualitative and quantitative data along with details of any PR and media coverage.

Scottish football has once again shown its enormous capacity to engage hard to reach groups, by using the power of each club's reach within the communities in which they are supported.





PROJECTS WERE DELIVERED ACROSS KEY AREAS OF NATIONAL PRIORITY INCLUDING:



MENTAL HEALTH FIRST AID

As well as each participating club's project, the SPFL Trust were permitted to use some funding to deliver an initiative, directly. The outcome has been the creation of **Football Mental Health First Aid courses**, with free access for staff and volunteers at all SPFL clubs. See page 10 for more information.



FOOTBALL MEMORIES

Our front cover shot features 90-year-olds Willie Corbett who played for Celtic and Scotland (r) with his life-long pal Jimmy. Jimmy had watched Willie playing for Dunipace Thistle at Easter Road in the 1938 Scottish Juvenile Cup Final.

Both now attend the Football Memories project, which supports people with dementia, by using inspiring images to prompt recall in a safe and supportive environment.

When Willie and Jimmy's story was uncovered, the very trophy from that day 78 years ago was tracked down, and both were re-united with it. Both gentlemen loved seeing the trophy, and it sparked wonderful, possibly long-forgotten, memories.





Introducing The SPFL Trust

IN 2009 THE SCOTTISH PREMIER LEAGUE TRUST WAS ESTABLISHED TO SEEK FUNDING FOR AND COORDINATE COMMUNITY INITIATIVES ACROSS THE 12 SPL TEAMS.

League reconstruction in 2013 brought together all 42 professional football clubs in Scotland under one entity – The Scottish Professional Football League.

As a result of this overhaul, the SPL Trust became the SPFL Trust, and now has a remit of engaging with all 42 professional football clubs in Scotland.

Since then, the SPFL Trust has secured funding for a range of initiatives delivered via clubs, and supported capacity building to help them deliver increased engagement in the communities they serve.



PROFESSIONAL FOOTBALL CLUBS TO WORK WITH COMMUNITIES.

We work in partnership with SPFL clubs and external agencies to promote, support, fund and administer activities which empower clubs to help meet the identified social needs of the people of Scotland.



OUR PURPOSE

To use football's unique presence to identify and provide opportunities for people across Scotland's communities to achieve their goals and improve their life chances.

OUR VISION IS:

- **To work with SPFL clubs to use the unique power of football to engage with communities**

OUR PRIORITIES ARE TO:

- **Inspire SPFL clubs to meet a variety of local community needs**
- **Build capacity in SPFL clubs to help them engage with local communities**
- **Engage with funders to facilitate national projects at local level**
- **Establish relationships on a national level to ensure that Scotland's professional football clubs are at the heart of the national vision to tackle social issues**

KEY VALUES UNDERPINNING OUR WORK:

- **We believe the SPFL Trust should be a key player in the delivery of national outcomes**
- **We believe the SPFL Trust can combine and advocate the best approaches to community social change**
- **We believe the SPFL Trust can become a leader in community development**
- **We believe SPFL clubs have the power to engage with all areas in our communities**
- **We believe SPFL clubs offer an innovative platform from which to improve life chances in social change**
- **We believe SPFL clubs can be all inclusive**
- **We believe SPFL clubs are uniquely placed within our communities to effect important social change**





Having seen the report, I was reassured that Scottish Government funding is being channelled in the right direction to help improve health, diet and fitness with so many worthwhile projects.

To have over 30,000 people across Scotland, of all age groups and with diverse backgrounds, directly benefiting from funding, with secondary benefits to families, friends and local services is a magnificent achievement.

Furthermore, I recognise many of the key issues that all of our partners are focused on addressing with projects targeting areas such as physical activity, obesity, diet, employability and core skills and that our partnership has allowed for the delivery of many projects at a local level using the appeal of one of Scotland's most recognised brands.

Jamie Hepburn MSP

FORMER MINISTER FOR SPORT, HEALTH
IMPROVEMENT AND MENTAL HEALTH



As a Board of Trustees we have been delighted with the work that has been delivered across SPFL football clubs through this initiative.

We have clearly demonstrated the ability of the SPFL clubs to use the unique power of football to tackle real social issues, affect positive change and deliver key government priorities.

The SPFL Trust has efficiently, effectively and transparently managed the funding, allowing Scotland's communities to benefit from the best that Scottish Football has to offer, in attracting people who are often hard to engage by other means.

Bob Winter OBE

CHAIRMAN, SPFL TRUST



Making a difference...

OUR CLUBS IDENTIFIED NEEDS, RELEVANT TO THEIR OWN COMMUNITIES, AND AS SUCH THE FUNDING FROM THIS PROJECT SERVED A SIGNIFICANT NUMBER OF KEY AREAS.

OBESITY	ALTERNATIVE CURRICULUMS
HEART HEALTH	SOCIAL INCLUSION
EMPLOYABILITY	PHYSICAL ACTIVITY
LITERACY	MEDIA SKILLS
NUMERACY	VOLUNTEER DEVELOPMENT
SCIENCE	EARLY ONSET DEMENTIA
HEALTHY LIFESTYLES	ANTI-BULLYING
PHYSICAL LITERACY	MENTAL HEALTH AND WELLBEING
ACCREDITED LEARNING OPPORTUNITIES	REHABILITATION



SCOTTISH INDEX OF MULTIPLE DEPRIVATION

Many SPFL clubs sit in the worst areas according to the Scottish Government's SIMD including:

- Celtic
- Dundee
- Dundee Utd
- Hamilton
- Inverness CT
- Partick Thistle
- St Mirren
- Raith Rovers
- Rangers
- Airdrie
- Ayr
- Morton
- Peterhead





30,596

Total people engaged



£16.34 per person
cost to Scottish Government



3,000 Young people
in rural communities supported



260 Young people
in the NEET group in Life Skills Programmes



2+

Age Range Reach

90



36 Prisoners
engaged in Life Skills programmes at HMP Dumfries, and HMP Barlinnie



185
Volunteer opportunities created



520
Accredited qualifications delivered



250 **Schools involved**



73 elderly and socially isolated people engaged in weekly social projects



241.3kg lost by participants in Football Fans in Training



36 **Employment opportunities initiated**



88 **Disabled people taking part in Pan-Disability Football Programme**



10 people suffering with Chronic Obstructive Pulmonary Disease taking part in a weekly rehabilitation and awareness programme





Mental Health First Aid Training

IN ADDITION TO MEMBER CLUBS RECEIVING FUNDING VIA THE SCOTTISH GOVERNMENT LEGACY FUND, THE SPFL TRUST ALLOCATED FUNDS TO DELIVER A PROJECT – MENTAL HEALTH FIRST AID TRAINING.

Working alongside the NHS and Positive Mental Health Scotland the SPFL Trust worked to create a bespoke Mental Health First Aid Training course which focuses on case studies and experiences commonly found in a football environment.

The two day training course is delivered by qualified professionals with years of experience in both football and mental health.

One in four adults will experience mental health problems in their life and the majority of people do not know how to respond to someone suffering poor mental health. The world of football is no different.

With suicide being the biggest killer of men under 40, it is vital that a male dominated professional sport like football, does all it can to address the issue.





MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH!

THE AIMS OF MENTAL HEALTH FIRST AID:

- Equip Community coaches with the skills to provide initial help
- Prevent the problem from getting worse
- Promote recovery of good mental health
- Provide tools for giving comfort



**COACHES ATTENDED
THE COURSE SO FAR**

IN FULFILLING THESE AIMS, PARTICIPANTS WERE ABLE TO MEET THE FOLLOWING OBJECTIVES:

- Talking about suicide
- Recognising the signs of mental health problems
- Providing initial help and how to guide a person to appropriate help

POSITIVE FEEDBACK:

"The learning experience has been informative and helped me to build confidence which I require to enable me to better meet the needs of my colleagues and service users on our community programmes".

"I have enhanced knowledge and skills. A better understanding of certain areas such as self-harm, and other areas that I had not thought of in terms of mental health".

"A first class, worthwhile two days of training. I feel empowered to handle some of the difficult situations I might face".



Aberdeen Football Club

ABERDEEN FC COMMUNITY TRUST

www.afccommunitytrust.org



ABERDEEN FC
COMMUNITY
TRUST

STRATEGIC OBJECTIVE:

HEALTHIER

01

**PROJECTS
DELIVERED**

28

**SCHOOLS
ENGAGED**

661

**TOTAL No.
ENGAGED**



Aberdeen City Primary Schools Healthy Lifestyle Programme

Working with 28 schools across Aberdeen City & Aberdeenshire, the AFC Community Trust created a programme to promote healthy eating and physical activity which engaged over 600 children at Pittodrie Stadium.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Healthy Lifestyle	661	Primary School Children	Aged 5 – 12 years	323	338

Project Achievements:

- ★ Sessions were inspired by Aberdeen FC players' own food diaries and physical routines, as an inspiration to the pupils, who then compiled their own.
- ★ Sessions were divided into two parts, the first focusing on interactive sessions with food plates which looked at the importance of a varied and balance diet.
- ★ The second part was a vibrant football session at Aberdeen Sports Village which matched learning experiences, by assessing energy levels and the type and quantity of food required needed to perform well.

03 VOLUNTEERS
RECRUITED

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"Teacher feedback was fantastic. They were pleased that the programme was accessible to all pupils, some of whom can be a 'handful' in the classroom".

David Smith, Community Coach at Aberdeen FC Community Trust

In Conclusion:

Highly credible programme, accessible to pupils, regardless of numeracy or literacy skills.





Airdrieonians Football Club

COMMUNITY DEPARTMENT

www.airdriefc.com

STRATEGIC OBJECTIVE:

HEALTHIER + SMARTER

02 PROJECTS DELIVERED

40 WEEKS OF DELIVERY

200

TOTAL No. ENGAGED



Soccer Skoolz Healthy Life Programme & Alcohol Awareness Sessions

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Soccer/Alcohol	200	Primary & Secondary School	Aged 8-18	130	70

Project Achievements:

- ★ Delivery of recurring 6 week Healthy lifestyle programme to primary school pupils through Caldercruix Community Development Project.
- ★ Focus on the benefits of water and healthy food options.
- ★ Focus in teamwork.
- ★ Delivery of 3 Alcohol Awareness Sessions.
- ★ Partnership working with Airdrie Academy.

02 WORKING PARTNERSHIPS

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"Our management committee receive a monthly feedback report on all of our activities and are extremely pleased with the 'soccer skoolz' project!"
Ruth Taggart, Caldercruix Youth Development Project

In Conclusion:

Excellent demonstration of Clubs working in partnership with local organisations.



Albion Rovers Football Club

COMMUNITY DEPARTMENT

www.albionroversfc.co.uk

STRATEGIC OBJECTIVE:

SAFER & STRONGER + SMARTER

04 PROJECTS DELIVERED

18 PRISONERS ENGAGED

48
TOTAL No. ENGAGED



Prison Citizenship Programme, Music Programme, IAC College Programme & creation of Community Liaison Officer post

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Citizenship/Music/IAC/Job	48	Young adults and prisoners	Aged 14 +	31	17

Project Achievements:

- ★ Football Citizenship programme delivered at Barlinnie Prison.
- ★ Creative music programme for young people.
- ★ Inspiring Assertiveness and Confidence Programme (IAC) at New College Lanarkshire.
- ★ Allocation of 10 college places for programme participants.
- ★ Recruitment of fixed term Community Liaison Officer.

01 JOBS CREATED

Scottish Government Outcomes Achieved:

- Project delivery has resulted in the achievement of the following outcomes:**
- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
 - ★ Enabling others to live longer, healthier lives.

Quote/Feedback:

"Bonding as a group was great, we met new friends.... Better than school!"

Participant IAC College Programme

In Conclusion:

Excellent example of the variety of projects Clubs can deliver in their communities.





Alloa Athletic Football Club

WASP COMMUNITY CLUB

www.alloaathletic.co.uk



STRATEGIC OBJECTIVE:

COMMUNITY + HEALTHIER + SMARTER

02

PROJECTS DELIVERED

02

WORKSHOPS DELIVERED

134

TOTAL No. ENGAGED



Positive Coaching & Growth Mind Set Training

Wasps used funding to train new volunteer coaches and increase community engagement at the club.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Pitch/Coaching	134	Wide spread	Aged 0 – 25+	119	15

Project Achievements:

- ★ Introduction of positive coaching training throughout the club.
- ★ Growth mindset training delivered as part of community engagement.
- ★ Funds were allocated to cover the hire costs of additional community coaches.
- ★ Funds allowed club to absorb part of the pitch hire cost for the community.

12

ADDITIONAL COMMUNITY CLUB COACHES

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ You have worked towards having strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.
- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabling others to live longer, healthier lives.

Quote/Feedback:

"Our new coaches are utilising the growth mindset training for all the youngest age groups in the Club and this is resulting in great feedback from both players and coaches". Alex Brown, Wasp Community Manager

In Conclusion:

Effective up skilling of football coaches to deliver projects to the community.





Annan Athletic Football Club

COMMUNITY DEPARTMENT

www.annanathleticfc.com

STRATEGIC OBJECTIVE:

SAFER & STRONGER + SMARTER

01

PROJECTS DELIVERED

18

PRISONERS ENGAGED

18

TOTAL No. ENGAGED



A Sporting Chance

Education and physical activity project at HMP Dumfries. Focus on self belief, discipline and self respect to prevent reoffending.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
A Sporting Chance	18	Short Term Offenders	Aged 25 +	18	0

Project Achievements:

- ★ 4 prisoners released during the programme sought permission to return as visitors to complete it - this was approved.
- ★ Of the 6 individuals released since the programme ended - none have returned to custody.
- ★ Delivery of Sports Leader Award (SCQF Level 4) and Early Touches Coaching Badges.
- ★ Necessary support provided to candidates on their release.

36

QUALIFICATIONS ACHIEVED

Scottish Government Outcomes Achieved:

- Project delivery has resulted in the achievement of the following outcomes:**
- ★ Worked towards having strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.
 - ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

*"My own evaluation is that this initiative has been a tremendous success for the individual, the prison, Annan Athletic FC and essentially the community."
Andrew Hunstone, Deputy Governor, HMP Dumfries*

In Conclusion:

Successful delivery of a targeted programme for some of the most hard to reach members of the community.





STRATEGIC OBJECTIVE:

HEALTHIER + DISABILITY

01 PROJECTS DELIVERED

05 COACHES TRAINED

40

TOTAL No. ENGAGED



Ayr United Disability Football Programme

AUFA have provided football coaching sessions for people with disabilities, for ages between 8-20 within South Ayrshire.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Disability Football	40	40	Aged 8-20	35	5

Project Achievements:

★ Participants on the programme have had the opportunity to compete in tournaments and mixed group training sessions at locations such as Kilwinning Sports Club, Toryglen and others.

01 DISABILITY FOOTBALL FESTIVAL

- ★ Participants have been supported into further opportunities to enhance their skills.
- ★ Disability festival was held at Somerset Park.
- ★ 5 coaches completed disability specific football coaching courses, including first aid.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.
- ★ Have tackled the significant inequalities in Scottish society.

Quote/Feedback:

"Not only improves their physical fitness but gives them new challenges that allow them to discover new skills, such as leadership, teamwork and organisation. In many cases the social aspect of being part of a team is something they may not have had the experience of". David White, AUFA

In Conclusion:

An inclusive programme that benefitted all those that took part.





STRATEGIC OBJECTIVE:

HEALTHIER + EDUCATION + COMMUNITY

04 PROJECTS DELIVERED

322
TOTAL No. ENGAGED



School Engagement/Coaches Development Programmes

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
School/Coaching	322	School Children, Adults	Aged 5-25 years	228	94

- Project Achievements:**
- ★ Developing under 8's summer coaching schools, building relationships with existing youth football clubs who currently offer activities for 8 years and upwards.
 - ★ Supporting the development of local coaches and their engagement with professional coaching award schemes.
 - ★ Offered grants to gain these certificates.
 - ★ Newly formed foundation enabled organised groups to visit the stadium at little or no cost.

- Scottish Government Outcomes Achieved:**
- Project delivery has resulted in the achievement of the following outcomes:**
- ★ Have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.
 - ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
 - ★ Enabled others to live longer, healthier lives.

Quote/Feedback: *"The summer school was enjoyed by all participants with positive feedback being received from both pupil and parent. The foundation plans to hold this event annually".*
John Bell, Vice Chairman, Berwick Rangers Community Foundation

In Conclusion: Great programmes that increased the links between club and community.



Brechin City Football Club

COMMUNITY DEPARTMENT

www.brechincity.com

STRATEGIC OBJECTIVE:

HEALTHIER

01

PROJECTS DELIVERED

03

COACHES TRAINED

7

TOTAL No. ENGAGED



Football Fans in Training

Brechin City ran their first 'Football Fans in Training' (FFIT) programme which aims to improve on participant's health and well-being over a 12 week block.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Football Fans in Training	7	Male Adults	Aged 35-65	7	0

Project Achievements:

- ★ FFIT is a 12 week programme aimed at improving men's health and well-being, while providing them with a behind-the-scenes look at their local Football Club.
- ★ The free weekly sessions, based at the football stadium were split between classroom based workshops and physical activity training with all sessions delivered by club coaches.
- ★ The group now meet outside the FFIT course in order to further increase their physical activity.

07

MALES ENGAGED

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Enabled others to live longer, healthier lives.
- ★ Have tackled the significant inequalities in Scottish society.

Quote/Feedback:

"An excellent opportunity for older men to take part in a fitness programme without the pressure of going to a normal gym. The relaxed an informal atmosphere made the weight loss and introduction to a fitter lifestyle enjoyable, especially as they were all in it together motivating and encouraging each other". **FFIT Delivery Coach**

In Conclusion:

Excellent opportunity for Brechin City to branch out into FFIT providing an exciting opportunity for their local community.





STRATEGIC OBJECTIVE:

HEALTHIER + WELLBEING

02 PROJECTS DELIVERED

08 WEEK PROGRAMME

22

TOTAL No. ENGAGED



The Result Project/Young Parents Support Project

The eight week Result project engaged with both males and females from any age group, who were diagnosed with Chronic Obstructive Pulmonary Disease. The Young Parents' Support Project (YPSP) was designed to work with young parents between the ages of 15-19 that were still engaging in education.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
The Result Project/YPSP	22	Male & Female	Ages 15-64	12	10

Project Achievements:

- ★ In addition to participant self-referrals, results referrals came from GPs and Practice Nurses.
- ★ The workshops promoted a mixture of positive educational and physical activity including; managing medication, diet nutrition and hydration, benefits and money management.
- ★ Breast, bowel and prostate screenings were also provided to identify any potential health problems.
- ★ Young parents explored and connected with their core values to their beliefs, attitudes, emotions, actions/behaviours, relationships and values.
- ★ Young parents explored and learned the fundamental skills required in non-directive coaching to not only empower their own child but have the ability to self-coach thus creating a greater independent self.

Scottish Government Outcomes Achieved:

- Project delivery has resulted in the achievement of the following outcomes:**
- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
 - ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"The social interaction experience the clients have cannot be underestimated. This type of positive development could in turn save the NHS costs".
Brian Delaney, Project Manager at Celtic FC Foundation

In Conclusion:

This project fully demonstrates the ways in which Clubs can help local services achieve their main objectives.





STRATEGIC OBJECTIVE:

SMARTER + HEALTHIER

03 PROJECTS DELIVERED

06 VOLUNTEERS RECRUITED

1291

TOTAL No. ENGAGED



In School Coaching Programme, Volunteer Programme & October Holiday Camp

Volunteer recruitment programme including up-skilling in areas like communication, presentation and creation of handbooks. Delivery of themed talks to primary school pupils on healthy living, negative factors and substances of misuse.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Coaching programme	1291	Primary School & Volunteers	Aged 5 – 25 years	656	635

Project Achievements:

- ★ Coaching provided as an alternative route to regular physical education activities.
- ★ Delivery of an October Holiday Football Camp.
- ★ Free access to Clyde FC matches to school pupils taking part in half time activities on the park.
- ★ Full family engagement at events like Science Week Schools Fayres and matches.
- ★ Volunteers achieved SFA Level 3 Coaching Badges.

06 COACHING BADGES

25 OCTOBER CAMP PARTICIPANTS

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

“The increase in confidence, and ability of the children, especially those who had little interest in football beforehand, was evident as the programme went on.... Personally I would recommend the programme to all schools”.

Stuart Cooper, Class Teacher, Udston Primary School, Hamilton

In Conclusion:

Successful delivery of a targeted programme for members of the community.





Cowdenbeath Football Club

COMMUNITY DEPARTMENT

www.cowdenbeathfc.com

STRATEGIC OBJECTIVE:

HEALTHIER + EDUCATION

04 PROJECTS DELIVERED

02 JOBS CREATED

444

TOTAL No. ENGAGED



Football Fans in Training (FFIT), Schools Programme, School Holiday Camps & Evening Football Session

Cowdenbeath FC delivered a range of initiatives and have been able to dedicate staff time to the progression of their application for charitable status.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
FFIT/Schools/Camp/Football	444	Primary School & Men	5-12 years & 36-65 years	286	158

Project Achievements:

06 QUALIFICATIONS ACHIEVED

13 SCHOOLS ENGAGED

51kg COMBINED WEIGHT LOSS

- ★ Delivery of after school football sessions to primary school children followed by evening football skills sessions.
- ★ The Cowdenbeath Football Fans in Training (FFIT) team successfully completed the programme together losing a combined weight of 51kg, and managed to reduce their cumulative waistline by 87.5cm (34.5in).
- ★ The club has put 6 of its modern apprentices through the first stages of coaching qualifications each of whom assisted with the delivery of the schools programme.
- ★ 2 Community Coaches are now in place and are delivering initiatives for all ages including running Sportsworks Job Clubs to assist local people find jobs.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"The club has used the funding to build a community programme virtually from scratch!" Tom Ewing, Club Director, Youth & Community at Cowdenbeath FC

In Conclusion:

An exciting step forward as Cowdenbeath continue to expand their community activities.





Dundee Football Club

DFC IN THE COMMUNITY

www.dundeefc.co.uk



STRATEGIC OBJECTIVE:

HEALTHIER + COMMUNITY

02 PROJECTS DELIVERED

36 SCHOOLS ENGAGED

700

TOTAL No. ENGAGED



Free Football Lessons for Primary 4 & 5 School Children in The Dundee Area

Dundee Football Club, in association with Active Schools Dundee began an initiative to give every primary 4 and 5 in the city an opportunity to play football for free.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Football Lesson	700	Primary 4 & 5 School Children	Aged 5 – 12 years	-	-

Project Achievements:

01 WORKING PARTNERSHIP

01 FOOTBALL FESTIVAL

- ★ The programme was run by students from The University of Abertay in Dundee in order to give the school children a higher standard of football coaching.
- ★ Each of the students underwent additional coaching training including the Scottish FA children’s coaching awards up to level 1.3.
- ★ After the 4 week block of coaching, the Club delivered a football festival where all players were given the opportunity to participate in small sided games against the other schools participating.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

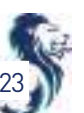
- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

*“The Club launched the programme with 75 children participating in football matches on school grounds. Cameron Kerr, Dundee FC’s 1st team player helped launch the event and it received press from local news agencies and made the front page of Dundee FC’s website”. - **Damon Neish, Head of Community at Dundee FC***

In Conclusion:

A successful project which demonstrates the effectiveness of partnership working to the benefit of local community groups.





Dundee United Football Club

COMMUNITY DEPARTMENT

www.dufc.co

STRATEGIC OBJECTIVE:

HEALTHIER + EDUCATION

01 PROJECTS DELIVERED

01 WORKING PARTNERSHIP

200

TOTAL No. ENGAGED



The Disc Target Project

The young people were given a safe environment to play football with their peers and receive vital support and information from Local Authority Youth Workers.

Topics such as drug and alcohol support, behaviour at school, discussions around crime reduction, mediation to avoid gang/ territorial issues and importantly Child Protection issues were discussed.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Disc Target	200	NEETs	12-16 years & 17-25 years	150	50

Project Achievements:

50 SESSIONS OF STAFF TRAINING

16000 INTERVENTIONS

- ★ Delivered 50 weeks a year outdoors, in almost all weathers from a sports facility in the heart of one of the city's largest areas of multiple deprivations.
- ★ Young people identified as being involved in risk-taking or negative behaviour are heavily supported to integrate within the wider community.
- ★ Peer Mentors are now employed by the club as Community Coaches.
- ★ The project will continue into the following year with support from Dundee City Council.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Have worked towards having strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.
- ★ Tackled the significant inequalities in Scottish society.
- ★ Improved the life chances for children, young people and families at risk.

Quote/Feedback:

"50 weeks of football sessions to young people has seen Youths Causing Annoyance (YCA) calls in the Stobswell area of Dundee stay low. It has also been recognised by local bodies, Police Scotland, Community Safety Workers, local high school, etc to be the key in reducing Youth Crime in the area". **Alex Cooper, Community Worker at Dundee United Football Club**

In Conclusion:

A project which demonstrates the powerful way in which SPFL Clubs can work effectively with local organisations to bring about change and support difficult to reach groups.





Dunfermline Athletic Football Club

THE PARS FOUNDATION

www.dafc.co.uk



STRATEGIC OBJECTIVE:

EMPLOYMENT + COMMUNITY

01 PROJECTS DELIVERED

01 JOBS CREATED

492

TOTAL No. ENGAGED



Community Engagement Officer

A Community Engagement Officer was appointed as part of the Pars Foundation charitable organisation. This newly appointed position was responsible for raising funds for existing programmes as well as sourcing funds for new programme ideas.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Programme Expansion	492	500	Aged 2-45	289	203

Project Achievements:

- ★ As a result of the new post, The Pars Foundation has forged new links and partnerships with groups enabling them to assess the needs of the local community and advice on how best to tackle the needs/issues.
- ★ Development and delivery of new programmes such as Buggy Baby Boot Camp, a safe and effective programme that is designed with both baby and new mums in mind.
- ★ Increasing reach of projects to the wider community.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.
- ★ Have tackled the significant inequalities in Scottish society.

Quote/Feedback:

"The Pars Foundation Development Officer developed and created new programmes while working in line with a professional fundraiser who made these Programmes happen. This also freed up the Coach to deliver sessions and promote the Pars Foundation on the front line". Kelly Armstrong, Pars Foundation Manager at Dunfermline FC

In Conclusion:

This has allowed the charity to develop new programmes, engage more with the community and forge better links.





East Fife Football Club

COMMUNITY DEPARTMENT

www.eastfifefc.info

STRATEGIC OBJECTIVE:

HEALTHIER

04 PROJECTS DELIVERED

01 JOBS CREATED

914

TOTAL No. ENGAGED



Afterschools Club, Holiday Camps, Wee Fifers Nursery Project and Weekly Football

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Afterschool/Camp/Nursery/Football	914	Nursery and School Children	2 – 15 years	662	252

Project Achievements:

- ★ Delivery of free taster sessions to local nursery schools.
- ★ Delivery of a multi-sports holiday programme in partnership with Fife Council.
- ★ Weekly disability classes for children and respite for carers.
- ★ Recruitment of a fixed term Community Development Worker.
- ★ Further full time post created as a result of this project's success.

185 HOLIDAY CAMP PARTICIPANTS

260 WEE FIFERS PARTICIPANTS

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enables others to live longer, healthier lives.

Quote/Feedback:

"The grant has allowed us the time to manage and deliver these projects properly... The rapid growth has been quite unexpected. We have seen a significant rise in community involvement from both children and adults....most of whom had no engagement with the club at all before". **Lorna McCauley – East Fife FC**

In Conclusion:

Massive impact through a range of community activity to double the number community outreach sessions.





STRATEGIC OBJECTIVE:

HEALTHIER

01 PROJECTS DELIVERED

239

TOTAL No. ENGAGED



Pre-school Childrens Programme & the setup of the Foundation

East Stirlingshire Galaxy, the charitable arm of East Stirlingshire FC, delivered a programme for pre-school children in the local areas of the Falkirk District. This has been the first time East Stirlingshire Galaxy have delivered an initiative of this type.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Pre-School	239	Nursery pupils	Ages 0-4	-	-

Project Achievements:

- ★ A first for the club – a programme designed specifically for local children of the pre-school age.
- ★ Children have been able to benefit from sessions full of physical activity.
- ★ Following a successful pilot programme, the club intend to roll the programme out to other areas in the near future.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Have worked towards having strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

“The grant has allowed us the opportunity to make possible something that would not otherwise have been possible. If no grant were available it is unlikely we would have ever contemplate delivering a community football programme or sought partners to make it achievable”. T. Kopszywa, East Stirlingshire FC

In Conclusion:

Great programme that enabled the expansion and development of programmes in areas of SIMD.





Elgin City Football Club

COMMUNITY DEPARTMENT

www.elgincity.net



STRATEGIC OBJECTIVE:

HEALTHIER + SMARTER

02

PROJECTS DELIVERED

25

VOLUNTEERS RECRUITED & TRAINED

504

TOTAL No. ENGAGED



Volunteer Recruitment & Training Programme & Community Football

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Training Programme	504	Adults, Youths and Children	2-65 years	500	4

Project Achievements:

- ★ Recruitment of volunteers to deliver community football programmes.
- ★ Accredited education and training programme provided to upskill volunteers.
- ★ Delivery of community football initiatives to those aged 2 to 65.
- ★ Development of mass participation football engagement programmes.

01 WORKING PARTNERSHIP

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Enabling others to live longer, healthier lives.
- ★ Have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.
- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.

Quote/Feedback:

"The good work that has been done in the time period of the grant has encouraged more people to get involved in sport and physical exercise as well as promote health and wellbeing". **Robbie Hope, Community Manager, Elgin City FC**

In Conclusion:

Excellent community project delivered whilst also providing training to volunteers and capacity building for the Club.



STRATEGIC OBJECTIVE:

HEALTHIER

01 PROJECTS DELIVERED

01 JOBS CREATED

38
TOTAL No. ENGAGED



Football Fans In Training (FFIT)

Falkirk Football Community Foundation used their funding to run 2 intakes of the Football Fans In Training programme. Falkirk’s additional aims included the promotion of their health and wellbeing initiatives and encouraging family participation in all of their sports based programmes.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
FFIT	38	Adult Men	Aged 35+	38	0

Project Achievements:

110.2 KG TOTAL WEIGHT LOSS

3.3 KG AVERAGE WEIGHT LOSS

- ★ The FFIT programme has been made available to 38 local men aged 35+ with a waist measurement of 38 inches or more and a BMI of 28+.
- ★ Participation for these men has been completely free.
- ★ Trained 5 coaches to deliver the project.
- ★ Completed training in marketing, recruitment & delivery.
- ★ Prepared for the future delivery of the programme.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.
- ★ Have tackled the significant inequalities in Scottish society.

Quote/Feedback:

*“The programme is well organised and each week was more focused and helped me to pay more attention to the amount of exercise I am getting, my diet. I would highly recommend this”. **Drew Barton - FFIT Participant***

In Conclusion:

This has allowed the Foundation to engage more with the community and forge better links.





Forfar Athletic Football Club

COMMUNITY DEPARTMENT

www.forfarathletic.co.uk



STRATEGIC OBJECTIVE:

COMMUNITIES + HEALTHIER

03 PROJECTS DELIVERED

01 JOBS CREATED

550
TOTAL No. ENGAGED



New Community Base, Primary School Care Programme & FFIT

Forfar Athletic have used half of their funding to kit out a brand new community base within their stadium from which community groups and clubs will deliver social engagement programmes. The other half of their funds were used to deliver their own community engagement programmes. As a result, the Club have appointed a new Community Officer.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Base/School/FFIT	550	Adults, Youths and Children	5-83 years	328	222

Project Achievements:

40 PRIMARY SCHOOL PUPILS

300 OPEN DAY ATTENDEES

20 ADULTS TRAINED

- ★ Primary School Football Coaching: 40 pupils Aged 5–11 years.
- ★ Educational/Nutritional Training of local club coaches: 100 Aged 17+.
- ★ Compliance training of coaches - Defibrillator & Coaching Skills: 20 Adults.
- ★ Social Events - Rotary Club, Individuals: 500 Adults.
- ★ Dementia Group meetings: 10 Adults.
- ★ Year-end open day and prize presentation for local clubs: 300 Adults and Youths.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Enabled others to live longer, healthier lives.
- ★ Have tackled the significant inequalities in Scottish society.

Quote/Feedback:

"Parents are very complimentary towards the club over the projects now underway and as a result the community are in much closer contact with their local senior football club." Ken Stewart, Forfar Athletic

In Conclusion:

Effective use of club space for community engagement bring both club and community together.





Greenock Morton Football Club

GREENOCK MORTON COMMUNITY TRUST

www.mortoncommunity.net

STRATEGIC OBJECTIVE:

HEALTHIER + EDUCATION

01

PROJECTS DELIVERED

02

WORKING PARTNERSHIP

1100

TOTAL No. ENGAGED



Micro Morton Nursery Programme

Greenock Morton Community Trust have used the funding to deliver their Micro Morton's project. A mass participation programme that addresses physical literacy issues in preschool children aged 2-4 years.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Micro Morton	1100	Pre-School Children	Aged 2-4	600	500

Project Achievements:

19

NURSERIES ENGAGED

100

FREE PLACES GIVEN

- ★ GMCT have delivered four free taster sessions to all 19 council run nursery schools in Inverclyde.
- ★ Children as young as two years old have benefited from physical activity during their pre-school years.
- ★ Following the success of the free taster sessions a further 100 free places were delivered to children from disadvantaged backgrounds during the summer holidays, working in partnership with Inverclyde Council and River Clyde Homes.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"Very professional – the children thoroughly enjoyed visits from GMCT coaches. They are continuing to develop skills in dribbling, balance etc. Overall, this has been a very worthwhile experience". Gibshill Nursery

In Conclusion:

Great programme working with pre-school pupils on health and literacy.





Hamilton Academical Football Club

COMMUNITY DEPARTMENT

www.hamiltonacciesfc.co.uk

STRATEGIC OBJECTIVE:

HEALTHIER

03

PROJECTS DELIVERED

01

WORKING PARTNERSHIP

2750

TOTAL No. ENGAGED



Blameless Community Incentive, Open Days for Families & Coaches Training

Hamilton Accies have used their funding to run a new community incentive programme with the charity Blameless. The project specifically targets children who are affected by the addiction and alcoholism issues of family members.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Blameless/Open Days/Coaches	2750	Adults, Youths and Children	5-83 years	1585	1165

Project Achievements:

- ★ This programme has helped the young people develop positive choices through through sport, leading to a better way of life.
- ★ Activities include games, sports, storytelling, football activities, alternative therapies etc.
- ★ Children have the opportunity to make new friends, learn new skills and learn about their family's addiction and how to assist in the recovery.
- ★ Delivery of an enhanced training programme for community coaches.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Have tackled the significant inequalities in Scottish society.
- ★ Have improved the life chances for children, young people and families at risk.

Quote/Feedback:

"Having the opportunity to take my child to regular football coaching has been fantastic and I would never have been able to do this on my own...My son is doing better at school, sleeping better and seems happier than we have seen him before and this is definitely because of the coaching programme he attended". Recovery Alcoholic, parent to son age 7

In Conclusion:

An effective and powerful programme supporting struggling local families.





Heart of Midlothian Football Club

BIG HEARTS COMMUNITY TRUST

www.bighearts.org.uk



STRATEGIC OBJECTIVE:

COMMUNITY

02 PROJECTS DELIVERED

01 JOBS CREATED

414

TOTAL No. ENGAGED



Post Holder, Mentoring Programme & Primary School taster sessions

Hearts have used their funding to appoint a Community Club Development Officer to support football clubs across Edinburgh by working with coaches.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Mentoring/Taster	414	School Children and Adults	Age 5+	286	128

Project Achievements:

- ★ Free football sessions to nursery/primary schools in deprived areas.
- ★ Delivery of Positive Coaching Scotland modules to football club staff and volunteers.
- ★ Improving game knowledge and creating a positive environment for everyone involved with the club.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"I genuinely found it useful, I've actually used some of these points in a couple of sessions that I ran during the past week".
Alastair Stupart (Volunteer)

In Conclusion:

Great up skilling of volunteers to become football coaches and to deliver projects to the wider community.



STRATEGIC OBJECTIVE:

HEALTHIER + EDUCATION

02 PROJECTS DELIVERED

07 SCHOOLS ENGAGED

129

TOTAL No. ENGAGED



'90 Minutes' Homework Club for Schools & Fit for Change

90 minute Homework Club for school pupils delivered over 10 weeks. Fit for Change is the follow-on health and fitness support programme developed to respond to demand.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Homework/Fit	129	Adults, Youths and Children	9-16+	78	51

Project Achievements:

- ★ 45 minute homework time, where pupils focused on completing homework with the support of a learning assistant and parent volunteer.
- ★ Sign a contract to do their homework, signed by the pupil, Head Teacher, Learning Assistant, Coach and First Team players.
- ★ 45 minute coaching sessions in football tactics and techniques by a qualified Coach.
- ★ Fit for Change - delivered to help participants achieve personal health and fitness goals. Now self-sustaining and numbers have trebled.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"Pupils support at home for homework was poor before and now a good percentage of the children hand in their homework. The signing of that contract helps and the rewards at the end, club visit". **Stewart McGuire, Operations Manager at Hibernian Community Foundation**

In Conclusion:

Great programme that delivered good outcomes with pupils completing their homework on time.



STRATEGIC OBJECTIVE:

HEALTHIER + EDUCATION

01 PROJECTS DELIVERED

4774 RURAL MILES COVERED

619

TOTAL No. ENGAGED



ICTFC Healthy Heart School Visits

ICT have tackled heart health using practical methods, ensuring each and every child who participates in the programme becomes more aware of how their heart works and factors that can have an influence on its performance.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Healthy Heart	619	Primary School Children	Aged 5 – 12 years	310	309

Project Achievements:

02 MATCH FUND

30 PRIMARY SCHOOLS VISITED

- ★ 4774 miles travelled around the Highlands to reach some of the most rural schools.
- ★ Heart rate monitors, information talks, use of props to demonstrate the effect of smoking.
- ★ Match Funded by Heart Research UK & Subway.
- ★ Continuation activities were put in place in the Fort William and Thurso area to cater for the children beyond the project.
- ★ Free tickets to ICT matches for those who would not normally get the opportunity.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"We believe the project has improved every child's heart health. Our original method of judging if the programme has been successful was the return of the fitness diary and through the 30 schools we have received 70.3% return".
Craig Masterton, Head of Community at ICT

In Conclusion:

Dedication of staff to cover rural areas is an excellent example of the Club's commitment to the wider community.





Kilmarnock Football Club

COMMUNITY DEPARTMENT

www.kilmarnockfc.co.uk

STRATEGIC OBJECTIVE:

HEALTHIER + EDUCATION

01 PROJECTS DELIVERED

05 SCHOOLS ENGAGED

70

TOTAL No. ENGAGED



Match FIT

Kilmarnock FC used their funding to deliver their 6 week Match FIT programme to S2 pupils in East Ayrshire.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Match FIT	70	Secondary Pupils In Year 2	12-16 years of age	60	10

Project Achievements:

- ★ Programme designed to provide participants with a fun learning environment in which they can improve literacy, numeracy and core skills.
- ★ Pupils had the opportunity to meet and talk with 1st team players and play on the pitch.
- ★ Delivery of sessions of alcohol awareness, drugs, violence, racism as well as lessons on the importance of living a healthier and more active lifestyle.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"All the pupils had a great time and your organisational skills were to the fore as everything ran smoothly. Can you thank all the players who gave up their time and spoke with the pupils. Visits like this have a massive impact on young people and it is something they will always remember". **Steve Tickner - PT Guidance, Auchinleck Academy**

In Conclusion:

Effective use of the football clubs as a highly effective learning environment.





Livingston Football Club

WEST LOTHIAN YOUTH FOUNDATION

www.wlyf.org.uk



STRATEGIC OBJECTIVE:

HEALTHIER + COMMUNITY

01 PROJECTS DELIVERED

30 SCHOOLS ENGAGED

157

TOTAL No. ENGAGED



Reminiscence Project

In partnership with Football Memories (Alzheimer Scotland), WLYF have used their funding to deliver the Reminiscence Project to older people with Dementia and Alzheimers and provided respite care for those looking after family members with the conditions.

Project:	# Engaged:	People Benefitted:	Demographic Age Group:	Males	Females
Reminiscence	157	Older People & School Pupils	Aged 17+	83	72

Project Achievements:

- ★ Participants involved in a number of football and sporting activities designed specifically around their abilities to share and stimulate memories.
- ★ 6th year pupils, also provide a buddy system to the participants.
- ★ The students learn about Alzheimers and Dementia and how to effectively engage with those suffering from the conditions.
- ★ Students received training through the West Lothian Community Health and Care Partnership.

01 WORKING PARTNERSHIP

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"Allowed the residents an opportunity to meet some wonderful people, passionate about football, this generated lots of forgotten memories. Allowed quality time to spend with the residents, I was able to access information about their past/current football stories". **Activity Co-ordinator Peacock Nursing Home**

In Conclusion:

An effective intergenerational project that raised awareness of Dementia.





Montrose Football Club

LINKS PARK COMMUNITY TRUST

www.linksparkct.org.uk



STRATEGIC OBJECTIVE:

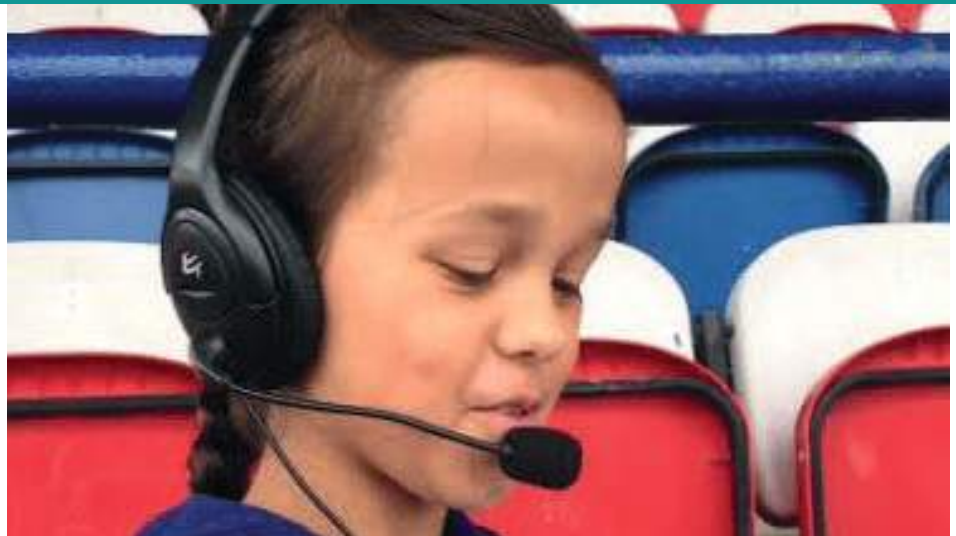
SMARTER + HEALTHIER

04 PROJECTS DELIVERED

14 SCHOOLS ENGAGED

914

TOTAL No. ENGAGED



Health Trail, Literacy Trail, Numeracy Trail & Science Trail

Delivery of 4 different educational programmes in partnership with local schools, using football to focus on Health, Literacy, Numeracy and Science programmes in line with the Curriculum for Excellence.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
4 Trails	914	Nursery and School Children	2-12 years	662	252

Project Achievements:

- ★ Engaged with every Primary 1, P3, P5 and P7 pupils in their catchment area.
- ★ Educational materials fully embraced by educational professionals.
- ★ Attainment and achievement of pupils in all four areas has risen as a result of the programme.
- ★ Programme led to Links Park Community Trust winning the 'Excellence Award' at Angus Council Partnership Event.

01 AWARDS WON

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"Montrose Academy... who have...witnessed a lack of enthusiasm towards science, have noted a clear increase in such interest and willingness to engage in the subject amongst new S1s, such was the positive experience that pupils benefitted from in Primary 7"

Peter Davidson, Links Park Community Trust

In Conclusion:

Award winning programmes directly contributing to the attainment and achievement of pupils.





Motherwell Football Club

MOTHERWELL FOOTBALL CLUB COMMUNITY TRUST

www.mfcccommunitytrust.org.uk



STRATEGIC OBJECTIVE:

SMARTER + HEALTHIER

01 PROJECTS DELIVERED

30 SCHOOLS ENGAGED

1489

TOTAL No. ENGAGED



Growing Well

Motherwell FCCT used their funding to deliver the 'Growing Well' programme aimed at improving heart health, the programme focused on attitudes and behaviour that led to the adoption of positive lifestyle choices.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Growing Well	1489	Primary School Children	Aged 5 – 12 years	730	759

Project Achievements:

- ★ The programme consisted of 8 weekly interactive sessions including classroom activities, football, rugby, Tai chi and other sports.
- ★ Delivery of sessions on hydration, the heart and food choices.
- ★ 80% of children demonstrated understanding of why fruit and vegetables were so important.
- ★ 86% better understood the need to hydrate.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"Joe has built upon his confidence and taken on board the healthy lifestyle messages our coaches delivered".

Charlie Bennett, General Manager, Motherwell Community Trust

In Conclusion:

A positive programme that actively teaches school children the importance of healthy hearts through practical lesson and physical activity.





Partick Thistle Football Club

PARTICK THISTLE CHARITABLE TRUST

www.community.ptfc.co.uk

STRATEGIC OBJECTIVE:

HEALTHIER + COMMUNITY

04 PROJECTS DELIVERED

02 JOBS CREATED

254

TOTAL No. ENGAGED



2 Staff Posts Funded

Partick Thistle's funding has contributed towards the salary of two staff members, an Administrative Manager & Fundraising Officer, moving them from part-time to full-time posts. In doing so, the trust has increased the capacity of the organisation and allowed them to improve the quality of existing projects, the number of participants engaging as well as increasing the number of projects being delivered.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Staff Posts	254	Teenagers, Adults	14-60 years	235	19

Project Achievements:

- ★ Delivery of a focused employability programme.
- ★ The roles are targeted with securing the ongoing sustainability of current projects and community activities as a whole going forward.
- ★ Data has been allocated more efficiently through the additional administration support and as a result, the Fundraising Officer has been able to strategize funding more effectively.

64 VOLUNTEERS SUPPORTED

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ You have worked towards having strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.
- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.

Quote/Feedback:

"Since joining the programme I have made new friends - some who I wouldn't have imagined myself speaking to if it wasn't for the Friday football. I really enjoy getting along with everyone no arguing or fighting just boys who love to play football. I would like to thank David and the other coaches at Partick Thistle for what they have done for me." Mitchell Rollo (14), Lambhill

In Conclusion:

Demonstration of the positive effect a football club can have across their community. The respect, admiration coaches and players have with people of a variety of ages can be used to captivate an audience.





Peterhead Football Club

COMMUNITY DEPARTMENT

www.peterheadfc.com

STRATEGIC OBJECTIVE:

HEALTHIER

04 PROJECTS DELIVERED

15 SCHOOLS ENGAGED

2127
TOTAL No. ENGAGED



Commonwealth Games Summer Programme, Community Facility Development, Diversionary Project & 2 Hour Football Sessions for Young People at Risk

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Games/Facility/Diversionary/Football	2127	Boys and Girls	Aged 10-18	1480	647

Project Achievements:

- ★ Delivery of a diversionary activity programme for local secondary school pupils. The blocks of delivery allow for a weekly two hour session for supported and at risk young people.
- ★ Delivery of a 2 week Commonwealth Games Summer programme hosted at Catto Park and local sports centre.
- ★ Ongoing development and capacity building for the major community facility development at Catto Park.
- ★ Opportunity for the community to try multi-sports.

01 WORKING PARTNERSHIP

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ You have worked towards having strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.

Quote/Feedback:

"Throughout the project coaches and numerous Active Schools coaches from other sports worked together to give the kids a great insight into sports other than football and the feedback from parents/carers and the children themselves was excellent".
Nat Porter, General Manager, Peterhead FC

In Conclusion:

Great project that benefitted the whole community as well as the local school pupils.





Queen of the South Football Club

COMMUNITY DEPARTMENT

www.qosfc.com

STRATEGIC OBJECTIVE:

HEALTHIER + EDUCATION

04 PROJECTS DELIVERED

01 JOBS CREATED

9254

TOTAL No. ENGAGED



Schools Programme, “Why Try?” Programme, After School Programme & School Holiday Camps

Queen of the South have used their funding towards the cost of a Community Coach and the delivery of community engagement programmes.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
4 x QOS Programmes	9254	Adults, Youths and Children	5-83 years	5302	3952

Project Achievements:

- ★ Recruitment of a part-time student health & fitness coach 3 days per week to work on a number of programmes.
- ★ Delivery of the Why Try? Programme for secondary school pupils, including a residential trip.
- ★ The club has increased programme capacity and delivery to all programmes.
- ★ Provision of work experience opportunities.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

“The grant has allowed us to employ an additional coach which enhanced engagement and retention of all Community Programmes, with a number of individuals gaining work experience through Queen of the South FC, whilst leading to full time employment or further education”. Jim Thomson, Community Manager at QOS

In Conclusion:

Effective delivery to nearly 10,000 young people is an amazing achievement.





Queen's Park Football Club

COMMUNITY DEPARTMENT

www.queensparkfc.co.uk

STRATEGIC OBJECTIVE:

HEALTHIER

04 PROJECTS DELIVERED

34^{.50} KG TOTAL WEIGHT LOSS

285

TOTAL No. ENGAGED



FFIT, Still Game, Just Play & Community Football

The club used the funding to engage with a variety of community groups through a number of different programmes.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
FFIT/Game/Play/Football	285	Adults, Youths and Children	Aged 4+	247	38

Project Achievements:

- ★ Delivery of Football Fans in Training programme, a healthy lifestyle programme for men aged 35+ with a BMI of 28 or more.
- ★ Delivery of Still Game older persons inclusion programme.
- ★ Delivery of Just Play over 35s football.
- ★ Community football coaching to 4 – 14 year olds.

08 VOLUNTEERS SUPPORTED

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"We have been able to offer a regular weekly sustained programme which has engaged across the full community age range, from 4 – 55+". **George Watson, Queen's Park FC**

In Conclusion:

Fantastic range of programmes for the whole community.



STRATEGIC OBJECTIVE:

EMPLOYMENT + COMMUNITY

01 PROJECTS DELIVERED

01 JOBS CREATED

1108

TOTAL No. ENGAGED



Community Football Programme

Formed an independent Scottish Charitable Incorporated Organisation which will formally deliver the wider 'Raith Rovers Community Programme'

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Football Programme	1108	Boys & Girls	Aged 5+	866	242

Project Achievements:

08 VOLUNTEERS SUPPORTED

- ★ Created an expansion and development of their existing Community Football programme.
- ★ Recruited a specialist Community Programme Co-ordinator to lead on this and any other projects set out by the new SCIO Board.
- ★ The expansion and development of the existing Raith Rovers Community Football Programme "Football For All".
- ★ Volunteers recruited to establish new SCIO and build upon partnerships between the Foundation and others like Fife Voluntary Action.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"We have recruited eight volunteers who have worked closely together to establish a new SCIO to lead and develop community Development initiatives in the local area. This has been achieved through close partnership working between the group, Raith Rovers FC and Fife Voluntary Action". **Tom Phillips, Director, Raith Rovers Community Foundation**

In Conclusion:

Great programme that created employment and volunteer opportunities.





STRATEGIC OBJECTIVE:

HEALTHIER

01 PROJECTS DELIVERED

16 WEEK PROGRAMME

34

TOTAL No. ENGAGED



Get Active With Rangers FC

'Get Active with Rangers FC' is a 16 week programme utilising the combined skills of both Rangers Football Club and the Scottish Association for Mental Health (SAMH) to promote positive mental health through engagement with football.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Get Active	34	Adults	Aged 16+	31	3

Project Achievements:

- ★ Worked with young adults aged 16+ with mental health problems as a means of assisting them into positive destinations such as volunteering, further education, training and employment.
- ★ The programme incorporated practical football sessions to improve fitness, confidence and self-belief.
- ★ Delivery of workshop activity from various partner organisations on smoking, drugs, alcohol, personal progression, healthy eating.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"The individuals who took part, their self-confidence and belief in their abilities increased, such as levels of commitment and planning skills, alongside a more focused purpose in their future plans. Lots increased level of peer friendships which has continued and a number have now shown more drive towards continuing with long term physical activities".
Michelle Grana, SAMH Inverclyde Team Leader

In Conclusion:

Excellent partnership working between the Foundation and SAMH.



Ross County Football Club

COMMUNITY DEPARTMENT

www.rosscountyfootballclub.co.uk

STRATEGIC OBJECTIVE:

HEALTHIER + SMARTER

01 PROJECTS DELIVERED

40 SESSIONS DELIVERED

706

TOTAL No. ENGAGED



Little Dribblers

Ross County used their funding to offer local 3 and 4 year old nursery pupils, 2 free football sessions a week for 4 weeks.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Little Dribblers	706	Boys & Girls	Aged 3 & 4	402	304

Project Achievements:

16 NURSERIES ENGAGED

- ★ This project aimed to act as an early intervention tool to encourage children to become and stay physically active from a young age.
- ★ The children’s motor skills and cognitive skills are developed through the carefully planned programme.
- ★ Each nursery class was issued with tools to play football beyond the sessions.
- ★ The teachers at the nursery school were also equipped with basic knowledge and football know-how to teach further sessions in a confident manner.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

“The great success of this programme was being able to provide free coaching to as many nurseries as we could without nurseries trying to find money for their budgets to give the kids extra curriculum activity”.

Gordon Duff, Ross Country Football Club

In Conclusion:

A successful project with lasting results.





St Johnstone Football Club

COMMUNITY DEPARTMENT

www.perthstjohnstonefc.co.uk

STRATEGIC OBJECTIVE:

EDUCATION

02

PROJECTS DELIVERED

01

JOB'S CREATED

302

TOTAL No. ENGAGED



Saints Media Stars & Funded Staff Position

St Johnstone have used half of their funding to recruit a new Community Projects Coordinator. The other half of the funding was used to develop and deliver 2 'Saints Media Stars' community projects to 16 primary schools.

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Saint Media Stars	302	Boys & Girls	Aged 9-10	153	149

Project Achievements:

16

SCHOOLS ENGAGED

- ★ Saints Media Stars engaged with young people who may have been encountering difficulties with literacy work at school.
- ★ The project has helped to develop literacy skills through the delivery of football related literacy activities, such as match day reports.
- ★ The school children visited McDiarmid Park to participate in 3 different workshops related to match commentating, interview techniques and newspaper reporting of football matches.
- ★ Some of the children were given the opportunity to interview the manager and first team players.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.

Quote/Feedback:

"The enthusiasm and application from the kids was first class. It was very noticeable that certain children found it easy to engage because they were at a football stadium and teachers were quick to comment on how valuable it was for those who were normally struggling with literacy at school". Willie Oliphant, Teacher

In Conclusion:

This innovative programme demonstrates how alternative teaching methods can help young people develop much needed life skills.



St Mirren Football Club

COMMUNITY DEPARTMENT

www.saintmirren.net

STRATEGIC OBJECTIVE:

HEALTHIER + EDUCATION

02 PROJECTS DELIVERED

06 FULL-TIME CONTRACTS

480

TOTAL No. ENGAGED



Soccer Saints Programme

St Mirren have used their funding to deliver a multi-sports and employability programme for S4 and S5 pupils that are either at risk of, or that have totally disengaged from mainstream education (considered to be either school leavers or unemployed).

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Training Programme	480	Adults, Youths and Children	Age 2-65	286	194

Project Achievements:

- ★ The programme offered a platform back towards routine and structure through varied sports delivery and personal development workshops encouraging motivation, improved confidence and self-esteem.
- ★ Delivery of personal development focused activities and attainment of qualifications, whilst the afternoons included the delivery of a range of practical sporting sessions.
- ★ The programme offered 6 full time contracted jobs with St Mirren Football Club to work within the Street Stuff Diversionary Programme.
- ★ A further 4 young people work on a sessional basis for the community department. 3 have continued their development by becoming volunteers.

02 EVENTS DELIVERED

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Enabling others to live longer, healthier lives.
- ★ Our young people are successful learners, confident individuals, effective contributors and responsible citizens.

Quote/Feedback:

"The programme offered the young people an opportunity to gain qualifications, change their mind set (motivation to work) and offer their time back into the community through mandatory volunteering within the work experience element of the programme". David Mackay, Football Development Officer, St Mirren FC

In Conclusion:

This well designed programme has allowed many young people the opportunity to achieve, develop and enhance their self-esteem.





Stenhousemuir Football Club

COMMUNITY DEPARTMENT

www.stenhousemuirfc.com

STRATEGIC OBJECTIVE:

SMARTER + HEALTHIER

03 PROJECTS DELIVERED

01 JOBS CREATED

111

TOTAL No. ENGAGED



Disability Programme & development pathway & employment of a Community Director

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Disability Programme	111	Children & Disability Groups	Aged 7-72 years	86	25

Project Achievements:

- ★ Development of pathway for those aged 18 – 72.
- ★ Delivery of projects such as Walking Football, Inclusive & Active and Still Game.
- ★ Improvement of children’s disability programme.
- ★ Recruitment of a Community Director.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Tackling significant inequalities in Scottish Society.
- ★ Having strong, resilient and supportive communities.
- ★ Providing better employment opportunities for your communities.

Quote/Feedback:

“As a result of the project the club has the staffing resource to focus on enhanced community engagement... the community programme has expanded as a direct result”. Jamie Kirk, Stenhousemuir FC

In Conclusion:

This project has allowed Stenhousemuir FC to make great strides in their community.



Stirling Albion Football Club

COMMUNITY DEPARTMENT

www.stirlingalbionfc.co.uk

STRATEGIC OBJECTIVE:

HEALTHIER + COMMUNITY

02 PROJECTS DELIVERED

03 JOBS CREATED

460

TOTAL No. ENGAGED



Pre School Programme & creation of Coaching Posts

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Pre-School	460	Pre-school Children	0-4 years	281	179

Project Achievements:

17 NURSERY SCHOOLS ENGAGED

- ★ Free nursery school programme delivered across Stirling area.
- ★ Focus on development of physical literacy, balance and co-ordination.
- ★ Access to sessions regardless of economic background.
- ★ Capacity building at Club.
- ★ Recruitment of 3 Community Coaches (Sessional).

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ Tackling significant inequalities in Scottish Society.
- ★ Providing better employment opportunities for your communities.

Quote/Feedback:

"The overall feedback... was extremely positive.... A number of children were quite reluctant to become involved in the sessions during week 1 but by week 4 were becoming fully involved and doing really well".

Andy Todd – Stirling Albion FC

In Conclusion:

Exciting step forward as Stirling Albion continue to expand their community activities.





Stranraer Football Club

COMMUNITY DEPARTMENT

www.stranraerfc.org

STRATEGIC OBJECTIVE:

HEALTHIER

03 PROJECTS DELIVERED

19 PRIMARY SCHOOLS ENGAGED

1100
TOTAL No. ENGAGED



Local council and charity group functions, Operation Safety Programme, Community Schools & Nursery programme

Project:	# Engaged:	People Engaged:	Demographic Age Group:	Males	Females
Functions/Safety/Nursery	1100	School & Nursery Children	Aged 3 - 12 years, and adults	550	550

Project Achievements:

03 NURSERY SCHOOLS ENGAGED

01 WORKING PARTNERSHIP

- ★ Since October 2015, Stranraer FC Community Trust have used their funding to provide 2 community programmes to engage with children throughout the town and surrounding area.
- ★ They have engaged with 19 primary schools and 3 nursery schools to provide fun football sessions concentrating on a basic skill level incorporating numeracy and literacy games and presentations on importance of leading a healthy active lifestyle.
- ★ All sessions are delivered in a fun and supportive environment focused specifically on participation and learning regardless of football ability.
- ★ 'Operation Safety' programme liaised with Police Scotland at the stadium to educate primary children on crime prevention, awareness and internet safety.

Scottish Government Outcomes Achieved:

Project delivery has resulted in the achievement of the following outcomes:

- ★ You have worked towards having strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others.
- ★ Enabled others to live longer, healthier lives.

Quote/Feedback:

"Whilst running these programmes I have had a numerous requests from teachers and parents about pupils or Children participating in after school football thus leading to creation of a non competitive weekly football league for schools to enter".
Allan Jenkins, Stranraer FC Community Coach

In Conclusion:

The community department has been able to engage with all schools in town and more remote rural schools which have not had any previous engagement with Stranraer FC.





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