

PLAYER'S GIVE BACK TO THE COMMUNITY!



During the 2015/16 season Rotherham United Community Sports Trust are aiming to make more of an impact within the local Community, one way in which we are looking to do this is by utilising the first team players we have at the club as we feel getting them out into the diverse communities of Rotherham will have huge benefits to the local people.

The first step we took in putting this plan into place was to assign a player ambassador to each of our key themes, this meant that anytime one of these themes had an event the player ambassador would be available to support on it.

The ambassadors were set up as follows:

- Sports Development Ambassador** – Richie Smallwood
- Education Ambassador** – Frazer Richardson
- Health and Well Being Ambassador** – Paul Green

Along with these ambassadors we are also utilising all players and getting them out in to the community on a regular basis.

This has led to us organising 19 player visits since August, these have been to local primary schools or at sessions where we provide provision for older people and people with disabilities. Player visits such as these give the local community a chance to meet their local heroes and undertaken activities ranging from Q and A sessions, reading with children or quizzes with older people.

These sessions are a great way to use the RUFC players as positive male role models and to help schools promote special events that take place throughout the school year.

GRADUATE PROGRAMME LAUNCHED

NCS is renowned for equipping young people with the skills and experiences necessary to boost their futures prospects and make them more employable. Once participants have completed NCS, they have the opportunity to become an NCS Graduate. As an NCS Graduate, young people are given training and provided with volunteering opportunities to help further their progress and development post-NCS. Being an NCS Graduate carries with it a certain status recognised by employers nationwide and RUCST are proud to announce the launch of their brand new NCS Graduates Programme.

The programme itself is a 5-stranded model comprised of different elements, each allowing Graduates to specialise in the area(s) they wish to develop and improve upon. With a staggering 126 of our 352 summer NCS participants expressing interest in being a Graduate, we have put in place an application process whereby Graduates have to apply for the area(s) of the programme that they wish to be a part of. For some elements, this requires both the submission of an application form as well as a 2 minute video to camera describing themselves and the qualities they could bring to this specific element of the programme.



Youth Board: This will be a local youth board made up of RUCST NCS Graduates. Members will meet once a month and will discuss how to make the NCS programme better for future participants. Members should represent the interests and opinions of other NCS Graduates and ideally consist of a mix of spring, summer and autumn Graduates. There will be a chance for at least one member of this board to sit on a regional youth board (Yorkshire and Humber), influencing regional NCS programme decisions. From this there may be a chance for members to progress onto a national NCS youth board, going down to parliament in London.

Media and Marketing: A team of NCS Graduates will assist the RUCST NCS Team in the designing and preparing of NCS marketing material. Our vision is to build a media team capable of coming away with us on NCS programmes to capture the content of the programme. This will include taking photos, making videos and writing press releases. We will provide training so that this team of Graduates are equipped with the necessary skills. We also want to own our own RUCST NCS YouTube channel and Facebook page and we see these being 'active' with regular updates, videos, pictures and more, helping to inspire young people to take part in our NCS programme.

Youth Work/Team Assistant: Graduates will undertake an Introduction to Youth Work with a view to completing a Level 2 in Youth Work training. Graduates will also attend other workshops including Managing Challenging Behaviour; Mental Health awareness training and Multi-sport Street Games coaching. These will help equip our Graduates with knowledge and skills required to be a Team Assistant. In addition to this, Graduates will be asked to have input on our 'keep warm' activities and may even be asked to plan and deliver some along with other fellow Graduates as good practice for the role of Team Assistant.

Recruitment: Graduates will help RUCST NCS staff members recruit participants for NCS. This could entail presenting at assemblies at their OLD or CURRENT place of education, acting as an NCS Ambassador in your current place of education, assisting RUCST staff on their recruitment stalls as well as brainstorming other recruitment strategies that the RUCST NCS Team haven't thought of.

Social Action Project Planning/Delivery/Volunteering: This role will include speaking to charities and organisations in and around Rotherham to help the RUCST NCS Team establish new social action project partners. Graduates will also help maintain existing and develop new social action projects. They will also be kept informed of any volunteering opportunities with our partner organisations and will be signposted to volunteer at their events.

We are very much looking forward to receiving our Graduates application forms and videos and be sure to watch this space for the launch of our new NCS social media pages! "NCS...it all starts at YES!"

For more information on the NCS graduate programme, please contact:

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EDUCATION ACADEMY

This year's recruitment cycle is well under way for the Education Academy with a number of open evenings arranged at the Asseal New York stadium all the way up to August 2016 along with successfully been invited to represent the community sports trust at the schools careers and parent evenings.



So far we have been present at all the careers fairs across Rotherham including Wickersley, Clifton and Wingfield comprehensives along with a number of parents evenings to help promote to parents and guardians. So far we have just under 90 expressions of interest with a couple of careers fairs left to attend. We plan to invite all interested young people to an interview in the New Year at the stadium along with a number of training and keep warm exercises across the New Year.

We also have arranged a inter schools Futsal tournament in partnership with Kinder and the Football League to help the promotion of our programmes to both year 10 and 11 students. So far we have had a positive response to both girls and boys teams and this will be planned and delivered by our Foundation Degree students and supported by the Education staff, this is due to run in November.

We are currently pushing for all our courses including BTEC Futsal at levels 1,2&3 along with our Female development squad and Foundation Degree programme.

Rotherham United's Education Academy are holding open days at the New York Stadium in the "players' Lounge" to promote the provision we will be

delivering throughout the year and for the 2016/17 academic year.

Some of the courses we will be delivering are, Futsal BTEC Sport Level 2 & 3, Foundation Degree, Apprenticeships and many more! open to both Female and Male students who are interested in a career in sport.

All times are 5pm – 6pm

Wednesday 28th October 2015
 Wednesday 18th November 2015
 Wednesday 17th February 2016
 Wednesday 23rd March 2016
 Wednesday 27th April 2016
 Wednesday 25th May 2016
 Wednesday 29th June 2016
 Wednesday 27th July 2016
 Wednesday 24th August 2016

You can also meet the education team at your school careers fair!



If you would like to find out more regarding the courses we deliver, please contact our Education Manager:

Mark Wilkinson
 mwilkinson@rotherhamunited.net
 01709827767

TRUST DELIVERS KINDER+ SPORT INITIATIVE



RUCST are proud to announce that we have been selected to deliver the Kinder +Sport initiative.

Rotherham United are 1 of 16 clubs from England and The Republic of Ireland who have been chosen to lead on the project which is designed to encourage an active lifestyles in children across the world and has already reached 15 million children. Targeted at primary school children aged between 9- 10 years, the programme combines six weeks of practical sporting sessions with classroom based sessions.

Week 1 Exercise and Fitness

Week 2 The Human Body

Week 3 Diet and Nutrition 1 (fruit and vegetables)

Week 4 Diet and Nutrition 2 (Milk and Dairy)

Week 5 Diet and Nutrition 3 (the Eat Well Plate)

Week 6 Hydration

Lauren Kerry, Health Officer said “The programme which has been designed is fantastic, its gets children active, promotes nutritional education and builds awareness of the importance of a balanced diet and active lifestyle, we are very excited to be delivering this fantastic programme to our local schools”

ROWAN CENTRE

We are coming towards the end of a very successful 10 week health project in Rowan Centre PRU. The Rowan Centre is a partnership between RMBC and Barnardo’s.

The Rowan Centre provide education, support and childcare to pregnant school-girls and young mothers from the Rotherham area, as well as supporting young

people who have anxiety in regard to school and eating disorders.



Lauren our health officer and the rest of the health team have been delivering a 10 week programme that consists of 2 hour sessions every week focusing on health education and fitness and exercise, we have emphasised the importance of both mental and physical health and how the two come together and you can have one without the other.

The participants have thoroughly enjoyed it and have learnt a vast amount of new information in regards to health and fitness and we have seen the confidence and self-esteem of the pupils rise massively over the past 10 weeks of delivery.

EAT-RIGHT PLAY RIGHT

We are re-launching the Eat-Right Play Right programme, which is a Nutrition specific session aimed at giving advice to young football players to improve their football performance in training and match days.

Lauren who is a qualified nutritionist with a vast amount of experience will help give your club nutritional advice to improve not only the nutrition of your squad but their overall health. This will incorporate both game preparation, recovery and much more.

This programme is based at the stadium and delivered over a 90 minute period and includes a stadium tour. The cost is £50 per squad.

To find out more about our health provision, contact:

Lauren Kerry
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01709 827767

WORLD MENTAL HEALTH DAY

1 in 4 people will experience a mental health problem in any given year and 9 out of 10 people will experience stigma and discrimination because of it.

Saturday 10th October 2015 marked world mental health day, a chance to raise awareness of mental health issues around the world and an opportunity to raise awareness of local initiatives to help support people with mental health issues.

Rotherham United Community Sports Trust celebrated the day by hosting a Boccia Tournament at New York Stadium with some crafts, an art exhibition and a nutritional workshop running alongside. The day was very successful and in total saw over 40 people attend from a range of mental health services across Rotherham.



In addition to this we facilitated some friendly games of walking football against some mental health focused groups from Doncaster (see picture below)

If you or someone you know has mental health issues and would benefit from being part of some of the mental health specific groups we have on offer, please contact

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GREAT DREAM

Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- APPRECIATING**  Notice the world around
- TRYING OUT**  Keep learning new things
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTION**  Take a positive approach
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

TRUST DELIVERS PREMIER LEAGUE "KICKS" PROJECT

Rotherham United Community Sports Trust have been selected to deliver the Premier League "Kicks" Project in their local community.



**PREMIER LEAGUE
KICKS**

The vision is to build safer, stronger, more respectful communities, which RUCST aim to do through the development of young peoples' potential, accessing young people who had previously proven difficult to reach and guiding them towards a range of healthy and constructive activities.

The growth of Kicks has been phenomenal and today 42 Premier League and Football League clubs run a combined 112 projects across England, with 45,000 kids engaged in their local community in just one year and 85,000 personal outcomes achieved overall, including 5,500 educational qualifications.

Mark Cummins (Community Manager) said "It's a fantastic programme which enables us to target young people who wouldn't normally be engaged in our provision, not only making a difference to individuals but to their local community as a whole by providing different opportunities. A key objective is to break down barriers between police and young people and reduce crime and anti-social behaviour in the targeted areas.

All of our diversionary work will fall under the Premier League Banner, it's a great achievement for a Championship club and shows the strength or the work we deliver. Being associated with the Premier League will increase publicity and have greater impact to Rotherham as a whole"

One of the main aims of Kicks is to encourage volunteering and create routes into education, training and employment. More than 4,200 young people have volunteered at projects, with over 1,000 football-specific qualifications/accreditations achieved in the process.

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U4C FORGE A LINK WITH NEW SPONSOR

United 4 Communities are delighted to announce a partnership with new club sponsor Gary Bluff Projects.

The partnership will see branding on the United 4 Communities adult team home shirts and also on all u16's training kit which has been purchased through the generous donation. Gary Bluff Projects are a specialist contractor working in the restaurant and leisure sector. A spokesperson for Gary Bluff projects commented: "We felt that this was a great opportunity to help the youngsters do something rewarding with their spare time, and also help the

Nathan Carlin United 4 Communities FC Manager added "we are delighted with the support we have



been given, clubs like ours don't operate without like-minded people who value what we are doing. We pride ourselves on offering football for everyone, we have started the season really well and hopefully this will continue"

For more information on United 4 Communities FC please contact:

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FUTURE STARS FUTSAL SESSIONS LAUNCH IN NOVEMBER

RUCST are pleased to announce the launch of a new addition to the successful "Future Stars" brand. "Future Stars: Futsal" will start on Monday 2nd November, 5pm – 6pm, at Clifton Community School's Cranworth Road campus, and is a session for all abilities between the ages 5-11.

Futsal is a small sided (5-a-side) version of Football, played indoors on a court. Developed by the Brazilians in the 1930s/1940s, it is well documented about the benefits that can be gained from playing Futsal, and can be transferred into regular Football. Many countries around the world utilise Futsal to develop their young players, and names of successful graduates of this include the likes of Ronaldinho, Zico and Juninho, with more recent examples including Cristiano Ronaldo, Lionel Messi and Xavi.

Adam Pilgrim, Football Development Coordinator, said: "I think it is a great opportunity for any aspiring young player to play a different version of the game they love, and reap the benefits from it. It can be a great alternative for any child that just loves to play, but with the smaller pitches and smaller teams, each player will get more touches of the ball, and the high intensity can provide great physical benefits. The smaller, weighted ball helps to keep the ball on the floor, which will help to hone a player's skills as there is more emphasis on the use of their feet."

The new sessions will be on an actual Futsal surface, using Futsal balls and FA Futsal qualified coaches. There will be a free launch session on Monday 2nd November, and it will be £4 per session thereafter.

For more information, or to book your child's place, please contact

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G4S MATCH REPORT

St Mary's Herringthorpe Vs St Joseph's Rawmarsh

Match day 4 of this season's G4S trophy saw last season's champions St Mary's Herringthorpe begin their title defence against St Joseph's Rawmarsh during half time of the Rotherham United Vs Reading game at the AESSeal New York Stadium, once again we were playing under the floodlights as the match took place on a Tuesday evening.

The match got underway and it was clear to see that St Mary's weren't going to give up their title without a fight when Jack Mackie picked the ball up and fired home a shot from long range inside the first minute.

Before St Joseph's had time to react, Riley Habbin got himself on the end of another long range effort and poked the ball home from just in front of the goalkeeper to put St Mary's 2-0 ahead after just 2 minutes.

The match continued at this frantic pace, St Joseph's got themselves back in the game when some great

passing put Joe Potts through one on one with the goalkeeper, Joe kept his cool and slotted the ball past the keeper, after just 3 minutes the score was 2-1 to St Mary's.

After this hectic start the St Joseph's goal settled the game down and St Mary's seemed happy to try and hold their 2-1 lead and catch St Joseph's on the break. As the game continued it looked as though St Joseph's



would get an equaliser, but after a number of attacks led to nothing St Mary's finally managed to put the game to bed in the 6th minute when William Jenkinson broke with the ball and fired in a low shot past the St Joseph's keeper.

St Mary's made the game look a lot more convincing than it actually was when Jack Mackie scored his 2nd of the game, making the full time score 4-1.

We would like to say well done to both teams for the way they conducted themselves at the match and whilst on the pitch playing.

if you are interested in finding out more about the G4S Trophy, please contact our Sport Development Officer on:

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