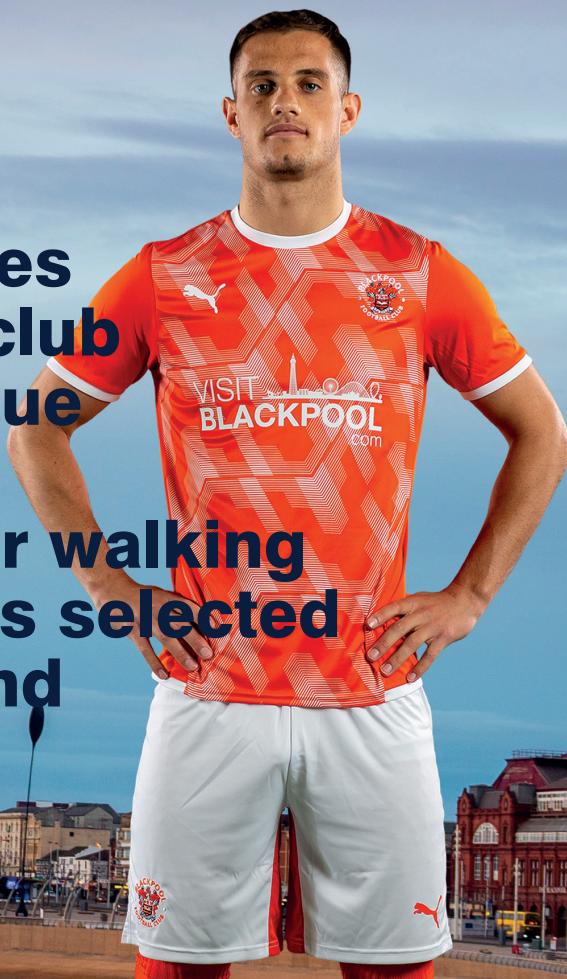


POOL TOGETHER



**More pages
from the club
in this issue**

**One of our walking
footballers selected
for England**



**Raising money for
BFC season tickets**

**Find out how you
can get involved**

**Tackle your weight
with us for FREE!**



We deliver a wide range of activities for adults, online and in person. For more information send us an email, call the office or visit our website.

info@bfccct.co.uk

01253 348691

www.bfccct.co.uk

Hear from the CEO

2020 was certainly a year like no other, with national lockdowns and COVID-19 taking the greatest focus of the year. Blackpool FC Community Trust have had to refocus, refresh and understand how our provisions can continue to support our community and also continue to exist and evolve.

None of this would be possible without the fantastic and committed team of staff we have, who continually go over and above to support our participants, the Board of Trustees who are always available to check, challenge and help where needed, our funding and operational partners, none more so than Blackpool Council, the Premier League and the EFL Trust and also our Football Club, who we look forward to working even closer with in the future.

Whilst the past few years have been very successful and we take stock of the past season, the pandemic and our reaction and recovery, we also realise how exciting the future is and many ways we can help even more people.

Ashley Hackett
Chief Executive Officer



Ron's Garden



Blackpool Coastal Housing referred Ronald, a 94-year-old gentleman, to us on the 18th of August 2020 as part of our Tackling Loneliness Together project, we were then able to offer weekly phone calls, garden gate visits and online social groups. Ronald was having to self-isolate and shield throughout the pandemic, he felt extremely lonely and had not left his house for anything other than hospital visits. During our introductory phone call with Ron, we found out about his days in the armed forces, his passion for ballroom dancing and that he was once a ballroom champion.

Our first garden gate visit with Ronald was on his birthday, supported by external partners; Blackpool Coastal Housing and British Red Cross, we were able to take him balloons and gifts. He mentioned, "It was so amazing to be able to see people and it was even more special that it was my birthday. I appreciated it so much."

Since our initial contact with Ronald, he has received weekly phone calls, which further evolved into weekly Skype calls, accompanied by Blackpool Coastal Housing.

Thanks to the amazing support we received from external partners, Blackpool Coastal Housing, we contacted another gentleman, Jack, who is ex armed forces and had a passion for ballroom dancing. At first, we introduced Jack and Ronald via phone conversations, which was fantastic, then progressed to Skype calls allowing them to finally be able to see each other. Jack and Ronald's Skype sessions took place on a weekly basis.

Later in the year, Blackpool FC Community Trust coordinated a Christmas Day campaign where several staff volunteered their time to go out and visit our Tackling Loneliness Together participants who would not see or speak to anyone on Christmas day.

Thanks to local businesses and schools, we were able to deliver cards and gifts to those most isolated. Ronald was one of the participants that we visited, he was over the moon and said, "Considering I thought I would be alone on Christmas Day, it was an overwhelming happy feeling when I found out I would be receiving a visit from somebody this Christmas. To receive gifts and cards on the day itself was a surprise and filled me with joy."



BEFORE



AFTER



After the success of the Christmas Day campaign, Community Trust staff volunteered more of their time to deliver Easter Eggs and spend some time with participants on Easter Sunday. It was a pleasure to visit Ron again on this day too.

Whilst the Community Trust and Blackpool Coastal Housing continue to support Ron, we sadly discovered that Ron's Garden was massively overgrown. This was something that upset Ron, as he was not able to sit out in his garden and enjoy the glorious sunshine and couldn't do anything about it himself.

We are delighted to share that together with our own NCS team and Redeeming Our Communities staff we have tidied Ronald's Garden. He can now get out and enjoy the sunshine without the overgrowth that had previously taken over.

Ronald mentioned, "It has been something that has upset me for a long time. As I cannot manage the garden anymore, I have just been watching it grow and grow. To be supported in this way and have my garden tidied up means the world to me and I cannot wait to sit out when we have lovely weather."

If you or someone you know is in a similar situation to Ronald or Jack or you are feeling lonely or socially isolated, please email info@bfccct.co.uk or call the Blackpool FC Community Trust Office on 01253 348691. Likewise, if you'd like to volunteer your time or find out about any of our other programmes visit our website www.bfccct.co.uk or email info@bfccct.co.uk.



Dave Maclean, Community Engagement Manager at the Community Trust said, "We are so grateful that ROC and our NCS team were able to come out and tidy Ronald's Garden for him. This shows how huge the impact can be when services come together to support the wider community. To see the smile on Ronald's face when he could see the change in his garden made it all worthwhile and we can't wait to have more garden gate visits with Ron and to be able to sit out in his garden!"

Have you spoken to one of our Community Programmes Team recently?

The community engagement team have been busy over the past 15 months keeping in touch with our community. This has involved phone calls, garden gate visits, and also sending interesting and fun literature in the post. So it may be that you have spoken to one of the team, or received something in the post, but not actually seen them or known who they were. So here they are:



Jason White
Head of Community Programmes



Dave Maclean
Community Engagement Manager



Seb Draper
Community Engagement Team Leader



Paul Mullin
Community Engagement Team Leader



Kim Follows
Community Engagement Officer



Justin Singleton
Community Engagement Officer



Dave Marsland
Community Engagement Officer



Haydn Benson
Community Engagement Assistant



Bradley Bayliss
Community Sports Officer



Helen Robinson Bishop
Volunteer

Feel free to call us on

01253 348691

to request a call back

Spotlight

on the

Covid-19 vaccine

Is the vaccine safe?

Yes. The Covid-19 vaccines have gone through the same thorough testing as all new medicines and have been approved as safe to use.

The vaccines were assessed by the Medicines and Healthcare products Regulatory Agency (or MHRA), who approve all the medicines in the UK. These vaccines were tested thoroughly for safety and effectiveness at every stage of the development and manufacturing process.

They are also continually being monitored now they are being used in the wider population. This means we can be confident that the vaccines are safe and highly effective.

Has the vaccine been tested on people like me?

The vaccines have been tested on a wide range of people to make sure it's safe and effective for everyone.

Adults from a wide range of ages, ethnicities and health conditions were involved in the clinical trials for the vaccines. The vaccines were proved to be effective and safe for all groups.

The only people advised not to take the vaccine are those who have had a serious allergic reaction to any of the vaccine ingredients.

The MHRA also advises that the vaccines are safe for pregnant women and those who are breastfeeding.

What is in the vaccine and how does it work?

The Covid-19 vaccines work just like any other vaccine you may have had. Vaccines train our immune system to make antibodies and cells to fight the infection. The vaccine does not contain Covid-19 and cannot give you the virus. The vaccine does not contain anything that has come from foetuses or animals.

The vaccine does contain a minimal amount of ethanol, but less than you would find in a banana or slice of bread, so they are suitable for those avoiding animal products or alcohol because of religious, cultural or dietary reasons.

You can find a list of ingredients in the approved vaccines at [gov.uk/mhra](https://www.gov.uk/mhra)

How was the vaccine developed so quickly?

Hundreds of scientists, thousands of volunteers and billions of pounds of funding have meant that Covid-19 vaccines have been developed quickly and safely. No shortcuts were taken.

Recruiting people for trials was easy as thousands of people were willing to volunteer worldwide. During the trials, the results were reviewed as they came in, rather than waiting until the end. This meant the research could progress faster and scientific work that usually takes years took just months.

What are the long term side effects?

Like all medicines, some people might have mild side effects after the Covid-19 vaccine, but for most people, these don't last very long. For example, your arm may be sore where you had your injection, which is expected and completely normal. Some people may feel sick, tired or achy, or get a headache.

Long term side effects from vaccines are very rare. What we do know is that Covid-19 can be deadly and the long term effects can be very serious..

For more information, visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

#DoYourBit for Blackpool

It's Quiz Time at BFC



THE SEASIDERS

- 1) Who did Blackpool beat in the 1943 War Cup?
a) Arsenal b) Charlton c) Sheffield Wednesday
- 2) What was the attendance for Blackpool FC's 20/21 season play-off final?
a) 8,793 b) 9,534 c) 9,751
- 3) In which year was the last "West Lancashire derby (M55 derby)" held?
a) 2013 b) 2014 c) 2012
- 4) Which of the following players didn't spend their youth years at Blackpool FC Acad?
a) Ashley Eastham b) Junior Hoilett c) Danny Coid
- 5) Blackpool FC faced which team in 1953 FA Cup Final?
a) Bolton Wanderers b) Arsenal c) Southampton
- 6) Which of the following coaches never became manager of the Blackpool Football Club?
a) Ian Holloway b) Gary Bowyer c) Tony Mowbray
- 7) What is Blackpool FC's mascot's name?
a) Seasiders Bear b) Bloomfield Bear c) Grizz Bear
- 8) Blackpool FC faced which team in 2017 EFL League Two play-off Final?
a) Luton Town b) Exeter City c) Doncaster Rovers
- 9) Which of these is not a nickname of Blackpool FC?
a) The Seasiders b) The 'Pool c) The Bloomers
- 10) 1971 saw Blackpool playing in Europe in the Anglo-Italian Cup. Who did they beat to win the cup?
a) Bologna b) Roma c) Swindon
- 11) What nickname was former Blackpool FC player, Stanley Matthews known as?
a) "Stan the man" b) "The wizard of dribble" c) "The baller of Blackpool"
- 12) In 1948, Blackpool handed Preston their heaviest home defeat. What was the score?
a) 14 - 0 b) 8 - 2 c) 7 - 0
- 13) In 1952 Blackpool played Charlton, an amazing 12 goals were scored. What was the final score?
a) 7 - 5 b) 8 - 4 c) 6 - 6
- 14) What is the record attendance at Bloomfield Road since 1950?
a) 32,543 b) 37,126 c) 38,098
- 15) What year did Blackpool FC play their first league game?
a) 1896 b) 1897 c) 1898



- 16) When did Bloomfield Road first open to the Public?
a) 1899 b) 1901 c) 1882
- 17) Roughly how long are Blackpool Illuminations?
a) 4 miles b) 6 miles c) 7 miles
- 18) How long do Blackpool Illuminations usually go on for?
a) 58 nights b) 62 nights c) 66 nights
- 19) In what year did a fire threaten to ruin the Blackpool Tower?
a) 1897 b) 1941 c) 1913
- 20) Roughly how much do The Blackpool Illuminations cost to put up?
a) £800,000 b) £2,400,000 c) £1,600,000
- 21) When did Blackpool airport close?
a) 2014 b) 2008 c) 2011
- 22) When was Blackpool Central Station Built?
a) 1863 b) 1901 c) 1879
- 23) How many miles of wires are needed for the Illuminations?
a) 69 miles b) 74 miles c) 81 miles
- 24) When was the Pleasure Beach Founded?
a) 1879 b) 1896 c) 1912
- 25) Which Blackpool Pier used to have a Helipad?
a) South Pier b) Central Pier c) North Pier
- 26) How much did South Pier Cost to Construct?
a) £50,000 b) £11,214 c) £25,000
- 27) In what year was North Pier Opened?
a) 1872 b) 1863 c) 1879
- 28) How old is Blackpool Victoria Hospital?
a) 127 years old b) 83 years old c) 104 years old
- 29) How much is the Blackpool Central Project expected to Cost?
a) £13,200,000 b) £30,000,000 c) £300,000,000
- 30) In 1965 which famous band performed in Blackpool?
a) The Hollies b) The Beatles c) The Rolling Stones



Did you know we run a weekly Facebook LIVE quiz on Friday at 6pm? We'll be revealing the answers to this quiz on Friday 29th October.



Armed Forces

In September 2017, thanks to support from The Royal British Legion, we began working specifically with the armed forces community on a project linked to social isolation. This was the first time we had ever embarked on a specific project with our armed forces veterans. Since the start it has gone on to become a hugely important aspect of our work, primarily because we have seen how much impact it has had, but also how much need there is. The northwest of England is, and always has been, an important geographical region for recruitment. Blackpool also has one of the highest rates of adults in receipt of military pension and compensation, and outside of Greater Manchester and Merseyside, also has one of the highest rates of working age veterans.

To begin with this was a real challenge for us and we had to learn quick. However, the work – and Blackpool FC Community Trust as a veterans' activity provider – built credibility and we became a respected and trusted partner by other services providing support to armed forces community.

We are not the only football club to support the armed forces community, and there is a northwest football league which we are part of. This involves other clubs such as: Burnley, AFC Fylde, Everton, Curzon Ashton, Preston North End, Wigan Athletic, and recently we took part in our first football competition where we finished as runners up.

Unsurprisingly, the impact of the pandemic noticeably increased the demand for our activities, and we are looking to develop and grow our range of support, activities and engagement in the future. We already have big plans in place, and we are all hugely excited at the prospect of being able to raise the bar once again and reach even more of our armed forces community.

If you, family member, or someone else you know, has served in the armed forces and you'd like to know more about our work, please feel free to contact us on 07597 786098 or email info@bfccct.co.uk. You can also visit our website to read more information.



NAAFI BREAK

EVERY WEDNESDAY 10:30AM TO 12:00PM THE CORNER FLAG AT BLOOMFIELD ROAD

£1 DONATION

Meet up with likeminded veterans living across the Fylde Coast. Come along and enjoy a sausage or bacon sandwich and a cup of NATO tea or coffee.



Soon, there was high demand from local armed forces veterans and our support group soon became oversubscribed. In response, we received some additional support from the Armed Forces Covenant Local Grants programme, enabling us to formalise and expand the project throughout 2020 to include the following:

- **Forces Football** - fun sessions to help veterans get more active and form friendships, using sport to build trust and confidence with peers. The sessions engage individuals aged below 60 years who cannot access provision that is typically aimed at older veterans.
- **NAAFI Club** – weekly event at the stadium where people can meet up for a brew and a natter. Each attendee that has booked also receives a free sausage or bacon barm and a drink.
- **Online NAAFI club** – online session where individuals can meet up and have a chat, this is helpful for those who might not be able to attend in person, although it is also attended by people who do attend the face-to-face group.
- **Gardening Club** - takes place at Fylde Memorial Arboretum, to engage veterans in outdoor activity that is relaxing, peaceful and gives them something to focus their minds on.
- **Welfare calls/support** - for individuals who are referred to us by GPs/armed forces charities and are experiencing personal issues such as employment, housing, or debt management.



FitFans



Our most recent group of FIT Blackpool participants completed their final session of the programme last week, and we have seen some amazing results from both the male and female participants.

Delivered as part of the EFL network and funded by Sport England, FIT Blackpool is a FREE 12-week weight management programme where you can join other Blackpool fans who are looking to make positive changes to improve their lifestyle. As part of the programme, you will get a behind the scenes look at Bloomfield Road as well as the opportunity to exercise around the pitch and in our Education and Community Centre. This programme aims to help fans make better lifestyle choices and live happier healthier lives.

At the end of the programme, the female participants have lost a combined total weight of 53.5kg, and the male participants have lost 64kg! The females have had a total reduction of 163cm from around their waist and the males reduced their combined waist size by 170cm!

It has been great to see the participants improve their knowledge of health and fitness and implement this into their day to day lives. There are several programmes that the participants can join to continue their weight loss journey with Blackpool FC Community Trust.

Our next FIT Blackpool programmes will be starting on 13th and 16th September, taking place every Monday for the Females and every Thursday for the males, all from 6pm-7:30pm at the Stadium. So, if you love Blackpool FC and want to get fit whilst supporting other fans to do the same sign up today!

We deliver male and female-specific weight loss programmes for those who meet the following criteria:

Female Participants – aged 35-65, are eligible to take part in this programme if they have a BMI greater than 28 and a waist size of 31 inches or more.

Male Participants – aged 35-65, are eligible to take part in this programme if they have a BMI greater than 28 or a waist size of 37 inches or more.

Blackpool FC Community Trust's, Community Engagement Team Leader, Nathan Davies, has encouraged anyone who is wanting to lose weight or generally improve their health and wellbeing to get in touch and join our next programme. Nathan said, "FIT Blackpool aims to increase knowledge of diet, nutrition, and physical activity to help the participants improve their lifestyle choices, the programme has been extremely successful, and we have been fortunate enough to witness participants make substantial changes and be able to maintain them. I love the fact we still have contact with the participants who started the programme three years ago and we are still able to support them with their weight loss journey."

For further information on the programme or to register an interest in FIT Blackpool please contact
E: fitfans@bfccct.co.uk
T: 07597786098



FIT BLACKPOOL

Lose weight in a comfortable environment with the support of our staff and likeminded participants. Learn how to change your current habits and maintain new ones to improve your lifestyle.

YOU can...

- ✓ Improve your eating habits
- ✓ Cut down your alcohol intake
- ✓ Increase your activity levels
- ✓ Reduce your weight and waistline
- ✓ Support each other to stay on track



FREE 12 WEEK PROGRAMME

For information on qualifying criteria get in touch!
Email: fitfans@bfccct.co.uk, call 01253 348691
or visit our website: www.bfccct.co.uk/fitfans

Historical Hat-trick



Blackpool's 1969/70 season penultimate game saw them play rivals, Preston North End, at Deepdale. The 'pool team knew that a victory would return them to the First Division. The away side did not disappoint, forward Fred Pickering netted all three goals to take 'The Seasiders' up, sending North End to Division Three.

A stalwart of the promotion winning team from 51 years ago was Dave Hatton, with 251 league appearances and seven goals during his seven years at Bloomfield Road. Former defender, Hatton, recently recalled the euphoric evening at Deepdale "There was always a real rivalry about playing Preston, we felt we could beat them, but it was always tight. There was a full house making lots of noise, but we didn't give anything away. Pickering got the first goal after 16 minutes, easing the tension slightly. We seemed to get more of the ball and Pickering got another one. It was 2-0 at half time, they had to come at us. We never really felt as a defence that they could do it and we had it sussed out already. As the game progressed, they made more mistakes and then Pickering got the third goal, it was game over. We finished up easy winners at 3-0."

After the euphoric win at Preston and celebratory beers in the changing room, the team returned for further revelry at The Lemon Tree, Squires Gate. Hatton remembered late evening, "The club booked us a meal there for about 11 o'clock. We were all together at a big, long table but what time I got home I don't know!" It proved a highly enjoyable night of celebration for the Blackpool staff and players. Promotion had been attained with one league game to spare. The visit to Oxford United five days later proved to be anti-climactic when Blackpool were defeated 2-0.

Hatton recounted his teammates from the promotion winning side with considerable fondness, "When I moved here, Bill Bentley lived on the same estate, and we became very good friends. He was a good player with a great left peg on him. Jim Armfield was the nicest fellow, always a gentleman and a quick fullback. Tommy Hutchison was a nightmare to play against in training, I always thought he was brilliant, and he was great at beating players. Hutchison could hold onto the ball, you couldn't get it off him, but his crosses weren't the best and he didn't score a lot of goals, but he would always be in my side."

45 years after Hatton departed Blackpool for Bury, his affection for the tangerine team remains undiminished. He continues to reside on the Fylde Coast and enjoys visits to Bloomfield Road to watch the current team in action. Hatton remains proud of the part he played in helping his adopted town's team gain promotion. The victorious evening in Preston five decades ago when two headed goals and a tap

into complete Pickering's hat-trick are key moments in 'The Seasiders' history. It proved to be a highly successful debut season for Hatton who remains a modest and highly likeable Boltonian.

The FPA is currently being re-established in the wake of new Club ownership and the lifting of lockdown restrictions. The association will receive not only the full support of Blackpool Football Club, it will work closely with the various departments within it.

It is the intention to make the former players feel very much part of the Club's history and its future. There will be opportunities for social gatherings both on match days and other arranged events such as golf days and bi-monthly meetings. The FPA will also be a key organiser and supporter of local charity events as well as giving assistance to former Blackpool players where it is required.

The association is very keen to recruit new members and is free to join. Application forms and further details can be obtained from John Cross by email johndcross53@gmail.com or phone 07984 940879.



Blackpool Vs Preston

The eagerly awaited new season is finally upon us. No doubt when the Championship fixture list was released in June most 'Pool fans first scanned through the matches and asked themselves, "When are we playing Preston?" The Lancashire 'derby' games with North End take place on 23rd October at Bloomfield Road and then Deepdale on 19 March 2022. Our league rivalries with Preston resume for the first time since 2009/10 – the season the Seasiders unforgettably won promotion to the Premier League in brilliant style at Wembley Stadium.

Let's focus on the most memorable matches between the two sides, the first was a defeat for Blackpool so we'll get this one quickly of the way. On 10 March 1956 Preston hammered 'Pool at Bloomfield Road by six goals to two in what was otherwise a fantastic season, 'Pool finished the first division as runners up. There was an excellent reason for this one-sided result. Blackpool's keeper George Farm was injured during the match, as there were no substitutes then, he continued to play as a forward whilst Jimmy Armfield became the goalkeeper. Unbelievably, Farm headed a goal for 'Pool despite a heavily bandaged right arm. In the end the handicap proved too great for Blackpool and the majority of the 25,692 spectators went home unhappy.

The match at Deepdale on 13 April 1970 will remain indelibly etched in Blackpool fans' memories for all time. Blackpool won 3-0, courtesy of a Fred Pickering hat trick, and clinched promotion back to the top division before 34,000 (largely Blackpool) spectators. This result relegated Preston North End to Division 3. It was real Roy of the Rovers stuff especially for a Blackpool fan!

Three years later, Blackpool, back in Division 2, defeated Preston 3-0 at Deepdale. It was a case of Deja Vu as another

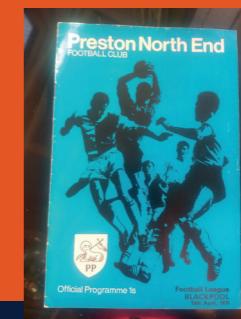
hat trick hero emerged for the 'Pool – young starlet and future hero, Alan Ainscow.

Fast forward to 1999 to yet another exciting 'Pool victory at Deepdale. This time Blackpool won 2-1 and the winning goal was scored in the last minute by 23-year-old, Brett Ormerod. What a glorious ending to a derby match!

I've saved the biggest Blackpool win over our neighbours on the other end of the M55 until last. The scene was Deepdale, it was 1 May 1948 and 'Pool crashed in a remarkable seven goals without any reply from Preston. Pool's centre forward Jimmy McIntosh bagged five of the goals. To this day the result remains Blackpool's record away victory. The outstanding performance provided some consolation for the Seasiders after losing 4-2 to Manchester United in the FA Cup Final just a week earlier.

Are we in for similar dramas this time against our closest rivals? I certainly wouldn't bet against it.

Written by Rob Frowen



The unforgettable match at Deepdale in April 1970 when 'Pool won promotion to the top flight and Preston were relegated into Division 3.



A heavy home defeat in this one but Blackpool had the last laugh by finishing the Division 1 season superbly in the runners up position.

Jason's Fundraiser



The money raised through the Manchester Marathon fundraising has fast-tracked the launch of our new recognition scheme, allowing young people and participants to go to a Blackpool home game for free as a reward for their achievements. So far, we have presented three exceptional people with this incredible opportunity.

To be considered, you must be nominated. Information about the nominator, the nominee and why they have been nominated, is collected on a nomination form. Once they have been submitted, our senior leadership team get together and decide which nominee will be gifted tickets to the Blackpool FC game.

The first two people to receive tickets as part of this scheme were both part of our Tower Above programme and attended over 20 sessions each at the stadium. In these sessions, they worked on their behaviour at home, in school and in the community. They both set out goals in the beginning and completed them throughout the programme. Along with Tower Above, the 10- and 11-year-old engaged in several other Community Trust provisions including, Kicks at Bloomfield Road and our HAF programmes during the holidays.

One of the participant's school support staff noted the remarkable improvement in their behaviour, as well as the significant reduction in the number of times he had to use the reflection room at school.

Both Tower Above participants are Blackpool fans who, due to financial constraints, cannot see the team play at Bloomfield Road as often as they would like. The ability to invite them both to a Blackpool home game was astounding, especially as for one of them, this was their first-ever live Blackpool game and we knew the atmosphere would be fantastic.

Another nominee to receive tickets as part of the scheme was Toby Gough, part of our Community Youth Sports team at Blackpool FC Community Trust. He was nominated as he has been involved with the trust in different capacities over

the last five years.

Toby started his journey with The Trust as a participant on our Kicks programme at the Sports Barn. He is now currently studying for his BSc (Top Up) Degree in Community Football Coaching, Development and Administration at Blackpool FC Sports College. During that time, he has taken on various volunteering roles within the trust, from supporting delivery at Kicks sessions to delivering Get Set 2 Go within the Community Engagement Team.

Over the last summer, Toby has progressed into paid work in our Kicks project as part of our summer offer and as of September, he has joined The Trust as a Community Youth Sports Officer. Our Community Youth Sports Manager, Adam Aspinall, nominated Toby as he felt it would be a great way to repay him for all his hard work and dedication to the trust as he progressed from participant to staff member.



Going the Extra Mile

Q: Who are you?

A: My name is Jason, and I am the Head of Community Programmes at Blackpool FC Community Trust, where I have worked for the past four years.

Q: What are you doing?

A: I'm running the Manchester marathon on October 10th, which I'm really excited about as it is my first ever marathon, having previously completed a few half marathons.

Q: How is training going so far?

A: Good, although I say that with a real sense of trepidation as the big fear is that I get injured. But so far so good and it has been amazing to test myself as I've already beaten my longest ever distance run on two occasions. By time I finish (fingers crossed) the marathon, I will beat the distance another three times, culminating in my 26.2 miles on the day.

Q: Are you planning to fundraise and if so, why?

A: I always intended to fundraise, and there was only ever going to be one charity that I would fundraise for. But having that extra responsibility is a bit more pressure but I also think it is a good thing as I have no doubt that when I get to 22 miles, I'll need to find that something else, and at that point it will be the idea of what I am fundraising for that will give me that little extra push / incentive.

Q: Who are you fundraising for and how is it going?

A: I am fundraising for our own charity, Blackpool FC Community Trust. Blackpool and the Community Trust are great places to work, and to be part of the work we do gives me enormous pride. This marathon therefore gives me an opportunity to do something else for the town and football charity by raising enough money to purchase two season tickets at the club that we will offer to worthy recipients via partners who we work with that, like us, are embedded within their communities. I'm grateful to our Chief Exec, Ashley Hackett, too, as he kindly offered to match fund one of the season tickets. As I've managed to raise £520 so far, that has meant we were able to buy the season tickets at the start of the season and we have been able to use them for first two games of the season vs Cardiff City and Coventry City, where participants who had excelled were offered them to use. The feedback we got was amazing and I think it will go down well.

Q: Is there another way people can show support?

A: If people want to sponsor me, they can find my page on the Just Giving website www.justgiving.com/fundraising/jason-white20. Alternatively, if there are any charities out there that do positive work in the community and might want to be considered as a nominating partner, we'd certainly be keen to hear from them. They can email me via jason.white@bfccct.co.uk and we can take it from there.



BFCCT PROVISION TIMETABLE

www.bfcct.co.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Extra Time Social group for anyone aged 50+ to get together, take part in activities or have a chat.</p> <p>Walking Football Walking Football sessions for anyone aged 50+.</p> <p>Masters Football A slower paced 5 a side version of the beautiful game for anyone aged 35+.</p> <p>FIT FANS 13-week weight management programme for those who are aged 35 - 65 to support individuals to make positive lifestyle changes.</p>	<p>Virtual Walk Join in a walk and chat LIVE with Dave Marsland and his dog Logan.</p> <p>Walking Football Walking Football sessions for anyone aged 50+.</p> <p>Walk & Talk Walking group for anyone aged 18+ wanting to socialise and be more active.</p> <p>Adult Pan Ability A 16+ football sessions for those living with disability.</p>	<p>Armed Forces 'NAFFI Break' Social Group Social group for current or former Armed Forces personnel aged 18+ to talk about the past, present and future with a Free Bacon or Sausage roll with a Tea or Coffee.</p> <p>Get Set To Go A football session for anyone aged 16+ to support positive mental health.</p>	<p>Gardening Club A Gardening Club for anyone aged 18+ based at Fylde Memorial Arboretum and Community Woodland.</p> <p>Sporting Memories Social group for anyone aged 50+ to chat about their memories in sport, whether that be taking part or going to watch.</p> <p>Walking Football A slower paced 5 a side version of the beautiful game for anyone aged 35+.</p> <p>Armed Forces Football 18+ 5 a side football sessions for current and ex Armed Forces personnel.</p> <p>Open Team Talk Opportunity for supporters to engage and discuss all things Blackpool FC.</p> <p>Unified Football An 18+ football session to unite people with intellectual, physical, hearing or mental health related conditions.</p> <p>FIT FANS 13-week weight management programme for those who are aged 35 - 65 to support individuals to make positive lifestyle changes.</p>	<p>Sporting Memories Social group for anyone aged 50+ to chat about their memories in sport, whether that be taking part or going to watch.</p> <p>Walking Football Walking Football sessions for anyone aged 50+.</p> <p>Live Quiz Test your knowledge in our interactive Quiz. Take part on your own or with friends/family and see who can come out on top. Questions are targeted for those aged 18+.</p>

If you would like to get involved in any of our provision please get in touch:
E: info@bfcct.co.uk / T: 01253 348691

Please note that these sessions are subject to change.



Vaccine van numbers almost double over summer to reach

7000TH JAB



Numbers attending Blackpool's mobile Covid-19 vaccine clinic almost doubled over a four-week period during August, to reach an impressive 7000 vaccinations.

26-year-old bricklayer Mitch Henderson from South Shore received the 7000th jab on 9 September at Fleetwood Leisure Centre, where several vaccine van events have been held.

Blackpool's vaccine van is a joint operation set up by Blackpool Council's Public Health team and facilitated by health services provider, FCMS. Two fully qualified NHS vaccinators from pharmacy sites carry out the vaccinations at the van.

Vaccination pop-up events in the van have run throughout summer for the general public in dozens of Blackpool locations. Upcoming events are taking place at easily accessible locations such as the Odeon cinema and Layton Recreation Ground.

The team have also worked with businesses and sixth form education settings to hold dedicated events for workplaces and students, in a bid to get as many vaccinated as possible before families return to college and work in September.

Get more information on upcoming vaccine van events at blackpool.gov.uk/VaccineVan

#DoYourBit for Blackpool

BLACKPOOL FC PLAYER WORDSEARCH



- THE PLAYERS -



MAXWELL
HUSBAND
KEOGH
CONNOLLY
GARBUTT

YATES
JAMES
ANDERSON
LAVERY

MITCHELL
WARD
DOUGALL
VIRTUE
MADINE




THE SEASIDERS



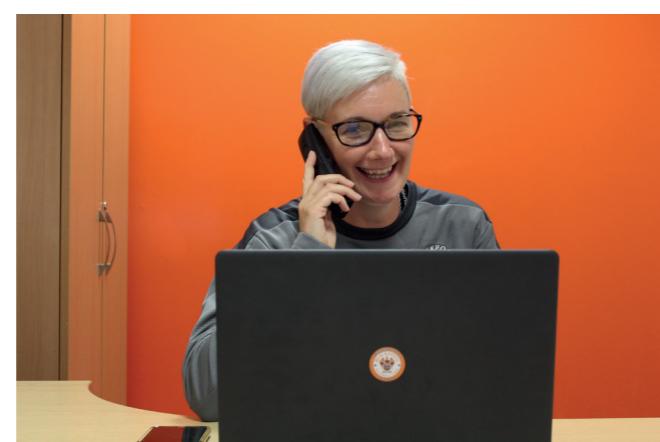
Meet Rachel

My name is Rachel Leaver, and I was born in fabulous Blackpool a few (not telling) years ago. I have lived on the Fylde Coast ever since, apart from a stint at university when I moved away for 3 years but moved back after graduating. My working career has always been in teaching, initially in prison education, followed by teaching the unemployed for Lancashire Adult Learning and most recently teaching vulnerable and NEET young people for LFRS Prince's Trust. Ultimately, I have always had a passion to engage with people who I felt needed my support the most at that time. To see the people, I help realise their potential and move forward is the biggest buzz that I think that anyone can get.

I have been lucky enough to start working for BFCCT this September, as the Community Navigation Manager. As soon as I read the job description I was hooked. To me this role is about engaging those in Blackpool who may be struggling to socialise or even get out of the house at all. They may have issues around anxiety and depression or simply have no idea what is on offer to them on their doorstep, which for those that don't know, BFCCT have a lot! I will be there at the end of the phone or over the gate to discuss their needs and to move them forward. I am really looking forward to engaging with the people of Blackpool and Partner services and exploring the possibilities available for each individual in their local area.

I love Blackpool! I hear so much negativity about this fabulous town and I must shout up and defend it. I am born and bred in Blackpool, and it has always served me well. There are so many fantastic services on offer to support a wide range of needs. The events in the town are world class; the Illuminations, Hot Ice Show, The Grand Theatre and Blackpool Tower to name but a few. Now having my own family and watching my children's faces when we visit a show or drive through the lights is an incomparable feeling and takes me back to being their age and being amazed by the same things.

If you are a charity or organisation that works with individuals who may benefit from engaging with me then please get in touch on 07597 786098 or email rachel.leaver@bfccct.co.uk. I look forward to hearing from you.



Welcome
SHAYNE
LAVERY



"To score right at the end in front of all of the travelling fans was a fantastic feeling."

Two months on from his transfer to Bloomfield Road, Shayne Lavery admits he is loving his early days at Blackpool.

A summer signing from Northern Irish Premier Division side Linfield FC, Lavery has hit the ground running at Blackpool the way in which any new striker would want. The 22-year-old impressed in pre-season, scoring in his first outing in tangerine at Southport, before finding an all-important late equaliser on his full Blackpool debut on the opening day of the Championship season.

The striker came on as a late substitute against Bristol City at Ashton Gate, but made an immediate impact, scoring an equaliser with the last kick of the game to ensure Blackpool took a point from their opening day fixture.

"It was a crazy feeling to find the back of the net, right at the end on my debut," Lavery admitted.

"It was almost instinctive really. It was a great cross in from Josh Bowler, and I just stuck my toe out and looked to poke it home. Thankfully it went in, and to do that right at the end in front of all of the travelling fans was a fantastic feeling.

"Looking back, I think it's what we deserved on the day. We soaked up a lot of pressure early on but grew into the match. There are not going to be any easy matches this season, but I feel we made a good start at Bristol and we want to slowly build momentum as the season progresses."

Looking back on the move to Blackpool, Lavery admits it's been a seamless transition and his new team mates have

made things particularly easy to settle in.

"I've loved every minute so far and feel really welcome," he said.

"Since the first day, everyone at the Club has been great. There's been a few other new faces, which is the case in the summer, but it's a credit to all of the lads who were already here and all of the coaching staff that we've all been made to feel so welcome.

"I think that can help players perform better on the pitch at times. If you feel settled and have a good team with you, then that makes your job easier which means you can focus your efforts on the pitch. That's been a real positive for me so far."

With the visit of Cardiff City and Coventry City in the space of just four days, Lavery is looking forward to testing himself against tough opposition yet again and look to build on what has been an impressive start for the young striker.

"Every match in the Championship is a real challenge, but it's something we're all looking forward to take on," he said.

"We're all excited about being here and playing at this level. It's where the Club should be really, and testing ourselves week-in, week-out against some huge Clubs is fantastic. We're all looking forward to the season and want to enjoy every minute of it."

Programme Fair

Supporting
our community



A Fair has been organised and will take place on Sunday 14 November 2021 at the Education & Community Centre, situated at the north of the Blackpool ground (opposite the Stan Mortensen statue). Doors will open at 10am and the fair will run until 2pm. Light refreshments will be available on the day.

Our first such Fair took place almost two years ago to the day and proved to be very successful. The pandemic, however, put paid to an early follow up event that was planned for last year.

The Blackpool Football Club Community Trust will once again benefit from the event. All money raised throughout the day will be donated to this very worthy cause.

We already have eleven dealers signed up to stand at this popular event and they will be travelling to the seaside from all over England. A huge range of football memorabilia will be available to purchase in addition to collectors' traditionally favourite items – match programmes. There'll be ticket stubs, enamel badges, football shirts, pennants, signed books, magazines, and autographed items. And a whole lot more.

The charge for entrance will be a donation of £1 (under 16s are free) and this will include a couple of raffle tickets. The tickets will give you the chance to win several remarkable items of memorabilia which will be kindly donated. Among the prizes on offer are an autograph from the legendary Stanley Matthews, an original 1953 Blackpool F.C. pennant, a valuable and iconic 1953 FA Cup final programme and a large box of mixed football programmes (mainly of Blackpool F.C. vintage).

We will also give you the chance to have your special or unwanted football items valued free from any obligation. If like what you hear and decide to strike a deal you may be going home with far more cash than you arrived with! So

please feel free to bring along your own treasures – it's all part of our service.

Or if you prefer you may have your very own single table stall for the day at the cost of just a fiver! Why not bring along a boxful of your old bits and bobs of memorabilia to sell – you may be surprised when you discover what they're worth. If you wish to take advantage of this, please contact Rob Frowen on 07896 287588 or email robertsfrowen@gmail.com for more information or to book yourself a spot.

And finally, any Covid conditions that may have been put in place at the time of the Fair will be strictly adhered to – we don't anything to spoil your fun!



PROGRAMME FAIR

14TH NOVEMBER
10AM - 2PM

MATCH TICKETS • ENAMEL BADGES
REPLICA SHIRTS • SIGNED MAGAZINES
FRAMED PHOTOS

FOOTBALL THEMED RAFFLE WITH

AMAZING PRIZES TO BE WON

ADMISSION £1
(INCLUDES 2 FREE RAFFLE TICKETS)

UNDER 16s
GO FREE

EDUCATION & EMPLOYABILITY CENTRE
SEASIDERS WAY, FY1 6JZ

For more information contact
Rob Frowen:
📞 07896287588
✉️ robertsfrowen@gmail.com



Meet Brad



I started volunteering with Blackpool FC Community Trust in November 2018, since then I have been working with the Community Engagement Team to help them deliver different provisions. So far, I have completed 1,500 hours of volunteering and I am now working part-time with the Kicks team, as well as picking up some casual hours with the Community Engagement Team.

Volunteering with Blackpool FC Community Trust has had a positive impact on my confidence and sociability, and I am looking forward to my future with the trust, I am going to keep working hard and always trying to go the extra mile.

I have been a Blackpool Fan for several years now, I am very passionate about the club, and I enjoy watching them every week. It would be a dream to get a full-time job at Bloomfield Road as part of the Trust.

My next steps are to complete my Foundation Degree in Football Coaching, once I am qualified, I am hoping to secure a full-time position within the Trust. I am going into my 3rd year in September, and I will work hard to get to where I need to be to achieve my aspiration of working for Blackpool FC Community Trust full-time.

Q: Why was the team talk session first formed?

A: Team Talk allows Blackpool Fans to come together and talk about their Football Club, make new friends and most importantly keep Blackpool fans connected.

It was formed during the Covid-19 pandemic to make sure that Blackpool FC fans still had access to the Club and Team, Team Talk provided the fans with something they were greatly missing during this difficult time.

The group has since developed into a cohort of participants that take part every week in the various activities, but mostly they enjoy having a chat and catching up with their new friends.

Q: What would people enjoy about team talk?

A: If you're a Blackpool fan, Team Talk is the perfect opportunity to connect with family and friends over your love of Blackpool FC. The session gives the fans a chance to reflect on the history of Blackpool FC, talk to past and present players and ask any questions they may have about their football career. The participants come together and watch

highlights from recent or historic games, as well as sharing memories they have around Blackpool Football Club. The session includes a quiz that takes place every week, guess the player, guess the manager, higher and lower and other interactive games. This session is perfect for Blackpool fans to get involved with as it is a great way to socialise and make new friends.

Q: Who has been your favourite guest speaker?

A: Derek Spence has been my favourite guest speaker by far, he has so much to talk about in his football career, he is a funny character and is a nice guy. Finding out what players he has had the opportunity to play with and what team he has played was amazing. His football career lasted seventeen years, from 1969 to 1986, during this time he played for clubs in Northern Ireland, England, Greece, the Netherlands and Hong Kong. He also played for his national team of Northern Ireland. One of the most notable things we spoke about was playing alongside George Best!

Derek had two spells with Blackpool FC, one between 1976-1978, and the other between 1978-1980, he scored a total of 21 throughout his time with the club. He made his Blackpool debut against Brian Clough's Nottingham Forrest.

One of my favourite parts of our chat with Derek was being able to see his memorabilia, it was unbelievable and so enjoyable to see.

Q: How can people get involved?

A: Team Talk takes place every Thursday between 6:30 pm and 7:30 pm on Zoom. For more information on Team Talk, you can email info@bfccct.co.uk or visit our website <http://www.bfccct.co.uk/community/team-talk/>

If you know somebody who could benefit from an engagement such as the ones mentioned, then please get in touch with Blackpool Football Club Community Trust at info@bfccct.co.uk or call / text 07597 786098.

Walking Football



One of Blackpool's Walking Football stars has been selected to play for England's Walking Football team. Senior Seasiders goalkeeper, Steve Hyde, has qualified for the Walking Football Association (WFA) over 65s England Football Team and will play with them this season.

In December 2016, the WFA set out to promote and facilitate the playing of Walking Football as a unique amateur sport in England. They also aimed to provide the knowledge necessary to anyone looking to start playing or who needs some extra help running their club.

Steve's passion for the sport began around eight years ago when he joined Blackpool FC Community Trust's Walking Football programme. Set up by The Trust in partnership with Age UK and Blackpool Council in 2013, the programme aimed to encourage men over the age of 50 to rekindle their love of football, keep active and increase their physical activity in the process. Following these early sessions, The Senior Seasiders were formed, and have represented the Community Trust many times including in the EFL Trust National Tournament, which they were champions of for three years running.

The 6-week programme was led by Dave Mclean and Ashley Hackett from Blackpool FC Community Trust and took place at Blackpool Sports Centre. The programme's popularity has continued to increase over the years, and Blackpool FC Community Trust now deliver five Walking Football sessions every week in locations across the Fylde Coast.

Steve's road to success started this time last year, when several men that had played with and against him nominated him to play for WFA's England team. Trials for the team were held a few weeks ago in Burton-on-Trent. Before his trial, Steve believed that his football honours had passed him by, but he was successful in his trial and made it into the top 12 who now make up the new Walking Football Over 65s England Team.

At the age of 17, Steve dreamed of playing football

If you'd like to get involved in one of our Walking Football sessions please contact info@bfccct.co.uk or call us on 07597786098.



professionally, but he always fell short of other players. Steve went on to study at Loughborough College and enjoyed a long career as a PE Teacher.

We spoke to Steve about his experiences playing for a local walking football team, he said, "I would urge anyone my age to get involved in a walking football team not only is it great for your health but, it's good fun." 18 years ago, Steve suffered a heart attack followed by a quadruple bypass and considers Walking Football to be a significant part of his recovery. The sport can reduce the risk of cardiovascular disease and stroke as well as improving blood pressure, these benefits are all felt whilst partaking in something enjoyable.

As well as all the health benefits Walking Football has a positive impact on mental health, it has been shown to reduce stress levels, and taking part in the sport provides personal reward and satisfaction. Those involved in the sport are often the most isolated within society, the social element allows them to get involved in something gratifying whilst making lasting friendships and feeling a part of the wider community.

Walking Football is one of the fastest-growing sports in the UK, many clubs now run teams for both men and women. More and more people are giving it a go as a way of improving their "you never know international cap



JORDAN GABRIEL

"I didn't get the chance to sample a packed out Bloomfield Road last season, so I'm really looking forward to sampling an incredible atmosphere."



Transfer Deadline Day was another dramatic one at Bloomfield Road this summer, with three new arrivals signing on the dotted line on the final day. For Dujon Sterling and Owen Dale, there's plenty of new faces, surroundings and team mates to get to know something that isn't the case for Jordan Gabriel.

The 22-year-old signed a four-year deal with the Seasiders on Transfer Deadline Day, joining from boyhood Club Nottingham Forest for an undisclosed fee, after a hugely successful loan spell at Bloomfield Road 12 months earlier.

The right-back made 35 appearances across all competitions last season, helping the Seasiders on their way to promotion to the Championship, and Gabriel admits the opportunity to make the move permanent was something he was delighted to do.

"I'm over the moon to be here and to have secured my long-term future at such a great Club," Gabriel admitted.

"Last season was such a memorable experience for everyone here. To achieve promotion in the manner that we did was a fantastic achievement and it's something that will stay with me for a long time.

"The group we had last season was such a close-knit squad and I think that really helped us all push on and ultimately achieve what we did. That was a big factor in me re-joining the Club, and I'm so excited to start. I didn't get the chance to sample a packed out Bloomfield Road last season, so I'm really looking forward to sampling an incredible atmosphere. I can't wait to get out onto the pitch and get started."

Despite re-joining the side, Gabriel was one of 13 new

arrivals this summer, but the right-back admits everyone is already feeling settled and raring to go particularly after the international break.

"We've all said hello and everyone seems to have settled in already," Gabriel said.

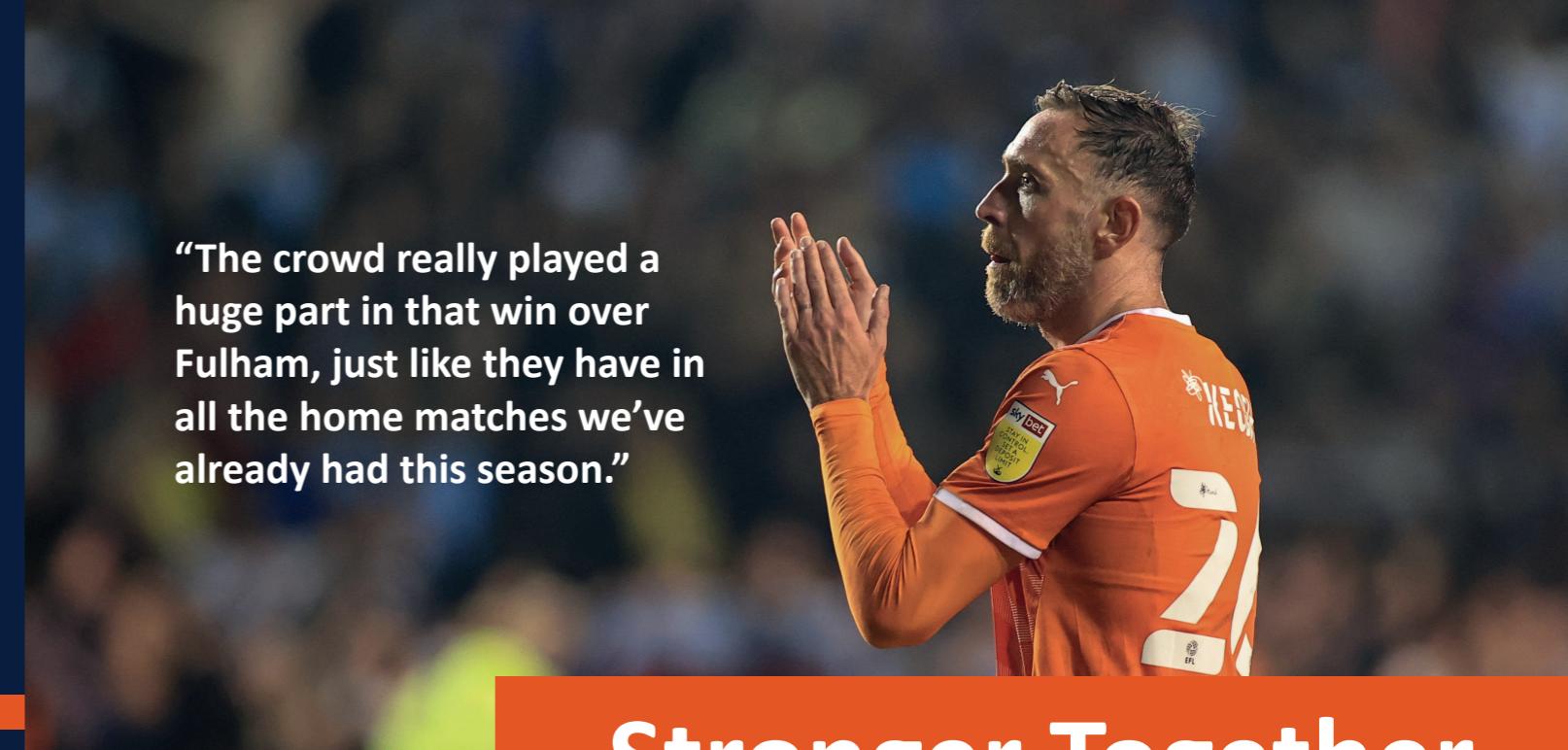
"We're all feeling comfortable and ready to get going this season. Like last season, the start hasn't been what we wanted in terms of the results, but looking at how the team has played, the performances have generally been there so far.

"There's also a good amount of competition within the squad, which is always a good thing. You're doing everything you can to get involved and help the team, and if you go off the pace, you know that someone will be there to take your place. It's healthy competition, and that's a really positive thing within a team."

Despite his young age, Gabriel has already tasted Championship action, having played for Nottingham Forest four times already this season. Having taken to the field in League Two, League One and now the Championship, the right-back admits it's a much more challenging league, but something that he relishes.

"It's been a really good experience so far this season, playing in such a competitive league as the Championship.

"I've thoroughly enjoyed it and I can't thank Nottingham Forest enough for the opportunities they gave me. I'm looking to push on here at Blackpool now, and I'm really looking forward to seeing what's to come for this team this season and beyond. I can't wait to get started."



"The crowd really played a huge part in that win over Fulham, just like they have in all the home matches we've already had this season."

Stronger Together

Richard Keogh feels this group is more than capable of building on Saturday's victory over Fulham, as the Seasiders prepare to face one of his old Clubs this evening.

Keogh played 21 times for Huddersfield last season before the move to Bloomfield Road in the summer, and has admitted it's a really good group to be involved with here at Blackpool.

"I've really enjoyed my time here over the first few weeks and months," he said.

"It's exactly what I thought it would be like after I spoke to the powers that be at the Club when the move was a possibility. It's a really enjoyable and fun group to be involved with. Obviously, I'm one of the more experienced players in the group, so I'm trying to help the team in any way I can, both on and off the field.

"I think, as a group, we're all getting stronger as each game passes and we can look forward to what will hopefully another successful season for the Club."

With the side picking up their first league win on Saturday in the impressive victory over Fulham, the defender feels optimistic that the side can push on from what he feels was another good performance.

"It may have taken us six league matches to get that first win, but I think the performances have been there in the majority of the matches," Keogh explained.

"The Championship is such a unique league, and you can be playing well on a consistent basis, but just not get the luck

or run of the ball that is required to beat top sides in this division. When you look back on the results we've had this season, such as the Bournemouth game last month where we've come from 2-0 down to claim a point, I think that shows exactly what this group is all about.

"The margins in most games is so slim. You look back on the defeat to Millwall, and I don't think we deserved to lose it at all. In those matches where you don't get the run of the green you maybe deserve, you can learn a lot about yourselves in terms of how you respond to disappointment, and I think we showed in Saturday's victory over Fulham just how mentally resilient and strong we are as a group.

"That win was a fantastic feeling, and to get it against Fulham, who will undoubtedly be fighting at the top end of the division come the end of the season, was great to achieve. The crowd really played a huge part in that win, like they have in all the home matches we've already had this season. They've made it an electric atmosphere at Bloomfield Road, and it's just fantastic to have them back in the ground."

On playing his former side this evening, Keogh is looking forward to seeing some familiar faces, but is solely focused on the job in hand.

"It's always a funny one when you play one of your former teams, but that's football," he said.

"It will be nice to see some old team mates, but ultimately we're here to do a job, and that's to claim another three points and help the side climb as high in the league table as we can."

Meal Prep



SERVINGS	PREP TIME	COOK TIME	KCALS	CARBS
2	5 MINS	25 MINS	197.5	32.5 G

Eating a healthy, balanced diet is a vital part of maintaining good health and helping you feel your best.

This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain healthy body weight. The NHS Eatwell Guide shows that to have a healthy, balanced diet, people should try to:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on a higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some beans, eggs, fish, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts
- Drink plenty of fluids (at least 6 to 8 glasses a day)

Most people in the UK eat and drink too many calories, too much-saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or fibre.

To help tackle the national problem, we offer our FIT Blackpool programme, helping football fans like you to achieve long-term improvements in weight loss, physical activity, diet and general wellbeing. Due to increased interest in this strand of work, we are expanding, sessions will now take place in multiple locations allowing us to engage with more people within the Blackpool area.

Participants lost an average of over 5% of their body weight during this 12-week programme that consists of classroom-based learning and physical activity classes.

In the first few sessions, you will:

- Look at factors that affect your eating and calorie intake
- Learn how to make healthier food choices
- Create your own healthy eating plan
- Look at alcohol intake and its effect on weight gain

Later in the programme, you will explore and understand food labelling, the importance of eating breakfast and regular meals, and how to make healthier choices when eating out or ordering takeaways.

At the end of the programme, we ensure that you have a long-term plan to continue your weight loss journey, know where you can continue exercising in your local area and be signposted to other opportunities within Blackpool FC Community Trust.

Spaghetti amatriciana

INGREDIENTS

162.5 g Spaghetti*
200 g Tin Chopped Tomatoes
1/2 Onion Finely Chopped
50 g Bacon Medallions
1/4 tsp Chilli Flakes
1/2 tbsp Worcestershire Sauce*
1/2 tbsp Tomato Puree
7.5 g Pecorino Cheese*
Pinch of Granulated Sweetener
or Sugar
Low Calorie Cooking Spray

For allergens see ingredients with *

NUTRITION

CALORIES	197.5
CARBS	32.5G
FAT	1.95G
SATURATES	0.6G
PROTEIN	10G
SUGARS	4.95G

Pictures and recipe by PinchofNom.com



Step 1.

Spray a pan with low calorie cooking spray.

Sauté the bacon and onions over a medium heat for 10-15 minutes, until the bacon crisps and the onions soften and caramelise.



Step 2.

Stir in the chilli flakes and tomato puree and cook for 30 seconds.

Add the tomatoes and Worcestershire sauce, stir and increase the heat until the sauce bubbles.



Step 3.

Reduce the heat and allow to gently simmer for 15 minutes.

Meanwhile, bring a pan of salted water to the boil and cook the spaghetti according to packet instructions, usually between 9-12 minutes.



Step 4.

When cooked, drain the spaghetti and add to the pan of sauce. Stir to coat the spaghetti well.

Divide into 4 pasta bowls and top with a sprinkling of grated Pecorino and some freshly ground black pepper.

JOIN US

The last eighteen months have been so frustrating for us all. But for our older participants it has been especially challenging. Because the pandemic has affected this age group the hardest, this has also meant that our offer for older adults has changed significantly throughout the lockdown. Like most, we evolved our offer to become more digital, but not everybody has access to the internet. Moreover though, most of our older adults prefer face-to-face - the fact that our older adults' activities have been the last to return to in-person format has just added to that frustration. So, it is absolutely wonderful that they are all now back up and running, and we have so enjoyed seeing everyone in the same room again. Like Blackpool FC, we're back!

For further information about these programmes please contact info@bfccct.co.uk or contact us on 07597786098



Monday - Extra Time
St Peters Church - 1pm - 3pm

The group is needs led and participants have an input on the activities they would like to be available during the sessions. Afternoons can include chair based exercise, dominoes, quizzes, trips, country themed afternoons, or simply coffee and a chat.
Each session costs £2 and includes light refreshments.



Wednesday - NAFFI Break
Corner Flag - 10:30am - 12pm

Social group for current or former armed forces personnel aged 18+ to talk about the past, present and future with a Free Bacon or Sausage roll with a Tea or Coffee.

These sessions will take place every Wednesday and is free for Current and ex Armed Forces personnel.



Walking Football

Walking Football was designed to help older players rekindle their love for football, keeping them active and increasing physical activity in the process.
£4, first session free.

For further information please contact info@bfccct.co.uk or contact us on 07597786098



Monday - Masters Football
PlayFootball - 6pm - 7pm

A slower paced (jogging) 5 a side football session for anyone who is aged 35 and over. These sessions are £4 per week.

For further information please contact info@bfccct.co.uk or contact us on 07597786098



Thursday - Sporting Memories
The Grange - 10am - 11am

Sporting Memories is a fun and enjoyable social group for over 50s. These sessions are a place where fans can share memories of sport as a player, or spectator and chat about all things Blackpool FC.

These sessions are FREE to attend.



Friday - Sporting Memories
Education & Community Centre - 1pm - 2:30pm

Sporting Memories is a fun and enjoyable social group for over 50s. These sessions are a place where fans can share memories of sport as a player, or spectator and chat about all things Blackpool FC.

These sessions are FREE to attend.



Thursday - Gardening Club - 10am - 11am
Fylde Memorial Arboretum & Community Woodland

Help BFCCT maintain our memorial space dedicated to Blackpool FC players who sadly lost their lives during the First World War. If you're not that green fingered, then just come along for brew and a chat. A flask, wellies, gloves, and warm kit would be useful if you decide to come and help.



Thursday - Forces Football
PlayFootball - 6pm - 7pm

Meet other current and ex-forces personnel, have a laugh and kick about with the opportunity to represent BFCCT at events against other professional football clubs.

These sessions are FREE to attend.

SONNY CAREY'S TOP 5



Football players

1. Neymar
2. Lionel Messi
3. Kevin De Bruyne
4. Kylian Mbappe
5. Iniesta

Films

1. Rocky
2. Rocky 2
3. Rocky 3
4. Elf
5. Cars

Pizza toppings

1. Chicken
2. Steak balls
3. Cheese
4. Bacon
5. BBQ Sauce

Video games

1. FIFA
2. Grand Theft Auto
3. Fortnite
4. Call Of Duty
5. UFC

Countries to visit

1. Rome
2. Lanzarote
3. Tenerife
4. Barcelona
5. South of France



THE SEASIDERS

Covid-19: Self-isolation

When do I need to self-isolate?

To keep life moving and stop Covid-19 from spreading further, it's still important to self-isolate when you're asked to.

There are new rules from 16 August:

Should I self-isolate if...

Q I've tested positive for Covid-19?

A **YES:** You need to self-isolate, even if you've been vaccinated

Q I'm double-jabbed or I'm under 18 - and I've been in contact with someone who's tested positive?

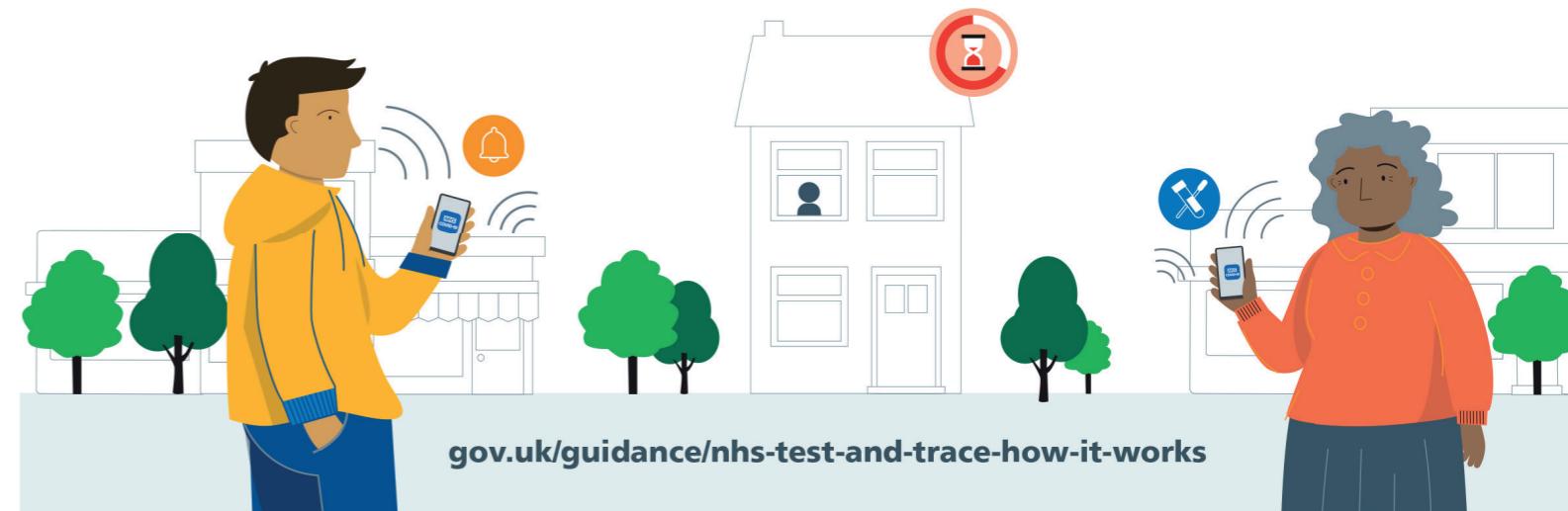
A **NO:** You do not need to self-isolate
BUT: We advise you to take a PCR test, and you need to self-isolate if it's positive

Q I've had either one or no jabs and I'm 18 or over - and I've been in contact with someone who's tested positive?

A **YES:** You need to self-isolate

Q I have symptoms of Covid-19 (high temperature, new continuous cough, loss or change to sense of smell or taste)?

A **YES:** You should self-isolate and take a PCR test, even if you've been vaccinated



gov.uk/guidance/nhs-test-and-trace-how-it-works

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