

Tangerine Times



Merry
Christmas
from
BFCCT

Simon Sadler, Blackpool FC Owner,
wishes readers a Merry Christmas!

Meet some of our team, you may
have spoken to them before?

How well do
you really know
Blackpool FC?

How YOU can
keep active
at home...

Incorporate
Mental Health into
your Daily Routine



Pool Together in 2021



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@bfcct.co.uk

01253 348691

www.bfcct.co.uk



We all know that Blackpool is an amazing place, filled with iconic landmarks and amazing people. However, like all places around the country, loneliness is something that can affect many people. This is particularly prominent at Christmas, especially during a pandemic. So tackling this is a real priority for us now, although in fact it has been a priority for us for a long time.

In terms of our COVID response, the first proper involvement came about when the Corona Hubs were set up by Blackpool Council to distribute food to people who were shielding. We delivered this from the Stadium throughout the whole period that the hubs were set up in Blackpool. We also delivered welfare calls to check in on people, which the players of the Club also took part in.

In addition to this, we continued to support schools and our college students by delivering online lessons, as well as the wider community through activities such as those we have showcased throughout this magazine.

Because of this work, we were one of 30+ clubs contacted by the EFL Trust about the possibility of developing a project that would help people through this difficult period, which we responded to with a resounding yes.

This project POOL TOGETHER quickly became a reality and incredibly, since launching the programme in July, we have engaged with nearly 700 people. This has been through phone calls, garden gate conversations, online activity, postal offers, and on occasion, actual face-to-face activity outdoors.

We really can't wait for that to happen again on a regular basis.

This project is due to finish in December but we are looking at ways in which we can build on this and sustain our support, for which we are confident. However, in the meantime, we wanted to get a bit of Christmas cheer to you all by sending you this magazine, which is also the first of its kind as we haven't done anything like this before. We hope you enjoy reading it.

It has been a really tough time for everyone but hopefully 2021 will be different. What won't be different though is that we will continue to be there to support the community and make you all proud to be associated with Blackpool and Blackpool Football Club.



Fit Blackpool Journey: James Priestley

James (63) always had an ongoing battle with his weight and as he got older it became more difficult to do something about. Having done several diets in the past with differing success, James believed he had a reasonably active lifestyle through playing golf, walking and golf caddying during summer months. His biggest downfall was always his liking for snacks, takeaways and large portions at mealtimes. Health-wise, James would have been classed as morbidly obese suffering from high blood pressure and struggling with sleep apnoea where he would regularly take a nap during the day, or whilst sitting watching TV.

The FIT Blackpool programme provided James with the kick-start he needed by providing a focus and regular meetings for discussion and exercise. Each week James knew he was going to be under the spotlight and that allowed him to focus on his reasons for doing the programme; to lose weight, eat healthier and become fitter. James found it useful being at a venue such as Bloomfield Road as it provided a great mix of classroom work and plenty of different environments for the exercises, including pitch side sessions. James is also a lifelong Blackpool fan, so the programme could not have been based in a better location for him. The course enabled him access to parts of the club he had never previously been able to see. For example, the home changing room and down the tunnel.

As a result of the programme, James feels he is far more disciplined and structured in his approach to his food and exercise. Together with his supportive wife they create a

weekly meal plan diary and shop just the once for all the ingredients. Physical exercise is normally taken during a morning and then a mixture of walking, jogging & cycling later in the day. James mentioned 'the programme taught me a lot about portion sizes and there is definitely less on my plate these days.'

James also stated: 'There is no doubt that I feel so much better within myself, let alone looking better. I no longer have sleep apnoea and I am able to have a good night's sleep. My blood pressure has reduced and is now considered to be in the normal range. I feel so much more active and no longer crave for the snacks which had become part and parcel of everyday life. Taking exercise has become so much easier and I no longer get out of breath so easily. I have dropped 6 inches from my waist size as well as a noticeable reduction in body shape/size'.

“Signing up for the programme has turned out to be one of the best decisions I have made.”

Moving forward from the programme James plans to monitor his weight weekly to have the ability to keep a close watch on it and react accordingly at an early stage if there is a setback. He is also planning on continuing with the best practices he learnt on the programme regarding his healthy eating and exercise.

It was during a half time comfort break at one of BFC's home games where he noticed a FIT Blackpool poster informing about the programme and how to sign up. James said: 'Signing up for the programme has turned out to be one of the best decisions I have made. There is no doubt as you get older, it gets harder to shed weight. It is a well-run structured programme allowing participants to go at their own pace and set their own goals. The coaches have been brilliant and are always on hand to help, guide and support. For 12 weeks of the rest of your life, what have you got to lose and its free!'

Prior to COVID-19 and the postponement of our sessions, James had a 100% attendance record. The COVID-19 setback did not stop James from achieving his goals and carrying on with his journey. James then attended all of our further weekly sessions that were delivered on zoom and would be very active in the programmes WhatsApp group. James proved to be a role model throughout the programme, not only exceeding his own goals and expectations but also unknowingly helping, encouraging and motivating others to do the same. James lost an astonishing 16cm from around

his waist at the halfway stage of the programme and lost an incredible 24kg from his weight at the end of the programme.

The healthier lifestyle and increase in physical activity has led to James exceeding all his targets, becoming fitter and healthier and also dropping a couple of clothes sizes. James will now take what he has learned during the course and implement it in his new healthy lifestyle in the long term. James is a inspirational case, which shows the impact FIT Fans can have in changing people lives, physically and mentally for the better.

If you want to join on to our next FIT Blackpool programme - please visit www.bfcct.co.uk or call our office on **01253 348691**



Merry Christmas from the Blackpool FC Owner

“I would like to take this opportunity to wish you a very Merry Christmas, however you choose to mark this period of the year.

2020 has been a particularly tough year for families and friends, but we hope that being part of the Tackling Loneliness Together project has had a positive impact throughout these uncertain times and in some small way our Football Club has helped you in this period.

The Club and the Community Trust look forward to hopefully welcoming supporters back to the stadium in 2021 and it would be great to see you as part of that.”

Simon Sadler
Owner, Blackpool Football Club



TACKLE YOUR WEIGHT



Come together with Blackpool fans like you and reach your goal of a healthier lifestyle.

Join the 1000s of football fans who've already lost weight with FIT FANS. Get your FREE place on our next 12 week course at efltrust.com/FITFANS



LOTTERY FUNDED

Are you aged 35-65?
Do you want to lose weight?
Do you want to make a change?



FIT BLACKPOOL is a FREE 12 week programme that helps fans to make better lifestyle choices.

Meet other fans just like you and get to see behind the scenes at Blackpool Football Club.

With support from our staff and from other group members you'll get tips to:

- Improve your eating habits
- Cut down on alcohol
- Increase your activity levels – one step at a time!
- Reduce your weight and waistline
- Support each other to stay on track

“ Since starting the programme I have lost over 3 stone, I'm a lot fitter, sleeping better and I'm a lot happier. ”
Dave, Swindon Town

“ I was a bit wary that the training element might be too intensive so soon after my heart attack but the staff were brilliant and gave me reassurances that I could work at my own pace. They were so attentive to my needs and how I could reach my targets. ”
Paul, Wycombe Wanderers

Get your FREE place on our next course by visiting efltrust.com/FITFANS contacting us at fitfans@bfct.co.uk or call: 01253 348691

Quiz Answers: 1) b 2) a 3) b 4) b 5) b 6) b 7) a 8) c 9) b 10) c

It's Quiz Time at Blackpool Football Club

- 1) When was Blackpool FC founded?
a) 1880 b) 1887 c) 1901
- 2) What year were Blackpool Champions of the Lancashire League (between 1889 to 1903)?
a) 1893/94 b) 1902/93 c) 1889/90
- 3) What year did Blackpool first play in a tangerine strip?
a) 1905/06 b) 1923/24 c) 1890/91
- 4) What year did Blackpool win the FA cup?
a) 1946 b) 1953 c) 1966
- 5) Who did Blackpool play in that FA Cup Final?
a) Preston North End b) Bolton Wanderers c) Manchester United FC
- 6) On the club crest what is written on the scroll?
a) Persistence b) Progress c) Potential
- 7) Who was the Manager when Blackpool got promoted to the Premier League?
a) Ian Holloway b) Simon Grayson c) Neil Critchley
- 8) Where was Blackpool FC's first home ground?
a) Stanley Park b) Bloomfield Road c) Raikes Hall
- 9) When did Blackpool first move to Bloomfield Road?
a) 1899 b) 1901 c) 1920
- 10) Which of these is not a nickname associated with Blackpool FC?
a) The Seaside b) The Pool c) The Sandmen



Armed Forces Football: ‘Keeps You Fighting Fit’



As our support groups primarily centred on older veteran age groups and more vulnerable ex forces community. A limited support element was available through us and various charities and benevolent funds to the more intermediate cohort of veterans within the surrounding area.

For ex forces members who only served a short time ago and therefore still within the age range of 30 to 40 years old required some mental and physical stimulation to help maintain a healthier lifestyle post military.

At the same time, older veterans who were still physically fit were more channelled towards walking football when they still wished to participate in full contact football but within a safe environment.

Thanks to funding from the Armed Forces Covenant, we are finally able to commence our forces football 5 aside offer, where they could 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.

‘It’s been great meeting other veterans, doing some physical activity and having a bit of squaddie banter along the way’

- Gary Edwards

‘A great way to stay in contact with good guys and try and get a bit fitter.

- Ben Wareham

‘Lively, fun with usual military banter’

- Ian Baillie

Forces Football was set up to help veterans within a certain age bracket and fitness calibre to interact with each other and gain support. 5-a-side has built up relationships for veterans who previously did not know each other. Most served in Iraq and Afghanistan at a similar period.

Having socialized on the football field most found that certain members had served on the very same operational tours as themselves. This led to more social interaction and new friendships being forged outside of the program and older and fitter members are no longer limited to just walking football. If you’d like to get involved in our Armed Forces Football sessions check out the information below or visit our website for more details.



Armed Forces Football

Charity Registration Number: 1128235 www.bfcct.co.uk

5-a-side football every Thursday, 6pm - 7pm, Playfootball, Garstang Road, Blackpool, FY3 7JH

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

Your first session is FREE, for more information call 01253 348691 Or email 'office@bfcct.co.uk'

ARMED FORCES COVENANT FUND TRUST



£2 per session

Stretch yourself...

These simple yoga sequences work the major muscle groups and joints, without stressing them as much as other forms of exercise can do.



Shoulder Shrug

Inhale as you shrug your shoulders up to your ears. Exhale and release your shoulders down your back and breathe deeply 3 to 5 times.



Fan Pose

Sit forward, toward the edge of your seat. Reach both arms back, to the back of the seat, straighten your arms and lean forward with your chest, pressing your shoulders back gently.

“Take care of your body and your body will take care of you...”



Rib Circles

Circle your ribs around as if you are scraping the inside of a barrel with your ribcage. Repeat 4-8 times in each direction.



Side Bends

Turn left palm up. Reach up and over with left arm while your right hand rests on the seat and bend gently. Repeat on the other side.



Seated Spinal Twist

Cross right hand to your left leg and place left hand behind you on the seat. Keep shoulder parallel to the ground and your spine long. Turn head to the left. Repeat on the other side.



Wide-Legged Fold

Open your legs wide and slowly lean forward, draping the spine down and allowing your head and arms to hang. Come up slowly to release.

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Get your FREE place on our next course by visiting efltrust.com/FITFANS contacting us at fitfans@bfct.co.uk or call: 01253 348691

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



Jason White
 Head of Community Programmes



Dave Maclean
 Community Engagement Manager



Paul Mullin
 Community Engagement Officer



Dave Marsland
 Inclusion Officer



Nathan Davies
 Health Officer



Louise Rothwell
 Community Engagement Officer



Craig Allison
 Youth Engagement Officer



Seb Draper
 Youth Engagement Officer



Justin Singleton
 Community Engagement Officer



Dan Phelps
 Youth Engagement Officer



Brad Bayliss
 Community Sports Officer

Feel free to call us on

**01253
 348691**

to request a call back

Keep Active At Home

All the below exercises can be performed in the comfort of your own home with or without equipment. You can use weights, tins of beans, water bottles or just your own body movement.

Why not give them a go, perform each exercise 10 times then build up doing that for more rounds as you feel fitter and stronger

Bicep Curls

- Stand upright with back straight.
- Keeping upper arm still, bring your hand up toward your shoulder.
- At top of movement, slowly lower arm back to start position.

Progression – Increase weight, repetitions, duration of exercise.



Tricep Kickback



- Bend over slightly, keeping upper arms in line with torso.
- Keep knees slightly bent.
- Keeping upper arm still, lower the arms and straighten at bottom
- Slowly raise lower arm back up to start position.

Progression – Increase weight, repetitions, duration of exercise.

Alternative – Tricep wall press (elbows in, hands shoulder width and height)

Lateral Raise

- Stand upright, back straight, chest up.
- With arms by your side, raise your arms out laterally up to shoulder height.
- Lower arms back to start position and repeat.

Progression – Increase weight, repetitions, duration of exercise, hold at the top for a couple of seconds.



Knee Raise

- Standing upright, slowly lift your knee to hip height.
- Tap your knee with your hand and lower back to start position
- Do opposite leg.

Progression – Knees to Elbows

Can hold onto a chair for support if needed.



Upright Row

- Stand upright, shoulders back, chest up, hands out in front of you.
- Slowly lift upwards, with the elbows out, up to chin height.
- Slowly lower back down to start position

Progression – Increase weight, repetitions, increase duration of exercise.



Wall Press

- Place hands on the wall at shoulder height and just wide of shoulder width.
- Keeping back straight, allow yourself to drop towards the wall.
- Push off against the wall back to start position.
- Then raise onto the balls of your feet and then lower back to start position

Progression – Increase weight, repetitions or duration of exercise.

Alternative – Press up



Sit to Stand

- Sit upright in the chair.
- Shift your weight forward before using your legs to push up into a standing position. (Use your arms to assist if needed).
- Once up, step back until you feel the chair on the back of your legs.
- Bringing hips back and using your hands and the chair, guide yourself back to your start position.

Progression – Bodyweight squat, or don't use arms.



Torso Twist

- Keeping the hips and below static, slowly turn to your left or right until you feel a stretch of the core.

- Slowly come back to centre before then doing the opposite side.



Bodyweight Squat

- Stand upright, chest up, neutral spine.
- Keeping the back straight, bring the hips back and bend at the knees, keeping the knees facing outwards.
- Once at the bottom of the movement, push through the heel of the foot back up to start position.

Progression – hold a weight or tin of beans.



Step Ups

- Using a wall or rail for support, place your foot on the lowest step of the stairs.
- Push through the leg to a standing position.
- Using the opposite foot, lower your foot back down to the floor and then bring the feet back together in your start position.

Progression – Step up into a knee raise at the top of the movement.

Alternative – Tap foot onto the step instead of stepping up.



Seven Years of Walking Football



Jimmy Armfield Wordsearch



Can you find all of the words associated with Blackpool FC Legend Jimmy Armfield CBE?

There are 10 to find!

A	J	I	M	M	Y	E	V	C	R	K	R	6	F	Q	L	3	T	W	Q	D	U	Y	3
R	K	A	Y	3	T	F	R	K	H	I	D	B	E	R	T	F	S	G	K	L	G	U	O
G	H	C	D	6	2	L	B	L	A	N	D	J	D	G	Z	G	2	J	C	M	M	F	W
U	R	N	A	F	T	P	N	E	P	D	Q	C	Q	X	V	K	7	M	G	F	O	T	Y
I	J	L	R	B	E	J	A	Y	4	N	A	S	M	K	Y	O	A	T	L	R	D	H	3
O	U	R	H	R	T	P	R	G	N	E	V	L	C	F	R	O	L	E	C	A	E	R	P
P	Y	4	V	T	I	H	Z	S	T	S	4	O	J	O	F	Z	B	I	E	B	S	Y	E
E	G	S	Y	J	T	L	G	P	N	S	J	Y	H	D	Q	A	X	R	U	O	T	M	R
N	C	W	E	B	D	L	E	I	F	M	R	A	A	F	B	T	X	P	T	O	Y	K	S
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V	U	R	O	H	J	U	N	A	S	R	J	T	K	Q	A	G	3	B	Z	U	O	U	A
A	O	E	L	Y	R	E	6	L	A	G	N	P	C	G	F	E	T	F	J	C	L	Z	N
X	T	P	S	K	S	K	Z	V	R	T	O	L	R	L	E	B	N	3	F	L	K	Y	C
H	E	4	B	T	B	R	H	L	G	O	O	R	T	E	X	C	H	O	Y	S	2	B	E
6	O	R	Y	V	X	E	N	G	L	A	N	D	C	3	S	U	T	B	H	A	6	L	V

“Once a footballer always a footballer”

The sessions were opened in 2013 by Sir Jimmy Armfield, Ex-England, Blackpool Player who said, “I only came to watch but once I was here, I couldn’t resist joining in,” said 78-year-old Armfield. “Once a footballer always a footballer”.

Dave Maclean, Community Engagement Manager at Blackpool FC Community Trust, was the coach at the first session with partners, Age UK and The Blackpool Council in attendance. Dave said “It’s amazing to see how the sessions have developed from the start when we only had a hand full of players to today where we were getting up to 30 players at a session before the Covid lockdown in March. It’s also great to see a number of these players still taking part in the sport with us.”

From these early sessions, The Senior Seasideers were created to be the competitive element to the programme and have represented the Community

Trust many times including The EFL Trust National tournament, winning this in 2015 and as runner up in 2015. They also attend many other regional competitions with an over ’50s, ’60s and ’70s team. The Senior Seasideers have also played international games playing a team from Rolsvoy of Norway and travelling to Spain, winning the Torre Vieja Tournament twice.

Steve Hyde, Senior Seasideer’s secretary said “It has been wonderful to be a small part of the walking football provision in Blackpool over the last 7 years. Many new friends have been made and the health of our members has improved. Hopefully, we will still be up and walking in seven years.”

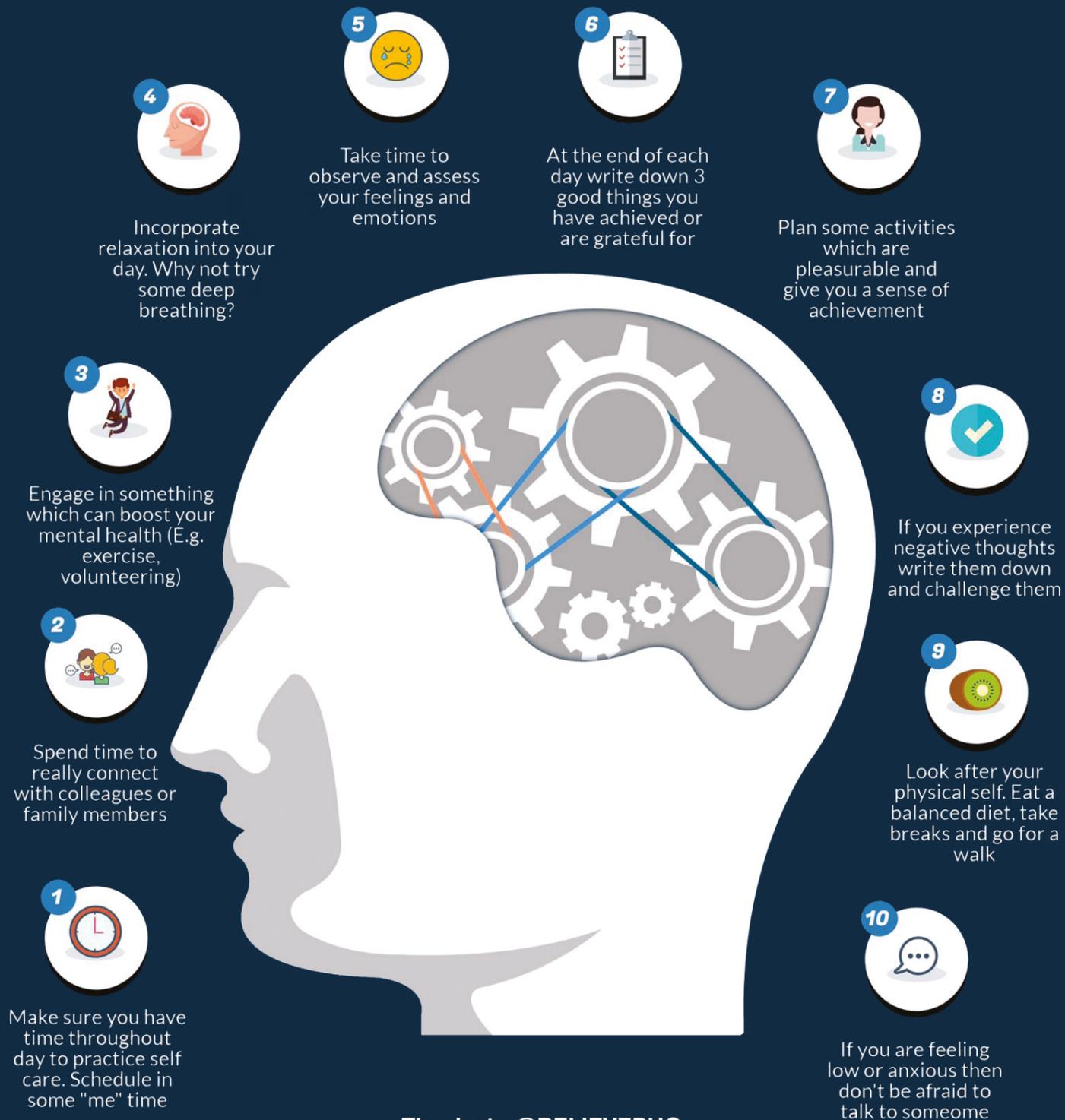
It’s also great news that our face-to-face sessions start back up every Thursday at PlayFootball Blackpool and if you would like more information, please visit the Walking Football page on our website, www.bfcct.co.uk or contact dave.marsland@bfcct.co.uk.

Words to find:

- Jimmy Armfield** - (The South Stand of Blackpool FC is named after him!)
- Blackpool** - (The team he played for)
- England** - (He played for England 43 times)
- Captain** - (He was captain of Blackpool for 10 years!)
- Rightback** - (The position he played)
- Statue** - (Jimmy has a statue outside Blackpool’s Stadium)
- 627** - (The number of times he played for Blackpool)
- 43** - (The number of times he played for England)
- CBE** - (He received this award from The Queen)



HOW TO INCORPORATE MENTAL HEALTH INTO YOUR DAILY ROUTINE



Thanks to @BELIEVEPHQ

Are you our next community volunteer?



Volunteers are a hugely important part of what we do, particularly within our Community Programmes team. However, while it is the case that the additional support is hugely helpful and makes the sessions even better, we also know that the volunteers themselves get great satisfaction from taking part and making a difference.

Marianna is one example, who is ex Armed Forces and supports the work we do around our Armed Forces veterans. Maz is often down at the arboretum tending to the area that commemorates those who fell during WWI who played for Blackpool FC.

Another stalwart is our superstar student, Brad, who volunteers for us alongside his studies. During the pandemic period alone, he has volunteered a staggering 200 hours making calls to people and garden gate visits to check people are OK.

Both Marianna and Brad are also huge Blackpool fans, too, so they love being around the club and playing their part in supporting the community.

Although we've mentioned two examples of volunteering here, in normal times there are lots of other opportunities to get involved. That said, it is still possible to play a role during

this pandemic, for example, we always need new quizzes, or even historians to provide subjects for our Sporting Memories groups or ideas for local walks.

If you are interested in learning more about volunteering with the Trust, please get in touch by email: info@bfct.co.uk or telephone 01253 348691 and ask to speak with Jason White.





GOGA: Get Out Get Active Blackpool

A community based programme to keep everyone active and moving more...

Get Out Get Active (GOGA) is an exciting programme that supports disabled and non-disabled people to enjoy being active together. At Active Blackpool we want to support and provide the opportunity for everyone to move more and lead active and healthy lifestyles.

Funded by Spirit of 2012, our programme will focus on getting you moving more through fun and inclusive activities. To read more about GOGA, please visit <http://www.getoutgetactive.co.uk/>



Over the next three years, there will be a range of new and exciting opportunities that fit alongside some of our current provision aiming to encourage you to take part, regardless of ability. With lots of different activities and projects there should be something for everyone!

Being more physically active has many positive benefits. By being more active, you will improve your self-esteem, improve your physical health, improve your energy levels and improve your mood. As well as the taking part, there will be the chance to volunteer as well as the chance to assist people in the community as their peer mentor.

Activities planned from January 2021 include community health walks in different locations across Blackpool including Bloomfield, Claremont, Ingthorpe and Park ward areas, adapted bike cycling sessions, community physical activity sessions, tea & coffee mornings and more...

Follow us on social media and see our latest activity timetables:

Facebook: GOGA Blackpool

Twitter: #GOGAblackpool

If you want to hear what opportunities are available, please scan the QR Code on a mobile device or email getoutgetactive@blackpool.gov.uk



07788 353498 | getoutgetactive@blackpool.gov.uk
@GetActiveGOGA | www.getoutgetactive.co.uk

#GetOutGetActive



We must keep on protecting each other




HANDS


FACE


SPACE

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Corona Kindness

spread kindness, not the virus



If you or anyone you live with are impacted by the COVID-19 crisis and don't have a network in place to help you out, our Corona Kindness service is here to help.

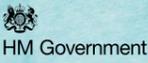
We can help to organise:

- ♥ Food shopping
- ♥ Access to medical supplies/prescriptions
- ♥ Support with any practical tasks you are worried about

Our support helpline is open 9.00am until 5.00pm, Monday to Friday, please call **0808 196 3080** or you can email* helpneeded@blackpool.gov.uk

Get more information on our website, or complete the online form at blackpool.gov.uk/CoronaKindness

*Please include your name, a contact number and your address when you email us.


Got any coronavirus symptoms?

Book a test now, even if you don't feel too bad.

Use the NHS COVID-19 app or go to gov.uk/coronavirus


High temperature


New continuous cough


Change/loss of smell/taste

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

Thank you to all of the partners below for supporting the programme:



Blackpool Council



ARMED FORCES
COVENANT
FUND TRUST

