



FLEETWOOD TOWN COMMUNITY TRUST NEWSLETTER



FEBRUARY 2025 ISSUE

STADIUM SLEEPOUT

On Friday, 21st February 2025, Fleetwood Town Community Trust held a Stadium Sleepout at Highbury Stadium to raise awareness and funds for homelessness in and around Fleetwood. Participants spent the night in the Memorial Stand, experiencing a glimpse of the challenges faced by those without stable housing.

The event was organised in collaboration with The Salvation Army, which provided hot refreshments throughout the night and breakfast in the morning. The Salvation Army's George Williams House located in Fleetwood offers support to families and young people aged 16–25 who have experienced homelessness.



Construction firm Krol Corlett served as the headline sponsor for the Sleepout, with team members taking part to raise vital funds. Their involvement underscores the importance of community support in tackling homelessness.

Throughout the night, participants engaged in various activities as well as a briefing of the reason for the event as well as the impact created due to their participation.

The event not only highlighted the pressing issue of homelessness but also demonstrated the community's commitment to supporting its most vulnerable members.



PLAYERS VISIT SCHOOLS



At Fleetwood Town Community Trust, we are committed to supporting young people in all aspects of their development, including their online safety. As part of this commitment, we recently teamed up with Fleetwood Town FC players and Premier League Primary Stars to visit local schools and promote awareness around staying safe online.

These visits, held in support of Safer Internet Day, provided pupils with valuable guidance on recognising online risks, protecting their privacy, and using the internet responsibly. The players shared their own experiences with social

media and engaged students in discussions about cyberbullying, digital footprints, and positive online behaviour.

By using the influence of professional footballers, we aim to inspire young people to think critically about their digital presence and promote a safer, more respectful online environment. Our work in the community goes beyond football, and we are proud to support local schools in educating the next generation about online safety.



LEAGUE WINNERS



Fleetwood Town Community Trust's College Girls team have been crowned league champions after securing a crucial draw against Bolton College. The hard-fought match saw the team display resilience and determination, earning the point needed to seal the title.

Throughout the season, the squad has shown incredible teamwork, skill, and dedication, overcoming tough challenges to finish at the top of the table. Their success is a testament to their hard work, both on and off the pitch, and highlights the growing strength of women's football within the Trust's education programme.

We are incredibly proud of the players and coaches for their achievements and commitment this season. Congratulations to the team on a fantastic campaign – champions of the league!



FRIENDS OF THE TRUST

5AM CONTRACT CLEANING



We are proud to highlight 'Friends Of the Trust' who encapsulate our ethos: **To Inspire Healthier, More Connected Communities!**

In this edition we pay homage to the entrepreneurial McCartan family the brains and direction behind 5AM Contract Cleaning.

5-AM focus on quality, delivered to their customers via carefully recruited staff, delivering a robust training programme and hands on supervision by a dedicated management team. An award-winning, family-run business, 5-AM has been a trusted partner in commercial cleaning for over 40 years, serving a diverse array of businesses. Contracts with schools, housing associations, local government offices, as well as partnering with Lancashire County Council on a variety of their premises.

This excellence can be seen in the assistance 5AM Contract Cleaning LTD have given The Trust assisting e.g. in feeding over a thousand individuals via an array of groceries, have donated pallets of chocolates valued at over £1400, and toys to families in need this last Xmas. They have also sponsored our Veterans Walk To Wellbeing also sponsoring our schools PE & Sport offer publication.

We welcome the generosity of 5AM Contract Cleaning and appreciate their Friendship and know those we have mutual assisted across the Fylde Coast, Fleetwood and the borough of Wyre appreciate it also.

Thankyou Jack McCartan & Macartan family and the team at 5AM for your continued support to the communities we mutually serve.

To find out more information about becoming a Friend Of The Trust contact: Michael.Edwards@FleetwoodTownFC.com or give Michael a call on: 07770292114



HEALTH & WELLBEING

The Halo Effect

Ever noticed how attractive or well-dressed people often seem more competent or trustworthy? That's the Halo Effect at work. This psychological bias causes our overall impression of a person to influence how we perceive their specific traits.

First studied by psychologist Edward Thorndike in 1920, the Halo Effect reminds us how snap judgments shape our interactions – and why it's important to look beyond first impressions.

On the other hand, this gives you an advantage when you want to instil confidence about your ability to deliver, that our first impressions should be taken seriously.

Lifting Lighter Weights Can Still Build Muscle – Research shows that as long as you train to fatigue, lifting lighter weights can be just as effective for muscle growth as heavier ones. So, don't worry about lifting overly heavy – focus on consistency and good form.

**Saying that resistance bands or lifting a tin of beans won't contribute a great deal towards growth due to the amount of reps needed to achieve fatigue/failure.*

Tip of the Week: Next time you feel sluggish in the afternoon, try five minutes of movement instead of reaching for more coffee. A quick walk can boost energy levels more effectively than caffeine.

Interesting Fact: Octopuses have three hearts. Two pump blood to the gills, while the third pumps it to the rest of the body. Even more interesting – the heart that supplies the body actually stops beating when they swim.

Word of the Week: Limerence (noun) – The state of being infatuated or obsessed with another person, typically accompanied by an intense desire for reciprocation.

Written By: **Zac Roberts, Health & Wellbeing Manager**

THROUGH THE LENS



-Stadium Sleepout



-Girls League Champions



-Coach Corey PLPS



-Sport Camps Player Visit



-Making Tom's Dream Come True



-Premier League Kicks Safer Internet



-Kindness Day



-TRYSPTS Dance Gems

WHAT'S ON AT THE TRUST?

FAMILY HUB

Returns 1st April 2025

For more information:
community@fleetwoodtownfc.com

BIRTHDAY PARTIES

£17.50 per child
-90 Minutes of Football
-Hot Food and Unlimited Drinks

For more info:
Community@fleetwoodtownfc.com

MASCOTS

From £110
-Meet the players & mascot
-Professional Images Taken

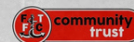
For more info:
Community@fleetwoodtownfc.com



**FAMILY HUB
IS BACK!**
EVERY TUESDAY

@Fleetwood Youth Hub
3:30pm-4:30pm

For more info, please contact:
Zac.Roberts@fleetwoodtownfc.com



**BIRTHDAY
PARTIES**
£17.50 PER CHILD

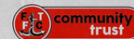
- 90 minutes of football
- Hot Food and Unlimited soft drinks
- FTFC Birthday Card for the birthday child
- FTFC Family Home Match Tickets for the birthday child



BOOK NOW



fleetwoodtownfcct.com/shop



MASCOTS
FROM £110

- Meet and have a picture with, club mascot!
- A professional image with your favourite player
- Meet the squad pre-game
- Warm up on the pitch alongside the players
- Walk out with your favourite player prior to kick off
- Match Day tickets
- Your photo on the big screen
- Access to our new gaming zone



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INSPIRING HEALTHIER, MORE CONNECTED COMMUNITIES

