



# FLEETWOOD TOWN COMMUNITY TRUST NEWSLETTER



APRIL 2025 ISSUE



# LEAGUE 2 CCO OF THE YEAR

APRIL 3<sup>RD</sup> 2025

**A heartfelt ceremony in Parliament took place on Wednesday 2<sup>nd</sup> April, with the room full of EFL officials, MP's and club and community representatives, all celebrating CCO of the Year, Community Project of the Year and Player in the Community awards.**

The charity is incredibly proud to have been named the League 2 divisional winner, alongside Rotherham United (League 1) and Norwich City (Championship), both of whom are also doing exceptional work in their respective communities. Chair of Trustees, Pete Murphy said, "As chair it gives me enormous pleasure for us to have won this award. We know that we deliver fantastic initiatives and it's very gratifying to have been recognised by our peers and the network."

Over the past 12 months the Trust has gone from strength to strength, delivering 39 different projects underpinned by our strategic themes: Health, Sustainability, Education, Sport and Inclusion, whilst contributing towards a £10.5 social value cost saving.

Community Trust CEO, John Hartley, added, "We are thrilled to have been named the divisional winner, and it really is a testament to the hard work and dedication shown by our workforce every day. The team genuinely deliver life-changing provisions and services throughout Wyre!

I would also like to thank our Board of Trustees for their commitment and continued support. Since launching our latest strategy in January, we are already recognising new areas of need as cost-of-living challenges persist and we will continue to be ever present in our community."

Fleetwood Town Community Trust will now attend the EFL Awards later this month to see who will be named the overall winner.





# EVOLUTION FUND PREHAB

APRIL 14<sup>TH</sup> 2025

**Fleetwood Town Community Trust are delighted to extend their partnership with Evolution Ltd, now becoming a project sponsor ensuring the continuation of the charities Transport to Matches scheme and the weekly Cancer Rehab sessions.**

The Cancer Rehab sessions have been delivered to the local community by Jules of Fitness 50 over the past 12 months, giving attendees a support network as they go through extremely challenging times. The exercise class also gives attendees the opportunity to chat with others going through similar treatments whilst having access to McMillan and the home care support teams.

MD of Evolution Ltd., JJ Fitzgerald added, "Cancer touches all of us. Seeing the impact first-hand that one of Jules Brooks' brilliant community sessions has on the people of Fleetwood and Wyre I was blown away. My wife Jenny and I immediately said we've got to do anything we can to help keep these sessions going because the difference they make to people in our community is incredible.

Massive appreciation to Jules and the Fleetwood Town FC Community Trust for the work you do to provide these classes for people rehabilitating from cancer and other debilitating conditions, you are truly inspirational.

Thank you also to the amazing team I work with at Evolution – without your hard work and dedication we wouldn't have the funds to give back in this way to the communities we love."





# A CALL FOR HELP

## FROM FOT VICTREX RE MANOR BEACH PRIMARY SCHOOL



**The Trust's Marianne Davies and Michael Edwards met with Victrex's Georgia Thomas for a catch up, the discussion moved to Manor Beech Primary Schools current situation. A once thriving primary school has seen changes in the local demographic reducing the number of children in the immediate area in turn reducing current pupil numbers.**

Georgia highlighted several challenges the school is now facing due to a decline in pupil numbers. With a more diverse intake of students from the surrounding community, there has been a noticeable rise in discriminatory attitudes and comments. This shift has also contributed to a decrease in teaching staff, which, alongside the reduced enrolment, has impacted school funding and brought certain initiatives – including 'The Children's Vegetable Plot' – to a halt.

The Trust has worked closely with Victrex over the past couple of years across a number of community initiatives. Victrex staff have volunteered at our Veterans Garden, supported the Trust's efforts on International Women's Day in Wyre-based schools, and contributed to events such as the Rachel Duncan Memorial Football Competition, to name a few.

Together, we visited Manor Beach Primary School and met with Julie Ward, the teacher overseeing the development of an outdoor garden space. We discussed what would be needed to make the garden a functional and inspiring space for the children. We also connected Julie with our PE & Sports Manager, Ryan Willetts, and his team, who will deliver Anti-Discrimination Workshops as part of the Premier League Primary Stars project.

It was agreed that a pathway would be created to provide pupils access to various areas within the plot – including raised vegetable beds, a firepit/BBQ area, a pond, and shrubbery. To ensure year-round usability, the path needed to be raised several inches to prevent waterlogging and allow access to both practical and social areas of the garden.

Marianne Davies reached out to FTFC's ground staff, who kindly agreed to assist with preparing and marking out the path in readiness for mulch and chippings. While the Veterans Garden had some leftover mulch donated by Trinity Hospice during their Christmas tree recycling initiative, it wasn't enough to complete the path. Georgia then contacted local business Baileys Tree Service, whose owner, Dave, generously delivered more than enough wood chippings to make a strong start.

We were fortunate to welcome two enthusiastic volunteer groups from Victrex: an AM team from Procurement and a PM team from Legal. Both groups devoted their time and energy to improving the garden for the pupils at Manor Beach Primary School. Under the guidance of Tony Codling, The Trust's Armed Forces Project Coordinator, and supported by Business Development Manager Michael Edwards, the volunteers made fantastic progress – completing the path an hour ahead of schedule.

This collaboration stands as a shining example of meaningful corporate social responsibility (CSR), generating real social value for pupils and educators. It highlights the power of partnerships between charities and businesses, working together for the benefit of the communities we all share.



# HEALTH & WELLBEING

## Interesting Psychology Study: Social Proof in Action

Ever find yourself copying what others are doing, especially when you're unsure? That's social proof at work. Psychologist Solomon Asch's classic conformity experiments in the 1950s showed how people often align their answers with a group even if the group is obviously wrong. It's a powerful reminder to pause and reflect before following the crowd.

## Did you know?

1. **Breath Control Calms the Nervous System** – Slow, deep breathing activates your parasympathetic nervous system. Try a 4-4-4-4 box breathing method (inhale, hold, exhale, hold – four seconds each) to reduce stress.
2. **Superset Training Saves Time** – Pairing two exercises back-to-back with minimal rest (like squats and lunges) can cut your gym time and still deliver great strength and endurance gains.

## **Tip of the Month:**

Start your day with **2–3 minutes of intentional movement** – a short walk, a stretch, or a few squats. It kickstarts your circulation, clears morning fog, and sets a positive tone for the day.

## **Interesting Football Fact of the Month:**

In 2002, Brazil's Ronaldo became the first footballer to have a Nike logo haircut—a shaved patch resembling the swoosh. It wasn't for fashion: it was to distract media from a leg injury!

## **Word of the Month:**

**Defenestration (noun)** – The act of throwing someone or something out of a window. Example: performing a defenestration of on my work laptop



# THROUGH THE LENS





# WHAT'S ON AT THE TRUST?

## Sports Camps

- 27<sup>th</sup> May – 3<sup>rd</sup> June
- Across 4 Venues – **Poolfoot Farm, Fleetwood's Charity (27<sup>th</sup> May – 30<sup>th</sup> May), Carleton Green & Chaucer.**
- Book Now via:  
<https://fleetwoodtownfcct.com/shop/>



## Walk & Talk

- Every Wednesday & Friday | 11pm
- Meet at Marine Hall | FY7 6HF
- Boosts Mental & Physical Health whilst also providing an opportunity to make new friends and meet new people.
- For more info, contact:  
[Zac.Roberts@fleetwoodtownfc.com](mailto:Zac.Roberts@fleetwoodtownfc.com)





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