

# FLEETWOOD TOWN COMMUNITY TRUST NEWSLETTER





# FAMILY AREA OPENING

MARCH 18<sup>TH</sup> 2025

**The new area will have a range of family-oriented activities for children and parents to engage in pre-match, including arts and crafts, face painting and soft tip Darts.**

You can also have your photograph taken with the club mascots, Mr or Mrs Cod between 2.00pm and 2.15pm.

Supporters are also able to collect their sensory packs from the Family Area during this period and are to be returned to the Club Shop after the game. The sensory packs include a range of inclusive resources for supporters with additional needs, including; noise defenders, colouring book, communication aids and more.

We would like to extend our appreciation to the Premier League Charitable Fund – Fans Fund for enabling the additional enrichment activities to take place.

**We look forward to welcoming you to the new space! This space will be available to fans and families at every Fleetwood home fixture going forward!**

**For more information, please contact:  
[community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)**





# EFL COMMUNITY HEROES

MARCH 4<sup>TH</sup> 2025

**Congratulations to Sonia Lemon, Reece Edwards, Ivor Cooke, Jules Brooks and Wendy Wood, all of whom were nominated as part of the EFL Community Weekends campaign. The campaign aims to acknowledge the exceptional efforts of five local people that give back to their community.**

The EFL's annual Community Weekends campaign celebrates the collective impact of club community work across the League; last season alone, EFL clubs supported over one million individuals.

**Sonia Lemon-**

In her role as Pastoral Lead at a local Primary School, Sonia continuously goes above and beyond to help the students, their families and school staff to ensure they feel supported. Over Christmas time she spent months collecting food so that families in Fleetwood did not go without. Her selfless nature also stretches to the staff room where she out of her own pocket contributed to making the space an even more welcoming environment.

**Reece Edwards-**

Reece is involved in many local groups including Fleetwood Beach Wheelchairs and Healthier Fleetwood, positively contributing towards a more connected community. Reece is an extremely positive character and he shines through his infectious smile.

**Ivor Cooke-**

Ivor has given 40 years of his life to coach children in athletics, swimming and triathlon. He is an incredible inspiration to the teaching profession. Ivor has volunteered his time with us for 15 years, winning a number of swimming galas under his expert teaching. Ivor is in his 70's and still working, and still finding time to help others, supporting and nurturing the children to thrive giving up hours of his time every week!

**Jules Brooks-**

Jules delivers a range of wellbeing initiatives in Fleetwood through the Trust and her own Fitness 50 activity programme, with the aim of bringing people together through exercise and activity. Participants also commented on how the sessions have personally benefited them, "we have both noticed a definite improvement in our health, mobility and general wellbeing, resulting in the requirement to take less medication."

**Wendy Wood-**

Wendy is a Social Prescriber in Fleetwood, supporting local residents to access a range of activities to improve their health and wellbeing. Wendy has been an integral part of the social prescribing team for some years and always goes out of her way to help others.





# SESSION SPOTLIGHT



**We're excited to announce the return of Fit for the Future** – our popular health and wellbeing programme designed especially for Wyre residents aged 60 and over. If you're looking for a gentle, enjoyable way to improve your health, boost your mood, stay independent, and connect with others, this could be just what you need. The sessions are perfect for anyone who isn't very active right now but wants to make a positive change.

The NHS has highlighted a growing concern: many adults over 65 are spending more than 10 hours each day sitting or lying down. This lack of activity can lead to increased falls, low energy, poor mental health – and even a shorter life expectancy.

Fit for the Future tackles this head-on with safe, supportive exercise sessions designed to get you moving again. The focus is on gentle mobilisation and stretching to improve flexibility and range of movement – and the best part? All exercises can be done either seated or standing, with a chair for support.





# UNITE FOR ACCESS

MARCH 22<sup>ND</sup> 2025



**United For Access is an annual period of inspiration and celebration of good access and inclusion at sports venues, introduced by the disabled supporter access charity Level Playing Field in 2023.**

The 2025 campaign has run for the last two weeks, with the Cod Army designating their home match against Rovers to the campaign – with the Community Trust inviting a number of disabled supporters down.

Year-after-year, the Unite For Access campaign helps to recognise why watching live sport is so important to disabled supporters and what is done to deliver access and inclusion, as we come together to mark the occasion.

If you are part of a club, disabled supporters' association, or an organisation that would like to join more than a hundred others that get involved alongside thousands of fans each year, then please get in touch by email at [info@levelplayingfield.org.uk](mailto:info@levelplayingfield.org.uk).





# HEALTH & WELLBEING

## Interesting Psychology Study: The Spotlight Effect

The Spotlight Effect is our tendency to overestimate how much others notice our appearance or behaviour. In a study by Thomas Gilovich and colleagues, participants wearing an embarrassing T-shirt thought nearly 50% of people noticed it, when only about 20% did. Moral of the story: people are generally more focused on themselves than on us. So don't stress about that awkward moment chances are, no one even noticed!

### **Did you know?**

1. **Walking After Meals Aids Digestion** – A 10-minute walk after eating can help regulate blood sugar levels, improve digestion, and reduce bloating. It's a simple, underrated habit for your health.
2. **Foam Rolling Reduces Muscle Soreness** – Just a few minutes of foam rolling post-workout can improve blood flow, ease soreness, and speed up recovery. Plus, it feels pretty good after a tough session!

### **Tip of the Month:**

Try setting a timer to stand up every hour. Prolonged sitting is linked to poor posture, back pain, and low energy. A quick stretch or walk can keep you feeling fresh throughout the day.

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

The fastest red card in professional football history was given just **2 seconds** into a match! Lee Todd was sent off in 2000 after saying "F\*\*\* me, that was loud" in response to the starting whistle. The referee considered it foul language directed at an official!

### **Word of the Month:**

**Susurrus (noun)** – A soft, whispering, rustling sound.

Example: "The susurrus of the wind through the trees made the forest feel alive."



# THROUGH THE LENS





# WHAT'S ON AT THE TRUST?

## FAMILY HUB

Every Thursday  
3:30pm-4:30pm  
at Fleetwood Youth Hub

For more information:  
[community@fleetwoodtownfc.com](mailto: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](mailto:Zac.Roberts@fleetwoodtownfc.com)



## BIRTHDAY PARTIES

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

For more info:  
[community@fleetwoodtownfc.com](mailto:community@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](http://fleetwoodtownfcct.com/shop)

## FIT 4 THE FUTURE

£3 per person  
Every Thursday  
at Fleetwood Library

For more info:  
[Jamie.McQuillan@fleetwoodtownfc.com](mailto:Jamie.McQuillan@fleetwoodtownfc.com)



**FIT FOR THE FUTURE IS BACK!**

It is for 65+ years to take part in gentle exercises.  
Boccia and other fun games to keep you active!

**EVERY THURSDAY**

**LOCATION: FLEETWOOD LIBRARY**

**PRICE: £3 PP**

For more information, please contact:  
[Jamie.McQuillan@fleetwoodtownfc.com](mailto:Jamie.McQuillan@fleetwoodtownfc.com)





**FOLLOW US ON:**



Head to our website for more  
information:  
[www.fleetwoodtownfcct.com](http://www.fleetwoodtownfcct.com)



SCAN THE QR  
CODE TO  
DONATE:



SCAN THE QR  
CODE TO  
WATCH:



**INSPIRING HEALTHIER, MORE CONNECTED COMMUNITIES**

