

Macclesfield FC Community Sports Trust

#One Community

2023/24 MENU OF ACTIVITIES & SUPPORT

WE ARE MORE THAN JUST FOOTBALL

BRINGING OUR COMMUNITY TOGETHER
SINCE 1997

PRIDE OF MACCLESFIELD
AWARD WINNERS 2023



#One Community

WE ENGAGE WITH OUR LOCAL COMMUNITY IN MACCLESFIELD, THE WIDER AREA OF CHESHIRE EAST AND SOUTH MANCHESTER WITHIN A RANGE OF DIFFERENT PROGRAMMES AND SUPPORT.

THE LAST 2 YEARS HAVE SEEN US CHANGE OUR SUPPORT PACKAGES FROM JUST SPORTING DELIVERY WITHIN EDUCATION TO A RANGE OF NEW PROJECTS AND PROGRAMMES INCLUDING A DIVERSE RANGE OF PHYSICAL ACTIVITY, EDUCATIONAL, MENTORING SUPPORT FOR PRIMARY & SECONDARY SCHOOLS, SESSIONS IN CARE FACILITIES, SUPPORTED HOUSING NETWORKS, SEN SCHOOLS, NURSERY/PRESCHOOL SESSIONS AND THE CREATION OF A WALKING FOOTBALL TEAM.

WE ARE NOT JUST FOOTBALL!



OUR AIMS & OBJECTIVES

* To sustain and create growth of the Community Sports Trust at the heart of our community by providing health and educational opportunities to all of Cheshire East in accordance with local needs and wants.

* To Build links between the Football Club and all sections of the community to offer innovative and exciting programmes as a tool to inspire individuals and local communities to improve health, wellbeing, education and employability.

* To work with individuals and partner organisations to establish strong links to enable the Trust to deliver programmes and projects that inspire individuals to improve achievement and employability

* Promote social responsibility and provide support to those who need help and to create respect for our local community and make positive, sustainable contributions.

Our main objectives are:

Sports participation:

Promote the benefits of sports and various participation activities from a physical, mental and social viewpoint for all participants of all ages and abilities. We aim to engage with all ages from nursery children to adults through comprehensive programmes and initiatives.

Education:

Educational support programmes for students aged 3+ in full time education. Promoting numeracy, literacy, reading support & also mental health/wellbeing and scientific initiatives to schools and groups using the power of football to enthuse and motivate all.

Health:

Offer a range of healthy and engaging activity programmes addressing lifestyle choices and promoting the benefits of regular exercise, healthy diets to school children and families with the objective of improving long term health.

Social Cohesion & Inclusion:

Offer a range of projects targeting marginalised or disadvantaged groups particularly teenagers and young people at risk of offending. Our projects cover inclusion to reflect and promote integration amongst diverse ethnic minority groups within our community and members suffering with mental issues, homelessness and disabilities.





MFC CST MISSION STATEMENT

To be the focal point of the Cheshire East Community.

Creating positivity, opportunities and custom-made support to make a continual positive impact to a diverse range of age groups.

WE PRIDE OURSELF TO BE

- ▶ PROFESSIONAL ✓
- ▶ PASSIONATE ✓
- ▶ INSPIRATIONAL ✓

WE ARE MORE THAN JUST FOOTBALL

#ONECOMMUNITY

MFC CST 2023/24 MENU

Lee Folkard : Head Of Macclesfield FC Community Trust

What a fantastic year 2022/23 was. Not only did our amazing first team yet again achieve another promotion up the football pyramid, but our award-winning Community Trust Team (Pride Of Macclesfield Award 2023) have created a continual positive impact across our area with their delivery to a diverse range of participants.

Our menu of programmes has changed dramatically from what I inherited 2 years ago – with our packages now a lot more than just the after-school football sessions we delivered across primarily primary schools.

With the fantastic news that schools again will have the financial support in regard to PE and sport premiums we will be working with our current crop of partner schools and hopefully expanding our provision across new areas of Cheshire & Manchester to create positivity within a range of physical activity sessions.

Although some of the key funding for the trust that we would get on a yearly basis from the Premier League, Football League & National League Trusts (due to the level within the football pyramid of the Football Club at present), has temporarily been halted as the club rises again - we have continued to provide for our local community and have extended our delivery by over 90% in this time with limited resources

We are now providing key support for a diverse range of participants from age 2 upwards and as we grow our package further this year, we will continue to be the beating heart of our community encompassing our Football Club.

Over the next 12 months not only will we create further support offers for all, but we will also be looking for key corporate sponsorship which will sustain and of course create new opportunities within our successful delivery menu.

We believe that working side by side with our local businesses will only enhance the positivity of what we have achieved recently.

With the community trust and the club working together and creating a stronger, more positive impact at the Leasing.com stadium (helped by being champions again of course) will push us both further to achieve the best for the local community.

We are more than just football.

We are One Community Together.





EDUCATIONAL PROGRAMMES

AstraZeneca Active Science

ACTIVE SCIENCE PROGRAMME IN PARTNERSHIP WITH ASTRAZENECA

Part of our extended educational package in partnership with AstraZeneca.

Active Science was launched for delivery with primary school year 6 classes as a link to secondary education Science in September 2021.

In year one we have engaged with over 300 local school students, with some amazing positive feedback from schools and students.

In year two we more than doubled that number and also created a secondary school model of the programme which will again be part of the CST programme this year.

This is a 6-week block programme and is delivered by Macclesfield FC Community Trust Staff and includes special guest appearances from key AstraZeneca staff during part of the working block.

The sessions link Science to Sport in various ways including being interactive with various scientific equipment, learning about healthy eating, exercise and its impact, measuring impact and forces and how they can impact activity.

The 6-week block sessions are 45 Mins to an hour long and are charged at our nominal rate of

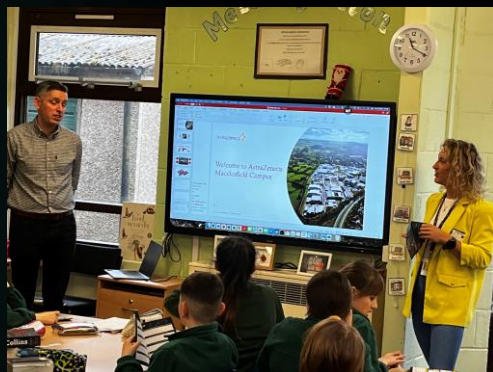
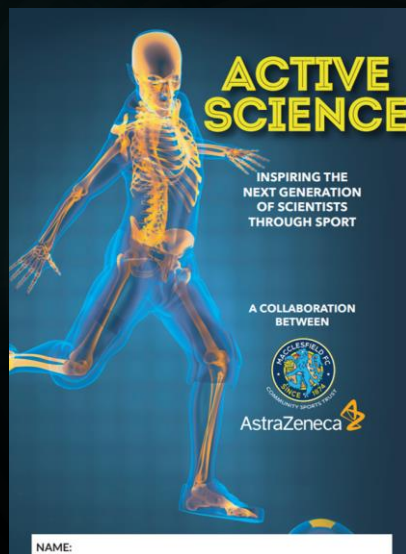
£35 per session = £210 per 6-week Block

If you have classes that would be interested in this fantastic project, then contact us as soon as possible to avoid disappointment.

We will be taking bookings throughout the school year.

PLEASE BE AWARE THAT IF ALL EDUCATIONAL PROGRAMMES ARE BOOKED FOR YOUR SCHOOL, THEN A DISCOUNT WILL BE APPLIED TO THE OVERALL AMOUNT PER TERM.

Other custom-made deals for more classes and support package available on request.



EDUCATIONAL PROGRAMMES

Adelphi - Healthy Hearts

HEALTHY HEARTS PROGRAMME IN PARTNERSHIP WITH ADELPHI

Our popular educational package in partnership with Adelphi Medical has again been a key part of our delivery within schools with over 300 students engaged in 2022/23.

This is a redesigned 6-week block programme with sessions of physical activity at the end of the educational block.

The sessions are very interactive via the workbook given to all students and will highlight the need to be physically active and eat healthily from a young age and how the heart works before and after exercise.

The sessions are 45 Mins to an hour long and is a link into the Active Science module.

This has also been adapted for secondary school age groups – (Primary school age group is Year 4/5)

The 6-week block sessions are charged at our nominal rate of **£35 per session = £210 Per 6- week block**

If you have classes that would be interested in this fantastic new project, then contact us as soon as possible to avoid disappointment.

We will be taking bookings throughout the school year.

PLEASE BE AWARE THAT IF ALL EDUCATIONAL PROGRAMMES ARE BOOKED FOR YOUR SCHOOL, THEN A DISCOUNT WILL BE APPLIED TO THE OVERALL AMOUNT PER TERM.

Other custom-made deals for more classes and support package available on request.



EDUCATIONAL PROGRAMMES

Mental Health Awareness

WHAT IS MENTAL HEALTH ?

We are proud to announce our new educational package for all school age groups from year 2 to 6 in primary schools and an adapted Secondary School programme for all groups.

Our 'What Is Mental Health, Project is designed to highlight the need to have a positive personal outlook as well as how to offer support to others who may be struggling with their personal Mental Health and how to recognize this.

We link the development of awareness to good positive Mental Health with a programme of being aware of dietary issues, creating a bespoke Physical activity programme as well as discussing how at all ages how discussing the stigma of Mental Health with friends and family can be a positive rather than a negative..

This is a 6-week block programme with sessions of physical activity at the end of the educational block. This programme can be developed for all Primary School and secondary school age groups and delivered by Macclesfield FC Community Trust Staff.

The sessions will be very interactive via the workbook given to all students.

The sessions are 45 Mins to an hour long.

The 6-week block sessions are charged at our nominal rate of £35 per session IE £210 for the 6-week block.

If you have classes that would be interested in this fantastic new project, then contact us as soon as possible to avoid disappointment.

We will be taking bookings throughout the school year.

PLEASE BE AWARE THAT IF ALL EDUCATIONAL PROGRAMMES ARE BOOKED FOR YOUR SCHOOL,
THEN A DISCOUNT WILL BE APPLIED TO THE OVERALL AMOUNT PER TERM.

Other custom-made deals for more classes and support package available on request.



EDUCATIONAL PROGRAMMES

BLUEZONE - ENGLISH & MATHS

BLUEZONE - ENGLISH & MATHS SUPPORT

We are proud to announce yet another initiative to our delivery programme for 2023/24 onwards.

We have developed a programme for students to support the key curriculum work that schools do weekly, with the aim of **INSPIRING THE CHILDREN TO LEARN** in a new fun way.

Our new English and Math's BLUEZONE Sessions are a fun away of learning new ways of reading, writing and using mathematical data regarding Sport (and especially football).

As we all know children love to play games, and the way we help with the school curriculum and learning is within the sessions to try and take away the feeling that the students are actually reading through a textbook – but rather (as an example) putting a football club together by buying players on a club budget or reading and adapting rules of a specific sport that the children design within a project over the term.

Both are linked into all KEY STAGE learning and is fun, informative and will help all students engage with key subjects and create a new way of learning.

This programme can be developed for all Primary School and secondary school age groups and delivered by Macclesfield FC Community Trust Staff.

The sessions will be very interactive via the workbook given to all students as well as project plans and visual documentation.

The sessions are 45 Mins to an hour long.

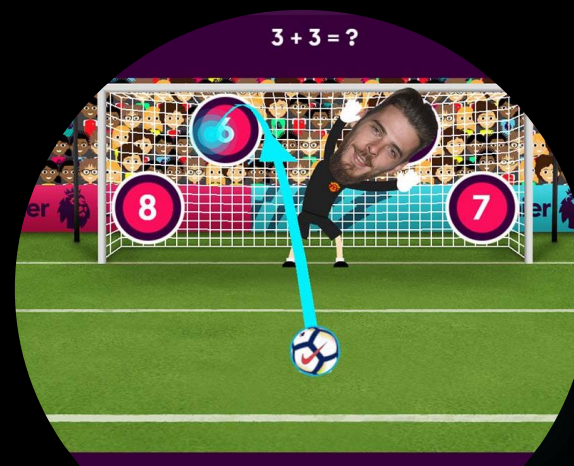
The 6-week block sessions are charged at our nominal rate of **£35 per session IE £210 for the 6-week block.**

If you have classes that would be interested in this fantastic new project, then contact us as soon as possible to avoid disappointment.

We will be taking bookings throughout the school year.

PLEASE BE AWARE THAT IF ALL 4 EDUCATIONAL PROGRAMMES ARE BOOKED FOR YOUR SCHOOL, THEN A DISCOUNT WILL BE APPLIED TO THE OVERALL AMOUNT PER TERM.

Other custom-made deals for more classes and support package available on request.



SCHOOLS PROGRAMMES

Super Blues PE Sessions

SUPER BLUES

This is the previously known Premier League and EFL Charitable Trust Funded Primary Stars project that we still run under the new name due to the funding cuts due to the playing level of the newly formed football club in 2020/1

The sessions are developmental to a specific sport over the period of a term or school year and can be made into a bespoke package for your school & students.

As our Hashtag says 'We are more than just football' – so why not book some different sports for your PE sessions that link into your curriculum.

Football, Cricket, Rugby, Dodgeball, Lacrosse, Athletics ... what do you need?

We can do whatever you need.

Our Multisports package is diverse and FUN.

Plus, we can adapt the session to do all age groups as we have session plans for all to enjoy, learn and have fun.

PRIMARY - Year 1 to 6
SECONDARY – Year 7 to 9

*Sessions can be tailor-made to your needs.
By the way we still do football.
All sessions are 45 mins minimum.*

Termly bookings

£35 PER SESSION/CLASS

6-week term blocks per class - £210

7-week term blocks per class = £245



MFC CST 2023/24 MENU

SCHOOLS PROGRAMMES

Secondary School Support

Here at MFCCST we appreciate that financially it's a tough time for schools
This is why over the last 12 months we have developed various secondary school
packages to help in a range of areas.

After School sessions & School Teams

Is your school struggling to run your after-school clubs and football teams? Then we can help.

We would love to come and support the coaching aspect of your football teams at your secondary school.

Our qualified coaches can help to run/oversee sessions and to even organise and manage the games that your boys or girls want to play during the season.

Cost on request

Education

We also offer a range of our educational packages to secondary schools (please see the information in the menu regarding the 3 and also our Maths and Reading support) and these can all be adapted to your school and student needs.

Mentoring

In 2022/23 we started our mentoring packages for secondary schools and have had massive success. This again is a bespoke package for your school

We have been engaging with secondary school students from Year 7 to 11 this year in the following areas.

- ▶ Intervention & Behavioral support
- ▶ Study and exam support
- ▶ Mentoring in regard to careers



SCHOOLS PROGRAMMES

Pre-school & Nursery

Multiskills Sessions

PRE-SCHOOL & NURSERY AGE GROUPS

We have a range of different multi sports options that we can deliver within your nursery or pre-school environment.

We currently deliver in a range of Preschool/Nursery sites across Cheshire East with all these sessions being bespoke to the needs of each location.

We bring a range of different equipment to sessions so that the children are becoming more confident with a range of different equipment, shapes and colours.

These sessions are all about Handling, Movement and working of the fundamental and motor skills and the continual development of the children we deliver to.

These sessions are ideal for Pre-school and nursery staff to work with the team and monitor each child whilst highlighting areas that the children are developing in and creating a profile of each child

Please also be aware that our nursery and preschool offer is not just term time if you are a private nursery/preschool – we will continue within our normal half term programme also.

Most of these sessions that we currently deliver are paid by the parents, again we will take the main part of the administration off you by sorting out consent forms and payments. We can also sort out a pricing structure for your pre-school or nursery to pay for your children.

An example of our prices

Nursery Groups are done in 8-to-10-week blocks

These are charged per week per child @ £3 per session

In term Pre-school

6-week block = £20- or 7-Week Block = £23 per child





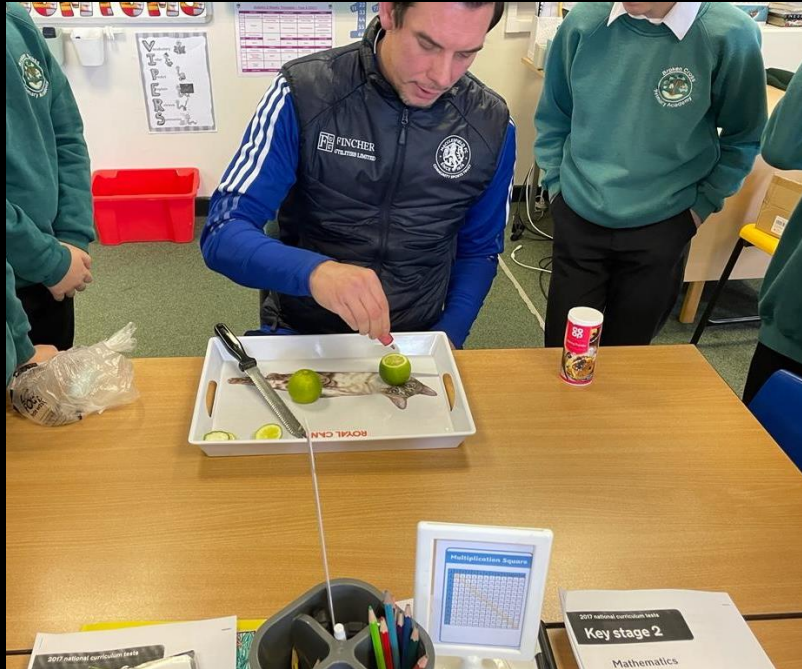
WEEK 1: WHAT IS THE HEART?

The Heart is a muscle that pumps blood received from throughout the body. The heart is positioned in the middle of the breastbone.

Draw your Heart

Labels in drawing: superior vena cava, Right Atrium, Aorta, Pulmonary artery

Circulation
The ~~flow~~ of the ~~blood~~ including a capillaries
The system flow of blood and other
The circulation three in total together: ~~lungs~~ veins, cor



SCHOOLS PROGRAMMES

BREAKFAST & LUNCH SUPPORT

BREAKFAST CLUBS & LUNCHTIME SUPPORT

Would you like us to come in and support your school with some sessions during that key before school start time and at Lunchtime?

We can provide a bespoke programme for your school that's not just Football but a host of fun activities.

Tell us what you want and what will work for your students, and we will support your needs.

BREAKFAST CLUBS

Times to be agreed per school – (E.G. 8:15 – 9:00 am)

PARENT/GUARDIAN RATE = £5 PER SESSION OR £30 FOR A FULL 6 WEEK BLOCK ETC.
SCHOOL PAYMENT PRICES CAN ALSO BE AGREED

LUNCHTIME SUPPORT PHYSICAL ACTIVITY SESSIONS – ALL BESPOKE TO YOUR AGE GROUPS

Times to be agreed per school (E.G. Midday till 13:30pm)

DAY RATE BASED ON FULL LUNCHTIME SESSION OF 60 TO 90 MINS MAX

= £35 PER LUNCHTIME

SPORTS DAY & SPECIAL EVENT SUPPORT

Do you need additional support to run your Sports Day or special events? Then we can help. Let us know how long for and how many staff required, and we can sort a special rate out for your day of fun.

Our hourly rate is is £35 or £60 for 90 mins



SCHOOLS PROGRAMMES

After School provision

AFTER SCHOOL ACTIVITY SESSIONS

We proudly promote that we are not just about football delivery. Our staff are qualified in a range of different sporting activities and multisports so that your after-school clubs are not only completely different but also loads of fun week in week out across all school terms.

Below is what we can offer and how it works regarding payment.

- ▶ A range of different sports including Football, Cricket, Dodgeball, Lacrosse, Basketball, Rugby a range of Multisports and games and loads more.

So, if you want us to lead on your afterschool provision, we can make a bespoke weekly programme based on your needs.

Our afterschool clubs are paid for by the parents of your students as we try to take as much administration away from you as physically possible.

SO, YOU DON'T HAVE TO DO ANYTHING AT ALL - WE DO IT ALL!

Session price is £5 per session/per child
(Usually 3:30 – 4:30pm but times can vary based on your needs)

Example price for 6 weeks block booking would be £30

We can also create a package where your school pays for the weekly sessions, this will also help to support for parents on pupil premium who may not be able to access other before and after school delivery.

Please ask for details regarding how this works.

All sessions must be paid for in advance at the beginning of the block.
We will provide a booking consent form etc.



MFC CST 2023/24 MENU
SCHOOLS PROGRAMMES
Primary Community Cup

At the end of the 2021/22 school year, we launched our Primary School Community Cup competition for all year 3 & 4 and 5 & 6 Boys and Girls.

The event was an amazing success with over 120 children per week competing to be our COMMUNITY CHAMPIONS.

This year its further extended with over 160 now in attendance.

This initiative is now a fully fledged school competition every term and has due to popularity also now includes a year 2 mixed gender group.

The community cup is run for 4 consecutive weeks on a Wednesday after school at the home of our Champions, The Leasing.com Stadium.

In 2023/24 we will again be running this great initiative for our local schools starting at the end of September.

Information will be sent out to schools in advance.

Price per entry is £20 per team per group





GIRLS SPECIFIC FOOTBALL **COMMUNITY INITIATIVES**

- ▶ Weetabix Wildcats & FA Squad Girls is the place to be, everyone is super awesome; from the friends you'll meet to The FA qualified coaches and volunteers who deliver the sessions.
- ▶ WILDCATS is for girls 5-11 to get involved with football and start their footballing journey in a fun non pressured environment.
- ▶ SQUAD GIRLS is for 12+ girls who want to have fun with their friends, learn new skills and maybe get into or back into the game in the future - This is the perfect way to start or refresh their football journey and have fun.
- ▶ We can come and deliver these sessions in your school or community group



PAN DISABILITY FOOTBALL

In early 2022 the CST started weekly football and multisports sessions for participants with a range of disabilities.

These originally were in partnership with the Cheshire Eye Society – with the CST fully taking over the reigns in late 2022.

These sessions are now solely football based with the hope of setting up Pan Disability Teams for both youth and adult in the near future.

These sessions are weekly every Wednesday at All Hallows College.

STREETBLUEZ

STREETBLUEZ

Formally known as Premier League Kicks. We renamed this amazing programme in September 2021. Our FREE youth engagement project for 7s to 18s will be expanding and going from strength to strength in the future.

Not only will we be still offering our FREE football sessions, but we will be partnering up with local stakeholders, businesses, our local police force and local community providers to put on something a little different for our Macclesfield Youth.

We will be looking at local sites to house our STREET BLUES ACADEMY as we put on key educational and fun workshops. From DJING to Refereeing to having key talks on knife crime, safety and how to become a volunteer.

Of course, we will still be doing our footballing sessions as per below – but we are looking to extend our provision with at least one more site opening in the next 12 months.

CURRENT FREE SESSIONS

EVERY TUESDAY IN HANDFORTH, STANLEY HALL PARK OFF SPATH LANE

5:00 – 6:00pm

EVERY THURSDAY IN MACCLESFIELD, LIFESTYLE LEISURE,

MACCLESFIELD COLLEGE SITE.

6:00 – 7:00pm





HALF TERM MULTI-SPORTS

Our half term multisports camps have doubled in size over the last 12 months in partnership with a range of external sites & schools

With an average of 42 children per day attending regularly as we keep our prices low & competitive to help during this time of financial struggle

We are looking forward to the 2023/24 school holiday so we can play more fun games & sports with all the participants

BALLERZ BASKETBALL

In late May 2023, the CST partnered up with Macclesfield Town Council to create an after school TURN UP & Play Basketball session – in the mold of our Turn Up and play Streetbluez football sessions.

This new Initiative is every Monday Evening in West Park Macclesfield 6pm till 7pm for ages 8 to 16s



MFCCST WALKING FOOTBALL TEAM

2 years ago, Macclesfield FC Community Sports Trust had never engaged in starting Walking Football Sessions across our community.

Starting in November 2021 and with the financial support from Cheshire Football Association and the Walking Football Association, The community trust advertised to start our Walking Football Sessions.

This started as a once-a-week fun session at Macclesfield Leisure Centre, and over the last 18 Months has gone from strength the strength due to the dedication of the newly formed team – with now 2 sessions a week and nearly 30 participants signed up.

During this very short time period the MFC CST Walking Football Team has now been formed and affiliated to Cheshire FA and the group of both Men & Ladies have now played in various tournaments across Cheshire as well as doing a lap of honor around the Leasing.com Stadium on CHAMPIONS DAY back in April.

2023 will see them participate in the WFA National Cup for the first time and also the inaugural Cheshire FA Walking Football League.



MAN vs FAT

Since the middle of 2022 we have been partnering with national charity Man vs Fat on their weight loss and physical activity programme.

This programme incorporates a healthy lifestyle programme with 5 a side football weekly where the participants can score goals for their team by losing the pounds prior to scoring on the pitch.

These sessions are weekly at Lifestyle Fitness Macclesfield on Thursday evenings





SUPPORTED HOUSING & CARE HOME SESSIONS

We have extended our care home and supported housing provision over the last 12 months yet again.

With now an average of 11 sessions a week across Cheshire East we are the leading external provider across our area.

The sessions are fun and interactive and can be bespoke to the facility we visit.

Session cost are £35 per session (1 hour) or £50 for 90 minutes.





YOUTH ENGAGEMENT

▶ We are continually supporting local youth centers with different activity engagement on a weekly basis including educational support and links with external providers in regard to workshops from 5pm onwards after school.

▶ We are also in discussions with various new youth activity providers for new sessions in 2023/24 across Macclesfield & Cheshire East

FUNDRAISING

Throughout the year will put on a number of fundraising and awareness events, not only for the trust to allow us to be a sustainable charity and deliver more projects, but also our local community projects.

This includes linking into Macclesfield General Hospital for our Christmas appeal for the 3rd year running.

In July 2022 we hosted our second Charity Ball @ The Tytherington Club and raised over £5,000 for the CST delivery for the next 12 months.

We are now planning the next big event for our 25th year as the official charity of our great football club, so please keep an eye out for more key events in the next 12 months.



FOODBANK

One of our new initiatives for our local community
In 2022/23 was our link with Cre8 & Silk Life food bank on
match days here at the leasing.com stadium

We started this link just before Christmas and finished off with
A CHAMPIONS collection day on the last home game of the
season watching the lads pick up the Northern premier League
West Trophy.

We and the fans have contributed over 300kgs of food and also
£1500 to help with food parcels for local families.

This will continue for our Northern Premier League Season in
2023/24 on 4 separate home match days.





ANNUAL CHAMBER BUSINESS AWARDS 2023



WE ARE MORE THAN JUST FOOTBALL

For more information on all we do please contact
Lee.mfc-cst@outlook.com
07889 404573

**MACCLESFIELD FC
COMMUNITY SPORTS
TRUST**
#ONECOMMUNITY