



SPORTS & EDUCATION TRUST



Good afternoon hairboys fans, and welcome to today's fixture against Shrewsbury Town.

We hope that both you and the Shrewsbury fans that have travelled to Adams Park have a pleasant afternoon.

The Wycombe Wanderers Sports & Education Trust ("WWSET"), the charitable arm of Wycombe Wanderers Football Club were recently honoured in the Community!

Last week marked a special night for the WWSET Community Health Team, as two of our community projects were nominated for Project of the Year at the Wycombe District Council Sports Awards, hosted by Active-In.

Both Football Fans in Training and Exercise your Emotions were within the Project of the year category and after a nervous wait, we are pleased to announce Football Fans in Training won the award!

Football Fans in Training is a hugely successful lifestyle programme aimed at men aged 35 – 65 years old with a waist size of 38 inches or more, offering participants the chance to learn about diet & nutrition, healthy lifestyle choices and take part in the gentle physical activity.

The main aims of the programme are to:

- Increase knowledge of diet & nutrition
- Improve lifestyle choices
- Increase physical activity amongst participants
- Reduce weight and waist measurements
- Increase engagement in other physical activity

We have one more course being delivered in January 2019, and are keeping our fingers crossed we are able to find funding to continue the programme.

We would like to say a big thank you to The Sports Council Trust Company for funding us for the past two years. The staff at Wycombe Wanderers, Michael Davies, Matt Cecil and Dave Wates for their vital and ongoing support and all of the men that took that first step to a healthier lifestyle by joining FFIT, they have given us some great success stories and something we aim to keep delivering in the future.

From one FFIT celebration to another, we are also hosting Team 2's one year reunion since they finished the 12 week FFIT course. After every course we run, we get the lads together for a 6 month and 12 month reunion to see how the guys are getting on, offer any additional support and an excuse to do what Football Fans do best and watch a match together!

For more information and how to get



involved, please email Sam Parker – Health Manager at WWSET – sam.parker@wwfc.com

In other news, if you are wondering what to do with the little ones in the Christmas holidays, why not book them onto one of our Holiday Soccer Schools. Our Soccer School experience is highly regarded and offers great value and great memories for the children who attend.

Every participant will receive professional football coaching from our UEFA and FA licensed coaches, opportunities to win daily prizes, a special 'end of course' gift, 2 FREE TICKETS to see WWFC at Adams Park and an opportunity to impress and gain a trial with our WWFC Elite & Development Academy.

For more information and to book onto our Summer Soccer Schools, please go to; <http://bookonline.wwset.co.uk/holidaycourses>

Finally, all that's left to say is...

C'MON THE CHAIRBOYS!

BLUES STARS HELP AT SRTRC WORKSHOP

Paris Cowan-Hall and Yves Ma-Kalambay were the special guests at Adams Park

On Thursday 8th November 2018, Show Racism the Red Card (SRtRC) held an educational event at Adams Park stadium in partnership with Wycombe Wanderers Football Club (WWFC) and Wycombe Wanderers Sports & Education Trust (WWSET), supported by Chairboys players Yves Ma-Kalambay and Paris Cowan-Hall.

90 young people from two local primary schools attended the event which saw the Year 5/6's take part in a carousel of workshops, see a screening of the SRtRC educational film and take part in a Q&A session with a panel of special guests.

Young people took part in three different workshops throughout the morning. SRtRC Education Worker Manisha Tailor MBE conducted a workshop which helped young people explore stereotypes, think critically about the way in which we stereotype and allowed the young people to discuss the dangers of stereotyping.

The Education Manager at WWSET, Mark Heath, delivered a brilliant workshop focused on 'Fair Play'. The aim of the workshop was to help the young people understand what 'Fair Play' is and they did this by writing a short story on the topic.

The third workshop of the morning that the young people took part in was a stadium tour of Adams Park. Aqeel Akram, WWSET's Social Inclusion Manager, took the young people on a forty-five-minute tour where they visited the home and away changing rooms as well as the boardroom...and they even managed to get pitch-side for a close up view of the hallowed Adams Park turf!

After lunch, Carol Stotter from Buckinghamshire County Council



opened the afternoon event and spoke to the young people about why herself, and the Council, support Show Racism the Red Card events. The young people reflected on the workshops from the morning and spoke about the key issues which had been discussed. The young people further developed their understanding by watching the new 21-minute Show Racism the Red Card educational film, which provides an excellent introduction to the subject of racism.

Throughout the day the young people had been asked to start thinking of questions that they would like to ask the panel of guests at the end of the day. Education Worker and Queens Park Rangers coach Manisha Tailor MBE sat on the panel to help answer the questions from the young people about racism. Carol Stotter from Buckinghamshire County Council also sat on the panel to answer questions.

Young people from each school put forward a variety of questions to the panel regarding racism. Why did you want to start Show Racism the Red Card? Who was your role

model for tackling racism? Why is it important to tackle racism? What's the best way to deal with racism? These were just a few examples of the questions that the panel were taking it in turn to answer. The panel explained to the young people what they should do if they experienced racism and who they can report it to. The panel also provided brilliant advice on what each person can do to tackle racism.

The event concluded with WWFC first team players Paris Cowan-Hall and Yves Ma-Kalambay joining the pupils after they finished training. Both attended the event to sign autographs for the young people and speak with them about how their day had been.

WWSET would like to give a huge thank you to Show Racism the Red Card for delivering the fantastic event and also to WWFC for supporting it so well by hosting and arranging for the players to visit. The power of role-models to educate young people should never be underestimated, therefore, a massive thank you also to Manisha, Carol, Yves and Paris.