

IRISH FA FOUNDATION



Foundation

*Serving the community
through football*



www.irishfa.com

From the President and CEO

We are delighted to introduce you to the Irish FA Foundation. In these pages you will get a glimpse of the work that we do in the local community, providing opportunities for all to develop and find a path to a healthier, better life.

The Irish FA has been working in the community since 1880 but with the establishment of the Foundation we want to strive further to meet our strategic objective of Football for All.

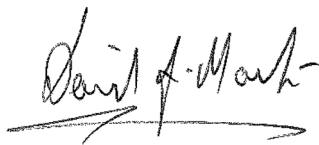
We believe that football has the power to change lives, helping people to enjoy the good that comes from taking part in team activities. The Irish FA Foundation was setup to 'Serve the Community Through Football'.

Football can offer valuable life lessons and instil positive values creating better citizens and a better future. Life lessons such as the importance of eating well, living safely, working hard at school, participating in community activities and having career aspirations. The motto of our Senior Men's International team is 'Dare To Dream', we want this to be the motto of all people young and old involved in the beautiful game.

Our fans have deservedly won many awards for their great work and the way they conduct themselves. We want the Foundation to be a flagship charity for the Green And White Army to be proud of and to become one of the most pioneering football foundations.

We are well supported by UEFA, FIFA and local government for many of our projects but like all football community charities we need funding for essential programmes where external funding isn't yet available. Programmes like our disability teams and schools' programmes inspire young people to get involved. We will be running a series of fund-raising events and welcome all of the GAWA to help those who need it most. We hope you will join us.

Thanks for your support

A handwritten signature in black ink, appearing to read 'David Martin', with a long horizontal flourish underneath.

David Martin, President

A handwritten signature in black ink, appearing to read 'Patrick Nelson', with a long horizontal flourish underneath.

Patrick Nelson CEO

Mission Statement

To serve the community through football.

Health

The Foundation provides workshops on healthy eating, nutrition for athletes and healthy lifestyles. Our Back In The Game programme encourages men and women aged 30 and over to get back into football. Our Ahead Of The Game programme tackles mental health issues throughout the game and beyond, helping local clubs engage their players and community to tackle these issues.

Education

Our education programmes work in all age groups and sectors of education. We deliver PE lessons to primary school pupils while introducing competitions and futsal to older pupils. We provide coach education and employment opportunities to older pupils in schools and colleges and train student teachers to deliver football.

Employability

The Foundation partners with many charities and social enterprises to provide opportunities for NEETS (young people not in employment, education or training) to engage in valuable work experience and employability skills. We provide work experience opportunities for over 100 young people each year

Stay Onside programme

The Stay Onside Programme is an innovative programme for current and former offenders using football as a hook to provide employability skills for participants with the objective of deterring them from offending and providing pathways to volunteering and employment within football.

The Irish FA Foundation reaches and regularly works with over 70,000 young people across Northern Ireland.



Health

Back In The Game is an initiative that uses football as a means of providing opportunities for men and women in the 35+, 45+ and 55+ age groups to get back into playing football again. The main objectives of the programme are to encourage physical activity and provide social contact for those who may feel vulnerable, isolated, are suffering from mental health issues, are retired or are unemployed.



Dessie Edgar

Keen footballer Dessie who turned 60 this year was told eleven years ago that he needed a hip replacement and that his playing days were over. He subsequently suffered bouts of depression.

However, after receiving new titanium hips, the first of their kind in the UK, Dessie started playing again and now captains the Northern Ireland veterans over 55s side.

Dessie says: “Getting back into football saved my life and connected me again with the world. My bouts of depression were severe but are history now and I am on top of the world. Getting back into the game has been so beneficial to me, physically, mentally and socially”.

Girls' and Women's Football

Futsal

Women's futsal has been growing throughout the world as a great way for females to participate in a safe and inclusive environment. In Northern Ireland there have been domestic futsal competitions for 10 years as a pre-season participation programme. This has led to a growing interest in the game for players from U9 to seniors as well as Mums' programmes.

This year the senior national team was formed to take part in the UEFA Women's Futsal qualifiers and the team were drawn in a 'Group of Death' with Sweden, Belgium and the Netherlands. Despite being only recently formed the squad were unfortunate to lose narrowly against Belgium and Holland with the more experienced Sweden team winning all three games in the group.

Megan Weatherall

Megan is from Lurgan and plays her club football and futsal for Cliftonville Ladies. She recently played in the Euro Qualifying campaign against Belgium, Sweden and the Netherlands.

Describing her futsal journey she said "This is a fantastic opportunity for girls like myself to represent Northern Ireland. I have always dreamed of pulling on the green shirt and to fulfil that dream was an incredible experience. Being part of the squad teaches me so much about teamwork, belonging and to score that goal against Sweden was fantastic. This has been excellent for me personally".



Education and Employability



Our Post-Primary Education Officers work alongside schools and colleges to provide students with the knowledge and skills needed to gain employment in a wide variety of sports, and particularly in the football industry. It is a work-based learning programme with theoretical and practical learning situations. The programme will also focus on developing female coaches and after-schools programmes for girls.

Stay Onside programme

Peter

Peter started the six-week course in Hydebank while serving a 18 month sentence for GBH with intent. He had a partner and a new born baby whose birth he missed due to being in custody. At the completion of the course he showed a desire to change his life. He moved to the community programme in North Belfast. As a result of this programme he gained his level one coaching award and is now coaching on a paid capacity at Crusaders FC. He is also an ambassador for the Stay Onside programme, often talking at inductions about his story.



Lynsey

The first female participant on the programme, Lynsey was a prolific offender and had spent nearly all of a two-year period in custody. She had no footballing background but was a keen runner with a wide interest in sport. As part of the six week programme she excelled in refereeing and built her confidence to the extent that on release started the 12 week programme. She graduated in October 2016 and spent the first full 12 months out of custody since the age of 15.

How you can fundraise.

You can be as creative as you like when it comes to fundraising for us but we have included some of our favourite ideas to help get you started!

Social

- Hold a BBQ or host a dinner party and ask guests to donate the amount they would pay for a meal out. You could make it a competition between your group of friends and score each dinner to make it a little more interesting!
- Ask your local pub or restaurant to hold a football-themed quiz night
- Organise a cake sale or host a bake off for your friends or colleagues
- Organise the refreshments at your children's football game or hold a raffle and donate the proceeds
- Organise a coffee morning at home or at your local cafe – perhaps they would be willing to donate an amount for every coffee sold during the day, week or month?

Challenges

Feeling brave?

- Organise a sponsored shave or wax!
- Give up a bad habit for one month, raise money and get fitter along the way
- Take part in a 5k or 10k for the Irish FA Foundation
- Sign up to the Belfast Marathon
- Organise a sponsored walk

Sparty

- Could you organise a fundraiser at your local gym? Would an instructor be willing to hold a sponsored spin class, yoga class or hold an indoor sporting event ?
- Are you part of a football team? Could you have a bucket collection at half time?
- Are you a teacher or on the PTA? Could the next sports day be in aid of the Irish FA Foundation?

There are many ways to fundraise and whatever your idea we can support you.

For more information please contact andrea.milligan@irishfa.com



Foundation

Irish Football Association Foundation

The National Football Stadium

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Registered Charity No: 106229

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