



Lawford Football Club

THE EXTRA TIMES

www.lawfordfc.co.uk

Issue No.14
January
2021

Your Club: Have your say

Support your Local Community

Three long-standing volunteers - Jim Tait (Treasurer), Jonathan Sly (Club Welfare Officer) and Jayne Anderson (Youth & Junior Fixtures Secretary) - will be stepping down within the next few months. John Duchars, Chairman writes "The Club is very grateful to Jim, Jonathan and Jayne for their tremendous contribution over the years."



We are looking for parents, carers, senior players or other volunteers to fill a variety of positions including Club Welfare Officer, fund raising and media activities. These are important roles, which are vital to the future success of the Club. If you are interested in learning more about the opportunities to become more involved with running the Club please contact John Duchars

john.duchars@btinternet.com
or e-mail lawfordfc@gmail.com

Following conversion to a charity the Trustees want to ensure that all members have the opportunity to have a voice in the management of the Club and its future direction. So how can players, parents & carers, and other volunteers share their views and contribute to the success of the Club?

Contact a Club Officer: If you have any suggestions or concerns please share these with the Trustees / Club Officers - contact details can be found on the website (www.lawfordfc.co.uk/contact-us). Sometimes a face to face conversation is easier than an e-mail and at least one Club Officer is normally present at School Lane on match days - just ask at the bar or coffee bar to find out who is around. If you have a specific concern about a welfare issue you should contact Jonathan Sly, the Club Welfare Officer (jsly1970@gmail.com).

Become a Parent Rep: Until a few years ago every junior and youth team had a nominated parent or carer representative to help strengthen the communication between teams and Club Officers. The Trustees would like to reinstate

this forum and will be asking for each team to nominate a parent rep (other than the manager if also a parent). The intention is for the forum to meet two or three times a year, initially via Zoom. There are no other responsibilities of being a parent rep other than to help communicate information between parents & carers and the Club. Please let your Team Manager know if you are interested in getting involved. We are planning to host the first meeting in early March.

Become involved with running the Club: Our Club aims to increase community participation in football to help contribute positively to social outcomes and health priorities. The Club also depends on volunteers from the community to support its day to day operation. There are currently vacant positions on the management committee that encompass a range of opportunities both in terms of skills and time commitment. This has been a very rewarding experience for many as a chance to "give something back". Please contact Chairman, John Duchars (john.duchars@btinternet.com) or lawfordfc@gmail.com for more information.





Short Corner

News from around the Club

Coronavirus Update

Given the highly transmissible nature of the new variant of the virus, at the start of the year the Club decided to suspend all football activity to ensure that players and volunteers stay safe while protecting the community. Following the announcement of a new national lockdown on 4 January the FA suspended all grassroots fixtures and training with immediate effect. Further updates will be posted on the website. The Club would like to thank all players, parents, carers, volunteers and other supporters for their continuing support in these challenging times. Stay safe and stay well.

New Goals



Assisted by a further grant from the Football Foundation, we have new goals for the top 11 a-side pitch used by the U16s, U15 Blues & Reds and the U13s. Carl White, Trustee and U15 Blues Manager explained that "Ensuring that our goals are always safe to use is a priority for the Club. Pushing the new goals into place is also much easier than before, which is a bonus. We are grateful to the Football Foundation for their support."

Independent Examination!

Are you or do you know a qualified accountant with charity sector experience? The Club is seeking to appoint an Independent Examiner to review its annual financial statements. If you, or you know of someone who, maybe be able to help please e-mail lawfordfc@gmail.com

Lawford Reserves

The Reserves ended 2020 second in the table after have a really good start to the season - unbeaten in all but one game. Under 18's Harvey Robinson, Tom Ruth and Ollie Davis are regularly starting games and doing very well with a couple of call ups for the first team.

The Reserves are very grateful to Reid Residential for sponsoring new kit and track suits for the whole squad.



Aaron Hall welcomes the new kit sponsored by Reid Residential

Local Sponsor for U7 Reds



U7s Reds in their new kit

A huge thank you to Keith Spooner of Lawford based K&G Roofing Ltd for sponsoring a new kit for our U7 Reds. K&G Roofing are a family run business with over 25 years' experience in the roofing industry.



Lawford U12s: Unbeaten this season

David Dines writes "The U12s have come a long way in their five years at Lawford. Back in 2015, and the first game they ever played. The team were easily beaten 16-0 by local rivals Brantham Athletic. Fast forward five years, the U12s are playing their first competitive season in the C league and are currently unbeaten in all league and cup competitions.

It's been a real learning curve for the team in their first five years of football, with lots of ups and downs. They are a great group of lads, all with their own different attributes, character and styles of football. Add hard work and 100% effort into the mix, and we have a Lawford team for the future."



Joy Oakley Photography



Matched Giving

Many companies support charities through matched giving schemes, whereby they match charity fundraising or donations by their employees. Some companies will also match the value of the time given to a charity by their employees. The Club has recently benefitted from donations from the Lloyds Bank Foundation made on behalf of three individuals who regularly volunteer at the Club. We are very grateful to the three individuals and to Lloyds Bank for their support.



Does your company offer a similar scheme that could help the Club? Please contact your HR team to see if your employer operates a matched giving scheme.

Lawford Ladies Sponsors

The Ladies would like to thank new sponsors, Nellie Bee and Me and KP Valeting Supplies for their support as well as their existing sponsors Starlight Tea Chapel and Harris & Wood



Keeping Heads Up



For all of us 2020 was an extraordinary year. While the vaccination programme brings hope of better times to come, Covid-19 is still with us and the disruption to our daily lives continues for all ages. While working from home was novel early in lockdown, endless Zoom calls during the winter months have less appeal. For many the pandemic has also meant uncertainty over health or job security and for some the sadness of losing a loved one. Those working on the frontline, including in the social care, healthcare and education sectors, encounter many challenges.

Such pressures can build especially when opportunities to meet, talk and laugh with friends are curtailed by the need to constrain the spread of the virus. Where and when permitted, participation in team sports can help, not only through the benefit of physical exercise but also the opportunity to connect with others. Even for spectators the chance to chat with a familiar face on the touch line is welcome.



“Keep your heads up” is a call that we hear to sustain positivity. Together with its charity partner, Heads Up, the FA has pulled together some of the support, information and tips that are available to help us all get through this difficult period.

Taking care of your mental wellbeing: Mind has produced a number of tips on how to cope with feeling stressed or worried about how Coro-

navirus could affect your life, as well as tips on how you can improve your wellbeing www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing

A little help to get you through these weird times: CALM has put together some tips to help you get through these weird times, suggesting simple ways to overcome feeling out of control and uncertain, and tackling things the best way possible. www.thecalmzone.net/2020/03/a-little-help-to-get-you-through-these-weird-times

Ten tips to help with anxiety: Every Mind Matters has put together ten ways you can help improve your mental health and wellbeing during this period, helping to battle feeling anxious, stressed, helpless, confused or angry. www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips

Supporting yourself and your colleagues: Mental Health At Work has supplied some useful and practical information for anyone who needs it, helping you to look after your workplace wellbeing and make sure you always have the support you need. www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues

Text ‘HeadsUp’ to 85258 for 24/7 support: SHOUT is available 24/7 and free to text from most mobile networks. Anyone who is feeling anxious, stressed, low or in crisis, can text ‘HeadsUp’ to 85258 to connect with a trained crisis volunteer who will chat to you by text message. <https://giveusashout.org/get-help>

Specifically for younger people -

ChildLine has a website and helpline with advice and information on self-care and accessing support www.childline.org.uk/info-advice/your-feelings/mental-health/

Young Minds has information for parents and young people www.youngminds.org.uk/find-help/



The School Lane Profile

David Gray, U13s Manager



David Gray

First Team Sponsor

Many thanks to Anglia Produce for their continuing sponsorship of First Team kit.



New Sponsor for U15 Blues

A huge thank you to Sonic Sounds, this season's shirt sponsor for the U15 Blues



Rain Jackets for U16s

The U16s would like to thank Harwich based Colette's Taxis for sponsoring rain jackets for the team.



How did you first become involved in the Club?
As an U11s player in the early 1980's

Bacon sandwich or ham & cheese panini?
Bacon sandwich

Other than Lawford FC, which team do you support?
Liverpool

Do you have a football nickname?
Yes, Legend or Warrior

What has been the highlight of your time at the Club so far?
The U13s 4-3 win in the Essex County Cup earlier this season

Outside of football how do you spend your time?
Family and golf

What is your all time football highlight?
Playing for Ipswich Town in the 5th round of the FA Youth Cup at Old Trafford against a Manchester United team including the likes of Ryan Giggs and Lee Sharpe

What is the best advice you've been given?
Earn the right to play!

Who is your football hero?
Difficult to choose between Kenny Dalglish and Paul Gascoigne

What was your favourite children's TV programme?
The Bionic Man

If you could change one thing about the game what would it be?
Better referees

How many pairs of football boots you own?
Three pairs

If you could choose one piece of music to be played as you come on to the pitch what would it be?
Thunderstruck by AC/DC

Thank you, David

Our Sponsors



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