



# Foundation

## Newsletter - Volume 6

### Hello!

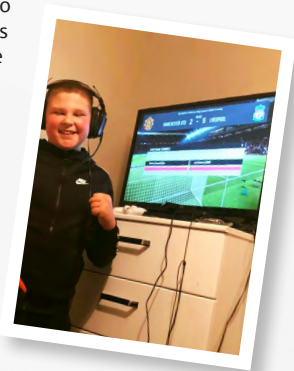
Welcome to this week's newsletter with Lee Smith, the Inclusion and Cohesion Manager at Wolves Foundation.

Despite this new way of working, the values of the Foundation haven't changed. We are here to support our community and are adapting our delivery methods for all of our projects in order to support all of our beneficiaries. We hope that you find this worthwhile, and if there is any more information you would like on any of the below, please get in touch with us at [foundation@wolves.co.uk](mailto:foundation@wolves.co.uk) and one of our team will be there to support. Alternatively, have a look at our social media channels.



### The game still goes on: Online FIFA sessions

As we are not able to provide face-to-face opportunities to play football, the Inclusion & Cohesion team have been providing online FIFA sessions for regular PL Kicks participants, which take place every Friday and Saturday evening, from 6pm-9pm. The sessions are for young people aged 13-18 and gives them the chance to pit their FIFA skills against a PL Kicks coach and have the opportunity to be entered into a prize draw to win Wolves merchandise. Recently, the young people who had been engaged with the sessions had the opportunity to represent Wolves in a national #StayAtHome Premier League Kicks tournament. This saw 63 clubs represented, 616 unique participants engaged with 804 engagements in total.



We have lots more opportunities to get involved over the coming weeks - please contact [lukeshearing@wolves.co.uk](mailto:lukeshearing@wolves.co.uk) for more information.

### Super Movers

Over the last few weeks you may have seen some of our skills or learned something new in the challenges brought to you by one of our coaches, Damien Wood. Damien is a long-serving member of staff at the Foundation, having worked at Molineux for 13 years, also representing England Deaf at football at two major tournaments during that time! During the lockdown, Damien has provided skills challenges to engage participants of all ages, and released a series of British Sign Language (BSL) videos to encourage people to learn some basic BSL phrases.

Firstly, Damien brought us a guide on signing all things football, that can be found [here](#). The latest has more of a Wolves flavour – you and your family can try that out [here](#).

### Wolves Disability challenges

We have been setting weekly challenges for our Wolves Disability participants, ranging from skills and fitness to community challenges. They have been sending in and posting the challenges for us to see, giving inspiration to young people who are keen to represent Wolves Disability teams in the future. Here is Alfie, our U16 Goalkeeper after cycling 19.74K to break his record from the previous day.



We have recently hosted a Zoom call with Jack Rutter, Former England Cerebral Palsy captain. Jack inspired the Wolves Disability participants by sharing his journey from intensive care to England International. See Jack's story [here](#).



Jack's life motto:

**'FIRE IN THE BELLY, ICE IN THE HEAD'**

### WhatsApp the way forward for our adult football participants

Following the success of last summer's Sport England Parks project we decided that the sessions would be too big of a miss to the local community so we continued the sessions at the Foundation Arena on Friday evenings – something which proved incredibly popular! **Watch the video [here](#).**

Participants were distraught when the sessions had to stop due to lockdown. One of the participants, Kev said: "I looked forward to the session every week, I am 60 now and it's the first time I have been playing football in over 20 years. The group 'banter' is what makes it really special."

Through these times we did not want to lose the spirit of the group that had seen people bond with others outside of their community and volunteer on other projects, so we decided to create a WhatsApp group with every participant we had engaged with since last summer.

The group has been a great success with the 'banter' flying as normal and copious amounts of support for each other through these times. Inclusion & Cohesion Officer, Luke added in a weekly skill or fitness challenges for people to try and post in the group. This has now been taken on by participants who complete a challenge and then nominate someone else for the following week. For more information, email [lukeshearing@wolves.co.uk](mailto:lukeshearing@wolves.co.uk).

### That's all for now...

We hope the above is useful for you and to see you getting involved! We will be back next week with lots more. Keep safe and well.