

SPORTING CHANCE

IN THIS
ISSUE:

PODCAST SERIES

ATHLETIC FUND
RAISERSTONY DOES 3RD
ROUND DRAW

Heads Together and The FA have teamed up to run a season-long campaign to change the conversation on mental health.

Sporting Chance are delighted to be a Charity Partner of the Heads Up Campaign.

“We (Sporting Chance) will be celebrating twenty years of supporting professional sport participants with their mental health in the year ahead. I am delighted that we are able to be part of the Heads up Campaign, it is a wonderful initiative. Talking to someone and asking for help was the starting place in my own journey of recovery and today, I look after my mental well-being like I look after my physical well-being. If we can help encourage people to talk about their Mental Health, I am ready to start a conversation....”

Tony Adams

Imagine if we talked about mental health as much as we talk about football.

It's our national game – passionately followed and wholeheartedly loved by millions in the UK and billions around the world. Many of us won't go a day without talking about it.

Through Heads Up, we want to help everyone feel as comfortable talking about mental health as they are talking football.

We want to build on the decades of work that have been done to change the conversation on mental health and help people feel better able to support their friends and families through difficult times.

And we want to remind everyone that we all have mental health – just as we all have physical health, and it's time we start taking our mental fitness as seriously as we do our physical fitness.



SPORTING CHANCE PODCAST SERIES



SHARING WITH TONY

COMING NEXT YEAR



NEW LOOK BRAND IDENTITY

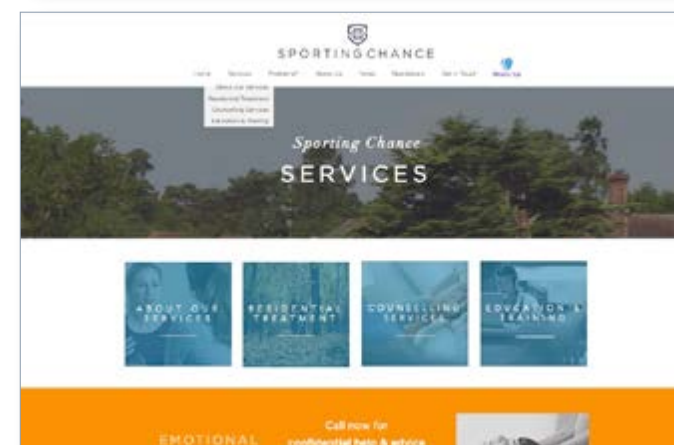
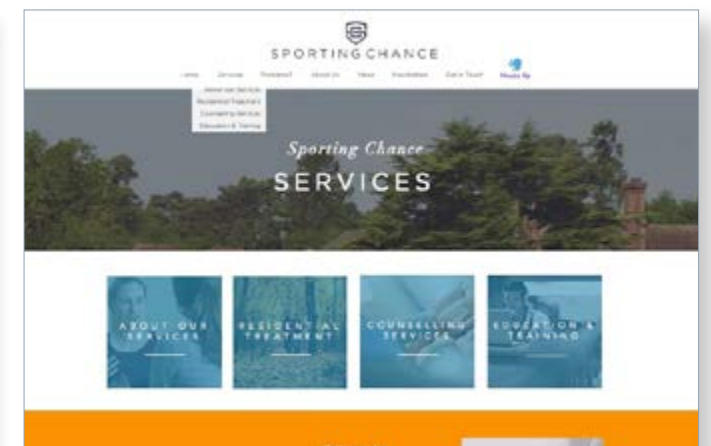
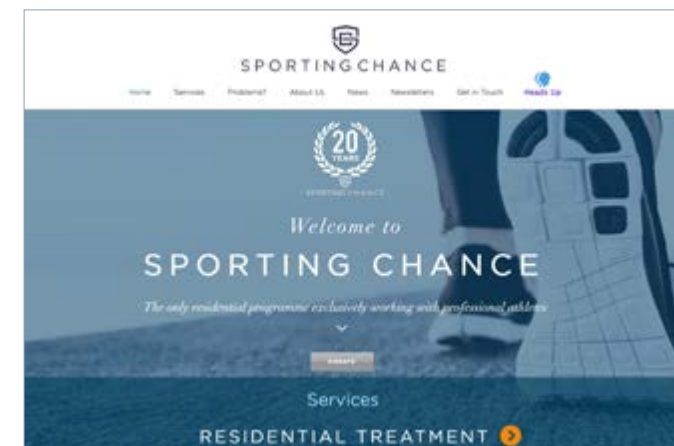


SPORTING CHANCE

Earlier this year Sporting Chance had a bit of a facelift. After nearly 20 years of the old logo and brand identity, it was decided to freshen things up. Our new logo and colour scheme have been rolled across a new look website, business cards and our new email signatures.



SPORTING CHANCE





EDUCATION

SPOTLIGHT



SPORTING CHANCE — EDUCATION —

Since the departure at the beginning of this year, of our former Head of Education, Jeff Whitley (now doing a brilliant job in the Welfare Department at the PFA) it's been more a case of Sporting Chance than Sport-ing Chance on the education front in 2019. We have worked hard over the summer months to build a new department from the ground up with a structure custom-fit to meet the needs of our burgeoning group of stakeholders, able to deliver a curriculum of memorable, genuinely educational sessions that hit the mark across a range of ages and sports and effectively signpost to our first-class treatment services.



I was delighted to be asked to take up the role of Head of Education following Jeff's move, and now have overall responsibility for the department. It's a job that has changed markedly over the last 20 years, largely due to the increased onus on sporting organisations to provide welfare services and education for those in their charge. As a result, much of my time is spent talking to clients to understand exactly what they need and researching and designing educational content for my team to deliver in academies, training grounds/hubs and at events across the country.

And speaking of that team, we are pleased to announce the recruitment of two former footballers as regional education facilitators to undertake the day to day delivery of sessions within clubs. In the north, former Manchester United academy starlet Eddie Johnson and in the south former Crystal Palace midfielder and Sporting Chance therapist Paul Mortimer. The pair bring with them a wealth of experience as both players and coaches, valued currency when talking to fellow athletes about their emotional and mental health and to say we are delighted with the start they have made is something of an understatement. Welcome to the family both.

To supplement these two, we have a steadily growing group of individuals who work for us in a 'player story' capacity or are in the process of training up to be facilitators themselves. Former Derby midfielder Shane Nicholson, ex-Rugby league international Paul Highton, EFL journeyman Lee Thorpe and Tony's former team mate at Arsenal, Charlie Hartfield have all been invaluable to us from the start of this season, as has the recruitment of darts commentator Chris Murphy into our fold who will lead on our gambling related content going forward. Sporting Chance education is about far more than addiction but substance use and problematic behaviour is where we started and is still a big part of what we do.

Our expanding workload and increased head count has required us to obtain dedicated space to call our own. The Sporting Chance Education office opened in October just inside the Roman walls of the wonderful city of York, a proud moment to lead us into our twentieth year.

Our best wishes for Christmas and the new year

Alex Mills & The Education Team.



New York Office





NEW TRUSTEE



ALEXA COLLIS



I advise UK and foreign individuals and their families on the management of their personal affairs and the preservation and transmission of their family wealth.

My work includes Wills and succession planning, capital tax planning, and the formation and tax efficient use of trust and other asset holding structures. I also provide advice to non-domiciled and/or non-resident individuals on their obligations and the opportunities available to them.

My clients range from entrepreneurs to “talent”, increasingly with a US flavour. I also have prior offshore experience, having spent time in the Channel Islands advising individuals, trusts companies and family offices.

Prior to joining New Quadrant Partners, I trained with a leading UK regional firm, qualifying in September 2010. I studied Law at the University of Warwick before completing the Legal Practice Course. I am a member of STEP (the Society of Trust and Estate Practitioners) and I am currently completing the STEP Advanced Certificate in UK Tax for International Clients.

I was named as one of the 2019 eprivateclient Top 35 Under 35 women from the private client sector.

eprivateclient

Top 35
Under 35
2019



LONDON MARATHON



DAVID LEAN



JustGiving™

<https://www.justgiving.com/fundraising/david-lean1>

David is running the London Marathon raising funds and awareness of Sporting Chance.

“It is about giving back after the support I received as well as raising worldwide awareness during the run itself. Survivors don't need to hide away, it was never our fault. Please get behind this fantastic Charity.”





M E E T T H E S T A F F

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E D D I E J O H N S O N

HOW DID YOU COME TO WORK FOR SPORTING CHANCE?

After finishing my 12-year football career in the UK and over in the US, I spent the next three to four years trying to adapt and find a new career and pathway. I spent the next three years coaching up in Scotland at, Dundee Football Club, with their under 20's team that eventually came to an end and forced me to once again change my career direction.

At this point I decided to start a piece of work on how many athletes find work and careers after leaving their respective sports. This work led me to Simon Williams at the LFE. After picking his brains over a matter of weeks he suggested speaking to Alex Mills, Head of Education at Sporting Chance. After nearly an hour and half on the phone with Alex and going through my story and experience we arranged to grab a coffee and talk further. I like to think me and Alex hit it off straight away and within a matter of weeks I assisted with my first workshop and it has moved forward from there.

WHAT DOES THE ROLE INVOLVE?

My roll with the Education Department is predominately going out and about throughout the country to provide workshops to many age groups but mainly under 18s to under 23s. Our workshops cover mental and emotional wellbeing, addiction and substance misuse and also focus on our support services. These workshops last around an hour to an hour and 30 minutes. We also include a player story within the workshop that is often done by former client of the charity.

My second roll involves spending time within Premier League clubs reviewing their current policies and procedures and offering sporting chances experience and knowledge to assist them to get to everything in place to create a good and safe environment for players and coaches to deal with their emotional and mental health.

WHAT DOES A TYPICAL DAY LOOK LIKE?

A typical day within the Education Department will involve arriving at a certain teams training centre, college or Stadium around 30 minutes before any workshops begin. We need to set up our presentation and obviously have the customary cup of coffee. As a self-proclaimed perfectionist. I like to run through our slides, check for sound and make sure our player story is happy with their set up and when to come in on the workshop. After we have finished. I like to spend 20 to 30 minutes with the staff at the club for feedback on the presentation and to make sure they also are aware of the services if needed in the future for any of their players.



WHAT DOES THE FUTURE LOOK LIKE FOR ME AND THE CHARITY?

The future for myself hopefully includes a long career within the charity in which I can help grow awareness of the amazing services we offer to athletes and also to push forward and assist in education and knowledge of addiction along with mental and emotional wellbeing.

In terms of the charity, I only want to see it grow from strength to strength and to keep growing. I know first-hand that the work Alex Mills has done with the Education Department is making a huge difference and I wish for that to continue and thrive.

Here's to another 20 years of Sporting Chance.





YORKSHIRE POST

I TURNED THE CORNER AND SO CAN THEY, SAYS WAKEFIELD TRINITY'S ROLE MODEL REECE LYNE

AS someone who has previously veered close to the edge, Wakefield Trinity's Reece Lyne is an ideal person to speak to young offenders about how their lives can always be transformed, no matter how desperate they feel.

Granted, there are many ideal people to perform such a role.our fault. Please get behind this fantastic Charity."

The difference is, while most do not take it up, Lyne volunteers to talk about his life experiences to help those who feel there is no way out of their mire.

The England centre was rewarded yesterday when named by RFL president Tony Adams as the first recipient of his RFL President's Awards in recognition of this mentoring work.

The special awards are designed to recognise inspiring work to change lives and communities through rugby league, and achievements by players, coaches and volunteers which bring the sport to new audiences.

AS someone who has previously veered close to the edge, Wakefield Trinity's Reece Lyne is an ideal person to speak to young offenders about how their lives can always be transformed, no matter how desperate they feel.

Former Hull FC star Lyne, 27, is one of several Super League players who have given time and expertise to support a project at Wetherby Young Offenders Institute delivered by the charity Rugby League Cares.

The programme involved players sharing their own experiences with young people and mentoring them to help improve their self-esteem and get back on track.



Separately from the Rugby League Cares project, Lyne has also developed a mentoring programme of his own with young offenders in Hull whose behaviour has disrupted their own lives and affected the lives of others.

In an exclusive interview with The Yorkshire Post, a "humbled" Lyne explained more about his work. He said: "I'd started to do a bit when I was living in Wakefield at the Wakefield Young Offenders but when I moved back to Hull I started with the East Riding, too.

"It's about letting them know, either if they're in trouble or coming out of young offenders, that it's not the end of the road.

"There are still opportunities out there to try and improve and turn your life around.

"I meet up with them and might take them out for the day, somewhere of their choice, either going for a coffee or going to play some pool, and take them into a positive environment.

"I didn't have my dad around when I was growing up and not having a positive role model can affect you. You can make big mistakes along the way but as long as you learn from them and try and be a better person, you can always go on to do better.

"Working with young kids, I'm always pretty honest with them. We have breaking the ice sessions and I explain to them I'm not there as a sportsman - it's not about Reece the rugby player - but just Reece the person.

"I explain my own experiences and how life isn't always rosy and doesn't always go to plan. I've experienced that. But I turned the corner and so can they."

Lyne, who earned Super League Dream Team selection and made his England debut last year, conceded his career could easily have turned a different way a few years ago.

"Once a few things started happening, I realised I was coming up to my last chance and, if I didn't turn the corner, things could spiral out of control," he said.

"Things got to the stage where I knew I needed to knuckle down and make some big changes.

"Making the wrong choices and life comes down to choices whatever you do. Ultimately it is your choice. For many years, I was making the wrong ones and it was culminating in a lot of bad outcomes. I realised I had to eliminate some of those but it's paid dividends as I've delivered my best performances with Wakefield and played for England."

Former Arsenal and England captain Adams, whose own charity Sporting Chance does so much to support people within rugby league, took over as RFL president in July.

He said: "Reece is showing young people, at their lowest ebb, that prison isn't the end of the world, that they can still fulfil their potential and look to a brighter future.

"He's passionate about what he does and driven to make a difference to young people's lives. For their part young people at Wetherby have learned to trust Reece and confide in him, and it's testimony to the strength of their bond that he's been asked to continue his support.

"Staff at Wetherby have noticed positive changes too since Reece has been mentoring them. He is making an invaluable contribution to the lives of young people. He is also building his portfolio of skills that will help equip him for a varied and successful career post-playing - something I feel really passionate about as RFL President."

RFL chief executive Ralph Rimmer added: "It's wonderful Tony has chosen Reece. He is a credit to himself, Wakefield Trinity and our sport. His work reminds us of how rugby league reaches people and communities often excluded or marginalised, and it changes lives."





CRAIG FORSYTH ATLANTIC CHALLENGE



The premier event in ocean rowing – A challenge that will take you more than 3000 Miles west from San Sebastian in La Gomera, Canary Islands, Spain (28oN 18oW) to Nelson's Dockyard, English Harbour, Antigua & Barbuda (17oN 61oW). The annual race begins in early December, with up to 30 teams participating from around the world. The race structure brings together an environment where teams from across the globe gather in the race village San Sebastian in La Gomera, Canary Islands. The atmosphere is electric as people help each other prepare for the challenge of the mighty Atlantic Ocean. All with the same objective – to take on the unique experience of crossing an ocean in a rowing boat.

The atlantic challenge brings together teams from all walks of life united by the same objective: to take on the unique challenge of crossing an ocean in a rowing boat. The atmosphere is electric as people help each other prepare for the challenge of the mighty Atlantic Ocean. Teams battle with sleep deprivation, salt sores, and physical extremes inflicted by the race. Rowers are left with their own thoughts, an expanse of the ocean and the job of getting the boat safely to the other side.

THE RACE TAKE'S PLACE IN DECEMBER 2020

The race offers different experiences to all involved. The challenge creates strong friendships and competitiveness gives way to the camaraderie that is required to complete the challenge. Upon finishing, rowers join a small community of friends that have shared the adventures of an ocean crossing. The mental and physical endurance will result in a life-changing achievement, that will never be forgotten.



RACE FACTS

- Each team will row in excess of 1.5 million oar strokes over a race.
- Rowers will row for 2 hours, and sleep for 2 hours, constantly, 24 hours a day.
- More people have climbed Everest than rowed an ocean.
- Over €6million has been raised for charities worldwide over the past 4 races.
- At its deepest, the Atlantic Ocean is 8.5km/5.28 miles deep.
- The waves the rowers will experience can measure up to 20ft high.
- There are two safety yachts supporting the teams as they cross the ocean. In the 2013 race, one yacht traveled a massive 9000nm!
- The 2013 winning Team Locura arrived in Antigua with a blue marlin beak pierced through the hull of the boat.
- Each rower is expected to use 800 sheets of toilet paper during their crossing.
- The teams are supported 24/7 by two land-based duty officers.
- In the 2016 race, solo rower Daryl Farmer arrived in Antigua after 96 days, rowing without a rudder to steer with for nearly 1200miles/40 days.
- Each rower needs to aim to consume 10 litres of water per day.
- Rowers burn in excess of 5,000 calories per day.
- There is no toilet on board – rowers use a bucket!
- Each rower loses on average 12kg crossing the Atlantic

ROWING SOLO 3000 MILES





FA CUP 3RD ROUND DRAW



Tony took part in the FA Cup 3rd Round to help raise awareness for the 'Take a Minute', part of the Head's Up Campaign.

All of the matches in the EFAC Third Round will kick off one minute later than traditionally scheduled.

The time will be used to encourage fans across the country to 'take a minute' to act upon mental health – from a moment of self-reflection to reaching out to a friend or family member for a supportive conversation.



Heads Up