



Dunbar Utd Colts

Summer Newsletter

Volume 1

June 2020

Inaugural Newsletter

Message from the Committee

In these unusual times, we want to issue a newsletter to keep you up to date with all things football. The Committee have continued to meet on a monthly basis, via Skype call. We committed as a club to paying our quarterly Hallhill fees with the hope that we return to maintained pitches and a sustainable sports centre. The facility remains closed and as such, we are still unable to train. The facility are working with each user group and East Lothian Council to work on risk assessments with a view to how it can open and operate in the short to medium term.

The SFA Joint Response Group meet fortnightly – apologies if you feel you have not been in the loop here, the thinking being that you can assume that there has been very little change unless we tell you or you will have access to the same information as the committee.

The latest information can be viewed here:

<https://www.scottishfa.co.uk/news/scottish-fa-approves-conditional-lifting-of-suspension/>

SFA courses



The positive to the current situation has been the SFA provision of online courses. They are currently running L1.1 and 1.2 courses with the first of the 1.3 courses booked out within an hour. The club would urge all our members to use this current restriction to attend these training courses. Think of it as attending and completing courses rather than training nights. The best-case scenario would see all of our Coaches sitting with a L1.2 Coaching certificate in time for the new season – Let us see how close we can get! Don't see these courses as a burden; the more we increase our networks, share experiences and develop learnings from courses and conversations, the better the learning for our key focus group – the players. Always remember this is the very reason why we exist – to provide a safe sporting environment for boys and girls in our catchment area.

To ensure you do not miss these courses, use the SFA live website to search and book these courses, or use social media. We would recommend joining the Scottish FA Coach Education and Development page on Facebook, where they post courses dates, numbers of spaces available and provide chat groups on common problems other users encounter (Course information / CW modules). Alternatively, for Twitter users, follow Greig Patterson @grpat who is the head of Coach Education with the SFA.

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Scottish FA to educate coaching network on importance of mental health



Wednesday 20 May 2020

During mental health awareness week, the Scottish FA have launched an eLearning Mental Health Coach Education module that will be available to all coaches, volunteers and administrators within the game.

The module, which has been created by Hampden Sports Clinic, in conjunction with Breathing Space, will take the form of an online educational course.

The Scottish FA have become the first of the home nations to create their own bespoke course which is an educational tool for all coaches, in order to help them understand the importance of mental health along with advice on how to deal with the issue effectively.

This is the latest Scottish FA initiative put in place to help and raise awareness to those living with mental health issues after the association demonstrated their support to the 'Heads Up' campaign earlier this year.

Later this year, the Mental Health Action Plan will be launched across Scotland.

Dr Katy Stewart, from Hampden Sports Clinic, said: "In our society, there is still a stigma surrounding mental health. There is often a fear around talking about mental health and how we feel. The main aim of this module is to equip people with the tools and techniques to effectively support their players and fellow coaches".

"We are delighted to work with the Scottish FA and Breathing Space in this pioneering initiative and look forward to educating coaches in Scotland about mental health for years to come."

Tony McLaren, Breathing Space National Co-Ordinator said: "Mental health has a huge impact on our thoughts, behaviours and emotions".

"Whatever sport you participate in it's so important to prioritise our mental health as well as our physical health particularly during times of stress. The Breathing Space phone and Webchat service is available in the evenings and at weekends, to provide listening, advice, and signposting to anyone who is struggling or experiencing distress in their lives. This additional e-learning resource, provided by the Scottish FA with Hampden Sports Clinic, offers further quality support to athletes and coaches and provides some excellent guidance to help sporting enthusiasts to care for and manage their mental wellbeing."

Greig Paterson, Scottish FA's Head of Coach Education & Development said: "We are passionate about ensuring our coaches are as well equipped as possible to continue their coaching journey once they have undergone their courses and we want them to be as well rounded as possible. Integrating the eLearning mental health module will add another string to the bow and help coaches and volunteers in the game gain more understanding about the importance of mental health within our society, especially in football. The module will be rolled out this week as an option to all coaches undergoing all coach education courses and will become a mandatory prerequisite as of January 2021"



"It will dovetail with the Child Wellbeing module that is also compulsory to undertake and enable our coaches to be aware of important social factors before they undertake any practical sessions."

Former Scotland National Team midfielder Charlie Adam said: "The newly launched eLearning mental health module will give coaches a head start on issues they may well need to face in their managerial career. As a coach you will find yourself in a lonely place at times, in terms of setting up sessions and being frustrated about how results are going or you might not be in a job, which could have a negative effect on your mental health".

"These are the moments that will happen to all coaches at some point along their journey so it is important to recognise that and it is great thinking from the Scottish FA and the Hampden Sports Clinic to give consideration to mental health and educate coaches on the subject".

“Hopefully this is the start of mental health being educated to coaches as it is something that will be of great benefit to them. In terms of my own coaching journey, I have passed my B Licence and am currently undergoing my A Licence. The quality of the Scottish FA courses is second to none and adding mental health education to them will only go to increasing their level of value.”

To book, log in to your SFA live account: Course Attendee / Coach section

‘Book a Course’

‘Search ‘Mental Health in Scottish Football E-Learning Course’ (Do not put in a region at the search)

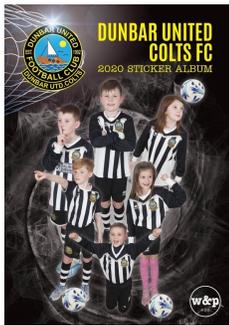
‘View Course’. ‘Book now’ ‘Confirm and Continue’

This registers you on to the course. The course then features in your courses tab – Click on this and it will take you to an external platform. If you have forgotten your password for this part, enter your email and reset it.

At the time of going to print, **only 5 registered volunteers have completed this module**. Please login and complete this; primarily because it is a useful course to do and secondly, but less importantly, this course will be mandatory from 2021.

Colts Sticker Album

The Colts Sticker album is one that will long be remembered by album creators, W & P Stickers. We first met with owner, Alistair Pryde, just before Christmas. Reminiscing over old Panini sticker albums and thinking about the joy the World Cup sticker albums bring, we were delighted to agree a Colts album launch. With the project from talks to launch somewhere in the region of 4 months, we hastily agreed a photoshoot for the album front cover. Immediately we were impressed with the quality and slickness of service provided.



We agreed on the cover album (above) then set about the mammoth task of arranging photos. We set 5 dates in an attempt to capture every Coach and player across all our age groups, from Soccer school up to and including the Amateur team and Dunbar United. With albums on order and stickers in production, we were all ready for the album launch – a sticker extravaganza in Hallhill. When lockdown struck, it would have been all too easy to pull the plug on this idea but with sales of albums already processed, W&P Stickers have worked tirelessly to process albums, post out albums and work from home. They have essentially set up printers in their own living room in an effort to continue production. We hope this has been a welcome distraction for our players, allowing a sensible mix between schoolwork, daily exercise and a fun activity.

We hope to provide some more stats on our first ever sticker album in the next edition!

Coach Education

Congratulations!



The following Coaches have completed their L1.1 Introduction to Coaching Course recently:

Brian Boyd

David Brunton

Alasdair Bunyan

James Forrest

Graeme Hill

Kevin Hunt

Reece Oliver

Jason Ormiston

William Phillips

Aaron Rickman

Struan Robertson

Ricky Stewart

Fraser Urquhart

The following Coaches have completed their L1.2 Youth /Adult Coaching Certificate:

Stevie Gray

Gavin Tulloch

Remember, you have to login and book the courses and the club will reimburse the costs. When booking, please let the Club Growth and Development Officer know, so we can maintain an accurate database in line with our Club Quality Mark criteria.

Please keep your eyes peeled and progress to L1.3 on the appropriate pathway for your age group.

There are no firm plans in place for online First Aid training yet but this is something the SFA are reviewing.

Registration of Teams

The Club now have to register with the SYFA every 6 months. This is to ensure we have all of our registered Coaches compliant with their Child protection policy and have completed the online Child Wellbeing module. If we have members who have not completed this, the Club cannot register and neither can the individual age groups. We currently have all of our 11-a-side age groups waiting to register – please get in touch if you are struggling to access the course.

Zoom Calls

Our development officer has successfully reached out to our age groups and will continue to do so. We want to tell you about what is happening, what the future holds and help with session planning. We are drawing up a clear pathway so Coaches can follow the exact training requirements for the Children and youth pathways. The Development Officer is also pulling together resources and base material on which you can pull together a training session.

This will differ depending on the age group you are involved with – Small sided game training and ball mastery for younger age groups, shaping and game related practice as you increase player numbers.

Zoom calls will continue to progress Coach training and we will shortly host Zoom training sessions.

Fundraising

We welcome virtual / online fundraising ideas from all our members. We strive to provide the best equipment and ensure there is enough resource for everyone.

This comes at a price and with Hallhill fees still being paid, we continue to look at how we can raise money for the club. We are looking at a single Club account which would allow Gift Aid to be reclaimed using 'MyClubHub' with the option of retaining team accounts for essential expenses.

We have football cards that we were promoting online, with the Winner taking £150. If anyone feels they could take these in to work and sell a full card, please contact the Chair or Dev Officer and we can provide a card.

News

Please pass on your team or individual news that we can share to others.

First news story:

Oscar Vance from our 2012 age group managed to get himself on the Match of the Day magazine, producing a heart from his stickers / cut-outs as a thank you to the NHS. Great stuff Oscar!

