

THE TRUST



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ROVERS BOYS ARE CHAMPIONS

Rovers' representatives Jack Ellison, Adam Robinson and Ed Rushworth were crowned Boys Champions at the 2011 Fred Perry Table Tennis Urban Cup finals in London.

The local youngsters edged out Manchester United in a hard-fought final to come away with the trophy.

The club's Community Trust team also included sisters Gemma and Lauren Dearden, from Accrington Academy, who competed in the girls event.

In an initiative launched by the Premier League and Fred Perry that has seen 100,000 girls and boys aged 11-14 play table-tennis over the past three months – wearing their Premier League club colours – Rovers' five youngsters had reached the final 80 competitors in the country.

Rovers' Premier League 4 Sport co-ordinator, Claire Newton, said: "It was a fantastic tournament and the chance-of-a-lifetime for all the young participants to compete at such a high standard. The progression of table-tennis in Blackburn over the last 12 months has gone from strength to strength.

"The young boys and girls that represented our Community Trust over the weekend really did themselves proud. Within the PL4S project, two national finals have now been held – in volleyball and table tennis – and I am delighted to say that we now hold the boys title in both events."

Pictured (from left to right): Claire Newton, Ed Rushworth, Lauren Dearden, Jack Ellison, Gemma Dearden, Adam Robinson and Mick Moir, Rovers' PL4S table tennis coach.



A group of GCSE PE students from Worden Sports College in Leyland took part in an activity day at the Community Trust's Education Centre with a focus on sports psychology.

After carrying out some fitness tests at the side of the pitch, the students then interviewed Rovers' psychological performance coach Jamil Qureshi.

By video conference, the students asked Jamil about his role at the club and the importance of psychology in professional sports and how it helps give sports performers the edge. He also gave the students an insight into how he got into his job and the wide variety of work that he does on television and with global businesses, as well as his recent role as performance coach for the European Ryder Cup team.

The 'Time to Change' matchday roadshow has parked up at Ewood ahead of today's Premier League game against Newcastle.

The event, which is delivered by Blackburn Rovers Community Trust, is designed to promote the awareness of preventable emotional and physical health problems and to encourage early detection and treatment.

It will take place from 12-3pm outside the Jack Walker Stand and everyone is welcome to attend.

The Time to Change - Imagine Your Goals project aims to work with young people from across the borough aged 16-19.

It provides them with a fun, positive group experience, offering new opportunities to develop friendships and increase social contact.

Using sport, physical activity and, above all, the brand of BRFC as a hook for young people, activities and sessions are delivered in partnership with the organisations listed below and supported by Blackburn with Darwen NHS.

Elliott Noble and Sam Dixon, who run the 'My Life' and 'Time to Change' projects at the Trust, paid a recent visit down to the Rovers' training ground to interview club captain Ryan Nelsen about his views on emotional and mental health...

Q: If you are playing in a formation where there is four of you in defence, the statistic is that 1 in 4 people will experience emotional health symptoms in their lifetime, such as depression. How does this make you feel when we put it in this context?



A: I see this a lot in football when players come to the end of their careers because their job is taken away from them and they go from up here, to down here. Some players really do struggle to cope. In terms of the 1 in 4 statistic, I'm surprised it's that many and I think it's something that has to be looked at more seriously.

Q: Do players often speak to the team doctor or physios about any issues they have?

A: Women are so much better in expressing their emotions, so this results in them getting things off their mind. Yes we do speak to the medical staff about our problems and I would say that they have to deal with the mental side more than the injury itself. After talking about our problems it really does help us as we're not letting the problem brew up inside us.

Q: Just over a year ago there was the tragic death of the German goalkeeper Robert Enke, who committed suicide. The statistic is that 5,554 adult males committed suicide in the UK alone. What do you

think could be done in the community to reduce this from happening?

A: I think I would try and get councillors into secondary schools and community centres. Create a private area or room in these venues so that anyone can go in and speak about their problems. I would also do an advertising campaign to promote males to start talking about their problems, as it really does help a lot.

Q: Blackburn Rovers Community Trust delivers two projects called 'Time to Change' and 'My Life'. They are for people to open up about their problems so we can support them in what they want to achieve. How important do you think these projects are in the community?

A: I feel this is very important, especially if you can create a platform for them to go. So I think it's brilliant what is going on in the community. I also think the BRFC name is very important as you can get some of the players promoting the projects you are delivering."

NHS BwD Change4life / Five Ways / BwD Community Restart / BwD Council Healthy Community Partnership / Health Trainers
The Blackburn with Darwen LINK / Brook / LAdvice / Blackburn College / Lancashire Mind / Mindcare
Lancashire Care NHS Foundation Trust / Creative Support / re:refresh / BwD Borough Council / Lifeline

**HOLIDAY
HOT
SHOTS**



Fun IT activities and games

At Ewood Park, Darwen End
Tuesday 22nd and Thursday 24th February
9am - 3:30pm £15 per day
Ages 7 - 11 Boys & Girls

For more information contact
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