



Supporting our Club Members and Community to keep healthy and happy.

“Providing opportunities for the players & volunteers within the club to develop their talent in a fun, safe and learning environment.”

#StayHomeSaveLives



@E\_F\_C\_F\_C



@eastfifecfc

[www.eastfifecommunityfootballclub.com](http://www.eastfifecommunityfootballclub.com)

# Take care of your health and wellbeing



Tips and information at:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Information for Young People:

<https://young.scot/campaigns/national/coronavirus>

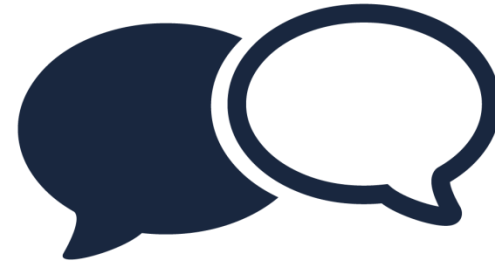


# Some key ideas to look after your health and wellbeing

- Connect with people
- Decide on your routine
- Try to keep active
- Get as much sunlight, fresh air and nature as you can
- Find ways to spend your time
- Find ways to relax and be creative
- Keep your mind stimulated
- Try to keep a healthy diet and stay hydrated



# Connect With People



## Advice for individuals:

- Keep in touch digitally.\*
- Make plans to video chat with people or groups you'd normally see in person.
- You can also arrange phone calls or send instant messages or texts.
- If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.

## What we will do:

- Organise virtual meetings via Zoom if teams want club information
- Set Challenges/Goals / Targets for your groups, then arrange a time to discuss how everyone got on (doesn't need to be football related; e.g. see @TimeToTackle #TimeToTackleDailyChallenge)
- Set up Football "Watch Parties" – agree to watch the same match at the same time, chat about it on group messengers, etc. (e.g. Scottish Cup and Scotland National Team Matches being shown "not live" on YouTube)
- Set "homework" tasks to watch a match and complete an analysis tasks to help players develop Game Understanding
- Organise competitions e.g. Design your own football club
- Organise Webinars on various football related topics
- Add your videos, photographs of what you have been up to during the lockdown to share via our YouTube channel (please note our YouTube channel is public)

**\*Through their regulated role in football, adults should not message/video call under 16s directly  
Remember to get parental/carers consent when setting up social media groups/chats!\***

# Decide on Your Routine & Try to Keep Active



## Advice for individuals:

- Plan how you'll spend your time. It might help to write this down on paper and put it on the wall.
- Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.
- If you aren't happy with your usual routine, this might be a chance to do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.
- Think about how you'll spend time at home. For example, plan activities to do on different days or habits you want to start or keep up.

## What we will do:

- If there is a demand, arrange Team "Activities" at the same time you would normally train / play to help people keep structure to their day and week
- Share good ideas between team-mates of how they have achieved routine in their days / improvements they have made
- Post out home fitness/ skills practices provided by the club & other clubs sharing best practice
- Introduce homework so that players are introduced to all aspects of being a football player e.g. psychology
- Zoom team sessions

# Support for our Community



- Keep in touch by Zoom & telephone with our participants how attend our community programmes, LIFE, Game Time/Talk Time e.g. be available for a phone call / messenger chat for those that are feeling isolated
- Virtual home fitness via Zoom
- Organise a food collect for local foodbanks
- Share useful links to keep people healthy/happy/active

# Library of Resources

## For Young People:

[Young Scot](#) - Information and advice for Young People

## For Parents:

[Parent Club](#) – Advice and resources for parents

[British Psychology Society](#) – Advice on talking to children about illness

## Wellbeing:

[Mind](#) – Coronavirus and your wellbeing

[SAMH](#) – Self help and wellbeing

[Heads Up Programme](#) – Getting comfortable talking about mental health

If you are looking to support someone feeling anxious at this time:

[British Association for Counselling & Psychotherapy](#)



# Where to get help



Scottish FA Child Wellbeing & Protection Policy is available here [Scottish FA policy](#) or email [Childrenswellbeing@scottishfa.co.uk](mailto:Childrenswellbeing@scottishfa.co.uk)

if any child or young person wants to raise any concerns, or any adult within a club setting has a concern about a child and needs some advice.

**Some additional helplines and advice** can be found below that may be of use:

Scotland's domestic abuse helpline: 0800 027 1234 or <https://sdafmh.org.uk/> for a chat online.

Call Breathing Space on 0800 83 85 87: Listening, advice and information for people in Scotland feeling low, stressed or anxious.

LGBT Health and Wellbeing Helpline: Information, support or simply a friendly voice - <https://www.lgbthealth.org.uk/> or 0300 123 2523

Parents Helpline – 0800 28 22 23: For tips, advice and support for parents or if you simply need to talk





# STAY AT HOME SAVE LIVES

**“Stay healthy, stay safe, most importantly stay home”  
Steve Clarke**



**NOTHING  
MATTERS  
MORE**

It is ALL of our responsibility to help get Scotland through this pandemic.

Please follow and share up to date Government advice from:

[www.gov.scot/corona-virus-covid-19/](http://www.gov.scot/corona-virus-covid-19/)

