

JOIN THE HAMPSHIRE FA HOME TEAM

#HFATOGETHER #HFAHOMETEAM



We love football and we know that your children do too! Over the coming weeks, we at Hampshire FA will be doing all we can to help keep children engaged and active in the sport we all love.



INTRODUCTION

We all share the disappointment of not being able to join in group training sessions and matches at the moment and we're all missing watching our favourite professional teams too, but there is still lots that we, as part of the grassroots football community, can do together so we are inviting you to join #HFAHomeTeam to have fun and stay active together.

We know that these are anxious and worrying times for many children and their families. Social distancing and self-isolation can be really hard to deal with. Children and young people may be feeling more stressed, anxious and worried as they absorb and react to the changes in their day-to-day lives.



SIGNPOSTING

It's important to remember that we are all part of an interconnected community and you are not alone. If you are worried about your child during this period, there are many organisations that can offer support:

www.youngminds.org.uk – parent helpline: 0808 082 5544

www.parentinfo.org -provides information to parents about children's wellbeing and resilience

www.actionforhappiness.org – provides strategies for staying positive through challenges

For the latest health information and advice about coronavirus (COV-19), visit the NHS website: www.nhs.uk



WHY WE'RE DOING WHAT WE'RE DOING

At Hampshire FA, our focus over the next few weeks will be to support football fans of all ages to keep engaged and active whilst supporting physical and mental wellbeing. Our plans are based on the following 5 key steps:

- 1. CONNECTING WITH OTHER PEOPLE** – Hampshire FA social media channels are a great way for children and their families to communicate with the wider footballing community, sharing experiences and encouraging each other to stay positive – click [HERE](#) for all Hampshire FA social media accounts
- 2. BEING PHYSICALLY ACTIVE** – Hampshire FA staff will kick off this initiative by setting physical challenges and providing football skill tutorials to keep everyone active. These can also be found via our social media channels.
- 3. LEARNING NEW SKILLS** – Our 'skills' clips will help children (and parents!) learn and share new football skills together. How about children teaching the adults in your household how to do a stepover or perhaps a daily keepie-uppy competition?!
- 4. GIVING TO OTHERS** – by bringing together the footballing community across Hampshire, we hope to encourage a sense of positivity and a feeling of purpose, engaging children and their families to share the fun.
- 5. PAYING ATTENTION TO THE PRESENT MOMENT (MINDFULNESS)** – having a ball at your feet is a great way to focus on the present! Our regular activities and challenges will provide children and their families with a distraction from all that is going on around them.



POSITIVITY AND FUN

We are here to help you, to distract, entertain and encourage your children to keep having FUN – it's what football is all about!

Watch out for regular updates and competitions on all of our social media channels – keep in touch with our wonderful football community, join our team and get involved. We will get through this together!

#HFATogether #HFAHomeTeam

