



NFA Disability Football

WELCOME

Northamptonshire FA, Northamptonshire Ability Counts League, Northampton Town Football in the Community and Peterborough United Foundation are committed to developing opportunities for people with a disability no matter what their ability. This booklet contains all the programmes available throughout Northamptonshire FA from the Northamptonshire Ability Counts club network, and the Elite Disability Programme.



If you require any more information or have any questions please contact:

Amber Wildgust

Disability Football Development Officer

Northamptonshire Football Association Limited

9 Duncan Close

Red House Square

Moulton Park

Northampton

NN3 6WL

M: +44 (0)7474 200720

amber.wildgust@northantsfa.com



@NorthantsFA



Northamptonshire FA



Projects

TURN UP AND PLAY

Do you or someone you know have a disability? Do you / they want to try something new, get fitter and meet new people? Then these events are perfect!



The Northamptonshire FA is pleased to announce new Disability Football Turn-up and Play Projects running in Daventry, Northampton and Wellingborough and would like to invite you to come and have a kick around with us.

You don't have to be the best, quickest or most skilful player to join in with any of our projects as sessions are very casual social sessions more about building self-esteem and confidence.

DEAF

Does your child love football? Do they want to play with Peterborough United Football Club and meet other deaf young people?

Join FA Qualified coaches for free fun deaf-Friendly Football sessions for all levels of hearing loss, boys and girls and all ages.

Communication support is provided in association with PDDCS (Peterborough and District Deaf Childrens Society).

Projects

DOWN'S SYNDROME

Northampton Town Football in the Community will be re-starting their coaching sessions specifically for people with Downs Syndrome on Sunday 14th September.

The sessions which are open to those aged 5 to 24 years old will be held at the Goals Soccer Centre in Northampton (NN4 8BT) from 10:30am – 12pm every Sunday during School term time from at a cost of £3 per person.



For more information on these sessions please contact:

The Northampton Town Football in the Community Programme
Manager

Russell Lewis

P: 01604 683764 (office) 07887 878182 (mobile)

E: russell.lewis@ntfc.tv.



Projects

MENTAL HEALTH

Why is mental health an issue for football?













One in four people will experience a mental health problem in any year. Over 10% of the population have depression at any one time. There are millions of people involved in grassroots football, right now, with mental health problems. The examples of Robert Enke, Frank Bruno and Marcus Trescothick show that mental health is relevant to everyone in sport, even at the elite level.

What can football do to help?

Football can help in people's recovery, help to manage symptoms and can radically improve the quality of people's lives. Whether it's in mainstream, community football clubs, or in specialised sport and mental health projects, football can deliver massive benefits. There are three key ways that football can help:

- Delivering social inclusion
- Helping physical health
- Improving people's mental health

For some people, physical activity can be as powerful as medicine or therapy. In 2010 the Mental Health Foundation said that for people with depression, "Comparative studies have shown that exercise can be as effective as medication or psychotherapy". Exercise releases natural chemicals like adrenaline and serotonin. It also helps to release muscle tension, raises the body temperature and causes tiredness. These all help relieve stress and provide relaxation – this is of particular benefit for people with mental health problems.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11		<div>  Daventry Leisure Centre NN11 4FP </div>					<div>  Goals NN4 8BT </div>
12				<div>  Lings Forum NN3 8JR </div>	<div>  The Racecourse NN1 4LG </div>		
1	<div>  Redwell Leisure Centre NN8 5LP </div>	<div>  Daventry Leisure Centre NN11 4FP </div>					
2	<div>  Redwell Leisure Centre NN8 5LP </div>		<div>  Netherton Grange PE3 6HQ </div>				
3							
4							
5							<div> Learning Disabilities </div>
							<div> Deaf </div>
6	<div>  Jack Hunt School PE3 9PN </div>			<div>  Thomas Becket Catholic School NN3 6HT </div>			<div> Downs Syndrome </div>
			<div>  The Embankment PE1 5BW </div>				<div> Mental Health </div>
7				<div>  Nene Park Academy PE2 7EA </div>			<div> Turn up and Play </div>
							<div> Player Development Centre </div>



Local Pan-Disability Teams

The NFA encourages players with learning, physical or sensory disabilities to access local football opportunities via their local FA Charter Standard Football Clubs. Our aim, where feasible, is for mainstream FA Charter Standard Football Club and leagues to be inclusive. However, we recognise due to a player's disability, some players do not and arguably, could not, access mainstream football. For this reason we've established a network of "Pan-Disability Football teams".

The majority of our Pan-Disability Football Teams sit within FA Charter Standard Clubs; they're fully inclusive and accessible for all ability levels.

So, if you're a player that loves playing football, but have difficulty accessing the mainstream game for the reasons mentioned above, why not contact your local "Pan-Disability Football Team" and get involved!.

Wellingborough OGI's FC



Where: Old Grammarians, Memorial Sportsfield, Off The Mad Mile, Sywell Road, Wellingborough, NN8 6BS

When: Tuesday 6.45 - 8.00 and Saturday Mornings (tbc)

Gender: Male and Female

Age Group: 8 - Adult

Contact: Claire Bland

Mobile: 0 7584498806

Email: claire@bland2354.freemove.co.uk

Website:



Local Pan-Disability Teams

AFC South Rushden Stars



Where: Spencer Park Rushen, NN10 6RZ
When: Wednesday 6.00 - 7.30
Gender: Male and Female
Age Group: 8 - Adult
Contact: Simon Barrett
Mobile: 0 7841927094
Email: simon.sjg@hotmail.co.uk
Website:

Corby S & L



Where: Brooke Weston, Corby, NN18 8LA
When: Monday 6.00 - 7.00
Gender: Male and Female
Age Group: 8 - Adults
Contact: Mark Frost
Mobile: 0 7545059991
Email: dawn.frost@sky.com
Website:



Local Pan-Disability Teams

Kettering Multi Disability FC

Where: Tresham College Windmill Avenue, Kettering, NN15 6ER
When: Wednesday 6.00 - 7.00
Gender: Male and Female
Age Group: 10 - Adults
Contact: Sue Kent
Mobile: 0 7724071274
Email: suekent99@yahoo.com
Website:

Netherton United FC



Where: The Grange Mayors Walk West Town, Peterborough, PE3 6EU
When:
Gender: Male and Female
Age Group: 8 - Adult
Contact: Derek Nimmo
Mobile: 0 7852987456
Email: kered56@aol.com
Website: <http://netheronfc.co.uk/>



Local Pan-Disability Teams

Northampton Town Multi-Disabled FC



Where: Moulton College West Street, Moulton, NN3 7RR
When: Friday 5.30 -7.00
Gender: Male and Female
Age Group: 8 - Adult
Contact: Russell Lewis
Mobile: 0 7887878182
Email: russell.lewis@ntfctv
Website: <http://www.ntfc-fitc.co.uk/ntfc-football-in-the-community-multi-disabled/>

Peterborough United LD



Where: The Embankment astroturf, Peterborough
When: Wednesday 6.00 - 7.00
Gender: Male and Female
Age Group: 18 +
Contact: Nick Sheppard
Mobile: 0 7946345574
Email: foundation@theposh.com
Website: www.theposh.com



Powerchair Football

Northamptonshire PFC

Where: John Ashby Sports Hall, Moulton College, Moulton, Northamptonshire, NN3 7SX

When: Sunday 12.00 - 2.00 (fortnightly)

Gender: Male and Female

Age Group: 8 - Adults

Contact: Kim Mander

Mobile: 0 7976875388

Email: kim.mander@aol.co.uk

Website:





Ability Counts League

The Northamptonshire Ability Counts League provides regular competition for disability football clubs, it is designed to give people with a disability the opportunity to play football. The teams involved in the league are committed to providing a friendly and safe environment for all players with a disability to take part in Football. The league fixtures are held monthly (2014-15) fixture dates below.

The Northamptonshire Ability Counts League, provides opportunities for male and female players in the categories below:

Junior Division (U13's Mixed)
Youth Divisions (U16's Mixed)
Adults Divisions (over 16's Male)

The league operates a 4 year age banding in the Youth and Junior Divisions.

All matches will be small sided (4v4; 5v5; 6v6; 7v7) dependant on the number of players and facility available at each league event. The decision regarding the number of players per side will be taken by mutual agreement on the day.

Ability Counts League fixture dates – Season 2014 -15

7th February Raunds Manor School - NN9 6PA
7th March Raunds Manor School - NN9 6PA
18th April Wellingborough OGI's FC - NN8 6BS
10th May Wellingborough OGI's FC - NN8 6BS
13th June Corby S&L - NN18 8LA

Current league standings here:

<http://full-time.thefa.com/Index.do?league=584507510>



Player Development Centre

We actively support The FA's Talent Pathway, which provides an opportunity for players with learning, physical or sensory disabilities to reach their potential, which could lead to representing their country in world competitions.

As part of this talent pathway, Northamptonshire FA operates The Northamptonshire Player Development Centre, which leads to Regional Impairment Centre of Excellences and from there; players are selected to represent National Impairment Squads.

The purpose of The FA Disability Player Development Centre Programme is to identify players deemed to have a higher level of ability and place them in a technical programme designed to promote individual football development and promote progression to and involvement in Regional Impairment Specific Centres of Excellence or mainstream football activity.

Thomas Becket Catholic School
Thursday evenings, 6pm – 7:30pm

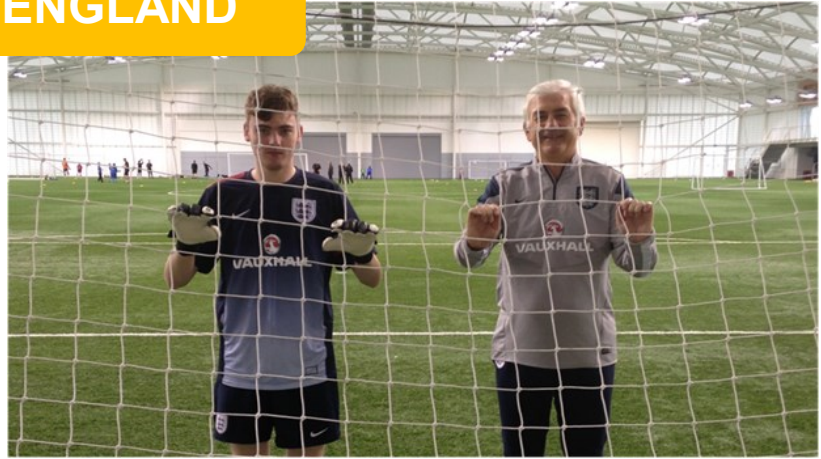
The centre can be accessed by young footballers, between the ages of 12 - 16 with any of the following impairments:

Cerebral Palsy
Partially Sighted
Hearing Impairment
Amputees or Learning Disabilities
including players in mainstream football



A PATHWAY TO PLAY FOR ENGLAND

Northampton Goalkeeper Nathan Theadgold had a weekend to remember training with the England Learning Disability Football team at St Georges Park.



Nathan, pictured above with Head Coach and ex Aston Villa European Cup winning captain, trained with the squad and came on as a second half substitute in a friendly game against the Nike Academy who are also based at SGP. Nathan said 'I was really pleased to be invited to be to train with the team and stay at St Georges Park with the Coaches and Players, it was a great experience'.

Head Coach Dennis Mortimer said 'I was impressed with the way Nathan trained and played over the weekend and hopefully he will be part of the squad for the Home Nation Championships'

Nathan was identified to the FA as a promising young goalkeeper by Russell Lewis, Northampton Town Football in the Community Officer when he was playing for the Northampton Disability Player Development Centre when he was 14 years old.

Northamptonshire have a number of players with a disability who are involved in the FA's elite disability pathway, Harry Baker who recently played for the Senior England Cerebral Palsy Squad in the European Championships in Portugal, Rob O'Brien, Matthew Sellers and Callum Bland have all been part of the England Cerebral Palsy Development Squad, all who have been coached by Russell Lewis when they played for the Northamptonshire Player Development Centre.