

Vics in the Community 2023



CHARITY NO: SC048328

At the end of 2022, Vics in the Community received the Platinum Quality Mark, which is the highest level of quality mark awarded by the SFA. The Platinum award covers all our teams playing football and the extensive community work that is carried out. The award covers a range of aspects including coach education, child wellbeing, community activities and administration.

We now have 20 teams including; age groups from 2018s to 2006s, girls, over 35s, over 50s, over 60s, an amateur team and a semi-professional team.

Whitletts Victoria over 50s won the championship title and got promoted to the Premier League.

Whitletts Victoria over 35s reached the Scottish Cup Final, a fantastic achievement. Unfortunately they lost in the final to Easterhouse.

Whitletts Victoria Amateurs got promoted to Ayrshire Division 1 after a tremendous season.





Our senior team Whitlets Victoria FC went on a great run to avoid relegation and confirm their place in the 2023/2024 West of Scotland Championship.

Free football sessions were delivered and free lunches were provided to all kids that attended our camps throughout the year. Over 1500 attendances were recorded at the Easter, Summer and October Camps in 2023.



In partnership with the Community Sports Hub, we provided team building activities and alternative sports at the camps alongside football, which the kids thoroughly enjoyed. 2 Trips to Hampden – On 31/07 & 01/08, we provided days out for over 60 children to visit the national football stadium Hampden Park. This included a stadium tour, a visit to the transport museum and a trip to McDonalds.



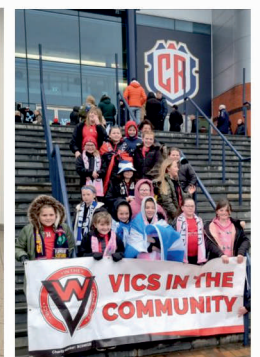
In partnership with the Rangers Charity Foundation, we were able to take 14 kids to a Rangers game.

Vics in the Community ran a school lunch time programme which covered Braehead, St Johns, Dalmilling and Newton primary schools. The programme ran from 02/10 to 13/10, with over 200 children engaging in free football sessions provided at their school.

2009s team and coach John McLean, 2011s coaches Kevin Mullan and Ross Kelly, volunteers Robbie Mclaughlin, Josh Agnew and Wednesday Wanderers were all shortlisted for South Ayrshire Sports Awards – results to follow!

Our girls' team were extremely grateful to accept an invitation from the SFA to attend as a club, the Scotland Women's Team's international friendly match against Costa Rica on 11 April 2023.

Eleven of the girls who volunteered were player escorts for the match and walked the teams onto the pitch pre-match and stood for the national anthems and all were shown on TV – the little stars!



GROUPS OVERVIEW

Mindful Monday

Mindful Monday runs every Monday at Lochside Community Centre, our members take ownership of their group and what they want to see happen, this allows us to plan a few months in advance and it builds up their confidence in speaking within a group. Activities like cooking, crafts and quizzes are always popular. This group brings people together to share their experiences, make new friends and helps to promote positive mental attitudes. We have 2 volunteers who have had the necessary training to support the group, this allows the worker time to speak to members one on one if required, this can be for a wide range of things including help with form filing, making calls on their behalf, and supporting them with their mental health and wellbeing.



Wednesday Wanderers

Wednesday wanderers walking group runs every Wednesday, members meet at Dalmilling church and plan a walk route. The walk leader has completed the necessary training allowing them to support the members with their fitness goals and making sure everyone's ability is catered to. The walk leader also supports the members with a range of other concerns such as mental health, sexual health, and meal plans. This group allows members to get active, make new friends, promote body positivity and helps with a positive mind set.

Teddy Bear Tots

We provide a safe place for children to play and learn. We know that play is key to children's learning, development, confidence, and well-being, we make sure there is a variety of play as this helps with all areas of children's development. We have various areas such as the home corner, sensory play, building and construction and soft play. Song time is a firm favourite with the children and adults alike promoting movement to enhance their gross motor skills. We often support parents, grandparents, guardians with a range of concerns such as developmental concerns, their own mental health struggles, and signposting to various charities and organisations.



The Community Corner

The Community Corner is a safe warm space for all members can drop in and enjoy a hot lunch each week or can stay for after lunch activities. The group has been a great tool for individuals to meet new people from all walks of life with many friendships being made along the way. Members can look forward to activities each week such as quizzes, crafts, and prize bingo. Our members have received support for a number of concerns including utilities, food, sim cards and mental health support.

The stAYRway To Success Project

We have been working in partnership with Ayr Academy to deliver an alternative programme for the children and is designed to best meet the needs of some of the young people who struggle with a regular timetable. This bespoke model has taken into consideration pupil views & career interests. All young people will still attend some classes in school but will have a targeted approach to English and Maths qualifications. These pupils are in 4th year and attend our groups twice a week and work alongside our workers and volunteers learning new skills such as heart start first aid, Naloxone awareness, cooking, leadership, and mental health first aid. These skills and qualifications will contribute to their John Muir Award, Duke of Edinburgh, Saltire and Health & Well-being Award Level 4.



Vics Dance Troop

Our dance coach has been working alongside pupils from local primary schools and academies. Twice weekly she attends schools to coach girls all interested in dance. She comes up with choreographed routines making sure everyone's dancing ability is taken into consideration. She is a great mentor to the girls and helps them make good choices, encourages them to be themselves and helps promotes body positivity. They are working towards their next show at the Gaiety Theatre.

Walking Football

Our walking team has been running since 2021 we have a strong group of players aged 16+, walking football is a sport that everyone can play. It's an inclusive and accessible way for people to get active. It is a great way to get fit, have fun and make new friends. This sport is ideal for people of all ages, including people who haven't played football before. We have seen that more younger players benefit from taking part in this game. Walking football promotes positive health behaviours in young people such as regular physical activity and maintaining good dietary habits. It's also a great way of being active at any level.



COMMUNITY AND WELLBEING GROUPS



We have various groups running each week these includes Mindful Monday, Wednesday Wanderers, Teddy Bear Tots and the community corner, through these groups we have had several of our volunteers gain qualifications such as REHI, first aid, their personal license and MIDAS which means we now have 2 qualified mini-bus drivers

22
qualifications gained by our volunteers.

264
People supported one-to-one.

1388
were fed at groups & events.

14
Volunteers received a bronze award at the VASA volunteer awards.

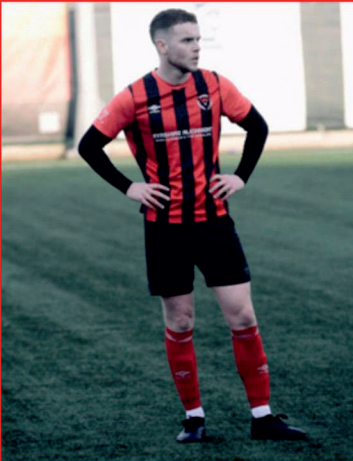
942
Volunteer hours given to support the running of our groups.

19
Group events and trips.

2076
Attendances recorded at our groups over the last 12 months.

Goodbye Andrew Downie

We said goodbye and best wishes to Andrew Downie our funding officer at VICs In The Community in November. Before leaving the post, Andrew also helped VICs secure what we hope is the final piece of the funding that will allow work to start on our community hub/pavilion once the building warrant has been approved. Everyone at VICs wishes Andrew all the very best wishes for the future.



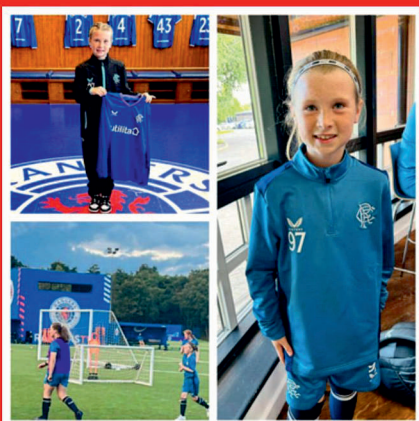
Welcome Louis Kerr

Louis Kerr joined us as the football development officer back in August 2023. Louis comes with a wealth of experience having coached at our football camps and also playing with Whitletts VICs for 7 years. Louis recently rejoined our senior team after spending a year with Irvine Meadow.

Vic the Lion joins the VICS!

This year we welcomed a new member of team Vic! Vic the lion who is our new mascot has been a firm favourite at our football matches, tournaments and community events. This year Vic the lion has taken part in many events to raise awareness for mental health and suicide prevention, he also enjoyed supporting the dash of pink charity event and most recently won the charity mascot race in aid of Ayrshire Cancer Support at Ayr racecourse.

Vic the lion is sponsored by John Marshall & Sons Ltd.

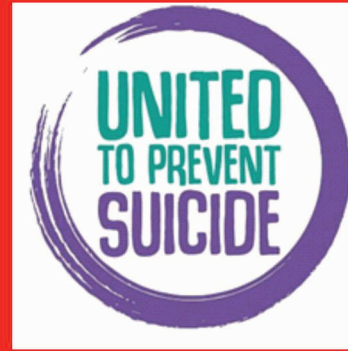


Well Done Alba!

Our own superstar nine-year-old Alba has made history as youngest girl signed by Rangers Football Club! Despite her age, Alba has already shown immense promise, standing head and shoulders above her peers. Alba played with our 2013s and 2014s, attended our camps and still uses NVP to get her practice in. Alba is a great leader on the pitch and a great example of how hard work and dedication pays off. Well done Alba we are all very proud of you, keep up the hard work.

United To Prevent Suicide

We work in partnership with United To Prevent Suicide, we are United in a shared belief that each and every one of us has a role to play in preventing suicide.



A big part of what we do as a charity is working closely with our coaches, players, families and community members who may be struggling with their mental health and suicidal thoughts. These sessions are strictly confidential and has played a big part in making sure each individual gets the help and support they need. We strive to raise awareness of the importance of TALK. Our hope is that through this campaign people will understand the importance and talk to someone.

Walking Football

Everyone from our walking football group thoroughly enjoyed the day out at Hampden. The tour, getting changed in the dressing room and then enjoying a game in the iconic warm up area all ensured it was a special occasion for everyone involved. We learned about the power of Football Memories and the huge impact it has made across so many lives already. As a result, we'll be looking to start a group of our own soon. We'd like to thank Walking Football Scotland and Football Memories for providing this fantastic experience.



SOUTH AYRSHIRE SPORTS AWARDS

Well done to all the nominees, runners up and winners from this year's sports awards, VICs In the Community had another successful year with a whopping 3 winners and 1 finalist in the categories. A wonderful evening was had by all.

2023 winners and finalists:

John Mclean – Volunteer Coach of the year – Winner

Whitletts Vics 2009 - Team of the year – Winners

Kevin Mullen & Ross Kelly 2011 Coaches – Special Recognition Award - Winners

Wednesdays Wanderers (Sarah Ferguson) – Programme of the year – Finalist



SPECIAL RECOGNITION
AWARD 2023



PROGRAMME OF THE
YEAR 2023
Finalists



VOLUNTEER COACH
OF THE YEAR 2023
Finalists



SOUTH AYRSHIRE TEAM
OF THE YEAR 2023
Finalists



Our Year in Numbers 2023

23
families supported
with essential
items such as
washing machines,
beds and cookers

3
new initiatives
started:
Boot bank,
Walking group,
Community
Corner

1700
people
attended the
Kings
Coronation
fun day

411
people
attended
Easter
activities

117
mental
health sport
sessions
delivered

16
girls took part
in
DanceMania
led by Vics
dance coach

76
kids and adults
attended
Parkhead
thanks to the
Kano
Foundation

190
people
attended
Halloween
activities

388
people
supported
with sim
cards

3
youth
groups
supported
with food

5
community
pop-up
events

500
Easter eggs
distributed

400+
families
supported
with food

140
pupils were
supported with
lunch at Easter
school

600+
families
supported
with utilities

Football 2023

3
Football camps
hosted
including
Easter, Summer
& October

1550
Attendances
recorded at
camps
throughout the
year

1550
Free lunches
provided at
camps

50+
Volunteers
coach with
our teams

432
Volunteer
hours at
camp

400+
Children
engaged in
football
sessions at
schools

1
New team
formed -
2018's

20
Girls attended
Hampden for the
Scottish Woman's
team friendly
against Costa
Rica

51
Fair play awards
won at football
camps
throughout the
year

60
Kids
attended
trip to
Hampden

60
Kids attended a
summer trip to
the transport
museum

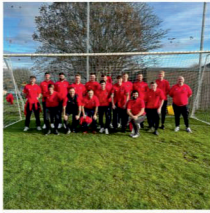
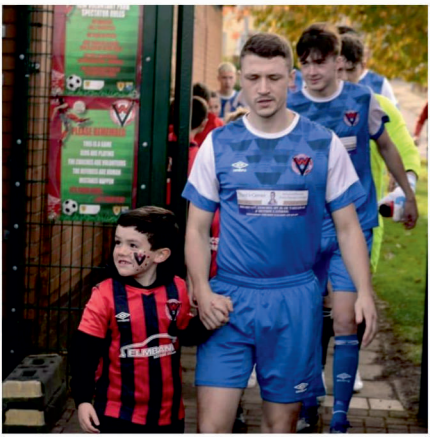
250+
People pass
through our
gates at New
Voluntary Park
each week

19
Coaches
gained further
coaching
qualifications

8
Kids attended
a trip to Ibrox
for a match

Christmas 2023 at VICs In The Community







Football & Community Feedback

"Thank you once again for making our boys summer, the camp is lifesaver for us as it allows him to keep fit and active and also mix with other kids, going away is so expensive but he doesn't feel like he is missing out because he has camp" – Mum of 1

"We are so appreciative of the help we received with food, due to this support over 1200 kids and families were fed at our fun days over the summer" – ST

"We have had the best day, Thank you for putting on these events, everything costs so much money these days so being able to do something together as a family without a big cost is amazing"
- Mum & Dad of 3

Thank you to the coach and team who make football training so fun and engaging, she has additional support needs & a very short attention span but you help her stay focussed she can't wait to come to training each time -
Foster Mum of 1

Coming to the vics groups has given me a new lease of life my health has improved and my confidence has skyrocketed
- Female aged 66

I was at a really low point in my life when I joined the Mindful Monday but joining the group and meeting people who were in the same situation as me has given a sense of belonging, we are family! - Male aged 43

 Whitletts Vics in the Community

 @vicsinthecommunity

 @in_vics

 info@vicsinthecommunity.com

Vics in the Community

18 Taylor Street

Ayr

KA8 8AU



What a year 2023 has been for VICs in the Community not only did we secure funding for our pavilion upgrade, our community work and football has gone from strength to strength, and we are very much looking forward to future in the new voluntary park.

We would like to thank all our funders and sponsors who has made this possible, also to our wonderful coaches, volunteers, trustees, staff and families without your support we wouldn't be where we are now.

"We are more than a football club, we are a football family".