



# ANNAN RUGBY CLUB NEWSLETTER

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## FOREWORD FROM OUR PRESIDENT

Since our last newsletter there has been a further lockdown due to COVID, which has impacted on any activity we've been allowed to do. Thankfully we have now opened up a bit and I'm glad to see that all the youth teams have now resumed full training and the adults have resumed with track sessions for adults and a fitness boot camp for women and girls.

Off field the main development has been that on the 5th May the Club managed to complete the purchase of our Violetbank ground, having leased it since we moved there in 1999. This marks the beginning of a new chapter for the Club, as ownership will allow us to move forward and develop our facilities to meet the future demands, not only of the Club, but the wider community. I would like to thank the Hollywood Trust and Murray, Little and Knox Solicitors for their support in making this project a reality. I would also like to thank all the Club's members and friends for their support and fundraising over the past few years, and in particular to Club project leads Fiona Latimer and Neil Moffat for their efforts.

The past year has been difficult for everyone and the COVID 19 pandemic has highlighted the potential impact on everyone's mental health and wellbeing and I am delighted that the Club have partnered with the Looseheadz

Foundation to support all our players, coaches, staff and volunteers through these testing times and as we go forward into the future. Thanks to Laura MacKay for taking on the role of mental health and wellbeing lead for the club.

Since February, the Club has also supported Dumfries and Galloway Council and NHS Dumfries and Galloway with the use of our Clubhouse in Bank Street as a venue for delivery of asymptomatic community testing for COVID 19.

Hopefully I will see you all either on a touchline at Violetbank or for a pint in the Clubhouse at Bank Street soon, as we emerge from COVID restrictions and look forward to the start of the 21/22 Season.

**Yours in Rugby,  
Gary Coupland,  
President, Annan Rugby**



# ANNAN RUGBY IS BACK!

After another lockdown, I think it is safe to say that everyone is delighted to see the return of rugby training back at Annan RFC!



The U16 boys led the way with the first session back at the end of March. Andy and Rob have been pleased to see good numbers at the training sessions since returning where they are averaging 14 players a night, even with some revising for their school assessments. They are working on getting all the players up-skilled with handling, rather than focusing on individual positions

- they want the team to play a fast, dynamic brand of rugby. The focus is on enjoyment and game play rather than fitness, which will remain an optional extra at the end of training and they are all excited to get back playing games and put some of their new skills and moves into action.

The next team back to training were the P1-7 Tigers. Each week the numbers attending have been excellent and, not to tempt fate, the weather has been extremely kind which makes it an even more enjoyable experience. There have been lots of new players coming along, especially in the P1-3 age group and it is great to see so many families, old and new, supporting the Club.

The U14 boys had their first training session the following week and the coaches and team manager have said how nice it is to be back training with good consistent numbers and preparing for their first games of the season. They also look forward to welcoming the

P7 newcomers in the summer and wish the older ones that are moving onto the U16 team the best of luck!

The Hornets also returned to training that same week and after their session at the beginning of April, Head Coach Billy commented that there had been 21 Hornets at training with a couple of new girls coming along – there was great attitude and work rate as well as some fun.

The Senior Men have marked their return to rugby training with an 8-week block of fitness sessions, two evenings a week, which began at the beginning of May. These sessions are aimed at helping the squads to be ready for pre-season.

The Warriors & U18 Girls training resumed mid-May and the consensus is that it is really good to be back and the ladies are working their way slowly back into a training routine.



## TRAINING

Helpers are also needed for our training sessions, in particular the P1-7 age groups.

Over the last couple of months, the numbers at training have grown considerably which is great for the club – but we need to be able to split the numbers into smaller groups to make drills and games more manageable.

The coach would plan and set up each training session and the helpers' role would be to support and supervise the drills and games for one of the smaller groups.

Ideally, if we could get enough helpers, then it could work on a rota basis so that each person wouldn't have to commit too much time.

If you are able to offer your time and help, then please contact:

Colin Warrick

Tel: 07402557075

Email: [colin.warrick73@gmail.com](mailto:colin.warrick73@gmail.com)



## GRUBBER

We really need volunteers to help in the Grubber on match days and training nights across all ages and stages.

The more people we have to help, the less time each person needs to spend time helping!

We work on a rota basis so that everyone still gets a chance to see their child(ren) play. It is a great place to keep dry and warm in the winter months!

Maybe there are grandparents, carers and family friends out there who might not have a big interest in watching the rugby itself, but would love to show their support?

If you are able to offer your time and help, then please contact:

**Heather Tinning**

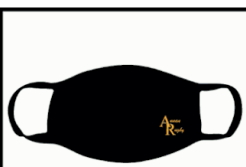
Tel: 07766700686

Email: [heathertinning@annanrfc.com](mailto:heathertinning@annanrfc.com)

“MANY  
HANDS  
MAKE  
LIGHT  
WORK”



## AVAILABLE TO PURCHASE FROM THE GRUBBER



**Face Mask**  
£5.00



**Bobble Hat**  
£9.00



THANKS TO  
**MACC  
DESIGN STUDIO**  
41 HIGH STREET  
ANNAN



**Mini Sanitizer Bottle with  
Belt/Keyring Grip**  
£4.00



**Sweets / Hot & Cold Drinks**  
£ various



**Wristbands**  
£2.00



**Socks**  
£8.00 per pair  
S 12-2, M 3-6, L 7-11



**Keyrings**  
£2.00



**Gum Shield**  
£3.00  
Junior & Senior



**Tote Bags**  
£2.00



ALONE WE  
CAN DO SO  
LITTLE;  
*Together*  
WE CAN DO  
*So much!*

## MONTHLY DRAW

– a few words from Ed Woodman, the draw-master!

The Monthly Draw is a fun way to support the club and, just maybe, you will win a life-changing **£250!** All you need to do is set up a standing order for £4 to be paid monthly to:

**Sort Code: 80-05-32**  
**Account No: 00121361**

Then sit back and wait for your number to be drawn!



## Previous Winners:

Feb - Alan Robertson

March - Leanne Nelson

April - David White

May - Linda Fisher

June - Sean Haren

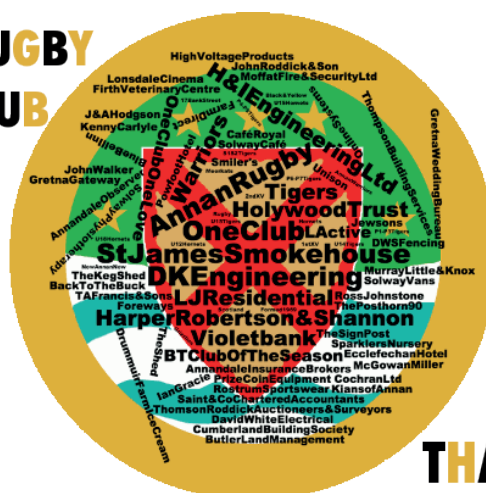
## SPONSORSHIP

With season 2021/22 looking like it is going ahead as planned (fingers crossed), this gives us the opportunity to work with local businesses to retain or gain their financial support. We aim to work closely with the community to offer packages that meets every budget from a match day ball to pitch side hoarding to strip sponsorships. The running costs of such a facility is not cheap and would not be possible without our Sponsors; we are very grateful for any and all support. Throughout June we aim to contact businesses to see if we can work together throughout a much-anticipated season ahead.



## ANNAN RUGBY

#ONECLUB



**THANK YOU!**

# SPONSORSHIP OPTIONS.



## OPTION 1 MATCHDAY HOSPITALITY PACKAGES

Available for business and non-business, large or small. Prices available on enquiry.



## OPTION 2 VIOLETBANK SPONSORSHIP

For the sponsorship amount of £600 (+VAT)



## OPTION 3 SPONSORSHIP OF THE GRUBBER

For the sponsorship amount of £500 (+VAT)



## OPTION 4 HIGHLAND GAMES SPONSOR

For the sponsorship amount of £500 (+VAT)



## OPTION 5 POST PROTECTOR SPONSOR

For the sponsorship amount of £300 (+VAT)



## OPTION 6 MINI FESTIVAL TOURNAMENT

For the sponsorship amount of £300 (+VAT)



## OPTION 7 INVESTMENT IN YOUTH RUGBY

For the sponsorship amount of £200 (+VAT)



## OPTION 8 PITCHSIDE ADVERTISING

An advertising hoarding pitchside at Violetbank (12ft. X 2ft.) costs £150 per season (+VAT) and the sponsor provides the board.



## OPTION 9 MATCH DAY PROGRAMME ADVERTISING

The programme printed for the 9 home league games in Tennent's West Division 1 as well as for any home cup games. Pages are A5 size. The cost of advertising for the season (+VAT) is £60 half page, £100 full page, £125 inside front or inside back (colour), £150 back cover (colour).



## OPTION 10 MATCH BALL

For the sponsorship amount of £60 (+VAT)



## OPTION 11 HIGHLAND GAMES EVENT SPONSOR

For the sponsorship amount of £25 (+VAT)



## OPTION 12 ENTRY TO MONTHLY DRAW

For the monthly amount of £5 (paid by direct debit) you have the chance of winning £250 every month

## CONTACT US

All our sponsor will also receive an invitation to sponsor events throughout the season and recognition in our social media. For further details of the above packages feel free to get in touch.

Please let us know if you have any other ideas for sponsorship which have not been listed.

Neil Moffat

✉ [neil.moffat@annanrugby.com](mailto:neil.moffat@annanrugby.com)

✉ [sponsorship@annanrfc.com](mailto:sponsorship@annanrfc.com)

☎ 07469 774918



## MENTAL HEALTH & WELL BEING

As you know Annan Rugby have partnered up with **The Looseheadz Foundation** to Support Players, Coaches, Staff and Volunteers, in these unpredictable times we are living in and going forward into the Future.

### WAYS TO WELLBEING

1. **CONNECT** ~ Stay connected with Family, Friends and Colleagues. Regular contact enables us to share ideas, concerns, worries and offer or receive support.
2. **BE ACTIVE** ~ Physical activity is good for our Mental Health, done in a way that is safe and right for you. A good diet, sleep and staying hydrated benefits towards good Mental Health.
3. **TAKE NOTICE** ~ It is important for us to try and focus on being present and in the moment, as our thoughts and feelings about the unknown can overwhelm us.
4. **KEEP LEARNING** ~ Mental stimulation has been shown to protect our Mental Health, taking up a new hobby or rediscovering old interest gives us goals to achieve.
5. **GIVE** ~ Small acts of kindness can make a difference like appreciation and gratitude. If it's a phone call, text or email to someone just to let them know you appreciate all they do.





## HELP & SUPPORT

If you are experiencing a Mental Health problem help and support is always available.

There are different helplines and listening services available that can provide emotional support.

- **The Samaritans** (24 hours a day) – 116 123
- **CALM** (5pm – midnight) – **0800 58 58 58**
- **Shout** (24 hours a day) – text 'SHOUT' to 85258
- **Childline** (24 hours) **0800 1111**
- **Papyrus** (9am – 10pm weekdays and 2pm – 10pm weekend & bank holidays) – **0800 068 4141**

If you are looking for support and advice;

- **Mind** – **0300 123 3393**
- **Rethink Mental Illness** – **0300 5000 927**
- **YoungMinds Parents Helpline** – **0808 802 5544**
- **Hub of hope** (find local services).
- **NHS: Find Mental Health Services.**

If you are looking for self-help;

- **My Possible Self: The Mental Health App**
- **Every Mind Matters**



## Here at Annan Rugby we aim to build a Mental Health friendly Rugby Club

### ***Building a mental health friendly rugby club***

- 🧑‍🏫 Provide staff with appropriate training.
- 🧑‍🏫 Ensure coaches are role models.
- 🗣️ Provide positive feedback.
- 🗣️ Talk openly about mental health.
- 👥 Be there for your team mates.
- 📢 Educate and signpost.
- 👥 Include every team inside the club.
- 👂 Listen to people who may be struggling.
- 👥 Check in on absent team mates.

H

### ***How to look after your mental fitness during this uncertain time***

- 👥 Connect with friends & family.
- 🧘 Focus on self care.
- 🕒 Take time to slow down.
- 👥 Always be kind.
- ⏸️ Pause but don't stop.
- ☀️ Take time to focus on positives.
- 📅 Plan your day.
- 🏃 Exercise regularly.

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Here at Annan Rugby our Mental Health Co-ordinator is

**LAURA MacKAY**

If you need any more information or just a chat you can contact Laura on:-

**Mobile – 07808660753**

**Email – [LauraMac@AnnanRFC.com](mailto:LauraMac@AnnanRFC.com)**