

QPR in the Community Trust Newsletter



Summer 2024

Bumper Edition



Trust Awards

Staff honoured for amazing work in the local community

Trust hold Staff Awards sponsored by The Broadcaster

QPR in the Community Trust were delighted to host a special evening dedicated to celebrating the remarkable work of our staff members within the local community.

The event was held at White City Place and featured the presentation of nine awards to various staff members and partner organisations throughout the night. It provided an opportunity to reflect on the significant achievements and contributions the Trust has made over the past year.

We would like to extend our heartfelt thanks to the

organisations and individuals who sponsored the event, with special recognition to our main sponsor, The Broadcaster. Their generous support made the evening possible and highlighted the community's commitment to our cause.

“It is important that the efforts of those individuals is recognised and the work they deliver throughout the year is showcased.”

Andy Evans

We were honoured to have both QPR club chairman Lee Hoos and Kevin McGrath, from the board of trustees for the Trust, in attendance.

A highlight of the evening was celebrating Trust business development manager Fiona Hodgson, who received the Outstanding Contribution Award. As the Trust's first signing in 2009, Fiona has been instrumental in raising £5million in grants and funding, making an indelible impact on our community efforts.

QPR in the Community Trust CEO Andy Evans said: “The Community Trust staff awards



are becoming one of my favourite events of the year.

“To have the opportunity to showcase, celebrate and congratulate our amazing staff on the wonderful job they do for our local community is essential.

“This year, we were also joined by new local partners who hopefully we can continue to work with on the many strands of work delivered in the community.

“So much of the work can go unnoticed, the awards evening means we can shine the spotlight on those who are dedicated to making a difference in their local communities.

“It is important that the efforts of those individuals is recognised and the work they deliver throughout the year is showcased. We look forward to celebrating the Community Trust awards annually.”

Roll of Honour

Newcomer of the Year (Sessional): **Max Exall & Kieron St Aimee**

Newcomer of the Year (Full-Time): **Cheryl Ifekoya**

Participant of the Year: **Tyrese Walsh**

Partner Organisation of the Year: **NNR Global Logistics**

Unsung Hero Award: **Mo Helem**

Trust Values Award (in memory of Adam McLachlan): **Justin Stone**

Event of the Year: **Mental Health World Cup**

Project of the Year: **QPR College Academy**

Staff Member of the Year: **Pablo Blackwood**

Outstanding Contribution Award: **Fiona Hodgson**





A word from the Editor

HELLO and welcome to our latest edition of the QPR in the Community Trust Newsletter.

As the summer is now upon us and the R's look ahead to the new season, we are delighted to showcase all the positive ongoings throughout QPR in the Community Trust in what has been a fantastic few months for all involved.

From the success of our Tiger Feet 14 Walk, to our PFA Community Champions, as the charitable arm of the club we continue to shine throughout west London and remain at the forefront of the work of the local community.

Saif Atrakji
Editor



Tiger Feet 14 raises over £20,000!

QPR in the Community Trust have been delighted with the fantastic success of their latest Tiger Feet walk which raised over £20,000.

Ahead of our fixture with Sheffield Wednesday at MATRADE Loftus Road, more than 45 supporters - including

members of QPR FC Women and staff from both QPR and our Community Trust - dusted off their walking boots in aid of the Tiger Cubs, our football team for children and young people with Down's syndrome.

The annual walk saw Rangers supporters and staff taking



the 10-mile route from TSG Training Centre in Heston to the stadium in time for our clash with the Owls.

The walkers included QPR chairman Lee Hoos, club ambassador Andy Sinton, Trust CEO Andy Evans and academy director Alex Carroll, along with a number of R's supporters who helped make the walk another memorable occasion.

The 14th edition of the walk was wrapped up when the group were welcomed into the Academia Fan Zone on South Africa Road.

The Tiger Cubs were joined by Dance 21 - a dance group for children and young adults with Down's syndrome - as they performed in front of supporters at the Fan Zone.

The action didn't stop there with the Tiger Cubs introduced to the W12 crowd before kick-off and once again at half-time.

They received rapturous applause as they completed their lap of honour, capping what was a memorable day for all involved.

A huge thank you from everyone at QPR in the Community Trust - and congratulations to everyone who took part.



Jimmy Dunne wins PFA Community Champion Men's Award

QPR defender Jimmy Dunne has been named our men's PFA Community Champion for 2023/24.

Throughout the campaign, the 26-year-old has played a vital role in backing numerous community projects.

From continuing to support DKMS in their ongoing battle to delete blood cancer, to attending the grand opening of WEST Youth Zone - a brand new youth club on South Africa Road - Jimmy continues to go above and beyond in engaging with the local community.

He was also an integral part of our annual Christmas visit to Hillingdon Hospital, joined by members of the first team and women's side to hand out presents to children.

Speaking about receiving the award, Jimmy explained just how important it is for the squad to support QPR in the Community Trust and its projects.

"It's a privilege we get to play football as an occupation so wherever we can help out in the community, I think we definitely should."

Jimmy Dunne



"It's an honour to be recognised as the QPR Community Champion this season," he told www.qpr.co.uk. "I really do try to help as much as I can as I think it's a big responsibility for the players.

"It's a privilege we get to play football as an occupation so wherever we can help out in the community, I think we definitely should.

"I have to be honest, QPR are the best club I've been at for encouraging players to mix with the fans and help in the community."

Dunne also discussed his recent visit to WEST Youth Zone where

he was able to witness the exceptional facilities on offer to young people in W12.

He added: "It was absolutely incredible, they had football pitches on the roof and cooking and art facilities - you name it, they had it.

"Certainly when I was a kid, if I had something like that I would have been there all the time - it's a privilege to have it in the area and especially close to the stadium where we can continue a close relationship with WEST."

A huge congratulations to Jimmy and a massive thank you from everyone at QPR in the Community Trust.

Jo Blodgett thrilled with Community Champion award

QPR FC Women defender Jo Blodgett was delighted to recently receive our women's PFA Community Champion award for 2023/24.

Since joining the R's, Jo has continued to be an influential member of the squad, mentoring young players in the team while also supporting the work of QPR in the Community Trust.

Blodgett was presented with her award by Andy Evans, CEO of QPR Trust, ahead of the women's final league match of the season against AFC Sudbury Women.

She explained: "I am very honoured and humbled to be our PFA Community Champion this season.

"It's so important to make a positive impact off the pitch and I am proud to be part of a club that gives so much back to the community.

"Players getting involved in community projects with the Trust is important for several reasons. Most importantly, it allows us to use our platform to inspire and connect with others, particularly young fans who look up to us as role models.

"The events that we have participated in this year are so important for the community, whether it is inspiring the next generation at schools and seeing the smiles on the kids' faces during our Christmas hospital visits, to having a blast

"It's so important to make a positive impact off the pitch and I am proud to be part of a club that gives so much back to the community."
Jo Blodgett

with the Tiger Cubs at the annual Tiger Feet walk.

"To have players from the men's and women's teams at these events really strengthens the bond between players and supporters, which is just one part of what make us an incredible community club."

As mentioned, Jo's experience has helped her become a mentor for our younger players.

Huge congratulations to her - and a massive thank you from everyone at QPR in the Community Trust.



Stanley named Women's Player of the Year 2023/24



AFTER a sensational year in front of goal, Grace Stanley was recently named QPR FC Women's Player of the Season for 2023/24.

Striker Stanley collected the award for the second consecutive year following a superb campaign, which saw her grab 26 goals in 30 appearances.

Grace joined the club at the beginning of the 2022/23 season from Cambridge City and has shone in her two years with the R's.

In 21 starts in the FAWNL Division One South East, Stanley's 26 goals saw her finish runner-up for the league's golden boot.

To receive her award, Grace was invited to MATRADE Loftus Road as a guest of the club for QPR's Championship fixture against Leeds United.

"It was really special to go out onto the pitch and share the celebration with NNR and spend the evening with them."

Grace Stanley



She told us: "It was amazing, it was such a lovely evening with a great result for the team as they secured safety in the league with the 4-0 win.

"It was really special to go out onto the pitch and share the celebration with NNR and spend the evening with them."

Reflecting on her personal achievements, she added: "I'm really enjoying it at QPR and that's the main reason why I personally think I had quite a good season.

"I'm surrounded by a great team and great coaches with lots of support from the fans, and I think that really pushes us to play better.

"I love being part of this team and it's so special to represent it.

"I think we had a great season as a team, collectively we really worked together to build on last season. A lot of that will go into next year, starting strong and looking to build on a positive season."



QPR celebrate Open Iftar event

DURING this year's celebrations of Ramadan, a number of players and staff attended QPR's Open Iftar event - held at our very own MATRADE Loftus Road Stadium.

As the sun went down over W12, summer signing Ziyad Larkeche - along with academy graduate Rayan Kolli, Under-18 player Ramy Bouhiaoui, and academy director Alex Carroll - joined the Open Iftar for engaging speeches, food, spiritual reflection and prayers.

QPR in the Community Trust are delighted to have partnered with Ramadan Tent Project for the third year in a row to celebrate the festivities of Ramadan.

Ramadan Tent Project are a community charity developing the knowledge, understanding and experience of Ramadan and fasting for all.

Since 2013, Open Iftar have been inviting people from all walks of life, different faith backgrounds and none to come together to break fast, share food and engage in conversation.

The event kicked off with a short introduction from Trust CEO Andy Evans and His Excellency Zakri Jaafar, High Commissioner of Malaysia. The players then answered some questions about their own careers, what it's like to be observing Ramadan as a football player and how their faith motivates them.

The call to prayer was then delivered pitchside, and the players collectively prayed which was followed by a meal to break their fast - commonly known as Iftar.

Speaking about the event, Larkeche told www.qpr.co.uk:

"It's been amazing, it's the first time I have experienced something like this and I have been at a few clubs before.

"It was beautiful to see everyone praying together, eating together and having positive discussions. It was an amazing experience and I really enjoyed it.

"The club has been brilliant with me and all of the players observing Ramadan. I'm really grateful and enjoying my time here."





ADP enjoy Barcelona tour

QPR in the Community Trust's Advanced Development teams enjoyed great success participating in the Mare Nostrum Cup tournament in March.

Players from the boys' development squads made the trip to Salou for a three-day football tournament hosted by Mare Nostrum.

The Advanced Development Programme is invite-only and aimed at talented players aged six to 16, with the primary aim of providing high-quality coaching to players excelling at their grassroots clubs.

With 137 young players representing the R's, QPR enjoyed an impressive three days in Catalonia - with five out of our 11 teams coming out on top of their groups and the Under-11s coming back to west London third out of 54 teams.

The 193 supporters in

attendance spurred on the young R's from the sidelines, offering motivational support.

All the young participants performed outstandingly throughout the competition, cementing a positive experience while demonstrating the club's community values.

Also, a special mention of appreciation must go to the 16 staff members from QPR in the Community Trust who continued to guide and inspire their teams.

QPR Trust football development manager Harrison Hollis told www.qpr.co.uk: "It was a great opportunity for our players to be able to compete in this year's Mare Nostrum Cup.

"Having multiple teams competing across various age groups, it was amazing to see every player give 100%, battling from the first to the last whistle.

"It can be a challenge to have

players from the ages of six to 16 all in the same location, however each individual represented themselves perfectly, smiling on and off the pitch, even when results may not have gone our way."

He added: "I'm so proud to be able to say that each player represented both the Advanced Development Programme and QPR FC with the best attitude and determination.

"I'd like to also thank the parents that supported and attended the trip as without them and their support we wouldn't have been able to get the trip done.

"I hope this provided our players, parents and staff with an unforgettable experience that they will remember fondly."

To find out more information about our Advanced Development Programme, please email adp@qpr.co.uk.

Alfie Lloyd supports World Down Syndrome Day

AS WE celebrated World Down Syndrome Day, QPR Tiger Cubs were recently joined at their training session by Rangers striker Alfie Lloyd.

This day is marked every year on March 21st to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down's syndrome.

Lloyd was also at the session to help promote our annual Tiger Feet Walk which will be returning on Saturday 6th April 2024 as we prepare to tackle a 10-mile route from our new training centre in Heston to MATRADE Loftus Road in time for QPR's league clash with Sheffield Wednesday.

The 20-year-old showed his support to our Tiger Cubs, the club's football team for children and young adults with Down's

syndrome, by taking part in the activities at Rectory Park - home of the Middlesex FA.

The Tiger Cubs project aims to create a multi-tier learning environment that will improve participants' overall physical, social and emotional health. The money raised goes directly to the team to cover their expenses, assist with future projects and further extend new opportunities.

Lloyd said: "We're here to help support the Down's syndrome community in the local area, giving them a chance to express themselves through football.

"Occasions like this are very important because it allows us to show our support."

Alfie Lloyd

"This programme is something that's quite close to me personally, I really enjoy helping people with disabilities and I hope that I can make a little difference to their day."

Lloyd, who joined QPR two-and-a-half years ago from Yeovil, also touched on the importance of having days like World Down Syndrome Day.

"Occasions like this are very important because it allows us to show our support and highlights that anyone can be a part of the club and community," he said.

"I'm very excited to be doing the Tiger Feet walk, I previously did it in 2022 and I really enjoyed taking part. Now that I know some of the participants it will make it extra special. We are all looking forward to raising money for such a great cause."



Trust take part in WLQP festival of football



FEBRUARY marked **Football v Homophobia's 15th year of action, a campaign that exists to challenge discrimination based on sexual orientation, gender identity and expression at all levels in football. The campaign realises the potential of football in society as a tool to create positive change.**

Members of staff from QPR in the Community Trust recently took part in the Festival of Football presented by West London Queer Project (WLQP) at Grasshoppers RFC in Isleworth, representing QPR FC's LGBTQ+ supporters' group, Rainbow Rangers.

The day of celebration and unity saw LGBTQ+

supporters' groups from fellow west London football clubs Brentford, Chelsea and Fulham join together to foster inclusivity and community spirit through football.

Homophobia remains a significant issue within football, tarnishing the sport's reputation for inclusivity. Despite strides made in recent years to promote equality and diversity, instances of discrimination continue to mar the beautiful game.

Aubrey Crawley, founder of the West London Queer Project, expressed his enthusiasm for the festival, stating: "I want to put homophobia aside for one day and focus on the joy of bringing people from all walks

of life together to take part in a friendly and fun tournament.

"It's great to see the teams are made up of mixed ages, genders, and abilities, demonstrating that football is for everyone."

Luke Johnson, QPR in the Community Trust school sport officer, said: "It was great to be part of the day, showing our support to the LGBTQ+ community. The organisation of the day was fantastic and we look forward to being involved in future events with WLQP."

To get involved with our LGBTQ+ supporters' group, search QPR Rainbow Rangers on Instagram, Threads or X.



Trust name Premier League Community Captain

QPR in the Community Trust have named PL Inspires officer Daniel Bada as its Community Captain, as part of the Premier League's 'More Than A Game' campaign.

The 'More Than A Game' campaign highlights how Premier League funding and club community programme delivery positively impacts the lives of millions.

To celebrate the campaign and its message, all club charities were asked to nominate a Community Captain who demonstrates a commitment to their club and/or community.

QPR Community Trust nominated PL Inspires officer Daniel as its Community Captain, celebrating his achievements at the recent home fixture against Rotherham.

Daniel first joined the QPR Trust team five years ago as a part-time coach, working on Premier League Inspires and other community initiatives such as our Advanced Development programme.

Since joining the charity, Daniel has developed rapidly and gone on to become a key part of the charity's PL Inspires programme, delivered at local secondary schools and aiming to support young people in the community.



Commenting on Daniel's journey and impact on the charity, Andy Evans, CEO of QPR in the Community Trust, said: "Daniel has been a part of the Trust team for practically his whole adult life and is a clear example of how we aim to offer real, tangible pathways for people.

"He is also from the local area and represents the community in White City. His journey relates to the aims of Premier League-funded programmes, so we are delighted to put him forward for such an admirable nomination.

"Daniel takes great pride in representing QPR FC and QPR in the Community Trust, using the power of football to motivate, educate and inspire our communities."

Upon receiving his recognition, Daniel said: "As someone who lives in the White City area, I understand the importance of programmes like Inspires and

that's why I do my job - I don't do the work for recognition.

"However, to be recognised by the club I support and the Community Trust, I really do appreciate it, and I look to continue my consistent hard work in the local area."

As part of the Premier League 'More Than A Game' campaign, Daniel received a personalised community captain armband, pennant and portrait.

The Premier League's 'More Than A Game' campaign was launched on February 12th, and it will run until February 26th.

Around a third of QPR in the Community Trust funding comes directly from the Premier League through the PL Kicks, Inspires and Primary Stars programmes. For more information on the PL Inspires programme, please contact eric.salvo@qpr.co.uk.

QPR FC Women out in the community



QPR FC Women have been proud to make a number of player visits in the community this season.

Since the start of the 2023/24 campaign, there have been more than 75 player appearances around west London.

From celebrating the 15th birthday of our Tiger Cubs to our annual festive visit to Hillingdon Hospital, our players have been out meeting fans and supporting important QPR in the Community Trust-led initiatives.

The appearances haven't been limited to experienced first-

team players, with more recent signings Jess Harris, Nicole Melling and Courtney Ward-Chambers among those also getting involved.

Many of the players joined us at our Family Fan Zone ahead of QPR FC Women's first league fixture at MATRADE Loftus Road this season, against AFC Wimbledon Women in October.

To help mark the 15th birthday of our beloved Tiger Cubs - QPR's dedicated football team for children and young adults with Down's syndrome - Alice Curr and Hayley Peacock were delighted to join the

celebrations at TSG Training Centre in Heston.

Peacock said: "It was wonderful celebrating the amazing 15 years of the Trust running the Tiger Cubs programme. Hearing the participants talk about the impact the programme has had on their lives was really moving and a testament to the hard



"Hearing the participants talk about the impact the programme has had on their lives was really moving and a testament to the hard work of everyone that puts their heart and soul into every session and event."

Hayley Peacock

Speaking about the event, Kasha told www.qpr.co.uk: "It was great to see how engaged the audience were and the discussions that were going on either side of the panel.

"Women's football has been quite an inclusive space and it was great to speak about how female athletes can be themselves more and come together through allyship with each other as a community."

work of everyone that puts their heart and soul into every session and event.

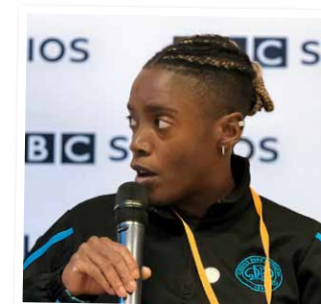
"The women's team are incredibly proud of the work the club does around ED&I. It's a real honour to meet and get to know the growing number of Tiger Cubs. We all share one thing in common and that is our love of football and the club."

As we headed into the festive period, our women's first-team squad - alongside staff from QPR in the Community Trust - visited the Bumblebee Ward at Hillingdon Hospital.

We also recognised defender Ailish Carolan as one of this year's QPR Community Heroes as part of QPR Community Day in January.

Ailish has embodied exactly what it means to be at QPR. While being a key member of the women's side, she has also devoted herself to supporting QPR's Community Trust.

QPR FC Women 2022/23 PFA Community Champion Kasha Petit recently spoke at the Sport, The Media and LGBTQ+ Inclusion event at Television Centre in White City.





Music.Football.Fatherhood hosted in W12

IN February, QPR in the Community Trust were pleased to once again welcome parenting and lifestyle platform Music.Football.Fatherhood (MFF) to the MATRADE Loftus Road.

The event brought dads together as a supportive group to have discussions around fatherhood, to support each other and to share experiences.

The Trust previously worked with platform MFF ahead of International Men's Day and the promotion of their book called 'DAD' in 2022.

We were delighted to be supporting such a unique cause once more as we helped to facilitate and deliver another amazing event - 'Extra Time:

a parenting conversation for dads'.

The event offered a safe and relaxed space to discuss parenting and have some fun with football-themed fatherhood conversations, which also involved engagement with some of the QPR Trust staff along with a tour of the stadium.

We know that one in eight men are suffering from a common mental health problem like depression and anxiety, that 10% of new dads will experience some symptoms of post natal depression and that suicide is the biggest killer of men under the age of 45.

In addition to the mental health benefits, peer support



sessions for men are also a good opportunity to learn from each other and think about positive masculinity. This involves thinking about how embracing emotions, sharing stories, seeking support and maintaining good male friendships can be transformative to our relationships, our parenting and our contributions to our communities and our workplaces.

National Lottery gift Trust unique footballs



QPR in the Community Trust have been proud to receive a box of unique footballs from The National Lottery.

The balls were used to spell out a 'PROUD!' message for England's Lionesses to see as they flew home from an incredible World Cup campaign out in Australia and New Zealand in the summer.

They have now been given a new home with us and we are very thankful.

During an event with UNHCR, the UN Refugee Agency, the Trust decided it would be extra special to get the footballs signed by the Lionesses' very

own Lucy Bronze, before distributing them at our girls' holiday programmes.

We have been lucky enough to receive support from The National Lottery as part of the £50million invested into women and girls' football in the last decade, laying the foundations to ensure inclusive opportunities exist and enabling more females to play.

To continue creating more opportunities for women and girls to play football, The National Lottery are investing over £15million into The FA over the next four years to get more women and girls into the game.

Charlotte Edwards, equality, diversity and inclusion lead at QPR Community Trust, said: "It's been great for the National Lottery to gift these footballs to us which were used in an iconic World Cup homecoming.

"With the added bonus of Lucy Bronze signing the balls we feel they have come full circle.

"Young participants across our education programmes will be lucky recipients and no doubt further their interest in the women's game."

For further information about our community girls' football programmes, please contact chloe.sampson@qpr.co.uk.



QPR support Level Playing Field

AS STONEWALL'S Rainbow Laces campaign celebrates 10 years since its inception, QPR proudly showed their support when we hosted Leicester City at MATRADE Loftus Road.

QPR are proud to have used their home fixture with Rotherham United to show our support for Level Playing Field's 2024 'Unite for Access' campaign.

Disability charity Level Playing Field are celebrating their Unite for Access campaign from Saturday 24th February to Sunday 10th March, which aims to showcase the good work being done by clubs and organisations to improve accessibility and inclusion across all sports.

Once again, QPR are getting involved to help our fans learn about Level Playing Field, understand what they do, what their aims are to improve accessibility and inclusion, and how they can assist fans with a disability in the future.

Who are Level Playing Field?

Level Playing Field are a sports charity that act as a campaigning and advisory organisation for fans with disabilities.

The charity support sports fans with disabilities through the following channels:

Membership programme

As a user-led organisation, Level Playing Field members are at the heart of what the charity do. Their shared passion for sport and equality drives them to influence long-term change and improve the spectator experience for all fans.

The Level Playing Field fan membership is free to join, and includes the following benefits:

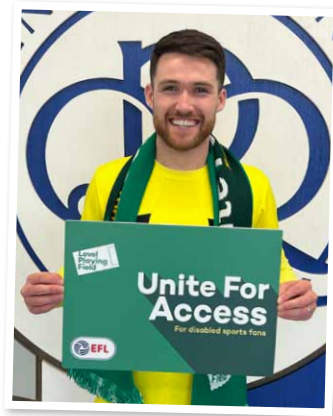
- Weekly matchday newsletter
- Quarterly fan-specific exclusive newsletter
- Invites to take part in events such as forums & focus groups
- Official members certificate
- It's free to become a member

To become a Level Playing Field member, contact info@levelplayingfield.org.uk

Active Level Playing Field initiatives

Level Playing Field run a range of active initiatives and services for fans with a disability, which include:

- **The Level Playing Field Podcast** - A monthly podcast series with exclusive guests from across the sporting community
- **Have your say** - We ask fans with disabilities for their feedback, whether it's positive or negative, from their experience at live sports events



- **Club pages** - Level Playing Field offer accessibility information for all clubs from the Premier League, EFL and National League to help fans with disabilities to plan and enjoy their matchday

Level Playing Field's work

Level Playing Field work behind the scenes with clubs to help improve accessibility at sports venues to ensure fans with disabilities can experience the best possible matchday.

Common areas of improvement are sensory rooms, accessible toilets, audio commentary, and accessible club shops and food concession stands that include drop-down counters.

Areas of improvement can be highlighted by clubs through Level Playing Field services such as:

- Access audits by NRAC (National Register of Access Consultants)
- Club staff training
- Expert advice and guidance



Community Hero celebrated at SAFE Camp

THIS year's QPR in the Community Trust Community Hero, Michael Thomas was recently celebrated at a local programme delivered in partnership with London Sports Trust.

Throughout the February half-term, QPR's Community Trust have been proudly working in partnership with London Sports Trust to deliver a SAFE Camp at local secondary school Phoenix Academy.

SAFE Camps take place in various locations throughout the London boroughs of Hammersmith & Fulham and Kensington & Chelsea. All of the camps are aimed at giving young people the chance to be active during their holidays.

The SAFE Camps allow the

young participants to meet new people, make friends and get involved in multi-sports - right on their doorsteps.

QPR Community Trust Community Hero Michael Thomas, also known as 'Micky T', has been a Trust staff member for over 25 years - coaching at local schools and holiday programmes, and providing guidance and support to the young people of west London.

Michael was recently celebrated by the participants at our recent SAFE Camp in Shepherd's Bush as he continues to represent the QPR Community Trust values.

"I clearly remember Micky T joining us as an apprentice all those years ago," said Trust CEO Andy Evans.

"He has remained a constant throughout all those years as part of QPR in the Community Trust.

"Micky T has impacted so many young people over so many years, helping to change people's lives - he has dedicated his life to working in this sector, supporting the community where he is from.

"I was so pleased we were able to recognise his contribution at the recent Community Day fixture at Loftus Road where for one day, the spotlight was on him and rightly so."

For more information about our programmes in partnership with London Sports Trust, please contact michael.nyarko@qpr.co.uk

Trust celebrate 10 years of Joy of Moving



QPR in the Community Trust are proud to celebrate 10 years of delivery across England and Wales of the Ferrero social responsibility programme, Joy of Moving.

As the impactful programme enters its milestone 10th year, Joy of Moving has inspired over 550,000 children to get moving through play and delivered over 2.5million hours of learning in hundreds of schools.

With more than 70,000 children set to benefit from the programme this academic year, Joy of Moving is based on a unique methodology, developed by Ferrero alongside independent experts, that encourages children to get active using play as the foundation, while helping them to develop key skills such as motor coordination, creativity, and social skills.

In the UK, the unbranded Joy of Moving programme consists of two elements: the Move & Learn project and the Joy of Moving Festivals, delivered in schools through the EFL Trust's network of club community organisations, which we're proud to be a part of.

Charlie Cayton, director of corporate affairs and



communications at Ferrero UK, said: "We are incredibly proud to be celebrating 10 years of our Joy of Moving social responsibility programme.

"The programme, delivered by our amazing partner and their fantastic club community organisations, inspires children to get moving while playing and having fun. We know that this approach is key to getting children engaged and I'm delighted to be able to say that together we have been able to reach over half a million children since our initiative began.

"Joy of Moving has gone from strength to strength over the past decade and we're excited for the programme to continue its success as we look ahead to the future."

Adrian Bradley, head of

healthier communities at the EFL Trust added: "More than half (53 per cent) of children do not meet the Chief Medical Officer guidelines of taking part in sport and physical activity for at least 60 minutes every day, according to Sport England findings.

"Our club community organisations (CCOs) are at the heart of their communities and have been integral in the development and delivery of the Joy of Moving programme designed to inspire active lifestyles in children, teaching children how to enjoy moving through play, and to help them develop positive habits for adulthood."

To learn more about the Joy of Moving programme, visit www.joyofmovingresourcehub.co.uk or contact sinead.friel@qpr.co.uk

Premier League football kit gifted to girls by Trust

GIRLS from schools across west London received brand new Premier League football kit as part of the league's ongoing support for women's and girls' football.

The schools applied to receive the kit, which includes 13 outfield sets and one goalkeeper set plus optional Nike 2.0 hijabs, thanks to their involvement in the Premier League Primary Stars programme with QPR.

Delivered in partnership with Nike, the Premier League Kit Scheme will see more than 58,000 girls in more than 4,000 primary schools across England and Wales receive the free football kit, featuring the Premier League and No Room For Racism emblems.

Richard Masters, Premier League chief executive, said: "Football is a game that everyone can enjoy, and it has the ability to empower and inspire young people in the

classroom, the playground and on the pitch. I hope the girls enjoy their new Premier League kit and that they continue to reap the many benefits that football can bring, both on and off the pitch."

All of the schools which received the Nike football kits have partnered with QPR in the Community Trust for many years and take part in different aspects of the Premier League Primary Stars programme.

At Ark Priory Primary Academy, pupils engage in English and maths interventions.

At Tudor Primary School, Ark Byron Primary Academy and St Vincents Primary School, QPR work with class teachers in PE lessons to help them gain more confidence in their own delivery.

Meanwhile, at St Mary of the Angels, pupils have taken part in a range of interventions and social action projects.

St Mary of the Angels Catholic Primary School deputy headteacher Colette Hough told www.qpr.co.uk: "It was such a special moment for the girls to wear this kit as it represented such an important message. It was gifted to us by QPR during a wonderful and inspirational International Women's Day assembly.

"The assembly, as mentioned previously, had examples of some amazing female footballers who are the perfect role models for the younger generation of eager football fans and football players.

"Our girls did not doubt their capabilities at all and their confidence was infectious, inspiring and made for a truly amazing competition."

PE lead at Tudor Primary, Matt Coakley also said: "Receiving the kit from Premier League Primary Stars means a great deal to the girls at our school.

"It's made them really excited about representing the school and has shown them that girls' football is just as important as boys' football.

"Including the hijabs has meant that all of the girls feel a part of the team. The school are incredibly grateful for this gesture and the help it provides in promoting girls' football."



QPR College Academy: Season of success

THE QPR College Academy programme has had an exceptional year, highlighted by remarkable achievements in both the boys' and girls' programmes.

The girls' programme celebrated a major victory, being crowned champions of the National Football Youth League South Championship to reflect the dedication and hard work of the players and coaching staff.

In another notable achievement, Oskar Dari from the boys' programme recently signed a professional contract with Polish club Wisla Plock II. This milestone marks a significant step in his football career and showcases the programme's ability to develop professional-level talent.

Moreover, 20 students from the programme have gained qualifications to join QPR in the Community Trust as sessional coaches. These students are now actively involved in various projects at QPR, excelling in their coaching abilities and contributing to the community.

The Trust were also delighted to open a new boys' programme at Tithe Farm Social Club, home of Rayners Lane FC, providing more opportunities for young athletes to develop their skills.

This year, the programme



achieved the highest number of BTEC qualifications across the boys' and girls' programmes since the College Academy began.

Additionally, six students earned their Level 3 Personal Trainer qualifications through a partnership with YMCA Fitness Training Academy at Northolt Leisure Centre.

The boys' programme celebrated a double in the Middlesex Schools County Cup competitions and reached the semi-final of the National Football Youth League Cup.

They also received a special training session from QPR attacker Lyndon Dykes at the QPR Training Ground and had the opportunity to visit Harrow School for a friendly match.

Meanwhile, the girls' programme benefited from a performance analysis session at St Mary's University Twickenham London,

where they learned about performance analysis, further enhancing their football education.

The QPR College Academy programme continues to provide excellent opportunities for young athletes, fostering both athletic and personal development.

QPR College Academy education lead Kevin Browne reflected on the successful year, adding: "I have been blown away by our student athletes' performances - both on and off the pitch - this year.

"The levels on the pitch have increased so much and this has been led by our student leadership group in training and how they prepare themselves for matches. This has been reflected in the many successes we have had.

"I can't wait to start with our new cohort in a few short weeks."



Nicole Melling visits Girls Development Programme



QPR FC Women goalkeeper Nicole Melling recently visited our Girls Development Programme to meet the participants and help inspire them through their footballing journey.

Melling joined in the football fun before answering questions in a Q&A session, posing for selfies and signing autographs.

The brand new, female-only football development programme is the second step on our development pathway and offers advanced coaching to invited players from Under-12s to Under-15s.

The sessions take place every Monday from 6pm-8pm at William Perkin High School.

Speaking to www.qpr.co.uk Melling explained: "Visits like this are vital, not only are we able to increase the exposure of our club but also the awareness around the local community.

"I hope that by seeing players in a QPR kit it can provide positive motivation for the young girls.

"As a team we are always happy to take the time to talk

"It's great to see so many girls taking part in our Girls Development Programme and watching how talented they all are."

Nicole Melling

to the next generation in the hope of motivating them to join a team and begin their footballing journey.

"It was fantastic to catch a glimpse of the girls in action during their session and to answer all the interesting questions that they had for me.

"It's great to see so many girls taking part in our Girls Development Programme and watching how talented they all are. It certainly makes you positive about the future of women's football."

For more information about our Girls Development Programme or women's football at QPR across all levels, please contact qprfcwg@qpr.co.uk



Mental Health World Cup success in W12

During May, the country celebrated Mental Health Awareness Week with QPR in the Community Trust continuing to play its part.

For the fifth consecutive year, the charitable arm of the club were delighted to open its doors to host the popular Mental Health World Cup at MATRADE Loftus Road - in partnership with Campaign Against Living Miserably (CALM) and Beder.

The Mental Health World Cup is the UK's leading five-a-side footballing event as we continue the fight to help prevent male suicides.

Since its inception, the event has grown incredibly with this year's tournament having 48 teams competing, representing nations such as Switzerland, Cameroon and Cambodia, with Gibraltar eventually coming out on top in front of a bumper crowd of over 1,200 spectators.

But the day was about more than eventual winners with a staggering £198,000 raised, while the important conversation surrounding men's mental health was as strong as ever.

For the first time ever, the day also saw a celebrity charity



match follow the tournament with ex-QPR legends, Premier League players and leading football creators take to the pitch as Beder faced a Rest of the World XI to raise funds.

Speaking about the event, QPR's events and fundraising manager, Justin Stone told www.qpr.co.uk: "Once again, it was fantastic to support and host this tournament at Loftus Road with the additional bonus of the celebrity charity game.

"To have the support of our ex-players like Andy Sinton, Jamie Mackie, Danny Shittu, Hogan Ephraim and celebrity



"The event continues to get bigger and the impact it has on raising money for such an important cause cannot be understated."

Justin Stone

supporters such as Seann Walsh was brilliant to see."

"The event continues to get bigger and the impact it has on raising money for such an important cause cannot be understated.

"Thank you to all the QPR supporters who donated and bought tickets to the event, next year will be even bigger and better!"

Mental Health World Cup founder Giancarlo Gaglione added: "We are blown away by the support and generosity shown at this year's event,

thank you to everyone who helped make the day so special.

"Physical health and mental health are intrinsically linked and to have almost 400 footballers playing football and standing against suicide was fantastic to see.

"Every year we try to go bigger and better but I don't know how we're going to beat this next year - yet!"

We also spoke to Beder FC founder Razzak Mirjan who said: "It was a honour to be a part of such an incredible event, and we are extremely

grateful for the donations raised in support of Beder which will allow us to continue providing free access to therapy through Beder Therapy Vouchers to anyone in the UK aged 18 and over.

"The Mental Health World Cup continues to grow every year with the inaugural Beder FC v Rest of the World XI celebrity charity match being the latest addition and proving to be a thriller - both on and off the pitch.

"We would like to thank Giancarlo and his team for the continuous hard work in addition to the invaluable support of QPR, with special mention to Justin Stone and of course everyone who got involved this year!"

Trust host Grenfell Memorial Cup at Matrade Loftus Road

FRIDAY 14th June 2024 marks the seventh anniversary of the Grenfell Tower fire - and QPR continues to pay our respects and remember all those who were affected by the tragedy.

Throughout the last seven years, QPR have worked closely with Grenfell United and Grenfell Foundation as we aim to support the local area with a number of initiatives.

As we continue to remember the 72 victims and all those affected by the tragedy, the R's were joined recently by members of the local community to enjoy a wonderful community event which ran throughout the evening.

Beginning with a 72-second applause for those that were lost, the Memorial Cup had competitors of all ages competing on our famous west London pitch, as well as a family fan zone for the young people in attendance.

Paul Menacer, a survivor and co-organiser of the event, explained: "This has been an absolutely amazing milestone for us.

"We started this event three years ago with around 10 bereaved survivors able to play and participate. This year



we have had more than 20 bereaved survivors take part in the tournament, our biggest turnout ever.

"The whole point of this being a bit more enclosed and in a community setting is to give bereaved survivors the opportunity to participate in social exercises, particularly in a professional football stadium surrounded by their fellow neighbours, family and friends.

He added: "Looking back on the day, I feel like we have achieved our goals. Everyone has enjoyed it and hopefully next year we can host it here again.

Trust CEO Andy Evans reflected on what was a very special evening in west London.

He explained: "It's a really important event, not just for the community that has been affected by the Grenfell disaster

but also for us a community club. When we stepped in to try and play a part in helping support those affected all those years ago, it was important that we continued to support the community and what better way than to have everyone here playing."

Karim Mussilhy, event co-organiser and nephew of a Grenfell victim, added: "It's really special for us to be able to bring families together in this type of environment.

"For me it's not about putting on an elaborate show, it's just about making sure everyone is included and we all share an amazing experience together."

On the seventh anniversary of the fire, the thoughts of everyone at QPR are with the families and friends of all those who were lost and affected by the tragedy.

NNR raise £8k for Tiger Cubs

During May, QPR FC Women and QPR Tiger Cubs' front-of-shirt sponsor, NNR Global Logistics, were delighted to host a charity match at MATRADE Loftus Road to raise funds for our Tiger Cubs.

Since the inception of our partnership in 2021, NNR have been devoted supporters of the Women's team and our beloved Tiger Cubs - Rangers' football team for children and young people with Down's syndrome.

Created in 2007, the Tiger Cubs project provides a multi-tier learning environment to improve participants' overall physical, social and emotional health.

The money raised from the charity match went directly to the team, helping to cover their expenses and assist with future projects.

A number of QPR FC Women

players and QPR in the Community Trust staff also took part on the night, showing their support for a great cause along with ex-R's winger Lee Cook.

Speaking about the support from NNR, Trust inclusive projects officer Chloe Cooper told www.qpr.co.uk: "It is a privilege to have such fantastic support from NNR Global Logistics.

"The evening was filled with fun, passion and care with the money raised a huge part of ensuring our Tiger Cubs programme continues to support, nurture and bring joy to our participants.

"A huge thank you to everyone who took part, spectated and donated."

Lee Griffiths, NNR's UK president and managing director, said: "I'll echo what I

said after last year's event; it's an absolute pleasure to be able to extend our support for the Tiger Cubs.

"They are the most deserving group of super heroes and a huge thanks for all the hard work in staging the event; to the QPR Trust staff and the NNR team, too.

"A lot of people came together to make this a super event, including sponsorship and many donations from NNR customers and suppliers alike, plus QPR supporters.

"Personally, it was amazing to once again play in such a well-spirited, yet competitive match between so many kind and extraordinary people.

"From ex-pros and superfans to the unmistakable talents of the QPR Women's team, it was wonderful evening."





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Support 'R' work in the local community

All donations are really appreciated and will go towards sustaining current projects and continuing to be innovative and further support our local communities