Crawley Town Football Club – Move the Goalposts Project

The aforementioned project is currently included in the Tesco Bags of Help scheme. Crawley Town FC are guaranteed a minimum of £1000, however they are looking to get as many votes as possible, in order to attract additional funding and provide the most comprehensive of projects. The more people that can vote for them the better!

The following is information on the project:

Utilising the appeal of a professional football club, the Move the Goalposts project will reduce disadvantage and promote social inclusion for those experiencing mental ill-health. The project will offer a range of informal physical/leisure activities, designed to improve mental and social wellbeing and encourage individuals to be more active.

Sport, and in particular football, has been proven to have significant positive impact on the treatment of mental health conditions (Time to Change 2016). Move the Goalposts will not only support the development of physical and mental wellbeing, it will also support individuals to raise aspirations, by providing positive pathways back into community engagement.

Crawley Town FC know the project is needed, as it has been based on the findings of a local mental health consultation report. The consultation identified the demand for a physical 'hub', providing a safe space for individuals to be more active and engage with those experiencing similar difficulties. Their 'hub' would be the Checkatrade Stadium, a unique setting that provides an interesting insight into professional football. Sessions would take place on our all weather 3G pitch, which would encourage participants to make use of outdoor space. They would also provide match-day tickets, to encourage attendees to re-engage in community activities.

This funding would allow them to develop a pilot project of up to 6 months (funding dependent), which they would use to build evidence for a permanent project. This project would also incorporate a range of employment and educational activities, in addition to the sport and leisure element.

They believe the project will have a significant impact on the local community. It would offer a unique opportunity for those with mental ill health to improve wellbeing, through valuable physical and leisure activities. The project would also meet a clearly demonstrated need, bridge a significant gap in current services, and reduce demand on local GP’s.

Members can help by voting for Crawley Town FC in any of the following Tesco stores:

Hazelwick Extra
Pound Hill Express
Downland Drive
Gatwick Extra
Horley Express
Ifield Express
Haslett Avenue
Betts Way
Dorking, Reigate Road