



RANGERS  
CHARITY  
FOUNDATION

ANNUAL  
REVIEW **18|19**



**A FORCE FOR GOOD**



# WELCOME

A very warm welcome to the Rangers Charity Foundation's Annual Review.

The power of football to be a force for good in our society is often underestimated and certainly undervalued. The charity and community activity up and down the country which is powered by football off the pitch transforms thousands of people's lives for the better - something which I hope can receive much greater recognition going forward. The Rangers Charity Foundation is committed to playing its part in making that difference - in wonderful ways - and I am delighted to share just some of our recent endeavours and achievements.

During the 2018/2019 financial year we updated our charitable status to that of a Scottish Charitable Incorporated Organisation (SCIO). Our mission, values, staffing and purpose remain unchanged and we look forward to continuing our charitable work using the benefits which SCIO status brings. The diversity and scale of the work undertaken by the Foundation, by what is a relatively small team, is remarkable and I believe is exemplified by our strategic approach, the skill and commitment of our staff and our wise use of resources.

**"WE DELIVERED A DIVERSE RANGE OF 26 COMMUNITY PROGRAMMES TO OVER 6,800 PEOPLE"**

Over the year we delivered a diverse range of 26 community programmes to over 6,800 people, representing a 14% increase upon the previous year. Within this, six new programmes were launched, including: Autism-Friendly Football; our Diversity Wins project; Ready2GetActive; GoFitba and our Wider Achievement programme. We responded to 3,223 requests for support, expanded the number of people who benefitted from the Rangers Charity Dream Fund, further enhanced our commitment to diversity and inclusion and boosted our strategic engagement locally via the Govan Thriving Place initiative.

The education of young people is a precious resource but, for some young people, school can present particular challenges. 67 young people from a range of secondary schools achieved an SQA qualification via our tailored employability syllabus delivered at our Ibrox Hub facility.

In addition, the Rangers Charity Foundation Hub in the Community at Govan High School celebrated its first anniversary and we're already making plans to expand this flagship initiative and recruit new Community Hub Officers in partnership with further secondary schools.

3,223 people from around the UK got in touch with us to ask for support for a cause which was close to their hearts. We provided a generous and positive response to 87% of them and, alongside the 141 children, adults and families supported via the Rangers Charity Dream Fund, our care in showing compassion remains unwavering.

Key charity partnerships are a cornerstone of our work. We made direct financial donations totalling over £114,000 to local, national and international charities and were proud to help raise the profile of many wonderful causes and engage so many of our supporters along the way. Our national partnership with Chest Heart and Stroke Scotland and the celebration of the 10th anniversary of our incredible relationship with Unicef were particular highlights.

**"OVER 1,500 SUPPORTERS TOOK PART IN OUR FUNDRAISING EVENTS DURING THE SEASON, RAISING £238,993 IN THE PROCESS."**

Over 1,500 supporters took part in our fundraising events during the season, raising £238,993 in the process. I would like to applaud their enthusiasm and backing for what we do in their name, and pay tribute to the trust and generosity of our many funders and partners. The Foundation is also grateful to the players, staff and board at Rangers Football Club for the vital part they play in helping us to thrive.

It's been an outstanding year for the Rangers Charity Foundation and I hope you enjoy reading about it in our Annual Review.



**Connal Cochrane**

Director  
Rangers Charity Foundation

## £277,428

WORTH OF IN-KIND SUPPORT DONATED IN 2018/19



**THE RANGERS CHARITY FOUNDATION EXISTS TO BE A FORCE FOR GOOD ON BEHALF OF THE RANGERS FAMILY, SHOWING COMPASSION TO THOSE IN NEED, TACKLING INEQUALITIES AND CREATING OPPORTUNITIES FOR PEOPLE OF ALL AGES TO CHANGE THEIR LIVES FOR THE BETTER.**



# EMPLOYABILITY

CREATING OPPORTUNITIES FOR A BETTER FUTURE

The Rangers Charity Foundation helps to break down barriers faced by people looking to achieve and sustain meaningful employment, via a range of leading programmes.

As an SQA Approved Centre, the Foundation offers qualifications through its 'Wider Achievement' programme, which was launched this season. 'Wider Achievement' recognises the life and work skills that come from a range of activities including sport, mentoring, voluntary work or fundraising activities. There are a number of SQA Awards and other qualifications from SCQF levels 3 to 5 which are suitable for a wide range of learners and in particular the most vulnerable young people.

The 'Ready4Employment' programme aims to improve job prospects by delivering an individualised training programme to help develop skills, confidence and relevant experience. The programme is aimed at people aged over 25 who face substantial barriers to gaining employment or progressing their

personal development. Over the six week course, participants attend four full days of activity every week, helping them adjust to a work timetable and developing their skills and experience.

'Coach4Success' is an innovative programme aimed at young people in the senior phase of school, providing them with opportunities to develop a career in football coaching. Using football coaching as a vehicle, it helps to enhance employability skills upon leaving school by providing professional coach mentoring, work experience and Scottish Football Association accredited coaching badges.

'Get Started with Rangers', in partnership with The Prince's Trust, targets young people aged 16 - 25 years who are in the NEET (not in education, employment or training) category via an intense week-long re-engagement programme with an emphasis on the sports industry.

## 16 STUDENTS

ACHIEVED THEIR SFA LEVEL 1.1 AND LEVEL 1.2 COACHING BADGES WITH COACH4SUCCESS



## READY4EMPLOYMENT TURNED MY LIFE AROUND



### MY NAME IS WILLIAM.

In January 2017 I was in a very different place to where I am now. I had been unemployed for two years; I was lacking motivation and confidence and really wasn't feeling great about myself. I was starting to get lazy and was feeling frustrated that a job hadn't fallen into my lap yet.

When I was told about the Foundation's 'Ready4Employment' course, my ears perked up as I am a lifelong Rangers fan and I immediately felt motivated. I went along and felt instantly at ease in the Ibrox Community Hub.

The course included CV building, presentation skills, IT skills, interview techniques and work experience. Using the skills I had picked up, I was then successful in getting a job! I was over the moon, excited and best of all feeling motivated. I spent a few months at this job, taking all the shifts I could get, travelling around the country, making friends and rebuilding my confidence.

I then got offered a job as a labourer, which I'm still currently in. This is steady and keeps me focused and excited about going to work.

The Rangers Charity Foundation helped me turn my life around. I'm so proud to be part of the Rangers Family anyway but to have this special connection makes me even more proud of my club and of myself.





# EDUCATION

EMPOWERING A GENERATION

School children across Glasgow are at the heart of the community work delivered by the Rangers Charity Foundation. Thousands of young students are reached each year, providing them with the opportunity to learn, grow in confidence, have fun and get fit.

Many sessions are based within local schools, including 'Joy of Moving', which encourages physical activity, promotes nutritional education and builds awareness of the importance of a healthy diet to over 1,800 9-10 year olds each season.

This season, the Foundation launched 'GoFitba', which targets children in the later stages of primary education. Coaches deliver physical activity sessions, followed by classroom based activities on diet and nutrition, including a free hot meal for all participants. The programme has been specially devised to support Curriculum for Excellence's Health and Wellbeing outcomes, but it also aims to build motivation, social skills, self-esteem and encourage healthy eating at home.

'Old Firm Alliance' is delivered annually to 1,200 primary school children from some of Glasgow's most disadvantaged areas.

Youngsters learn about anti-social behaviour, alcohol, drugs, hydration and healthy eating, as well developing their football skills.

For senior school pupils, the Foundation delivers a 'Hub in the Community' with Govan High School, where it has a full-time Community Hub Officer. The 'Hub in the Community' is a unique and exciting project which has a strategic focus to support Govan High in raising attainment, increasing positive post school destinations, enhancing transitions links from primary to secondary school and having a universal impact in all areas and year groups within the school to help expand the young people's full potential through education.

Also based at Govan High is the 'School of Football' programme, which uses the power of the sport to engage with S1 - S2 pupils from areas of social deprivation with the aim of improving behaviour, motivation and communication skills amongst hard to reach groups.

'Ready2GetActive', which launched this season, welcomes senior pupils from local Complex Learning Needs schools to Ibrox for support with physical education.

## WHY WE LOVE READY2GETACTIVE!



## HI, WE'RE CLASS S5/6 AT NEWHILLS SCHOOL!

Our visits to Ibrox were one of the highlights of our school year. We always looked forward to our Friday mornings going along to the gym to work alongside John our coach and we greatly enjoyed learning from him.

We especially enjoyed getting our steps in walking around the pitch and up and down the terraces to improve our strength and stamina. The great atmosphere and choice of activities along with the enthusiasm of the staff kept us motivated to work hard and try our best each week.

We feel very lucky to have been offered the opportunity to come along and use the gym as part of our senior phase curriculum. The hospitality and generosity of Jamie, John and the rest of the staff at Ibrox made the whole experience fantastic and unforgettable.

As we prepare to leave school, the time we spent at Ibrox has made our final year most memorable.

## 520 HOT MEALS

WERE PROVIDED FOR YOUNG PEOPLE THROUGH OUR GOFITBA PROJECT





# HEALTH AND WELLBEING

HELPING TO CHANGE LIVES

The Foundation's health and wellbeing programmes are tailored for people of all ages and abilities.

103 adults completed the Foundation's popular 'Football Fans in Training' sessions this season, losing a combined total of over 105st. The programme works with males and females aged between 35 and 65 years old who are overweight and provides a great opportunity for Rangers fans to improve their fitness, lose weight and train with fellow supporters at Ibrox.

The Foundation's 'Fit for Life' is a continuation programme designed to keep FFIT participants motivated after their course. Over 30 FFIT graduates now meet at Ibrox on a weekly basis to go through their paces with expert coaches.

Similarly, the 'Active Fans' programme at Ibrox adopts a new European standard and methodology which uses football as a tool to reach adults who would like to get physically active again, make lifestyle changes and improve their diets.

'Walking Football' provides an opportunity for those over 50 to keep active and socialise by playing an adapted version of the game they love. 'Football Memories' helps to improve the lives of football fans with dementia by using images and memorabilia from the past to aid recall and memory.

'Recovery with Rangers' aims to have a positive impact on people's recovery from addiction. The project, which has worked with 14 adults this season, uses football to help participants move in positive directions towards volunteering, further education, training and employment. Over 40 different people also attended our weekly recovery drop-in sessions.

'Glasgow Veterans United' aims to improve the wellbeing and lifestyle choices of veterans struggling with mental health issues, addictions or social isolation. Participants can discuss issues with their peers in a safe, open environment before channelling their energy into exercise through football coaching, which sees them learn the skills to sit their SFA Level 1.1 coaching exam.

## GETTING ACTIVE AGAIN



### MY NAME IS COLIN AND I LOST OVER 18LBS ON THE ACTIVE FANS COURSE.

Where better to run round than the pitch at Ibrox? It's always a high running out the tunnel. The support and encouragement you get from coaches, as well as the other participants, creates real camaraderie.

I knew in myself that I needed to improve my fitness, as well as needing to lose weight, and doing it on my own never worked as I always lost the motivation. However, knowing that likeminded fans were doing the same, well this was the perfect opportunity for me and one that I am proud to be a part of.

Now I have more energy and I am more aware of what I am eating and the effect it has on me. Also, being able to walk to the top of the stadium without stopping has been great. I get to the top and I am no longer gasping for air, something I haven't been able to do for a few years!!

## FFIT PARTICIPANTS

LOST A COMBINED TOTAL OF 105ST 2.6LBS AND 344 INCHES OFF THEIR WAISTS THIS SEASON





# DIVERSITY AND INCLUSION

A FOUNDATION FOR ALL

Over the last season, diversity and inclusion related delivery has grown at the Rangers Charity Foundation, with the launch of two new projects.

'Diversity Wins' was one of the first of its kind in the UK and is delivered out of the Ibrox Community Hub to 700 primary pupils. The project helps to promote equality between young people and focuses on interactive anti-sectarianism and LGBT+ awareness sessions.

Free 'Autism Friendly Football' has also been introduced this season. Sessions are delivered by specially trained coaches and are now enjoyed by almost 60 children a week. One mum commented: "My daughter is finally able to go to football training! The coaches are amazing with the kids. You're making such a wonderful difference to these kids. I'm forever grateful."

The Foundation's provision for 'Visually Impaired Football' continues to work with children who might not otherwise be able to enjoy mainstream football. Participants have the option to use specially designed footballs which can be heard during movement and

the session offers the opportunity for parental involvement.

The Rangers Charity Foundation also runs a free 'Activity Night' for local young people every Friday at the Ibrox Community Complex which includes football and dance activities. The sessions were developed in partnership with Govan Youth Information Project, to provide a safe place for young people of all backgrounds to enjoy their Friday nights.

Out with community delivery, the Foundation also supports Rangers Football Club's wider diversity and inclusion strategy. This season, it has helped to launch the club's first LGBT+ supporters club, Ibrox Pride, engaged with CEMVO Scotland to help enhance relationships with ethnic minorities in Glasgow and chaired a Diversity and Inclusion Working Group made up of club staff and external representatives. The Foundation also supports a range of diversity and inclusion focused initiatives, such as LEAP Sports Festival, throughout the season.

## OVER 700 STUDENTS

HAVE TAKEN PART IN OUR NEW DIVERSITY WINS PROJECT AT IBROX



### MY SON'S NEW FOUND CONFIDENCE



### MY NAME IS CLAIRE.

My son, Callum, thoroughly enjoys the VI football sessions. Without these sessions he would struggle to find football to take part in that caters for sight impairment.

Callum's confidence both in football and in general has increased, so much so that he now proudly has a season ticket at Ibrox.

This time last year Callum was quite withdrawn and shy about his sight and what people would think about him being different, but now with his newfound confidence he doesn't bat an eyelid and it's all thanks to the amazing work that the Rangers Charity Foundation does.

He has also been lucky enough to enjoy a Dream Day with Rangers at the Hummel Training Centre, which shows the breadth of difference the Foundation can make!





# DREAM FUND

CREATING SMILES AND SPECIAL MEMORIES

The Rangers Charity Foundation is passionate about bringing smiles to the faces of those who are in need of a boost, through its Dream Fund.

The Fund is used to pay for special Rangers experiences throughout the season for children and adults, whose lives have been impacted by the likes of disability, illness or other difficult circumstances.

This season, the Foundation welcomed 24 guests to the Hummel Training Centre to meet the entire First Team squad and watch them train, before enjoying a tour of Ibrox.

Derek Reid, 48, was nominated to the Rangers Charity Foundation for a Dream Day by his friend, after being diagnosed with seven incurable brain tumours last December. He said: "It's been an amazing experience - absolutely brilliant. I can't believe it!"

"I've been on a high since. Meeting the squad was absolutely brilliant and I even got to meet Stevie and watch training, which was really good."

48 special guests also joined us for a Dream Matchday Experience, which saw guests given tickets to watch a Rangers game in style in a hospitality box at Ibrox and get the chance to meet a player.

These match experiences are ones which can be enjoyed by the whole family. This season, the Foundation created a special day for the Andrews. The family are all huge Rangers supporters, but had been unable to enjoy a match at Ibrox as a family due to young Declan's terminal Cerebral Palsy. The Foundation was able to arrange a hospitality experience for the group, as well as a player meet-and-greet and tour of the trophy room.

Declan's Mum, Coleen Andrews, said: "It means a lot. Declan can join in with what the boys are doing and be part of the family. It's about making memories and doing things we can enjoy at the places we enjoy. It's a big thing for the boys to be able to take their brother to a football game - there's nothing better than coming to see Rangers!"

The Foundation also makes dreams come true for supporters who are unable to visit Ibrox or the Hummel Training Centre, due to illnesses or disabilities. This season, Rangers duo James Tavernier and Connor Goldson went along to the Robin House Children's Hospice, at the special request of one young supporter's dad.

## A DAY MY SON WILL NEVER FORGET



## MY NAME IS KEVIN.

My son, Kenzie, lives with a very rare, undiagnosed condition which severely impacts his immune and neurological systems.

He's a huge fan, so I put a request in to the Rangers Charity Foundation for a player to come and visit the Robin House Children's Hospice to see him and all the other children.

The visit from Tavernier and Goldson was incredible. It made me happy to see Kenzie happy, and he was smiling from the minute the players came in - the way they interacted with him was amazing.

With Kenzie's symptoms, we don't know what the future holds, so it's been really good to have the Foundation involved. We couldn't have asked for a better day!



# 141 PEOPLE

BENEFITTED FROM OUR DREAM FUND INITIATIVE



# OUR LOCAL COMMUNITY

BEING A GOOD NEIGHBOUR

The community around Ibrox is central to the Rangers Charity Foundation's approach, working with groups, organisations and individuals to help build strong relationships and an enjoyable place for all.

The Foundation arranges for supporters to meet up to 'Keep Ibrox Beautiful' by collecting litter from the streets in the vicinity of the stadium. This season, it also arranged for the Rangers Academy players to take part, with the hope of inspiring other young people to take care not to litter.

The Foundation is also passionate about helping people who call the local area home. Over the last four seasons, it has facilitated for Rangers fans to donate 6.3 tonnes of groceries on a matchday, which were donated to local foodbanks.

At Christmas time, the Foundation arranged a special lunch where 80 local pensioners were able to meet Rangers legends, including Willie Henderson, and enjoy a performance from Govan High School's Music Band. Youngsters from Glasgow Children's Hospice, Robin House Children's Hospice, Glasgow City Mission and the Foundation's Dream Fund were also welcomed to Ibrox for a festive party with gifts from Santa and a magician performance.

This season, the Foundation also played a role in Govan Thriving Place, the Govan Jobs Match initiative and Learning for Life and Work Theme Group, as well as donating £1,320 to a local stroke group.

## CHAMPIONS OF CHARITY

Throughout the football season, the Rangers Charity Foundation arranged for charities and community groups in the local area and further afield to raise funds by collecting from fans attending Rangers FC home matches. In total 26 organisations, including the Foundation, benefitted from a share of £42,431.80.

The Foundation is committed to helping charities and individuals raise funds for their own causes. This season saw 3,223 requests for help from people asking for support, such as match tickets, souvenir packs and signed merchandise. Overall, we donated £277,428

worth of in kind support, replying to every request and saying 'yes' to 87% of them.

Making sure football is accessible for all is important to the Foundation. Our Tickets for Good scheme meant 430 people, who ordinarily wouldn't have been able to otherwise attend a football match, were gifted matchday tickets.

The Foundation also arranged for a disabled supporter to enjoy a matchday ticket, along with two additional tickets for their carers and a car-park pass, at every home game this season.

## WE RESPONDED TO 3,223

REQUESTS FOR SUPPORT FROM CHARITIES, COMMUNITY GROUPS AND INDIVIDUALS



### JACKSON'S CHRISTMAS JOY



### MY NAME IS LISA.

My nephew, Jackson, has Cerebral Palsy and underwent life changing surgery in America last year, aged just eight.

Jackson was invited to enjoy the Christmas party with his friend from Frame Football, which made him feel a bit more at ease, and he loved meeting Broxi and getting his photos taken.

The party really helped Jackson's confidence to soar and gave him the freedom to spend some enjoyable time with his friends - he even told us to sit at the back and not cramp his style during the magic show!

Thanks to this, and a Dream Day experience in April, the Foundation has made a hugely positive difference to Jackson's life this year!





# RANGERS CHARITY FOUNDATION AT A GLANCE THIS SEASON...



**£277,428**  
OF IN-KIND SUPPORT  
DELIVERED IN SEASON 18/19

**£5,381,748.44 CASH  
AND IN-KIND DONATED  
SINCE 2002**



**£94,000**  
RAISED IN ONE NIGHT  
AT OUR ANNUAL CHARITY BALL

**OVER 1,500 SUPPORTERS  
TOOK PART IN OUR  
FUNDRAISING EVENTS,  
RAISING £238,993**



**54 MILES WALKED**  
IN JUST 19 HOURS BY FOUNDATION  
DIRECTOR CONNAL COCHRANE  
IN SUPPORT OF OUR ARMED FORCES FUND

**WE HAVE NOW SUPPORTED  
1.5 MILLION CHILDREN  
DURING OUR 10 YEAR  
PARTNERSHIP WITH UNICEF**

**135 PEOPLE  
VOLUNTEERED WITH  
THE FOUNDATION**



**300 FANS**  
TOOK PART IN THE  
BIG IBROX SLEEP OUTS  
RAISING MONEY FOR OUR HOMELESS PROJECT

**OUR 4TH ANNUAL SLEEP OUT  
TOOK OUR TOTAL DONATIONS  
TO HOMELESS PROJECTS TO  
£175,000 TO DATE**



**3,223**  
REQUESTS RESPONDED TO  
FOR SUPPORT FROM CHARITIES,  
COMMUNITY GROUPS AND INDIVIDUALS

**OVER 700 STUDENTS HAVE  
TAKEN PART IN OUR NEW  
DIVERSITY WINS PROJECT**



**350**  
RUNNERS PARTICIPATED  
IN OUR BLUE ALL-OVER FUN RUN RAISING OVER £30,000



**141 PEOPLE**  
PEOPLE BENEFITTED FROM OUR  
DREAM FUND INITIATIVE

**FOUNDATION STAFF,  
VOLUNTEERS AND  
RANGERS YOUTH PLAYERS  
SPENT A DAY HANGING  
CHRISTMAS DECORATIONS  
AT THE ROYAL HOSPITAL  
FOR CHILDREN**



**£114,324**  
DONATED  
TO GOOD CAUSES THIS SEASON

**63 PRIMARY SCHOOLS  
HAVE TAKEN PART IN OUR  
COMMUNITY PROJECTS**



**1,350**  
FREE MATCH TICKETS  
WERE GIVEN OUT TO CHARITIES, VOLUNTEERS  
AND TICKETS FOR GOOD RECIPIENTS

**WE DELIVERED  
26 DIFFERENT  
COMMUNITY PROJECTS  
ACROSS 5 KEY THEMES**

**240 FREE STREET FOOTBALL  
SESSIONS FOR YOUNG PEOPLE  
DELIVERED IN THE NORTH AND  
WEST OF THE CITY**



**£100,000**  
DONATION IN 2015  
OPENED THE FAMILY LOUNGE IN THE NEW  
PRINCE AND PRINCESS OF WALES HOSPICE

**GARY MUNRO LOST NEARLY 19  
KILOS (3 STONE) IN THE  
12 WEEKS OF OUR FOOTBALL  
FANS IN TRAINING COURSE**



**20,918,405**  
TOTAL SOCIAL MEDIA  
IMPRESSIONS THIS SEASON

**WE DELIVERED  
23 SESSIONS OF  
FOOTBALL MEMORIES**



**1.8  
TONNES**  
OF FOOD DONATED TO  
OUR FOOD BANK COLLECTION  
WHICH TOOK DONATIONS OVER THE LAST 4 SEASONS TO 6.3 TONNES



**67 YOUNG PEOPLE**  
ACHIEVED AN SQA QUALIFICATION IN OUR CENTRE

**520 HOT MEALS WERE  
PROVIDED FOR YOUNG  
PEOPLE THROUGH OUR  
GO-FITBA PROJECT**



**30**  
GLASGOW SCHOOLS  
COMPLETED OUR GET READY FOR SPORT PROJECT

**493 GUESTS FROM CHARITIES  
AND COMMUNITY GROUPS  
ENJOYED A COMPLIMENTARY  
TOUR OF IBROX**



**£42,431.80**  
DONATED BY FANS  
CHARITY VIA MATCHDAY CAN COLLECTIONS

**ALL OUR FFIT PARTICIPANTS  
IN 2019 DECREASED THEIR  
BLOOD PRESSURE AND BMI**



# INTERNATIONAL CHARITY PARTNER

UNICEF

Since teaming up with the world's leading children's charity a decade ago, the Foundation has donated £685,000 which has helped around 1.5 million children around the world in projects focused on education, health and emergency relief.

This season, the Foundation celebrated its 10th anniversary with Unicef by purchasing ten of everything required to set up a school in an emergency situation, so children caught up in conflicts and natural disasters still have access to the education they deserve.

The Foundation donated ten temporary school tents, ten 'school in a box' kits and ten childhood development kits, plus hundreds of school bags, footballs and skipping ropes.

These resources will allow 400 school children and 200 nursery children access to a safe place to learn and play, despite the difficulties they may be facing in the rest of their lives.

The remainder of the £25,000 donation went to the Children's Emergency Fund, which allows Unicef to respond to emergency situations as they emerge, providing a rapid response for children in danger without having to wait to launch a public appeal.



# 600 CHILDREN

WILL RECEIVE AN EDUCATION IN AN EMERGENCY SITUATION THANKS TO THE FOUNDATION'S DONATION OF SCHOOL TENTS AND EQUIPMENT



## HOPE FOR THE FUTURE



### KA'ENAT

Is a 12-year-old grade 4 student from Afghanistan, who fled her home with her parents and five younger sisters and brother to escape the fighting in the Shinwar district of Nangarhar province.

She explained: "Our school was burnt and destroyed. We, girls, were not allowed to go to school. Because of restrictions on our education imposed by fighting groups in addition to the intense violence in Shinwar, my father decided to leave our hometown and move to Jalalabad."

Ka'emat felt hopeless at missing out on her education for so long, so insisted on going to school when the family finally settled in Jalalabad. Though she and her parents were scared, they found a Community Based Education Centre where she could enrol. Classes are held in tents supplied by Unicef, similar to those funded by the Rangers Charity Foundation.

Now Ka'emat feels hopeful about her future. She is doing well at maths and in Pashto language classes. She hopes to be a doctor in the future and get a good job to support her siblings.

Despite the threats, especially to girls' education, and low enrolment of girls generally at school in Afghanistan, many girls in Nangarhar are now challenging the status quo and value education more than anything else.





# NATIONAL CHARITY PARTNER

CHEST HEART & STROKE SCOTLAND

A staggering 1-in-5 people in Scotland are affected by chest, heart and stroke conditions, leaving many struggling with everyday tasks, from picking up a knife and fork or making a cup of tea, to having the confidence to leave the house.

This season's National Charity Partner, Chest Heart & Stroke Scotland, work tirelessly to help those affected live life to the full. The Foundation has backed this mission with a donation of £20,000 to fund 20 of the charity's Rehabilitation Support Service volunteers and 650 hours of its specialist Advice Line service.

The partnership has included many highlights, such as welcoming stroke survivors back to Ibrox for the first time since their illness, a Chest Heart & Stroke Scotland matchday takeover in March, a clothing collection for the charity's shops and the launch of a pioneering Health Defence initiative with Rangers defender, Connor Goldson.

Thanks to the generosity of supporters, this season the Foundation has helped Chest Heart and Stroke Scotland ensure there is 'No Life Half Lived'.



## WELCOME BACK, JOHN!



### MY NAME IS JOHN AND I AM 63 YEARS OLD.

Rangers is the love of my life. I had a stroke in March 2016 and I had to give up work.

I was really struggling after my stroke and I didn't like being in big crowds, so that's why I couldn't see my favourite team play for many years.

Returning to Ibrox after so long meant so much to me, especially with my daughter by my side. It was so emotional being on that pitch in the middle of it all - it's something that you dream about as a kid and that feeling will stay with me for life.

I want to say a big thank you to the Rangers Charity Foundation and Rangers FC, all the fans and to Bronwyn at Chest Heart & Stroke Scotland. You all helped me believe in myself and get me back to the game. I will never forget your kindness, generosity and care.



# 650

THE NUMBER OF HOURS OF SPECIALIST NURSING SUPPORT FUNDED FOR CHEST HEART & STROKE SCOTLAND'S ADVICE LINE



# LOCAL PARTNERS

GLASGOW CHILDREN'S HOSPITAL CHARITY

Visiting the Royal Hospital for Children in Glasgow is one of the highlights of the festive period and the Foundation is proud to bring some Christmas spirit to the wards, during what is an extremely difficult time for families, by funding decorations. Volunteers, staff and players from the Club and Foundation give up their time to hang these every year.

A visit by the entire First Team closer to Christmas to meet patients, families and staff is a highlight for families. The squad sign photos, give out teddy bears and hand over the Foundation's annual £10,000 donation.

Glasgow Children's Hospital Charity and the Rangers Charity Foundation have enjoyed a special relationship for many years, and supporting Christmas activities has been a long-standing tradition.

For season 2018/19, the Foundation also purchased specially adapted car seats, helping children with specialist plaster casts get home safely, and get to their hospital appointments, school and nursery without the need for hospital transport.



# OVER 200 CHILDREN

AND BABIES SPENT TIME IN THE HOSPITAL OVER THE CHRISTMAS PERIOD AND WERE ABLE TO ENJOY DECORATIONS DONATED BY THE FOUNDATION



## BEST FRIENDS!



### NATHAN BYRNE, AGE 3...

...bonded with Rangers Coach Graeme Murty when Academy players and coaches decorated the Hospital. His Mum Lesley Condie explained:

Nathan had open heart surgery on 19 November 2018. He'd been in and out of hospital for quite a while as he picks up infections easily.

At first Graeme went to speak and Nathan went shy. But then they high-fived and within less than two minutes they were best pals. Before Graeme came in we honestly hadn't heard him laugh so much in a long time.

It relieved a bit of stress in myself and Nathan's Dad. It was just great to see him laughing and smiling and the buzz has stayed with him - he's not stopped talking about it since.

I think with Graeme's personality and character they hit it off. Graeme is his new favourite, his new best friend. Nathan followed him around the ward while he was here.

We also heard from some of the intensive care nurses that Graeme went to visit another wee Rangers fan who had been struggling a bit and managed to get him out of his bed and laughing.





# LOCAL PARTNERS

GLASGOW CITY MISSION

The Foundation's long-standing partnership with Glasgow City Mission, now in its fourth season, has made a tangible difference to the lives of homeless people in our city. Foundation supporters have raised an incredible £175,000 for homeless projects over the last four years from the Big Ibrox Sleep Outs, £141,000 of which has helped Glasgow City Mission deliver crucial and ground-breaking projects addressing the causes and effects of homelessness.

The final fundraising total for the Big Ibrox Sleep Outs was £68,627 which was split between the Foundation's work in the community and Glasgow City Mission. The £34,314 donation

allowed Glasgow City Mission to keep Glasgow's Winter Night Shelter open throughout the month of March this year, when it would normally otherwise have been forced to close.

The Glasgow Winter Night Shelter aims to meet homeless people's immediate need for a warm, safe place to sleep. Partner organisations then help individuals find suitable temporary accommodation, as an alternative to rough sleeping. The shelter normally operates from the start of December to the end of February, but over the last few years has been able to stay open in March, when it is still very cold, thanks to funding from the Foundation.



## SAVING A LIFE



### MY NAME IS ELYSE MACKINNON

I'm a Winter Night Shelter Team Leader.

A lady came to the night shelter on the very last day of the shelter last year, but I had to ask her to leave, because she was causing problems and was very disruptive.

After she left, I became worried about her being on the streets, as she was very vulnerable, so I called the police.

This year, the lady came back to the shelter to thank me for saving her life. The police had found her that night and taken her to supported accommodation where she received help. She had been in a very bad place, at her lowest ebb, and the call to the police had helped her at a crucial time in her life.

It made me realise the impact the shelter can have on people's lives and it was honestly incredible to play a small part in that.

Thank you to everyone connected with the Rangers Charity Foundation for supporting the Winter Night Shelter over so many seasons.

# 721

THE NUMBER OF EXTRA BEDS PROVIDED OVER THE MONTH OF MARCH AT THE GLASGOW WINTER NIGHT SHELTER





# ARMED FORCES FUND

SUPPORTING SSAFA, POPPYSCOTLAND AND THE COMING HOME CENTRE

The Foundation has a long and proud tradition of working with services related charities and is a joint signatory, along with the Club, to the Armed Forces Covenant and an Armed Forces Covenant Employer Recognition Scheme Silver Award holder.

The Foundation has donated over £180,000 in cash to armed forces and veterans' charities to date, as well as significant in-kind support. This season Poppyscotland, SSAFA and The Coming Home Centre shared a £12,000 donation to support their work improving the lives of veterans and serving personnel.

In addition, a further discretionary fund to support local grassroots projects aimed at veterans and serving personnel was used to buy Veterans First Point Lanarkshire new football strips and equipment for their team.

SSAFA, the Armed Forces Charity, provides lifelong support to serving personnel, veterans

and their families. Last year, SSAFA caseworkers in Glasgow delivered personalised support to over 750 members of the Armed Forces community in need and the Foundation's donation has allowed the charity to continue this service.

Poppyscotland provides tailored support and funding to thousands of ex-Servicemen and women as well as other vital services in advice, employment, mobility, respite, housing and mental health support.

The Coming Home Centre's mission is to support those who have served, offering practical help and advice to veterans and a place to meet and enjoy peer support and camaraderie.

Set up in 2010 in the heart of Govan, close to Ibrox Stadium, the Coming Home Centre offers veterans access to a wide range of support and advice and also runs a number of workshops.

## £180,000

DONATED TO ARMED FORCES RELATED CHARITIES SINCE 2012



## SSAFA AMBASSADOR GRATITUDE



### FORMER ROYAL MARINES COMMANDO ANT MIDDLETON...

...known for his role in SAS: Who Dares Wins, accepted the Foundation's donation on behalf of Poppyscotland, SSAFA and The Coming Home Centre from Foundation Trustee, Naval Commander John Livesey and Rangers forward Jamie Murphy.

He said: "It's brilliant this money is coming to our veterans and the military, it's a great token of appreciation. Coming from a military background myself, and as a SSAFA Ambassador, I know it's appreciated and I know the help it will provide. I know SSAFA are over the moon, as I am.

Rangers is known for its support of services charities. I've always held Rangers close to my heart, what they do for our armed forces is absolutely outstanding."





# EVENTS & TRUE BLUE HEROES

BRINGING THE RANGERS FAMILY TOGETHER

Fundraising events throughout the season make it possible for the Foundation to support a range of charity partners and carry out its own work in the community, so the Foundation is hugely grateful for the backing it receives from supporters, funders and sponsors.

From the Blue All Over Fun Run to the flagship Charity Ball - which this season included a set from mind-blowing mentalist Colin Cloud - the Foundation tries to create events that will appeal to supporters and allow them to get involved with their charity and enjoy being part of the Rangers Family.

Just some of the fundraising highlights this season included raising £94,000 at the Believe in Magic Ball, selling all 15,000 of the new design charity badge and raising £9,000 for St Andrew's Hospice at a special Race Night in solidarity with former player Fernando Ricksen.

The fourth annual Big Ibrox Sleep Outs were hugely successful, raising a record £68,627 which was split between the Foundation and Glasgow City Mission's Winter Night Shelter.

Fans were once again incredible, spending the night in the depths of winter sleeping out in Ibrox Stadium.

The Q&A evening with Manager Steven Gerrard and Director of Football Mark Allen raised £13,000 and guests enjoyed hearing some of the pair's personal highlights since coming to the Club, as well as anecdotes from behind the scenes at the Hummel Training Centre.

350 fans took part in the Blue All Over Fun Run and enjoyed being pelted with paint - mostly blue of course! - as they ran, jogged or walked around the Stadium, raising an impressive £32,000. Supporters also cycled 54 miles each, or in a team, in honour of Rangers title wins in the Ibrox Spinathon.

582 fans became True Blue Heroes this season, meaning they're invited to a special reception at Ibrox to receive a medal from a First Team player. They not only took part in Foundation events but also a diverse range of other challenges from skydiving and running, to taking part in the Kiltwalk and Tough Mudder.



## MARATHON MAN



## MY NAME IS DAVID SMITH

I ran 150 miles from Ibrox to Pittodrie over five days for the Rangers Charity Foundation and the MS Society.

I did the challenge as my beloved wife Jennie was diagnosed with relapsing and remitting MS in 2008. I want a cure for this terrible disease and I also want to help the many wonderful causes the Rangers Charity Foundation is involved with.

Last season I ran a marathon to Ibrox for every home game in aid of the Rangers Charity Foundation, so this year I wanted to do something which would challenge me even further!

I can't thank everyone enough for their ongoing support - whether that be through kind messages, encouraging cheers or donations - it's been overwhelming and goes a long way in helping two charities which are very close to my heart.

I'll never forget the moment the Blue Sea of Ibrox counted me down to the start of my run, or the warm welcome I received from supporters at Pittodrie. We truly are a Rangers Family - thank you!



582

PEOPLE BECAME TRUE BLUE HEROES IN SEASON 2018/19



# THANK YOU!

TOGETHER WE MAKE THE WORLD A BETTER PLACE

# SEASON 2019/20

LET'S GO!

We would like to thank everyone who has supported us over the last year, for offering their time, support and generosity. Without their commitment, the Foundation and our partners would not be able to make the difference we do today.

From all our volunteers and fans who donated their change on matchdays, to the fundraisers who took on personal challenges for us and the businesses and organisations who have supported us throughout the year - we are truly grateful to you all. Together, we have made a bigger difference than ever before.

In particular, we want to say a special thank you to the following individuals and organisations:

2 Core Electrics, 32Red, Allan Evans CP Catering, Allan McGregor, Amanda Mcnamara, Andrew Smellie, Archie Knox, AS Scaffolding, Bell Group UK, Big Think Agency, BT Sport, Chest Heart & Stroke Scotland, Curtis Moore Group, Colin Cloud, Community Safety Glasgow, Dakota Deluxe Glasgow, David Edgar, Derek Johnstone, Derek Palmer, Dior at House of Fraser, Dougie Gordon, Elaine Johnston, Elaine Smith, Elior UK, Emma Dodds, Fitness Takeaway, Frank & Cindy Graham, George Soutar Loyal RSC, Glasgow Life, Go Glasgow Hotel, Govan High School, Helen Baillie, Hilton Glasgow, Ishga, Jackie Campbell, Jacqueline Gourlay, James Tavernier, Janice Shields, John Strzelecki at Howdens, Karen Watson, Kayleigh Shannon, Keysigns Ltd, Kingsmills Hotel - Inverness, Lanzarote Loyal RSC, Leona Davidson & Family, Linda Smith, Lowland RFCA, Lynn Nicolson, L&S Litho, Mark Allen, Mark Hateley, Mar Hall Hotel and Spa, Martyn Hamilton, Michael Mols, Michael Smith, NARSA, Northern Marine Group, Park's Motor Group, Paul Bain at LetMeRepair UK, Paul Crawford at PTC Financial Advice Ltd, Peter Lilley, Police Scotland, PTS Clean, Quarriers, Radisson Red, Rangers FC directors, staff and players, Richard Martin & Julie Donigan, Russell Sibbald, Satty Singh at Mister Singh's, Scotrae Productions, Scott Buchanan at Buchanan Mechanical Services, Scott Forrest at Forrest Precision Engineering, Scott Marshall, Scottish Qualifications Authority, Shearer Candles, Sheena McGregor, Sibelius Lodge No 9448, Slater's, Steven Gerrard, Surrey True Blues RSC, New Livingston RSC, Terry Rooney, The All Blacks, The Army, The Badger Loyal RSC, The Carrick, The Glynhill Hotel, The Kirkwood Family, The Lennox Project, The Little Café, The RAF, The Royal Navy, The Royal Regiment of Scotland, The Wise Group, , The Hydro, Tom Miller, Tunnock's, WGM Engineering, William Mejury, Willie Paterson, Unicef UK

We would also like to acknowledge our external funders as without their generosity we would not be able to run so many of our vital community programmes. They are:

Active Fans Europe (Erasmus+ via the European Football for Development Work), Autism Football (Better Breaks), Visually Impaired Football (Scottish Football Association, Better Breaks), Coach4Success (East Dunbartonshire Council), Coach4Tomorrow (Glasgow City Council, East Dunbartonshire Council, Clyde College), FFIT Men (SPFL Trust), FFIT Women (SPFL Trust), Friday Night Club (Glasgow Life and Govan Youth Information Project), Get Started with Rangers (Prince's Trust), Glasgow Veterans United (Glasgow's Helping Heroes), GoFitba (Scottish Football Partnership Trust), Hub in the Community at Govan High School (Govan High School, The Robertson Trust), Old Firm Alliance (Glasgow City Council), Joy of Moving (Ferrero and SPFL Trust), Ready2GetActive (Glasgow City Council), Ready4Employment (DWP), Recovery with Rangers (Glasgow City Health and Social Care Partnership - South Locality Health Improvement Team and South Locality Alcohol and Drugs Recovery Service), Recovery Drop-in (South Community Recovery Network), Diversity Wins (Glasgow City Council), School of Football (SFA Cashback for Communities and Govan High), Senior Citizens Christmas Lunch (SPFL Trust - Festive Friends), Walking Football (Club 1872), Wider Achievement (Glasgow City Council, Lourdes Secondary, Rosshall Academy and St Paul's High)







Rangers Charity Foundation SCIO  
Argyle House  
Ibrox Stadium  
150 Edmiston Drive  
Glasgow  
G51 2XD

Telephone: **0141 580 8775**  
Email: **[rangerscharity@rangers.co.uk](mailto:rangerscharity@rangers.co.uk)**  
Website: **[www.rangerscharity.org.uk](http://www.rangerscharity.org.uk)**  
Facebook: **[officialrangerscharity](https://www.facebook.com/officialrangerscharity)**  
Instagram: **[@RFC\\_Charity](https://www.instagram.com/RFC_Charity)**  
Twitter: **[@RFC\\_Charity](https://twitter.com/RFC_Charity)**  
Charity No: **SC047681**