



Glenrothes Strollers Community Club

Founded 1973

SFA Grassroots Club of the Year 2011

SFA East Region Community Club of the Year 2010

Awarded SFA Legacy status 2015/16/17/18/19/20/21

**A Registered Scottish Charitable Incorporated
Organisation (SCIO) 047307**

Glenrothes Strollers Community Club

Trustees' Annual Report

Period 2024 to Period 2025

We believe in a bright, safe and active future for everyone

Glenrothes Strollers Community Club

Scottish Charity Number: SC047307

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Facebook Glenrothes strollers football club, @strollersgirlsfc , Glenrothes Strollers Ladies

Meet our charity trustees

1. Fiona Redpath, Mental Health Nurse, volunteer with club for 20 years
2. Christine Robertson, Banker, volunteer with the club for 19 years
3. Annmarie Hutt, Canteen Manager, volunteer with the club for 14years
4. Susan Henderson, factory team leader, volunteer with club for 14 years

We are a club who works under a club constitution and this was last updated in June 2024. New members are welcome to come on board and this would always be done through a yearly AGM or Extra ordinary EGM. Nominations are welcomed from out

with the club as we believe the wider the set of people on the committee the better it is for the club to grow and flourish.

The club believe we are inclusive and our aim is for football to be available to all in our community and surrounding area.

The Trustees had two member leave which we filled with AnnMarie and Stuart Lee who have come on board to help support the club with their knowledge and enthusiasm for developing the club. We identified that having a kit person would still be of benefit and put out an advert to our members but to date we haven't had any success in recruiting to this position.

Our AGM this year was well attended but with people being busier and busier these day we have struggled to recruit new people to the committee or other roles.

Objectives and Activities

The aim and purpose of the club is to provide a safe environment to encourage and promote the development of football and health and wellbeing of young people and adults within the community of Glenrothes and the surrounding area, through the provision of youth and adult teams. Training for boys and girls that foster fair play, participation and respect for all, irrespective of race, colour, religion, sex, sexuality, disabilities or gender.

We believe that by offering football and football related activities for a cost which is affordable to all we will create a more active, Healthy and involved community. Who will grow and learn lifelong life skills through practising and playing football in a club who prides themselves on high standards and positive experiences for the benefit of young people and adults in our surrounding area.

We believe that the young people and adults we coach and mentor are capable of anything and we hope to foster this with positive coaching and building confidence through our interactions with them.

Participation for all

Para Disabilities group

Our Para football group have continued to grow and develop, with more groups now set up these players enjoy playing in leagues which are run once per month and involves a day trip by coach through to Falkirk to play in the stadium. We continue to work with our Para disability players around volunteering and building their confidence off the playing field as well and we have several who now help with our football camps and have built up good skills for their CV's

They train every week with the club but have been known to meet up outside training also and many friendships have been made through attending the group training.

The league have updated their rules which is causing some issues as players now require certificates or letters from GP before the league can be set out. This has delayed things but we are working hard with the players and families to get this sorted for them all.

We are now working with 2 of the 3 high school in the local area offering sessions which is along more people to be able to try football in an environment they are comfortable in. We hope to expand into the 3rd high school in the coming year.

Community sessions and support

Our development officer/operations manager has continued contact with with our friends in the community such as Active schools, Fife Disability sports, Autism Rocks, youth 1st, stroke support group, health care and social partnership, Fife Gingerbread, link living, job centre plus, network 1st, Sported, Sports council, Lindas Ladies, Robertsons trust, Wellbe-sing,

With 4 employees our outreach to our local community continues to grow and develop and we have now reached almost every primary school in the local area to offer weekly sessions, these have been well received by the schools and the pupils. We have in reach to a local DAS school and this has been again well supported by active schools and the pupils are benefitting from our input.

This year seen our Extra time after schools project be recognised as beneficial to our local community and our funding was extended which allowed us to extend the offer of the project to 2 other schools in the area.

The project aims to support children and their families around engagement and inclusivity by offering time after school at our ground Monday to Thursday where this

is space to play and relax whilst being supported to do homework and extra activities, alongside this the parents are encouraged to look for work or build on CV work whilst engaging in socialisation.

We have had cooking on budget sessions, build your C.V sessions, planting and growing sessions, and many other specific focused days throughout the project.

Sporting memories group as now been something our para disabilities coach attends as a representative of the club and this has now went back to being face to face in a local church.

Our operations manager has been working hard in the community and we have had weekly events and groups throughout the last year.

We now have

Linda's Ladies- a group for women's mental health and wellbeing who meet at the pavilion once per week

Stroke cafe- meeting once a week for people affected by stroke

Step out group- fitness group who step every Tuesday

Breakfast club- supplying breakfast from the pavilion for those in need through the holidays

School inclusion- working with a local school to get more children attending by offering some football and breakfast before classes start.

Increased participation in the walking group.

Warm spaces lunches

CV building workshops running every 3-4 months

Child smile

Play at home sessions

Charity football matches

Singing group for wellbeing

Mini kickers

Soccer tots

Cooking on a budget

SAMH sessions

Job centre plus which we offer job experience too

Fife Gingerbread events

Walking group

Step out fitness group

Over 35's men

Our over 35's continue to grow and develop and this season as seen the numbers grow and the commitment of the players grows as they play more confidently and together. They remain a big part of the club and gives the pathway of football a great strength.

The management team remain committed to the team and club and we hope to continue to grow and develop this great squad.

Men's mental Health group

Our let's talk tactics in life group has went from strength to strength but members wanted to change the name of the group to Strollers Men's Recreation football.

With numbers in this group increasing and some players wanting to play more games and some just wishing to play at the sessions, the section are now split into 2 nights to give the members options. This has been successful and the men enjoy turning up and playing without pressure or expectations.

The men attending are experiencing friendships and getting to know people they may never have met if it wasn't for this group.

The groups funding was used for payment of astro and sessions are now being paid each week at £3 per session and this covers the booking of the astro during the winter months.

This summer we will be again arrange for this group to join the recreational whats app group to be in contact with other recreational teams in the region.

Ladies wellbeing group

What a year for the Ladies Recreational football, we have been running for 7 years now and the numbers are growing every month. They have been enjoying monthly festivals, and training every Wednesday.

we work on a **donations are accepted but not expected** as we have winter training astro to pay for from October to March each year. The ladies each receive a strollers strip and in March we have handed out number 56 making it 56 ladies in our group. there is no expectation or pressure to attend every week, they come and play when and if they can. With some ladies injured they are invited to come and have a cuppa and a chat so that socialisation with the group is continued. With a thriving what's app group the ladies have arranged nights out with each other, they have a fantasy league going and they are truly a very supportive bunch to be around.

Feedback from one of our ladies

"Wednesdays are my distress day, with good friends who support me and allow me just to be me"

Walk and talk group

We have had mixed numbers at walking group this year but every week there is around 5-6 people who bring along their dogs too. We have recruited a gentleman who has taken the lead and organises the walks each week, sometimes stopping at a cafe to have coffee and cake which has been well received. Dogs have now joined the group and this has allowed others to come join the group on a weekly bases.

The Girls/Ladies

The Girls have continued from last year's season and have had some great experiences together developing not only football skills but life skills also. The growing success of our national ladies team continues to highlight that girls/ladies can play football.

We continue to offer 13 weeks of free football for the girls as part of the Mcdonalds project along with the SFA and this gave the girls and opportunity to try football for the first time.

With continued support from KDM we have been able to pay a young ambassador to organise and facilitate weekly super 5's festivals which has been extremely beneficial for the young girls in the east region to get games regularly. These festivals are run at Overstenton and we have been able to have the café open on these days which has been encouraging parents interactions whilst the girls play.

The club now have a full pathway for girls/ladies football and we are very proud of the work that has been put into giving girls the option to play.

Our newly developed Ladies competitive team started back in November 2022 and they have done really well in the league to date. They had an amazing season last year and won a play off to be promoted into the national league, this is a big jump and the coaching team look to strengthen the squad and the commitment of players as this will be a demanding league which will need players committed to train every week and be able to play every weekend.

Youngest Groups

Offering now a full range of sessions has opened up the club to doing toddlers session all the way up to recreation sessions for 10 year olds. This has allowed boys and girls the joy of being able to try training without the pressure of having to be signed to a team. Our aim is to have recreational football sessions available for all ages to allow more people to participate as not everyone wants to play competitive football.

Projects and Events

Gofitba

We continue our links with **GOFITBA** and deliver this with Scottish football partnerships, and we got our sessions for the kids in the local community up and running in time for Easter. The group focus on some sport then a healthy meal together afterwards for some this is a rare thing either to be active or be sitting with others for an evening meal. These sessions are very meaningful and highlight the need for more of these projects to be able to be running.

McDonalds' football for all-

With support from the **SFA and McDonalds'** we have been able to get many young players involved in the club by offering free football for 12 weeks. The numbers of

under 10 year olds taking part this year has been incredible and although it's not been for everyone we have managed to create 2 teams from the boys and girls who wanted to continue even after the free sessions had stopped.

Cafe Inc Project- We have continued to offer pack lunches in conjunction with Fife Council and cafe Inc during the school holidays. These are free and we have had many families benefit for these, they are healthy and we supply these 3 days per week through the holidays|

Walking football

WALKING FOOTBALL

JOIN NOW

Thursdays 7-8pm

Looking For Something With a Little less Speed??

@strollers1973

dev@gstfc.gov.uk

Love the Game of Football?

GLENROTHES STROLLERS FC

GLENROTHES STROLLERS COMMUNITY CLUB REGISTERED SCIO SC047307

WE BELIEVE IN A BRIGHT ACTIVE FUTURE FOR ALL.

This has been a difficult group to start and numbers varied a lot over the sessions. This will be a main focus of the year to come as we have 2 ladies who play walking football and have enjoyed cup and league success and hopefully their support will help us create a well organised and regular group

IMPACT

We regularly get feedback from parents and carers and we note this for our reports and also to be able to adapt if things aren't going so well.

“Camps have been very helpful over holidays to keep both my kids active and I have been able to keep working and not use so much leave.”

“The pitches are in fantastic condition and possibly the some of the best pitches in Fife” (visiting team to overstanton)

“my daughter has enjoyed the KDM sessions and the free T-shirt was a nice surprise for her”

“fantastic opportunities to learn to cook and I got to take the ingredients home to make for my family”

We have increased our numbers of girls playing football on a weekly each year we have had the girls section. Numbers are varied at present due to the number of teams in a small area.

We added an additional an additional high school to our Para group and this has given increased access for young people to play football.

Our numbers in our younger age groups continues to grow every year despite more and more teams now developing in the surrounding area. We focus on areas of development such as walking football and the younger age groups at present.

We added more groups out with football to the club than we have done in past years, this was done from feedback from the community as to what they wanted the club to try and provide

Community spirit

We invited our friends the Scots Guards for a friendly game which has now become a yearly event.

We continue to have our boot bank were we offer our players boots which have been donated to the club, this has proved a great success with many not able to afford new boots we have been able to give them their first pair of boots or for some a trade in for a newer pair or a pair they have their eye on. This is in an accessible container during training and allows people to browse as they wish.

We have the Gingerbread project use our facilities for early family events and this as been well attended and will continue in the year to come.

SAMH organise and use the facilities for their football tournament to increase visibility of the charity.

We organise with local schools to use our facilities for their transition days to allow children from different schools to come together and integrate with each other prior to moving to high school, this has been widely used and is booked in for next year already.

Holiday Camps

Our holiday camps continue to be popular but with the increase in living costs we recognised that we had to think differently on how we deliver these and what the fees are. We have introduced a multi sports camp during the Easter and this was well attended. We then offered some of our camps as PAY WHAT YOU CAN camps and these have been the best attended to date, giving people in the community an opportunity to let their children try something that they maybe cannot afford in the past.

We linked in with café inc who have supplied lunches on 2 of the days when we have week long camps on, this has been a great addition for parents and the kids attending as it's a healthy lunch and saves the parents some money during what can be a very expensive few weeks.

We added in some indoor activities to the camps so that those not wanting to play football also could come a long and attend the camps.

The Boys

Our boys section has been doing well and the teams continue to be playing well in their leagues.

We developed a new amateurs Sunday team and this is developing and growing well, it's a challenge starting again but one we will keep trying to perfect.

We started our youth recreational sessions and this was well attended during the summer months and we will continue to grow this area of the club as we recognise that not all players want to play competitive football.

We developed 2 new age groups that we lost a few years ago and the 2 teams are now playing regular games and gelling well together.

Our boys pathway have a few gaps but these gaps are getting smaller as we have employed a football development officer and in the coming year he will be focusing on the gaps and how we fill these.

Future Goals

- Retain current High standards
- Retain and increase participation numbers by offering projects out with sport by working with the Glenrothes Charities and partnership groups.
- Engage with our local community groups to use our pavilion facility
- Host more festivals for our Para disability teams at Overstenton.
- Hold coffee/Tea drop in sessions for parents and carers (FREE GROUP)
- Offer more for parents and carers when their children are training
- Host a summer festival with a coaches game included
- Continue to work and share our knowledge with other clubs where appropriate
- Continue work with schools and agencies in our local area
- Continue our food bank for those in need
- Develop our kitchen area and use this regularly for matches played at the ground
- Further use of My Club Hub payment system to include projects and camps and events
- Continue to offer our free starter Kit for all our new players.
- Increased members on the committee on positions such as kit person, grounds person, maintenance person.
- Work with locals to offer work experience
- develop young people through our young ambassador scheme
- Employ more people in roles within the club/ work with job centre through the kick start scheme
- Work with the criminal justice department to engage offenders in work/sport/socialising
- Develop more non football groups to aid wellbeing and health.
- Work with football fans in training to develop a weight lose group.
- Continue to grow the Extra Time project
- Develop recreational side of football for boys and girls aged 12-16 years
- Add in cooking classes for local people

Our Coaches and volunteers

Nothing could happen without the hard work and dedication of all our volunteers. We are so grateful to have them within our club and we thank them for all the hard work they continue to do in order to shape and grow good young people through football. All our coaches are encouraged to participate in SFA qualification which the club pay for to allow the coaches to deliver the best training they can to the boys and girls attending the club. This takes time out of their family life and can be over a number of weeks but they all benefit from having good qualifications behind their practise. We have monthly meetings which all coaches can attend to allow learning from each other and where ideas for development of the club can be aired and planned, these are becoming better attended as the teams grow older and have more success.



Our coaches and helpers wear many hats within the club and for that we are grateful. We always require help with something and for the most part they are on hand to help as they believe in what we are trying to do for the community.

Thanks to all who have helped make this year a huge success without you involvement so many would have missed out.

Fife Council

SWF

SFA East region

Glenrothes Area resident's federation

The Scottish football partnership trust UEFA Foundation for children

Kirkcaldy & Central Fife sports council

Disability Sports Fife

Sported UK

Glenrothes Sport hub

Fife health and social care partnership

Fife Voluntary action

McDonalds (football for all)

SAMH

Active Schools Fife

Youth 1st

KDM

McDonalds

Cafe Inc

Link Living

Fife Gingerbread

Wellbe-sing

Lindas Ladies

Network 1st

Job centre plus

Robertson's Trust

Triage

The biggest thanks must be given, to all our generous local sponsors who kit our teams with strips and other teams kit each year.

Signed

A handwritten signature in black ink, appearing to be 'Jim All', written in a cursive style.

Chairperson and Trustee

Glenrothes Strollers CC

December 2025.