



Our Coaches

We work with coaches from professional **Football in the Community** schemes in the UK who have great experience in delivering football education and social inclusion messages to young people in their own communities.

Darren Teague is the Community Development Manager at Brighton and Hove Albion FC.

Before travelling to Africa for the first time with Coaching for Hope, his greatest concerns were about being ill and coping with the language barriers. He explains, *"The main differences between coaching at home and in Africa were in terms of the very limited resources and the heat. The delivery of coaching was a lot more visual and I feel improved me as a coach."*

Darren delivered Coaching for Hope courses which used football to communicate social messages primarily about HIV and AIDS. He said, *"The continuing development of the programme and the partnerships that are being created with experienced organisations will only continue to improve the delivery of football and HIV workshops. The programme has already passed responsibility for coach tuition to local coaches, which seems to have created a powerful bond and shared knowledge through peer education. The growth of the programme is exceptional and a tribute to the staff in country."*

Like many other coaches who have worked with us in West and Southern Africa, Darren found the whole experience to be extremely rewarding: *"It was more than positive - it was a life changing experience. I have been very fortunate to have coached at Coaching for Hope schools in both Burkina Faso and Mali and the experience will stay with me forever. I'm still in touch with some of the coaches in Mali and am always proud to hear of their continual achievements and their own personal developments. I would strongly recommend the project to other people and football clubs as it doesn't just improve you as a coach but also as a person."*



David Robinson is a Football Development Officer at Queens Park Rangers Football Club. He went to Burkina Faso with us to train local football coaches in July 2007. Before he travelled to South Africa for the first time, we asked him a few questions:

CFH: What do you hope to gain from taking part in the initiative?

DR: To help make a positive contribution to peoples lives and use what I learnt last year to good effect!

CFH: What do you think will be the main differences between coaching in Europe and Africa?

DR: Definitely the facilities and equipment.

CFH: The official language of Burkina Faso is French and there are many local languages. How do you intend to communicate with the coaches?

DR: Football is a universal language!

CFH: What are your expectations of Southern Africa?

DR: I've heard that South Africa is socially very unequal, I'm looking forward to experiencing this, that's the great thing about working for such a good organisation.



Steve Quashie is a Football Development Coach and Learning Tutor at QPR FC. Since 2005 Steve has planned and delivered four Coaching for Hope courses for young people and local coaches in South Africa and Burkina Faso. He reflects, *"South Africa was my fourth experience of working with people in the developing world. The experience was positive with achievable and realistic goals. This type of project is one that I would recommend to others, especially people who are open to new ideas."*

Coaching in an African context with low resources presents new challenges for coaches from the UK. Steve recalls, *"The biggest difference was that in*

Africa, the participants spoke several different languages. There were other challenges in terms of the equipment, facilities and conditions. We had to adapt teaching methods, learning processes and game related practical activities. My biggest concern before we went had been about getting ill."

Coaching for Hope uses football to communicate social messages and to develop important life skills. From his own experience, Steve has seen first-hand how sport enables young people to absorb and understand messages about issues such as HIV and substance misuse. *"Using football as a tool certainly communicates the messages effectively. Educating young people about life skills such as following the rules and being part of a team gives them a good understanding and raises their awareness."*



Tony Dickson is a volunteer disability coach with Everton FC in the Community. We spoke to him when he returned from a Coaching for Hope trip to West Africa.

CFH: What was your biggest worry about working in Africa?

TD: None really, I was very excited and the support and advice given prior to going there was excellent and gave me plenty of confidence in the people I was going with.

CFH: What were the main differences between coaching in the UK to coaching in Africa?

TD: The obvious difference is the facilities and equipment. Language barriers have been overcome and I actually think that we sometimes get more response from the people in Africa than on our own UK sessions as they are so enthusiastic.

CFH: What were the three things you had to adapt to most while working on the project?

TD: Firstly, getting to understand how the schools were delivered so I could have a good positive input. Secondly, to make sure I could understand all aspects of the course, football in relation to HIV and AIDS and ensure the vital messages were understood by coaching candidates. Actually making myself available to participants and giving the correct feedback in a positive and understandable manner.

CFH: Do you think Coaching for Hope uses football effectively to communicate social messages primarily about HIV and AIDS?

TD: I believe the schools and the way the sessions are delivered are vitally important as the sessions do provide possibly life saving information and important health issues regarding sexual awareness. The football can often graphically demonstrate the impact of one person's choice on another, i.e. if you choose to take a risk, yourself and someone else can be impacted by that decision.

CFH: Overall was your experience of working on the project a positive one, and would you recommend it to other clubs and people?

TD: I think the CFH people I have met actually make it such a positive project to be involved in. Their commitment, knowledge and enthusiasm are infectious. The experience is life changing and has such an impact on your own personal life that you want to return and commit as much as possible for the good of others. I would be proud and confident in recommending the project to any individual or club.



Matt Barr from Hull City has been to Cape Town with Coaching for Hope.

CFH: What were your concerns on the course before you left the UK?

MB: I didn't really have any concerns as I trusted Mike, meaning I felt comfortable with the way in which he described what was going to happen.

CFH: What were your thoughts on the planning and preparation?

MB: I thought that Coaching for Hope was exceptional in all aspects of planning and the like. The focus on safety of my journey made me feel confident before, during and after the trip.

CFH: In what ways do you think Coaching for Hope has benefited you in your development as a football coach?

MB: It has made a big impression on me personally and as a professional football coach. To see the young boys in the Homestead that we visited in our time off was quite emotional for me. I have a young son not much younger than some of them. The sessions that were in the manual were well composed and fairly easy to use. Some of them were transferable to work I do with Hull City. The other coaches at QPR were also very professional and I benefited from sharing ideas and working with them.

CFH: Would you recommend Coaching for Hope to other clubs/coaches thinking of becoming involved?

MB: Coaching for Hope is an excellent organisation, meticulous in attention to detail and a caring attitude towards the people under its wing. I feel extremely privileged to have been part of such a professional organisation. Without hesitation I would recommend CFH to any other clubs/coaches thinking of becoming involved in this important charity's work.