

Throughout 2018 the health and wellbeing team have continued to provide the Doncaster community with inclusive opportunities to improve mental and physical health.

2018 TIMELINE

- Dry January (Jan)**

The campaign was promoted at sessions throughout the month with participants encouraged to reduce their alcohol intake.
- FA People's Cup (Feb)**

A group of Vets participants joined together to take part in the event held at Goals Doncaster.
- Ride to Rotherham (Feb)**

A group of participants cycled over 26 miles from the Keepmoat Stadium to the New York Stadium before watching the Rovers take on Rotherham United.
- Ed Milliband Visit (Mar)**

The Labour MP for Doncaster North visited the Foundation for a preview of our Fit Rovers sessions.
- Cleats for Seats (Apr)**

Doncaster locals were encouraged to ride their bikes to the Rovers game against Oxford United in exchange for complimentary tickets.
- Play on the Pitch (May)**

Fit Rovers Vets were given the opportunity to play on the Keepmoat pitch in recognition of their ongoing hard work and commitment.
- Blood Pressure Checks (May)**

Volunteers from the Rotary Club carried out blood pressure testing at the Keepmoat Stadium. The service was offered free of charge to football fans before kick off.
- Walk to Wellness (May)**

Over 100 refugees and volunteers walked to the Keepmoat Stadium on Saturday to watch Doncaster Rovers in their final game of the 2017/18 campaign.
- Cleats for Seats (Aug)**

Doncaster locals were encouraged to ride their bikes to the Rovers game against Wycombe Wanderers in exchange for complimentary tickets.
- Cycle September (Sep)**

Fit Rovers participants took part in the Love to Ride UK scheme which encourages individuals to try cycling as part of adopting a healthier lifestyle and active travel methods.
- Walk to Wellness (Sep)**

Over 150 people accompanied by four walk leaders made their way by foot to the Keepmoat Stadium to watch the Rovers game against Bradford City.
- Memorial Game (Sep)**

A friendly game was played at Armthorpe Welfare FC in memory of former Fit Rovers participant Nidge Roe, who sadly passed away.
- Stoptober (Oct)**

The Foundation worked with SmokeFree Doncaster to support the campaign and also offered complimentary tickets to all participants that completed their programme in October.
- Rainbow Laces (Nov)**

Health & Wellbeing staff distributed pairs of Rainbow Laces at sessions to help support the Stonewall campaign which promotes LGBT equality and inclusivity.
- Alcohol Awareness (Nov)**

The Alcohol Change UK campaign was supported across our social media platforms. This included an interview with one of the Fit Rovers participants focusing on the subject.
- World Diabetes Day (Nov)**

The global diabetes awareness campaign was supported across our social media platforms. This included an interview with two Fit Rovers participants focusing on the subject.
- Movember (Nov)**

Fit Rovers participants had their facial hair shaved off by Blades Barbers raising over £2,000 in the process.
- Cycling Partnership (Dec)**

The Foundation announced a new cycling partnership with Barnsley FC's Reds in the Community.
- Children In Need (Nov)**

Fit Rovers participants wore pajamas to their weekly circuits session to support the campaign.
- Fit Rovers Fixture (Dec)**

The Rovers game against Scunthorpe United was designated as a Fit Rovers fixture. The entire first-team wore Fit Rovers t-shirts during their warm-up to help raise awareness for the programme.
- DRFC Hospital Visit (Dec)**

The Fit Rovers team kindly donated huge amounts of Lego and toys to be given out at the Rovers Christmas visit to Doncaster Royal Infirmary.

