



Redwood Times

Newsletter Edition #9

HSA Merseyside Sports Tour
April 2022



JULY 2022

HSA MERSEYSIDE SPORTS TOUR

HILLSBOROUGH SURVIVORS & THEIR FAMILY
& FRIENDS WALKING IN SUPPORT OF THE
HILLSBOROUGH SURVIVORS SUPPORT ALLIANCE

Included in this Newsletter ;-

- What is the Tour
- Our Motivation
- Thanks to our Sponsors
- Joining the Tour
- Marshalling Plans
- Fundraising information

86 DAYS
TO GO



THE TOUR IS LAUNCHED

In February, I had the opportunity to launch the plan for the Sports Tour at the HSA monthly meeting at Anfield. It was a privilege to attend that session and listen to the amazing work being undertaken by the group in providing education packs to teach schools about Hillsborough.

Members were enthralled listening to Maxine Peake about the experience of playing Anne Williams in the ITV documentary. Others, including contributions from Nottingham Forest, talked emotionally about their experiences and the value in the HTRM treatment.

I'm pleased the concept of the tour was well received and lead to more survivors getting the help they need.

Mike Wilson
Pen 4 Survivor

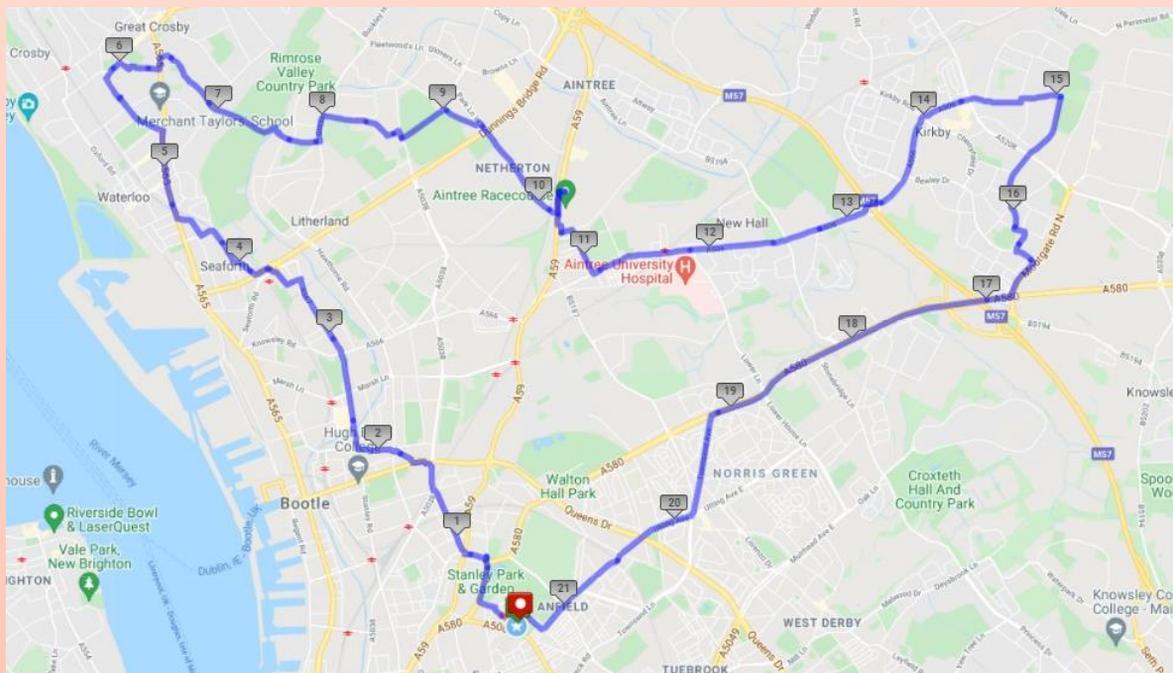


WHAT IS THE HSA MERSEYSIDE SPORTS TOUR

The Sports Tour is essentially a team walk that starts and ends at Anfield on Saturday July 2. Teams of 3-6 enter to complete the 21 mile route that visits sports arenas in Merseyside and is broken into six stages. While most teams will want to try to complete the full distance together, its not mandatory. Its also an option for team members to share the stages out amongst them while non-walking members rest. If teams are planning this approach, they will need to arrange their own support vehicle.

Teams will need to arrive at Anfield by 9.45am to check in with the marshals and receive their packs. The event will start 10am when the first team leaves the ground. Teams will be released at 20 second intervals just to ensure that we aren't blocking pavements with huge packs of walkers.

At every checkpoint, team will check in with Marshals handing in a Checkpoint token so we can track which teams have completed each stage. The timings below provide a rough guide for the timings but we know that some walkers will track at a quicker pace while others may be slower. Marshals will be in place until all walkers have completed each stage.



Stage	From	To	Miles	Minutes	Tot Miles	Start Time	End Time
1	Liverpool	Everton	0.66	11.9	0.66	10.00	10.12
2	Everton	Marine FC	5.07	91.3	5.73	10.22	11.53
3	Marine FC	Aintree Racecourse	4.68	84.2	10.41	12.03	13.27
4	Aintree Racecourse	AXA Training Centre	4.63	83.3	15.04	13.50	15.13
5	AXA Training Centre	McDonalds East Lancs	3.50	63.0	18.54	15.23	16.26
6	McDonalds East Lancs	Liverpool	2.92	52.6	21.46	16.36	17.29

OUR MOTIVATION - HILLSBOROUGH TRANSFORMATION RECOVERY MODEL

The fundamental aim of the Sports Tour is to raise funds to help survivors receive much needed treatment. The Hillsborough Transformation Recovery Model has been designed in conjunction with HSA and over one hundred survivors and witnesses have benefitted from this therapy already. Some of those who have undertaken HTRM have chosen to share their stories, anonymously of course.

"If anyone is considering the HTRM go for it, what can you lose? I'd had therapy twice before I had the HTRM, and both times to many loose ends in fact not really good at all. I found the group a couple of years ago and plucked up courage to go to a meeting. I was made welcome and felt at ease right away, at last I was with people who understood what it's like feeling guilty, helpless and alone. HTRM was offered to me and I declined at first, it wouldn't help me I'd been through therapy twice before and not much use so why go through it again, why put yourself through the horrors once more. Then after about 6 months and seeing how successful the HTRM was, I put my name down. After only the second session I was a different person it was like I was floating on air, for the first time since then I could talk to my wife about it, which I did. I've also told the kids about it.

My guilt has gone now, the dreams have stopped and I feel I can cope now. In fact this group and HTRM have given me my life back! Previously because of Hillsborough I'd smashed my hand through a glass door, the stitches sorted my hand out but it was mentally where I needed help, thanks to Peter and Diane and everyone in the group I'm now feeling better in everything I do, I'm now enjoying my life again. Yes I can still shed a tear, I can still get a bit upset but now it's on my terms and I'm in total control. So go for it, the success rate is phenomenal, don't forget you've got nothing to lose by doing it."

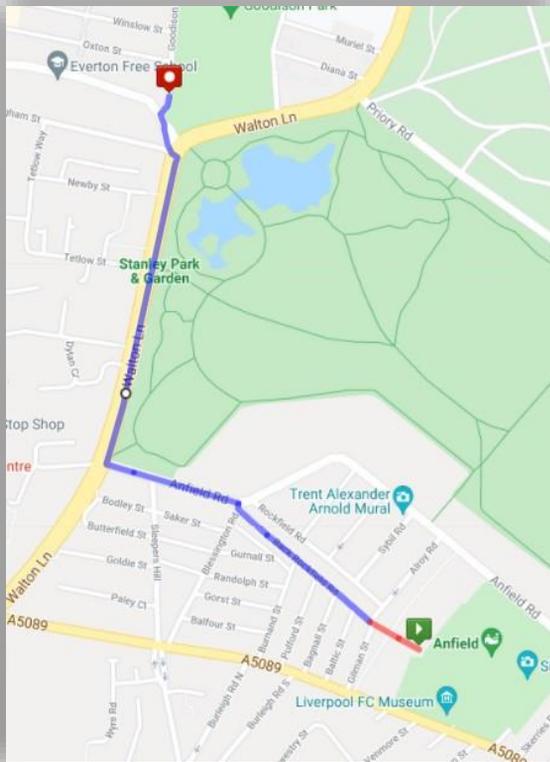
"The young, happy, me that went to Hillsborough was lost there. But the combination of HTRM therapy and finding unique understanding and mutual support through the HSA has brought me back. It's hard to put into words the huge impact of this but it just feels like a persistent, dark, lingering cloud has been lifted. I now know what it really means to have hope in your heart and the ability to be happy again."

"I'm a pen 4 survivor. I was 29 years old at Hillsborough, and have been a season ticket holder (Kop) since 1979. I've had Cognitive Behavioural Therapy (CBT) on 3 separate occasions, each consisting of multiple sessions. It didn't work for me and made me feel that my trauma (which wasn't even diagnosed until the last occasion) was actually my problem and made me feel guilty for that. Fortunately my last therapist recognised this and I was put forward for Eye Movement Desensitisation and Relocation (EMDR). This is a widely recognised treatment for Post Traumatic Stress Disorder (PTSD). This therapy did steady things for me, but by no means did it address all my problems.

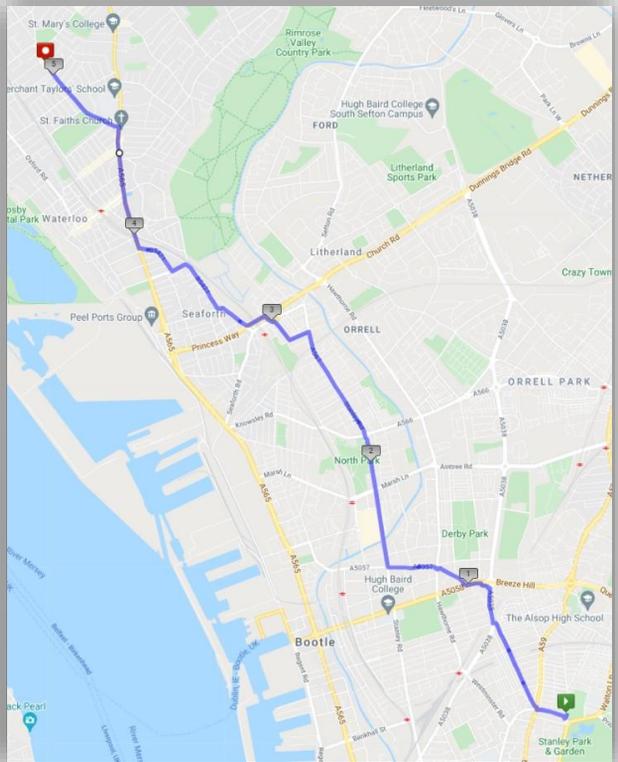
I discovered HSA online, and was involved in the process that realised we needed a specific therapy, and in its design with HSA's therapist. This tailored therapy is what HSA can now provide. It normally only takes 3 sessions, and is known as the Hillsborough Transformational Recovery Model (HTRM). I had my HTRM over two years ago. It changed my life. I can now deal with all my Hillsborough experiences without my emotions taking over. I had forgotten how to enjoy my life and have fun, I laugh more, and I'm no longer consumed by that day and my subsequent experiences. HTRM is remarkable, and I can't recommend it highly enough."

OUR ROUTE

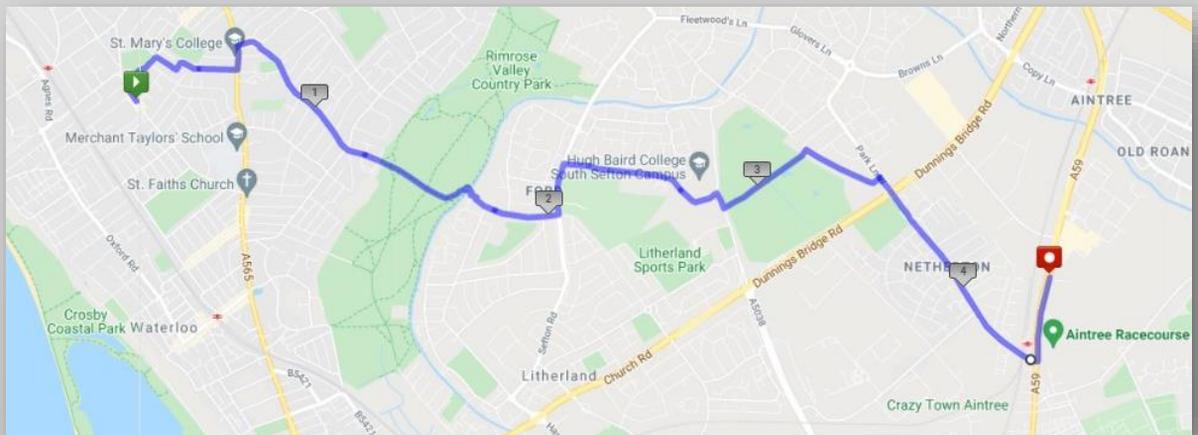
Stage 1 – Liverpool FC to Everton FC



Stage 2 – Everton FC to Marine FC

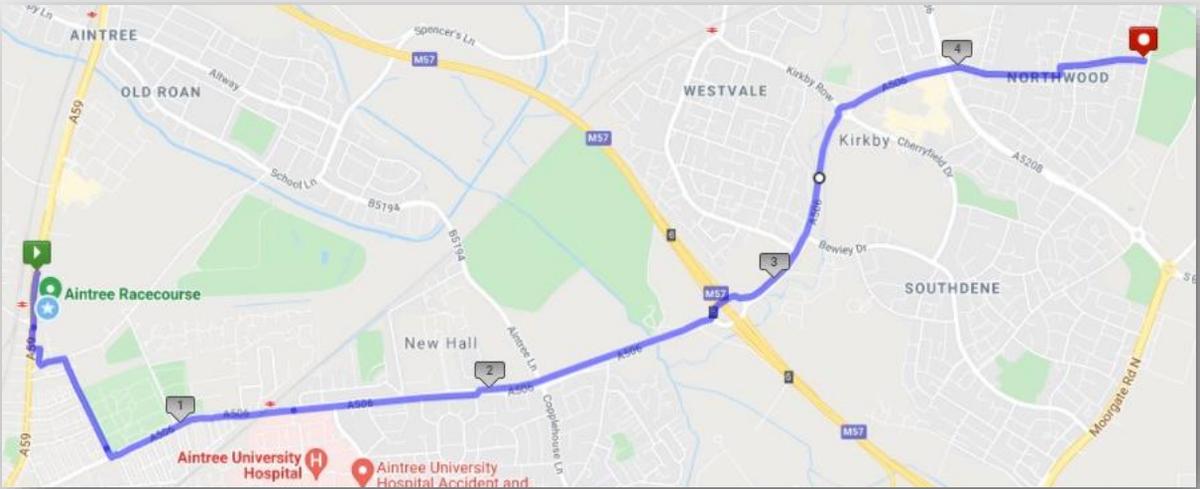


Stage 3 – Marine FC to Aintree Racecourse

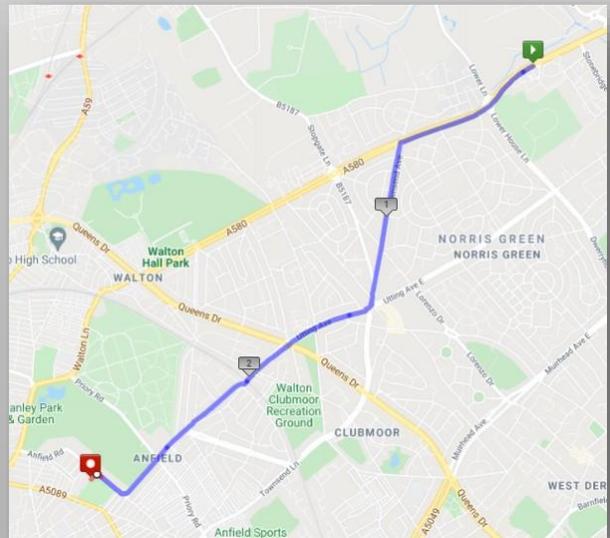
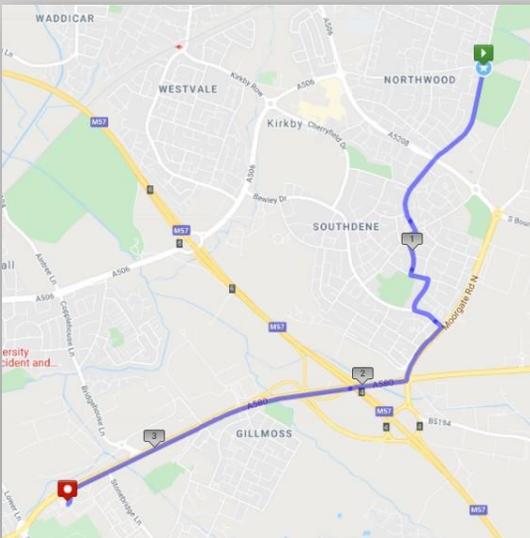


OUR ROUTE (cont)

Stage 4 – Aintree Racecourse to the AXA Training Centre



Stage 5 – The AXA Training Centre to McDonalds



Stage 6 – McDonalds to Liverpool FC

JOINING THE TOUR

The numbers of teams taking part are steadily growing but we will be accepting registrations right through to **May 10**. This will give White Lodge Group, who are producing our t-shirts and hoodies, sufficient time to get them back to us in time for the June HSA meeting where we are arranging to have them distributed.

Teams of between 3 and 6 walkers can enter online. Click the picture below to get to the registration form. The registration fee to join is £10 per person. This covers the cost of the event t-shirt. Hoodies are also available too for an extra £15.

To register your team, you will need to collate all the following information

- Lead Walker's Name, Mobile Number & Email Address
- Team Name (optional)

Then for each walker, we will need

- Walker name
- T-shirt Colour – Red or Grey
- T-shirt Size – S, M, L, XL, XXL
- Hoodie Colour – Red, Grey or None if no hoodie is ordered.

Before we can order them, we need the registration fees for each team. We ask for one payment for each team. The bank details for the transfer are ;-

- Account Number - 70822360
- Sort Code – 30 93 76
- Account Name – REDWOOD EVENTS



OUR SPONSORS

Events like this cannot be staged without generous support given by corporate sponsors. As soon as we set up this event, we were inundated with companies asking to be part of the event.

AG Cranes is the main sponsor of the Sports Tour. Their contribution will pay the costs of the event and make a donation on top of that.

In addition, we have twenty one mile-long stages for the tour that have sponsors donation £150 each for stage. All these donations will go straight into the HSA Fund. Its quite humbling to see how quickly local companies stepped forward in support.



Main Sponsor			
AG Cranes			
Stage	From	To	Stage Sponsor
1	Liverpool	Everton	Straight Outta Liverpool
2	Everton	Derby Park	Bootle Glass
3	Derby Park	Orrell	KMS Consulting Ltd
4	Orrell	Seaforth	Hotel Anfield
5	Seaforth	Waterloo	Fluid Engineering UK
6	Waterloo	Marine	Alex Cousins Consulting
7	Marine	Rimrose Valley	EcoGreen Equestrian
8	Rimrose Valley	Ford	M&R Engineering
9	Ford	Netherton	City Tiles
10	Netherton	Aintree Racecourse	Total Indoor Cricket Solutions
11	Aintree Racecourse	Seeds Lane Park	HD Glass Ltd
12	Seeds Lane Park	Fazackerley	HalfTime Music
13	Fazackerley	M57	Pearson Wall & Floor Tilers
14	M57	Kirkby	Official LFC Supporters Club - Brighton & Sussex
15	Kirkby	AXA Training Centre	Peter Dickinson Wealth Management Ltd
16	AXA Training Centre	Southdene	New Car Contract
17	Southdene	Gillmoss	JFW Construction Ltd
18	Gillmoss	McDonalds East Lancs	Warwick Developments
19	McDonalds East Lancs	Norris Green	R&B Restaurants
20	Norris Green	Clubmoor	AG Cranes
21	Clubmoor	Liverpool	AG Cranes

FUNDRAISING

Our fundraising will be done both on and offline. There is a central donation page for the entire event. Click the picture on this page to go through to that donation page.

There is an offline paper sponsor form which will be circulated to all lead walkers by email.

Some of the teams are creating their own fundraising pages. The instructions for this are below. Once you have done this, please send the link to the organisers so we can track all fundraising



Instructions

HSA is not a charity so you will need to set up a Crowdfunding page. Follow these instructions to do this. You will need a bank account to assign to the page. Crowdfunding works by collecting all donations into a central account throughout fundraising. Once the event is complete, and you close your page, they will work out the Crowdfunding fees (a small admin fee), deduct it from the amount raised and transfer the money to your named account. Then you can transfer this to HSA.

1. Log into JustGiving at www.justgiving.com
2. At the top, click **Menu**, then click **Crowd Funding**.
3. Set your fundraising total (£100 per walker ideally), say what you are raising it for and pick **Local Community** as its category.
4. Upload a photo for your page
5. Add a commentary often including the names within your team
6. Edit the name of your page unless you are happy with the default
7. Add your postcode
8. Click **View Your Page**

Your page is now built. You will need to assign a bank account to it but you don't need to do that until you are ready to close the page.

Don't forget to send the link to the organisers.

DONATE NOW WITH
JustGiving™

SUPPORTING THE FOODBANKS

While we have a plan here that aims to raise significant funds for HSA, we also have an opportunity to give back to the community. We are working with **Fans Supporting Foodbanks** and will be asking all participants to bring a donation with them on the day. These can be handed in to the 'Purple Van' before the start of the tour. They will be with us from around 9am on the morning of the event.

The list provided here gives suggestions for the best kind of donations.

Essentially we are looking for non-perishable items as well as toiletry products.

In times like these, Foodbanks have become incredibly important to many families so lets come together to make a big difference here.

Please note we are unable to include fresh or chilled foods in our parcels. We welcome tinned and dried foods. The list below is a guideline:

- Cereal
- Soup (can / packet)
- Beans / spaghetti in sauce
- Tinned tomatoes
- Tinned meats - pies, corned beef, ham, etc
- Tinned fish - tuna, salmon, sardines, etc
- Tinned vegetables / pulses
- Tinned and packet potatoes, eg: Smash
- Pasta / rice / noodles
- Pasta sauces - meat and veg
- Steam puddings and custard
- Tinned fruit, evaorated milk / cream
- Rice pudding
- Biscuits
- Preserves, eg: jam, choc / peanut spread
- Tea / coffee
- Sugar
- Milk - UHT and powder
- Squash / juice
- Treats, eg: chocolate
- Snacks, eg: crisps
- Basic toiletries
- Toothpaste
- Sanitary products, eg: tampons / towels
- Wash powder / washing up liquid
- Toilet roll
- Nappies / wipes



MARSHALLING PLANS

Marshals are crucial to this event and will stay in constant contact throughout the day via a Whatsapp Group. Each team will be given a clip with checkpoint cards (below). These contain a card for each checkpoint. On arrival at the checkpoint, the card for that stage should be handed into marshal. This helps them understand who is still to pass them.

Marshals will be given a list of all Team Numbers, Lead Walkers and their contact numbers. **All Lead walkers must have their mobile on them and charged at all times.**

There will be a floating team of lead marshals available to help at any time or checkpoint.

Marshals will be grouped in three groups

- Team 1 – Liverpool at the start, Aintree Racecourse (Checkpoint 3) and Anfield (Checkpoint 6 at the end of the walk
- Team 2 – Everton FC (Checkpoint 1) at the gates on Goodison Road and the AXA Training Centre (Checkpoint 4) at the gates on Simonswood Lane at the junction with Quarryside Drive
- Team 3 – Marine FC (Checkpoint 2) in the club car park on College Road and McDonalds, East Lancs Road (Checkpoint 5) outside close to the road.



CONFIRMED EVENT MARSHALS

Alan Grey
Selina Grey
Gillian Scarfe
Diane Lynn
Lianne Russell
Gareth Hayes
Paul Williams
Alison Marsden
Steve Wood
Mike Wilson

KEEPING UP WITH THE TOUR

There will be many HSA members and interested parties not walking but still keen to keep up with the progress of the Tour. We will try to post updates as the walk progresses

Via our Facebook Group

This is probably the most reliable as photos and updates will appear regularly through the walk. You can find our group [here](#).

Via Twitter

Updates will also be added to Twitter. Search for the hashtag **#HSATour** or the account **@HillsboroughSu1** for these updates

Via Direct Telephone Contact / Text

You can call the support team for an update throughout. Call Mike Wilson on 07503 971001

VITAL EQUIPMENT

The most important piece of equipment for an event like this is the right footwear. Supportive running shoes or lightweight walking shoes are the best type of footwear for a journey that's predominantly spent walking on pavements. The impact that continuous pavement walking can have on your ankles and the soles of your feet is significant. The right footwear is imperative.

Also, you would be wise to bring replacement pair of socks, especially if there is rain and they get wet. Talcum powder or Vaseline put on your feet before you put socks on can reduce the likelihood of blisters.

Its always wise to have a pack of Compeed or other variety blister plasters in your pocket just in case. There will be a first aid kit in the Lead Marshals vehicle.

IMPORTANT NOTES FOR ALL LEAD WALKERS

- Don't forget to bring the mobile phone that has the number provided on registration
- Don't forget to fully charge your phone
- Make sure it is not on silent!

We shouldn't need to call you but if there is a need, we need to make sure you are able to answer promptly

