

COMPETITION TIME



What part of a football stadium is never the same?
The changing rooms!

Football trivia

Test your football knowledge here and win a fantastic Subbuteo premier league set to enjoy with your friends and family.

Don't worry if you don't know all the answers! The winner will be drawn at random from the people who have given the most right answers, so don't worry if you don't get all 10 answers. Get your brain in gear or ask your family and friends and send in your answers with your name and address and you could be a lucky winner (and you never know there might be a runners up prize too!). Send your answers to the address at the bottom of the page by 1st August.

1 What country has played in every World Cup finals since 1930?

2 How many teams are in this year's World Cup finals?

3 Which country was the first to beat England in England in 1953?

4 What colours do Norwich City play in?

5 Which 2 clubs share the record for most appearances in the FA cup final?

6 Before 2005 when was the last time Chelsea won the Premiership (it was called the First division then!)

7 Who are nicknamed the Saints?

8 What premiership team plays at St James' Park?

9 What Scottish premier league team has Roy Keane just retired from?

10 After the World Cup who will be the manager of England?



Meet Harry...

Will Harry get to play football...?



Next time: Will Harry be chosen to play in the next school match?



HQtoo! is produced by the Haemophilia Society
Petersham House, 57a Hatton Garden, London, EC1N 8JG
Helpline: 0800 018 6068 Admin Tel: 020 7831 1020
Fax: 020 7405 4824 Email: anna@haemophilia.org.uk
Website: www.haemophilia.org.uk

HQtoo! Co-ordinator: Anna Hinchliffe-Wood

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Where do football directors go when they are sick of the game?
The bored room!

HQtoo!

for young people affected by bleeding disorders

Football stars

It's not only men who play football! Sue Smith is one of England's best female football players and she's agreed to be interviewed for HQtoo!



Sue Smith
in action on
the football
pitch



Which team do you play for? Leeds United & England

What position do you play? Left Wing

How did you get into playing football and how old were you?
Playing at school from 5 years old!

What has been your greatest moment as a footballer?
Being selected for the FIFA All Stars in 1999 to play with the best players in the world against USA

Who did you support as a child? Everton

Who was the biggest influence on your career?
My parents and brother

Which sports person do you admire most and why?
Lance Armstrong due to him being a fantastic athlete in the hardest endurance sport in the world and overcoming cancer

If you could play for any team in the world who would it be? Barcelona with Ronaldinho

Who will win the World Cup this year? England

What is the worst injury you have had? I dislocated my ankle and broke it at the same time (like Alan Smith)

What are your ambitions for the rest of your career?
To keep playing for England and to win something with Leeds United

What advice would you have for people trying to get into football? Keep practicing hard and make sure you enjoy it!!

Sue Smith's success

2006 – FA Cup Final (Leeds WFC)

2002 – Joined Leeds (was playing for Tranmere Rovers before)

2001 – Scored hat trick in a friendly against Spain

2001 – Nationwide International Player of the Year

1999 – Represented England in FIFA XI against USA

1999 – Nationwide International Player of the Year

56 caps for England

ALL ABOUT ME

Another Everton fan and young football player Alex tells us all about meeting his heroes ...

Since receiving my Haemophilia Society sports award last October, I have had a really brilliant 6 months. First by getting the award and going to Chelsea football stadium and then staying the night at the Chelsea Hotel followed by a trip to Madame Tussauds.

Then my local newspaper (The Bucks Herald) came round to my house to interview me because they had read about me on the internet. They put a big article on the 2nd page of the newspaper explaining why I got the

award. Then because I was in the paper, I got a head teacher award from my school after they read about me, which was really great.

Last Christmas my Uncle wrote to Everton, who are my favourite team, saying that I had received the Haemophilia Society Sports Award, but although I was really pleased to get it, I was an Everton supporter, not a Chelsea one, so recently Everton wrote to me inviting me and my family to Everton's ground to meet all the players and then watch the match afterwards. I had a great time. I got to meet all the players and they signed my autograph book. My favourite players are James Beattie and Tim Cahill who both signed my shirt.

I think that it was really good to get to do all of these things just because I have got haemophilia. I really enjoy my sports and hope to do even better when I am older.

Alex, 9, Severe haemophilia A

Hello from the Society...

I hope you're all getting excited about the long summer holidays and have been enjoying the World Cup. As you can see there's a football theme to this edition but if footballs not your thing don't despair there's plenty of other things to read.

In the office we've been very busy. In May we asked 3 young people with haemophilia to travel out to Vancouver and attend the World Congress of Hemophilia. While they were there they were asked to meet other young people with bleeding disorders and get ideas for things we should be doing in the UK. Here in the UK we want more young people to get involved with our work and tell us what we should be doing. We worry that if no young people get involved, in 50 years time there will be no Haemophilia Society and this means that there will be no activity weekends, no HQtoo! and much more. Andrew, Dan and Matt came back with plenty of experiences and ideas and will be writing about them in the next issue. If you ever have any ideas or thoughts on what we should be doing please let us know.

In this edition we're updating you on everything we've been up to since the last edition. This year we had loads of entries to our awards and they were all great. I only wish everybody could win! But there has to be a winner and it was a tough decision but you can see the winners listed on page 3. Last year's Philip Morris Award winner, Ria, tells us a bit about winning the awards and we let you know about our events and trips over the past 3 months.

Finally on the back page we have a great football competition and the lucky winner will get a fantastic Subbuteo set, so get answering.

Over the summer we have 2 more activity weekends and our national conference so I hope I'll be seeing loads of you then.

Have a great summer.

Take care
Anna



Contact me on:

anna@haemophilia.org.uk

or call 0800 018 6068 or write to me at

The Haemophilia Society, Freepost RLJT-ZGTG-ZHJS,
First Floor, Petersham House, 57a Hatton Garden,
London, EC1N 8JG

NEW website on sports and exercise now live

– factorfitness.co.uk developed by Bayer HealthCare

factorfitness.co.uk is the first interactive website focusing on sports and exercise for people with haemophilia. It's your opportunity to get the low down on your favourite sport; play golf on-line; upload your images via a forum and even ask a physio for advice.



This fun and interactive site also tells you all you need to know about keeping your joints healthy and maximising your muscle strength. It includes information on how to choose the right sport, when it's a good idea to wear

protective gear, and the best ways to warm up and cool down; plus some tips on boosting your energy. So log on and enjoy...

A trip to Ireland



Barretstown Castle

For the first time ever the Haemophilia Society took 15 families all with haemophilia to Barretstown in Ireland for a weekend of fun and relaxation. Callum's family was one of the lucky families to go and here he tells us all about it...

When we got to Barretstown we played basketball. Before dinner we went back to the cottage and met a family from Scotland who shared the cottage with us. I talked to Bilal who was the same

Just some of the activities we got up to at Barretstown ...



age as me and his brother Kazim. They both had haemophilia like me. At 6pm we went for dinner. After dinner we watched a show. At one point everyone in my cottage dressed me up as a space alien. There was also games involving apples and yoghurt. I had to team up with Kingsley one of the volunteers and nurses. He put his hands behind his back and I had to feed him yoghurt. I got him covered in yoghurt!!!!!! After the show the mums and dads went off to the castle and the caras (Irish word for friend) took us back to the cottage to play board games. The next day we got up early before breakfast and went to archery. I was better than my dad, he aimed at the bull's eye but I was trying for the sheep in the field behind.

After breakfast, we all got split up into our age groups. We all went to canoeing, horse riding, arts and crafts and also went to this climbing activity. We also had an opportunity to choose an activity. I chose photography and took pictures of people in their chosen activity. Some of the pictures I took were shown in the slide show before we left on Sunday morning.

At tea time we had a party and the parents had a special steak dinner. The mums and dads also went to the pub and us kids went back to the cottages with our caras for more games.

I wish we were still there because there was better weather and it was GREAT! I met some really nice people. It was also good to meet other boys like me. I wish I could say thank you to everyone who was there.

Callum, 11, Severe haemophilia A

Thank you to Wyeth for sponsoring this event.

Fun with our French friends

The French Haemophilia Society decided a year ago that they wanted to bring some of their younger members over to London for a visit. So at the beginning of May, 14 young members with haemophilia came over to London for a weekend. The group had an action-packed weekend visiting museums, seeing a musical and touring Chelsea Football Club. On the Sunday they were joined by a small group from the UK Haemophilia Society who showed them the sights of London – taking them on a bus tour, river cruise and the London Eye!



The UK and French group after their boat tour along the Thames.

GREAT CARNIVAL EVENT

Hey guys, we would like to invite you to the new amazing event organised by the Society.

DETAILS

Bouncy castle, face painting, fancy dress parade, steel band, limbo dancing: come along with mum and dad and take your friends and your school mates with you.

RUSH: ask mum or dad to help you getting your ticket!
WHEN: 16 July 2006

WHERE: Haggerston Park, Hackney, London, E2 8QH

HOW: call 020 7831 1020 and ask how to get the tickets or visit www.haemophilia.org.uk and click on the Great Carnival Event logo

WHY: Because carnival ... is in the blood!

All proceeds of the event will go to the Haemophilia Society to keep on supporting and helping people living with haemophilia and other bleeding disorders in the UK.

Questions, Questions, Questions

If you can't play football there are other ways you can enjoy it. Jacob, aged 9 with severe haemophilia A has been busy writing and promoting his World Cup song 'Come on England' over the past few weeks but despite his busy schedule he managed to fit us in for a quick interview.



What gave you the idea to write a song for the England team?

I was bored so I asked Les (my mum's boyfriend) if I could do a tune. Les has a small record label and recording studio and so we sat down and Les played something on the keyboard and I started writing words to it

How long did it take you to write the song?

It took most of the afternoon, about 4 hours

Did anyone help you to write it?

Yes, Les gave me a little bit of help

How did so many people hear about your song?

My mum and Les rang some radio shows and TV programmes to tell people about it

You've had loads of publicity about your song, how did all that start and what interviews have you done?

When my mum and Les rang the BBC they spoke to the local BBC in Bradford and they came and filmed me and put an article about me on their website. It might be on some other local TV programmes too. I've also been in some local papers and BCB Radio news bulletins. I was also on the breakfast show for Pulse radio and their news

Do you have any plans to write any other songs?

Yes. I want to be a sports song writer. Mainly I'd like to be a football player though, I play for my school team and have been Captain before

Who is your favourite England player?

Rio Ferdinand

What football team do you support?

Manchester United

Do you have a favourite musician?

Yes, Les Banks (!) he made me want to start writing songs. He writes and performs his own pop music

What do you think about the other World Cup songs, are there any you like?

I'm not sure about the songs this year but I like Football's Coming Home by Baddiel and Skinner

So far there have been over 13,000 hits to the website where Jacob's song is. If you want to listen to the song you can hear it on www.jumprecords.com



Awards

Ria tells us about what she got up to when she received the Philip Morris Award last year



This is a picture of me receiving my cheque and Philip Morris award at the Rainforest Café. We then went to see The Nutcracker with the English National Ballet. It was great because I love dancing. We went visiting the sites around London and stayed for two nights. We visited Buckingham Palace, Westminster Abbey and The Tower of London. It's really interesting and full of history. It was a great experience.

Thank you Haemophilia Society.

Ria, 12, Type 3, von Willebrand's

This year's winners

This year we had a lot of nominations for our awards, the 3 judges had a tough job deciding who the winners and runners up should be.

PHILIP MORRIS AWARD – Daniel Power, age 15, severe haemophilia A, for Ballroom and Latin American Dance. Daniel started dancing when he was 6 years old and was a member of the British team for 2 years. This year Daniel was selected for the British team against the Rest of the World. There were 260 couples entered into the championship and Daniel and his partner made it through to the final 12.

SPORTS AWARD: Senior winner – Robbie Carew, age 13, severe haemophilia A, for chess. Robbie has recently won a number of chess tournaments. Sometimes the tournaments go on for 6 hours, so endurance is really important.

Junior winner – Robert Barnard, age 11, severe haemophilia A, for golf. Robert is the youngest person at his local golf course to get a hole in one and has now started his Young Masters Golf training. Robert is also one of the team leaders in a sports leadership scheme at his school.

Runners up – Ben Hunter, age 10, severe haemophilia A, for golf. Ben was the youngest player ever to win young player of the year at the local golf club and now helps younger members of the club to learn golf. Nicholas Kelly, age 11, moderate haemophilia A, for badminton. Nicholas started playing badminton when he was 4 years old and has won loads of tournaments for both singles and doubles.

Thanks to Baxter for supporting the Sports Awards.

Who's who at the Haemophilia Society

This is the 2nd part of this series and this time we're meeting our Membership Administration Officer – Tom Bradley



How long have you been working for the Haemophilia Society?

Since January 1992

What is your job?

I am the Membership Administration Officer. I oversee all post jobs incoming and outgoing. I answer all admin calls to the Society and helpline calls when no one is available in the services team. All e-mails sent to our general email address I forward to the relevant member of staff. When visitors arrive at the office I will make them welcome and offer them a drink. The meeting room must be prepared and cleared up when it is used and I also order all our stationary and try to keep storage areas tidy. These are my main duties although I help out in many other areas.

What is a typical day in the office for you like?

I arrive at 8.45am, turn on my computer, check e-mails, listen to any phone messages and then turn on the phones for 9.00am. Then I sort out the post and give it to people in the office. Between my normal work I answer phones and the door for deliveries etc. Normally I go out at 1.00pm for half an hour and come back for sarnies. As the afternoon progresses I will make sure all post is franked and ready for collection at 4.30pm. At 4.45pm I leave the office and cycle home.

What is the best thing about your job?

I like to help people who contact the office and be part of a good office team helping those with bleeding disorders and their families. I have a variety of jobs so I never get too bored. The new office in Hatton Garden is much better to work in. I cycle to work every day it's 5 miles each way and this helps to keep me fit.

What football team do you support and why?

I've supported Arsenal from the age of 8 when my Dad took me to see them draw 0-0 with Crystal Palace in 1970. I grew up in Edgware just north of Wembley and from the age of 12 I would get the train and watch nearly every Arsenal game. It wasn't expensive in those days to watch big clubs. I have lived in South London for 13 years and I live next to Millwall. I watch them play when I can but last season they were relegated to the 1st division.

What do you do in your free time?

I like to spend as much time with my wife Mary and Rita & Michael our children. We spend a lot of time in a community at our church and on Sundays sing in the choir. We also go indoor swimming and cycle when the weather permits. We go to a caravan in Hastings twice a year in half term. I like watching live football and snooker on TV, I never watch the soaps.