

# Long Eaton Mess FC

## — Looking Back on a Very Successful 2024 —

Local, Long Eaton based, charity football team 'Long Eaton Mess FC' are reflecting on their best year yet.

**A**s the year draws to a close, Long Eaton Mess FC is celebrating a remarkable 2024, marked by impactful charity efforts, a continued commitment to raising awareness for men's mental health, and incredible achievements on the field.

### Making a Difference in Men's Mental Health

In January 2024, Long Eaton Mess FC partnered with Enlighten the Shadows, a men's mental health support group dedicated to encouraging open conversations amongst men about their struggles. This partnership aligns with the club's mission to tackle the stigma around men's mental health and provide support for those in need. Stephen Rose from Enlighten the Shadows shared his gratitude, saying: "We massively appreciate all that Long Eaton Mess FC do for Enlighten the Shadows." In addition to supporting Enlighten the



Shadows, the club raises funds for various charities through games against other charity-focused teams. Their efforts have contributed to a collective total of £4,109 raised for UK charities since their inception.

### Highlighting the Importance of Men's Mental Health

While strides have been made in improving support for men's mental health, challenges remain. Men are still less likely to receive mental health treatment due to social stigmas around vulnerability. Long Eaton Mess FC hopes their work inspires more men to speak out and seek help, knowing they are not alone.



**"I personally have enjoyed the experience of managing and being involved with Mess over the last 18 months. It has meant a lot to me that people have supported me throughout this journey, as I'm not a manager like Pep Guardiola! But, this is my way of being able to mix my love of football and generating money for mental health charities. Having suffered with mental health issues in the past, this has really meant a huge amount to me. Long may this journey continue; I hope Long Eaton Mess FC goes from strength to strength."**

**~ Martin McCarthy (Manager, Long Eaton Mess FC)**

## **New Sponsor: LJM Solutions**

This year also saw LJM Solutions join as a sponsor, generously providing the team's new home kit. Lee Lindley, Director of LJM Solutions, said: "Supporting such an incredible cause is close to our hearts, and we're proud to stand alongside a team committed to making a real difference. Together, we can help break the stigma and bring more attention to men's mental health issues."

LJM Solutions provide expert installation services for solar panels, catering to both residential and commercial properties.

## **A Year of Memorable Moments**

Owner Daniel Howard reflected on some standout highlights of 2024, including:

- Participating in the Sands United FC Nottingham tournament in July to raise funds for baby loss charities, a cause deeply connected to mental health.
- An August charity match against Ilkeston Charity FC, which raised £612 for Oaklands Special Dementia Care Home.

Daniel Howard expressed his gratitude, saying: "A massive 'thank you' to all of the Mess lads, our manager Martin, and everyone who has supported us and donated money. Our sponsors, LJM Solutions and Brand Accountancy, have been incredible, and we're excited to continue our mission into 2025."



“It is a privilege to represent Long Eaton Mess FC, not only as a player but a Captain. The values of the club align with my own, in terms of highlighting men’s mental health issues and raising money for Enlighten the Shadows. Having past struggles and using football as an escapism from reality, it feels rewarding to be able to be a part of a squad that’s raising money to help others.

The main thing I enjoy about the club is the camaraderie, the constant banter with the lads when meeting up or in the group chat. We’ve recently started to plan social events too which I feel will elevate the togetherness of the group and

open more opportunities to raise money for the charities we represent.”

~ Carl Brooks (Captain, Long Eaton Mess FC)

## A Winning Year on the Pitch

On the field, Long Eaton Mess FC had an incredible season. The team played 19 games, securing 13 wins, 3 draws, and only 3 losses, while scoring an impressive 106 goals. The Mess also played in their first tournament and came away with the win. Their final match of 2024 is planned for Tuesday, 17th December.

## Looking Ahead to 2025

As Long Eaton Mess FC wraps up a fantastic year, they remain dedicated to their cause and welcome anyone looking to get involved. Volunteer opportunities are available - interested individuals can contact the club via their social media.