

# **The Posh Supporters Trust**

Honorary Vice-president: Leigh Porter  
Members of Supporters Direct, Cambridgeshire Chamber of Commerce  
and Peterborough Council for Voluntary Service

**NEWSLETTER No 29**

**MARCH 2009**

## **WIN YOUR SEASON TICKET FOR THE 2009/10 SEASON In Our MEMBERS FREE PRIZE DRAW**



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**THE POSH SUPPORTERS' TRUST**

# THE POSH SUPPORTERS' TRUST

- Registered in England and Wales with the Financial Services Authority as an Industrial & Provident Society. Registration number: 29533R.
- Member of the Cambridgeshire Chamber of Commerce.
- Member of The Peterborough Council for Voluntary Service.

The Posh Supporters' Trust is a democratic not-for-profit organisation of supporters, committed to strengthening the voice of supporters in the decision-making process at the Peterborough United Football Club. We seek to improve the links between the club and the community it serves, and help the club to grow to the highest level.

## OUR AIMS

- Acquire shares in Peterborough United, in order to attend AGMs and EGMs, and ask questions on your behalf.
- Build a substantial membership and thus a mandate to represent supporters.
- Establish a healthy relationship with the club, by attending regular meetings to discuss matters of mutual concern.
- Gain enough shares to have a significant holding in the club.
- Persuade the club to appoint a representative of the Trust as a board director.
- Remain alert at all times to the possibility of gaining control of the club on behalf of the supporters
- To provide a service to the community with our Smile Ticket Scheme.
- To help the club grow to the highest level with initiatives to create new fans.

## Help Us to Help You!

- ❖ Become a member – **subscription** details on the back pages.
- ❖ Make a **donation** to the **Trust**. (pay-pal facility on website [www.theposhtrust.co.uk](http://www.theposhtrust.co.uk))
- ❖ Play the **Gold Bond Super Draw** lottery every week.
- ❖ Use your membership card at the **local businesses** that provide **excellent discounts to members** (listed in this newsletter).
- ❖ Shop at **Westgate** Department Stores, **AHF** Home Furnishing Superstores and Westgate Optical, asking for the dividend to be credited to the Trust's **share number 473432**.
- ❖ **Visit and patronize our Stall on the concourse** on match days! Browse the old Posh programmes, various books and magazines. Join or re-new your membership, and take part in the various competitions we will feature.
- ❖ Offer your services to the Trust, if you have any professional or other skills, e.g. in fund-raising, accountancy, business management, the law etc.
- ❖ Make use of our **on-line shopping** facility, **[buy.at/theposhtrust](http://buy.at/theposhtrust)**.

**We thank all those who continue to support the Trust, however they do it.**

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# **Your Trust Board**

At the end of February, Tony Griffin resigned his seat on the Trust Board.

Tony Said “I took on the role of Chairman in September 2008, as there were no other nominations for the position. I only intended it to be short term and I do have a number of other responsibilities.” I will remain an active member of the Trust and will help the Board in any way I can, to see the football club grow into a stronger fan based community club, as they progress through the leagues.”

The Board would like to thank Tony for his contribution during the last 18 months. During his time on the board, Tony has made valuable contributions to our initiatives and his knowledge and experience gave a stronger presence for the Trust in the local business environment, something we know is important and would like to see continue.

Our Press Officer, Paul Mitchell also left the Trust Board in December after many years of service. Paul who is a freelance journalist said his work commitments were growing and he was unable to dedicate sufficient time to the needs of the Trust. Paul said “I am enormously proud of what the Trust has achieved on behalf of ordinary fans during my time on the board and I hope that the Trust continues to have a positive impact on PUFC” We would like to thank Paul for the excellent service he has given to the board since he was appointed in August 2005.

Finally, due to a change of employment and the fact he lives in London, Ed Warrick is also standing down from the board as he is unable to attend mid-week meeting etc. for the foreseeable future. Ed said that he hope to re-join the Board at a later date when he is able to commit the time to be actively involved in Trust initiatives.

Below are listed some of the recent changes in board responsibilities.

- Peter Lloyd will be Acting Chairman, until a new Chairman is appointed and will take on the Press Officer’s duties.
- Barry Bennett, the Trust Secretary, will administer the Smile Ticket Scheme.
- Geoff Callen has taken on the role of Treasurer, which allows Richard Bellamy to concentrate on fund raising for the Trust and he will continue to manage our much improved stall in the Family Stand on match days.

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## **Where are they Now?**

I am sure that many of you will remember John Morling “The Gaffer” from his days in THE ACADEMY. John has now been appointed Under 16’s Manager for the Irish International Side, I’m sure you will join me in sending our congratulations to him, Jane and the children, another Posh Boy done good, I bumped into Marc Treacey (Ginge) at the match today, he’s now scouting and coaching for Colchester United.

Tony Griffin

# **WIN YOUR SEASON TICKET FOR NEXT SEASON IN OUR MEMBERS FREE PRIZE DRAW**

As part of a Recruitment Drive, and to thank our current Members for their continued support, we will be giving away an 'Adult Season Ticket' in a Free Prize Draw, for Trust Members.

All Members of the Trust, will be entered into the draw automatically, which will take place prior to kick-off at the Stockport home game on 18th April. To qualify, members subscriptions must be valid on the draw entry closing date, Monday 13 April 09.

Of course there are many other benefits in joining the Trust, including some excellent discounts in and around the City available exclusively to Trust Members.

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**IS YOUR SUBSCRIPTION IS DUE FOR RENEWAL?  
PLEASE NOTE THE QUALIFYING DATE OF 13 APRIL**

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**Re-Join Now for your Chance to Win!  
Simply Complete the Application Form  
on the back cover of this newsletter**

**Good Luck!**

**The  
Posh Supporters Trust**



## **SAM GAUGHRAN** **talks to JESS**

Eighteen year old Sam Gaughran is one of Peterborough United's highly rated youth team players, verging on the first team squad. Sam has already made three appearances on the bench this season and is hopeful of making his debut in the not too distant future. He speaks to the Posh Supporters Trust Community Officer Jess Weaver describing the journey from his school boy days at Norwich City FC, becoming disillusioned with the sport and taking some time away from football, followed by his triumphant return and his appetite for success with Posh.

*Picture courtesy Posh photographer Joe Dent*

***We'll start right at the beginning – how did your career in football first start?*** I was at Norwich City for five years until I was fifteen years old and I know Joe Lewis from my time there as he was in the age group two years older than me. But then out of a squad of twenty two players only one received a scholarship and I was released and became really disillusioned with football. I was fed up and didn't understand what the clubs were looking for in players so I quit football and ended up joining my local rugby team.

### ***What lured you to rugby?***

At Norwich I was allowed to play school sport but nothing out of school. I enjoyed playing rugby so when I was released I decided to give it a go and ended up playing for Norfolk and two games for the East of England. I played fly-half which was great as I was it was a chance to be creative and a playmaker and I could stay away from all the ugly stuff!

### ***So what made you come back to football after doing so well in rugby?***

Well I joined Kings Lynn FC while I was still playing rugby and had fun doing both. When I was only fifteen I was playing regularly for their reserve team and then made my first team debut when I was sixteen. It was mad because I had training every week day and then a football match and a rugby match at the weekend. It came to the point where I had to make a decision and choose one or the other and I felt I had more of a future in football.

### ***How did your career progress with Kings Lynn?***

I played for the first team in the Conference North for six months and had some scouts watching me from League Clubs. Nottingham Forest offered me a six month trial and Grimsby wanted to sign me but I chose Posh instead!

### ***What made you eventually sign for Posh then?***

Tommy Taylor from Kings Lynn spoke to Keith Alexander who was manager of Posh at the time and told him he should sign me. Tommy came to the club soon after that and it was his influence that made me want to come here. I trained with the first team a few times when I first came and it was great!

### ***How did this affect your school work as you must have led a normal school life until you moved to Posh?***

When I came here I'd already completed my AS Levels (first year of A-Levels) in Business Studies, PE and Psychology. It made it harder when I moved over here so I did Business Studies and PE at A2 and travelled back to Kings Lynn on Mondays and Fridays to go to school and get my work done. My Mum and Dad encouraged me and made sure I still got my qualifications.

### ***And what grades did you achieve?***

I got a D for A2 Business Studies, a C for A2 PE and a C for AS Psychology which is not bad considering I didn't get to go to school that much!

### ***What position do you play and what style of player are you?***

I'm a centre back and have occasionally played in midfield before which I enjoyed but I'm definitely better in defence. At the moment I'm 6 foot tall but I'm still growing which is useful and I'm quite physical when I play.

### ***As a footballer what do you think your strengths are?***

Defensively I am quite good all round, my heading is one of my strengths and I am also one of the quickest out of all the youth team players! I'm also a good leader on the pitch and captain of the reserve team.

### ***What is an area for improvement?***

I could improve all round and can't think of one particular area. There's always room for improvement and it's important to keep progressing.

### ***What is the best thing about playing for Posh?***

It's an ambitious club which is going places. The first team atmosphere is good and I'm hoping I'll make my debut this season. I've been on the bench three times already, against Brighton in the League, Dagenham and Redbridge in the Johnstone's Paint Trophy and Hornchurch in the FA Cup. It's really made me want to be involved more and has definitely given me the taste for first team action. The worst thing I've had to do was when I travelled to Carlisle with the squad and had to stand on a chair in front of everyone and sing a song. I sang Wonderwall by Oasis and hated every second of it! It wasn't as bad as Paul Coutts though as he had loads of grapes thrown at him!

***What is the main difference between first team football and playing with the youth team?***

The tempo and intensity is so much quicker in the first team. You have less time on the ball and have to make quick decisions. You always have to be thinking about your next pass and positioning. In the youth team you get much longer to make decisions and move the ball around.

***How do you get the balance between training with the first team and the youth team?***

It is sometimes hard to get the balance. I usually train two or three days with the first team and the rest with the youth team although if there are lots of injuries I sometimes spend all week with the first team.

***Is the footballer lifestyle as glamorous as it sounds?***

No! I live with Luke Abrahams, Josh Jirbandey and Craig Mackail-Smith which is fun as they're my mates but we still have to be professional. We have a strict diet – limited carbs and all very healthy, low-fat foods and can't stay up too late.

***And finally, what are you short term and long term goals in football?***

In the short term I want to get a professional contract, make more appearances on the bench and hopefully my debut and see Posh get promoted automatically, which I think we will. In the long term I want to play at the highest possible level I can.

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## **SUPPORTERS GROUPS 'UNITE' TO PROVIDE COVER**



We are pleased to announce that the Wheelchair Enclosure, jointly funded by **The Posh Supporters' Trust**, **PISA2000** and **Forever Posh** has been completed for the comfort and shelter of disabled supporters.

We are grateful to Graham at VP Welding and Ronnie at R A Baker glaziers, who have generously given their time, materials at cost and expertise in the construction of the shelter. Many thanks also to Adi Mowles who managed the project on behalf of the three supporters groups.

## **BRIGHTON V POSH 10th February**

It was great news that there was even a match on with the temperature having been at zero just a couple of days before and then a full day of continuous rain on the day before the match. It's just a short train journey from London to the dreaded Withdean Stadium - not dreaded because of any fear of trouble but because it's such an awful place to watch football. There is a short cut from Preston Park rail station to the ground - short cut it may be but it was also a slippery muddy bog on account of the rain and was unlit - I'm sure the steward had a little smile on his face after I asked if I could get through to the stadium that way!

On arrival you have to walk most of the way around the stadium to get to the away stand, so you see all the terrific facilities for sports at the Withdean. It's just a pity that football isn't one of the sports there are great facilities for! I felt sorry for their fans having to still put up with it, but noticed from the programme that the new stadium site has been cleared and they'll be in their new stadium for the 2011/12. The fans do at least get a much better view by being at the sides of the stadium whereas we were stuck at the end. You could just about imagine the stadium being three tiers high and then you would get a great view of the pitch, but not only were we at the end but the away stand is only a couple of metres above ground level so the view is poor and there were a few loud complaints from Posh fans at the price of tickets for such a rotten view. There was an early shout from a Posh Fan as the match started...."C'mon Posh....if you're out there!!" ...that's how far it is to the pitch.... - and it was very hard to make out the action at the far end. Ferguson played CM-S on the right wing and Batt on the left to give Boyd room down the middle against what was an attacking line up from Brighton with Craig Davies making his debut (and scoring ) and Jim McNulty making his debut (AND SCORING!). Posh started very shakily at the back and it looked like Posh's on loan debutant Chester had just woken up from a dream and was thinking "Where the hell am I?" We just couldn't get a grip in midfield and they were running at us from everywhere. They could have had several goals in the first 20 minutes if they'd made more of their possession around our penalty box.

There was a horrible error from Joe Lewis for 0-1 and he looked forlorn for a long while afterwards, but a great cross by Coutts saw us get back into it with a CM-S header very well directed. We gradually improved and Batt's mad running was creating havoc as was Boyd's and both had a lot of space, but we couldn't find a decent final ball. We were over hitting the ball forward - it must have happened 15-20 times. In the second half we had more of the ball and there only looked like one winner, and in the end Brighton had completely given up and looked tired with us passing the ball like Barcelona! Our fitness really tells these days. I had a good chat with a Posh fan from Woking who was a referee and gave me the low down on dangerous play and how it didn't matter if you were going for the ball or not. Later on I heard that Darren Ferguson was overheard giving the team a roasting at half time.

### ***My Player ratings Were:***

**Lewis 5** - Never looked confident after the error but no other major saves to make. Came for the ball better in second half

**Martin 8** Very good game. Saw a lot of the ball and defended well except for first 20 minutes when under a lot of pressure. Good classy distribution - a lot of attacks started with him.

**Charlie Lee 7** Stuck at it really well but looked vulnerable to players running at him. Not his best position.

**Zakouani 7** Under more pressure because of Chester's wobbly start but had their forwards fairly well under control by the end.

**Chester 6** Much better second half....don't even think about the first.

**Coutts 7** Lost in the first half hour but got back into it. Got better and better.

**Keats 9 MOM** Absolutely immense. Best game for Posh? Superb positioning defensively and anticipation and saw tons of the ball. The only one who held it together when we were on the rack and even passed the ball well. I was glad he got to take the penalty although but he did kiss the ball before he took it which was a bit nerve-racking and was a bit fortunate that the keeper went the wrong way as he passed the ball into the goal rather than hammering it.

**Batt 8** Always up for it, worked hard, looked dangerous and prepared to run at defenders from deep. Needs to stay calm to deliver the final ball better, but great entertainment.

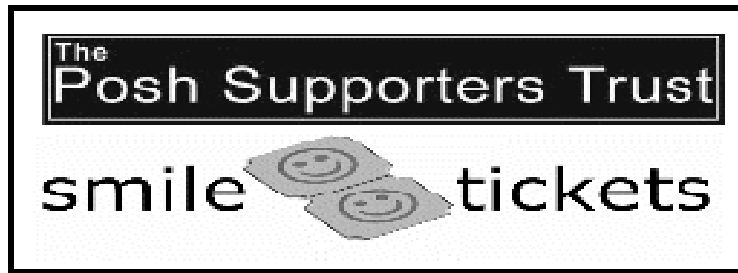
**CM-S 7** Not good starting wide right. Better when inside, but didn't look quite as dangerous today. Cool header for the goal though and worked hard as usual

**McLean 8** Gradually got into the game and then in the thick of it for the rest of the match. He looked much sharper than recently and showed great predatory instincts for the goals.

**Boyd 8** Scared the living daylights out of them without delivering the final ball as often as he should and he lost the ball a fair few times as well. Drew two yellow cards from their defenders out of their frustration as well as the penalty with a typical Boyd cut back. Very good indeed.

Overall the experience was very enjoyable despite the bitter cold. Posh have a great team spirit and that is credit to Ferguson and Russell and our attacking play is sublime at times with the speed of the Mac-attack and the ball skills of Boyd, who must be worth a lot of money. That will be a good reward for Darragh MacAnthony and the club if we ever sell him (which hopefully we won't). Of course it's more likely that we'll hold on to our stars if we go up this season. After slithering back to the station I got the train back to London with seconds to spare.

***Peter Lloyd*** Vice-Chair, *The Posh Supporters' Trust*



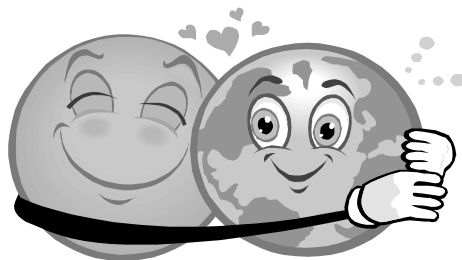
The aim of the Posh Supporters Trust, '**Posh Smile Tickets**' is to raise money to purchase match day tickets at London Road which will be given as a special treat to local community groups and nominated individuals.

The scheme helps increase income and gates for the club and at the same time give access to London Road to people who otherwise would not be able to attend a game. Smile Tickets raises money for the football club and at the same time gives something back to the community that supports the club.

All money donated to the Smile Tickets Fund is spent at the club purchasing Match Day Tickets. This gives the club a direct benefit from the additional revenue of ticket sales. The Trust has received a number of generous donations from individual Posh fans, The Posh Independent Supporters Association and sales of the Posh Away Days book. These donations give a boost to the fund and will allow us to broaden our scope and provide tickets for a wider range of people.

In addition The Posh Supporters' Trust will continue to donate any money earned from its Co-Op dividend number 473432 to the Smile Tickets fund. So anyone can help the fundraising by quoting this number when shopping at any Co-Op store.

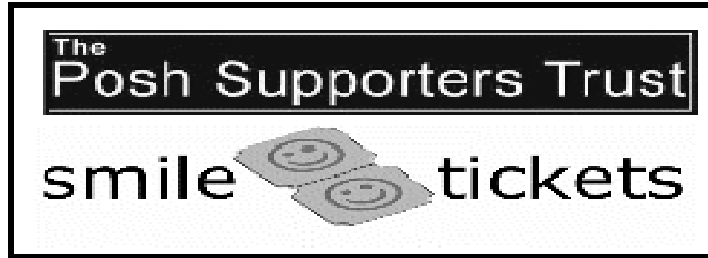
**Do you know someone who deserves a Smile Ticket Treat?**



**We have the money available and are looking for nominees for 2009!**

If you would like to suggest an individual or organisation that deserves a Smile Ticket treat, please get in touch soon.

You can contact us on the Trust stall in the family stand, talk to any of our Board members, or Email [theposhtrust@yahoo.co.uk](mailto:theposhtrust@yahoo.co.uk)



**Our Smile Guest attending the Southend game was 9 Year Old Jack Humphries from Werrington.**



**Jack, pictured here with his Dad, was excited to receive his Trust Smile Tickets from Gaby Zakuani**

**Joshua Greene was our guest when Yeovil visited London Rd.**



**Joshua pictured here with his carer, was thrilled to attend the game, although I suspect he was rather disappointed with the result.**



**Ashley Plumb was our guest at the Scunthorpe game, he must be delighted to have witnessed one of the greatest comebacks ever as Posh won the thrilling game 2-1**

# 'POSH PLAYERS' WORDSEARCH

A T K B G R O L M S S H W R I G H T  
D U O L M B R T N S S O H J E E R K  
P Y Z A K U A N I P K S E R R O T S  
D N O N O H H N A A E O L I L K L L  
K A J C C A B O I D S S P A A N S E  
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A D V T I T T T E K C A L B P L B D  
C O U T T S P I N C I O E E R C O Y  
B B W T S U R T M C K E O W N M L I  
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S D Y D B Y R S F T L N A G R O M S

BATT  
BLACKETT  
BLANCHETT  
BOYD  
COUTTS

DAY  
GREEN  
KEATES  
LEE  
LEWIS

MACKAILSMITH  
MARTIN  
MCKEOWN  
MCLEAN  
MORGAN

TORRES  
WHELDALE  
WILLIAMS  
WRIGHT  
ZAKUANI

Plus! Our 1992 Wembley Hero CHARLERY

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## **Another New Service in our 'Members Discount Scheme'**

### ***PSH DECORATORS***

For all your painting and decorating needs  
Special 10% discount for Posh Supporters Trust Members

Contact: Paul 01733 340451 Mob: 07908398049  
E-mail: [pshodges@ntlworld.com](mailto:pshodges@ntlworld.com) [www.pshdecorators.co.uk](http://www.pshdecorators.co.uk)



## POSH MEMORIES

Hi Geoff Callen here! - your new treasurer!  
Here's a bit of my Posh history.

I started watching Posh around 1954 after moving to Peterborough with my parents (on cup final day of all days) in May 1953.

As we know the main excitement in those days was the F A cup games because Posh usually won their Midland leagues games very easily.

One such F A cup game which stands out for me was the match against Shrewsbury at London Road.

Arthur Rowley, a legend, was their player manager and they led 2-0 and looked like being comfortable winners but then Posh battled back to 2-2 only for the Shrews to lead again 3-2. Surely that was that - no way back, but back came Posh and the excitement grew as Posh drew level and then right at the end won 4-3. After the match everybody seemed to be on a high for a while. (*sounds similar to the game on 10 March Ed*) Posh were fairly regularly beating lower league teams in the cup and were expected to!

In 1960 the great day arrived with election to the football league.

We thought it would never happen and was well overdue.

As we know Posh breezed through the fourth division scoring a record 134 goals. Will that ever be beaten?

Once in the football league Posh carried on their F A cup and now league cup heroics, beating the likes of Arsenal, Newcastle and Liverpool.

To finish on a very optimistic note Posh now have a great chance of further glory with a sincere owner and good management team.

The sky's the limit, or rather the Premiership is!!

Let all of us fans support the team and attend as many games as we can and make as much noise as we can.

The POSH deserve it with a history like theirs.

Geoff

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### **Do we have your E-Mail Address?**

The Trust often communicates with Members via Email. To ensure you are included please send an Email to [theposhtrust@yahoo.co.uk](mailto:theposhtrust@yahoo.co.uk) and we will ensure you are kept up to date with Trust information (*Spam Prohibited*)

**Many Members also prefer to receive their Newsletters via Email.**

You are most welcome to keep receiving a hard copy, but if you are happy to get it via Email please let us know. [theposhtrust@yahoo.co.uk](mailto:theposhtrust@yahoo.co.uk)

# THE 'GOLD BOND' LOTTERY

## 286 Prizes Won Every Week! First Prize £2,000

You could win one of the following Weekly Guaranteed prizes:

1 x £2,000 + 1 x £500 + 2 x £200 + 1 x £100

1 x £50 + 1 x £25 + 177 x £10 and 102 x £5

Plus - - - A Fantastic Annual Jackpot of - - - £10,000

The Gold Bond Draw is a vital part of the Trust's fund-raising effort, and a chance for You to Win some fantastic cash prizes!

You can join now at one of our many Agents in the region as shown below, or direct with the Trust by standing order. Winners are paid automatically.

It costs just £1 per week for 7 entries into the draw.

In addition to the agents listed below, we now have a new Agent for you.

- ❖ Barnack Post Office Main Street Barnack Lincs
- ❖ Wansford Post Office 22 Elton Road Wansford
- ❖ Glinton Post Office 15 – 17 High Street Glinton
- ❖ Parkers Newsagents 13 Market Street Whittlesey
- ❖ Ken Hutchinson News 19 Ellingham Ave March
- ❖ Davies Newsagents 62 Station Road March
- ❖ S & P Stores 78 County Road March. Cambs
- ❖ News Plus Group Ltd 12 Great Whyte Ramsey Cambs
- ❖ St Marys Store 171 Herne Road Ramsey St Marys
- ❖ T C Stores 3 Main Street Farcet
- ❖ Werrington News 81 Church Street Werrington
- ❖ Goodmans Stores 285 Lincoln Road Werrington P'Boro
- ❖ Martins Newsagents Chadburn Centre Paston P'Boro
- ❖ Bretts Newsagents 318 Lincoln Road Millfield P'Boro
- ❖ Hitchborns Convenience Stores 2–4 Bluebell Avenue Dogsthorpe
- ❖ A & J News 7 Central Avenue Dogsthorpe Peterborough
- ❖ Odiz 4 – 6 Hill Close Eastfield Peterborough
- ❖ Martins Newsagents Herlington Centre Orton Malborne P'Boro
- ❖ The Chocolate Box 100 Fletton Avenue Peterborough
- ❖ Nina Newsagents The Parade Lawson Avenue Stanground
- ❖ Stanground News Ayres Drive Stanground P'Boro
- ❖ Safenews 11 Desborough Ave Stanground P'Boro
- ❖ Stagecoach Sports & Social Club Eastfield Peterborough
- ❖ Martins Newsagents 5 Winslow Road Netherton P'Boro

To join the Gold Bond Lottery draw, or to become an Agent and make some good commission, Contact Walter Moore on 01733 313121

*The Gold Bond Draw is an established lottery operating for the benefit of many football clubs and supporters' trusts. Promoter G Steele in conjunction with BFC Development Association*

# THE POSH SUPPORTERS TRUST TO THE RESCUE



Following a report in the ET last month the Posh Supporters Trust was able to come to the rescue of ardent Posh fan Charlotte Bessey age 20. The ET had reported that Charlotte would be unable to attend the next Posh game because of injury. This would have meant her missing her first home game in more than a decade. In fact Charlotte has only missed a handful of games in the last 14 years.

Posh fundraising Director, Richard Bellamy, read the report and quickly rang the ET to find out more details. Richard lives in St Ives, whilst Charlotte lives just 6 miles from him in Huntingdon. The ET were unable to give contact details so Richard rang Leigh Porter at the football club and was able to get a phone number for Charlotte. Richard then rang Charlotte and offered to drive her to the match and home again

Charlotte has been a very keen Posh fan for years, as are her whole family, and seldom misses a game home or away. Recently however, her Mum drove her car over Charlotte's foot causing damage to the foot and putting her on crutches.

Charlotte admitted to being devastated at having to miss the game, especially at such a crucial time of the season and was very grateful to the Posh Supporters Trust for their offer of assistance.

Richard confirmed that it the aim of the Trust to encourage more fans to follow the Posh in anyway that it can do so.

*Trust the Trust to Deliver!*

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## **Another New Service in our 'Members Discount Scheme'**

### **The Fane Foot Podiatry Chiropody and Sports Injury Clinic**

The Clinic is committed to supplying the very best care and attention with a hands on approach to our Podiatry, Chiropody and Sports injury clients. Our state of the art technology and equipment allows us to successfully diagnose and manage a wide variety of painful conditions on a daily basis. With our ultrasound, 2D pressure scanner, 3D optical laser scanner, postural assessment laser (pioneered at the clinic), gait analysis, remedial and sports massage, biomechanical assessment and quality prescription foot orthotics (skeletal balance shoe inserts), we have the knowledge and skills to help bring you back to optimum health and comfort.

### **Discounts to Trust Members** *(On production of Membership Card)*

Free Consultations and 10% off Prescription Orthotics

10% Off Chiropody Treatments

10% Off Sports Injury Treatments

Mon to Fri 8am – 9pm    Sat 9am – 4pm    01733 344088    01733 575298

**Stephen Pinning FSSChP Dip Pod Med MBChPA**

**Adrian Woolley FHT/ICHFST F.A.Dip**

**THE DHC Centre 226 Dogsthorpe Road Peterborough PE1 3PB**

# **Are You feeling the Credit Crunch?**

**As Members of the Posh Supporters Trust  
can save ????'s on your services and purchases!**

**Check out the many discounts negotiated for you in the  
Following Members Discount pages.**

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***You can also save ££££'s at major stores with our  
on-line shopping facility.  
[www.theposhtrust.co.uk](http://www.theposhtrust.co.uk)***

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## **DISCOUNTS FOR TRUST MEMBERS**

Members of The Posh Supporters' Trust will (*on production of their membership card*) receive discounts and benefits generously given by many businesses in and around Peterborough. Please patronise all the businesses that provide these discounts, because they help the Trust to maintain and build its membership base. The Trust thanks all these companies for their support. If you own or are involved with a business that would benefit from joining our discount scheme, please contact us at The Posh Supporters' Trust, P O Box 587, Peterborough PE4 5XL.

<b>BUSINESS</b>	<b>DISCOUNTS</b>
<b>AJ's Pet Supplies,</b> Whittlesey Road, Stanground, P'Boro	Discounts available according to product.
<b>Arriva Willhire Centres</b> ( 01733 340493)	10% off the standard published vehicle hire rates on all vehicles. Discount available through all depots, but must be arranged through the Peterborough depot.
<b>Best Bodies, Gymnasium,</b> Mallard Road, Bretton, Peterborough	Fully inclusive, corporate membership for £3.85 a week, paid monthly.
<b>Blinds Direct</b> (tel 0800 0282942)	10% off purchases.
<b>Charters Bar,</b> Town Bridge, Peterborough PE1 1DG	30p off a pint of Oakham 'House' Ales, on home match days only (2 hours pre- and post-match). Priority entry to Charters on match days only. Free entry to Charters and the Brewery Tap on entertainment nights (conditions may apply).
<b>City Electrical Factors</b>	Discounts available according to type of product.

<b>Ed's Trade &amp; Business</b> Warehouse, Eastern Industry Estate, Padholme Road East, P'Boro	Free entry on production of Trust membership card.  (tel 355320)
<b>Escape Health &amp; Beauty</b> 27 Winslow Road, Peterborough	10% off beauty treatment.
<b>F Wade &amp; Son</b> Fishing Tackle 247 High Street, Fletton	10% off purchases, excluding bait.
<b>The Fane Foot Podiatry Chiropody &amp; Sports Injury Clinic</b> 226 Dogsthorpe Road P'Boro 01733 344088 01733 575298	Free Consultations and 10% off Prescription Orthotics 10% Off Chiropody Treatments 10% Off Sports Injury Treatments
<b>Fitzjohn Ingle Estate Agents,</b> 4 Fortune Buildings, Cowgate, P'Boro	20% off standard sole agency fee (with minimum charge of £1,000).
<b>Flag Fen,</b> Britain's Bronze Age Centre, The Drove Way, Northey Road, P'Boro	20% discount on normal day admissions (excluding special events)
<b>Fleur Florists,</b> 31 Queensgate Centre, Peterborough	10% off purchases (excluding Interflora).
<b>Freemans Cash and Carry,</b> Ivatt Way, Peterborough	Now called Catalogue Wholesale Direct. It is no longer necessary to purchase a membership card. Members can now visit free of charge, bringing up to three guests and children.
<b>Gallery Worktops Limited</b> – specialists in granite, marble Corian and Marlan solid surface kitchen worktops.	10% off trade price list. James Teggerdine ( Installation service available ) Tel: 07900 557001
<b>Golden Cod Fish Bar,</b> Crawthorne Road, P'Boro and Staniland Way, Werrington	10% off purchases.
<b>Hamerton Zoo Park.</b> Hamerton near Sawtry Cambs PE28 5RE 01832 293362	Up to 6 persons admitted at a special entrance price is: £5-45 Adults £5-00 Seniors and £3-95 Child (3 to 13) Open every day (except Xmas Day) throughout the year. 10-30am to 6-00pm summertime, and 10-30am to 4-00pm during the winter.
<b>Huntingdon Steeplechases</b> The Racecourse, Brampton Hunts	£3 off admission to The Paddock Enclosure for all weekday meetings (excluding Bank Holiday Mondays).
<b>J W D'Arcy Limited,</b> Jewellers, 7 Westgate, Peterborough	10% discount off purchases (new sales only, not repairs)
<b>Lambe's Lawnmowers,</b> 1440 Lincoln Road, Werrington, Peterborough (tel 01733 321940)	10% off spares and service. Possible discount off new products.
<b>Living Well Premier Health Club</b> Papyrus Road, Werrington, P'Boro	One day free trial and reductions on Health Club membership. (tel 01733 292600)

<b>Maidenhead Aquatics</b> Peterborough, Wyevale Garden Centre, Postland Rd, Crowland.	10% on all undiscounted items in the shop. (01733 211825)
<b>Market Cobbler,</b> Peterborough Outdoor Market	10% off shoe repairs and keycutting, including specialised car ignition keys.
<b>Michael John, Hair Stylists,</b> 30 Queensgate, Peterborough	10% off hair styling.
<b>Michael John, Hair Stylists,</b> 289 Lincoln Road, Millfield P'Boro	10% off hair styling.
<b>PAGE Group (Peterborough) Limited</b> Unit 2, The Breydon Centre Padholme Road East Peterborough	15% discount on supplying and fitting (and supplying only): replacement sealed units / single glazing; replacement aluminium windows; solar control film; shopfronts and all door furniture; mirrors; and cut glass over the counter.
<b>Penco Fine Art &amp; Graphics,</b> 65 Queensgate Centre, Peterborough	10% off purchases (cash sales only).
<b>PD Kitchens &amp; Bedrooms –</b> made to order units 01733 762039)	10% off trade price list for kitchen and bedroom cabinets
<b>Papa Luigi Dial a Pizza,</b> of 957 Lincoln Road, Walton. Tel 777111	Free french fries or garlic bread with any main meal purchase.
<b>Peterborough Bowl,</b> Sturrock Way, Bretton, Peterborough	20% discount on normal bowling rates and a 10% discount on food deals.
<b>Peterborough Greyhound Stadium</b>	Two entries for the price of one on any Tuesday or Wednesday evening.
<b>Plough Inn,</b> Ramsey Road, Farcet Fen 01733 844307	10% off meals.
<b>PSH DECORATORS</b> 01733 340451 or 07908398049 E-mail: <a href="mailto:pshodges@ntlworld.com">pshodges@ntlworld.com</a> <a href="http://www.pshdecorators.co.uk">www.pshdecorators.co.uk</a>	For all your painting and decorating needs Special 10% discount for Trust Members
<b>RAC</b> (Telephone 0800 716 976 and quote DT0120).	20% discount on Roadside, Recovery, At Home, Onward Travel and all Standard service levels except RAC Solutions. <i>The offer, which includes free Joint Membership (worth £22) for another member of the household, is unfortunately not available to existing RAC members and applies only to certain payment methods. Terms and conditions apply.</i>
<b>Speedy Hire Centres (Southern) Limited,</b> 577 Lincoln Road, P'Boro	25% off equipment hire.
<b>Terry Wright Cycles,</b> 102 Bridge St Deeping St James, P'Boro	12 ½ % off bicycles or accessories.
<b>Thorney Golf Club</b> Thorney Peterborough	25% off green fees on the Lakes and Fen courses.
<b>Woodston Motorists Centre,</b> Wharf Road Industrial Estate, Woodston 01733 315268	£10 Off an MOT test. £10 Off a 4 wheel Tracking

# The Posh Supporters Trust

**STANDING ORDER MANDATE**

To.....  
 .....(Bank or Building Society)

Address.....  
 .....  
 .....

**Please pay The Co-operative Bank Skelmersdale Branch (sort code 08-92-50)**

**For the credit of**

***The Posh Supporters Limited***

6	5	1	5	9	1	0	3
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*Account number*

**The sum of first payment**

£.....

*Amount in words*

**Commencing**

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*DD/MM/YY*

**and thereafter annually until you  
 receive notice from me/us in writing.**

**Name of account to be debited**.....

**Sort code and account number**

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**Special instructions**.....

**Signature(s)**.....

**Note**

- The Bank will not undertake to:
- (1) make any reference to VAT or other indeterminate element
  - (2) advise payer's address to beneficiary
  - (3) advise beneficiary of inability to pay
  - (4) request beneficiary's banker to advise beneficiary of receipt.

**Date**.....

**PLEASE RETURN THIS MANDATE WITH THE APPLICATION FORM TO:  
 THE POSH SUPPORTERS' TRUST,  
 FREEPOST NAT22867,  
 P O BOX 587,  
 PETERBOROUGH  
 PE4 5BR.**

# The Posh Supporters Trust

## MEMBERSHIP APPLICATION FORM

Surname		Mr/Mrs/Miss/Ms
First names		
Address Inc Post Code		
E-mail address		

I wish to become a member of The Posh Supporters' Trust in accordance with its Rules.  
(Members must be 16 years of age or over.)

Signed.....	Date.....
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### SUBSCRIPTION RATES

12 months	£10	
Five years	£40	
Ten years	£80	
Life membership	£150	
Life membership (over 60s)	£80	
DONATIONS WELCOME		
TOTAL		£

### HOW TO PAY

Please send Standing Order or Cheque, payable to The Posh Supporters' Trust, to:

**THE POSH SUPPORTERS' TRUST,  
FREEPOST NAT22867,  
P O BOX 587,  
PETERBOROUGH PE4 5BR,**

**OR help yourself and the Trust by completing the standing order mandate overleaf.**

*N.B. Information supplied is held on our database and will not be supplied to a third party without your prior permission. For details of the Rules and objects of the Trust, write to us or visiting our website, [www.theposhtrust.co.uk](http://www.theposhtrust.co.uk)*