



ESSEX BOYS & GIRLS CLUBS : SUPPORTING YOUNG PEOPLE SINCE 1939
 "better to build boys & girls than to mend men & women"

**AUTUMN
2014**

CLUB NEWSLETTER



CHANGING ATTITUDES

Our Sport England funded project gets off to a flying start in clubs...



The first three clubs to take part in the 'Changing young attitudes towards sport and healthy living' project started their delivery this September. **Hedingham Youth Club, Sampfords Youth Club** and **St Cedds Youth Club** began their 8 weeks of sports delivery with sports such as Dodgeball, Boxing and Football, followed by Basketball, Tag Rugby and Archery. Each session lasts for 2 hours and involve an hour and a half of sports delivery followed by 30 minutes of life skills sessions delivered by EBGC staff, Healthwatch Essex or the Essex Young People Drugs and Alcohol Awareness Service (EYPDAS). So far the project has been delivered to over 50 young people with the aim of targeting 330 young people across 2 different youth clubs throughout the year.

EBGC's Sports and Activities Manager, Afsheen Panjalizadeh said "It has been a good start to what will be a really beneficial project for the young people in our clubs. It is not just about delivering sport sessions to the young people but also making them aware of the benefits of regular exercise and healthy lifestyles."



LASER TAG REPORT

Teams from **Great Tey YAC, Braintree Youth Project Charity, West Mersea Judo Club** and **Halstead Senior Members Club** entered the EBGC Laser Tag Event, hosted by **Halstead Cricket Club** on Saturday 27th September. In a competitive encounter, Halstead Senior Members eventually edged out Great Tey in the two legged final. Every team played in excess of 10 matches, with a 'free-for-all' at the end to finish up. EBGC will be running another laser tag day on 21st March 2015 at **Wickford Town FC**. Please contact the Sports Team if you'd like to bring your club, on 01245 264783 or afsheenp@essexboysandgirlsclubs.org.



FOOTBALL FRENZY

On Friday 12th September we ran a new multi-club sports event which we hope to repeat. Kindly hosted by **Chesterford YC**, with guests from **Sampfords YC**, it was quite literally a frenzy of football. 40 boys and girls brushed up their skills in the football cage, skills school, crossbar/goal line challenge, 5-a-side tournament and penalty shootout challenge. Club Leader Anthony Hobson said "Our members really enjoyed the different activities, the weather was good and the BBQ was great. It is no mean feat to organise something like this so efficiently and our thanks go to EBGC for their continuing support."



IBOC

Ingatestone Boys Own Club has organized The Ingatestone 5 Mile Road Race annually for over 30 years. It is a fantastic community event, run in conjunction with the local Anglo European School, The Rotary Club of Ingatestone and Hepburns of Shenfield. The run has raised thousands of pounds for the club and other local charities over the years. This September, 133 runners completed the race, raising £450. With a winning time of 26 minutes 27 seconds, it's time to start training for next year's race! www.ingatestone5.co.uk

BZZZZ...



Great Bardfield YC got a shock on returning to their Pavilion after the holidays to find a huge hornets' nest and a hole in the wall made by the occupants. The pest exterminator said it was one of the biggest nests he had ever seen although sadly there is no photographic evidence of the monster! It does highlight the urgent need for the clubs' new pavilion to be built sooner rather than later.



RFL

The London Junior league came to its climax over the summer with the regular season and representative calendar finishing at the end of September. Essex Boys and Girls Clubs' Rugby League sides all had plenty to shout about with **Newham Dockers** introducing new players to the sport through the great work that John Isaacs and the team have been putting in. Dillon Choudury, Jordon Kennedy, Donatas Vainous and Gvidas Jankauskas all made the North London Origin rep team. **Southend Spartans** had a number of representative players in the Origin side and Owen Young from the U12s has been shortlisted for the Man of Steel award within his age group. The Spartans were 2014 primary club of year!

Eastern Rhinos started a new primary age team and had a successful season, with the U15s finishing 2nd in the league and winning the inaugural EBGC Essex Cup. The Rhinos had representatives in all age groups in the Origin series.

Brentwood Eels had a fantastic season with their Open Age & U17s sides winning their respective Leagues. The U12s and U13s also had great seasons with both sides testing themselves against the best teams in the Country at the Leeds Rhinos Challenge. The Club also had a large number of players picked in the 'Hard Rock Café London Origin Series'. In addition to this we have two players nominated for the London Junior Rugby League 2014 Man of Steel awards (Harrison Brough & Rian Horsman) and also a nomination for Coach of the Year (Ben Smith). Brentwood were awarded Youth and Junior Club of the year 2014!

Carl Horsman Club Chairman said "2014 was our tenth anniversary and probably our most successful to date. The Club continues to expand and have recently had two of our old boys sign professional contracts. Roll-on 2015!"

For more info about Rugby at your club, contact Pete on 01245 264783 peterl@essexboysandgirlsclubs.org

WANTED

**** JOINT CLUB LEADER**

Chelmsford Boys' Club and nearby **North Avenue Youth Club** are recruiting a Joint Club Leader to manage both clubs.

For further details of this great, paid opportunity, please email martins@essexboysandgirlsclubs.org

**** NEW FOOTBALL GROUND**

Basildon Boys & Girls Club is looking for somewhere to call home - a new football ground for ideally a long term lease with an option to buy, preferably in the Basildon area. If you can help please contact Jenny Squibb jenny.squibb1701@googlemail.com



BYPC

BYPC members present Chloe with a Good Luck cake



Jo & BYPC members accept a donation from their local Lions Club

Braintree Youth Project Charity said goodbye to their Youth Centre Manager of 3 years, Chloe Bond, who is off to do an MA in Social Work. The club welcomed Jo Fish in her place and have also created the new role of Project Administrator, which has been filled by Kirsty Huxter. Alongside changes in the committee, including the retirement of youth champion Jenny Roughan who has led the club tirelessly, we look forward to supporting the new guard at this growing club.

BOXING NEWS



Billericay ABC headed to Lithuania in September for a weekend of cross-cultural training with the National Squads of Lithuania, Latvia and Estonia. The squad, which has been putting in extra training since July, was led by 14 year old Tour Captain Alfie Despy. Alfie had made an impact on the National Schoolboy Championships the previous season (pictured above) and boxed in Ireland for the club recently so he had a fair bit of international experience already. Well-liked in the gym by both boxers and coaches, he was a great choice for Tour Captain.



Romford ABC took two of their members on a tour of Denmark in September. Paul Claydon Jr and Lewis Hughes trained with the Gladsaxe Club and fared well, competing in local shows before entering the Haslev Box Cup; an international amateur boxing tournament in Copenhagen. The club also took guest boxer Nick Tipler from **Chalvedon ABC**, whose win over the Danish National Champion in a local show led to the Haslev Box Cup entrants in his category withdrawing. Nick brought home the Gold Medal without even having to box!

On 30th October EBGC ran the 2nd GB Boxing Tutor Course of the year, with 17 attendees achieving the qualification. The course was delivered by Q Shillingford, who regularly works with Team GB. Eight members of **Gateway ABC** attended as the club starts rolling out the GB Boxing Awards programme in their club. Three members of **Rayne ABC** were funded to attend by the Police & Crime Commissioner of Essex. One member from **Hedingham Youth Club** also gained the qualification, as well as four Chelmsford residents funded by the Lloyds Bank Community Fund.



IN MEMORIAM

We were saddened to hear of the passing of Bob Miller in August after a long battle with illness. Instrumental for many years in the success of **Chelmsford ABC**, Bob also sat for a period on the EBGC Exec Committee. Our thoughts are with Bob's family and the club.

There have been 30 Boxing Tutors qualified through our courses this year and over 150 in total in the last three years ranging from complete novices to National Champion Boxers, Advanced Coaches (Level 4), P.E teachers, youth workers, young people looking for a qualification and experienced coaches extending their knowledge.
Next Course: March 2015.

THE NABCS

National Amateur Boxing Championships

We are very pleased to report that the newly formed National Association of Boys & Girls Clubs has been accepted as an Associate Member of the ABA. This means that the NABGC will be running the NABCs in early 2015.

As reported in our Annual Review, we were deeply disappointed that our former national association

Ambition decided to cease running the national championship. After 75 years of membership we have disaffiliated and set up the NABGC with other like-minded counties to secure the future of the NABCs.

We appreciate the faith of those clubs that have stuck with us during this process - we look forward to seeing you at the championships early next year.





The Rank Outdoor Challenge started two days early for the EBGC staff team, who made their way up to the Lake District on the Thursday to set up. Early on Friday morning the team drove the 42 mile cycle route laying marker arrows.

The car struggled on the astoundingly steep ascents making it clear that the next day was going to be tough for our cyclists. The next job was at base camp at West Water where, after much debate, folded arms and square hitch knots, racks for the competitor's bikes were created. It was a sunny day, so after a quick spot of sunbathing it was back to the High Row Centre where Sue Pell was organising the catering. Competitors arrived throughout Friday evening, relaxing together and comparing previous triathlon experience over a home cooked dinner of spag bol and garlic bread and a huge selection of Sue Pell's famous cakes. It was early to bed for many, though a sleepless night for most as the nerves got the better of the challengers.

After a 4am start for EBGC staff, breakfast was served at 5am. By 5:50am everyone was on the bus (in the dark) to drive the hour and a half to West Water, the deepest lake in England (79 metres). By the time we arrived the sun had risen and everyone was eager to get going. Eleven wetsuited swimmers made their way into the cold water and tried to acclimatise before the timer shouted 'Go' and they were off!

The lake was icy cold and very deep, with spooky bubbles floating up from the depths to give the swimmers the fear. Everyone completed the 2.5 kilometre swim in under an hour, guided by the support team in kayaks, with finishers cheering in those behind them. No rest for the challengers though as after a change of clothes and a hot drink it was time for the next section - to climb England's highest mountain, Scafell Pike (989 metres high), covering a distance of approximately 6 miles.

At 9:40am the walk started with EBGC marshalls marking the route at crucial points throughout the climb and directing competitors the right way (or following them when they took the wrong route!). The steep climb up was challenging and after the clouds obscured the view from the top the competitors made their way down in small separate groups. Challenge 2 complete!

The third and final challenge – the big cycle – had a staggered start with one group setting off at 1:05 and the other at 1:25pm. The 42 mile ride over the three highest mountain passes in the Lake District included:

- Wrynose Pass: 1,281 feet (393m) aka: 'pass of the stallion'
- Hardknott Pass: 1,281 feet (393m) aka: steepest road in England
- Kirkstone Pass: 1,489 feet (454 m) aka: highest pass in the Lake District.

EBGC were at the ready, handing out water, bananas and of course Sue's cake at check points and following the stragglers in a support car. With determination and support from their co-competitors, everyone made it safely to the finish line, whether by bicycle or car! Back at High Row, relief and tiredness set in but the atmosphere was filled with an overwhelming sense of achievement as we tucked into a feast of BBQ and salad. The room was filled with conversation about the day and the challenges that had been completed but also looking ahead to think of ideas for the next challenge in 2015...

Rebecca Stanley, Club Development Officer

"To everyone who made this weekend happen: Just a note on behalf of all of us who were lucky enough to take part in another EBGC-led Rank challenge. It bore all the hallmarks of your painstaking preparation and was delivered, as always, with dedication and flair. As a Rank representative, it's particularly encouraging to recall that this followed the successful joint Rank/EBGC Lands End ride in 2012, and that the concept itself was first dreamt up at the annual Rank conference in Blackpool last September. Few such challenges manage to be competitive and sociable at the same time. This one did. The chance to make new acquaintances and renew old ones, in each case with kind, passionate and interesting people, while taking part in a multi-disciplinary marathon amid stunning surroundings, and based in the wonderful High Row, made it a hugely enjoyable and memorable weekend. Thank you for making it possible and here's to the Rank/ EBGC Challenge 2015! ~ Max"



RESULTS

Fastest Swim:

Martin Solder
40:16 minutes

Fastest Trek:

Seb Balcombe
2:04:40 hours

Fastest Cycle:

Neil Jones
3:45:00 hours

Individual Rankings:

1st place

Neil Jones

2nd place

Seb Balcombe

3rd place

Tom Matchman

Team Rankings:

1st place

The Food Train
Michelle McCrindle

Hamish Adamson

Marri Welsh

Competitors

Andrew Harper

Andy Hammill

Rebecca Stanley

Charlie Wakeling

Clare Kirby

David Hassard

David Jones

Gavin Evans

Gill Hammill

Graham Norman

Hamish Adamson

Marri Welsh

Martin Solder

Max Kirby

Michelle McCrindle

Mike Hart

Molly Wakeling

Neil Jones

Neil Walker

Peter Matchman

Rob Sabin

Rod Overfield

Seb Balcombe

Simon Holt

Tom Matchman

Tony Wakeling

Support Crew

David Naraynsingh

David Springett

Jack Knightley

Jake Mabey

Pete from Manchester

Simon Knightley

Steve Hutson

Sue Pell



YOUNG ACHIEVERS

Linford Wanderers Football & Sports Club's received their Jack Petchey Achievers medals on 24th September from Paralympic world record holding 800m sprinter Danny Crates. Well done everyone!

*Back row L-R: Danny Crates, Mya Scully (12), Danya Smith (12), Danielle Kemp (12), Club Leader Dave Bulmer.
Front row L-R: Alice Bigland (14), Marney Dobson (14), Shay Goodley (16), Beau Nyland (12), Harry Spence (15).*



We are really proud to be a major partner of The Jack Petchey Foundation, who support us and many of our clubs whose members are helped to develop personally through the Jack Petchey Achiever Award and other schemes. September marked the start of the organisation's 15th year, in which Jack will turn 90 years old and they will celebrate giving away over £100,000,000 in charitable funds. We remain very grateful for their continued support of the Club Improvement Scheme, through which we are able to help many Essex and East London youth clubs to be the best they can be for young people.



Members of 4 Youth Brightlingsea received Jack Petchey Outstanding Achiever Awards earlier this year, presented by EBGC's Sue Pell

YOUTH WORK LEVEL 2 CERTIFICATE

In April Kayleigh started running a Youth Work Level 2 course for 8 young volunteers from some of our affiliated clubs via our Jack Petchey Club Improvement Scheme. They meet once a week at **Frenford Clubs**, The Jack Carter Centre. They have previously looked at youth work policy and the law surrounding working with children and young people, youth work basics including settings and the importance of conversation. They are currently exploring diversity, equality and prejudice and the group are due to complete their first research task and presentation later this term.

AMERICAN ADVENTURE

I was lucky enough to be asked to be Assistant Leader on a pilot EBGC Young Leader Development Trip. Alongside veteran youthworker and legendary hiker Graham Brandwood and six 18 year old Young Leaders, we headed to America this September.

Our mission was to support the young people to complete their John Muir Award by discovering, exploring, conserving and then sharing an outdoor experience. Our chosen playground was a seriously challenging stretch of the tunnel-like Appalachian Trail, which weaves through the Great Smoky Mountains National Park for 78 of its 2,200 mile length from Maine to Georgia. In 60% humidity punctuated by ear-splitting thunderstorms, we carried 20kg backpacks through rhododendron forests and along 5,500 foot high ridges for a week. We stayed in wilderness shelters which were little more than a roof, three walls, wooden sleeping platforms and a long drop (if we were lucky!). Fear of snake and spider attacks was luckily unfounded, however the midges were demons and the bear threat was real enough to require us to string our food bags ten feet into the air every night.

After a week of hard-core hiking through this diverse ecosystem, we joined the Rocky Top Trail Crew for a week of voluntary trail conservation. Staying at 5,000 feet in a primitive camp for 8 days, by day we mined rocks from the mountains to split and create steps and water-bars. Between us we smashed 128 cubic feet of 'crush' (gravel), by hand. By night we played word games and went to bed early. After repairing 500 metres of trail we were ready for a rest. A quick 6 mile hike down the trail and we were at base for some R+R...

Never ones to stop, our next mission was to get to know the Boys & Girls Clubs of America. We'd already experienced Southern hospitality at the start of our journey when we'd visited the Boys & Girls Clubs of Fort Craig and now we headed to the Boys & Girls Clubs of Gatlinburg. We played games and showed a slideshow of our experience in the wilderness before a highly competitive game of UK v. USA volleyball... I'm afraid we let the side down!

DUKE OF EDINBURGH AWARD



Such a trip is not meant to be easy. Our young leaders, who had all received extensive leadership and outdoor training and had been part of other UK and overseas trips, were tested to the max. Few people can hide their true selves for three weeks, less so when tiredness and physical pain sets in. Tempers rose and fell, friendships broke and reformed, the team fell apart and came back stronger. Both Graham's and my own leadership skills were tried repeatedly.

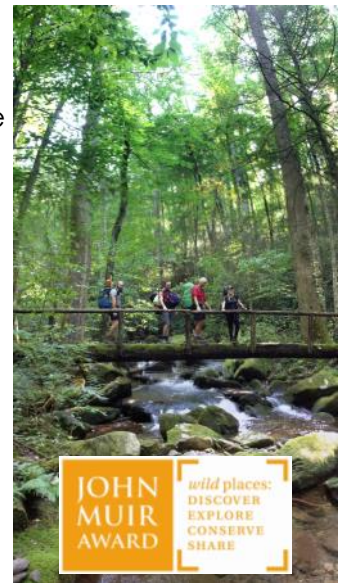
All of us learned a great deal about ourselves, each other, the American wilderness and the Boys & Girls Clubs system, which is very different to ours in the UK. We have debriefed the team but the reflection period will continue for years to come as we each apply the telling moments of this experience to our lives.

For those of you who have suffered me banging on about the opportunities available to youngsters through Essex Boys & Girls Clubs, I hope this tale gives you some inkling of the reasons why. It is my sincere hope that this trip will be repeated in future years. In the meantime we will stay in touch with our new American friends via Skype video calls, and perhaps introduce our youth club members to them.

Juliet Townsend, Assistant Director

We are supporting 4 of our clubs to run the Duke of Edinburgh Award Scheme, with more clubs lined up for 2015. **Hedingham YC, St Marks College Club, Prospex** and **North Avenue YC** are each running the scheme, with their members completing expeditions around Danbury, Halstead, Hedingham, White Peaks and South Suffolk.

By the end of 2014, 99 young people will be undertaking either Bronze or Silver Awards. They must each complete volunteering, skills, physical and expedition elements and many clubs benefit from the volunteering section. Please contact Dave Shelton if you'd like to get DofE running in your club: davids@essexboysandgirlsclubs.org



VOLUNTEER TRAINING



With funding for the Big Lottery Reaching Communities project for rural clubs and also from the Big Lottery Awards for All, we've been able to deliver training for 21 Club Leaders in Uttlesford. To make it easier for volunteers to attend, we run these courses in the evenings and provide food so that no one has to skip dinner!

Our First Aid Training course in August, delivered by Jamie Drummond and kindly hosted by **Gt Bardfield YC**, produced some amusing photos (top right), with leaders from **Takeley YC** and **Sampfords YC** in attendance. All leaders qualified in Emergency First Response Primary Care, which lasts for 2 years. The evening provided a valuable opportunity for leaders to get to know each other and compare notes on their clubs.

In September, Sue Pell delivered a Level 2 Course in Safeguarding Children and Young People, tailored to be relevant to youth club work, that will be valid for 3 years. **Thaxted YC** kindly hosted visitors from **Takeley YC**, **Sampfords YC**, **Fitch Green YC** and **Gt Bardfield YC**. In total 21 Club Leaders attended (pictured right).

More to come... Scott Dixon is organising Club Volunteer Training Evenings and Days in Essex and East London so if you'd like to attend or need some specific training please contact him asap.



FIRST AID



SAFEGUARDING

FREE CLUB LEADER TRAINING WORKSHOPS



SATURDAY 13th December 9:30am - 5pm

Training: AM: Level 2 Safeguarding. PM: Basic First Aid Training.

Ilford	Frenford Clubs	30 spaces available	Sandwich lunch for attendees	Dinner, partners welcome.
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SATURDAY 24th January 9:30am - 5pm

Training: AM: Level 2 Safeguarding. PM: Team Games.

Colchester	St Anne's Youth Club	30 spaces available	Sandwich lunch for attendees.	Dinner, partners welcome.
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These workshops are possible thanks to Awards for All funding.

To book your place contact Scott Dixon on 01245 264783 or scott@essexboysandgirlsclubs.org

Other club leader workshop dates and venues will be released soon. Please check the website or contact Scott for further details or for any specific training needs.



NEW CLUBS



Takeley Youth Club (pictured left) opened earlier this year, supported by the Big Lottery Reaching Communities funded Rural project. In the village of Takeley, near Stansted Airport, the club opens on Wednesdays and Fridays for 13-18yr olds and has 65 registered members. The Rural project team expect new clubs to open this Autumn/Winter in Maldon, Braintree and Uttlesford.



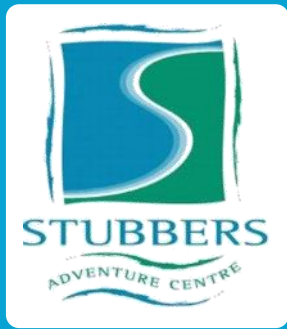
CLUB WEEKENDS IN WALES



ESSEX BOYS & GIRLS CLUBS
MAES Y LADE CENTRE

Book a Club Weekend with us and have an action packed weekend for your club members at our new outdoor centre in the Brecon Beacons.

Choose from lots of activities including: gorge walking, laser tag, bush craft, archery, mountain days, team building, canoeing, kayaking, mountain biking. Cost: £50 for the weekend for Club Members (Ages 11-17, minimum of 10 maximum of 12). Price includes Activities, Accommodation, Food and All Specialist Kit. Two Club Leaders go free with the group. We provide you with a minibus, you provide the driver and pay for the fuel. You enjoy an action packed weekend which we plan with you in advance. **To book**, contact David Hassard on 07813 688318 or davidh@essexboysandgirlsclubs.org **www.maesylade.org**



20% Discount at Stubbers Adventure Centre

Stubbers provides a range of land and water based adventurous activities for people of all ages and abilities. Climbing, Quad Biking, Jet Skiing, Sailing, Tunnelling, Archery and High Ropes are just some of the activities on offer. To book your visit please call Julie on 01708 224753.

www.stubbers.co.uk

Affiliated clubs benefit from a 20% discount on publicised rates.



NIGHT EXERCISE
SATURDAY
22ND NOVEMBER

EBGC Live
Saturday 29th
November

DODGE BALL
COUNTY CHAMPIONSHIP
6/12/14

5-A-SIDE FOOTBALL CHAMPIONSHIPS
Tuesday 30th
December

STUBBERS ACTIVITY DAY
Saturday
21st Feb 2015

WINTER SKILLS IN SCOTLAND
28th Feb - 6th March

BOYS & GIRLS CLUBS

COMB CAROLLING WITH US!

Affiliation Renewal Date: 1st April 2015

FRIDAY 12TH DECEMBER 4-7:30PM
AT CHELMSFORD TRAIN STATION