

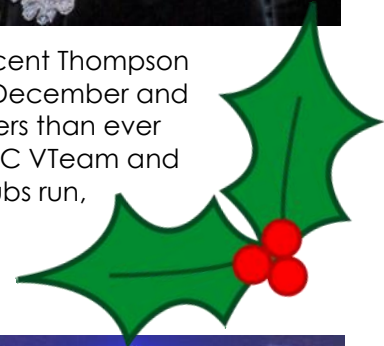


# NEWSLETTER



EBGC patron Lord Petre, the Lord Lieutenant of Essex and the High Sheriff of Essex Mr Vincent Thompson met some of our National Citizen Service participants at their graduation ceremony this December and recognised them for their contributions to the community. This year, more young volunteers than ever got involved with helping our clubs and club events, through programs like NCS, the EBGC VTeam and the Respect Project. They join the leagues of volunteers who ensure that our affiliated clubs run, providing activities for young people all over Essex, London and further afield.

**To everyone involved with boys and girls clubs, from member to volunteer, staff to supporter, we wish you a very Merry Christmas and a Happy New Year!**



## REP. FOOTBALL UPDATE

After successful selection trials, the EBGC Representative U16 Boys Football Squad this year includes players from **Crown & Manor Boys Club, Linford Wanderers Football & Social Club, North Avenue Youth Club, Thaxted Rangers Youth Football Club** and **Wickford Town Football Club**.

The Squad started their season with a team-building day at Millwall FC, where they were generously welcomed. A sports careers presentation, practical session and the chance to watch players train before beating Colchester FC 4-1 all helped the players to get to know each other better.

The season's first match was against West Ham United Learning Academy at the WHU Foundation ground in Beckton. After a nervous start the team rallied during the second half to a final loss of 4-0. The lads conducted themselves well and made positive progress. Colchester United Academy is their next fixture in the New Year.



EBGC Sports Officer Tom Paget manages and coaches the squad alongside other staff and volunteers who provide invaluable help. Tom was a member, and is now a volunteer coach, at **Thaxted Rangers YFC**.

**Can you help the Rep Squad?** We're looking for Volunteer Minibus Drivers to drive the squad to fixtures. Please contact Tom if you can help: [TomP@essexboysandgirlsclubs.org](mailto:TomP@essexboysandgirlsclubs.org)



## EBGC LIVE REPORT

Our annual music event at Brentwood's famous Hermit Club showed some fantastic talent from the EBGC network. With five female acts there was a definite girl power feel to this year's EBGC Live!

**Aveley Village Youth Club** were represented in force by four performers: Anna-Marie Childs, Denise, Favour and Kelsey Newman.

**Blackmore Youth Club** was represented by Juliet Ware. All of the girls were fantastic and had the crowd cheering and singing along. We were treated to covers and original songs, with some of the acts impressively playing guitar along with their vocals.

**EBGC VTeam** member, Daniaal Fazil, volunteered for the evening and said "It felt fantastic to manage the singers and help them prepare. It was such a great atmosphere and the girls were so impressive!"



This was Rebecca Byrne's first event as EBGC's new Arts Development Officer. Rebecca was a member and continues to volunteer at **St Cedds Youth Club** in Ilford.

# CELEBRATING ACHIEVEMENT



We are excited to announce a new partnership with our long-term supporters at the Jack Petchey Foundation. The partnership will enhance our existing sports and activities calendar. Funding will boost at least 25 of our events, aiming to further inspire participants by improving the way that we celebrate the achievements of all who get involved, from the athletes to the young people who don't consider themselves sporty.

Young people who attend two events or more will receive a useful goody bag, while clubs that attend the most events each quarter will win a trip to Maes y Lade, our outdoor centre in Wales.

For more information, contact Af [AfsheenP@essexboysandgirlsclubs.org](mailto:AfsheenP@essexboysandgirlsclubs.org)

# NEW CLUBS IN RURAL AREAS

We are now in the third year of our Lottery Funded project to increase activities for young people in rural North Essex.

Working in Uttlesford, Braintree, Maldon, Tendring and the rural areas of Colchester, members of the Club Development Team recently attended the Rural Community Council of Essex (RCCE) Village Halls & Community Buildings Conference to offer support to trustees of halls in our area.

Among the communities we've been working with is Langley Upper Green to help them re-establish a youth club for their village. The community have run 3 quarterly sports days on the village green, with sports including kwik cricket, rounders and football. The most recent event doubled as community consultation about plans to redevelop the village hall and cricket pavilion and saw 16 young people take part.

The committee in charge of village hall redevelopment consider a youth club as integral to their plans going forward; and there was no shortage of people prepared to volunteer to help get the club up and running. Our aim is to capitalise on this vision and enthusiasm to enable the community to get club up and running as soon as possible.

For more information contact Jay [JayS@essexboysandgirlsclubs.org](mailto:JayS@essexboysandgirlsclubs.org)

# CHANGING ATTITUDES



We're now a term into the second year of this successful project, funded by Sport England.

Each year, participating clubs receive an 8-week program of sports activities coupled with healthy lifestyle sessions. Jill and Martin from **Sampfords Youth Club** have been involved since the start. Their club has just finished their second project, which they described as "...a really good second year! The coaches have been excellent and it's been very well run. The young people in our club have benefited greatly from the sessions and enjoyed every minute of it".

**Heddingham Youth Club, Linford Wanderers Football & Social Club** (pictured right), **Frenford Clubs** and **St Anne's Youth Club** have joined the project this term, signing up to increase sporting activity in their clubs. The offer of new sports has made a difference to young people's perception of sport and EBGC has also seen participation in county and national events increase.

For more information contact Katie [KatieC@essexboysandgirlsclubs.org](mailto:KatieC@essexboysandgirlsclubs.org)

# FOCUS ON: ESSEX MARCHING CORPS

Essex Marching Corps recently sent some of their very promising musicians to the Royal Marines School of Music at Portsmouth and EBGC were lucky enough to be invited to attend. 23 EMC members joined members of marching bands from Leicester, Yorkshire and Tonbridge for drills and mentoring by instructors at the world-renowned centre.



EMC did Essex proud, rapidly integrating with the other bands. All immensely enjoyed practising for the final joint marching display, playing Rod Stewart's 'Sailing' and The Band of the Royal Marines' classic 'Life on the Ocean Wave'.

The welcome received from the School was fantastic and the experience will be long remembered by EMC's members. This event was a first for the School but they have promised to send two instructors to further mentor these promising band members and assist the many dedicated volunteers at the club.

[www.essexmarchingcorps.co.uk](http://www.essexmarchingcorps.co.uk)



# NABC 2015 NATIONAL AMATEUR BOXING CHAMPIONSHIP



## National Association of Boys & Girls Clubs (NABGC)

EBGC helped to set up this new charity to ensure the future of this annual event that is so important to amateur boxing and the ongoing development of young boxers. In the words of one Coach:

*"This is the one to win!  
It's England, Scotland,  
Ireland and Wales!  
This is the main  
title to win."*



For a taste of the talent, atmosphere and history of the National Amateur Boxing Championship 2015, watch the promo video at <https://youtu.be/lpF4t-13kis>



The Championship was generously sponsored by Warrior Boxing  
[www.warriorboxing.com](http://www.warriorboxing.com)



EBGC is proud to have had so many affiliated clubs enter their boxers in this year's NABC. Well done to all the boxers, coaches and volunteers. Particular congratulations go to those boys and girls who made it to the national finals.

EBGC's NABC Champions are:  
Ryan Butler of **Berry Boys ABC**, Lewis Richardson of **Centurions ABC**, Kieran Desmond of **Gateway ABC**, Francie McDonagh (pictured left), Edward Barrett & Nathan Brown of **Hooks ABC**, Jimmy Sains of **Newham ABC**, Henry Turner, Michael Chalk & Johnny Hanrahan of **Repton ABC** and Harli Whithall of **St Ives ABC**.

For all the photos and results, visit [www.nabgc.org.uk](http://www.nabgc.org.uk)



# THE RESPECT PROJECT

This Autumn we've been able to run four projects thanks to match-funding from the Four Acre Trust. This well-established course for disengaged Year 9 students runs in partnership with local schools. Projects have been run in Thurrock, Rochford and Braintree, with an additional pilot in Braintree for Year 10 students.

A key part of this year's projects has been the use of our affiliated youth clubs to host evening sessions. Thank you to **Braintree Youth Project Charity** and **Orsett Cricket Club**. The simple act of crossing the club's threshold breaks a barrier for many young people, allowing them to get used to the facilities while enjoying the ever so important "Tea & Toast". We are encouraging them to join their local youth clubs to access your fantastic support. We're very pleased to note that we added five new staff to the Respect team, four of whom met EBGC as club members or project volunteers.

For more information, please email Steve [SteveH@essexboysandgirlsclubs.org](mailto:SteveH@essexboysandgirlsclubs.org)

# NATIONAL CITIZEN SERVICE

We continue to deliver National Citizen Service in Essex for 16-17yr olds. In 2015 we took over 1,000 teens on the programme, which develops a wide range of lifeskills as well as fostering volunteering and community responsibility.

Some of our NCS teams chose to give their time to help some of our affiliated clubs. Manual work, including cleaning, painting and gardening, went alongside helping to run activities for club members and fundraising events in aid of clubs. Clubs supported include **Aveley Village Youth Club**, **Chelmsford Boys Club**, **Frenford Clubs**, **Linford Wanderers Football & Sports Club**, **Lifstan Boys Club**, **Loughton Youth Project** and **Southend Amateur Boxing Club**. We would also like to say a big thank you to all our clubs and supporters who helped to provide meeting spaces for our NCS teams throughout the year.

For more information, please email Lewis [LewisR@essexboysandgirlsclubs.org](mailto:LewisR@essexboysandgirlsclubs.org)

# THE EBGC VTEAM

We have recently launched the EBGC VTeam for young volunteers who would like to develop skills by helping at EBGC events and projects. Volunteers hours are logged and rewarded with training opportunities and awards.

We are working in partnership with Essex County Council's Essex Youth Service to run an 'Introduction to Youthwork' course for VTeam members, with the aim of developing their youthwork skills. Two sessions were run on Autumn Saturdays and then in January the plan is to filter these young people in to youth clubs local to them as well-equipped young volunteers.

For more information, please email Scott [ScottD@essexboysandgirlsclubs.org](mailto:ScottD@essexboysandgirlsclubs.org)

# CBL1M

Essex Boys & Girls Clubs is the locally trusted organisation for Canvey's Big Local Partnership Group. Canvey's Big Local £1 Million area centres on the two wards of Winter Gardens and Canvey Island Central. The area is one of 150 Big Local areas across the UK selected by the Big Lottery Fund to receive support over a 10 year period. The Group's focus on developing activities for young people led them to ask us for support.

For more information please contact Juliet [Juliet@essexboysandgirlsclubs.org](mailto:Juliet@essexboysandgirlsclubs.org)

# RASPBERRY PI

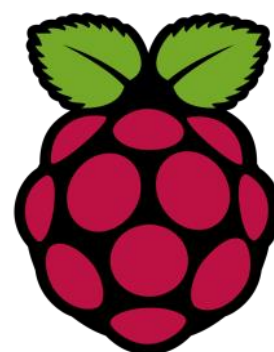
We have been funded by the **Link-ed Mike Williamson Memorial Fund** to engage young people in **STEM** activities (**S**cience **T**echnology **E**ngineering **M**aths) and we have started with Technology and a Raspberry Pi project. The Raspberry Pi is a low cost, **credit-card sized computer** that plugs into a computer monitor or TV, and uses a standard keyboard and mouse, which enables people of all ages to explore computing. Taster sessions have begun in **North Avenue Youth Club** and **Sampfords Youth Club** and the project continues to roll out.

For more information please contact Gerry [GerryS@essexboysandgirlsclubs.org](mailto:GerryS@essexboysandgirlsclubs.org)



THE RESPECT PROJECT HAS GIVEN ME THE CHANCE TO BECOME THE PERSON I WANT TO BE - PARTICIPANT

*Before the course my son was very socially awkward. He is starting to socialise more and talk more. He is also showing more confidence asking for things. - Parent*



# FUNDRAISING FOR YOUR CLUB

## SUPPORT FROM YOUR SUPERMARKETS

Keep your eyes peeled when you're shopping and you'll see evidence of supermarkets helping their local communities through various different initiatives. Your club is probably eligible for support from at least one of your local supermarkets, so make sure you're in it to win it!



**Tesco Community Champions** act as ambassadors for Tesco within their area, working locally to shape Tesco's involvement in the local community, providing

support where it is most needed. Find your local contact at [www.tescopl.com/index.asp?pageid=754](http://www.tescopl.com/index.asp?pageid=754)  
**Tesco Colleague 20% Top-Up** means that all Tesco staff can apply for a 20% top-up on their personal fundraising by emailing [charity.enquiries@uk.tesco.com](mailto:charity.enquiries@uk.tesco.com)



**M&S's Shwopping** scheme means you'll receive a £5 M&S voucher if you donate an M&S labelled item to Oxfam.



**The ASDA Foundation** and **The Morrisons Foundation** both offer grant funding to registered charities, as well as product donation to local groups. They also both match staff fundraising, so ask your club volunteers and parents if they know anyone who works in these stores.

Visit [www.asdafoundation.org](http://www.asdafoundation.org) and [www.morrisonsfoundation.com](http://www.morrisonsfoundation.com)



**Co-op Cuppa** gives local causes a free regular or one-off supply of tea. Apply online at [www.eastofengland.coop/community/how-we-can-support-you/co-op-cuppa/apply-for-co-op-cuppa](http://www.eastofengland.coop/community/how-we-can-support-you/co-op-cuppa/apply-for-co-op-cuppa)



**Sainsbury's Local Charity of the Year** nominations open in February 2016, so look out for a form in your local store. Find out more at: [www.sainsburyslocalcharity.co.uk](http://www.sainsburyslocalcharity.co.uk)

**Most supermarkets** have a small budget for making donations of raffle prizes or vouchers. Write to your local store, addressing your letter to the Store Manager or Community Champion.



**Making a Difference Locally** allows Nisa's independent stores to nominate charities or good causes that are local to them to receive a specific donation. Donations may be to local sports teams, hospices or one of the many charities operating in the UK.



### Green Token Schemes

ASDA, Waitrose and the East of England Co-Op all run green token schemes, allowing customers to vote for the good cause they want to receive that period's donation.

#### To nominate your club:

ASDA and Waitrose: *ask for a form in your local store.*

East of England Co-op: apply at [www.eastofengland.coop/community/how-we-can-support-you/community-token-scheme](http://www.eastofengland.coop/community/how-we-can-support-you/community-token-scheme) | support



## CHARITY BAG PACKING

### What you need to know

With the introduction of the 5p plastic bag charge in large retailers, we investigated the impact on charity bag-packing. Here are our findings:

**Charity bag-packing in supermarkets is still an effective way to raise money and awareness for your club.**

Most major supermarkets are happy for clubs to bring their own plastic bags... if customers don't have to pay 5p they may be more inclined to give to a good cause! However be wary of providing broken bags as you don't want a customer blaming you or your volunteers for a smashed bottle of bubbly! Ask the individual supermarket what they would prefer.

**The 5p charge is not counted as a tax so the supermarkets choose who to donate the money to.**

In the next 10 years £730m will be distributed to good causes so there has never been a better time

to get in contact with your local supermarkets and their Community Champions!

**If you're thinking of doing some bag packing, here's what the supermarkets have said:**

- Get your request in early – other charities want opportunities too!
- Don't stand too close to customers when they're paying for their shopping.
- HAVE FUN!! Always smile at the customers and explain what your club does.



This research was one of the first projects for EBGC's new Fundraising Assistant Natasha Woodruff. After volunteering on a Respect Project in 2009, Natasha has always kept an eye on jobs at EBGC and joined us in October. Natasha is organising a series of local bag-packs for EBGC in 2016. If you'd like to help us fundraise while finding out how to run your own please get in touch on 01245 264783. [NatashaW@essexboysandgirlsclubs.org](mailto:NatashaW@essexboysandgirlsclubs.org)

# HOW CLUBS ARE USING FACEBOOK...

Lots of our clubs use Facebook to share news and information with members, volunteers and supporters.

Some create a Profile, others create a Page, others create a Group. Clubs use various levels of privacy to manage who can see their posts. There's no right or wrong - it's up to you how you decide to engage with members, parents and supporters online. However it's really important to be aware of what your club is posting online, who can see it and ensuring you have people's permission to publish their image or name online. If in doubt, leave it out!

Many of the team at EBGC use Facebook to communicate with our clubs, members and volunteers. If you want some advice about best practice please get in touch with us.

One of our favourite websites for online safety is the NSPCC's [www.net-aware.org.uk](http://www.net-aware.org.uk) which helps to keep children safe online - we recommend you take a look.

Meanwhile, take a look at the posts on this page to get a feel for how our clubs have been communicating on Facebook recently...

**Bergholt Youth Group (BYG)**  
20 November at 10:30 · 🌐

Photo booth tonight, hope to see you all there! 😊

**Braintree Youth Project Charity (BYPC)**  
5 December at 23:38 · 🌐

Home Education Networking Coffee Morning on Tuesday 8th December 2015 @ 10.30am-12pm. All ages welcome.

16 September

Wendens Ambo Youth Club  
Friday 9th October  
Christmas Shoe Box Appeal  
A fun 'shoe box filling' time to be had !!!

**Bumpstead Youth Club**  
20 October · 🌐

Warning! Do not approach this lady, don't be fooled by that welcoming smile, she's the meanest pancake maker in the East.

**Flitch Green Youth Club**  
27 November at 22:22 · 🌐

Really terrific youth club tonight! Thanks to everyone who came along - you were all so polite and well behaved and are a continued credit to our community. A special thanks has to go to our new helpers - without you, tonight simply wouldn't have gone ahead! Thanks also to Rebecca from EBGC for making the evening so much fun!!! See you all soon!

27 November at 09:47

WAY2COOK will be at Waltham Abbey Christmas Fayre tomorrow, Saturday 28th. Come and make a donation of £1 to WAY 2000 and we will give you a Christmas Cupcake or a Reindeer Shortbread or a Christmas Gingerbread.



**Takeley Youthclub**  
8 December at 09:45 · 🌐

🎄🎄🎄🎄🎄

It's nearly Christmas and we have two more club nights!! Join us this Wednesday for Christmas crafts, and Friday 18th will be our Christmas party. See you there!!

**Nayc North Avenue** added 2 new photos.  
3 December at 12:17 · 🌐

What a busy night we had at the Youth Club this week!  
The Christmas tree went up, we drank Nutella hot chocolate, we watched Duke of Edinburgh presentations, celebrated Romans birthday and we had the launch of the Raspberry pi programme !!

**Frenford Clubs**  
7 December at 09:45 · 🌐

Looking for employment, need help preparing your CV or just need direction on how to find work.  
Pop down every Tuesday from 6pm - 8pm  
Professional recruitment agency staff available for FREE, please make use of this service.  
Funded by Lloyd's Bank Foundation

**Chadwell St Mary Boxing Club**  
29 November at 20:33 · 🌐

Klayden Russell Meade putting in the work in preparation for the N.A.B.C finals with Kieran Desmond from Thames Gateway Good Luck boys



**[Profile Picture]**  
8 June

Made me smile #thaxtedrangers



**LYP Radio** 🎧 listening to Andrea Dee at 📍 The Space, Loughton Library Building.  
8 December at 23:47 · Loughton · 🌐

COMING // SOON :  
LYP Radio #LiveSession with Andrea Dee! ...  
Check out her latest #Vlog on #Songwriting & keep your ears peeled and eyes open next week!...



How to write a song? special bonus original song "SOMEWHERE" featured

How to write a song? #ontheroad Episode 5 3 steps to follow with added bonus new original song...

**The Ashdon Hangout** added an event.  
11 November at 14:26 · 🌐



**03 Hangout Relaunch**  
Thurs 19:00 - Church Field, Ashdon, CB10 2HD  
Rebecca Stanley Ebgc went

★ Interested

**Berryabc Berry** added a new video.  
5 December at 23:31 · 🌐

Ryan Butler NABGC National Final Round 2



**[Profile Picture]**  
7 December at 21:49 · Fobbing

U12's update

Linford 9-1 Great Danes pumas

Wow really great football once again 6 different scorers boys really are doing there parents and myself as manager very proud onto Romford borough blues this weekend would be really nice to sign off for Xmas with a great performance

## It happens to lots of us...

Sorry for the late notice but due to not enough volunteer we have to cancel youth club for this week see you all in 2 weeks

Managing your volunteers can be one of the most difficult parts of running a club and it's an ongoing project. Now and again the inevitable happens. Don't worry, it's not the end of the world and is a good reminder to members and their parents that the club is run by volunteers. EBGC doesn't staff clubs, nor do we provide volunteers, however if you find you're regularly having a volunteer problem, get in touch and we'll try to find a way to help.

## REMEMBER TO RENEW YOUR CLUB AFFILIATION TO EBGC BY 1ST APRIL 2016

Renewal forms can be downloaded from [www.essexboysandgirlsclubs.org/games.html](http://www.essexboysandgirlsclubs.org/games.html)

## Have you got your copy of the EBGC Club Activity Calendar?

We posted A2 poster-calendars out to all club contacts in August but if you didn't receive yours we can post one out to you, or you can download one from

[www.essexboysandgirlsclubs.org/documents/Calendar2015v.2.pdf](http://www.essexboysandgirlsclubs.org/documents/Calendar2015v.2.pdf)



## Does your Club need training?

Safeguarding Training (pictured left at Essex University ABC)  
Young Leader Training / First Aid Training /  
Club Management Training / Youthwork Training

We are here to assist you to run your club. We can deliver or arrange training that suits your needs. Please get in touch on 01245 264783 or email [GerryS@essexboysandgirlsclubs.org](mailto:GerryS@essexboysandgirlsclubs.org)

## PRIORITY BOOKINGS FOR AFFILIATED CLUBS

### Essex Adventure Weekend

17-19th June 2016

Bring your club to our annual Stubbers take-over for lots of adventurous activities with our club network.

Includes tents, activities, food and fun!

Contact Rebecca Stanley 01245 264783

[RebeccaS@essexboysandgirlsclubs.org](mailto:RebeccaS@essexboysandgirlsclubs.org)

~~£56pp~~ Limited early bird discount **£45pp** until 14th February 2016.



### Club Weekends at Maes y Lade or High Row

Winter/Spring 2016

Take your club to the Brecon Beacons in Wales or the Lake District in Cumbria for a weekend in the mountains at one of our fantastic residential centres. To book, contact Sue Pell on 01245 264783 or [SueP@essexboysandgirlsclubs.org](mailto:SueP@essexboysandgirlsclubs.org)

If your club would like financial support to visit either centre, bursaries are available so please write to [MartinS@essexboysandgirlsclubs.org](mailto:MartinS@essexboysandgirlsclubs.org)



### Stubbers Adventure Centre

Take your club to Stubbers for adventurous outdoor activities on land and water. Climbing, Quad Biking, Jet Skiing, Sailing, Tunnelling, Archery and High Ropes are just some of the fun activities on offer at this EBGC affiliated centre in Upminster. Book a 2 hour session, a full day or stay overnight in residential facilities ranging from catered lodges to tents. Contact Julia on 01708 224753 or [julia@stubbers.co.uk](mailto:julia@stubbers.co.uk)

**20%** discount for EBGC affiliated clubs