



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

# NEWSLETTER WINTER 2013



Balance Act Challenge



Tyre Roll Hill Challenge



River Cross Challenge



Tangram Puzzle

## The Challenges of InterClub Competition

A cold November night of racing around in the dark on a farm, with plenty of mud, completing mind-bending puzzles and physical challenges, followed by a trophy presentation with a BBQ and bonfire... it could only be our annual Night Exercise!

We couldn't be prouder of the 68 young people from 9 affiliated clubs, who made up the 18 teams that legged it round the 4 mile course on Saturday 16th November. Faced with 7 different challenges and a surprise ambush by members of the Defend Britain WWII Reenactment Society (complete with very realistic pyrotechnics), this event really pushes club members out of their comfort zone, testing courage, teamwork, communication, physical and mental skills. We were helped enormously by 21 volunteers, including Young Leaders and Club Volunteers, so our thanks go to all of them as well as the farmer for use of the land.

**Clubs Attending:** Linford Wanderers, Flitch Green YC, Brentwood Boxing Academy, Gt Tey YAC, The Ashdon Hangout, Heddingham YC, Gt Sampfords YC, North Avenue YC, St Marks College YC.



Flitch Green YC ready to go



North Avenue YC tackle the Laser Tag Challenge



Posing with their trophies, the winning team was Bravo 5, from Heddingham YC. They are joined here by 2nd and 3rd placed teams, Alpha 2 and Bravo 2, both from Great Tey YAC.



Linford Wanderers attack the Magma Challenge



Club Volunteers enjoy hot drinks around the bonfire



EBGC's Sue Pell conducts the BBQ with aplomb!

## A very Merry Christmas & Happy New Year to all our Clubs!

We look forward to seeing you at your clubs and out and about at events in 2014, in our 75th year supporting the clubs of Essex and East London!

Love from the whole team at EBGC xx



# Our Events for Clubs: Reports



## Mobile Activity Days

Our two Mobile Activity Days introduced 66 young people from 8 different clubs to a wide range of activities including rifle shooting, 2-a-side football skills cage, outdoor laser tag, softball, tag rugby league, archery and film animation. The South Essex day at Frenford Clubs on Saturday 28<sup>th</sup> September was followed a week later by the North Essex day at Colchester Rugby Club. Our thanks to the two clubs for playing host, and to the affiliated clubs which brought members: **Frenford Clubs, Centurions ABC, Out There, St Cedds YC, Eastern Rhinos RLFC, Great Tey YAC, 4 Youth Brightlingsea and Wivenhoe FC.**



## NABCs

**Friday 11th and Sunday 13th October saw the Anglian and London Finals held in Harlow.**

Stand out performances came from Nick Tipler (**Chalvedon ABC**), Stephen Green (**Centurions ABC**), Junior ABA champion Lewis Richardson (**Centurions ABC**), Henri Potter (**Kingfisher ABC**), Sam Malone (**Rayleigh Mill ABC**), Louis Isaacs (**Lion Club**), Gerry McDonagh (**Lynn AC ABC**), Sam Bezzina (**West Ham ABC**) and Jordan Reynolds (**West Ham ABC**).

Good Luck to all the boxers who went on to the next rounds. Full reports are at [www.essexboysandgirlsclubs.org](http://www.essexboysandgirlsclubs.org)



## High Standard at Rep Trials

Our annual trials for our Rep. Football Squad saw 40 young lads attend the first football trials this year and the standard was very high. **Wivenhoe YFC, Linford Wanderers, Island Boys Club, Chelmsford City FC, Wickford Town FC, Gt Sampfords YC** were all represented. EBGC's Sports Team then arranged a second training session for the squad of 26 players. Their first fixture is a friendly against Hornchurch FC Academy on the 23<sup>rd</sup> November, which will be followed by a team-building day at Stubbers.



## Young Leader Training

Young volunteers from **St Cedds YC, Chelmsford Boys' Club, Linford Wanderers, Seabrooke Rise YC, Senior Members Club** and **West Bergholt YC** came together in September for a weekend of training at Stubbers. They worked with EBGC's Jamie and Rebecca to develop their team skills, facing challenges and workshops over the two days in preparation for a week in the Lake District. Those interested should contact [jamied@essexboysandgirlsclubs.org](mailto:jamied@essexboysandgirlsclubs.org)



## EBGC helps celebrate The Rank Foundation's 60<sup>th</sup> Anniversary

Seven young people performed on behalf of EBGC in 'Pass It On', a very special drama performance. **Hedingham Youth Club, Frenford Clubs** and **Chelmsford Boys Clubs** were all represented in the play to celebrate the life and work of the legendary Lord J. Arthur Rank. After 12 weekends of rehearsals in London, the group performed at The Hilton Hotel in Blackpool in front of 300 guests at The Rank Foundation's 60<sup>th</sup> Anniversary. In recognition of their considerable efforts, each young person was presented with The Rank Foundation's prestigious and nationally recognised GAP Award. Well done to every one of them!

## EBGC Clubs played host to Autumn NCS

**Lifstan Boys Club, Ingatestone Boys Own Club, Loughton Youth Project** and **Chelmsford Boys Club** each hosted one of EBGC's Autumn half-term National Citizen Service groups. For two days the teenagers used the clubs' facilities to develop new skills and make plans to deliver their social action projects - practical volunteering of benefit to the wider community. For many of these local teens this was their first introduction to their local EBGC club - we continue to work with them to ensure it won't be their last!

Remember, your club can benefit from NCS by getting members signed up to encourage their group to help your club for their social action project!



# Affiliated Clubs: News



**WAY2000** is a registered charity based in Waltham Abbey, incorporating Yip Yop Youth on Mondays & Thursdays for 7-11yr olds and the recently launched New Images Thursday night drop-in for School Years 7-9 and Way2Cook, a Tuesday night cookery club. The latter was funded by Awards for All in response to a spike in local obesity figures and is designed to introduce 12-16yr olds to a wider range of culinary options including international recipes. The course has also engaged local restaurant staff as volunteers to show the future employment possibilities.

**Ippon Judo Club** opened on Monday nights at Thurrock Rugby Club in February 2013 and are already producing champions at area competitions. New members are being attracted by promotion of the club through local schools and in the Rugby Club's section in the local free press. The club has received funding for essential equipment from Sported.

**Thaxted Youth Group** have started a Tuesday night Non-Contact Boxing Club for 11-18yr olds. One of the club's long-time volunteers, Gary Morrison, took his Level 1 Coaching Award and has successfully sourced funding to pay for a Level 2 Coach and equipment.

**Seabrooke Rise YC** have moved to temporary accommodation while their new community centre is built - the result of dedicated efforts from the leaders, who must now keep the club spirit buoyed while they eagerly await their new home, due in 2015.

**Brentwood Youth ABC's** Rebecca Davies was awarded the Unsung Hero Award at the Active Brentwood Sports Awards - well done!

**Eastern Rhinos RLFC** in Colchester hosted the Essex & Suffolk Champion Schools Qualifying Tournaments this Autumn. 26 teams entered, from 10 different schools across Essex and Suffolk with over 350 participants. EBGC-affiliated rugby league clubs were represented in every winning team and they now go on to the next stage of the competition versus East London schools.



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"Great cover, great price, great service - we look forward to developing our relationship with Giles over the years to come"

Martin Solder  
Director  
Essex Boys and Girls Clubs



## KEY DIARY DATES FOR EBGC CLUBS

11 <sup>th</sup> Jan	5-a-side Football Tourn. in Chelmsford
2 <sup>nd</sup> Feb	National Cross-County Champs at Stubbers
17-21 <sup>st</sup> Feb	Young Leaders Course in the Lake District
21 <sup>st</sup> Feb	Activity Day at Stubbers
22 <sup>nd</sup> Feb	Table Tennis Champs
1 <sup>st</sup> March	EBGC Rep. Cricket Squad Trials
15 <sup>th</sup> March	Pool Champs
5-6 <sup>th</sup> April	Cricket Camp
8-11 <sup>th</sup> April	Easter Cup in the Lake District
11 <sup>th</sup> April	Wet Activity Day at Stubbers
12 <sup>th</sup> April	Kwik Cricket Champs
14-17 <sup>th</sup> April	EBGC Rep. Football Squad Tour
26 <sup>th</sup> April	Essex Jailbreak
27 <sup>th</sup> April	Laser Tag
3 <sup>rd</sup> May	Shooting Champs
4 <sup>th</sup> May	Canoe Training Day
10 <sup>th</sup> May	Chelmsford-Maldon Paddle
16 <sup>th</sup> May	EBGC AGM at Gosfield Lake Golf Club
17 <sup>th</sup> May	Great Essex Bake Off
23-27 <sup>th</sup> May	100 Mile Canoe Test
24 <sup>th</sup> May	Fishing Comp Round 1
6 <sup>th</sup> June	Film Festival Showcase
14 <sup>th</sup> June	Fishing Comp Round 2
27-29 <sup>th</sup> June	Essex Adventure Weekend at Stubbers
5 <sup>th</sup> July	Fishing Comp Round 3
7 <sup>th</sup> July	Summer NCS starts

# Plan ahead for 2014



## 1. Plan your regular club sessions

When you're planning how to fill your club nights in 2014, remember that our Sports & Activities Team can come out to you and run a wide range of sessions for your members, including: Archery, Boxing, Cricket, Dodgeball, Fitness, Football, Pool, Rifle-shooting, Rounders, Rugby, Table Tennis and Team Games. Contact Af to book [afsheep@essexboysandgirlsclubs.org](mailto:afsheep@essexboysandgirlsclubs.org)



## 2. Plan your club outings & trips

We provide plenty of subsidised opportunities to help get your club out and about on the cheap, whether you're looking for member skills development (aka FUN) or some inter-club relationship-building (aka HEALTHY COMPETITION).

Check out the opportunities here and key dates overleaf then contact us to book on 01245 264783.

### 20% Off Trips to Stubbers

Affiliation entitles your club to a 20% discount at Stubbers Adventure Centre in Upminster.



To book call Julie on 01708 224753  
[www.stubbers.co.uk](http://www.stubbers.co.uk)

### Accompanied Club Weekends in the Lake District for just £500

We'll take 14 club members and 2 club leaders to our High Row Centre for a weekend of outdoor fun and family living. The £500 fee contributes towards the cost of one EBGC youth worker, club transport, accommodation, food and activities. **There are just 8 weekends available in 2014.** Contact [jakem@essexboysandgirlsclubs.org](mailto:jakem@essexboysandgirlsclubs.org)



**NOW AVAILABLE TO BOOK**  
SAVE £10 PER HEAD WITH OUR EARLY BIRD DISCOUNTS IF YOU BOOK BY 14th FEB 2014  
See website for details or contact [juliet@essexboysandgirlsclubs.org](mailto:juliet@essexboysandgirlsclubs.org)

## 3. Renew your affiliation to EBGC by 1st April 2014

Remember to get your affiliation approved by your Club Committee in time to renew by Tuesday 1st April 2014.

## 4. Raise cash, fast

We have recently found funding success by collecting at train and tube stations. From £200 in 2 hours at Chelmsford Train Station to £1,000 in 12 hours at Canary Wharf Underground Station, if you've got a few volunteers and need a fast way of raising cash for your club, this could be it. The concentrated footfall through relatively small areas at stations often makes them more lucrative than high street collections, particularly during rush hours when you're reaching people with change in their pockets. Their status as private property means that permission to collect is usually granted much faster than the council and usually by station staff themselves.

Talk to staff at your local station to find out more.



### REMEMBER!

Clubs can enter the Jailbreak for free if they're fundraising for their own club!  
Find details online or contact Juliet.

## 5. Book your volunteer training



We're happy to introduce Scott Dixon as our new Volunteer Co-Ordinator. He is tasked with supporting club volunteers to help you recruit, retain, and develop your adult volunteers. Scott will also be working with our Young Leader Training team to help develop your senior members into effective club volunteers. In the New Year Scott will be arranging volunteer training workshops so let him know what you need and he'll aim to help. [scottd@essexboysandgirlsclubs.org](mailto:scottd@essexboysandgirlsclubs.org)

## 6. Reward your volunteers

Recognise volunteers' contribution to your club by nominating them for a **National Keystone Award**.

Adult volunteer with at least 10 years of voluntary service to your club can be nominated for:

- Bronze Award - 10 Years
- Silver Award - 20 Years
- Gold Award - 30 Years
- Platinum Award - 40 Years
- President's Award - 50 Years

### KEYSTONE AWARDS 2014

Recognising long and devoted service to young people  
**Nomination deadline April 1st**

To nominate a volunteer, contact Dave Shelton on 01245 264783 or [davids@essexboysandgirlsclubs.org](mailto:davids@essexboysandgirlsclubs.org)