



Essex Boys and Girls Clubs

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2013 Online News Archive

The following news articles were posted on the Essex Boys and Girls Clubs website in 2013.

OCT-DEC 2013

National Citizen Service Autumn 2013



POWERED BY



Our Autumn of National Citizen Service (NCS)

We had another brilliant half-term delivering the government's NCS program for 16-17 year olds.

Each young person joined a cohort for a half-term of fun, adventure, training and volunteering, making new friends alongside their new experiences. They also gave an enormous amount back to their communities by planning and completing a range of social action projects.

Here are the teams...



Cohort 1 cleared the grounds at [Frenford Clubs](#) to help make its better environment for young people and the community. They also organised bake sales and an own-clothes days in their schools and colleges to raise £115 for [Richard House Children's Hospice](#).



Cohort 2 volunteered with [Southend Round Table](#) to run their Annual Charity Fireworks.



Cohort 3 organised a Race Night and Raffle Fundraiser to raise £700 for [Smiles with Grace](#).



Cohort 4 helped out at a trampoline competition for the [Recoil Twisters](#). They also ran a fundraising quiz night and handed out flyers to promote the work of Recoil Twisters at Brentwood Christmas Lights switch on.



Cohort 5 cleared the grounds at [Frenford Clubs](#) to help make its better environment for young people and the community. They also volunteered at the National Cross-Country Championships.



Cohort 6 volunteered with [Southend Round Table](#) to run their Annual Charity Fireworks.



Cohort 7 landscaped a disused area of the gardens at [Ramsden Hall School](#) that had become over grown. The garden was cleared and replanned to include a vegetable garden as a quiet area for students



Cohort 8 slept out under the stars to raise £980 to support homeless people in the Chelmsford area through the charity [Chelmsford Chess](#).

DECEMBER 2013

EBGC Dodgeball Championship

40 participants from 6 different clubs took part in the EBGC Dodgeball championships on Saturday 7th December. The clubs involved were: Eastern Rhinos Rugby League Club, Chelmsford Ice Hockey Academy, Rayne Boxing Club, North Avenue, Great Tey and 4youth Brightlingsea.

The event was a good mix of fun and competition with an under 16 title and an under 13 title up for grabs. These competitions were interspersed with fun games and a bit of skill development, coached by Dodgeball expert Jamie Drummond.

The Roll of Honour:

Players of the day: Boys: Thomas McCarthy & Daniel Collins (both Rayne ABC)

Girls: Rosie Gorst & Danielle James (both North Avenue)

Under 13 Champions: Great Tey & 4Youth Brightlingsea (mixed team)

Under 16 Champions: Eastern Rhinos Rugby League Club



NOVEMBER 2013

EBGC Live 2013



EBGC Live Rocks the Awesometre

On Saturday 30th November, we held our first ever live music event, EBGC Live, at The Hermit Club in Brentwood.

The event was bursting with talented performers from across the EBGC network of affiliated youth clubs and the standard was remarkable! No performer was the same which provided a really entertaining and interesting evening for the audience who “whooped” and cheered with bundles of enthusiasm throughout.

The performers include: City of Sirens and SpaceJam, both from Blackmore Youth Club, Menaric and Fia, both from Hedingham Youth Club, CJ2 from Linford Wanderers Youth Club and Ten Point Too who we met during our delivery of the National Citizen Service this summer.

As well as performing on the night, each performer recorded a live interview to be featured alongside a recording of one of their songs in a Community Podcast produced by affiliated youth club, Loughton Youth Project. Listen to the podcast at <http://www.mixcloud.com/LYP/lyp-community-podcast-show-11122013/>

Lastly, EBGC would like to say the biggest THANK YOU and send monumental HIGH FIVES to everyone that supported the very first EBGC Live music event. That includes young people and volunteers from EBGC affiliated youth clubs, Chelmsford Boys Club and North Avenue Youth Club.

This may have been the first, but it certainly isn't the last. Keep your eyes peeled for the next EBGC Live event next year!!

16th NOVEMBER 2013

EBGC Night Exercise 2013

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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, Hedingham YC, Gt Sampfords YC, North Avenue YC, St Marks College YC.

Night Exercise Results		
Place	Time (mins)	Club
1st	87	Hedingham Youth Centre
2nd	101	Gt Tey Youth Activity Club
3rd	104	Gt Tey Youth Activity Club
4th	111	Linford Wanders FC
5th	112	Ashdon Hangout
6th	119	Linford Wanders FC
7th	130	Gt Tey Youth Activity Club
8th	140	Linford Wanders FC
9th	144	St Marks

10th	151	Linford Wanderers FC
11th	153	St Marks
12th	156	Sampfords YC
13th	163	Linford Wanderers FC
14th	163	North Avenue YC
14th	165	Flitch Green YC
16th	169	Hedingham Youth Centre
17th	174	St Marks

19th OCTOBER 2013

EBGC U16 Representative Football Squad Trials

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The Essex Boys & Girls Clubs U16 Rep Squad is open to players from all of our clubs (not just football clubs).

This season's trials were held on Saturday 19th October at [Basildon Boys FC](#) we saw trialists from [Island Boys](#), [Wickford Town FC](#), [Wivenhoe FC](#), [Sampfords YC](#), [Chelmsford City FC](#), [Linford Wanderers](#).

38 lads showed off their skills to compete for a place in the squad. They were split up into teams and each player got a minimum of 60 minutes playing time in 3 X 30 minute matches. The standard was really good and the work rate from all the players was really impressive.

The final squad and the fixtures will be announced shortly.



18-20th OCTOBER 2013

EBGC Young Leader Training Weekend

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On 18th September we brought Young Leaders from our affiliated clubs together at Stubbers Adventure Centre, to take part in young of 20 stayed in the centre's excellently equipped Maple Lodge and, over the course of the weekend took on team building challenges and leadership activities, developing lifeskills which they could use back in their clubs.



Activities included:

Stretcher Challenge	A race between two teams to fashion a stretcher from two bivvy bags and a rope and carry a 'patient' a certain distance without causing further injury.
Ready Steady Burn	Cooking meals as a group, eating together and washing up.
Early Morning Run	Optional gentle wake-up run around the centre's 130 acres, followed by bacon sandwiches.
Communication Workshop	Featuring the paper towers challenge to build the tallest tower from just newspaper (no glue or tape etc).
Team Public Speaking Challenge	With 20 minutes to prepare a presentation on a choice of subjects. Resulted in a live debate on the merits of bourbon biscuits over custard creams, plus a fruity rundown culminating in a performance of the infamous 'Bananas Unite' song.
Individual Public Speaking Challenge	With just 30 seconds to prepare before talking on a specified subject for 2 minutes.
Aardverk Challenge	Involving two teams competing to complete 15 'jobs' in limited time and judged by an X-Factor style panel.
Leadership Styles	Featuring role plays to discover and investigate different styles of leaderships ie: beurocratic, laissez faire.
Learning Styles	Featuring a multiple choice quiz to help each person understand their own learning style.
Team Games Workshop	An afternoon of practicing playing and running games which would work at youth club ie: hula hoop games, ball games, word games etc.
Best Team Photos and Best Group Photo	
A talk from Healthwatch Essex to raise awareness of health issues.	

At the end of the weekend the Young Leaders were all invited to a longer residential experience at our [High Row Centre](#) in the Lake their leadership skills, using the great outdoors as a vehicle for learning.

YOUNG LEADERS:

Chelmsford Boys' Club: Callum Vaughan, Tom Prince, Emma Robertson

St Cedds YC: Ruwani Jayasekara, Annie Wells, Sarah Conaghan, Daniel Byrne, Mason Thomas

Linford Wanderers: Jake Richards, John Stammers

Seabrooke Rise: John Saunders

Senior Members Club: Dale Keeble, Janie Banks

West Bergholt YC: Katie Pullen

EBGC STAFF:

[Jamie Drummond and Rebecca Stanley](#)

A huge thank you goes to our Senior Young Leaders who volunteered to help all weekend.... thanks to Lucy Boatman and Rebecca of our Senior Members Club, NCS Graduates and Nepal Trip veterans.



11-13th OCTOBER 2013

NABCs - National Ambition Boxing Championships **County Rounds: Anglia and London**

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Friday 11th and Sunday 13th October saw the Anglian and London NABC 2013 Finals held in Harlow.

There were 12 bouts in Friday's Anglian Round and 20 bouts in Sunday's London Round, with some boxers competing twice in semi-finals and finals.

[skip down to Anglian Round results >](#)

[skip down to London Round results >](#)

The weekend kicked off with one of the toughest categories in the competition as the Anglian NABC Under 57kg Class B's had 4 top entries. Last year's national finalist **Nick Tipler** ([Chalvedon ABC](#)) put in a classy performance with accurate shots making it hard work for **Lenny Prudence** ([Chelmsford ABC](#)) and taking the verdict so that he would be boxing later that evening in the final. **Stephen Green** ([Centurions ABC](#)) used a high work rate to overcome **Tommie Smith** ([Harwich ABC](#)) in the other semi-final and book a place against Tipler later in the night. Junior ABA champion **Lewis Richardson** ([Centurions ABC](#)) also showed why he is national champion by beating **Taylor Dean** (Attleborough ABC) and making a statement that he will be one to watch in this year's competition. **Jake Harrison** ([Brentwood Youth ABC](#)) also managed to reach last year's national finals but this year was beaten at the first hurdle by **Henri Potter** (Kingfisher ABC). **Sam Malone** ([Rayleigh Mill ABC](#)) made himself Anglian Champion again with a win off **Aaron Spenner** ([Essex University ABC](#)) in the Class C under 67kg.

The night culminated with the Anglian Final involving Nick Tipler and Stephen Green both victorious from their earlier bouts. The two had not previously met and Tipler took up his usual position in the middle of the ring with a high work rate of straight shots before getting in close and working the body of Green. The rounds were close but with Green throwing the more powerful shots Tipler had met his match and the judges awarded the bout to Green.

The weigh in for the London NABC Championships took place on Thursday evening so there were 20 bouts planned for Sunday with a number of current National Finalists and National Champions to look forward to in some great match ups.

In the Class A's the stand out boxer was **Louis Isaacs** (Lion Club) who had a tough semi-final against **A Ramadan** (Dale Youth) and then had to face a fresh **Danny Barrett** (Hooks) in the final later that day. Isaacs came up trumps and is another name that could go all the way in the championships.

The Class C's under 60kg had 4 entries with 3 of them reaching the national finals last year in a different class or weight. Only one name could progress in the tournament this year and **Gerry McDonagh** ([Lynn AC ABC](#)) took a unanimous decision against **Adam Chaima** (Finchley ABC) in the first semi-final before **Sam Bezzina** ([West Ham ABC](#)) out worked and out boxed **Romario Wallace** ([Repton ABC](#)) in a tough 2nd semi-final. The final between McDonagh and Bezzina later in the day turned out to be the bout of the weekend with both boxers determined to win and throwing punches for the entire 3 x 3 minutes. It was McDonagh that opened up an early lead in the first round with a quicker start and then Bezzina was connecting with some positive uppercuts. The 2nd and 3rd round were incredibly even but that earlier start from McDonagh just got him the decision and he now progresses to the next round.

The class display of the weekend went to **Jordan Reynolds** ([West Ham ABC](#)) who was landing with powerful accurate punches for the first 2 rounds against **Dimity Nachas** ([Dagenham ABC](#)). Reynolds eventually stopped Nachas in the 3rd round as nothing was coming back from the Dagenham man.

Anglian winners now go on to box Sussex, Surrey and Kent on the 27th October in Leysdown on sea and the London Champions progress to the Quarter Finals on the 9th November in Bognor Regis. A special mention goes to all of the Essex Officials for supporting both shows.



ANGLIAN ROUND OF THE N.A.B.C UK BOXING CHAMPIONSHIPS OCTOBER 2013

Class A

Weight	Name	Club	Result	Name	Club
Under 46kg Final	J Mair	Rayleigh Mill	LOST TO	S GILLAM	BILLERICAY
Under 70kg Final	Taylor Dean	Attleborough	LOST TO	LEWIS RICHARDSON	CENTURIONS
Walkovers					
Under 50kg	Matthew Rose	Eastgate			
Under 52kg	Jake Spooner	Brentwood Youth			
Under 57kg	Lewis Hughes	Romford			
Under 60kg	Jake Dylstra	Eastgate			
Under 63kg	Ryan Ayton	Centurions			
Under 66kg	Pat Allen Cripps	Harwich			
Under 75kg	Joe O'Brien	Rayleigh Mill			

Class B

Weight	Name	Club		Name	Club
Under 54kg Semi-Final	Jake Harrison	Brentwood Youth	LOST TO	HENRI POTTER	KINGFISHER
Under 54kg Final	Cameron Nicholas	Berry Boys	LOST TO	HENRI POTTER	KINGFISHER
Under 57kg Semi-Final	NICHOLAS TIPLER	Chalvedon	BEAT	Lenny Prudence	Chelmsford
Under 57kg Semi-Final	Tommie Smith	Harwich	LOST TO	STEPHEN GREEN	CENTURIONS
Under 57kg Final	Nicholas Tipler	Chalvedon	LOST TO	STEPHEN GREEN	CENTURIONS

Walkovers					
Under 50kg	Lewis Ednar	Brentwood			
Under 52kg	Callum Smith	Billericay			
Under 63kg	Jack Lipton	Chalvedon			
Under 70kg	Cameron Hadley	Chelmsford			

Class C

Weight	Name	Club		Name	Club
Under 67kg Final-	Aaron Spenner	Essex University	LOST TO	SAM MALONE	RAYLEIGH MILL
Walkovers					
Under 63.5kg	George Wright	Southend			
Under 71kg	Callum Martin	Essex University			
Under 75kg	Tey Lynn Jones	Tilbury Dockers			

LONDON ROUND OF THE N.A.B.C UK BOXING CHAMPIONSHIPS OCTOBER 2013

Class A

Weight	Name	Club	Result	Name	Club
Under 52kg Semi Final	Oman Mohammed	Haringey	LOST TO	Frankie Barrett	Hooks
Under 52kg Final	Safi Abdullah	Islington	LOST TO	FRANKIE BARRETT	HOOKS
Under 57kg Final	Zac Chaima	Finchley	BEAT	Billy Joe Foster	West Ham
Under 60kg Semi Final	Louis Isaacs	Lion Club	BEAT	A Ramadan	Dale Youth
Under 60kg Final	Danny Barrett	Hooks	LOST TO	LOUIS ISAACS	LION

Under 63kg Final	Ben Turner	Islington	BEAT	Jack Newham	Dale Youth
Under 66kg Semi Final	Jake Gibson	West Ham	BEAT	D Keenan	Dale Youth
Under 66kg Final	Inda Bassi	Gator	BEAT	JAKE GIBSON	WEST HAM
Under 70kg Semi Final	Billy Underwood	Lion Club	LOST TO	Zac Chelli	Dale Youth
Under 70kg Final	Deniz Mehmet	Gator	LOST TO	ZAC CHELLI	DALE YOUTH
Walkovers					
Under 48kg	Nathan Brown	Hooks			
Under 50kg	Tyrone Negasi	Islington			
Under 54kg	Conor McNicholos	Dagenham			
Under 85kg	D Dubois	Dale Youth			

Class B

Weight	Name	Club		Name	Club
Under 57kg Final	Mason Smith	Finchley	LOST TO	Jack Brooker	Northolt
Under 60kg Final	Jimmy Delaney	Cuban ABC	LOST TO	Thomas Gailbraith	West Ham
Under 63kg Final	Eunnis Chaima	Finchley	LOST TO	Jordan Flynn	Repton
Under 66kg Final	Max Farrugia	Lion	LOST TO	Joe Kelleher	Repton
Walkovers					
Under 48kg	Sunny Edwards	Repton			
Under 54kg	Harry Connolly	Hooks			

Under 70kg	Gutsky Garinda	Haringey			
Class C					
Weight	Name	Club		Name	Club
Under 60kg Semi Final- FRIDAY	Adam Chaima	Finchley	LOST TO	Gerry McDonagh	Lynn
Under 60kg Semi Final- SUNDAY	Sam Bezzina	West Ham	BEAT	Romario Wallace	Repton
Under 60kg- Final- SUNDAY	GERRY MCDONAGH	LYNN	BEAT	SAM BEZZINA	WEST HAM
Under 63.5kg- Semi Final Sunday	Shafqaat Khan	Dale Youth	LOST TO	Kevin Reavell	West Ham
Under 63.5kg- Semi Final Sunday	Alex Zendra	Finchley	LOST TO	Kwaku Sarpong	Repton
Under 63.5kg Final- Sunday	KEVIN REAVELL	WEST HAM	LOST TO	KWAKU SARPONG	REPTON
Under 67kg Semi Final	D Richardson	Dale Youth	RICHARDSON WITHDREW	Jordan Reynolds	West Ham
Under 67kg Final	Dimitry Nachas	Dagenham	LOST TO	JORDAN REYNOLDS	WEST HAM
Walkovers					
Under 48kg	Harvey Horn	Repton			
Under 57kg	Archie Sharp	Lynn			
Under 75kg	Randall Brunyee	Bromley and Downham			
Under 91kg	James Branch	Repton			

SEPT - OCT 2013

Mobile Activity Days

Our new Sports and Activities Team started off the new season with the delivery of the South Essex and North Essex Mobile Activity Days.

On the 28th September the **South Essex Mobile Activity** day took place at Frenford Clubs and was attended by 26 young people from Frenford Clubs and St Cedds. The young people took part in Rifle Shooting, 2-a-side Football Cage, Laser Tag and Film Animation.

A week later the North Mobile Activity Day was held at Colchester Rugby Club on Saturday 5th October.

Forty young people attended from 6 clubs including Centurions ABC, Eastern Rhinos RLC, Great Tey YAC, 4 Youth Brightlingsea, Wivenhoe FC and Out There.

The day started with the young people taking part on the new laser tag activity with another group being taught softball by the Cheetahs Softball coach, Phil Candice. The groups were very competitive and all fully engaged with the variety of activities taking place. The two groups were then split up, with some taking part in a Tag Rugby League session led by Pete LeMarquand and Toby Keel and the rest getting involved in a 2 a-side football competition in our mobile football cage. The football cage is a great equaliser and makes the sport very even, irrespective of ability. As it is very high tempo it becomes very enjoyable.

Young people were also taught Archery by our very own Brian Court accompanied by Chris Buckley of Colchester & District Archery Club. Brian has been taking the Archery activities out to our clubs on their general club nights to give the young people a new opportunity.

The Mobile Activity Days provide a taster of a the wide range of activities that we provide to clubs and the aim is to encourage clubs to bring their members out to events.

Af Panjalizadeh, Sports and Activities Manager, said *“Both days were great in offering young people new opportunities and also in showing club leaders what we can offer them on club evenings. We had great feedback from the people who attended and all of the clubs said they will attend again, we will look to host some more days in the New Year.”*



AUGUST 2013

Lucy's Nepal diary

In August 2013, a group of EBGC Young Leaders headed out to Nepal for a life-changing experience. Here is Lucy's story...



Monday 19th August / Tuesday 20th August

I can't believe how quickly these two years has gone. I am on the plane with Rebecca. I very confused not sure how I'm feeling and It hasn't yet kicked in that we will be arriving in Kathmandu tomorrow. Everyone is very quiet; everyone is watching their own TV or something. I don't think they realise how mad me and Rebecca are.

Rebecca is amazed that we don't have to pay for anything on the plane, and didn't know it was included on the flight. We are both watching Pitch Perfect, because we have another 4 hours and 32 minute left in till we arrived in Oman.

Finished!! Now The Breakfast Club. Only 3 hours and 20 minutes left. It's very cold on the plane. Me and Rebecca are putting on our onesies. We are now at Oman airport. It's baking hot here. Onesies weren't a good idea.

We're on the second flight. Now sitting with Emily and George. Only 3 hour flight in till we arrive in Nepal. I must of slept most of the flight, we have half an hour till we arrive.

When we got out of the airport we were greeted by our guides. When we were driving through Kathmandu we saw some really unusual things like a women poeing in the street, then wiping her bum on the wall. We saw a man who had one foot struggling across the road. The drivers here are terrible; basically they beep all the time. The hotel we were staying at was lovely. It was our first night in Nepal and we went to a local café for dinner.



Wednesday 21st August

Had a great night sleep; we got up at 7am which is about 3:30am UK time. Today we are going sight-seeing at a temple. When we arrived at the first temple it had a great atmosphere because there were so many people there playing instruments and there were lots of amazing smells of spices. The only thing that was hard about going to the temple was that there was people asking for food and drink. That was the hardest thing because there was even a person who had acid burns asking too. The second temple was a place where the Nepalese have their funerals. They have their funerals outside so anyone can see. They also burnt them in front of you. The dead person is first covered in flowers. When burnt, then they get put into the river. This was our last night in Kathmandu before our trek to Barpak. Me and Rebecca were packing for about 2 hours then decided to share a bag.



Thursday 22nd August

It's our first day of trekking; after breakfast we had a 4 hour journey to Muglin where we having lunch. When we stopped in Muglin for lunch we had rice and lentils. Before we had lunch, Mickey came and spoke to me. I had my first task; which was to say something nice to three different people; but it couldn't be Rebecca, Jamie or Charlie. After lunch we got back on the coach to Gorkha. On the coach I was thinking of a way how to start my task. I thought it was be a great idea to ask everyone their first impressions of me and Rebecca. Now if you having met me and Rebecca, well that's just say we are a nightmare. After everyone told us what their first impressions were I said what my first impression and then said something nice too. We only walked for about 2 hours and the heat was awful. We had to walk mostly up steps. When we got to camp in Kalika we went down to the temple because there were local Nepalese people dancing. When asked if we could join in at first they didn't really understand but there was a person who spoke English and let us join in. It was funny when me and Emily were dancing because I gave my camera to a Nepalese women to take photos; they couldn't work out how to work it. It was Esther's 17th Birthday today and our chef had baked her cake. We had an amazing idea that Esther should have the extra piece of cake but had to eat it in one. In the evening we were getting to know everyone by talking about fears and weird things about each other.

Friday 23rd August

It's our first full day of trekking. Today I decided to walk without my ankle supports. We stop in a place called Taple for lunch near a local school. The children had come out to say hello; also wanted photos of themselves. We camped at a other school in a place called Ghampsal. There were local boys there; so we taught them the banana dance. We went down into the village to wash our hair and clothes. We were watched by the whole village.



Saturday 24th August

We didn't really get much sleep last night because it was thundering and lightning. It was very hot today; we all got a bit burnt. My knee was playing up today so I struggled a bit today. When we stopped for lunch there was no shade. It wasn't just me who was struggling - Chloe had a headache and Rebecca was struggling with her knees too. We had lunch at Mulabari. The last 2 hours of the trek; the views were beautiful. We slept in a valley. It was very muggy and Rebecca slips in mud.

Sunday 25th August

O dear today I had a bad day. I was sick twice and wasn't feeling it at all. I was walking very, very slowly. I was so happy when Mickey said to me we are stopping and camping at Talagen which is where we were stopping for lunch. I was feeling much better for the last bit of the trek. When I finally got to the top of the hill everyone looked so bad.



Monday 26th August

Felt so much better today. I was back to normal. Yay!! We were walking through a forest and were much cooler. When we got to camp; I was chatting to Chloe, Emily and Lauren. The best part of the day was when Emily had a leech on her arm. She flicks it off but it went on my face. I asked Lauren if it was on my face. Lauren screamed; then I screamed at George to get it off, then me and Chloe were laughing for 10 minutes.



Tuesday 27th August

Today I was walking with the lads George, Patrick and Luke which was nice; Chloe wasn't impressed because I left her and the girls. Me and the girls were dancing and singing with Indra, Nisha and Leela. They taught us a Nepalese song. When we got to camp Lauren decide to peel off her dry skin because she is weird. Then Chloe put on a princess plaster. Me, Chloe, Emily and Lauren have decided that we going to go out when we are back in the UK. Tomorrow we will be arriving in Barpak. Mickey was saying that us girls will be going to the primary school to give the headmaster the pens, pencils and books we brought to give them. I can't believe how quick the trip has gone; I'm going to miss this so much. Today my bag broke.



Wednesday 28th August

It's our last day of trekking. Happy as normal. The views were beautiful. We found the trek easy today. When we reached Barpak. I couldn't believe we were there. We were greeted by the teachers with flowers. Finally we got to wash our clothes; I washed pretty much everything. Mickey took us around Barpak to their temple and primary school. When we were walking back it rained extremely badly. Me, Chloe, Lauren, Emily, Jamie, Luke, Patrick and George were invited to go to one of the classroom; where the chef and kitchen boys were. We were dancing and singing Nepalese songs.



Thursday 29th August

Today we were visiting the school in Barpak. We watch the whole school doing their daily exercise. They also sang their national anthem. We went to the second school and met every class. The boys got to meet the A level students, while us girls went to the Primary school. When we finally got to the primary school; they had flowers for us and sang to us. I have been feeling very ill. Esther and Luke killed chickens today for dinner. I got asked to help but wasn't really feeling it.



Friday 30th August

Last night us girls had a bit of a falling out. The less said the better!

Today we were leaving Barpak. We were had walked over three bridges. I enjoyed dancing and singing with the girls. We were camping beside a river. At lunch we came across a waterfall. We got the chance to go into the waterfall; which was so much fun.



Saturday 31st August

I could not wait today because we were going swimming today. we walked 5 hours today. We all went straight into the river. It was nice and cool.

Sunday 1st September

Its Patrick's 19th Birthday!!!

Me and Rebecca are talking but we are not the same. Trekking today went really slow; but before we knew it we were in Gorhka. We were staying in at hotel for two nights. We went to an internet café to contact home, which was weird. I cried - I didn't know I was missing home in till I spoke to my mum, dad and sister. Tonight was our last night with the porters. We all had a party and gave them their money. Of course sang happy birthday to Patrick.

Monday 2nd September

Chloe's 18th Birthday!!!!

Chloe was very excited today waking everyone up. Today us girls went to give a facial which was the best thing ever. Me, Emily and Jamie were reflecting on the trip. Tonight we sang happy birthday to Chloe.



Tuesday 3rd September

It was the first day of rafting. I could not wait. Me and Lauren were singing mostly the whole time when rafting. The views were amazing. The best bit was swimming and singing on one of the rapids.

Wednesday 4th September

We didn't raft today because there was no rapids. So we travel back to Kathmandu, which was a 5 hour trip back. When we finally got back. It was nice to have a shower and put clean clothes on



Thursday 5th September

Today we went shopping. Really don't want to go home tomorrow. It's going to be weird not seeing everyone. We all went to get cookerys. I wanted to get one for my brother and cousin. Then got silk scarves for my sister and cousin. It was our last night in Nepal and we went to a restaurant where every trekker goes after trekking in Nepal.



Saturday 7th September

I am now back in the UK. Yesterday I was very tired. It's weird being back. I wanted to see everyone.

Monday 7th October

Today it was the presentation for Nepal. It was lovely seeing everyone again; strange at the same time. I thought I was the only one struggling to get back to normal, but it's nice to see my friends and family.



Thursday 24th October

I have been back for about two months. I have missed Nepal so much; the walking, the people, the views, the food, the lot. But this trip has given me more confidence. Before this trip I was stressing about my college work and whether or not to go to university but now after the trip I can say that I'm ready to go out to the big wild world. I have decided not to go university but I want to get an apprenticeship in youth work, specialising in sport. My experience in Nepal was truly amazing and it was the best ever experience of my life so far. I had a falling out with a friend but have met lots more amazing people. Yes I had bad days on trek but I remember still saying that I'm not giving up. I don't think I could have done it without my amazing group especially my girls. We had such a laugh along the way. I would recommend this to anyone.

Summer 2013: Our Summer of National Citizen Service (NCS)

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We had an amazing summer delivering the government's NCS program for 16-17 year olds.

Each young person joined a cohort for a summer of fun, adventure, training and volunteering, making new friends alongside their new experiences. They also gave an enormous amount back to their communities by planning and completing a range of social action projects.



OUR SUMMER STATS: Groups: **36** Young People: **518** Distance climbed: **10,000 metres** Distance kayaked: **500 miles** Distance walked on expedition: **5,400 miles** Meals served: **27,000**

"We were promised a trip of a lifetime and you certainly delivered. Thank you so much you have given us memories that we will never forget."

"I would tell a friend that NCS is a once-in-a lifetime opportunity where you can make lifelong friends and new skills about teamwork and responsibility that you will never get the chance to do again."

"Had such a great week volunteering with @EssexBGC for their NCS program!! I have met some great people and happy to have worked with them! x"

Social action projects: Quiz nights, bake sales, music nights, fancy dress parties, litter picks, curry nights, conservation work, painting and renovating community centres, running activities for children, helping in food banks and charity shops, assisting and entertaining in care homes, station and street collections, sponsored walks, runs and swims.

Charities & groups supported: [Ashley House Care Home](#) > [Aspray House Care Home](#) > [Belchamps Outdoor Centre](#) > [Belfairs Park](#) > [Bennett Lodge Care Home](#) > [B.O.P.H.](#) > [British Heart Foundation](#) > [British Red Cross](#) > [Brentwood Youth ABC](#) > [Cancer Research UK](#) > [Chafford Gorges Nature Reserve](#) > [Chelmer Valley Nature Reserve](#) > [Chalkwell Park Fair](#) > [Chelmsford Boys Club](#) > [Claybury Woods](#) > [Essex Air Ambulance](#) > [Essex Dance Theatre](#) > [Essex Dog Day](#) > [Essex Wildlife Trust](#) > [Frenford Clubs](#) > [Gateway ABC](#) > [Harlow ABC](#) > [Heybridge Sports Club](#) [Hockley Day Care Centre](#) > [Kingswood Outdoor Centre](#) > [Little Havens Hospice](#) > [Loughton Youth Project](#) > [Make-a-Wish Foundation](#) > [Mencao](#) > [Moulsham Lodge](#) > [North Avenue YC](#) > [PARC](#) > [Ray Park](#) > [Salvation Army](#) > [St Lukes Hospice](#) > [St Marks Community Hall](#) > [St Marys Church Benfleet](#) > [Teenage Cancer Trust](#) > [Thorrington Scout Camp](#) > [Treetops Care Home](#) > [Trinity Family Centre](#) > [Thurrock Foodbank](#) > [Voluntary Action Epping Forest](#) > [Whitcroft Care Home](#) > [Southend YMCA](#) >

JUNE 2013

Essex Adventure Weekend 2013



On the 28th-30th June 2013, some 330 young people and volunteers descended on Stubbers Adventure Centre for our annual Essex Adventure Weekend. The weekend was attended by our affiliated youth groups from throughout Essex, as well as representatives from further afield.



The young people and their leaders took advantage of the beautiful sunshine to enjoy many of the activities Stubbers has to offer, including kayaking, high ropes, laser tag, archery, team building and tunnelling. Many of the groups camped at Stubbers for the weekend and enjoyed the benefits of a residential trip; sleeping, eating, chilling and doing activities with the rest of their team.

On the Friday evening, after setting up camp and tucking in to some dinner, the young people enjoyed a disco organised by EBGC's Arts Development Officer Lucy, with help from some amazing young volunteers, and young people from Loughton Youth Project. This disco featured both a DJ and some excellent live music, which kept our young people (and their leaders!) well entertained.

Saturday morning dawned bright and early, with some young people deciding to wake their leaders (and everyone else) up at 5:30! This meant, however, that the groups had even more time to enjoy the sunshine and the activities. After a day of charging round as many activities as they could squeeze in, and with a few cases of sunburn, the groups of young people came together to play games of cricket and rounders, and compete in pairs in our football cage. As darkness fell, the groups gathered for a campfire, complete with camp songs, authentic Welsh horror stories, and Jamie Drummond's notorious banana dance.



Sunday brought another chance to fit in a range of activities, different to those provided the day before, and was again beautiful weather. The podcasters from Loughton continued their excellent work of documenting the weekend, getting loads of young people involved. You can check out their completed podcast here: <http://www.mixcloud.com/LYP/stubbers-weekend-feature-podcast-show-29613/>. Sunday also saw a tasting table from Munchy Seeds, which were enjoyed by young people, staff and volunteers alike! The weekend was lots of fun, and a great opportunity for youth clubs from throughout the county (and beyond!) to meet each other and take part in some great team activities. A massive thanks to all the volunteers who helped with catering, podcasting, DJ-ing and general organisation.



A big thank you also to Shaken Udder, Fanta and Munchy Seeds for sending us food and drinks to fuel our young people, staff and volunteers!

Thank you to everyone for coming and making it such a great weekend, and... We'll see you there next year...

Essex Adventure Weekend 2014 is booked for 27-29th June 2014!

EBGC Clubs at the Essex Adventure Weekend 2013:

4 Youth Brightlingsea, The Ashdon Hangout, Berry Boys, Chelmsford Amateur Boxing Club, Colne Engaine Youth Club, East Tilbury Community Youth Group, Flich Green Youth Club, Gt Bardfield Youth Club, Gt Tey Youth Activity Club, Hedingham Youth Club, H.E.L.P., Hornchurch & Elm Park Amateur Boxing Club, Ingatestone Boys' Own Club, Loughton Youth Project (LYP), The Massive Project, Mayland Amateur Boxing Club, North Avenue Youth Centre, S.N.A.C., St Cedds Youth Club, St Joseph's Youth Club, Thaxted Youth Group, Tiptree Community Youth Group, Wickford Town Football Club.

National Groups at the Essex Adventure Weekend 2013:

Eyres Monsell Carers Group affiliated to [Leicestershire Clubs for Young People](#)

Pride in Camp Hill affiliated to [Warwickshire Clubs for Young People](#)

Young Leaders from [Boys & Girls Clubs of Wales](#)

Plus we were almost joined by Young Leaders from [Boys & Girls Clubs of Greater Manchester](#) but they experienced a last minute travel problem and couldn't get to us... we look forward to seeing them next year!



[There are lots more photos from the weekend in our Facebook album here >](#)

JUNE 2013

Lions Quest Skills for Adolescence Update

Lions Quest Skills for Adolescence is a new project that we're delivering with funding from our national network organisation Ambition, who have been funded by the BIG Lottery Realising Ambition scheme.

Skills for Adolescence was developed by the Lions Club International, the largest service organisation in the world.

This programme helps young people aged 8-14yrs to become more self-confident, communicate better both at home and at school, make good decisions and resolve conflict, and avoid peer pressures.

Our version of the programme is run over a one year period, taught once or twice weekly. It can be taught in schools as part of the general school day, an after school club or in youth clubs. Sessions are between 45 minutes to an hour long and are packed with fun and thought provoking activities, focusing on seven specific areas:

- Understanding the many changes of adolescence
- Building self-confidence and communication skills
- Managing emotions in positive ways
- Improving friendships and resisting negative peer pressure
- Strengthening family relationships
- Making healthy choices
- Setting goals for successful and healthy living

In Youth Clubs

So far, we have begun running the Skills for Adolescence Program in St Cedds Youth Club on Friday evenings with 15 girls aged 12-13yrs.





The sessions are delivered informally because it is a youth club, and the young people are much more engaged if it is fun, informal and full of activities. The girls take ownership of most of the sessions, creating an agenda each week and choosing how the room is set for the session. The group of girls are getting to know each other and interacting with people they wouldn't usually have chosen to interact with. The girls are forming new friendships, and feeling more confident in the group.

We expect to begin the program in Frenford Clubs sometime in Autumn 2013 or early 2014.

In Schools

The program is due to start in September in:
Abbs Cross Academy & Arts College, Hornchurch
Sidney Russell School, Dagenham
Riverside School, Dagenham

JUNE 2013

Young people recognised for Boxing Success!



Boxing Clever with former world light-heavyweight boxing champion, John Conteh

Young People who took part in a boxing programme were recognised in an awards ceremony at Chelmsford's Shire Hall on Thursday 30th May. The Essex Boys and Girls Club joined forces with Essex County Council to help young people on the way to employment, education or training as well as learning how to box. Nearly 90 young people not in education, employment or training have participated so far in programmes taking place in

Harlow, Basildon, Colchester, Chelmsford and Witham. They have gained a boxing tutor qualification enabling them to coach boxing.

Awards were presented by former world light-heavyweight boxing champion, John Conteh who noted the impact of the 2012 Olympics on boxing and particularly in encouraging girls into the sport. He noted that along with the health and fitness benefits, the commitment, discipline, motivation and team work aspects are all great life skills. He encouraged the young people to apply these to whatever path they choose to follow and to "give 100% commitment", also suggesting that they should utilise the support on offer from the coaches, mentors and advisors. Tim Coulson, Director for Education and Learning opened the event and presented awards with John Conteh. Tim Coulson said:

"This has been an excellent partnership between Essex County Council and Essex Boys and Girls Clubs and is a very real example of Olympic legacy. We are delighted to see so many young people gaining their qualifications and having their achievements acknowledged tonight with their families."

Along with talks from John Conteh and Tim Coulson, attendees saw a film of the programme which was covered recently on Sky Sports.

The sessions, held twice a week for six weeks, consisted of 90 minutes of boxing with 30 minutes of group work where the young people were assisted with CV writing, jobs and training searches and interview skills. Afsheen Panjalizadeh, Sports and Activities Manager at Essex Boys and Girls Clubs led the classes and noted some of the individual achievements of the young people that attended:

"We put the programme together with Essex County Council as we recognised that boxing could be a different way to get young people involved, with the added benefit of helping them with next steps through looking at CVs, job searches and confidence building. All of the young people here tonight have visibly increased in confidence since I first met them and some thought twice before walking through the door. It's also really positive that many of them are continuing to engage with their local boxing clubs. We are very proud of what they've achieved and would encourage them to let us know how they get on in the future."

Among the young people that participated, many have already found employment or training and many are continuing boxing - one young person has got through to the regional Amateur Boxing Finals. The programme has also inspired a similar programme being piloted in Braintree schools to boost confidence and engage students. Further programmes for young people are planned for Colchester and Tendring.

MAY 2013

100 Mile Canoe Test 2013

The 51st Annual Canoe Test took place this year on the 24th-28th May.

A group of 19 paddlers and our invaluable support team headed from Essex to Shropshire to canoe and kayak 100 miles on the River Severn. The group paddled from Welshpool to Worcester over the course of three and a half days, camping at Bridgnorth in between stints. We tackled all the extremes of a British summer, persevering through sunburn and against the wind and rain. The trip was, as ever, a test of perseverance and mental as well as physical fortitude, but the group of young people did us proud, with almost the entire group completing the full 100 miles.



Even getting to the campsite was an intrepid journey: driving from Essex to Shropshire took eight hours rather than the four it should have, as the M6 was closed and the alternative routes were almost stationary. This meant that the majority of the group arrived in the dark, and only had time to put up our tents and eat some battered sausages and chips before it was time to get to bed and rest up for the first day.

Saturday dawned bright and clear after the torrential rain of the previous day, inspiring the group of paddlers to sunny optimism ahead of the day's journey of 25.5 miles. The beautiful countryside and blue skies that accompanied us helped to distract from our quickly aching arms, along with instalments of Sue Pell's flapjack and rice krispie cakes, but by the end of the day we were all very weary, and wondering what we had got ourselves into! The day's sunshine had caused a few sunburnt arms, and produced some very entertaining wetsuit tan lines. A highlight of the day was Dave Hassard being mistaken for a young boy in the back of a canoe, possibly thanks to his 90s-rapper-style sideways cap.

Sunday was another beautifully sunny day, but also the longest of the four days on the water, with 34.2 miles to paddle. This took us through the lovely town of Shrewsbury, and past many alluring cafes and pubs that were definitely out of the question thanks to Dave's strict policy on taking breaks! Many of the group took advantage of the sunshine to even up their tan (burn) lines, and though this day was the furthest, it proved to be far more achievable than we had feared.

Monday was the toughest day of the trip, with 27.3 miles to paddle against a fierce wind. Even though the distance seemed short compared to the previous day, the weather conditions and the after-effects of two days of hard paddling meant that this stretch was by far the most difficult. The day was enlivened, however, by Jackfield Rapids, the most exciting water feature of the 100 miles. This rapid was successfully navigated by the kayakers, but was the comeuppance of all of our open boats, as they ploughed through the wave, filled up with water and became submerged. One boat managed to get stuck underwater just after the rapid, and had to be retrieved by the event's excellent safety crew. Dave, Callum and Angus took the most comical swims, as they all carried on paddling, sitting in a line, as their boat submerged!

Monday night poured with rain, offering a brief respite on Tuesday morning for us to hurriedly take down our tents and pack up the camp, ready for the final day: a mere 12.8 miles. After an accidental detour through Shrewsbury in the minibuses, we arrived at a rainy fairground in Stourport, ready to blast through the last section. This day was again rainy and cloudy, and because of our late start we took breaks only when waiting in locks! Some of the kayakers paddled through an exciting weir with a large cushion wave at the bottom, while the open boats did not take the risk of once again filling up and sinking, and went through the accompanying lock instead. A mile from the end of the challenge, we stopped to wait for the groups from other areas, and paddled across the finish line as one large group, which was a sight to see! We arrived at Worcester racecourse for a slightly damp ceremony, at which the paddlers were awarded medals, T-shirts and certificates to commemorate their achievement.

The trip was an excellent few days, with the group of young people rallying together to support each other, and facing the challenge with enthusiasm. Well done to everyone who took part, and massive thanks to our support team of Sue, Berna and Steve, for driving, cooking and distributing riverside snacks!

The High Sheriff's personal challenge to promote youth clubs

On Saturday 4th May 2013, the new High Sheriff of Essex Julia Abel Smith set out on a cycle tour of Essex, with a special mission - to visit 5 very different voluntary youth groups in the county.

The team of 4 cyclists, led by Essex Boys & Girls Clubs Director Martin Solder, cycled a total of 48 miles and were welcomed by 5 of the charity's member clubs:

Loughton Youth Project (LYP)



Brentwood Youth ABC



Ingatestone Boys' Own Club



North Avenue Youth Centre



Braintree Youth Project Charity



The day was covered not only by the local press but also by a young podcasting team from LYP who will upload their podcast to <http://www.mixcloud.com/LYP> as part of their Arts Award.

The aims?

- A personal challenge for the High Sheriff, in keeping with the spirit of adventure of Essex Boys and Girls Clubs.
- The chance to understand and promote the role of youth clubs for providing positive opportunities in communities, as an alternative to crime.
- An opportunity for the clubs visited to reward and recognise members, volunteers and supporters.

Organiser Juliet Townsend said:

“The tour couldn’t have gone more smoothly and I’m thrilled by how much has been achieved in just a day. We are so grateful to the High Sheriff, her husband Charles and their friend Katie, who have not only cycled 48 miles today but at each stop have been deeply interested in finding out about the clubs, volunteers and members. The youth clubs we visited have shown off the fantastically positive opportunities available for young people in Essex today, which we at Essex Boys and Girls Clubs are so incredibly proud to support and promote.”

Check out the full photo story in our Facebook album - you don't even have to login to Facebook!

<https://www.facebook.com/media/set/?set=a.600747496604799.1073741832.138263102853243&type=1>

Cycling details

48 miles along mainly back roads with an average speed of 12 mph.

Read the report on this event in [Brentwood Weekly News >](#)

FIRST STOP

Loughton Youth Project

The High Sheriff was interviewed in the podcasting station by young people and was treated to bacon sandwiches and coffee served by the club. She also chatted to local police officers about the benefits of the club, who then briefly stopped the traffic for the start of the cyclists’ tour.

Podcast covering the day will be uploaded for anyone to listen to at: <http://www.mixcloud.com/LYP/>**Address:** The Space, Loughton Library Building, Traps Hill, Loughton IG10 1HD



SECOND STOP

Brentwood Youth Amateur Boxing Club

The High Sheriff presented Boxing GCSE Progress Awards to young people, some as young as 8yrs old, and was treated to a short display of sparring by Club Seniors.

Address: Warley Training Centre, Essex Way, Warley, Brentwood CM13 3AX



THIRD STOP

Ingatstone Boys’ Own Club

Keen historian Julia was treated to a historical presentation by volunteer Robert Fletcher, who has been involved with the club for his whole life, and whose Dad was a founding member of the club back in 1919, making it the oldest running youth club in Essex! She was presented with Ingatstone-themed memorabilia by Robert, on behalf of the club.

Address: Pemberton Hall, 3B High Street, Ingatstone CM4 9ED



FOURTH STOP North Avenue Youth Centre

Here the club presented Volunteering Awards to those people who have been so important in ensuring the youth club continues to run. After the presentation the club treated everyone, including club members and volunteers, local councillors and members of the community, to a delicious ploughman's lunch, with an impressive array of cakes and biscuits made by the young club members. After lunch the High Sheriff was presented with a thank you present for visiting - a cycle repair kit and a bicycle horn!

Address: North Avenue, Chelmsford CM1 2AL



FIFTH STOP Braintree Youth Project Charity

At the final stop on the tour, the High Sheriff presented Young Volunteering Awards to two of the club's young leaders. Over tea and homemade cake, chatted to club members and volunteers. The club also welcomed some influential local supporters: Braintree District Council Chair Lynette Bowers-Flint and her husband Kevin, 2011-12's High Sheriff of Essex Lady Rosemary Ruggles-Brise with her young grandson William, Essex Boys & Girls Clubs Chairman Jonathan Douglas-Hughes with his wife Lindsay.

Address: 10 Leather Lane, Braintree CM7 1UZ



About the Challenge

The post of High Sheriff is taken each year by an individual from the county who will represent The Queen in the field of law and order. This includes supporting the many voluntary groups that keep communities safe and youth clubs have always played a significant part in their role as local hubs for youth development. Essex Boys & Girls Clubs, the youth club support charity, approached Julia earlier this year and asked for her help to raise the profile of voluntary youth groups in the county. As a keen cyclist, who pedalled from London to Paris in 2012 in aid of The Royal British Legion, Julia offered to get on her bike for the cause. Keen to find out more about the service that voluntary youth groups provide for young people in Essex, she asked to visit some of the clubs and the High Sheriff's Youth Club Tour was born.

About the High Sheriff

Julia Abel Smith was born and brought up in Suffolk and, with her husband and three small children, moved to Little Leighs in 1995. Much of her working life has been involved with charities in the world of architecture and the arts. She has been Chairman of the Friends of Essex Churches Trust and helped to organise the fundraising cycle ride known as the Ride and Stride. In 2006 she produced the Essex catalogue of Oil Paintings in Public Ownership for the Public Catalogue Foundation. In 2007 she was appointed a Deputy Lieutenant of the County of Essex.

You can find out more about the office of High Sheriff of Essex at www.highsheriffs.com/Index.htm

Gt Sampford YC sweeps the board at our Rifle Championship

MAY 2013

Teams from 6 affiliated youth clubs took part in the Essex Boys and Girls Club Rifle Championship at the [Herts & Essex Shooting Association](#) in Little Leighs on Saturday 4th May 2013. With everyone's sights set on winning the competition, Sampfords Youth Club, having taken advantage of the EBGC Mobile Activity program to get in some advance training, swept the board with some excellent shooting.



The teams competed in both rifle and shotgun events and had tuition in making ammunition along with the opportunity to handle a vast range of both civilian and military weapons.

The Assassins from Great Sampford Youth Club consisting of Aaron Farthing, Will Bide, Madeline Gough and Austin Dolman won the U14 competition, with Austin winning the highest score of the day in this age group with 122 shots.

Team Satan, also from Great Sampford YC saw Mathew Bide, Alfie Cole and Albert Waples win the U16s competition, with Albert winning the highest score of the day in the same class with 164 shots.

There were plenty of activities to interest the participants while they waited to compete. The HESA members organised clay pigeon shooting which was very popular and also set up a field target range in a meadow. While Jan, a volunteer from Chelmsford Boys' Club, served refreshments in the clubhouse, the young people were invited to strip and re-assemble a 1940's .303 Bren Gun against the clock. Harrison Waker from Sampfords recorded the best time of 27 seconds, which was a very good performance when compared to 24.5 seconds by the instructor. Another HESA member demonstrated the re-loading of a .45 ACP (Automatic Colt Pistol). Once again the HESA club members were great hosts and the enthusiasm of their members helped to make the day a success.

The day was run as usual by our brilliant [Brian Court](#), who was very pleased to welcome two new clubs to the event, Ashdon Hangout and St. Marks.

The teams from Ashdon and Sampfords had received coaching at their clubs in preparation for the day, as part of our Mobile Activity Program, open to all our clubs.

The Air Rifle competition was a team event for U14 and U16 and two types of gun were used on a 10-metre range. The results were as follows:

Age Group	Club	Total Shots	Position
U14 Team Challenge	Sampfords Assassins	446	1
	St. Marks	328	2
	4 Youth	149	3
U14 Top Gun	Austin Dolman, Gt Sampford YC	164	1
	Madeleine Gough, Gt Sampford YC	117	2

	Sam Ghista, St Marks	112	3
U16 Team Challenge	Sampfords Satans	500	1
	Sampfords Jedi	472	2
	4 Youth	426	3
	Linford Boys	353	4
	Ashdon Hangout	241	5
	Rayne ABC	239	6
U16 Top Gun	Albert Wapley, Gt Sampford YC	164	1
	Alex Mills, Gt Sampford YC	147	2
	Robbie Lee Rowan, 4 Youth	137	3
Fastest disassemble and reassemble	Harrison Waker, Gt Sampford YC	27 seconds	

APRIL 2013

Essex & London youth clubs take part in our Easter Cup

On 2nd – 5th April 2013, four teams of three headed up to our activity centre in the Lake District, High Row, to compete in the annual Easter Cup. The four teams were made up of young people from a diverse selection of our affiliated youth clubs: Frenford Clubs, Islington ABC, Wickham St Paul's Duke of Edinburgh group, Out There and Colne Valley ATC 1163 Squadron.



They took part in a series of challenges, including a natural egg drop, a crate race, climbing, a stretcher trial, cycling up the Hill of Manliness, crossing a magma river and lowering each other down a cliff face using harnesses made with Thompson knots. Many of these challenges were impressively undertaken in the snow and freezing temperatures, although the snow was put to good use in the natural egg-drop challenge, along with soil and bits of tree!

The scores were neck and neck throughout the competition, which ensured a good level of healthy competition. There was an excellent display of teamwork, especially on the climbing challenge, where the teams had to support each other and work together to complete the tasks. The overall winners were Islington ABC, who took home a shiny trophy as well as some great memories!



APRIL 2013

EBGC Staff Go Wild with Bushcraft Training

Normally on a weekend, it is very unlikely you would find yourself trekking to the woods to create fires, eat plants, build shelters, purify water, identify trees and generally live like Ray Mears. However, that is exactly what EBGC staff members, David Hassard, Jamie Drummond and Lucy Chipperfield did.



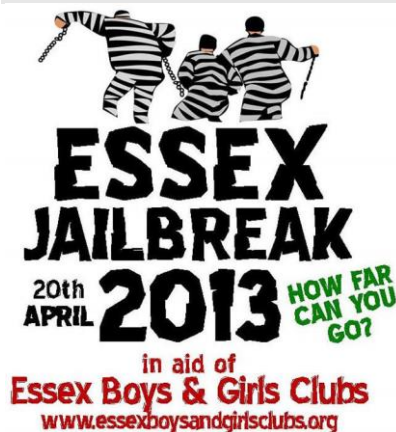
Supported by the sports charity [sported](#), the training is all part of ensuring our team can deliver the Cascade Project, which aims to get young people active in the outdoors through sport and adventure.

Learning from the outdoor experts, [Jack Raven Bushcraft](#), the three budding bushcrafters spent the weekend learning and practicing all sorts of bushcraft skills. The amount of skills taught during the weekend were enough to boggle any basic bushcrafters brain. However, the Jack Raven Bushcraft staff were remarkably supportive and patient which helped David, Jamie and Lucy maintain their sanity when their bow drill went bonkers and their fires just didn't want to light!

The reason behind the weekend bushcraft course was to develop EBGC ability to deliver bushcraft activities. With the growing number of young people accessing our activities, it is essential we keep maintaining an exciting and interesting array of things to do. However, before David, Jamie and Lucy can do such crazy things, they must pass the IOL Foundation Bushcraft Competency Certificate. So, let us all keep our fingers crossed that on the day of their assessment their bow drills work and they create fire once and for all!



Essex Jailbreak 2013



At 9am on the 20th April 2013, fifty fundraising “prisoners” gathered at Chelmsford Prison to take part in the 35th annual Essex Jailbreak, a fundraising challenge in which teams compete to get as far away as possible by midnight without spending any money. There was a great buzz at the prison, with local journalists, supporters and the Deputy Governor of Chelmsford Prison adding to the excitement.

The teams were fundraising in support of Essex Boys and Girls Clubs, and another charity of their choice. They raised more than £3000 (and counting!) altogether, which is a great result, as well as generating some fantastic press to promote a range of charities and youth groups! Some of the teams were connected with the county’s youth clubs, and some were groups of friends or colleagues looking to do some good while undertaking an exciting challenge!

Final donations will be collected until the end of the month, then the presentation evening will be held, when prizes will be awarded for a range of achievements, on 6th June 2013.

Here's what the teams got up to...

Two teams from Chelmsford Boys’ Club, led by club leader Jamie Drummond, took to the streets of Chelmsford on mobility scooters kindly loaned by The Meadows shopping centre, clad in onesies. This was all in aid of raising awareness of the Boys’ Club, and they certainly gained a lot of attention (particularly Essex Boys and Girls Clubs’ Sue Pell in a zebra onesie!). They also collected £85 in donations while on the high street.



Four teams competed from Chelmsford’s North Avenue Youth Centre: three teams, named Twister, Dizzy Heights and Pedal Divers, led by team leader Jo Adshead-Grant, who abseiled a mile through 161 abseils and climbs, and travelled 34 miles via laps of a 50m pedal car track. Another team from North Avenue, led by club leader Nathalie Deal and named Hidden Depths headed first of all to the Secret Nucleur Bunker, before joining the rest of the club.



The Southend Prisoners, from Southend YMCA, kept their plans an “international secret” until they successfully reached their destination. They made it as far as the Brandenburg Gate in Berlin, raising over £1200 in the process. They even managed to blag their way to the steering wheel of the ferry they were on! They travelled the furthest distance, making it 550 miles from Chelmsford Prison. You can read a blog about their adventure here: <http://southendymca.org.uk/press/335-southend-ymca-take-gold-at-the-essex-jailbreak.html>, and check out Mike Bromfield’s videos about it here: <http://www.youtube.com/user/southendlive?feature=wat>



[ch](#), or have a look at the hashtag #southendprisoners on Twitter to see how they live-tweeted their journey!

The Colchester Wildcats, a korfballing team led by Yasmin Wright, made it as far as Edinburgh, getting the second furthest away. You can check out their photos here: <http://colchesterkorfball.wordpress.com/2013/04/29/ess-ex-jailbreak-in-photos/> and look at their blog posts from the day here: <http://colchesterkorfball.wordpress.com/category/press-coverage/ess-ex-jailbreak/>. They fundraised in support of Essex Boys and Girls Clubs and The Fire-fighters Charity.



The Innocent Crims, made it the third farthest, reaching Aachen in Germany after a neck-and-neck race across Europe with the Southend Prisoners! They started off with a lift offered by an Essex Chronicle reader to Paris, and blagged their way from there.



Three teams of young people who were undertaking the social action part of their **National Citizen Service** used the opportunity to head to London, visiting 10 Downing Street, Westminster Abbey, the London Eye, Big Ben and other London landmarks. They raised £130 for Essex Boys and Girls Clubs and St Helena Hospice.

[Check out their whole tour in this Facebook album >](#)



Martin Solder, Director of Essex Boys and Girls Clubs, led the **Two Amigos** on a cycling trip to Colchester.

David Hassard, Assistant Director at Essex Boys and Girls Clubs, led **Hoff's Heroes** on a cycling adventure which ended in Nayland, Suffolk.



Mind the Gap, a team led by Essex Boys and Girls Clubs intern Katie McKenna and including NCS graduate Luke Doell, rode 70km of tube lines, visiting and photographing 107 stations, which involved a lot of speedy leaping on and off trains to take photos! They raised over £500 for Essex Boys and Girls Clubs and mental health charity Mind, and visited London sights including Platform 9 ¾ and Hyde Park. They stopped by the most visited tube station (Waterloo) and the least visited (Roding Valley), and rode the underground's longest escalator at Angel (60m!).

[Check out their whole tour in their Facebook album >](#)



The Witham and District Lionesses arrived for the start of the event not to escape for the day but instead to present Essex Boys & Girls Clubs with a cheque for £100.



Colne Engaine Youth Club visits Frankie & Benny's

April 2013

Taking advantage of our [Frankie & Benny's free pizza-making offer](#), Colne Engaine Youth Club took members of their club to visit the group's Stanway restaurant during the Easter holidays.

Club Leader Wendy Jones rang us afterwards with the very highest praise – she was bowled over by how good the whole experience was and the club members were all buzzing about it.

They made non-alcoholic cocktails and put their own toppings on their pizzas before they were cooked while the group played games and quizzes. In no time the food was ready and the club tucked in to their pizzas, washed down with lashings of coke. The two volunteers also ate and drank for free.

Wendy said that the Manager and staff were brilliant with the young people, engaging them at exactly the right level and giving them fun things to do. They finished at 11, after an hour and a half and everyone went home very happy indeed!



Interview at LYP

April 2013

EBGC's graduate intern, Katie McKenna, headed down to Loughton Youth Project to be interviewed for their weekly podcast. This podcast was organised and hosted by a group of young people, as part of their Silver Arts Award, and talking points included the pros and cons of going to university, and the world of tomorrow...today! Katie chatted about the upcoming Essex Jailbreak and NCS, a project for 16 and 17 year olds that EBGC are running this summer, as well as her life and her role at EBGC.

The podcast also featured awesome band Candytree, who were interviewed by the young people, talking about their diverse musical influences and the history of the band (and recruiting for a new bass player!). They played an amazing acoustic version of their song Power Failure, and were awarded a golden microphone award.

There was a great vibe at The Space, and all the young people were so welcoming and clearly passionate about the project, and this is always great to see! The session went really well, with loads of interesting discussions and amazing energy.

Unfortunately, a technical glitch meant that much of the podcast didn't record properly. This is an excellent excuse, however, for everyone to go back to Loughton and do another session!

Katie and the other podcast guests signed up to "Back the Bid," LYP's campaign to become a dedicated, full-time community radio station! Katie joins Lucy, Jamie and Juliet as EBGC representatives on LYP's wall of "Bid Backers," along with many others, including LYP's young people, visitors, interviewees and guests.

You can listen to LYP's awesome podcasts here: <http://www.mixcloud.com/lyp/> or check out their facebook page: <https://www.facebook.com/pages/LYP-Radio/128693373963367>



National Citizen Service Spring 2013

April 2013

30 young people recently embarked on Essex Boys and Girls Clubs' first National Citizen Service programme in 2013.

Four nights in the Lake District spent taking part in outdoor, adventurous activities including a two night expedition, were followed by a two night, closer-to-home residential at the Cherry Tree Camp in Colchester. Whilst in Colchester the young people were able to plan their important social action projects by visiting the local area and meeting a local councillor. All participants will now be making a positive impact in their communities over the next few weeks undertaking various projects that include a fundraising trip to 10 Downing Street and some improvement work at a church in Colchester.

One participant summed up his experience of NCS on BBC radio Essex by saying "this is one of the best experiences of my life and I would recommend it to anyone!"



Street Cricket Tournament

April 2013

Our annual Kwik Cricket Tournament morphed this year into a Street Cricket Tournament, held at the Graham Gooch Indoor School at the county ground in Chelmsford.

Entries came from three of our cricket clubs: Halstead CC, Maldon CC and Upminster CC.

(The opportunity was open to all of our member clubs, not just cricket clubs).

ECCC cricket coaches gave the 20 boys and 1 girl expert guidance throughout the day, beginning with a warm up and then the 3 teams played each other twice with normal indoor rules but using a street cricket ball (tape forms the seam). Everyone got the chance to bat.

In the interval, ECCC 1st team players Tymal Mills and Maurice Chambers joined the young people to bowl and bat, before holding a Q & A session and a group photo.

The young people had free entry to watch the county game at the ground, however unfortunately it was raining so the was nothing to watch!

The young people had a really enjoyable afternoon and thanked the ECCC staff at the end of the event.

A huge thanks to our partners at Essex County Cricket Club for providing this opportunity for our clubs.



April 2013

Club Wet Activity Day at Stubbers

Friday 12th April saw the annual Essex Boys and Girls Clubs Wet Activity Day at Stubbers Adventure Centre in Upminster.

The day was certainly wetter than anticipated, with the weather deciding to help us fulfil our promise of a “wet” activity day! Despite the weather, 28 young people participated in the day, from a range of our affiliated youth

clubs, including young people from Theydon Bois, The Ashdon Hangout, Chelmsford Boys' Club, Rainham Royals, St Joseph's Youth Club and H.E.L.P.

The young people took part in four activities: kayaking, raft-building, jet-skiing and laser tag. Laser tag replaced the wobbly boarding in an attempt to minimise the numbers of young people actually falling into the water – given the slightly colder weather – although a few people still managed to fall in during the kayaking sessions!

The day included building rafts out of barrels and rope and racing these around a lake, playing kayak football and the Simpsons Evolution game (a game that somehow combines kayaking with rock, paper, scissors and doing impressions of characters from The Simpsons!). The young people also had a chance to ride a jet-ski – which some drove faster than others! The non-water based activity, laser tag, saw two teams of young people competing to sneak up on the other's base camp, and was described as "like paintball except you can shoot people from closer-up."

All of the young people involved had a great day, participating in a range of activities and making new friends from other youth clubs.



Club footballers tour the North of England representing Essex Boys and Girls Clubs

April 2013

Our representative Football Squad gives young people the opportunity to compete with teams not usually matched against their own grassroots clubs. Every Easter we take members of the squad on a four day tour of the North of England not only to play competitive football but also to experience a part of the country that many of them have never visited.

This year's tour took place this year between the 8th and 11th of April.

Fourteen young footballers made up the touring squad that played Carlisle Utd., Durham Representative Football Squad and Montagu FC (Northumberland). The squad was made up of players from Chelmsford City FC, Wickford Town FC, 1163 ATC Squadron, St. Cedd's Youth Club and Island Boys.



The team bus headed up to High Row Residential Centre in the Lake District where the team spent the night before heading up to Carlisle Utd. for an 11am kick off. As usual, Carlisle were a quality side and emerged

winner on the day, although Essex provided stiff competition, tired legs towards the end of the match meant the score line was greater than the game had suggested.

After the match, an afternoon visit to Keswick kept the team engaged before a hot meal at High Row which was followed by the fiercely competitive annual Football Tour quiz, which was just edged by the Chelmsford City FC team whose general knowledge proved to be the deciding factor!

The next day brought about the two hour journey across to Sunderland, where we were again kindly hosted by Grindon CYP. A 6pm kick off against the Durham Rep Squad followed, where, after another competitive match against an exceptionally strong side, the team unfortunately came out on the losing side. Spirits were not low for long however, as Durham kindly treated the whole team to a fish and chips after the game!

The final day saw a lot of very tired legs climb onto the bus to travel over to Montagu FC, which was across the Tyne in Newcastle. It was agreed with the referee that the match would be reduced to half an hour a side to prevent fatigue weighing too heavily on the players. In the first half the teams were level, however after a couple of injuries to two of Essex's key players, Montagu's superior squad size began to tell and at the end of the game they had ran out winners.

Despite some poor results on the pitch, the team showed a tremendous attitude and never once let their heads drop. It was a fantastic experience for them all and one we're sure they will not forget.

Club cricketers start the season with three days of intensive coaching

April 2013

The Essex Boys and Girls Clubs Cricket Camp, open to all 11+ members of affiliated clubs, took place over the first weekend of April, running from Friday 5th to Sunday 7th.

The camp offered a one- to three-day long course of intensive coaching, to bring cricketers with some experience quickly up to speed to start the season. The annual event is designed to support our member cricket clubs by giving their members a head start for the season.

The camp was hosted by Halstead Cricket Club in North Essex, with Gosfield School kindly allowing their indoor nets to be used across the weekend. This proved invaluable with the weather on the Friday being exceptionally cold!

Eleven young cricketers took part in the camp, including members of Halstead Colts Cricket Club, Maldon Cricket Club, Belhus Cricket Club and Upminster Cricket Club. They received intensive coaching from ECB qualified coaches across all three skills (batting, bowling, fielding) under the guidance of Head Coach Charlie Douglas-Hughes (ECB Club Coach), picking up some invaluable practice and advice in advance of the new season.

If you'd like to book a place on our 2014 Cricket Camp please contact [Charlie](#).



Charity of the Year

APRIL 2013

GOSFIELD LAKE GOLF CLUB CHOOSES ESSEX BOYS AND GIRLS CLUBS AS THEIR CHARITY OF THE YEAR

Sunday 7th April saw a good crowd attend the Captain's Drive In at Gosfield Lake Golf Club.

This event begins the 2013 season for the golf club, with Ralph Rowe taking over as Captain. Ralph has been a very good friend to Essex Boys and Girls Clubs over the years and he has generously nominated us as his charity of the year.

In the region of 150 people were in attendance to thank the previous year's captains (Men's, Ladies' and Junior) and welcome in the new. The club holds a competition to guess the distance driven by both club and junior captains, which raised just over £150 - a great start to a year of fundraising which includes golfing competitions and social evenings.

Since the golf club's opening 25 years ago we have been holding our annual Summer Golf Classic and also our AGM there, and we are very grateful for such a fantastic show of support from them.



Southend-on-Sea Try It Out Day

April 2013

On Tuesday 2nd April, a sunny but cold day in Southend, a group of young people and volunteers gathered in Trinity Family Centre for a day of fun sports and arts activities. Twenty two young people attended the event, and had a great time participating in a range of activities and meeting other young people from their local area. The day was funded by the Southend Fund, Rosca Trust and Olympus Keymed, and was an amazing opportunity for young people to have a go at sports and arts activities.

The sports on offer included cricket, rugby, dodgeball and boxing, with coaches attending from Southend Spartans for the rugby, and Essex Cricket. The young people had a great time trying out the different sports and having a go at sports they had not previously had a chance to try.

The young people also had a chance to have a go at a range of arts activities, including finger painting, decorating cakes with rainbows and crazy sheep, and making stop-motion animation films (see below for the awesome results!). The young people were amazingly creative with the cakes and plasticine stop-motion, with cakes decorated with faces, spiders, frogs, ladybirds, football pitches and more. The plasticine figures made for the stop-motion version of the Harlem Shake included the Statue of Liberty, assorted fruits, and a blue man with some excellent moves! Some of the creative cakes were even repurposed to star in the films, including the ladybirds and a crazy sheep. The finger painting produced an awesome poster to commemorate the day, which now has pride of place in the EBGC office!

The day was great fun, with all the young people taking part in a variety of activities, and was a great start to the Easter holidays!

This event was kindly supported by The Southend Fund, Olympus Keymed and The Rosca Trust.



Respect Project challenges Year 9 students from Braintree

Ten Year 9 students from Braintree were challenged to a once-in-a-lifetime experience when they attended the Essex Boys and Girls Clubs' [Respect Project](#) adventurous week away in the Lake District and endured some of the most demanding and challenging conditions they will ever experience.

This was the pinnacle of a project that they had been working on for the previous three months.



The young people travelled from Essex to the [High Row Centre](#), and soon became aware of what was in store when they completed a night walk to the top of Mell Fell. As they reached the summit the moon lit sky darkened and the snow began to fall. This set the scene for a week of activities in a winter wonderland. The following day they engaged in a day of mountain skills on and around Castle Crag. This was preparation for the forthcoming mountain day and 2 day expedition.

The mountain day was very challenging and demanding with a walk and scramble up Bannerdale Crag. The summit of Bannerdale was reached in driving snow and strong winds, however the sense of achievement for the young people can never be taken away. Similar conditions we experienced for the overnight camp with the young people, walking through snow drifts, cooking and sleeping in tents in sub- zero temperatures and waking up to a wonderful winter sun rise.

All the young people said they achieved far more than they thought possible and this would set them up well to overcome difficulties in their home and school life.

A presentation evening was held at Braintree Council Chambers to recognise the achievements of the young people, who were awarded with ASDAN Activity awards. The presentations were made by the Chairman of Braintree Council Mrs Lynette Bowers-Flint and other supporters of the charity were present including Lady Rosemary Ruggles-Brise DL and Julien Courtauld.

Clubs brave the cold to have fun in Great Bardfield

MARCH 2013

On Saturday 23rd March, 17 intrepid souls from Great Bardfield Youth Club and the Ashdon Hangout braved the wintry conditions to attend the North Mobile Activity Day at Great Bardfield. Despite heavy blizzards both on the day and the night before, the Activity Day went ahead. Unfortunately activities such as the football cage, archery and boxing sessions had to be called off due to the logistics of getting the resources in place in around a foot and a half of snow!

The young people were kept thoroughly engaged by a number of snow related activities, including a somewhat scrappy game of 'snow football', as well as the obligatory snow ball fight!

After frolicking in the snow for an hour and a half the young people returned to the warmth of the youth club (on reflection this was more at the behest of Charlie, the EBGC leader, who's extremities were in danger of succumbing to frostbite!) where they were treated to a fantastic animation session by the EBGC Arts Development Officer, Lucy Chipperfield, the results of which can be viewed below'. The animation session was complemented by a number of indoor games run by Charlie Douglas-Hughes, including a particularly competitive game of French Cricket!

The day finally finished at 2.30pm, with all of the young people having had a fantastic time despite the limitations imposed on the day by the weather. Thanks must go to the Gt. Bardfield and Ashdon Hangout leaders, who managed to get the young people along to the day in somewhat difficult conditions(!) and helped to make the event a success.

EBGC's Animation Workshop > <https://www.youtube.com/watch?v=GK3WsumGBsM>

Brentwood Volunteering Discussion Evening

March 2013

VOLUNTEERS: WHO NEEDS THEM?

We all do! And on Tuesday 19th March, a range of volunteers, youth group leaders, teachers, Borough and Parish council members and officers gathered in Brentwood Cricket Club to talk about how best to use volunteers, how to recruit new volunteers when needed, and how to help volunteers to have a fulfilling and enriching experience.

The evening began with a talk by Mickey Gordon, in which he told us about the trips to Nepal he has organised over the last thirty years. These trips involve taking a group of young people out to Barpak in the northern part of the Gorkha district of Nepal, to push their boundaries, expose them to an entirely different culture, and show them what they are capable of achieving. Mickey showed us pictures of the first group of young people he took out, thirty years ago, as part of his "Newham to Nepal" project. These young people did some impressive hiking, kayaking and showed great forbearance and cheerfulness in the face of heat, mountains and leeches! Some of the young people who will be heading out to Barpak this summer were in the audience for the talk, and we look forward to hearing their tales of adventure!

After this talk, the volunteer-based session began in earnest. Led by EBGC's Gerry Smith, the attendees gathered in groups to create an image of a "perfect volunteer," and to discuss a range of questions about the role and qualities of volunteers. This was an excellent opportunity for a wide range of people involved in organisations that use volunteers to discuss different approaches, as well as the variety of benefits that volunteers can bring. The evening was a great opportunity for people who work in a range of different organisations in the Brentwood area to meet each other and discuss how best to work together in the future. Going forward, there will be more cooperation, discussion and collaboration amongst the organisations of Brentwood, to help us all to do the best work that we can!

The event received funding assistance from the [Brentwood Localism Share Fund](#) run by Brentwood Borough Council.



March 2013

2013 County Pool Championships

This year's Essex Pool Championships took place at Rivermead Pool and Snooker Club on Saturday 16th March. After the success of our pool month in February, as part of EBGC's mobile activity program, a group of young people assembled in Chelmsford for the County Championship.

The winner and runner-up of each age range go through to the Regional Finals in April, so the pressure was on! We had competitions running in the U19, U16 and U14 age ranges. We also held an unofficial girls' competition for three girls from North Avenue who did not accept that the championship was a boys-only event!

Competitors attended from North Avenue Youth Centre, Chelmer Village Youth Club, The Ashdon Hangout, Four Youth and Chelmsford Boys' Club.

There was a high standard of play, and the young people used the opportunity to make friends with people from other youth clubs in Essex. It was a great event, and thanks go to Charlie for organising it, and to all the youth clubs that brought people along. Congratulations to all the young people that competed, and we wish the best of luck to those heading off to the Regional Finals next month!

Results

Boys U19

Tom Prince	Chelmsford Boys Club	Winner
Tyla Hart	Chelmsford Boys Club	Runner-Up
Andrew Purse	Chelmsford Boys Club	

Boys U16

Shaylan Westrip	North Avenue	Winner
Dan Pritchard	Chelmsford Boys Club	Runner-Up
Angus Noakes	Ashdon Hangout	
Liam Rolfe	North Avenue	
Ozzy Berber	Chelmsford Boys Club	

Boys U14

Luke Hawes	Chelmer Village YC	Winner
Jonathon Grimsey	Four Youth	Runner-Up
Ollie Smith	Ashdon Hangout	
Liam Gray	Four Youth	
Josh Finch	North Avenue	
George Hasler	North Avenue	

Girls

Shaylee Westrip	North Avenue	Winner
Jessica Plumbley	North Avenue	Runner-Up
Chloe Ryan	North Avenue	



March 2013

High Sheriff's Awards 2013

OUR CLUBS ARE RECOGNISED BY THE HIGH SHERIFF OF ESSEX

Last night we were honoured to attend the High Sheriff's Awards, hosted by the 832nd High Sheriff of Essex, Christopher Palmer Tomkinson and organised by [Essex Community Foundation](#). The event was held in the beautiful [Fennes](#) venue in Bocking and was excellently compered by BBC Essex presenter [Etholle George](#).



Among the many deserving charities, community groups and volunteers rewarded for their outstanding contributions to the community, we were very proud to see the following affiliated clubs nominated for the High Sheriff's Shield, which acknowledges the work that young people are doing in their community contributing to crime reduction and community safety...

4 Youth Brightlingsea	Awarded £742 for a multi-sports project for children and young people in Brightlingsea.
Jikes Youth Centre	Awarded £820 to help purchase two laptop computers and art equipment for use by club members in the rural community of Newport.
Waltham Abbey Youth 2000	Awarded £1,000 towards the cost of a confidential counselling facility for young people at the youth club and the local secondary school.

The High Sheriff's Shield went to **4 Youth Brightlingsea** and it was collected on behalf of the club by dedicated volunteers Maureen and Margaret and club member Dillon.





Volunteer **Sindy Overy**, from Chadwell St Mary ABC, was nominated by our own Afsheen Panjalizadeh for the **Essex Police Cup**, which gives credit for the exceptional contribution of individual's to community safety in their locality.

for her involvement with Chadwell St Mary Amateur Boxing Club over the last 10 years.

Af said, "*Sindy has dedicated her life to the club and the participants within it. Without her the club wouldn't be as successful as it has been over the past years. She does a great job!*"



We were also thrilled to be awarded £1,000 to pay for Life Skills sessions to complement our boxing projects with NEETs in Thurrock.



The High Sheriff's Awards exist to support local initiatives devised to make communities safer places to work and live.

[To apply for up to £1,000 of funding, or to nominate a Volunteer to receive recognition, visit the Essex Community Foundation website >](#)

Dodgeball Competition 2013

March 2013

OUR INAUGURAL DODGEBALL TOURNAMENT

Saturday 9th March saw the first annual Essex Boys and Girls Clubs dodgeball competition take place in Chelmsford, kindly hosted by Chelmsford Boys' Clubs. This built on the success of our mobile activity programme, which took dodgeball sessions to clubs throughout the county back in October. The event was attended by teams from four teams: Frenford Clubs, 4 Youth, and two teams from North Avenue Youth Centre. We started with some conditioned games to practice specific skills such as catching, throwing and dodging, playing in mixed teams and playing variations of dodgeball including prison ball. When the teams were thoroughly warmed up and had gained an awareness of tactics and specific skills, the competition began!



All the teams played each other and showed a great amount of enthusiasm and

perseverance throughout the day. Frenford's team had a few years in age and quite a bit in height over North Avenue's younger team, and so very sportingly agreed to play them on their knees. This made for some pretty hilarious moments, particularly the entire team crawling, Call-of-Duty-style, along the floor on their elbows. Another comedy moment was when coach Jamie Drummond told a team to "use their aggression" and the following volley of balls caused a member of the opposing team to cry "they've got issues!"

The matches were great to watch and the players all had a lot of fun, both playing dodgeball and socialising with the other clubs. Frenford won overall, followed by 4 Youth, then the younger of North Avenue's teams, with North Avenue's older team nobly allowing their juniors to beat them! Congratulations are due to all the players for playing with such dedication, good humour and enthusiasm.

Jo Adsheed-Grant, Leader at North Avenue Youth Club in Chelmsford said:

Just wanted to say a big thank you for all your work on Saturday with the dodgeball competition. It was a great day and everyone really enjoyed it... despite your hard core dodgeball balls! The guys from Frenford were such good sports! My lot certainly cheered up with the presentation of their medals! Thanks, it was a big achievement for young people from North Ave to participate in something like this, and to have some of them going away with something was marvellous!

Hope you'll organise another one soon, it was great!

Results

	Frenford	4 Youth	North Ave (B)	North Ave (A)	TOTAL
Frenford		15	15	15	45
4 Youth	9		16	16	41
North Ave (B)	2	2		13	17
North Ave (A)	7	2	3		12



4 Youth

Robbie Lee Rowan
Dillon Brooks
Lewis Brooks
Liam Gray (Captain)
Reilly Carpenter Hogwood
Tristan Gleed
Ben Barnard
Andrew Higgins
Maddy Gleed



North Avenue Youth Centre

Amy McLaren
Aisha Turner
Craig McLaren
Daniel Monk
Harry Bowers
Mark Monk
Jessica Plumley
Liam Rolfe
Roman Barker
Rosie Gorst
Shaylan Westrip
Shaylee Westrip
Sonny McGrory
William Scales
Danielle James



Frenford Clubs

Nabhaan Rizwan
Asad Iqbal
Haider Malik
Sanjay Sivakamaran
Charlie Sun
Asad Ahmed

Dodgeball is a great game for youth clubs because it's easy to organise, doesn't need much special kit (just the right balls) and the rules are simple enough for everyone to pick up quickly. It's all-inclusive, so anyone can play, and once you're out your team can get you back in very quickly if they're 'on the ball'!

[The Rules of Dodgeball >](#)

The Ashdon Hangout

February 2013

SPEED POOL SESSION AT THE ASHDON HANGOUT

As part of February's Mobile Activity Programme, we visited [The Ashdon Hangout](#) to deliver Fit for Action and a Pool Competition.

The thirteen young people in attendance had a go at all the Fit for Action challenges, which includes the grip test, speed bounce, standing jump and sit up challenges.

The club members also took part in a Pool Competition, competing to pot a number of balls in the fastest possible time. One young person completed the challenge in 38 seconds, which will take some beating!

The young people also showed us their best "Mobots" and "To Di Worlds"!



Witham URC

February 2013

FIT FOR ACTION AT WITHAM URC

We took our Fit for Action programme out to [Witham URC](#) to challenge their young people to complete a range of tasks, including grip test, speed bounce, standing jump and sit up challenges. All the club members who took part completed every test.

Some of the football-playing young people showed off their skills, with one achieving 100 bounces in a minute on the speed bounce, and a standing jump of 2m36cm!



FEB 2013

[Dagenham Police ABC awarded Clubmark](#)



Dagenham Police Amateur Boxing Club get Clubmark accredited

Dagenham Police Amateur Boxing Club is celebrating becoming the latest club in Eastern Counties to receive Clubmark accreditation.

The club's secretary, Dan O'Sullivan said: 'The process the club went through to achieve Clubmark accreditation involved us looking at our existing policies and practices and thinking of ways to improve the services we provide to our members.'

'We were pleasantly surprised by how quick the process was, thanks to help from our local boxing development officer Af Panjalizadeh and Essex Boys and Girls Clubs, and we hope that it will result in more young people achieving their potential through the club.'

Clubmark is Sport England's quality mark for clubs that provide high quality, welcoming environments that encourage young participants to take up sport and improve their talents. [Read more about Clubmark here.](#)

Pictured: Af Panjalizadeh (left) presents the Clubmark award to club secretary Dan O'Sullivan (far right).

Eight Ash Green Youth Club

February 2013

EIGHT ASH GREEN YC GETS IN SOME POOL PRACTICE

As part of our Mobile Activity Months program, February is Pool month. We visited Eight Ash Green Youth Club during half-term with our Fit for Action equipment and a Pool Competition.

The members challenged each other to pot 6 palls in the fastest possible time on their mini pool table. The best and rather impressive time was 1 minute! We hope the club will enter some players in the County Championships.

The club members also had fun pitting their strengths against the fitness equipment, which included the Speed Bounce, Lung Capacity Test, Grip Test and Long Jump, even 'torturing' the parents who came to pick them up!



Winter Mountain Leaders

February 2013

OUR TWO NEW WINTER MOUNTAIN LEADERS

Our congratulations go to EBGC Director [Martin Solder](#) and Project Leader [Steve Hutson](#), who both achieved their Winter Mountain Leader Award this February.

The most difficult walking awards available in the UK, both are convinced they are among the oldest in the country to gain this qualification. Anyone who knows these two will know that age is never a barrier. Now they've both proved that treacherous white-outs, snow holes and near death experiences don't stand in their way either! The Award allows them to lead parties on hill walks within the UK under winter conditions, which will make a big difference to the staffing of our existing Winter Skills Course and create further project opportunities.

Martin & Steve are now one step closer to fulfilling their dream of climbing Mount Augustine!



Annual Night Exercise

26th January 2013

LARPERS INVADE THE NIGHT EXERCISE

Teams assembled in Gt Yeldham on the 26th January for a Night Exercise with a twist! Having warmed themselves by the fire and sampled Sue Pell's gourmet BBQ (strictly horse-free!!), they set off to their designated starting activities before taking on the 8 activity points spread across the farm.

Salem's Wood proved to be a particularly popular part of the course, with a rope-trail leading through a forest infested with Orcs, Goblins and Knights. This was thanks to the 'Dragonlore Live Action Role-Playing (LARP) Group', who kindly drove up from Thurrock to crash about in the woods and challenge the teams to a highly competitive game of Connect 4!

The winning team were those who completed the course in the fastest time, after time bonuses and penalties – so it was not necessarily the first team back that won! In the end the Ashdon Hangout team 'The Ashdon Boyzz' emerged winners, with the team from Great Tey Youth Activity Club coming a close second. We would like to thank all the volunteers who helped out on the day as well as Dragonlore Live Re-enactment Group, without whom the night would not have been the same.

RESULTS

Winners: 'The Ashdon Boyzz' from Ashdon Hangout: Alex Rowley, Ollie Smith, Jack Herrington

Runners up: Great Tey Youth Activity Club

THANKS TO ALL PARTICIPATING CLUBS:

North Avenue YC, The Ashdon Hangout and Great Tey Youth Activity Club.

[For more photos, check out our Facebook page here.](#)



Winning team 'The Ashdon Boyzz' are attacked by a member of the Dragonlore group. L-R: Winners Alex Rowley, Ollie Smith, Jack Herrington with fellow Ashdon Hangout member, Tommy Kew



'The Melbourne Crew' North Avenue Youth Club
L-R: Shaylan Westrip, Shaylee Westrip, Liam Rolfe and Roman Barker

North Avenue Youth Club

25th January 2013

NORTH AVENUE YOUTH CLUB CELEBRATES BURNS NIGHT

Burns Night arrived and 'twas grrreat!

The table was laid with Scottish flags, tartan napkins and models of Nessie!

Traditional Burns Night fayre of haggis accompanied by neeps and tatties (with sausages for the less adventurous) was washed down with lashings of Irn Bru! This was followed by terrifyingly orange Irn Bru cupcakes, cheese and biscuits and traditional Scottish tablet (sugary fudge).

There was an excellent turn out of young people, who all came early to help set up the table and decorations. All of the young people took responsibility for collecting the entrance money, collecting the raffle money, reading the Scottish poems, toasts to the Lads and the Lassies, as well as cutting the Haggis with the sword! Plus, a large majority even tried the Haggis after it was expertly baggiped in!

In total the night raised **£75** which will now go towards supporting further projects that take place within North Avenue Youth Club.

A big thanks go to [Sue](#) for cooking the Haggis and the scrumdiddiumptious neeps and tatties!



National Citizen Service Autumn 2012

January 2013

YOUNG PEOPLE MAKE A DIFFERENCE

On Wednesday 23rd January, young people aged 16 and 17 celebrated their achievements on National Citizen Service Autumn 2012 run by Essex Boys and Girls Clubs in partnership with Catch 22. The project was part of a Government scheme with young people across the UK doing something positive in their communities.

The Volunteer Projects included a group from Chelmsford raising over £500 for the Farleigh Hospice by running a quiz night and a Thurrock group also made nearly £600 by running a Christmas bazaar in partnership with the Hornchurch & Upminster Fundraising for Little Havens Hospice. Other novel ideas included volunteering at the Royal Gunpowder Mills in Waltham Abbey and a survey encouraging the public to lead a full and active life in Southend like the example set by the young people!

The young people, parents, volunteers, staff and partner organisations met at the Society of Old Brentwoods where James Bridgman, Adam Rhaiti and Emma Brown were proud to speak on behalf of around 60 young people about their experiences during the Autumn half term and subsequent weekends enthusiastically and with confidence to a packed room despite the weather.

Guest of honour The High Sheriff of Essex, Mr Christopher Palmer-Tomkinson presented the participants with certificates of achievement signed by the Rt.Hon. David Cameron, and congratulated them on their volunteering achievements and for volunteering, planning and delivering projects in local communities.

It had started with a half term visit to the Lake District where the groups came together from a number of different schools and colleges, however they soon bonded as teams when they were given challenges including hiking up mountains, sleeping in the great outdoors and developing their team work, confidence and skills further when they experienced bush craft where they built shelters, cooked, made tools and experienced new aspects of the great outdoors.

Many of the young people are planning to become volunteers on future projects. Essex Boys and Girls Clubs are now recruiting for NCS 2013 for 16 and 17 year olds.



Rayne ABC

21st January 2013

RAYNE ABC IMPRESSES BRAINTREE DC CHAIR

In January, Braintree District Council Chair, Lynette Bowers-Flint, made a special visit to Rayne ABC to present awards to their two most improved members.

Shamie Kindon won the Most Improved Junior Award and a Participation Certificate in recognition of being the only Cross-Country entrant from his club. The Most Improved Senior Award went to Joe Barry.

As a boxing fan and good friend to our clubs, Lynette was very impressed with the club and its members and promised them her support in all of their endeavours.



JAN 2013

Sky Sports features our NEET Boxing project



Annual Cross-Country Championships

13th January 2013

GREAT TURN OUT AT ANNUAL X-COUNTRY CHAMPIONSHIPS

This year's National Cross-Country Championships, hosted again by EBGC at [Stubbers](#), was well supported by clubs.

93 runners took part, of whom 62 were from EBGC member clubs. All raced bravely in the chilly but thankfully dry day, turning out some excellent times in all age groups. The support of club leaders, volunteers, friends and family made it a bustling and friendly day of good-natured competition and new connections.

We were honoured to welcome Durham Clubs for Young People and newly affiliated Islington Boxing Club, who went home with the coveted Boxing Challenge Trophy, graciously passed on by 2012 winners Brentwood Youth ABC.

2014's event will be planned around other key fixtures in the boxing and national calendar, so keep an eye out for it and get your club ready!

THANKS TO ALL PARTICIPATING CLUBS:

Brentwood Youth ABC, Islington ABC, Centurions ABC, Crown & Manor, St. Joseph's YC, Frenford Clubs, Rayne ABC, Mayland ABC, Durham Clubs for Young People.

The event is open to young people from all affiliated clubs. Races are split by age and gender, with winners and runners up receiving certificates and medals.

The Boxing Challenge Trophy is awarded to the fastest boxing club. Boxing clubs must enter a minimum of 8 runners to be eligible and the average speed of all their runners is totted up. The club with the highest average wins the Trophy!

FROM A CLUB LEADER...

"I would like to say on behalf of everyone at our club what a fantastic event you all hosted and it was a very enjoyable day despite the cold weather but at least the rain held off for today!

We were delighted on winning the 'Boxing Club Challenge Trophy' in our first year of entering, we hope to put in a strong team for next season so we can defend it and keep it at home in Islington! We also hope to stay at Stubbers or High Row in the near future, I have picked up as many posters, event calendars and leaflets as possible for our club, our management committee will get together at some point and discuss further what and when we will be taking part in activities. All the staff members of Essex Boys & Girls Clubs were very helpful and very kind, a big credit to you all."

Reggie Hagland, [Islington ABC](#)





5-a-side Football Tournament 2013

5th January 2013

WE SEE IN 2013 WITH FIERCELY FOUGHT 5-A-SIDES

Our annual 5-a-side Football Tournament took place again at [Riverside Ice & Leisure Centre](#) in Chelmsford, on January 5th.

Teams competed in U12, U14 and U16 categories for the chance to progress into the Regional Finals held in Hampshire.

In the U12 age group, Chelmsford City FC emerged victorious with Crown and Manor runners-up. In the U14 category, Crown and Manor showed early on that they were the team to beat and, despite fierce competition from a strong Chelmsford City FC team, they eventually ran out winners with Chelmsford City FC taking the runners up spot.

In an extremely competitive U16 group of seven teams, Wivenhoe Youth FC dominated, winning every match until succumbing in the final to their only defeat of the day against victors Chelmsford City FC.

The U19s was not contested this year at County level, however two teams will be representing Essex at the Regional Round. Basildon Boys FC and Island Boys & Girls FC will be travelling to Hampshire as the only two Essex entries at that age group. Congratulations must go to all clubs involved in the tournament for providing such a high standard of football. We wish them the best of luck in the Regionals and will be sure to keep you informed of their progress.

THANKS TO ALL PARTICIPATING CLUBS:

Ashingdon Youth FC, Basildon Boys FC, Berry Boys, Brentwood Youth FC, Chelmsford City FC, Crown & Manor, Ingatestone Boys Own Club, Island Boys & Girls FC, Linford Wanderers FC, Wivenhoe YFC.

Our Annual 5-a-side Football Tournament is held each year in early January, in central Essex (usually Chelmsford).

The event is open to teams from all affiliated clubs, whether they are football clubs or not. Winners and runners up receive trophies and the opportunity to enter Regional Finals and go on to National Finals.

U12 winners: Chelmsford City FC



U12 runners up: Crown & Manor



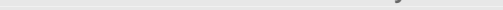
U14 winners: Crown & Manor



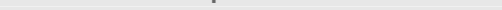
U14 runners up: Chelmsford City FC



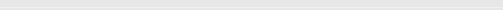
U16 winners: Chelmsford City FC



U16 runners up: Wivenhoe Youth FC



U19 winners: not contested



U19 runners up: not contested

