



Essex Boys and Girls Clubs

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2014 Online News Archive

The following news articles were posted on the Essex Boys and Girls Clubs website in 2014.

DECEMBER 2014

5-a-side Football Championships

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During the Christmas break 10 teams took the opportunity to run off the holiday cobwebs by taking part in the annual championships at [Harlow Leisure Zone](#).

The event was a great platform for the young people to show off their skills in a fun yet competitive environment.

There were two age groups competing on the day at under fourteen and sixteen age groups.

Thanks to all clubs that sent teams to take part:

Frenford Clubs, Sampfords Youth Club, St Anne's Youth Club, Wickford Town Youth Football Club, Rayne Amateur Boxing Club, Ingatestone Boys Own Club and and Prospects United Football Club.

Here are the full results:

Under 14s:

Team	Score	V	Score	Team
Frenford	4	V	1	Wickford Claret
Wickford Yellow	11	V	0	Rayne ABC
Frenford	1	V	4	Wickford Yellow
Wickford Claret	10	V	0	Rayne ABC
Frenford	10	V	3	Rayne ABC
Wickford Claret	1	V	3	Wickford Yellow
Frenford	5	V	1	Wickford Yellow
Wickford Yellow	14	V	2	Rayne ABC
Frenford	3	V	0	Wickford Yellow
Wickford Claret	12	V	0	Rayne ABC
Frenford	8	V	0	Rayne ABC
Wickford Claret	0	V	7	Wickford Yellow

Final Table:

Team	Played	Won	Drawn	Lost	For	Against	Diff	Points
Wickford Yellow	6	5	0	1	39	7	+32	15
Frenford	6	5	0	1	31	9	+22	15
Wickford Claret	6	2	0	4	25	19	+6	6

Rayne ABC	6	0	0	6	5	65	-60	0
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Challenge match:

St Anne's	1	V	3	Rayne ABC
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Under 16s:

Team	Score	V	Score	Team
Ingatestone	2	V	1	Sampfords
Prospects	8	V	2	St Anne's
Frenford	2	V	0	Wickford Town
Ingatestone	6	V	2	Prospects
Sampfords	11	V	2	St Anne's
Ingatestone	2	V	0	Wickford Town
Prospects	2	V	0	Frenford
Sampfords	6	V	1	Wickford Town
Ingatestone	10	V	0	St Anne's
Prospects	2	V	2	Wickford Town
Sampfords	1	V	2	Frenford
Wickford Town	5	V	1	St Anne's
Ingatestone	3	V	1	Frenford
Sampfords	1	V	2	Prospects
St Anne's	0	V	8	Frenford

Final Table:

Team	Played	Won	Drawn	Lost	For	Against	Diff	Points
Ingatestone	5	5	0	0	23	4	+19	15
Prospects	5	3	1	1	16	11	+5	10
Frenford	5	3	0	2	13	6	+7	9
Wickford Town	5	2	1	2	13	8	+5	7
Sampfords	5	2	0	3	20	9	+11	6
St Anne's	5	0	0	5	5	42	-37	0

Finals:

U14s:

Wickford Yellow	4	V	0	Frenford
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U16s:

Ingatestone	1	V	2	Prospects*
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*Prospects win after extra time. Normal time score 1-1

Roll of honour:



U14 player of the day: Stanley Humm (Rayne ABC)



U16 player of the day: Lewis Callery (I.B.O.C)



U14 runners up: Frenford Clubs



U14 winners: Wickford Town FC (yellow team)



U16 runners up: Ingatestone Boys Own Club



U16s winners: Prospects United FC

DECEMBER 2014

Dodgeball Championships

Over 30 participants from 4 different clubs took part in the EBGC Dodgeball championships on Saturday 6th December. The clubs involved were: Eastern Rhinos Rugby League Club, Rayne Amateur Boxing Club, North Avenue Youth Club, and 4 Youth 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 preceded by fun games and a bit of skill development, coached by dodgeball expert Jamie Drummond.

The Roll of Honour:

Players of the day: U13: Hannah Mortier, Rayne ABC U16: Brendan Carpenter-Hogwood, 4 Youth Brightlingsea

Under 13 Champions: Rayne Amateur Boxing Club

Under 16 Champions: Eastern Rhinos Rugby League Club

The games were enjoyed by all with the main focus on fun, however there was the odd streak of competitiveness sneaking in which is fine in sports events.

Final Table:

Team	Played	Won	Lost	Points
Eastern Rhinos	3	3	0	6
4 Youth	3	2	1	4
North Ave	3	1	2	2
Rayne ABC	3	0	3	0

Matches:

Rayne	0	V	3	4 youth	1-5, 0-5, 0-4
Rhinos	2	V	1	North Ave	5-1, 5-3, 0-6
Rhinos	3	V	0	Rayne	6-2, 4-1, 6-0
North Ave	0	V	3	4 Youth	3-4, 3-4, 0-6
4 Youth	1	V	1	Rhinos*	2-1, 2-2, 2-5
Rayne	0	V	3	North Ave	2-4, 1-6, 2-5

*Rhinos beat 4 Youth on points difference 2-1, 2-2, 2-5



U16 Winners: Eastern Rhinos Rugby League Club

NOVEMBER 2014

EBGC Judo Tour

On the 8th November a team of five judo players travelled up from Essex to Northumberland, led by EBGC's Pete LeMarquand and [Mersea Island Judo Club](#)'s Judoka Steve Daines who ran the pre-competition training..

The team were headed for the Northumberland Clubs for Young People Open Championships and their first stop was at their accommodation for the night, Tyne Youth and Community Centre in North Shields. Duncan Stewart of [The Parks Judo Club](#) kindly met the team and showed them around the centre. This was an old boy's club venue, which a fair amount of memorabilia on show celebrating the club's long history. The evening was spent playing games and training for the competition the next day. The group slept on camp beds in the club in the down-to-earth fashion associated with all EBGC trips.

The next morning the group were up and raring to go. They packed up their camp beds and tidied the centre before eating a good breakfast and departing for the competition at the Parks Leisure Centre. The Open Championships organised by Eddie Kenny (6th Dan) have been running in Northumberland for over 30 years and there were lots of clubs in attendance. Fighting started at around 10.30am. All competitors fought admirably and although none of the Essex fighters won their weight categories, the way they carried themselves throughout the weekend was a credit to EBGC and their club. Everyone was tired by the time the bus left at 3.30pm for the journey home, arriving back in Essex at 9pm.

EBGC would like to congratulate all members of the team, who all attend Mersea Island Judo Club:

Eleanor Dawson, Zachary Gosling, Rosie Daines, Correy Andrews, Paige Findlay.

EBGC would like to thank Jon Niblo of [Northumberland Clubs for Young People](#), who helped to organise our trip and the whole event.



NOVEMBER 2014

Night Exercise 2014

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The EBGC Night Exercise took place over the weekend on Saturday 22nd November with the weather kindly holding off for the duration of the event! Eleven intrepid teams of four took part in the challenge. The teams, under cover of darkness, had to navigate their way across a route around a farm, meeting various activity points along the way where they could earn time bonuses. This year we were able to make use of one of the barns at the farm, instead of the usual marquee and this was a great improvement as the concrete hard standing made the environment much safer and more comfortable than standing in a muddy field, specially since it was too wet for our usual bonfire. The BBQ was undaunted though and everyone enjoyed burgers or hot dogs.

The event was a great success and attracted teams from youth clubs all across Essex. In the end Great Tey Youth Club claimed both first and second place with their two teams, while St. Cedds came in third.

Thanks to the teams who attended and the parents and club leaders who brought them along: Great Tey Youth Activity Club, [Linford Wanderers Football & Sports Club](#), [St Cedds Youth Club](#), [Aveley Youth Club](#), [Braintree Youth Project Charity](#), Halstead Senior Members Club, Great Sampfords Youth Club.

EBGC would like to thank the 22 volunteers who made this event possible: Jay Collins, Melissa Nemhara, Sophie Oldroyd, Ellie Mason, Thalia Youe, Sarah Bell, Lily Knightley, Katie Pullen, Kayleigh Youe, Matt Geere,

Paul Clarke, Anna Ritchie, Esme Clarke, Katy Young, Charlie Croxford, Luke Doell, Charlie McGee, Julie Reid, Deanne Walters Stokes and Tracy Barrett.

EBGC would also like to thank our Chairman for permission to use the farm.



Photo credit: Halstead Senior Members Club



Posted on the BYPC Facebook page:

"We started off from the barn where the cattle stretched their necks through the metal fence of their cow shed and fed on the dry grass beside us. The young people climbed and crawled through the crevices of the haystack and sat on the top chatting to their teams and making new friends before navigating the 4 miles on their maps stopping at check points along the way to carry out different activities.

It was very dark and muddy all the way round and the fog just added to the atmosphere. Our team became accustomed to falling over several times in the mud! We shared the woods with the creatures of the night such as the owls calling and the cry of a fox as they lurked in the shadows of the woods. Luckily for us we weren't on their food chain! After we returned to the barn for a BBQ. Despite the treacherous walk the young people still had plenty of energy in them and went back to playing with the haystack. Many of them resembling scarecrows. The evening ended with a group photo of everyone and a presentation - a good time had by all."



Photo credit: Thalia Youe

NOVEMBER 2014

Wise Words for Beginner Boxers

Posted on the [Chelmsford Amateur Boxing Club Facebook page](#) on November 19, 2014

Beginning Boxers Must Earn Respect

I've recently stressed the importance of training at a real boxing gym. As I have stated before, it is not possible to teach yourself how to box at a high level. If you are serious about fighting, you need to find yourself a good gym and a good trainer. Keep in mind however that once you've found a gym, many trainers will not give you much early attention. Most beginning boxers quit within the first few weeks. Therefore, don't expect an experienced boxing trainer to cater to your every need on your first day. As a beginner, you must prove that you are serious and willing to work.

Boxing Is Tougher Than It Looks

Everyone wants to become a fighter until they realize how difficult it is to be a fighter. The average person has no idea how challenging it is to box three minute rounds at a brisk pace. Even simply hitting the bag for a few rounds will humble most fitness enthusiasts. The thought of being punched by an opponent while struggling with that fatigue can be intimidating. It always looks easier when you are on the outside looking in. Once you are the one struggling with fatigue, you develop a whole new sense of respect for the sport and its athletes.

Every experienced trainer knows these seemingly obvious facts. They know that boxing is tough and that it is not for everyone. Most people who walk through their gym doors will not last long. Unfortunately, many beginners have no idea what they are getting into. Most people in today's world don't have boxing experience, so it's not as if the beginner can ask his friend or neighbor what to expect. The beginner is entering an unknown world that is entirely different from what he encounters in everyday life.

The Trainer's Perspective

The Trainer's Perspective- Any trainer who has been around for a long time has seen plenty of beginners quit within the first few weeks. Some quit after their first sparring session and others quit after a few hard workouts on the mitts or bag. Whatever the beginner thought he was getting into is entirely different from reality.

The trainer knows these simple truths when you first enter the gym, and already has dedicated fighters that he is committed to as a coach. As a result, you cannot fault him for questioning just how serious you are about the sport. Contrary to what some believe, many boxing coaches volunteer much of their time. In other words, it is quite possible that the trainer is not getting paid by the hour. He may have had a long day at work before heading to the boxing gym to volunteer his time. He is there to help, but will naturally be inclined to help those who have proven their dedication the sport.

“Actions speak louder than words, but not nearly as often.” – Mark Twain

No matter what the beginner says about how dedicated he or she is, the trainer has heard it before. Someone else has come in with the same lines, only to quit after the first few weeks. Therefore, it shouldn't come as a surprise that most trainers won't pay much attention to the words that come out of your mouth. Boxing is an action sport. You can't talk yourself through a round. The trainer only cares about what you will do, not what you say you will do.

Earn Respect

The best way for a beginning boxer to attract the attention of a trainer is by working so hard that everyone takes notice. Don't waste time talking about what you are going to do. Just show up and quietly put in your work.

If a trainer or fighter gives you a suggestion, be grateful for the advice and practice it regularly. Continue to practice, practice, and practice some more. Make your face known as the new guy who works harder than everyone. Be the beginner who puts in extra sets and extra rounds. Be the beginner who respectfully asks for

advice without being a nuisance. Don't be the new guy who half-asses it on the bag and then expects everyone to come running. Don't be the beginner who questions every bit of advice that he is given. Once again, quietly put in your work and let your actions speak for themselves.

In addition, always remember that the gym was there before you. It will continue to operate with or without you. As I've said before, most boxing gyms operate like large families. You can't barge your way into a new family and force everyone to accept you. You need to slowly earn the family's trust and respect. The best way to do so is by constantly putting in work.

If you bust your ass day in and day out, the fighters and trainers will eventually take notice. Even when you think that no one is watching, there is a good chance that someone is paying attention. If you continue to put forth that type of effort, you will quickly pass through the early initiation phase that is common at most serious boxing gyms. Before long, you will be the fighter who is telling another beginner to keep working so that he too can be noticed.

Posted on the [Chelmsford Amateur Boxing Club Facebook page](#) on November 19, 2014



OCTOBER 2014

A Volunteer's Perspective of Frenford Clubs & EBGC

Policy and procedures are vitally important – but one of the most important lessons I have learnt from my time at [Frenford](#) and Essex Boys and Girls Clubs (EBGC) is that, ultimately, organisational success is all about delivery. To achieve outstanding delivery, young people's progress must be at the forefront of everything at a youth club. And, this is something I have experienced first-hand at both these outstanding organisations. I can recall many wonderful experiences I have witnessed at both these organisations but perhaps it is apt to recount an experience which directly involved both: the NCS programme delivered by EBGC at the Jack Carter Centre (Frenford's headquarters) in Summer 2014.

The delivery of this programme showed both EBGC and Frenford at their best. Sitting in the office at Frenford one evening during the Summer, I suddenly saw a group of perhaps overly-enthusiastic young people rush outside at 9:45pm to engage in a full-blown water balloon fight with each other. The response of staff from both organisations was outstanding: rather than delivering rebuke at a noisy activity likely to disturb local residents, the youth workers calmly went outside and sought a compromise – their primary goal was to find a way the young people could continue to have fun whilst also maintaining some semblance of order. So, after some (rigorous but light-hearted) negotiating, it was agreed that 10pm should be the cut-off point for the water fight. 10pm arrived and not one young person protested. Everyone re-entered the building with smiles etched all over their faces. The local residents achieved their desire for quietude.

This seems like a rather trivial incident to recall. But, as I look forward to another academic year of teaching English on Saturday mornings at Frenford, it is an incident from which I can learn a great deal. Balancing the need for safety and consideration of others with the need for young people to express their emotions freely is crucial to successful youth work. It ultimately all comes down to managing situations (whether professionally or socially) effectively and, perhaps more than anything else, this is something in which, thanks to Frenford and EBGC, my ability is improving all the time.

Anubhav Sood, Volunteer



OCTOBER 2014

Essex Representative Football Trials 2014/15

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The EBGC Representative U16 Boys Football Squad trials took place on Saturday 11th October at the brand new state of the art Wickford Town FC training facility that opened in June this year.

The trial started at 11:30 with registrations and introductions, followed by a player briefing on the trial format and then a warm-up which was run by two of last years Essex players. This was then followed by a trial match with an NCS graduate, Callum Alexander, who has stayed involved with our work in a voluntary capacity, taking charge of the game.

The trial ran very well with an improved overall standard on last year with many clubs being represented including: Island Boys Club, Crown & Manor, Prospex, Ingatestone Boys' Own Club, Linford Wanderers and Sampfords Youth Club.

The squad for the 2014/15 season has now been selected and our first game will be on Friday 7th November versus West Ham United FC academy under lights at their training facility in Beckton. Support for our first fixture of the new season is welcomed!



SEPTEMBER 2014

#ROC14 The Rank Outdoor Challenge 2014

The challenge started two days early for the Essex Boys and Girls Clubs staff team, who made their way up to the Lake District on the Thursday to set up. After getting stuck in hours of traffic, which turned a 5 hour journey into an 8 hour slog and a rearranged Tesco order, the eight person crew eventually arrived safely at High Row. Early on Friday morning, Martin Solder, Dave Springett and Jack Knightley set out to lay marker arrows along the route for the cycle portion of the challenge. After driving the entire 42 mile route, including some astoundingly steep ascents, it was clear that the next day was going to be tough for our cyclists.

Meanwhile David Hassard, Gavin Evans, Simon Knightley and Rebecca Stanley prepared High Row for the arrival of the challengers before making their way to base camp at West Water to join Martin, Dave and Jack. After much debate, folded arms and square hitch knots, racks for the competitor's bikes were created. It was a sunny day, so after a quick spot of sunbathing it was back to the centre where Sue Pell was organising the catering and waiting for the competitors to arrive.



Competitors arrived throughout Friday evening, both excited and nervous. It was a relaxed evening, everyone was chatting about what was to come and previous triathlon experience while eating a home cooked dinner of spag bol and garlic bread and a huge range of Sue Pell's famous cakes. It was early to bed for many, though a sleepless night for most as the nerves got the better of everyone.

At 4am the EBGC staff were up, getting the buses ready, cooking breakfast and preparing for the challenge ahead. Breakfast was served for competitors from 5am until 5:30am, who packed in as many bacon and sausage rolls as possible.

At 5:50am everyone was on the bus ready to leave (in the dark) to drive the hour and a half to West Water, the deepest lake in England at 79 metres. By the time we arrived the sun had risen and everyone was eager to get going. The swimmers changed into their wetsuits and were driven to the start point. Eleven swimmers made their

way into the cold water and tried to acclimatise for a few minutes before the timer shouted Go! and they were off! The lake was icy cold and very deep, with spooky bubbles floating up from the depths to give the swimmers the fear. Everyone completed the 2.5 kilometre swim in under an hour, guided by the support team in kayaks (Steve Hudson, Jake Mabey, Jack Knightley, David Naraynsingh and Pete), with finishers cheering in those behind them. No rest for the challengers though! After a change of clothes and a hot drink it was time for the next part of the challenge - to climb the highest mountain, Scafell Pike, 989metres high, covering a distance of approximately 6 miles.

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

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

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

EBGC was at the ready, handing out water, bananas and of course Sue's cake at check points and following the stragglers in a support car. With determination and support from their co-competitors, everyone made it safely to the finish line, whether on a bicycle or in a car!

Check out Warwickshire CYP's fantastic video of the whole challenge:

<https://www.youtube.com/watch?list=UUnFw493egTvov3D00kX1dLA&v=kGkfSZeaZws>

Back at High Row, relief and tiredness were rife but the atmosphere was filled with an overwhelming sense of achievement about the challenge that had just completed. Once all the competitors were back, everyone tucked into a feast of BBQ and salad. The room was filled with conversation about the day and the challenges that had been completed but also looking ahead to think of ideas for the next challenge in 2015...

The event was a great success; people were pushed outside their comfort zones and rose to the challenge in a family-like atmosphere of friendly competition.

Messages from challengers:

"To everyone who made this weekend happen:

Just a note on behalf of all of us who were lucky enough to take part in another EBGC-led Rank challenge. It bore all the hallmarks of your painstaking preparation and was delivered, as always, with dedication and flair. As a Rank representative, it's particularly encouraging to recall that this followed the successful joint Rank/EBGC Lands End ride in 2012, and that the concept itself was first dreamt up at the annual Rank conference in Blackpool last September.

Few such challenges manage to be competitive and sociable at the same time. This one did. The chance to make new acquaintances and renew old ones, in each case with kind, passionate and interesting people, while taking part in a multi-disciplinary marathon amid stunning surroundings, and based in the wonderful High Row, made it a hugely enjoyable and memorable weekend.

Thank you for making it possible and here's to the Rank/ EBGC Challenge 2015!

Max"

"Here here Max and can I add a huge thank you from Team Food Train, we thoroughly enjoyed meeting you all (old friends and new) and rising to the challenge! Best wishes from everyone at Food Train and thanks again to Rank and EBGC."

A fundraising challenge organised by [The Rank Foundation](#) and [Essex Boys & Girls Clubs](#), working in partnership.





RESULTS

Fastest Swim: Martin Solder 40:16 minutes

Fastest Trek: Seb Balcombe 2:04:40 hours

Fastest Cycle: Neil Jones 3:45:00 hours

Individual Rankings: **1st place** Neil Jones **2nd place** Seb Balcombe **3rd place** Tom Motchman

Team Rankings: **1st place** The Food Train Michelle McCrindle Hamish Adamson Marri Welsh

Competitors: Andrew Harper, Andy Hammill, Rebecca Stanley, Charlie Wakeling, Clare Kirby, David Hassard, David Jones, Gavin Evans, Gill Hammill, Graham Norman, Hamish Adamson, Marri Welsh, Martin Solder, Max Kirby, Michelle McCrindle, Mike Hart, Molly Wakeling, Neil Jones, Neil Walker, Peter Motchman, Rob Sabin, Rod Overfield, Seb Balcombe, Simon Holt, Tom Motchman, Tony Wakeling

Support Crew: David Naraynsingh, David Springett, Jack Knightley, Jake Mabey, Pete from Manchester, Simon Knightley, Steve Hutson, Sue Pell

SEPTEMBER 2014

Football Frenzy

On Friday 12th September we ran a new multi-club sports event which we hope to repeat. Kindly hosted by Chesterford YC, with guests from Sampfords YC, it was quite literally a frenzy of football. 40 boys and girls brushed up their skills in the football cage, skills school, crossbar/goal line challenge, 5-a-side tournament and penalty shootout challenge.

Club Leader Anthony Hobson said *“Our members really enjoyed the different activities, the weather was good and the BBQ was great. It is no mean feat to organise something like this so efficiently and our thanks go to EBGC for their continuing support.”*



JULY 2014

Our new centre in Wales: Maes y Lade

This Spring, after a year and a half of effort, we were thrilled to take over Maes y Lade, a residential adventure centre in Wales.

Previously owned by Essex County Council and run for the last 30 years by Essex Youth Service and Essex Outdoors, the centre had been unused for a year and a half. We were desperate to save it to be used by young people from Essex, so we got the funds together and put our bid into the open bidding process. In April 2014 we were successful and were finally able to take over the site.

Maes y Lade is a converted Welsh Hill farm at the foot of the Black Mountains within the Brecon Beacons National Park, Wales. With 44 beds, in two self-contained buildings, plus outhouses, the centre is a fantastic asset to complement High Row, the 22 bed centre in the Lakes District which we lease.

The centre is in easy reach of the River Wye, the Brecon Beacons and limestone areas to the south containing some of the most extensive cave systems in Britain and both natural and quarried climbing areas. This local environment provides an area of outstanding natural beauty, and means we are able to offer courses of an adventurous and challenging nature including abseiling, mountain biking, rock climbing, caving, canoeing, gorge walking, kayaking and mountain walking.

After a lot of work to get the centre back into a useable state for groups, we welcomed the very first young people back to Maes y Lade on 30th June 2014. We are proud to say that 330 Essex teens will use Maes y Lade this Summer as part of their National Citizen Service.



Maes y Lade Centre Manager

Maes y Lade is run by EBGC's own cycling/kayaking/climbing-mad David Hassard, who has made the permanent move, with his family, to Wales. From September 2014, the centre will be available for youth groups, schools and private groups to hire. Although our primary aim is to fill the centre with young people from Essex, we welcome young and old from everywhere! **Please contact David if you are interested in making a booking or would simply like a look around - he always likes to see visitors!**

Email: davidh@essexboysandgirlsclubs.org

Maes y Lade office: 01497 847236

www.maesylade.org

JULY 2014

National Citizen Service workshops introduce Essex teens to local good causes

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This Summer, young people doing their National Citizen Service with us will take part in a range of workshops to develop their skills and experiences. One of these is a Charity Discovery Workshop. We have invited representatives from local charities and community groups to talk informally to groups about what they do, why it's needed in the community and about how NCS groups could help them.

Each workshop consists of a discovery 'speed-dating' session, after which each charity is paired with an NCS team from their local area. The group is then tasked with finding out about the work of the charity in more detail before brainstorming ideas to support the organisation. The session ends with presentations by each team, who report their findings and outline the ideas they've come up with.

NCS Teams must complete a 30 hour Social Action Project as part of their experience. The NCS Teams are not obliged to choose their workshop charities for their Social Action Project, however we are very pleased to report that our very first workshop resulted in three of the attending organisations gaining support from the NCS teams they worked with!



An NCS Team presents their findings and ideas to support [Farleigh Hospice](#)



Paul from [Lymphoma Support For You Essex](#) and an NCS Team brainstorm ideas for increasing the organisation's online presence. *"I just want to say how good it has been to work with the team it's has been a real privilege. The enthusiasm, skills and insight is a welcome support. I have really enjoyed the experience."* Paul



An NCS Team get to know Denise Whiffin, founder of [The J's Hospice](#)

Thanks to the following good causes, who have signed up to attend our workshops this Summer >



Lymphoma
Support For You
Essex



St. Luke's Hospice



Whizz-kidz Hamelin Trust
move a life forward
Supporting disabled people

U.First Care

POhWER
advocacy, making your voice heard



EBGC Arts Update

June 2014

WELCOME to the first EBGC Arts Update!

The EBGC Arts Update is designed to keep you up to date on art opportunities available to you and your young people.



LIGHTS! CAMERA! ACTION!

You've guessed it, our first ever EBGC Short Film Fest is taking place this year, and we want all young people to take part. All films must be 1-3 minutes long and based upon the young people, their community or their youth club. Films must be sent via post or email. All films will be screened at the Essex Adventure Weekend.

DOWNLOAD A BOOKING FORM



ARE YOU A SINGER? ARE YOU IN A BAND? If so, we need YOU!

EBGC Live is back for a second time and we need young musicians to perform live on stage on Friday 27th June at the Essex Adventure Weekend in Stubbers!

If you would like to perform please contact lucyc@essexboysandgirlsclubs.org by Friday 13th June.



Glee Club needs YOU!

Are you aged between 11-25? Enjoy singing and dancing? Fancy performing at The Southbank Centre? Then enter The Jack Petchey Glee Club Challenge!

Visit www.gleeclubchallenge.co.uk for more information or contact lucyc@essexboysandgirlsclubs.org to find out how you can join the EBGC Performing Arts Group who will be entering the competition!

JUNE 2014

£100,254 to give local sport a boost

Essex Boys and Girls Clubs is set to help more local people get into sport thanks to £100,254 of National Lottery funding from Sport England's Community Sport Activation Fund.



'Changing young attitudes towards sport and healthy living' is among 88 projects to receive a share of £15 million of funding to support grassroots sport activity across the country.

The funding will allow Essex Boys and Girls Clubs to develop a new programme designed to encourage 14-19 year olds in the county to try a new sport. The youth charity put together the bid after feedback from their clubs that there was not enough provision for this age group. 22 youth clubs across Essex will take part in the Community Sport Activation project over the next 3 years.

The young people will take part in four different sports over eight weeks. The project will include the delivery of eight different sports including boxing, basketball, badminton, football, archery, dodgeball, tag rugby and table tennis. The project has been funded by [Sport England](#), [Healthwatch Essex](#) and [Essex Young People's Drug and Alcohol Awareness Services](#) (EYPDAS).



Essex Boys & Girls Clubs' Sports & Activities Manager [Afsheen Panjalizadeh](#) explained:

"This is a great project to engage the usually 'non-sporty' members of our clubs across the county. The young people will benefit from sport sessions delivered by qualified coaches, nutrition talks from Healthwatch Essex and Drugs and Alcohol awareness sessions provided by EYPDAS. We are incredibly happy to receive this funding so that it enables us to increase the number of young people in our clubs doing more sport and learning about healthy living."

Dr David Sollis of [Healthwatch Essex](#) said:

"We're really excited to be working in partnership with Essex Boys and Girls Clubs. Through this project, we'll be able to find out first-hand what young people's experiences of health and social care are, and what they think about healthy living."

Will Carter from [Trinity Family Centre](#), Southend said "We are delighted to be affiliated with this great initiative from Essex Boys and Girls Clubs. At Trinity Family Centre we are now able to embark on a new venture of a 14-19 years old club for the young people in our area, with real emphasis on healthy living and lifestyles. This project will enable us to get our young people healthy and enrich lives."

Designed in response to local demand, the Community Sport Activation Fund allows local authorities, charities and other organisations to apply for funding for innovative projects that will get more people playing sport.

Mike Diaper, Sport England Director of Community Sport, said: *"It's great to be working with innovative projects, like 'Changing young attitudes towards sport and healthy living' to offer people the chance to get into sport in a way that best suits them.*

"The investment being made through the Community Sport Activation Fund is making a real difference at a very local level. I'm particularly pleased that more than half the funding is going into projects in deprived areas, helping more people develop a lifelong sporting habit."

The **Community Sport Activation Fund** is investing a total of £47.5 million of funding over five funding rounds. Already 156 projects have shared in £27.2 million of funding over three rounds, receiving grants of between £50,000 and £250,000 to provide grassroots sport at a very local level.

To take part in the project young people aged 14-19 must be a member of one of the participating youth clubs which are all listed on www.essexboysandgirlsclubs.org or contact Afsheen on 01245 264783.

For more information please contact [Afsheen Panjalizadeh](mailto:afsheenp@essexboysandgirlsclubs.org)

T: 01245 264783 M: 07816865920 E: afsheenp@essexboysandgirlsclubs.org

About Sport England:

Sport England is focused on helping people and communities across the country create a sporting habit for life. We will invest over £1 billion of National Lottery and Exchequer funding between 2012 and 2017 in organisations and projects that will:

- Help more people have a sporting habit for life
- Create more opportunities for young people to play sport
- Nurture and develop talent
- Provide the right facilities in the right places
- Support local authorities and unlock local funding
- Ensure real opportunities for communities

The National Lottery has been changing lives for 18 years.

Every week National Lottery players raise over £30 million to help change people's lives across the UK.

The 22 participating clubs:

4 Youth Brightlignsea	Tendring
The Ashdon Hangout	Braintree
Blackmore Friday Club	Brentwood
Chelmsford Boys Club	Chelmsford
Da Latchingdon Youth Club	Maldon
Frenford Clubs	Redbridge
Gt Bardfield Youth Club	Uttlesford
Gt Chesterford Youth Club	Uttlesford
Gt Tey Youth Activity Club	Colchester
Goldie Youth Group	Uttlesford
Hedingham Youth Club	Uttlesford
Ingatestone Boys' Own Club	Brentwood
Linford Wanderers	Thurrock
Massive Project	Rochford
North Avenue Youth Centre	Chelmsford
Sampfords Youth Club	Uttlesford
St Cedds Youth Club	Redbridge
Takeley Youth Club	Uttlesford
Thaxted Youth Group	Uttlesford
Tiptree Youth Group	Colchester
Trinity Family Centre	Southend
WAY 2000	Epping

MAY 2014

Toby's Tall Ships Experience

After finishing his RANK-funded GAP Placement with us earlier this year, Toby Keel headed off for a big adventure with the Jubilee Sailing Trust. Here's his story...

'How was your time on the tall ship?' **'The craziest experience of my life to say the least'** **Toby Keel, 2014**

After three days of exploring the cultural hub Buenos Aires, we met early at the ferry terminal to make our way to Punta Del Este, Uruguay, where we would depart for our 7 day voyage deep into the Rio de la Palata. Here I met the majority of the British members of the crew including fellow Rank Gappers all with different levels of sailing experience varying from little two man dinghies to racing yachts; despite my little sailing experience, I was made to feel comfortable straight away.



When we reached beautiful Punta Del Este and the magnificent [Lord Nelson](#) or for short 'old Nellie', we were immediately introduced to our watch leaders and the rest of our watch. The watch consisted of 7; four English, two Uruguayan and one Argentinian all of varying ages but we made a strong team. To my luck despite some members of the watch being young, everyone spoke perfect English so there were no problems getting to know people.

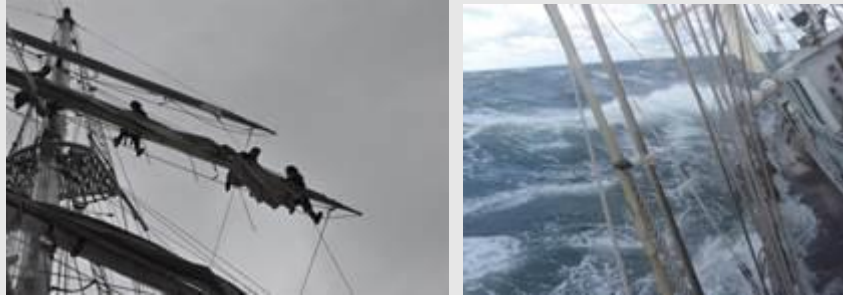
Following the introduction to our watch we were taken to our bunks which would be our home for the next week. I could just about fit into the small bunk but there was very little movement, which later on I was very thankful for! Next we were given our time sheets and told of how the day would consist; breakfast followed by the sails, cleaning the ship or as they would call it 'happy hour' followed by a tea break 'smoko', then quiet time followed by lunch and more quiet time then dinner. There were to be four hour watches 24 hours a day so when I was told I would be up 4am running the ship I wasn't too sure what to expect!

The next stage of getting to know the boat were the calls and rope work which would be crucial when we were at sea. I found this all very interesting and my watch were given the responsibility of the middle topsail. We were then given a climbing harness and introduced to climbing the mast. This was immediately exciting but a lot more nerve racking than I initially thought. I found myself climbing the mast without being attached to anything with the boat rocking, then attaching myself to a piece of wire which to me looked like a piece of string, and then had to climb upside down into the first nest – there were two more to go. We were then taught how to get out onto the top sail (the horizontal part of the sail). This consisted of reaching out a meter over the boat around 20 meters up and reaching out and attaching onto the safety wire. This was the most challenging aspect for me. Every time a challenge was presented, I always thought back to my time at Essex Boys and Girls Clubs on my GAP placement when the focus on comfort zones was a key lesson we taught lots of young people about.

After being moored up on the first night, we set off for a calm day voyage and getting out to sea was very exciting for all of us. However, the most important aspect of sailing on a tall ship is the wind! On this day there was very little so we found ourselves motoring around in the bay and dropping anchor for the night. The whole time we were promised there was wind to come – they weren't wrong!

On the third day of the voyage, I was awoken to a delicious breakfast and the news that we would be heading out to sea for the next three days and be sailing the whole time; this was when things started to get serious but little did I know what was to truly come. Once the sails were up and the day was going, we were caught in a small storm but we were on track for our adventure.

A day of fairly strong winds came to follow and the boat started to rock a lot more than ever before with us speeding along at a fast pace getting deeper into the Rio de La Palata. After previously doing a watch at 4 in the morning for two hours where we'd dropped anchor, this was first experience of one at sea. This involved the whole team of eight all completing different jobs. These were steering the ship, hourly checking of the water pressure, temperature, wind speed and direction and patrolling the ship to make sure that no one had fallen out of bed because of the rocking of the ship.



On the fourth day, things started to get rough. After turning the sails to a new direction, the weather was becoming increasingly difficult. This was when I saw my first real signs of sealife - sea horses and sea lions. The day consisted of lots of sleeping and making sure I'd taken enough sea sickness tablets as people were starting to fall. This was the day when the winds picked up to a tremendous speed. The highest measurement was gale force 10 (with gale force 12 being a hurricane) with storms battering the ship, 15 meter waves and the ship moving at a 45 degree angle (well that's where the meter stopped!).

The next day saw lots of rest, sea sickness and a lot of food being wasted up at the kitchen. For me this was the hardest day as moral was at its lowest with half the crew sick and not able to get out of bed and the biggest difficulty was trying to stay motivated. On our watch, the team had gone from 7 to just 3 in a day; so not only was the weather harder but there was more work to do!

The following day was the same but saw us heading back into Punta Del Este taking us through the shipping lanes past huge tankers and cruise ships. This put into proportion the true size of these ships which I hadn't realised were just so big. As we came closer and the weather lightened the moral of the crew started to improve and that night saw drinking and singing. With old Irish folk songs and sailing songs being sung by the permanent crew, it gave a real sense of what people at sea must go through on an even bigger scale for a prolonged period of time.



There then followed my favourite day of the voyage. Not because of our return, but due to the job that I was given. Along with other members of the crew, the sails would have to be pulled in and neatly tied up, and this involved climbing the mast to the second nest which for me was very high! Despite this nerve racking experience, once I was up there I was rewarded with the best view of the week. Sailing into Punta Del Este seeing it from up high with the tall skyscrapers lining the beach - it was truly spectacular. When back down to deck and the

adrenaline had worn off, I was then given the job of going ashore and helping to moor the boat. This was a long process but we got the job done.

The evening took us all out to a local restaurant where I could keep up my diet of South American steak and enjoy the company of crew in celebration – I think lots of us were just happy to have survived! We departed the next day and it was sad to say goodbye to everyone.



I would just like to thank everyone who has been involved in making the voyage happen and such an enjoyable experience. Big thanks to the Rank Foundation for funding the voyage for me and other members of the fellowship. An obvious thanks to the JST for giving this amazing opportunity to so many people across the globe, for all their hard work to ensure everyone's safety and in making the voyage a once in a life time experience.

Toby Keel, 2014



To earn his place on the Tall Ships Experience, Toby worked for Essex Boys & Girls Clubs for six months after successfully applying to the Rank Foundation's GAP Award scheme.

The apprenticeship programme offers local young people a 9 month leadership and career development placement within the Rank Network.

The scheme is open to 18-24 year olds who are experiencing a particular gap in their lives, circumstantially or through lack of opportunity. GAP gives them the chance of experience and work for change in local communities, especially in the lives of young people.

[Find out more about the GAP Award Scheme here >](#)



The Jubilee Sailing Trust is a registered charity whose mission is to promote the integration of people of all physical abilities through the challenge and adventure of sailing tall ships on the open sea.

[Find out more here >](#)



MAY 2014

EBGC Fishing Competitions - Round 1

On Saturday May 24th, the picturesque setting of Red House Lake in Ingatestone was the venue. Members from 4 Youth Brightlingsea and Ingatestone Boys' Own Club took part in the match.

Robert Fletcher, the organiser on the day commented: *"The match was quite good in the end and all credit to those from Brightlingsea and Ingatestone who came along and braved the weather, as the Red House Lake fished really well (lots of nice Rudd and a couple of good Skimmer Bream)."*

4 Youth are well in front with 4 points carried forward to Round 2 at Home Farm on the 14 June.

[Click here to download the Round 1 results sheet >](#)



Essex Boys and Girls Clubs runs an annual Fishing Championship for affiliated clubs.

2014 Championship

ROUND 1 24/05/14 9am-2pm Red House Lake, Ingatestone, CM4 OSY

ROUND 2 14/06/14 9am-2pm Home Farm, Little Walden, CB10 1XE

ROUND 3 05/07/14 9am-2pm nr. Brightlingsea

JUNIORS: 11-13 (U13 on 25/05/13) **SENIORS:** 14-19 (U19 on 25/05/13)

COST: £4 per person per match

Teams must be made up of 4 individuals of any age group. The team competition runs across all three dates, with individual competitions at each venue.

ESSEX JAILBREAK

SATURDAY
26.04.2014



On Saturday 26th April, 32 prisoners broke out of HM Prison Chelmsford and went on the run!

No need to worry though, as they were taking part in the 36th annual Essex Jailbreak, a charity event which involves teams racing against time. They have to get as far as possible from HM Prison Chelmsford in 15 hours, without spending a penny of their own money!

Teams, in various fancy dress outfits, were locked up at 8.55am by TV's Bad Girls star Vicky Alcock and Deputy Police Crime Commissioner Lindsay Whitehouse. Almost immediately, the gates opened and they raced off on their escape missions.

Event organiser, Juliet Townsend said

"We followed the teams all day via social media using #EssexJailbreak2014 and witnessed them create an amazing story of adventures. As one team was offline in the air to an unknown destination, another two were racing across Europe by car! One team went sightseeing in London and became tourist attractions themselves, while another inspired the public to commemorate the First World War.

We're so grateful to everyone who got involved and made the day special. The event really sums up what we as a charity are about – the spirit of adventure for the good of the community. We're so proud of their achievements - to date the teams have raised over £7,000 for the benefit of 7 different charities.

Special thanks to the new Governor of HM Prison Chelmsford for permission to hold the event again and to Vicky Alcock for setting them off.

We hope to see the teams back next year for #EssexJailbreak2015 which is provisionally set for 18th April 2015.

Teams can enter at www.essexboysandgirlsclubs.org "

TEAM STORIES:

A tremendous effort by all 8 teams, who all competed in the true spirit of the Essex Jailbreak and not only created a splendid social media show but also fundraised like mad.

THE DREAM QUEENS are a team of community-minded beauty queens who were driven away in a wedding car and headed to Southend Airport. With donated Easyjet flights, they flew to Tenerife, where they walked for 5 hours to find a hotel! They got a photo in the cockpit of the plane with the Easyjet staff in beauty queen crowns and returned on Sunday.

1,848 miles.

Fundraising for EBGC + Dream Queen, a charity which supports local projects and projects worldwide.

<http://uk.virginmoneygiving.com/team/Dreamqueensworldwide>



THE SOUTHEND PRISONERS were last year's winners and had their eyes set on the prize again. They had to settle for beating their own personal best as they were driven by a generous pal to Eurotunnel and then on to Milan Cathedral, via 5 countries. Rainstorms in Switzerland hampered their effort to get to Rome within the time. 588 miles.

Fundraising for EBGC + Southend YMCA, working with some of the most vulnerable and disadvantaged young people in the South East of Essex, including those that are homeless, are the victims of neglect and abuse, suffer from mental health issues, or are long term unemployed. Text JAIL64 £5 to 70070 or give online at www.justgiving.com/teams/southendprisoners



NEW PARTNERSHIPS JAILBREAKERS included young adults with learning disabilities, who wanted to take the challenge. Using donated train tickets they made it to Scotland and finished up for the night in Inverness, beating last year's UK distance record. 440 miles. Fundraising for EBGC + the Mersea Island Festival Trust, which brings together disabled people to try out new activities. <http://uk.virginmoneygiving.com/team/newpartnerships>



COLNE ENGAINE GREAT ESCAPE TEAM 1 escaped in a vintage military staff car to pay their respects at villagers' war graves in France and were home in the early hours of Sunday morning. They wore vintage military uniform and bumped into the grandson of WW1's Field Marshal Haig! 124 miles.

Fundraising for EBGC and the Colne Engaine War Memorial Fund, to build a new war memorial in the village. <http://uk.virginmoneygiving.com/team/CEWMGreatEscape>



MALACHI'S GIRLS went on an epic tour of London, sightseeing and repeatedly becoming tourist attractions themselves! Distance tba. Fundraising for EBGC + The Essex Horse & Pony Sanctuary. Malachi is a foal who was rescued along with his mother from a field in Canewdon and the sanctuary came to his aid and who continue to care for him and many other horses and ponies. <http://uk.virginmoneygiving.com/team/malachi>



NORTH AVENUE YOUTH CLUB, from Chelmsford, escaped in toy cars and dressed as farmers for a crazy day buzzing around Essex. Bus rides, tractor rides and a farm visit were sustained by lots of donated food and followed by lots of escalator rides to rack up the miles before heading home with a tired but happy team. Distance tba. Fundraising for North Avenue Youth Club.

"Thank you for giving us this chance to bond with these fantastic 4 young people, 1 of whom definitely wouldn't have done this a year ago. "



COLNE ENGAINES GREAT ESCAPE TEAM 2 pub-crawled back to the village, wearing vintage military uniform and driving 'Betty', a vintage WW2 truck. They collected donations of the cost of a pint from generous punters at many pubs and restaurants. 22 miles.

Fundraising for EBGC and the Colne Engaine War Memorial Fund, to build a new war memorial in the village.

<http://uk.virginmoneygiving.com/team/CEWMGreatEscape>



THE EBGC CYCLISTS headed to Layer Marney Tower, where they delivered a letter to the new High Sheriff of Essex Nick Charrington, warning him about all the escapees!!

15 miles.



WHAT HAPPENS NEXT?

Funds must be submitted by 27th May and an awards evening will be arranged for early June.

Entries are now open for the Essex Jailbreak 2015, which is provisionally set for Saturday 18th April, after the Easter holidays and before the London marathon!

ABOUT THE EVENT

- Since the annual event began in 1980, fundraisers have raised **over £250,000** for a wide range of local, national and international charities.
- The event is a fundraising challenge with a twist – the teams all get locked inside the gates of HM Prison Chelmsford before racing against time to see how far away they can get in just 15 hours... without spending any money!
- Teams have travelled the world. The furthest a team has ever got is to Rangoon in Burma. Teams have visited Chelmsford in Canada and Essex County USA.
- There are also prizes for furthest non-powered escape – cyclists, runners and walkers have entered, heading for all four corners of the UK.
- Teams give themselves clever missions too, to win the coveted Most Ingenious Escape Award. Groups have measured the distance they travelled by abseil, go-kart or rollercoaster, while others have visited as many tube stops as possible in a day, or wangled their way into unusual viewing points at London sites. You can find more examples of great escapes at www.essexboysandgirlsclubs.org/EssexJailbreak.htm
- Fundraisers give 50% of the funds they raise to the charity of their choice. The other 50% goes to Essex Boys & Girls Clubs to support their work with voluntary youth clubs. Voluntary youth clubs affiliated to Essex Boys & Girls Clubs can raise 100% for their own club.
- For lots more information, including FAQs, photos, how to enter and tips to win, visit www.essexboysandgirlsclubs.org/EssexJailbreak.htm or contact 01245 264783.

APRIL 2014

Rep. Football Tour 2014

Our annual Rep Squad tour of the North took place in the second week of the Easter holidays. Our Football Team Manager Scott Dixon, accompanied by volunteer driver Ian Douglas, took the squad away for 4 days to play in the re-birth of a club network tournament formerly known as the Gillette Cup.

The squad travelled up on Sunday and played against a rep. squad from [Boys & Girls Clubs of Greater Manchester](#), staying overnight at [Wigan Youth Zone](#), the UK's largest youth club. The following day, the team returned to [Bolton Lads & Girls Clubs](#) to play [Lancashire Boys & Girls Clubs](#) and [Boys & Girls Clubs of Durham](#), taking a slight detour on the way to visit Manchester City FC stadium for a tour.

After the tournament, the squad travelled to [High Row](#) for some mountain adventures, spending Monday evening and all day Tuesday in the Lakes, including a lovely walk up High Pike along the ridge and down Carrock Fell and some rock climbing.

On the way back to Essex the team stopped at [Carlisle United FC](#) to play their youth team and were unlucky to be a goal down at half time, going on to lose the match. With the lads still in high spirits they headed home and ended what was to be a very enjoyable and sunny tour with a smashing group of young individuals. Although the results weren't great the squad all got a lot out of the whole experience, giving very positive feedback.



ENORMOUS THANK YOUS, FOR SOME PROPER CLUB HOSPITALITY, TO:

[Manchester City FC](#)

[Bolton Lads & Girls Clubs](#)

[Wigan Youth Zone](#)

[Boys & Girls Clubs of Greater Manchester](#)

[Lancashire Boys & Girls Clubs](#)

[Boys & Girls Clubs of Durham](#)

[Carlisle United FC](#)

[Stubbers Adventure Centre](#)

Huge thanks also go to our volunteer minibus driver Ian and volunteer mountain leaders Brian and Paula.

Essex Boys & Girls Clubs

U16 Rep. Football Squad Tour of the North 2014



When we all arrived at Stubbers I think we were all nervous of what to expect. However, the nerves soon went as we were on our way to Bolton for the first match of the tournament, lasting two days. Before we arrived at Bolton, we had to suffer a very long yet excitable journey. After around a four-hour journey we finally arrived at the football ground. For many of the lads including myself we were nervous and excited to play the first game. Unfortunately we didn't play to what was expected of us and lost against Manchester. From here our heads were down, but we knew we had to keep trying and we battled against Lancashire where they scored three late goals making them win.

The boys were all tired after a long journey and two games, so from there we travelled about 20 minutes to where was staying the night, Wigan Youth zone. The centre was amazing with all the facilities it had including: table tennis, pool table, 3G pitches, skate park, rock climbing wall and music room etc. All of the boys on tour including Scott and Ian were involved playing games in the sports hall for the evening. We were all thankful for Wigan Youth zone allowing us to stay there for the night and provide us dinner. The next morning was one of the best experiences personally for me, and I know it was the same for most of the boys. Scott arranged a surprise and didn't tell us at all, we just turned up outside Manchester City Football clubs stadium, the Etihad. This was an hour's tour where we saw the player's lounge, the pitch, the tunnel and of course the changing rooms.

After the tour we set off to go play our final game in the tournament against Durham. For me Durham were the best team in the tournament and went on to win it. Unfortunately we lost the



game but it was a much improved performance. That night we travelled up to the Lake District where we were staying the next two nights which took us about two hours. The Lake District was one of the best places I have stayed, with tall mountains everywhere and sheep in our garden!! High Row centre was the name of the place where we were staying for a couple of days. High row was a big house with many bedrooms to fit all of us in. Scott and Ian did a brilliant job catering for us, both



breakfast and dinner.

The next morning Scott arranged for all of us to go rock climbing, but before that, Brian a friend of EBGC came along show us about and took us up one of the mountains nearby called Carrock Fell. This was one of the best experiences of life. Once we actually got to the top of the mountain the view incredible. Brian showed us the route and pathway to get

to my was

down from 2300 feet up which took us about 40 minutes to actually get down.

After we got back into the minibus, Brian took us rock climbing where we climbed a 25 foot wall in a quarry. After the quarry we went back to the High Row Centre where we all had a shower and had Sweet and Sour chicken with rice followed by ice cream all prepared by Scott and Ian. After all the washing up was done Scott spoke to us about the last couple of games and what we had done well and how we could improve as a team. The most important thing that all of us needed to work on was our communication. Scott did some reflection and got all the lads to say



one word about the tour. Exciting, funny, amazing were some words that cropped up. This was our last night on tour, and we came across a ghost story that was in a frame on the wall. The ghost would only come out on a full moon, and of course that night was a full moon. Everyone was making people jump walking down the creepy halls of night-time.

The following morning we headed off to play what was our last game together playing Carlisle United at Brunton Park. The journey was around 45 minutes from High Row Centre. Unfortunately we weren't able to play in the stadium due to the first team being there, and I think they had a game that day.

However, the game still went ahead around the back on the training pitch. The first half of the game was brilliant, we were all communicating better than before and playing better football. We went in at half time one goal down. The second half was a different story, the team fell apart and we conceded four goals in the second half making our heads drop and the communication stopped. However, it was still a great experience for me, and probably all of the boys. It couldn't have gone ahead if Scott and Ian weren't around to get us to games safely and cook for us. Therefore many thanks must go to Scott and Ian for the tour over the four days. It was a great experience that I was lucky to have, it went too fast and I wish I was back there with all the lads playing football. Thanks again to Scott and Ian for the whole experience and of course Essex Boys & Girls Club.



Myles Egan

APRIL 2014

EBGC Wet Activity Day at Stubbers

On Friday the 11th of April 40 young people from across our club network gathered at Stubbers Adventure Centre to take part in our annual wet activity day.

Activities included were Jet Ski rides, paddle boarding, kayaking and raft building. The participants, coming from Crown and Manor, SNAC, St Joseph's, Hedingham YC, Gt Tey YAC and 2nd Upminster Scouts had a great time on the activities and were instructed in a fun and safe manner by the Stubbers staff. EBGC had to turn a lot of potential participants down, the popularity of this event meant it was fully booked! If you want to get involved next year then please check out our [events page](#) and get your bookings in early.

APRIL 2014

Easter Cup 2014

Spring is always a great time of year to be up in the Lake District and with schools breaking for a couple of weeks, four EBGC affiliated clubs battled it out once again to be crowned Easter Cup Champions over 4 days at [High Row](#).

The inter club competition began with the traditional natural egg drop and after the night exercise was complete the early lead on day one was held by Fritch Green and the Out There Club. Day two's challenges saw the competitors take on Mountain Biking Time trialling in the Forest as well as take on the now legendary Hill of Man challenge. The teams also took on the Magma River as well as Shelter Building and the Kelly Kettle Challenge before the end of the second day. The leader board was all change at the end of day two with West Bergholt Youth Group sitting at the top with 16 points, followed by Out There with 15 points and Frenford in third with 13 having scored well in the Mountain Biking and Bushcraft.

The third day included was spent out in the mountains completing navigation challenges, rope work and river crossings as all teams looked to add points to their score. The final day saw the teams take to the water in their final bids for points. Derwent Water was a mill pond until the arrival of the lads and the competition was once again fierce as West Bergholt Youth Group took a fairly chilly dip in the lake as this year's cup came to a close. After an action packed four days West Bergholt Youth Group were crowned as 2014 Easter Cup champions, with the Out There Club finishing second, followed by Fritch Green Youth Club and Frenford Clubs.

Congratulations to WBYG's James, Ed and James - we're looking forward to an equally competitive cup in 2015!

APRIL 2014

EBGC Cricket Camp 2014

Over the first weekend of the Easter holidays, 5-7th April, we held our Cricket Camp for the third year running. 23 young cricketers came from across the county to start the season with some intensive training from our skilled coaches.

All coaches were England Cricket Board accredited, with the exciting addition on Sunday of a Strength & Conditioning Day for Fast Bowlers, run by ex-professional players [Steffan Jones](#) and Ross Dewar. The training was excellent and provided something a bit different for the participants, with subjects such as nutrition and strength training not generally coached in amateur clubs and adding an even higher level of professionalism to the camp.

The event was held at [Gosfield School](#), who kindly provided us with full use of their sports hall, the home economics department (for cooking) and the boarding houses for residential entries. The venue was ideal, with use of the outdoor astro tennis court also provided for when the weather perked up. Boarding houses were comfortable and provided a welcome upgrade from last year's camping!

Feedback from everyone involved was really positive and we look forward to organising the camp again next year. Participants were primarily from the U13 age group and we hope next year to increase our 15-19yr old participants from the 5 who attended this year.

Attending Affiliated Clubs: [Halstead Cricket Club](#), [Upminster Cricket Club](#), [Maldon Cricket Club](#), [Belhus Cricket Club](#). **Guest Clubs (affiliation pending):** Haverhill CC, Billericay CC, Saffron Walden CC.

PRIL 2014


Girls Rugby League Tournament

As part of our partnership with the [Rugby Football League](#), and funded by [Sportivate](#), our resident rugby coach and Sports Officer Peter LeMarquand has been organising rugby sessions in Colchester schools.

On Wednesday 2nd April, girls from four schools took part in a round robin Girls Rugby League Tournament at the Gilbert School. Lots of enthusiasm from the players was matched by cheering spectators. The overall winners was the team from St Helena School, who beat the Gilbert School in an exciting winner-takes-all final match.

Results:

Gilberd School	3	0	Sandon School
St Helena School	4	0	Stanway School
Stanway School	1	3	Gilberd School
St Helena School	3	1	Sandon School
Stanway School	1	2	Sandon School
Gilberd School	1	2	St Helena School



Sportivate

inspired
by 2012



Supported by

MARCH 2014

EBGC Pool Championships 2014

On 15th March our annual Pool Championships were held at the Rivermead Pool & Snooker Club. With just U16 and U19 age groups represented, the participants had a good day, with the competition played in a league format with each player playing off in 5 frame matches. 4 Youth Brightlingsea won the U16 category and Chelmsford Boys' Club won the U19's.

At the end of the tournament we had a mass, multi-age group game of 'Killer', which rounded the day off nicely.

"...had a wicked time at the pool championship event on Saturday and I know everyone did... Cheers, Liam (Chelmsford Boys' Club)"

Affiliated Clubs attending: [North Avenue Youth Club](#), [The Massive Project](#), [4 Youth Brightlingsea](#), [Chelmsford Boys' Club](#), [Senior Members Club](#).



FEBRUARY 2014

Table Tennis Championships

On Saturday 22nd February we ran the annual County Table Tennis championships.

The competition took place at the Basildon sports village, an excellent venue. The event was a good mix of fun and competition, officiated superbly by our volunteers: Deni-Leigh Gowen, Tiah Wallace, Sammie Stucker, Georgia Weaver and Leigh Claydon.

All of the entrants participated in a warm up, enabling them to gauge each other's levels of quality before the competition began. Competition was fierce in the age group competitions, which were then followed by an open knock out competition.

The Roll of Honour

Under 16s

Winner: Ryan McGee, **Ingatestone Boys Own Club**

Runner up: Lewis Aston, **Eastern Rhinos Rugby League Club**

Under 19s

Winner: Kieran Flatman, **Eastern Rhinos Rugby League Club**

Runner up: Blaine Webber, **Senior Members Club**

Open Knockout Cup

Winner: Lewis Aston, **Eastern Rhinos Rugby League Club**

Runner up: Ryan McGee, **Ingatestone Boys Own Club**



FEBRUARY 2014

Young Leader Training 2014

Young people from across Essex met together to participate in our 5-day young leader training programme. They were based at our residential centre in the Lake District - [High Row](#) - in February half term. Challenges ranged from planning the week, pushing themselves in the outdoor environment and practicing their leadership skills with sessions at the centre.

"I definitely feel that I have changed from my weeks experience in the Lake District, it was really good after I got speaking to everyone" (Brad, Ab Phab)



L-R: Keiron Day (YL) **The Massive Project**, Micheal Hallam (YL) **Thaxted Youth Group**, George Cubitt (YL) **The Massive Project**, Dan Templeman (AL) **Chelmsford Boys' Club**, Lucy Boatman (AL) **Senior Members Club**, Katie Pullen (YL) **Bergholt Youth Group**, Janie Banks (YL) **Senior Members Club**, Bryan Thompson (VL), Rebecca Stanley (L) **Essex Boys & Girls Clubs**, Tabitha Beckett (YL) **Senior Members Club**, Callum Vaughan (YL) **Chelmsford Boys Club**, Oliver Evans (YL) **Trinity Family Centre**, Bradley Darling (YL) **Ab Phab**, Jamie Drummond (L) **Essex Boys & Girls Clubs**, Rebecca Vandervaart (AL) **Senior Members Club**, Dean Chapman (YL) **Ab Phab**, John Sanders (YL) **Seabrook Rise**, Jamie (VL).
KEY YL = Young Leader AL = Assistant Leader VL = EBGC Voluntary Leader L = EBGC Staff Leader

Our Week of Activities

DAY 1

6 hour minibus journey

Food Shop: Organising, Team work, Budgeting, Communication.

Gingerbread Biscuit Making: Icebreaker to settle into the Centre

Goalsetting: Team goals and personal goals

DAY 2

Woods Day in Whinlatter Forest

Hide & Seek: Fun, team-building, new experience in an alien environment, pushes comfort zones and tests personal boundaries.

Orienteering: Taking instructions, leadership, working together, communication, map skills.

Team Games: Sessions to take back to your club, communication, leadership.

Build a Bird Nest: Problem-solving challenge.

Learning Smart: Learning styles, skills, understanding.

Developing young people: Making young people feel at ease, what they need in order to belong.

Self Esteem: Understanding and building it up.

Sessions to run in a youth club: How to run a session, examples or activities, new skills, communication, different activities

DAY 3

Mountain Day on Carrock Fell

Mountain Challenge: Teamwork, encouragement, comfort zones, personal achievements, communication

Health and safety/risk assessments: Awareness, understanding, responsibility

Leadership: Discussion

DAY 4

Water & Fire Day

Stream Walk & River Cross: Trust, communication, confidence, compromise, fun

Heggle Wood Shelter Build: Creativity & communication

Cooking over fire: Fun, reflective activity to share experiences.

Accelerated Learning: Setting small, achievable goals where the achievement can be seen.

Games for your Club

DAY 5

Debrief Day

Individual Debriefs: Evaluation, reflection, learning & setting personal challenges.

Public Speaking Challenge: Public speaking, confidence, planning, budgeting, thinking outside the box.

Clean and tidy centre

6 hour minibus journey



21st FEBRUARY 2014

Stubbers Activity Day Spring 2014

[< back](#)

With some of the best weather of the year so far, 34 young people from **Bergholt Youth Group, St. Cedd's Youth Group, SNAC, Colne Engaine Youth Club, St. Joseph's Youth Group** and **Theydon Youth** arrived at Stubbers Adventure Centre to take part in the Essex Boys and Girls Clubs Stubbers Activity Day.

A slight change in programme saw the tunnelling activity replaced by Crate Stack, due to the tunnels being flooded! As well as Crate Stack, the young people were treated to three other activities across the day; Team Challenge, High Ropes and Laser Tag. All attendees had a fantastic day and the Stubbers Staff were again excellent, keeping the young people active and engaged whilst also conferring valuable teamwork skills to all participants.



FEBRUARY 2014

EBGC U16 Rep Football Squad play West Ham U16s

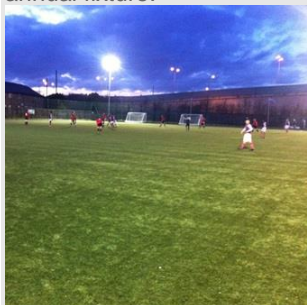
Our Representative U16 Football Squad is made up of players from across our club network.

On 21st February the side travelled to Beckton to play [West Ham United](#) U16s. This was the team's first game of the new year after training and a fixture against Southampton which had been postponed due to the bad weather.

The 4pm arrival before the 5.30pm kick-off allowed for a great warm-up and team-building on the fantastic floodlit 3G pitch, with loads of support from parents and guardians.

A dozen of the West Ham U16s squad will be signing Youth Training Scheme deals with West Ham or Dagenham & Redbridge, which is an indicator of the calibre of the side we were up against. Our side had a great first half, but lost a bit of form in the second half, resulting in a 6-0 loss. However, the Spring floods had meant that most of the boys hadn't played properly for months and this match was a great opportunity to give everyone a chance to get their boots on.

We are extremely grateful to West Ham for the giving us this opportunity and look forward to making this an annual fixture.



FEBRUARY 2014

BIG Lottery Funded Rural Youth Project Update

Essex Boys and Girls Clubs is now 5 months into the delivery of a 5 year BIG Lottery-funded project.

The charity received a grant of £405,829 to expand its current support for young people in rural Essex. The grant is being spent on employing two members of staff to support rural communities in Braintree, Maldon, Tendring and Uttlesford. After a public recruitment period, the two staff began working at the end of September and are Youth Provision Development Officer Stewart Rutland (pictured right) and Youthworker Jamie Drummond (pictured left). They are helping interested communities to set up and run activities for young people aged 11-19yrs old and to provide youth leadership development activities.



Jamie Drummond and Stewart Rutland

Stewart is currently working with the following communities, each of which are at various stages of provision development:

Braintree:	Finchingfield, Helions Bumpstead
Maldon:	Heybridge, Southminster, Cold Norton
Tendring:	Bockings Elm & Little Clacton, Gt Bromley
Uttlesford:	Takeley, Wendens Ambo, Newport, Gt Chesterford

Stewart, 31, said: “Clubs have been a big part of my life both as a club member from a young age and from the management side as a volunteer as I grew up. I’ve spent the last 10 years working in sports club development and I’m also a ClubMark quality assessor so I know how to set up a new club from scratch. It’s great working with these communities – although they have lots in common, each has its own unique character, making every project different and exciting. I really believe that a youth club can be more than just a place to go for a few hours – it can create cross-generational connections and countless opportunities for everyone involved.”

Stewart is interested in hearing from individuals and community groups who would like his support to develop activities for 11-19yr olds. Email him at StewartR@essexboysandgirlsclubs.org or call him on 01245 264783 or 07913 200005.

Jamie is working with the following clubs in the early phases of activity development:

Braintree:	Braintree Youth Project Charity, Colne Engaine Youth Club
Maldon:	Da Latchingdon
Tendring:	4 Youth Brightlingsea
Uttlesford:	The Ashdon Hangout, Sampfords Youth Club, Great Chesterford Youth Club, Thaxted Youth Club

Jamie, 25, said: “I’ve been working in youth clubs for the last 8 years and have always had a passion for rural clubs. Young people in villages can’t always just jump on a bus to the nearest youth club because often the services available aren’t reliable as they won’t get them home on the same day. It’s great seeing young people achieve things they didn’t think possible and youth clubs are a safe and reliable place to help them do that.”

Juliet Townsend, Assistant Director, said: “Essex Boys & Girls Clubs has been working with youth groups in Essex for 75 years, creating opportunities for young people to develop confidence and skills. The Big Lottery Fund grant allows us to focus attention in the more rural districts of Braintree, Maldon, Uttlesford and Tendring, where access to positive opportunities is limited for teens. For us, this grant is all about helping those young people to realise their own potential.”

About BIG

• The Big Lottery Fund (BIG), the largest distributor of National Lottery good cause funding, is responsible for giving out 40% of the money raised for good causes by the National Lottery.

- BIG is committed to bringing real improvements to communities and the lives of people most in need and has been rolling out grants to health, education, environment and charitable causes across the UK. Since June 2004 BIG has awarded over £4.4bn.

- The Fund was formally established by Parliament on 1 December 2006.

- Since the National Lottery began in 1994, 28p from every pound spent by the public has gone to good causes. As a result, over £29 billion has now been raised and more than 383,000 grants awarded across arts, sport, heritage, charities, health, education and the environment.

Further Information

Big Lottery Fund Press Office: 020 7211 1888

Out of hours media contact: 07867 500 572

Full details of the Big Lottery Fund programmes and grant awards are available on the website: www.biglotteryfund.org.uk

Ask BIG a question here: <https://ask.biglotteryfund.org.uk>

Follow BIG on Twitter: [www.twitter.com/BigLotteryFund](https://twitter.com/BigLotteryFund) #BIGIf

Find BIG on facebook: www.facebook.com/BigLotteryFund



LOTTERY FUNDED

FEBRUARY 2014

Rep. Cricket Squad Fixtures Announced



EBGC REPRESENTATIVE CRICKET SQUAD FIXTURES 2014



DATE	EBGC TEAM		MATCH	VENUE
Sat 26 th April	U14	v.	Tonbridge School	<i>Tonbridge School, Kent TN9 1JP</i>
Tues 29 th April	U12	v.	Chigwell School	<i>Chigwell School, Essex IG7 6QF</i>
Tues 13 th May	U14	v.	Eton College	<i>Eton College, Berkshire SL4 6DW</i>
Thur 22 nd May	U14	v.	Chigwell School	<i>Chigwell School, Essex IG7 6QF</i>
Mon 9 th June	U12	v.	Kimbolton School	<i>Kimbolton School, Cambridgeshire PE28 0EA</i>
Tues 10 th June	U14	v.	Felsted School	<i>Felsted School, Essex CM6 3LL</i>
Tues 17 th June	U14 + U12	v.	Uppingham School	<i>Uppingham School, Rutland LE15 9QE</i>
Thur 19 th June	U14	v.	Winchester College	<i>Winchester College, Hampshire SO23 9NA</i>
Tues 24 th June	U14	v.	Kimbolton School	<i>Kimbolton School, Cambridgeshire PE28 0EA</i>
Thur 26 th June	U14	v.	Harrow School	<i>Harrow School, Middlesex HA1 3HP</i>
August - TBC	U14 & U12	v.	Essex Met. District	TBC Romford & Gidea Park CC, Essex RM2 6NP
August - TBC	U14 & U12	v.	Halstead F15 Tournament	<i>Halstead Cricket Club, Essex CO9 2RP</i>

2nd FEBRUARY 2013

National Cross-Country Championships 2014

The sun shone at Stubbers for the 59th EBGC County and National Cross Country Event. Three counties were represented at the championships, with 84 boys and girls from Essex, Kent and Durham present. Whilst recent heavy rain meant that the route had to be altered slightly, all runners were challenged by a tricky course on wet ground and did fantastically well.

Essex clubs present at the event included Linford Wanderers, Crown and Manor, Centurians ABC and Islington ABC, with Islington taking home the coveted Boxing Challenge Trophy for the second year running.

The medal-winners are listed below.

"...thank you very much for all the hard work and effort you went to at Stubbers to make it such a great event yesterday. It was a great experience for our 2 boys and they enjoyed the event immensely. They're both keen on having a crack at the Durham teams next year now that they know the score! Your team were a credit to you and made it an enjoyable experience for all." Adam Perry for Frittenden Youth Club, Kent

INDIVIDUAL RESULTS				
	NATIONAL		COUNTY	
AGE GROUP	BOYS	GIRLS	BOYS	GIRLS
U11: 1st	Matthew Clough (Dur)	Anna Pickford (Dur)	Finlay Lowe (Linford)	Lucy Turner (Islington)
2nd	Will Bellamy (Dur)	Tess Graham (Dur)	Jack Boylan (Islington)	Bo-Lillie Dobson
3rd	Chris Parkings (Dur)	Molly Elliot (Dur)	Harry Bigland (Linford)	(Linford) Scotney Foster (Linford)
U13: 1st	Kieran Pearson (Dur)	Lillie Hardie (Dur)	Karlo Jay Wicks	N/A
2nd	Karlo Jay Wicks	Eva Hardie (Dur)	(Islington)	
3rd	(Islington) Cameron Nicoll (Cent.)	N. Stephenson (Dur)	Cameron Nicoll (Cent.) Sonny Dobson (Linford)	
U15: 1st	Ryan Arthur (Dur)	N/A	Brendan White (Cr & Man)	N/A
2nd	Sean Mackie (Dur)		Korel Ali (Cr & Man)	
3rd	Jack Smith (Dur)		Jake Fraser (Cent.)	
U17: 1st	Ben Turner (Islington)	Jessica Fox (Dur)	Ben Turner (Islington)	Megan Thewlis (Cent.)
2nd	Marlon Kizito (Islington)	Megan Thewlis	Marlon Kizito (Islington)	Millie Sibley (Cent.)
3rd	Lewis Thompson (Dur)	(Cent.) Millie Sibley (Cent.)	Safi Abdullah (Islington)	N/A
TEAM RESULTS				
	NATIONAL		COUNTY	
AGE GROUP	BOYS	GIRLS	BOYS	GIRLS
U11: 1st	Durham	Durham	Linford Wanderers	Linford Wanderers
2nd	Linford Wanderers	Linford Wanderers	Crown & Manor	N/A
U13: 1st	Islington	Durham	Islington	N/A
2nd	Crown & Manor	Durham	Crown & Manor	
U15: 1st	Durham	N/A	Crown & Manor	N/A
2nd	Crown & Manor		N/A	
U17: 1st	Islington	N/A	Islington	N/A
2nd	Durham		N/A	

NATIONAL CROSS COUNTRY RESULTS 2014

U1 1 Pos	BOYS			GIRLS		
	Name	Club	Time	Name	Club	Time
1	Matthew Clough	Birtley (Dur)	5.08	Anna Pickford	Houghton (Dur)	5.20
2	Will Belamy	Houghton (Dur)	5.24	Tess Graham	Birtley (Dur)	5.23
3	Chris Perkins	Chester le St. (Dur)	5.25	Molly Elliott	Birtley (Dur)	5.25
4	Luke Appleby	Birtley (Dur)	5.28	Courtney Clark	Chester le St. (Dur)	5.35
5	Chris Coulson	Birtley (Dur)	5.37	Emily Chong	Chester le St. (Dur)	5.39
6	Aidan Moss	Birtley (Dur)	5.42	Lucy Scothern	Chester le St. (Dur)	5.58
7	Finlay Lowe	Linford (Ess)	5.52	Millie Short	Birtley (Dur)	5.59
8	Sam Perry	Frittendon (Ken)	6.09	Helen Chong	Chester le St. (Dur)	6.18
9	Jack Boylan	Islington (L/E)	7.25	Lucy Turner	Islington (L/E)	7.15
10	Harry Bigland	Linford (Ess)	7.32	Bo Lillie Dobson	Linford (Ess)	8.21
11	Joe Plumb	Linford (Ess)	7.38	Scotney Foster	Linford (Ess)	8.43
12	Sam Willett	Linford (Ess)	7.44	Shance McCarthy	Linford (Ess)	10.15
13	Cillian Gallagher	Crn. & Manor (L/E)	7.58			
14	Romeo Cupee	Crn. & Manor (L/E)	8.00			
15	Christopher Ward	Islington (L/E)	8.27			
16	Umutchan Rakici	Crn. & Manor (L/E)	10.42			
17	Huseyin Yusel	Crn. & Manor (L/E)	12.42			
U1 3 Pos	BOYS			GIRLS		
	Name	Club	Time	Name	Club	Time
1	Keiran Pearson	Chester le St. (Dur)	5.00	Lillie Hardie	Houghton (Dur)	8.35
2	Karlo Jay Wicks	Islington (L/E)	5.07	Eva Hardie	Houghton (Dur)	8.37
3	Cameron Nicoll	Centurians (Ess)	5.19	Natasha Stephenson	Chester le St. (Dur)	8.41
4	Sonny Dobson	Linford (Ess)	5.25	Lea Brown	Birtley (Dur)	8.44
5	Louis Gill	Birtley (Dur)	5.29	Eve Southern	Chester le St. (Dur)	9.15
6	Tommy Kerrigan	Islington (L/E)	5.45	Macey Bradshaw	Birtley (Dur)	10.11
7	Sam Cameron	Crn. & Manor (L/E)	5.50			
8	Finn McGinley	Frittendon (Ken)	6.08			
9	Henri Willett	Linford (Ess)	6.43			
10	Nathan Howard	Centurians (Ess)	7.05			
11	Ernie Swinhoe	Islington (L/E)	7.26			
12	Darren Ward	Islington (L/E)	7.53			
13	Kian-Chay Chetty	Islington (L/E)	8.02			
14	Freddie Goggins	Crn. & Manor (Lon)	10.05			
15	Bolu Onatemono	Crn. & Manor (Lon)	10.55			

16	Tommy Callaghan	Crn. & Manor (Lon)	13.43			
17	Harley Kierens	Crn. & Manor (Lon)	13.55			
DN F	James Lloyd	Sunderland (Dur)	DNF			
U15	BOYS			GIRLS		
Pos	Name	Club	Time	Name	Club	Time
1	Ryan Arthur	Chester le St. (Dur)	12.45			
2	Sean Mackie	Sunderland (Dur)	12.47			
3	Jack Smith	Sunderland (Dur)	13.47			
4	Haydn Williamson	Derwentside (Dur)	14.00			
5	Jack Young	Chester le St. (Dur)	14.12			
6	Brendan White	Crn. & Manor (Lon)	14.55			
7	Korel Ali	Crn. & Manor (Lon)	15.14			
8	Jake Fraser	Centurians (Ess)	15.28			
9	Bailey Nelson	Centurians (Ess)	15.59			
10	Jack Sinnoy	Islington (Lon)	16.22			
11	Christy McCarthy	Islington (Lon)	16.23			
12	Bilal Saci	Crn. & Manor (Lon)	16.43			
13	Darnell Goather	Crn. & Manor (Lon)	17.18			
14	Jayden Lawani	Crn. & Manor (Lon)	17.20			
15	Oshun Lewis	Crn. & Manor (Lon)	19.29			
16	Yushai Brown	Crn. & Manor (Lon)	21.37			
17	Tyreeke Dinnall	Crn. & Manor (Lon)	23.36			
18	Bernie Mabika	Crn. & Manor (Lon)	24.50			
U17	BOYS			GIRLS		
Pos	Name	Club	Time	Name	Club	Time
1	Ben Turner	Islington (Lon)	17.24	Jessica Fox	Sunderland (Dur)	15.12
2	Marlon Kizito	Islington (Lon)	18.03	Megan Thewlis	Centurians (Ess)	21.04
3	Lewis Thompson	Houghton (Dur)	18.05	Millie Sibley	Centurians (Ess)	25.14
4	Safi Abdullah	Islington (Lon)	18.07			
5	Paddy McCarthy	Islington (Lon)	18.14			
6	Matthew Graham	Houghton (Dur)	18.20			
7	Sam Proctor	Birtley (Dur)	18.24			
8	David Katzalou	Islington (Lon)	19.39			
9	Nehemiah Thomas	Islington (Lon)	19.45			
10	Sam Ferrier	Centurians (Ess)	19.49			

KEY:
(Ess) Essex Clubs
(Dur) Durham Clubs
(Ken) Kent Clubs
(L/E) Essex Clubs based in London

11th JANUARY 2013

EBGC 5-a-side Football Championships 2014

On Saturday 11th January we held our Annual 5-a-side Football Championships at Riverside Ice and Leisure Centre in Chelmsford. This year's tournament was contested at under 14 age group in the morning and under 16s in the afternoon.

In total there were 18 teams from 9 different clubs: Crown and Manor, Ingatestone Boys Own Clubs, Ashingdon YFC, Sampfords YC, Wickford Town YFC, Chelmsford City FC, Wivenhoe YFC, Linford Wanderers FC and Island Boys Club. The day was full of competitive, well spirited action. Many great goals were scored and all teams got fully stuck in with the aim of getting into the final, to be rewarded with a place at the regional finals and the opportunity to win some silverware for themselves and their clubs.

Amongst the great teamwork on display there were some outstanding individual performances, highlighted by the boys that stood out the most at each age group; **Nashoor Anannal** (14s) + **Jack Price** (16s) not only were the lads awarded player of the day for their respective age groups on the back of their footballing skills but also for their attitudes, work ethic and characters. Both exemplary in the way they carried themselves. Both recipients are from the Crown and Manor Club.

Every team made a good account of themselves but only one team at each age could be the winner. After topping their group, Crown and Manor B overcame last minute entries and the surprise package of the tournament; Ingatestone Boys Own Club to win the under 14 final 8 – 2. The one sided score line does not reflect the competitive nature of the final, although it does do the skill level of the Crown and Manor boys justice.

In the under 16s showpiece Crown and Manor A got revenge on a feisty Wivenhoe side winning 5 – 2, the Crown and Manor club were great sportsman throughout and deserved their victory. Wivenhoe had reason to feel aggrieved as they had previously bested their final opponents in the group stages 6 – 5, it seems the final was a step too far. They do, however, have the consolation of representing Essex in the regional finals which will be advertised by Essex Boys and Girls clubs at a later date.

We would like to thank all the teams, managers and supporters for making this a good event. Recognition needs to go to the EBGC staff for the smooth running of the day and special mention to the volunteers; **Joel Cooper** and **Chantelle Riches** who played really important roles in the efficiency of the tournament.

5 a side 2014 final results and tables

Under 16s					
A	Crown & Manor A	8	v	0	Linford B
A	Wickford A	2	v	6	Sampfords
B	Crown & Manor B	4	v	2	Linford A
B	Wickford B	4	v	2	Chelmsford City
A	Crown & Manor A	5	v	6	Wivenhoe
A	Linford B	1	v	4	Wickford A
B	Crown & Manor B	6	v	2	Island Boys
B	Linford A	1	V	7	Wickford B
A	Sampfords	1	V	5	Wivenhoe
A	Crown & Manor A	6	V	4	Wickford A
B	Chelmsford City	3	V	2	Island Boys
B	Crown & Manor B	6	V	2	Wickford B
A	Linford B	0	V	2	Sampfords
A	Wickford A	4	V	3	Wivenhoe
B	Linford A	0	V	3	Chelmsford City
B	Wickford B	1	V	8	Island Boys
A	Crown & Manor A	3	V	2	Sampfords
A	Linford B	2	V	4	Wivenhoe
B	Crown & Manor B	2	V	3	Chelmsford City
B	Linford A	1	V	4	Island Boys

Semi 1	Crown & Manor A	3	V	2	Chelmsford City
Semi 2	Crown & Manor B	0	V	4	Wivenhoe
Final*	Crown & Manor A	5	V	2	Wivenhoe

*both teams qualify for the regionals

Under 14s					
A	Crown & Manor A	5	V	2	Ashingdon Yellow
A	Ingatestone	4	V	3	Wickford Clarets
B	Crown & Manor B	4	V	0	Wickford Yellow
B	Linford	5	V	2	Ashingdon Blue
A	Crown & Manor A	3	V	3	Ingatestone
A	Ashingdon Yellow	1	V	4	Wickford Clarets
B	Crown & Manor B	7	V	1	Linford
B	Wickford Yellow	3	V	2	Ashingdon Blue
A	Crown & Manor A	3	V	0	Wickford Clarets
A	Ashingdon Yellow	1	V	6	Ingatestone
B	Crown & Manor B	8	V	0	Ashingdon Blue
B	Wickford Yellow	2	V	4	Linford
Semi 1	Ingatestone	4	V	0	Linford
Semi 2	Crown & Manor B	3	V	2	Crown & Manor A
Final*	Crown & Manor B	8	V	2	Ingatestone

*both teams qualify for the regionals

Under 16s Pool A		GS	GD	Pts
1 st	Crown & Manor A	22	+10	9
2 nd	Wivenhoe	18	+6	9
3 rd	Sampfords	11	+1	6
4 th	Wickford A	14	-2	6
5 th	Linford B	3	-15	0

Under 16s Pool B		GS	GD	Pts
1 st	Crown & Manor B	18	+9	9
2 nd	Chelmsford City	11	+3	9
3 rd	Island boys	16	+5	6
4 th	Wickford B	14	-3	6
5 th	Linford A	4	-14	0

Under 14s Pool A		GS	GD	Pts
1 st	Ingatestone	13	+6	7
2 nd	Crown & Manor A	11	+6	7
3 rd	Wickford Clarets	7	-1	3
4 th	Ashingdon Yellow	4	-11	0

Under 14s Pool B		GS	GD	Pts
1 st	Crown & Manor B	19	+18	9

2 nd	Linford	10	-1	6
3 rd	Wickford Yellow	5	-5	3
4 th	Ashingdon Blue	4	-12	0

JANUARY 2014

Staff Training Spring 2014

A group of EBGC staff newbies started 2014 with a challenge, heading up to our High Row Centre to climb mountains and take part in team-building activities.

For our first day in the Lakes, we had planned an overnight expedition; climbing Carrock Fell and sleeping out in bivvy bags (waterproof and breathable bags that you sleep inside instead of a tent, for the uninitiated!). This proved to be a huge challenge, as the weather was terrible, and we ended up clambering along the top of the peak with horizontal hail, thunder and lightning, and a wind that felt like it could blow us right away! By mid-afternoon, it became apparent that the weather was too bad to sleep out in, and so we headed back to High Row and safety. Later we discovered that although us newbies had thought we'd been expected to sleep out for the night, our Mountain Leaders had planned all along to lead the team back to the warm and cosy centre for the night. We really understood the uncertainty and anxiety that our young people have to overcome!

The following morning involved an intense debrief of the expedition, with both team and personal evaluations and we all learned a lot.

In the afternoon we headed over to Ormside Mill, a residential centre similar to High Row, to meet representatives from other regional Boys and Girls Clubs, to discuss the formation of the new National Association of Boys and Girls Clubs. We shared opinions on its priorities and aims, from a range of different perspectives.

The day also included team challenges, including a "floor is lava" challenge and a marble-in-tubes competition between the cocky twenty-somethings and the more mature attendees, which resulted in a win for the "oldies" due to their calmer, more measured approach (and the fact that they had a bigger marble!).

Our final challenge was to "bag a peak" before we left for Essex. We hiked up Bowscale and down round towards the tarn, taking the "interesting" or "very interesting" routes down the side. This day gave us wonderful weather and wonderful views, and compared to our first expedition we all felt far more confident and able to face the challenge.

We returned to Essex invigorated, bonded as a team, and ready to face another year of challenge and adventure.

2013-2014

Theatre Visits

It's Showtime for Club Members!

As part of their Arts Award, 44 young people from Rainham Royals, Blackmore Youth Club, Heddingham Youth Club, North Avenue Youth Club, Chelmsford Boys Club, SNAC and Braintree Youth Project were each given a ticket to see either Seussical the Musical, The Woman in Black, Jack and the Beanstalk or Aladdin over the festive period – and, oh what fun they had!

All the young people who attended the trips thoroughly enjoyed the show they saw. Even those who spent the majority of the time jumping out of their seats during The Woman in Black enjoyed themselves! Plus, those who went to see Seussical the Musical were really lucky and got to meet the cast – check out the pictures below.

However, none of this would have been possible if it hadn't been for the incredibly generous donations from [ATG Tickets](#), [Polkadot Pantomimes](#), [Pantaloons](#), and [Sell A Door](#). So, on behalf of all of the young people that attended the theatre shows, I would like to say a massive THANK YOU to you all for making this opportunity happen and completing one more step towards the young people's Arts Award!



Braintree Youth Project Charity members at Aladdin



SNAC members enjoyed Jack and the Beanstalk



Blackmore Youth Club and North Avenue Youth Club members enjoyed Seussical the Musical



Members from Hedingham Youth Club, Chelmsford Boys Club, Rainham Royals and West Bergholt Youth Club ready for a scare at The Woman in Black.

