

NEWSLETTER



ESSEX

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



YOUTH ACTIVITY CAN STILL HAPPEN!

After the recent guidance that has been released there is some confusion over if youth activity can still happen - The answer is YES! Youth activity can still take place under certain guidance for example as long as your building is COVID secure and you are working with bubbles of 15 young people (or to what your venue can allow) and have adequate risk assessments. Join the EBGC team on Wednesday the 16th September at 7:00pm on zoom to discuss how to safely reopen your club! It will also be a brilliant opportunity to speak to other club leaders and volunteers that are in the same position as you! For more information please contact Rebecca on rebeccas@essexboysandgirlsclubs.org or call the office on 01245 264783

All things Uttlesford!

This summer we have ran a range of programmes in Uttlesford reaching over 200 different young people and their families! With funding from Essex County Council and Active Essex we were able to provide The Uttlesford summer Activity Programme which ran every day of the summer holidays from **Thaxted Youth Club, Newport Youth Club and Sampfords Youth Club** which provided fun activities and lunch for young people aged 5 –12 to support working parents. After a need was identified in South Uttlesford we then expanded the sessions to include activities and lunch at The Silver Jubilee Hall in Takeley where 41 different young people attended the sessions and then took a food based family activity pack home to enjoy with their families. We had some brilliant feedback over the summer and we would like to say a massive thankyou to everyone that supported the programme! We are hoping to run these holiday sessions again - more information to follow!

Satellite clubs

With funding from Active Essex and support from 3 affiliated clubs we decided to set up satellite clubs to support the local young people back into activity and interacting with others after lockdown lifted. We are running two clubs in Uttlesford, one at **Thaxted Youth Club** and one at **Newport Youth Club** based on multisport activities. We also are running a canoe sessions on the River Chelmer with the support of **Chelmsford Boys And Girls Clubs**. For more information please contact Rebecca on 01245 264783 or email rebeccas@essexboysandgirlsclubs.org or call on 01245 264783.

Youth Investment Fund (YIF)

Although the funding for our 3-year Youth Investment Fund project has come to an end that certainly isn't the end of the project, and we will be continuing to support the clubs to become fully self-sufficient and ensure their long-term sustainability. As part of this process Wanstead Youth Club has now become a Registered Charity, with UMC Phab looking to follow suit in the next month. The clubs will continue to offer their members a variety of activities, including sport, arts and crafts, gardening, as well as trips away from the club to help members broaden their horizons. Since setting the clubs up we have worked with young people with over 30 different types of additional needs, so if you'd like to find out how you can make your club more inclusive then please feel free to get in touch with us!

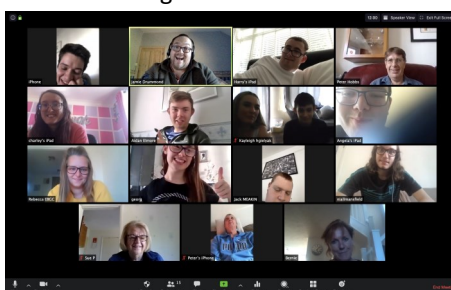
EBGC ONLINE TRAINING

Over lock down we delivered Mental Health Awareness training to 135 volunteers and individuals from Essex! For more information contact Jamie.



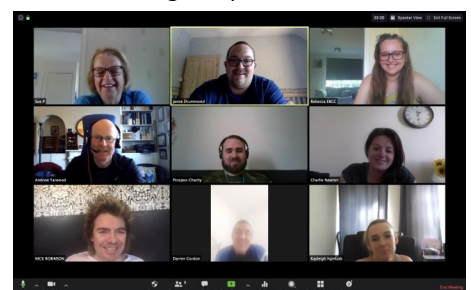
EBGC ONLINE

Since lockdown we delivered 45 online youth club sessions! These included quizzes, Pictionary, activities, games and general chitchat!



Club Leader Catch ups

Over lockdown we kept in touch with the club leaders and volunteers through regular zoom sessions and was able to share some great practise and ideas.





St.Joesphs YC enjoying a EBGC Paddle day! Is this something your club would enjoy? Contact Jamie on jamied@essexboysandgirlsclubs.org for more information or to book!

EBGC youth committee at work discussing what their clubs wanted to see in the new activity calendar



A massive well done to Keanen (Northolt BC) for winning both the running and the cycling challenges! I wonder if anyone is up for the challenge of taking him on next time?

Events and activities

Virtual Run Challenge: A great effort from everyone involved, saw **Patrick Wilson's s. o. b (Northolt Boxing Club)** Keanan Reis victorious in all aspects of the Virtual Run for seniors (14 -18-year olds).

Virtual Cycle Challenge : Victorious yet again Keanan Reis (**Patrick Wilson's s. o. b**) took another win in our Virtual Cycling Challenge! Displaying a passion for a range of sports and activities Keanan has had a fruitful Summer with the Boys and Girls Clubs, representing his club, acting as a great role model to his peers. Well done Keanan, we look forward to seeing you at our upcoming events!

Zoom Judo Taster: This summer, EBGC welcomed 'Core Judo Coaching UAE' Head Coach and former GB Athlete Aaron Turner to engage with our club members via Zoom from his home in Dubai. Club members engaged in a Judo taster session. Working on basic footwork and fundamentals to the sport, whilst also learning basic Japanese linked to the sport.

Cricket Nets: Frenford Clubs played hosts for a cricket nets session which saw former EBGC Rep Cricket member Ethan Bell of **Bancroft Lions CC** support the budding young cricketers.

Throughout the session club members worked both on their bowling technique and their batting. Real quality on display at the event and we welcome cricketers to keep their eyes peeled for 2021 for our U12, U14 and U16 EBGC Rep Cricket Teams. Contact calluma@essexboysandgirlsclubs.org for more information.

Rounders: A well-attended **Sampfords YC** rounders afternoon, saw club members engage in both traditional rounders and football rounders. Great weather led to a successful event rounded off well with a BBQ. Thank you to volunteers from Sampfords for making this event possible and to those who attended.

Football Skills: Island Boys and Girls FC hosted EBGC Activities Officer Callum for a football skills session. Club members engaged in keep ball, passing, keepy ups and rounded the session off with a match. Great ability and even better mentality from everyone involved to develop their footballing ability. We look forward to seeing their talent showcased in the future at our 5-a-side and Rep Football Team. Well done to everyone involved!

Art in the Outdoors: This event held at LMO saw club members from **Bancroft Lions** and **St. Joesphs YC** engage with various art activities whilst using the outdoors and nature for inspiration and to fuel their creativity. The day started with landscape drawings of the picturesque Layer Marney Tower followed by artistic bushcraft skills making musical instruments and bracelets from resources only found in nature.

Zoom Art sessions & Cook along with Lynsey: Over the summer period, we took the arts programme online! From a self-portrait session to origami folding and even sculpture making - lockdown didn't stop us creating art or baking!

The 3 Peaks challenge! 7 staff members and volunteers from **Frenford Clubs** went on a fundraising mission and took on the 3

Peaks Challenge! with support from EBGC director and chairman of Frenford Clubs Martin Solder and EBGC supporter Tony Wakling the club took on the challenge! Well done to everyone that took part and the amazing amount that was raised for the club to continue its great work! Fancy taking it on? For more information email Martin on martins@essexboysandgirlsclubs.org

Training

Leadership ASDAN: This training is perfect for young people in clubs that are beginning to show leadership skills. Over lockdown we worked with 4 affiliated clubs; **Sampfords YC, ZONE 1, Rainham Royals and the EBGC VTEAM** to train some of their members in leadership, communication, qualities of a good leaders, strengths and weaknesses and more! For more information on this training please contact Rebecca on rebeccas@essexboysandgirlsclubs.org

I Can Lead: The 'I Can Lead' Sports Award is a perfect development course for club members 13+ to develop their leadership for sports and activities. Club members from **Bancroft Lions CC, St.Joesphs YC, Frenford Clubs and Patrick Wilson's s. o. b** engaged in the adapted zoom version of this course. Developing or understanding; communication skills, leadership qualities, games/activities and awareness. A great effort from everyone involved with the hope of future club volunteers being developed and invested to creating a safe and fun environment for years to come. If you think that this course is something your club or you as an individual maybe interested in, contact calluma@essexboysandgirlsclubs.org for more information.

Young Leader Sports Award: The 'Young Leader Sports Award' aims to develop the confidence and communication skills of those involved whilst delivering or supporting fun and engaging activities within the youth clubs. Participants on this course found a great benefit in completing this course and are now raring to go and support their clubs when they re-open. Well done to everyone involved a great effort and achievement for the young people at **Wanstead YC and St.Joesphs YC!** If you think that this course is something your club or you as an individual maybe interested in, contact calluma@essexboysandgirlsclubs.org for more information.

Arts Award Discover: Following on from the Arts in the Outdoors event, some of the young people who attended the event have gone on to taking part in the Trinity College Arts Award Discover. This is a great opportunity to really experience different areas of the arts and to explore artists in various forms, it could even be



your favourite rapper for example! Then to share and reflect on your newfound knowledge and experiences with others. This is an ongoing training delivered by Arts Officer Lynsey so if it is something that you are interested in finding out more about then please do get in touch!

EBGC Youth Committee

Over lockdown we started the EBGC Youth Committee. The committee is made up of young people from our affiliated clubs who want to make a difference; in their club, within EBGC and the wider community. They offered guidance over the activity calendar and are currently looking at what else we can offer. The current committee members are: Charlotte Arnold (**Sampfords YC**), Mia Collins (**Sampfords YC**), Dan Lees (**UMC Phab YC**), Keanan Reis (**Northolt BC**), Rose Mears (**St Joesphs YC**), James Mears (**St Joesphs YC**), Nicole Marshland (**Wanstead YC**).

There is still space for some more members to join! If you have someone in your club you would like to nominate please contact Jamie on jamied@essexboysandgirlsclubs.org

Layer Marney Outdoors (LMO)

Since lockdown lifted 95 young people have visited the centre and have enjoyed the activities that the LMO can offer in the form of club activity days and EBGC events and activities. If you are interested in an activity day for your club or want to know more about the centre please contact the team on bookings@essexboysandgirlsclubs.org

RESPECT

After Christmas we started 3 Respect Project, when lockdown hit we kept the Chelmsford Project going! We started a new way of delivering the sessions by taking respect online. The young people responded well with this and they met online twice a week for discussions and general support, through a time where everything had stopped. Over the next 5 months we worked together gearing up for a time when the residential week away could happen. At the end of August, we got our break and 5 young people and 3 staff went to our centre High Row in the Lake District for a week of mountaineering and camping. The week was run slightly different to normal where everyone was outside camping. When we got back home and restrictions changed again so we planned the presentation evening over night to delivered the next day to ensure the young people could celebrate and share their achievement and experiences. It has been a fantastic project with some amazing and dedicated young people that took part over the 6 months. A big well done to the young people, staff and a special thanks to the High Sheriff of Essex Julie Fosh and Pontlands park for arranging the venue for the presentation evening at short notice. The young people who participated and completed the project are now continuing their journey with EBGC.

NCS

Essex Boys and Girls clubs delivered an amazing NCS programme this Summer! The programme was slightly different this year, with the focus being around giving back to the local community through social action projects. We were based at Hadleigh Park in Benfleet and were joined by over 50 young people in Year 11. Together we completed over 1,500 hours of social action... what an achievement! We rebuilt a medieval round house by throwing daub, we built a bush craft area for school groups to use for educational sessions and



Young people joining the High Sheriff of Essex Julie Fosh on her coastal path walk to raise awareness of the beautiful Essex Coastline, walking and the physical and mental benefits of it!

we also helped the park rangers with gardening and getting the park up and running again post lockdown.

We are running another NCS programme during October half term (26th-30th October). This is available for anybody in Year 12 (or up to the age of 25 with for young people with SEN) and is completely FREE! The programme will offer lots of fun activities, personal development sessions for your CV and the opportunity to get out and about to complete some social action. Please call 0800 197 8010 or email ncs@essexboysandgirlsclubs.org for more information or to sign up.

Maes Y Lade

Huge thank you to everyone that has supported our Family Bubble Activity Weeks as part of our revamped Summer programme. We ended up fully booked throughout the holidays which was fantastic particularly after the disappointment of not being able to welcome any club visits or school groups since March. Alongside these weeks we have also been running activity days for local young people with every sessions full. Young people took part in Canoeing, Mountain Climbing, Stand Up Paddle boarding, Archery and Laser Tag sessions as part of the Summer programme that we put on. We have also been running corporate days and team building events for local companies which have received great feedback, even when the weather has been challenging! Looking ahead thanks to all the clubs that have already booked in for 2021, if you would like further information on how your club can visit Maes y Lade then please get in touch - davidh@essexboysandgirlsclubs.org

Boxing

Unfortunately, due to the ongoing situation with COVID19 we are disappointed to inform you that we have to cancel the NABGC Boxing Championships for 2020. Whilst the restrictions are gradually easing and gyms are beginning to open, the limited access to gyms and capacity for potential competitors to train appropriately mean that there would be ongoing safety concerns for boxers and also it is, at present, unclear as to whether competitive boxing and shows will be able to take place by the time the championships would be running. **Next years championships are already in the calendar and will be the usual dates running from October to December.**

Britain's Fittest Teen

We may not be able to run our prestigious NABGC Boxing Championships this year but we are planning to offer something just as big, prestigious and exciting. Throughout October to January we will be running the **NABGC Functional Fitness Championships - Britain's Fittest Teen**. It will be a functional fitness based competition which will take place via online submissions and a finals day at CrossFit Rotherham. Please keep an eye on the website and your inbox for more details which will follow soon!



UPCOMING EVENTS FOR AFFILIATED CLUBS

Virtual Cycle Challenge Friday 2nd October - Friday 6th November Location: Remote via Strava Who for: Junior: 11-13 Year olds & Senior: 14-18 year olds Cost: FREE Contact: calluma@essexboysandgirlsclubs.org	EBGC Boys Rep Football Trials Saturday 10th October - 9:30am - 12:00 pm Location: Island Boys and Girls FC, SS8 8QP Who for: U15 & U16 Boys Cost: FREE Contact: calluma@essexboysandgirlsclubs.org
ORCA Scuba Diving Taster Session Tuesday 13th October - 6:30pm - 9:00pm Location: Basildon Underwater Film Studios Who for: All club members aged 11+ Cost: £20pp Contact: calluma@essexboysandgirlsclubs.org	Safeguarding Course Thursday 15th October - 7:00pm - 9:00pm Location: Chelmsford Boys and Girls Club, CM1 1RQ Who for: All club leaders and volunteers Cost: £5pp for affiliated clubs Contact: suep@essexboysandgirlsclubs.org
Canoeing Taster Session Monday 26th October - 10am - 1:00pm Location: River Chelmer, Meeting Point TBC Who for: Club members aged 11+ years Cost: £5pp Contact: calluma@essexboysandgirlsclubs.org	I Can Lead (Sports Leader Training) Tuesday 27th & Wednesday 28th October (Both days must be attended to complete course) - 10:00am - 5:00pm Location: Chelmsford Boys and Girls Club, CM1 1RQ Who for: Club members aged 13+ years Cost: £20pp Contact: calluma@essexboysandgirlsclubs.org
Halloween Baking Saturday 31st October - 11:00am - 2:00pm Location: Chelmsford Boys and Girls Club, CM1 1RQ Who for: Club members aged 11+ years Cost: £3pp Contact: lynseyr@essexboysandgirlsclubs.org	Pumpkin Carving Competition Deadline Sunday 1st November Location: Remote Who for: Club members aged 11+ years Cost: FREE Contact: lynseyr@essexboysandgirlsclubs.org
Virtual Run Monday 9th November - Monday 14th December Location: Remote via Strava Who for: Junior: 11-13 Years & Senior: 14-18 Years Cost: FREE Contact: calluma@essexboysandgirlsclubs.org	UNO Championships Saturday 14th November - 10:00 am - 2:00pm Location: Chelmsford Boys and Girls Club, CM1 1RQ Who for: Club members aged 11+ years Cost: £3 per person Contact: jamied@essexboysandgirlsclubs.org
Night Exercise Friday 20th November - 7:00pm registration Location: Layer Marney Outdoors, CO5 9UX Who for: Club members aged 11+ years Cost: £25 per team of 4 Contact: calluma@essexboysandgirlsclubs.org	Christmas Card Competition Deadline Friday 4th December Location: Chelmsford Boys and Girls Club, CM1 1JL Who for: All club members Cost: FREE Contact: lynseyr@essexboysandgirlsclubs.org
Christmas Art Workshops Monday 23rd November - Friday 11th December Location: Youth Clubs Who for: All club members Cost: £150 per session - Bursaries available! Contact: lynseyr@essexboysandgirlsclubs.org	Key days for your 2021 diary! EBGC AGM & Dinner - Friday 14th May @Gosfield Golf Club Essex Adventure Weekend 2021 - Friday 18th to Sunday 20th June @Stubbers Adventure Centre EBGC Summer Golf Classic - Wednesday 30th June @Gosfield Golf Club Lands End to John O'Groats cycle ride - Friday 17th to Sunday 26th September

Nepal Adventure 2021 / American Challenge 2021

We haven't forgotten about our overseas adventures! And although we may not have a solid date at the moment we are still planning and getting ready for the trips to take place!

If you are interested in or would like to nominate a club member for the American Challenge or Nepal Adventure or would like to know more about what the trips involve please contact

America Challenge: Callum on calluma@essexboysandgirlsclubs.org

Nepal Adventure: Jay on jays@essexboysandgirlsclubs.org

or call the office on 01245 264783

Outdoor learning days for your school!

With outdoor residentials not back up and running just yet, instead of you coming to see us, we are coming to you! This autumn the Maes y Lade and EBGC outdoor team are running outdoor learning sessions in schools. The programme can run for one to three days and can be tailored around a range of activities from survival skills, to leadership and team challenges. The sessions are adapted to whatever space you have available on the school premise or in the local area. Costs from £19pp. For more information please contact David on davidh@essexboysandgirlsclubs.org or call the office on 01245 264783

THANK YOU TO ALL CLUBS, VOLUNTEERS, SUPPORTERS & FUNDERS FOR YOUR ONGOING SUPPORT!
 Essex Boys & Girls Clubs, Harway House, Rectory Lane, Chelmsford, Essex CM1 1RQ. Registered Charity Number: 1163658 Tel: 01245 264783

Come along and visit one of our outdoor centres

Layer Marney Outdoors

For more information or to book please contact:
bookings@essexboysandgirlsclubs.org
 or call 01245 264783

Maes Y Lade

Get in touch with David Hassard
davidh@essexboysandgirlsclubs.org for more information of
 how you can get involved.

High Row

For more information about High Row please contact Sue
 Pell on 01245 264783 or email
suep@essexboysandgirlsclubs.org