



UPCOMING EVENTS & SAVE THE DATES

PUMPKIN CARVING COMP OPENS WHEN: Mon 23rd September WHERE: email in your ideas! COST: free jpease@essexboysandgirlsclubs.org	EBGC WATER ACTIVITY DAY WHEN: Sat 28th September WHERE: Layer Marney Outdoors COST: £5 per person georges@essexboysandgirlsclubs.org	HALLOWEEN IDEAS PACK RELEASE WHEN: Tue 1st October WHERE: emailed to all clubs! COST: free jpease@essexboysandgirlsclubs.org	PADEL TASTER SESSION WHEN: Sun 6th October WHERE: Eudo Road, Colchester COST: £3 per person georges@essexboysandgirlsclubs.org
YOUTH VOICE DAY WHEN: Sat 12th October WHERE: ARU Chelmsford COST: free jpease@essexboysandgirlsclubs.org	SAFEGUARDING TRAINING WHEN: Thu 17th October WHERE: Harway House, Chelmsford COST: £10 per person for affiliated clubs, £20 for non-affiliated clubs suep@essexboysandgirlsclubs.org	EBGC AUTUMN RUN WHEN: Sat 19th October WHERE: Langdon Nature Discovery Park COST: £2 per runner georges@essexboysandgirlsclubs.org	BOXING CHAMPIONSHIPS START WHEN: Mon 21st October COST: £10 per boxer georges@essexboysandgirlsclubs.org
EBGC VTEAM SOCIAL WHEN: Fri 25th October WHERE: online COST: free volunteer@essexboysandgirlsclubs.org	HALLOWEEN THEATRE CLUB WHEN: Wed 30th - Thu 31st October WHERE: Essex venue TBC COST: £3 on the day or £5 for both jpease@essexboysandgirlsclubs.org	CHRISTMAS CARD COMP OPENS WHEN: Fri 1st November WHERE: email in your ideas! COST: free jpease@essexboysandgirlsclubs.org	CHRISTMAS IDEAS PACK RELEASE WHEN: Mon 11th November WHERE: emailed to all clubs! COST: free jpease@essexboysandgirlsclubs.org
NIGHT EXERCISE WHEN: Sat 14th December georges@essexboysandgirlsclubs.org	ADVENTURE WEEKEND WHEN: Fri 20th - Sun 22nd June jpease@essexboysandgirlsclubs.org georges@essexboysandgirlsclubs.org	EBGC GOLF DAY WHEN: Wed 2nd July jpease@essexboysandgirlsclubs.org	

EBGC NEWSLETTER



ESSEX BOYS & GIRLS CLUBS : SUPPORTING YOUNG PEOPLE SINCE 1939

"better to build boys & girls than to mend men & women"

ESSEX
Autumn 2024



Jack Petchy Residential



MAES Y LADE

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



LAYER MARNEY

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



HIGH ROW

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

Any fundraising or donation enquiries, please email: dome@essexboysandgirlsclubs.org



THANK YOU TO ALL CLUBS, VOLUNTERS, SUPPORTERS & FUNDERS FOR YOUR ONGOING SUPPORT!

Essex Boys & Girls Clubs, Harway House, Rectory Lane, Chelmsford, Essex CM1 1RQ. Reg. Charity No: 1163658

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Lee Valley Water Day



Shooting Championships

Essex Boys & Girls Clubs, Harway House, Rectory Lane, Chelmsford, Essex CM1 1RQ. Reg. Charity No: 1163658

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AN UPDATE FROM OUR ARTS DEVELOPMENT OFFICER

At the end of 2023 we ran our annual Christmas Card Competition with the winning card coming from Westminster House. Congratulations for a brilliant creation! We also had clubs enter our Photography Competition. A massive well done to our winner from Chelmsford Boys and Girls Clubs whose photo appeared in two local Essex Magazines! In 2024 we launched our first ever EBGC Virtual Gallery with displays of artwork from clubs across Essex. It's been fantastic to see everyone's amazing artwork and a huge congratulations to our winner Aarshika Kokwian from Bancroft Lions Cricket Club! Our Arts Days have included museum trips, workshops and various activities including graffiti days and filming workshops partnering with many local organisations and creatives. We thank them all! We have welcomed many clubs to the theatre visiting 'Wicked' in London's West End! Congratulations to North Avenue Youth Club for taking part in our Theatre in a Week program with young people creating their own show in a matter of days with themes surrounding gang culture. From Shakespeare, comedy, singing, acting, dancing, costume, set, scripts and more the young people involved created a truly inspirational performance. A huge well done to everyone that took part. Thanks to everyone at Seabrooke Rise for helping host our annual EBG Bake Off with young people winning various trophies and awards. We loved all your showstopper creations and enjoyed sampling all your bakes! It was also great to visit Maes Y Lade for the second year attending the Hay on Wye Festival and combining art and the outdoors. Since the end of November 2023 young people have taken part in numerous arts activities with EBGC with club sessions including theatre arts, tie dying, jewellery making, painting, graffiti, filming, fashion projects, photography, dance, themed art and more as well as visiting museums, theatre shows, festivals and events. They've sat in on BBC radio shows, watched pantomime, taken part in poetry and lyric workshops, sat in on Q&A's with authors and other exciting arts activities. To see how your club can get involved in arts and creative opportunities, contact Jess now: jpease@essexboysandgirlsclubs.org

AN UPDATE FROM OUR SPORTS DEVELOPMENT OFFICER

5 a side-
We hosted our 5-a-side championships at Frenford Clubs in February, with 9 teams taking part. Linford U14s and Frenford U12s were our champions on the day.

Cross country-
In February we hosted the National Cross Country Championships in Essex at Layer Marney. We had 109 runners from Essex, Wales, Bristol and Durham take part in the races across the four different age groups. Billericay and Wickford ABC were this year's boxing club trophy winners, with the rest of the awards spread between the clubs in attendance.

Rep football tour-
This year we took our U16 rep football squad to our residential centre in Wales for a few days of activities and football. They watched an EFL Championship game at Swansea City FC, played against Swindon Town, and also took part in team building activities such as laser tag, and reaching the top of a mountain!

Table tennis-
Our table tennis championships took part at Frenford Clubs in March, with young people from Purfleet, Walton, and Frenford taking part. Group stages were completed across 3 tables before finals matches took place, with competitive games across the day.

Cricket trials and games-
This summer we have had rep cricket games for our U12 boys, U14 boys, and for our newly formed U14 girls team! Games have been against Eton College, Kimbolton School, Tonbridge School, and more, with the players getting to experience games against players they wouldn't normally play against at prestigious venues.



Spring run-

We held a new run event at Langdon Nature Discovery Park in April. Young people could either do a 5km or a 2.5km run, with all finishers getting a medal!

Dodgeball-

Our dodgeball competition was held at Silver End Youth Club this year, with over 35 young people taking part in a fiercely competitive evening.

24 hour survival-

At our survival challenge, young people from 4 of our affiliated clubs made shelters to sleep in, made fires to cook on, and took part in archery and woodland activities to survive the 24 hours at Layer Marney Outdoors.

Shooting champs-

42 young people from 6 of our clubs took part in our shooting championships at Herts and Essex Shooting Association. We ran an air rifle competition, with other activities including air rifle field shooting, clay pigeon shooting, gun talk, and canon/black powder demonstrations.

Laser tag-

Layer Marney Outdoors hosted our laser tag competition where 12 teams battled it out to be crowned champions. After group games and the finals, Seabrooke Rise Youth Club came away as champions!

Fishing-

Our first round of our fishing championships took place at Home Farm Fisheries in Little Walden. All young people were successful in catching a number of fish, with the most being 34 lbs.

Lee Valley Day-

40 young people from 4 clubs attended Lee Valley to experience paddle boarding and water wipe out. The clubs all had so much fun and we hope to visit again next year!

If you would like to know more about our sports events, or would like to get involved, please contact:

georges@essexboysandgirlsclubs.org

ADVENTURE WEEKEND

Young people from Essex, Lincolnshire, and Bristol joined us at Essex Outdoors Mersea for our annual adventure weekend. They got to take part in a number of activities including high ropes, zip wire, laser tag, caving, archery, bushcraft, arts and crafts and sports! It was fantastic to see the clubs from our national network joining together, we are already looking forward to next year's event! Well done to the young people from North Avenue Youth Club and Prospex Youth Group for their tie-dye project ran on Saturday night, to raise money for their Nepal trip!

EBGC GOLF DAY

Thank you to everyone who attended the Golf Day 2024 at Gosfield Lake Golf Course. It was great to see many familiar faces as well as new ones enjoying a round of golf, food and entertainment as well as our annual Golf Day auction and raffle, raising money to help support young people and the work we do. We are forever grateful for your continued support for EBGC and hope to see you again next year! For more information, please contact Jess jpease@essexboysandgirlsclubs.org

A RESPECT PROJECT UPDATE

6 projects have been delivered this Spring, with over 60 young people receiving ASDAN Awards in recognition of their achievements during their Residential weeks. Outcomes experienced by young people include an increase in confidence and self-esteem, new friends, more knowledge, and skills they can use to make better choices, and achieving goals they never thought they could at the start of the project.

On completing projects, young people are offered several opportunities to keep active and involved with Essex Boys and Girls Clubs. These include, joining a local club, accessing a JPF Residential trip this summer, and becoming a volunteer.



AN UPDATE FROM OUR OUTDOOR CENTRES

Maes y Lade Centre-

It has been great to see so many club members and leaders visit Maes y Lade as part of the Jack Petchey Residential Scheme this year. Earlier in this year EBGC Club Leaders and Supporters took part in Canoeing the Great Glen all the way across Scotland from the west coast to the east coast wild camping along the way. With a tail wind and sunshine (yes Scottish Sunshine!) it was a fantastic paddle over 5 days. We still have the River Spey Canoe Expedition to come later in the year from 23rd till the 27th September with a couple places still available for Club Leaders or EBGC Supporters.

Layer Marney Outdoors-

The summer has seen a variety of groups accessing activities at our outdoor Centre, in Essex. These include those attending the Public Services course at Colchester institute, young people from Respect Project groups, school groups attending activity days both on and off site, and club groups making the most of the longer evenings. We continue to host events from the EBGC, including the Laser Tag competition and the 24-hour survival challenge. Later in the year we plan to host the Water Day and Night Exercise, among others. We have also delivered "Have a go" days for staff and volunteers that are interested in Outdoor Activities. These provide opportunities for staff and volunteers to learn new skills and be able to support other events in future.

High Row-

We have hosted several groups this year in the Lake District. These include a Cadet group, a volunteer family group, Respect Project groups, not to mention the staff training trip. We have had clubs in for trips in July and other regular groups over the summer holidays. We recently received a donation of paint from Seabrooke Rise to freshen up the outside walls and volunteers to do the painting. Second coat and general maintenance work continues.

AN UPDATE FROM ECVYS

Essex Boys and Girls Club groups that are based in the Local Authority areas of Essex, Southend and Thurrock are affiliated members of ECVYS (Essex Council for Voluntary Youth Services). As affiliated ECVYS members you can: **Apply for '50 for 50' Training Support Grant** – Individual grants of up to £500 are available to volunteers and paid youth work staff to train, and gain a recognised qualification, in youth work skills that will support youth work practice in Essex (specifically work with young people aged between 11 and 25). For more information and to apply go to <https://ecvys.org.uk/training-and-grants/>

Put your Youth Club on the Map!

– the Essex Youth Map is being developed to promote youth clubs. Essex Youth Map has details of youth clubs across Essex. To add or update the information about your club please add the details via the QR Code.

INTRODUCING: MAISIE MOON

Hello! I'm Maisie Moon, I have been volunteering with Essex Boys and Girls Clubs for the past year and am now working full time with them through the Rank Aspire Programme. I started out on a Respect Project myself when I was 13 and came back to help wherever I could. It's incredibly important to me that young people receive the support they need and have access to safe spaces across Essex for them to go, have fun and jump into the wonderful opportunities that EBGC offers throughout the year! Over the course of the following year, I would love to achieve my paddle sports qualifications so that I can deliver sessions at our Layer Marney Outdoors Centre. My role will be supporting the Colchester, Braintree and Tendring Respect Projects throughout Autumn and Spring, along with various events and youth clubs across Essex. My favourite aspect of the projects has been finding a certain little spot in Heggale Wood in the Lake District, exploring, and taking beautiful pictures in the woods, which has reignited my love for photography.



PROGRAMMES FOR YOUR CLUB

National Citizen Service (NCS)-

NCS experiences focus on providing young people in school years 11 and 12 (age 15 - 25 for those with SEND needs) with opportunities to develop life skills, boost their employability and engage in social action in their local communities. The team have been busy planning experiences, promoting opportunities and delivering workshops to young people across Essex. We have funding available to deliver opportunities up to March 2025 and would love to hear from you if you have a group of young people in your club that you think would benefit taking part in NCS. To find out more or explore the opportunities that NCS can offer your club members, please call Andy Moore on 01245 264783 or email andym@essexboysandgirlsclubs.org.

Theatre For All-

We have now launched our exciting program in Braintree, Uttlesford, Stansted and Maldon! We are offering the opportunity for young people to try theatre arts workshops for free, use their voice for positive change, create their own show and see live theatre themselves. No experience is needed! Learn from theatre professionals and use your own creativity! This opportunity is for 2024 and is one not to be missed! Funded by the PFCC. Here are some dates!

Braintree: Thursday 12th September: 6pm-8pm, weekly sessions until 24th October **CM7 3QZ**

We ask that anyone wishing to get involved contact Jess now at jpease@essexboysandgirlsclubs.org.

VOLUNTEERING OPPORTUNITIES

If you are above the age of 16, look into becoming a volunteer with Essex Boys and Girls Clubs and merge your skills and interests to support young people's development! By joining our V-Team, you can get involved in any of these opportunities:

- Residential trips; to our outdoor centres, or across the globe!
 - Arts events; bake offs, theatre shows and more!
 - Sports events; dodgeball, fun runs, 5-a-sides, and more!
 - Supporting local clubs!
 - Supporting our Respect project!
- We will also provide a variety of training, such as:
- Safeguarding level 2
 - First aid
 - Leading some outdoor activities (such as laser tag)
 - Volunteer and young leader training

We have recently had a great time celebrating our current volunteers at Layer Marney Outdoors! If you would like to get involved, email:

volunteer@essexboysandgirlsclubs.org

JPF RESIDENTIALS AND HAF RECAP

Jack Petchey Foundation Residentials

Over the summer groups of young people have had the opportunity to go on funded residential trips to our centres in Wales (Maes y Lade Centre) and the Lake District, thanks to the Jack Petchey Foundation! Across the whole programme we took **471** young people away on residentials, where they got to try gorge walking, caving, canoeing, mountaineering, and many more adventurous activities!

Holiday Activity and Food (HAF) Essex and Redbridge-

We have continued to provide HAF sessions for young people in partnership with Active Essex and the London borough of Redbridge. We have just finished our summer sessions and have so much fun with activities and games in the warm weather! We have had **2192** attendances to our sessions and we have loved seeing everyone!



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