



All Ability Sports and Leisure

NEWSLETTER MARCH 2009

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Important Dates for your Diary

- 28th March Assistant Officials Athletics Course
- 25th April The Challenge Cup Harlow
- 3rd May Disco
- 16th May East Regional Disability Athletics Championships
- 26th September Come and Try Day
- 18th November All Ability AGM

Hi to everyone, This newsletter is intended to keep you in touch with goings on, and allow you to get more involved and thereby enjoy the projects linked to All Ability Sports & Leisure opportunities, all the more here's an update of everything that's happening for All Ability this year. All regular activities targeted at 'All People with a Disability', are ongoing, such as judo, athletics, swimming, multi-sports, trampoline and football, see details of sessions dates enclosed.

We also want to announce our successful applications to further funding received this year through Youth Opportunities Fund and Grass Roots funding, This is going to help us start up a new basketball wheelchair club in Harlow, and purchase some athletics racing wheelchairs. We are also waiting to find out if we have been successful in an application to the Lord Taverners to help fund 5 new basketball wheelchairs. Then also Harlow Council have been successful in Children and Young People Strategic Policy for further funding towards keeping all our regular All Ability Clubs running, provide another taster Day and to run The Challenge Cup Harlow Athletics Competition, (also supported by sportsex) which will be taking place at Mark Hall Sport Centre on the 25th April, see update on this enclosed. Then one of our fantastic Mums is organising a Disco to help raise funds for All Ability Sports & Leisure, taking place on Sunday the 3rd May at Princess Alexandra Hospital Social Club, you are all invited so get your glam rags ready and contact Nina for your ticket.

All Ability Sports & Leisure Award 2008

2008 Winners of the 'Innovative Scheme of the Year' Judges felt All Ability Sport and Leisure is a catalyst for all-ability sports within Harlow, which filled a huge gap in the market place. "We are all about giving everyone access to sport," said Kim Darby. "It's for youngsters with learning difficulties and physical disabilities and their friends and families, we want to give everyone a chance to enjoy sport. It's lovely to be recognised with this award and I hope we can continue to grow."



Picture Supplied by the Harlow Herald newspaper

All Ability Sports and Leisure New Chairman and Meetings

The AGM was held in November 2008, Kim Darby resigned as chairperson due to family commitments, but she is still going to help on the committee. She has been a great asset to the group and I think I can say for us all a big thank you goes out to Kim for all your hard work in helping to get All Ability up and running. Neil Mann, who is Manager at Stewards Pool was formally voted in as our new chairman. We also lost Wendy Merry as our secretary due to her work commitments, and again a big thank you goes to Wendy for all her help on the committee, the position of secretary is open, Sara Morris has agreed to stand in to help in the mean time to do the minutes, if anyone is interested in becoming secretary for the group, it would be great to hear from you. Please contact either Neil or Helen if you would like to help on the committee, which would be much appreciated call Helen on 01279 446417 or Neil on 01279 772521

Eastern Region Disability Athletics Challenge- 10am to 5pm May

The Eastern Regional Athletics Championships will be taking place on the May. Last year we came back with 19 gold 11 silver & 7 bronze medals, so good luck everyone for this year too.

Athletics: Mondays 5.30pm to 6.30pm 10 yrs to 14yrs 6.30pm to 7.30pm 15yrs to adults Mark Hall Athletics Track, London Road, Harlow.

Due to some fantastic funding last year from Awards For All, and Sport Relief, Active Works, and the Education Trust, we were able to get Athletics off to a great start and we have also been able to continue this inside throughout the winter season too. Bob Mckinley is the head coach and is assisted by Sara Morris, Richard Chiassario, and Ken Day, and sometimes other volunteers like Aiden Savage and Pat Darby. Numbers in both Juniors and Adults have grown from strength to strength. And the funding has helped buy some fantastic 3wheel bikes, a hand adapted bike and 2 Petra Running bikes, plus a throwing frame, and other specialised athletic equipment, such as reversa boards, throwing clubs, and grip ball.

The Challenge Cup Harlow - 10am to 4pm taking place at Mark Hall Athletics Track 25th April

Athletics has been so popular that we are organising an athletics competition to be called the Challenge Cup Harlow taking place on the 25th April, We are inviting other disability athletics clubs from around Harlow to take part too. So this should be a very exciting day, and everyone is invited to come and cheer our team on.

Assistant Officials Athletics Course - 10am to 1pm taking place at Mark Hall Sport Centre 28th March

To organise a competition we need athletic officials so we have also organised an UK Athletics Assistant Officials Course. Anyone interested in getting this qualification, then let Helen know asap. as we hope to have lots of helpers to run the competition on the Challenge Cup Harlow Day.



Judo - Mondays 5.30pm to 6.30pm at Stewards School Sports Hall, Parnell Road, Harlow, with Harlow Judo Club Coach Mick Ellis. Fee £1.50. All Age Groups for children and adults with additional needs and siblings Welcome. Call Neil Mann at Stewards Pool for further information 01279 772521

**Swimming for children and adults with additional needs and siblings- Tuesdays 4pm to 8pm at Stewards School Pool, Parnell Road, Harlow, for All Age Groups
Call Neil Mann at Stewards Pool for further information 01279 772521
(There is a course fee to take part)**

Trampoline - Saturdays 11.30am to 12.30pm at Stewards School, Parnell Road, Harlow, Fee: £1.50. Age Group: up to 11year olds plus siblings call Neil Mann at Stewards Pool for further information 01279 772521

**Multi Sports - Saturdays (fortnightly)
Time 10am to 12noon Mark Hall Sport Centre, London Road, Harlow, Fee £1.50**
targeted at age groups 5 - 18 yrs to try all different sports such as athletics, basketball, boccia, table cricket, and other fun coordination activities. Coached by Bob McKinley

**Football - Thursdays 5.30pm to 6.30pm (7 - 12 yr olds) 6.30pm to 7.30pm (13 + yrs) at the Abercrombie Centre, Abercrombie Way, Harlow. Fee: £1.50
Sept. to May Football Season. with HYAGFFA coach Alan Prentice**

**All Ability Basketball to include Wheelchair Basketball- Saturdays (fortnightly)
Time 10am to 12noon Mark Hall Sport Centre, London Road, Harlow**

Want to help us start a new wheelchair basketball team from Harlow targeted for 11 yrs and above ages? Come along to Mark Hall Sport Centre on Saturday mornings between 10am to 12noon with basketball coach Bob McKinley and wheelchair basketball coach Richard Chiassaro. Price to take part is £1.50



Club Membership Fees (contact Helen Offord, 01279 446417)

For all regular All Ability Sports and Leisure members of sports clubs, such as judo, athletics, football, trampoline, and swimming please note that for insurance purposes you should be a member of the sports club linked to the activity, for Athletics we are linked to Harlow Athletics Club, Judo is with Harlow Judo Club, Football is with Harlow Youth Action Group Football For All, and Trampoline and Swimming are both with Stewards School. The All Ability Sports and Leisure can help towards the cost of your membership fees, so don't let the membership fees prevent you from joining any of the club sections. The weekly activity sessions cost just £1.50 per person and annual club membership fees are between £5 and £20 per year per sports club section. So please ask your coach for a membership form, complete it and return it back to Helen c/o Leisure Services, Harlow Council

Disco

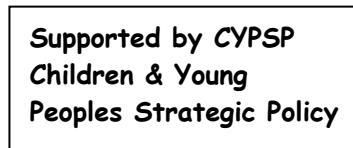
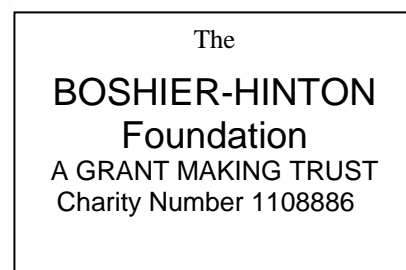
A message from one of our committee members: - "I have been meaning to get in contact regarding my charity night taking place on the 3rd May '09 its a Sunday (bank holiday weekend) originally it was for Zak's everyday wheelchair as he was refused a new one on the NHS. I have since been donated some of the money which is fantastic, I have the hall free and have a DJ for free and have many friends and family that have reserved tickets and some fab. raffle prizes that have been begged, plus some male friends are having their legs or chest waxed to help. Also a friend is doing a separate money raising event to help raise money for a chair for Zak, either a racing chair or basketball chair. I have explained to everyone that some of the money raised can go towards All Abilities, Sports & Leisure, and all are supporting it, I'm hoping to do a small buffet too on the night, and waiting on feed back from Tesco, Sainsbury's and Asda to see if they can help. The tickets are £5 and the event will be at the Princess Alexandra Hospital Social Club". Anyone interested in getting tickets to support this should contact Nina on 07903205179. Hopefully we'll have lots coming to this excellent fun event. Well Done Nina

PACT Pirates (Soft Play Fun) Session

This is for children with disabilities / special needs plus siblings and is free of charge with more sessions to follow contact pactharlow@msn.com

General Ideas - if you are bursting to get more involved or can help out the group in any way please contact new chairman Neil Mann on 01279 446417 or Sports Development Officer Helen Offord on 01279 446417 helen.offord@harlow.gov.uk

A big thank you goes out to all our funding partners: Awards For All, the Boshier-Hinton Foundation, Active Works, Sports Relief, Harlow Education Trust, Youth Opportunities Fund, Grassroots funding, sportessex, Harlow Council and activeharlow and Children and Young Peoples Strategic Services.



With Support Funding From Active Works, Harlow Education Trust Fund & WheelPower

