



All Ability Sports and Leisure

NEWSLETTER 2010

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 been happening and what's coming up for All Ability this year. All regular activities targeted at 'All People with a Disability', are ongoing, such as judo, athletics, swimming, multi-sports, basketball, trampoline and football, see details of sessions dates enclosed.

- News update
- Eastern Regional's 2009
- Challenge Cup Harlow 2009
- 1000 days to the Paralympics
- Taster day 2009
- Sports Hall Athletic Open 2010
- Athletics
- Judo
- Football
- Swimming
- Trampoline
- Basketball
- Multi-Sports

2009 was a very successful year for All Ability Sports and Leisure; we have seen all of our regular sessions grow in size largely due to promotion at events such as the taster days and 1000 days to the Paralympics but also due to our dedicated coaches and regular members. Many participants from the regular sessions have started to compete in their sport for example there was great success again last year at the Eastern Regional Disability Championships where 19 athletes managed to take 53 medals between them. Many individuals are improving in their sports and many have been excelling, such as in Judo Emma Murphy from the Harlow Judo Club All Ability section succeeded in getting a Bronze medal at the British Closed Championships 2009 and Richard Chiassaro a wheelchair racing athlete and wheelchair basketball coach was successful in winning the Disability Award in the Harlow Sports Awards 2009

Important Dates for your Diary

20th March - All Ability Showcase Day

24th April 2010 - The Challenge cup Harlow

15th May - East Region Disability Athletics Championships

24th July Taster Day

19th November - All Ability AGM

Up and coming events

Disability Sport Showcase Day - taking place at Mark Hall Sport Centre on the 20th March 2010, from 10am to 4pm.

This day is funded by sportessex disability sport academy. Remember to put this date in your diary, as it will be too good to miss. Clubs will be there displaying and letting you have a go at sports like Table Cricket, Rounder's, Seated Volleyball, Boccia, Wheelchair Basketball, Judo, Athletics, Football, Goalball, Trampoline, The Fitness Gymnasium and possibly more activities to be decided soon. To register to take part go to www.sportessex.com

The Challenge Cup Harlow is going to be taking place again this year on the 24th April 2010 at Mark Hall Athletics Track. All clubs and individuals are invited to take part as it is for all age groups 10 year to 99 years. The events will be Long Jump, Distance Club, Shot, Turbo Javelin, Grip Ball, 60m, 100m and 200m, relay races and 800m Wheelchair Racing. To take part, please contact Helen or Sara on 01279 446417 / 446403 or email sara.morris@harlow.gov.uk or Helen.offord@harlow.gov.uk

The Challenge Cup Harlow 2009.

On the 25th of April 2009 we held the Challenge Cup Harlow, This was an athletics event held at Mark Hall Athletics Track. 70 Participants competed in the event, the teams came along to join us were; Harlow Fields, Orwell Panthers from Ipswich and Sportability from Loughton.

The day funded by sportsex and CYPSP was a great success and a fantastic opportunity for all of the athletes to mix together and practice there events in a competitive environment.



Also on the day there was a group of officials that were completing there training as Level 1 Athletics Officials. 10 people managed to achieve this award.

Well done to everyone who competed.

Eastern Regional Disability Athletics Championships 2009

In May Harlow Athletics Club - All Ability Sports & Leisure section took along 19 athletes to the Eastern regional Athletics championships in Chelmsford and between them they won 29 Gold, 17 Silver and 7 Bronze medals.



Multi Sports - Saturdays (fortnightly) 10am to 12noon at 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 McKinlay

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 March Football Season. with HYAGFFA coach Alan Prentice

Athletics - Mondays - 5.30pm to 6:30pm for 10yrs to 14yrs and 6.30pm to 7.30pm for 15yrs to adults. Mark Hall Athletics Track, London Road, Harlow.

Coached by Bob Mckinlay

Fee £1.50



Trampoline - Saturdays 11.30am to 12.30pm at Stewards School, Parnell Road, Harlow
Fee: £1.50. Age Group: up to 11 year olds plus siblings.

Call Neil Mann at Stewards Pool for further information 01279 772521

All Ability Basketball & 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 McKinlay and wheelchair basketball coach Richard Chiassaro.

Fee £1.50



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)

Judo - Mondays 5.00pm to 5.45pm 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

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

PACT Pirates (Soft Play Fun) Session

This is for children with disabilities / additional needs plus siblings and is free of charge. Please contact pactharlow@msn.com before attending and for more information about PACT go to www.pactharlow.org.uk

1000 Days to the Paralympics

On the 3rd December 2009 Students from Harlow Fields, Mark Hall & Millwards all attended an event at Mark Hall Sports Centre to celebrate 1000 days to the Paralympic games in London.

The event started with a short video and then a speech from Anne Strike, everyone then got into there groups and moved around the various activities on offer including Basketball, Judo, Boccia and teams of 8 took part in a cycling challenge to ride 1000 m on the athletics track, plus quest 88 brought along some fun bikes to try out. A big thank you to all of those people that helped to make the event possible, such as the ECC Essex Legacy Team, Harlow Council Sports Development Team, the sports coaches, Quest 88 and Harlow School Sport Partnership Manager also to all of the schools for arranging their students to attend.

The Canal Boat Project - This project aims to get people out on the local waterways, they have contacted All Ability and offered us a trip for a group of people. If you are interested in this please contact Helen Offord on 01279 446417



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CYPSP Children & Young
Peoples Strategic Policy



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