

Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

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Winter Coats for Coaches

Local business man Sajidur Rahman of the “**Madina Group**” has kindly given 10 Winter Coats for the Vallance Saturday football coaches. Mr Rahman has previously helped out at Vallance sponsoring at the Awards nights and has 2 boys who attend the Vallance Football Academy. He lives in the area and grew up here so knows how much work is needed to provide for the local young people. We at Vallance are very grateful for his generosity throughout the years.






CHARTER STANDARD
DEVELOPMENT CLUB



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Pancake Day at the SEN Social Club

The Monday VSCA SEND club celebrated Pancake Day a day early during the club session. With all the ingredients bought beforehand it was left for the club users coming into the kitchen and making their own pancake and adding their own toppings and designs. One of the aims of this occasion was to help the club users become more familiar within a kitchen environment and become more confident cooking and heating food. A special thanks to Helga, Zaynab and Abul for helping and guiding the club users how to make the pancakes. Some of the club users went away feeling confident that they can replicate the pancake making at home independently. The club session was a delightful atmosphere with club users sitting with a cup of tea and their pancakes. *What's next at VSCA SEND Club?*



Easter's around the corner so will be looking to paint and decorate some Easter Eggs. In May it will be Ramadan and like last year we will be hosting an evening to break fasting together.



Players of the Month

February/March 2019



Under 7



Under 7



Under 7



Under 8



Under 8



Under 8



Under 8



Under 9



Under 9



Under 9



Under 10



Under 10



Under 10



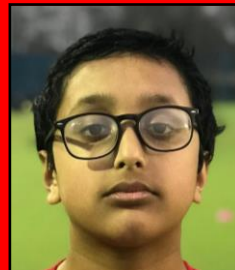
Under 11



Under 11



Under 12



Under 12

Jack Petchey Foundation Achievement Award

Abdul Halim has been awarded the ***Jack Petchey Foundation Achievement Award*** for March 2019 because of his hard work ethic at the Youth Club.



Grant Donation for Young People

The Youth Club at Vallance has been given a Grant from **The Vintners' Company**. The grant will go towards the costs of its regular 3 nights a week diversionary activities for young people in Whitechapel. The club caters for boys and girls 8 to 19 years old. Vallance chairperson Shuhel Ahmed said *"We are very grateful to The Vintners' Company for their generosity, currently our programmes which include the SEN Health Development project, Volunteers project and Community Sports Project have around 850 members. Not only does this encourage young people to live healthy lifestyles and have something to look forward to after school and weekends, but it also keeps them away from the streets and potential trouble"*.



Soft Fencing Sessions

There is a new activity added to the ever growing Disability Sports Session held at the Mile End Leisure Centre every Monday 10am to 12pm. Soft Fencing provided by a qualified coach proved very popular with the participants. It's competitive, fun and keeps them fit.

This activity is in partnership with **PTSA**, **London Youth** and **British Fencing**.



Tennis Mat at Centre

There is a new addition at the SHA Community Centre. Vallance have been given an indoor Tennis mat by **LTA Serves**. It will be used by the young people that attend the Youth Club and during Half term activities football.



Volunteers Wanted

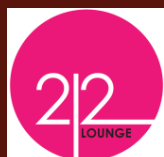
Are you aged 16-25 and not in education or working?

You can now get involved with Vallance and take part in their programmes as a volunteer. There are roles from football coaching to administration. As a volunteer you will be sent on training courses and reimbursed for your expenses.

For details and to book a place please contact Junel Uddin:
info@vallancecsa.org.uk



Funders & Sponsors



Aims and Objectives of VCSA

A service to youths and adults in the London Borough of Tower Hamlets and surrounding areas of London.

Creating a team spirit and identity, to foster healthy competition rather than hostility and violence

Promote and celebrate diversity, harmony and co-operation amongst communities regardless of race, creed, gender etc and foster and encourage shared interest and goals

Promote healthy living through dieting, regular physical training and abstention from substance abuse to improve and maximize overall health

To widen young peoples horizons by helping them to develop skills, talents and to compete in the widest forum possible

To create a physically stimulating environment, which will channel energy and relieve stress and enable young people to bridge the gaps between peer groups from different areas

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The views expressed in this newsletter are those solely of the VCSA staff team and not necessarily of those of the VCSA trustees and its funders.