

# Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

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## APASEN Fun and Sports Day

On Thursday 18th August 2016 at the Mile End sports centre APASEN (Asian Parents Association for Special Educational Needs) held their Sports and Fun day 2016. As a partner organisation Vallance helped run the sports activities which included Football, Cricket and soft tennis. There were 10 Disability organisations that took part and over 100 participants. Vallance project manager Junel Uddin said "We are delighted to be here today in the sunshine and help out. APASEN are in our SEN Health Development Programme and have very active members. Over the years we have trained and worked with many participants".



CHARTER STANDARD  
DEVELOPMENT CLUB



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 <https://twitter.com/vallancefc>

 @Vallancefc

## Two Teams Succeed

On Saturday 30th July 2016 it was time for the annual **Tower Hamlets Community Cup 2016** football tournament. The 5 a side competition was again held at the Mile End pitches and Vallance FC had 2 teams in the 4 age categories of U8, U10, U12 and U14. Vallance U8 A and Vallance U12 A won their age groups. In total Vallance FC had 64 participants from the 8 teams they entered.

## U14 Win again

On Thursday 4th August 2016 Vallance FC U14 took part in the **London Youth 5 a side** football festival. Again this was held at the Shoreditch Power League pitches. The team went all the way to the final and won the competition. This is the 4<sup>th</sup> time this team has won this tournament in the 5 times they entered.



London  
Youth  
QUALITY MARK  
SILVER ACCREDITED

# Vallance FC – Player profile



Name: Conrad Wessels  
Age: U16  
Favourite football team: Arsenal  
Favourite player: Petr Cech  
Favourite subject at school: Maths

1. What team do you play for? Vallance FC U16
2. What position do you play? Goal Keeper
3. What Other Sport Do You Like? Basketball
4. What do you want to do after school? Become a Plumber

## Players of the Month

August 2016



Under 7  
Amir Hamza Pasha



Under 8  
Mashrafee Zaman



Under 9  
Younus Islam



Under 10  
Abdul Mahir



Under 11  
Zain Ilyas



Under 12  
Azhar Chaudhury

## Jack Petchey Foundation Achievement Award

Conrad Wessels has been awarded the **Jack Petchey Foundation Achievement Award** for August 2016 because of his hard work and determination in training.

## Redbridge Disability Sports Day

Once again Vallance FC was providing the Football and Cricket event at the Redbridge Disability Sports Day. Held at the Peter May sports centre in Waltham Forest on Wednesday 8th June 2016. There were also many sporting activities available for people with a disability indoor and outdoor. For the football and cricket there were over 70 participants from 11am to 2pm and medals were given out to the winners.



## Breaking Barriers Football

As part of the Vallance Summer 2016 Healthy Living Programme the U14 football team took part in the **Breaking Barriers Football Tournament** on Monday 15th August. Held at the Stepney Green astro pitch, the 7 a side tournament had over 30 teams enter. Vallance U14 finished runners up in the group stage and went to the quarter final and lost on penalties after the game finished 1-1 against Regents Park Rangers. This tournament is held every summer by the Celtic FC Foundation and the aim is to get young boys united by playing football.



## Healthy Living Programme

During the summer 2016 school holiday Vallance FC held 5 weeks of Fun Multi sports and Football coaching for young people aged 5-16 at Weavers Field, the Attlee Centre and the Mile End sports centre. Over 150 young people took part which also included a FA Level 1 football coaching course.



## Results

SUNDAY 31st JULY 2016

**BFA Summer League 2016 1st Division:**

Vallance FC A- 1 vs SOUL FC- 3

**BFA Summer League 2016 2nd division:**

Vallance FC B- 0 vs Manor FC- 3

SUNDAY 7th AUGUST 2016

**BFA Summer League 2016 1st Division:**

Vallance FC A- 1 vs SYA B- 3

**BFA Summer League 2016 2nd division:**

Vallance FC B- 3 vs Inspire FC- 4

## 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](mailto:info@vallancecsa.org.uk)



TOWER HAMLETS

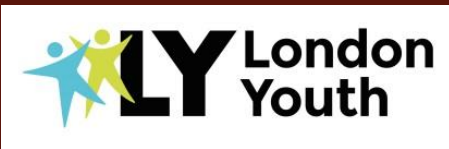


# Vallance CSA

## Funders & Sponsors



### CANARY WHARF CONTRACTORS FUND



### Aims and Objectives of VCSA

A service to youths between the age of 8-25, in Bethnal Green and surrounding areas of Tower Hamlets.

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.*