

Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

VOLUME 11 – ISSUE 4 – 1st September 2020

Hot Food Packages Delivered

On Friday 15th May 2020 Vallance staff and volunteers came together to help the local community. With the help of Sonia Lard a local charity fund raiser and Rahima Begum a parent from a Vallance member we are getting donations to provide for the Local Hospices, Care Homes, Homeless centres and vulnerable families during Covid-19 pandemic.



Vallance Chairman said *“Since the government lockdown from March 16th 2020 most of our indoor and outdoor activities have stopped. We have started Online Zoom sessions for young people but thought as a local Charity organisation we can do more so it was a blessing we were in contact with Sonia and Rahima.*



We have joined hands with them and Compassion London to get hot food packages to distribute. We are looking for more donations and will fundraise to continue to help the vulnerable during these difficult times”.



Online Fitness started

Vallance has started another Online ZOOM session, this time for the boys aged 8-16 years old. It's a fun fitness and ball control delivered by Ash Rahman who specialises in online sessions. We will like to do more sessions and are looking at alternative funding to do more for the young people during the Covid-19 pandemic.



CHARTER STANDARD
DEVELOPMENT CLUB



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Player Profile



Name: Muhammed isa-sajid
Age: 12
Favourite football team: Man utd
Favourite player: Pogba
Favourite subject at school: PE

Players of the Month

July/August 2020



Under 6



Under 7



Under 7



Under 8



Under 9



Under 10



Under 10



Under 12

Jack Petchey Foundation Achievement Award

Samir Hussain has been awarded the **Jack Petchey Foundation Achievement Award** for February 2020 because of his hard work ethic at volunteering throughout winter activities.



Training Is Back

After almost 5 months, Vallance junior teams (Year 1 to 6) training has returned from Saturday 11th July 2020 at Weavers Field. The sessions will be from 2pm to 3-30pm until further notice. Following the Government and FA guidelines we have 6-8 boys with 1 coach and abiding with the 1 metre ruling.

Judging by the response all the kids are happy to be back.



Girls Zoom Activites

Vallance have launched the GIRLS ONLY (aged 11-19) Online ZOOM classes from this Thursday 14th May 2020. The private 40 minutes advice and fitness sessions for our Girls group via ZOOM. We are hoping to start at 4pm, please make sure you or a Parent/Guardian is able to access the ZOOM session. We will share the password and Link by 1pm on the day. We would like you to find an area/space in the house or garden they are comfortable with. Please ensure it's safe and no one else can distract you. Please download ZOOM on your phones, tablets or laptops. Should be fun and exciting.

If you are not a registered Vallance member and will like to take part than please email: info@vallancecsa.org.uk to request a registration form.

Tower Hamlets Homes Summer 2020 Detached Outreach Programme

Once again Vallance has partnered with **Tower Hamlets Homes** to deliver estate based activities in the Globe town area from August 3rd to September 5th 2020. This is the 2nd year Vallance has delivered the detached outreach programme where we get young people aged 8 to 25 from Bancroft, Wellington and Meath Gardens to take part in a variety of keep fit and sporting activities. The Senior Outreach youth worker is targeting the older boys to sign post for projects delivered by Tower Hamlet Homes.



Summer Activites

"Trapped in zone one" has partnered up with Vallance Community Sports Association Wapping Youth FC to run sports activities for young people. We should never lose focus on our young people, especially at these difficult times. Free meal will be provided as well as fitness activities. DM for details.



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 abstinence 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.