

Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

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New Patron

Vallance Community Sports Association is moving forward and we are expanding our projects and with that our membership is increasing. We need a face that can take us to new heights so we are proud to announce our New Patron. *Mr Umesh Desai AM.*

We Have Moved

Vallance Community Sports Association has moved to a new office for Administration and Centre for youth provision.

New contact details:

Vallance Community Sports Association
The SHA Centre
117 Vallance Road
London
E1 5BW



Junior Teams Compete



On Saturday 22nd July 2017 Vallance FC had 7 junior teams competing in the **Tower Hamlets Community Cup**. The annual 5 a side tournament is held at the Mile End pitches at attracts over 40 teams. Vallance had the newly formed U7 playing in the U8 category along with the U8. Also competing was Vallance U10 A and B, U12 A and B and one U14.

Soft Tennis for All

The **CORE Sports** in partnership with Vallance are doing 5 weeks of Tennis coaching for People with a Disability and Special Needs. The sessions are held every Wednesday 1-2pm from 5th July to 2nd August 2017 at the Lee Valley Tennis Centre in the Queen Elizabeth Olympic Park. Qualified Tennis coaches from Lee Valley along with Vallance staff will do fun and easy sessions for the participants. At the end of 5 weeks there will be competitions for all to take part in.



CHARTER STANDARD
DEVELOPMENT CLUB



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 <https://twitter.com/vallancefc>

 @Vallancefc



Vallance FC – Player profile



Name: Victor Standev
Age: U7
Favourite football team: Tottenham
Favourite player: Hugo Lloris
Favourite subject at school: Maths

1. What team do you play for? Vallance FC U7
2. What position do you play? Striker
3. What Other Sport Do You Like? Basketball
4. What do you want to do after school? Become a Footballer

Players of the Month

July 2017



Under 7
Yusuf Ahmed



Under 9
Yunus Rasul



Under 9
Aniq Arafath



Under 10
Rayyan Chowdhury



Under 10
Yusuf Hassan



Under 11
Dawud Mahmud



Under 11
Samuel Bhasit

Jack Petchey Foundation Achievement Award

Samuel Bhasit has been awarded the **Jack Petchey Foundation Achievement Award** for July 2017 because of his hard work and determination in training.



Redbridge Disability Sports Day



It was a day of trying a new thing on Tuesday 4th July 2017. **The Redbridge Disability Sports day** was held at the newly refurbished Waltham Forest Feel Good Centre. The participants had plenty of sporting activities to choose and take part in. There was taster sessions indoor from Swimming to Keep Fit and outdoor there was Football and Cricket which was once again done by the Vallance coaching staff.

Donation to Run Sports in summer

Vallance was presented with a cheque of £1000 from the **Canary Wharf Contractors fund**. The donation will go towards a project that will provide sports, cultural and recreational activities to young individuals including those with SEN (Special Educational Needs) during summer 2017. Vallance project manager Junel Uddin went to receive the cheque on Tuesday 4th July at Canary Wharf (pictured right).



Great Day in the Sun



APASEN (Asian Parents Association for Special Educational Needs) held their Annual Disability Sports and Fun day on Thursday 13th July 2017. Once again it was held at the Mile End Sports Centre outdoor pitches and Vallance staff helped run the sports activities. Over 100 participants with a form of disability took part on a very nice day and everyone got a medal. The winners and runners up in the football and cricket got trophies. There were also other entertainments which included a bouncy castle and music to dance to.

Friendlies for U7 & U8

The newly formed Vallance FC U7 and the current U8 team played friendly games against Kekoa FC. On Saturday 15th July 2017 both teams went to George Green School sports centre in Docklands and the U7 played 5 a side and the U8 played 7 a side. Not only did both teams enjoy the games but they also made friends. A big thank you to Kekoa FC for hosting us.



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



Vallance CSA

Funders & Sponsors



**CANARY WHARF
CONTRACTORS FUND**



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 SHA Centre
117 Vallance Road
London
E1 5BW

Tele: 07956 835811

Email: info@vallancecsa.org.uk

Web: www.vallancecsa.org.uk

Instagram: [@vallancefc](https://www.instagram.com/vallancefc)

Twitter: [@vallancefc](https://twitter.com/vallancefc)

www.facebook.com/vallancefc

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.