

# Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

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## Tennis Activator Course

As part of our sports coaches development Vallance held a Tennis Activator Course on Tuesday 17<sup>th</sup> July. The 3 hour workshop was run by the Tennis Foundation for the SERVES Tennis programme. The course covered how to do basic tennis warm up drills and how to adapt it in small spaces. There were a total of 14 participants which included 4 volunteers and was held at the SHA Community Centre and enjoyed by all.



CHARTER STANDARD  
DEVELOPMENT CLUB



## Tower Hamlets Community Cup

It was very hot but all the kids enjoyed the day. Saturday 21<sup>st</sup> July 2018 was the annual **Tower Hamlets Community Cup 5** a side football tournament held by the Osmani Trust. It had over 50 teams competing in the U8, U10, U12 and U14 categories at the Mile End Leisure centre. Vallance had 2 teams in each age category. The furthest team was Vallance U14 RED, they went all the way to the final and lost 3-1 to Mindset U14. Vallance U8 RED lost 3-2 on penalties in the semi-final.




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## Summer Workshop

As part of our summer 2018 programme the **Introduction to Youth work Course** has begun. Six boys and six Girls took part on Tuesday 31<sup>st</sup> July at the SHA centre. They will complete the 12 hours course over 4 evenings. As part of the programme after completion they will commit to 40 hours volunteering for Vallance projects.



London  
Youth  
QUALITY MARK  
SILVER ACCREDITED

# Vallance FC – Player profile



Name: Tahmeed Habib Hussain  
Age: 10  
Favourite football team: Chelsea FC  
Favourite player: Eden Hazard  
Favourite subject at school: I.C.T

1. What team do you play for? Vallance FC U11
2. What position do you play? Defender
3. What Other Sport Do You Like? Dodgeball
4. What do you want to do after school? Become an Engineer

## Players of the Month

July/August 2018



Under 7



Under 7



Under 9



Under 9



Under 9



Under 11

## Jack Petchey Foundation Achievement

### Award

Aqeeb Uddin has been awarded the **Jack Petchey Foundation Achievement Award** for August 2018 because of admin volunteering at the Youth Club.





## Great day in the sun

It was hot but that did not stop over 100 participants with a Disability taking part in the Annual Apasen (Asian Parents Association of Special Educational Needs) Sports Day. Vallance staff helped with the sports activities. Medals were given out to all that participated.



## Four Days of Football

Vallance FC had 3 teams competing in the **London Cup International Football tournament**. It was held at the Brunel University Sports complex in Uxbridge. Vallance U14 played 11 a side and competed for 3 days from August 2<sup>nd</sup> to 4<sup>th</sup>. They had a team from India competing in their group. Vallance U14 went to the quarter finals and lost to the eventual winners. Vallance U8 and U10 joined on Saturday 4<sup>th</sup> August for 2 days. The U10 playing 7 a side went to the Plate Final and after a 1-1 draw won on penalties. U8 played 5 a side and went to the Plate Final and after game finished 3-3 they lost on penalties. Vallance Football Development Officer said *"This tournament was meant to give our boys experience in playing teams not only from outside our borough but also teams from different countries. They enjoyed the games but it was very hot. They did themselves proud"*.



## U14 so Close

As part of the summer 2018 programme Vallance U14 took part in the London Youth 5 a side football tournament. On Thursday 9<sup>th</sup> August in the rain at Corams Field Vallance finished top of their group undefeated. They went all the way to the final but lost 1-0 to Hackney.



## 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)



# Summer 2018 Activities

It was a great summer of activities provided by Vallance. Starting from the first day of the school holidays on Monday 23rd July until Friday 31st August 2018. It was 6 weeks of full on action and fun for over 150 young people from Tower Hamlets. Activities ranged from Sports sessions, Youth Club, Excursions and fun workshops. All the participants will be provided with a certificate for taking part. Vallance Project Manager Junel Uddin said *“Again this year was one of our busiest summer of activities we provided because we have a new centre to provide from. Our greatest project this summer was getting 12 boys and girls aged 14 to 19 attending the Introduction to Youth Work course over 3 days. We will like to thank our funders for the summer projects: Tower Hill Trust, Tower Hamlets MSG and the Spitalfields Housing Association”*.



## Theme Park for Participants

On Thursday 16<sup>th</sup> August 2018 some of the participants from the Introduction to the Youth Work Course went to Thorpe Park. There was also so 4 staff members who travelled by minibus. It was raining in the morning but the sun came out after lunch and they all had a good time. This trip is part of the summer 2018 Vallance Programmes.



### 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.*