

Walking Netball Friendly

Walking Netball at Silsoe started in September. Silsoe Community Sports Centre is a new facility within the Silsoe area and is popular amongst the immediate villages and beyond. The staff are very warm and welcoming and do all they can to ensure that netball is a success.

We advertise on social media, including the Silsoe Network page and the local newsletter.

The ladies who attend have become very good friends and they even have a WhatsApp group.

They had their first friendly on Wednesday 16th November against another Walking Netball group from Baldock. *"In its planning we were very excited about what name to call ourselves, and thankfully we came up with the name Silsoe Scorpions and even got some t-shirts printed with our name on."*



"We are excited to be entering the Walking Netball Festival in Cambridge in December. For us whilst we definitely love the netball, the main thing for us, is the social and fun aspect of the game and having a cup of tea/coffee afterwards with cake."

If you haven't given Walking Netball a try, please do – young or old, suffered with an injury, or just want to slow things down a bit, Walking Netball is for you!

If you would like to find out about your nearest Walking Netball Session, please visit:

www.netballeast.org.uk/playing/walking-netball/



Essex Updates

We have had a very busy couple of months in Essex and here are a few of the highlights with a little Q and A from the Walking Netball hosts too.

Get to know the lovely Essex Walking Netball Hosts

Di



What do you work as or do when you're not a Walking Netball Host?

I work for the local government

What is the most rewarding part about coaching Walking Netball?

Seeing my ladies leave the sessions chatting away with a smile on their faces having had a great time and talking about who they can bring next week!!

What made you want to get involved with Walking Netball?

Getting trained up as a walking netball host was simply the best thing I could have done to be able to offer this in my area! I love playing and coaching netball and if I can help those injured or those that love the game, but can't play the high impact version anymore the opportunity to play again - how wonderful is that!

Di's session information:

Where: Clacton Leisure Centre, Essex

When: Thursdays, 11:30am-12:30pm

Cost: Free until January 2017 £2 per session thereafter

Penny

What do you work as or do when you're not a Walking Netball Host?

I'm a receptionist at Waterside Leisure Centre and a group exercise and swimming instructor.

What is the most rewarding part about coaching Walking Netball?

Seeing the ladies develop friendships with each other and myself and having a good laugh every session.

What made you want to get involved with Walking Netball?

At my workplace walking football was introduced and it worked really well, so I wanted the same for the ladies with netball to get back to a sport they once loved.

Penny's session information:

Where: Waterside Farm Leisure Centre- Canvey Island, Essex

When: Fridays, 11am -12pm

Cost: £3 per session



Louise and Linda



What do you work as or do when you're not a Walking Netball Host?
When we are not being a host we are playing.

What is the most rewarding part about coaching Walking Netball?
We enjoyed the whole thing but playing was the favourite.

What made you want to get involved with Walking Netball?
We both used to play local league but Louise developed bad knees so this is great for her. Myself. I thought I was getting a bit old for netball but this is also great for me.

Louise and Linda's Session:

Where: Chelmsford Sports and Athletics Centre

When: Thursdays, 9:55-10:55

Cost: £3

Donna



What do you work as or do when you're not a Walking Netball Host?

I run my own garden maintenance business which keeps me pretty fit on its own!!

What was your favourite part about the walking netball host training?

My favourite part of training was I meeting lots of likeminded people and realising that walking netball is for any age and fitness level

What made you want to get involved with Walking Netball?

To help people who have just moved into an area meet people, whilst also having fun and getting fit. To provide a structured activity/ facility for ladies who want to get out and do something for themselves, that includes a fun, fitness & social element that isn't too highly competitive as in league netball

and be able to meet people in a way only a team sport really allows whereas going to the gym can be quite an isolating, individual thing with not much opportunity for the social & fun element a lot of us crave.

Donna's session details are to be confirmed.

For enquiries, please contact Zoe Lynch: Zoe.Lynch@englandnetball.co.uk

Other Sessions currently running:

Where: The University of Essex – Sports Centre

When: Mondays, 11am-12pm

Cost: £3 per session

Where: Alec Hunter Academy Braintree, Essex

When: Tuesdays, 8pm-9pm

Cost: £2 per session

For more information on Netball in Essex, please contact Zoe Lynch: Zoe.Lynch@englandnetball.co.uk

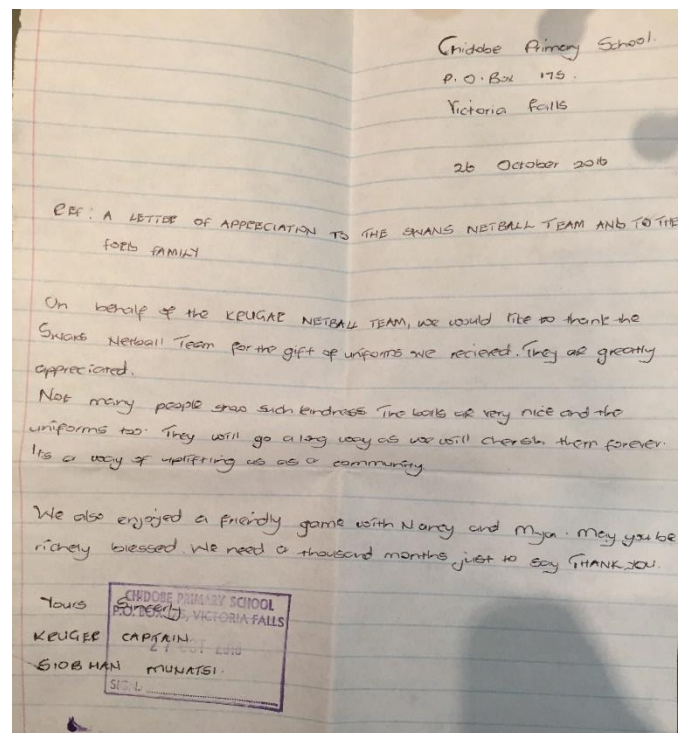
Back to Netball at Stansted

On Wednesday 2nd November Back to Netball officially started at Mountfitchet Romeera Leisure Centre. 15 ladies came along to the session with more showing an interest in future sessions. These sessions are run by SWAN Netball Club who are based in Newport in Essex.

SWAN Netball Club recently donated some balls and bibs to the Alex Ruffell Memorial Fund which supports the Chidobe Primary School in Zimbabwe. The fund was set up by the family of one of the U15s in memory of her brother Alex, who sadly died in 1998 at the age of 16 after contracting meningitis. The balls and bibs have gone to set up a netball club for women in the local community. They have sent a lovely letter of appreciation and here are some photos of Nancy and the team displaying their new kit on her recent visit. We are really happy that we can share our netball passion for such a great cause!



They also have young volunteers who are signing up for the pass on your passion scheme so that they can get rewarded for their volunteer hours. If you are under the age of 25 and want to be rewarded for your hours too then follow this link: www.Englandnetball.co.uk/make-the-game/volunteers/pass-on-your-passion or just search for 'England Netball Pass on Your Passion'.



Want to know what goes on behind the scenes to make netball happen in East Essex? We are looking for volunteers to come and help out on the committee. If they have any experience of website maintenance then this would be an added bonus. Don't forget if you are under the age of 25 you can receive rewards for volunteering your time.

For more information, please contact **Zoe Lynch**: Zoe.Lynch@englandnetball.co.uk

St Albans Catholic Primary School Success!

This school is an 'amazing' little Catholic school in the heart of Cambridge City with little outdoor space but my word do they make the most of it! The 'coach' is a mum Floria Marshall of a little boy in the school named Freddy (he must be very proud of his mum) and gives up her own time each week to coach the schools netball teams.

Janette Bowden, Cambridgeshire NDO, went along to this school in the past to deliver a session and the first thing she said was "where is your netball court?" the coach; "right there where all the parents are collecting their children including bike sheds and benches."

Floria Marshall is the 'coach' and is also Cambridgeshire County Secretary and works tirelessly to encourage a smooth running committee. Floria is such an asset to the County! Floria was nominated for an East Golden Globe Award earlier this year for all her hard work, commitment, effort and care and support she gives to the sport we all love.

The High 5 netball team again this year won the County High 5 Finals held in July 2016. They have now won 3 years back to back obviously with different children. Never been done in the past!

They have also won the inter schools tournaments to get into the High 5 finals.



A great coach, children and school.

Olivia Crossland (Capt.), Eibhlean Collins (V Capt.), Emma Jepsen, Lauren Greaves, Adriano Fiorin, Julia Del Mondo, Floria Marshall (Coach) Hannah Lally (Asst. Coach)

St. Albans Catholic Primary School, winners of the CSSP A Team Championships and County Champions 3 years running.

For more information on Netball in Cambridgeshire, please contact Janette Bowden:

Janette.Bowden@englandnetball.co.uk

NEW!

East Region Walking Netball Festival!



Date: Sunday 11th December 2016

Time: 10.00am - 1.00pm

Venue: Cambridge Uni Sports Centre

For more information or a booking form please email:
East@englandnetball.co.uk

CALLING ALL WALKING NETBALLERS!

The East Region are holding their first ever Walking Netball Festival this December in Cambridge. If you are part of a Walking Netball Session from the East Region, get a team together and book a place now! We want to celebrate all the Walking Netball sessions across the region. It will be a fun festival to put all those netball skills into practice and share the Netball Love.

If you would like to find out about your nearest Walking Netball Session, please visit:

www.netballeast.org.uk/playing/walking-netball/

Follow us on Twitter and Facebook!

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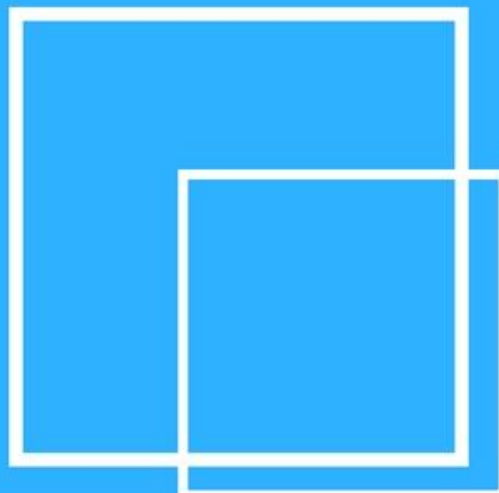
CALLING ALL UMPIRES!

**Umpires required for Regional
Performance Academy Match Days.**

Various dates from now onwards.

C Award and above.

Please email: eastperformance@hotmail.com



The East Regional Performance Academy are looking for umpires to help on Regional Match Days.

If you are a C Award umpire or above and want the chance to umpire for our East Regional Performance Academy Teams, this would be a great opportunity to develop your officiating skills.

For more information, please contact eastperformance@hotmail.com



Are you interested in
being part of
Hertfordshire
Mavericks?

To find out more, please click
here for an expression of
interest form.

Hertfordshire Mavericks will be holding holiday camps and masterclasses across the Region in every County! All information will be coming in the New Year. To register your interest please email Florrie with your County on:

East@englandnetball.co.uk

Mavericks Tickets are now on sale for their scheduled matches over the Netball Super League Season. For more information, please visit: www.mavericksnetball.co.uk/tickets/buy-match-tickets/

UKCC REGIONAL PRIORITY 2017

We are pleased to announce the UKCC courses that have been released today, open for East Regional Members to have priority to book onto these courses over the next 2 weeks. More courses will be released shortly. Please note the National Launch date is Monday 12th December 2016 when they will be published on the England Netball website.

UKCC Level 1:

2nd April 2017 7th May 2017	Easton College Easton Norwich Norfolk NR9 5DX
21st May 2017 18th June 2017	Cambridge Regional College Kings Hedges Road Cambridge Cambridgeshire CB4 2QT
9th September 2017 7th October 2017	Oaklands College St Albans Campus (Smallford) Hatfield Road St Albans Hertfordshire AL4 0LA

Please click [here](#) for a booking form. Payment can be made either by cheque, purchase order, bank transfer (our bank details are attached herewith) or a card payment by telephone, Emma Walker can be contacted on 01462 428322. There is a 25p fee payable for a debit card payment and a 4% fee payable for a credit card payment. If you make a bank transfer payment, please use your name as a reference and advise Emma once the payment has been made, she will then check our bank account.

For our bank details, please contact **Florrie:** East@englandnetball.co.uk

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