

More Than A Game

Shortly after the birth of her second child, Isobelle, Hayley Winter and her family faced one of life's cruellest experiences when Isobelle contracted a lethal virus called "Echovirus 11" and sadly passed away after just four days. Until this day they still don't know how or where the virus has come from. With lots of support and love from her family and friends, Hayley naturally experienced many feelings of guilt, blame, anxiety, anger and of course grief all the while trying to maintain a "normal" environment for her eldest daughter, Amelia.

A few months passed and Hayley's sister, Carla, was keen to help her move on and improve her mental strength and well-being and invited Hayley to join her netball team in Suffolk. The team accepted Hayley with open arms and she played her first game shortly after and really enjoyed herself.



How did you feel about your first netball game? *Petrified... Socially and skilfully!*

Afterwards she felt guilty for feeling happy and enjoying herself given her recent loss, however her team mates encouraged her that it was okay and to keep playing.

How did you feel afterwards? *Hot/sweaty! Exhausted, but totally zoned out of my life.*



It's now been over 18 months since Isobelle passed away and Hayley is doing well, thriving as a popular, fun and fundamental part of her team, supporting others and always up for a laugh.

How has netball helped you overcome your grief? *The hour or so a week I get to be with girls helps me detach myself from my everyday life and reminders. Being in a competitive sport helps the positivity in me. I am not a full blown extrovert so I'm not very verbal on court, but being part of something where I have to contribute "me" is a very nice feeling.*

What is it about netball that has helped you so much? *To detach from normal day life and thoughts that follow you everywhere. Having something non family related to focus on. Being part of a team helps with the lonely feeling and the anxiety attacks turn more into adrenaline.*

What do your family think about you playing netball? *Great, my husband's friend encouraged him to join a football team. So we both now play sport on the same night, with nanny babysitting (that was a hard task as well, leaving Amelia). Gives me and my husband something different to talk about when we come home and chill out and feel refreshed mentally.*

Of course a parent can never forget the pain and grief of losing a child but for Hayley netball has helped her feel free from her emotions for that one hour each week where she can laugh, have fun and feel normal with her good friends.

Would you recommend netball to anyone else in your situation and why? *I would recommend netball to anyone that has had some form of trauma in their life, especially bereavement. Unexpected situations make you feel numb, helpless, overwhelmed, lonely, lacking confidence, incapable of normal things at some points. Netball just ZONES me out and I forget where I am and who I am and focus on what I am doing then and there.*

What proportion would you associate netball to helping you deal with your grief? *Well it has been quite a large part as all normal grief support groups were not for me. 20% I would say.*

We wanted to share Hayley's story with everyone to show that netball is not just good for keeping fit, losing weight and socialising but it's also fantastic for mental health and helping to recover from such tragic life events. Hayley received help from the Ipswich Hospital Baby Bereavement Group, where you can also go if you, or someone you know, have experienced something similar to Hayley.

If you have a story like Hayley's and would like to share how netball helped you overcome a loss or illness, please get in touch – chloe.anderson@englandnetball.co.uk

Suffolk Updates



Back To Netball:

The New Year is here and so is the Back to Netball drive nationally and across Suffolk. In our County we have five live sessions in Bury St Edmunds, Ipswich and Framlingham. Our Back to Netball coaches have been working hard to recruit and retain new ladies who join and are doing a fab job! Since September we have had 79 Back to Netball participants and of that 79, 44 were new to netball (i.e. hadn't played netball in the last 12 months), not bad going in just four months!

Here's what some of our lovely Back to Netballers had to say about their sessions:

"I love playing again, haven't played since school and it's great to be back on court!"

"I forgot how much fun netball is, I love it!"

"The coach is great and I've learnt that WD is the most important position!!"

All our Suffolk Back to Netballers are looking forward to the Back to Netball Festival on Sunday 19th February at Framlingham College. We would welcome any other Back to Netball team from neighbouring counties who may also like to take part, contact Chloe.anderson@englandnetball.co.uk to enter your team.



Walking Netball:

As Walking Netball grows throughout the country, we have been running sessions here in Suffolk for several months now and they are proving pretty popular with ladies of all ages, abilities, shapes and sizes! As we look to develop national partnerships with external organisations such as the Women's Institute to promote and benefit from our fabulous sessions, we are one step ahead in Suffolk with several members of the WI regularly attending sessions in Bury.



Elizabeth and Margaret, from our Moreton Hall Health Club sessions in Bury tells us more:

How did you hear about Walking Netball? *E: Through a message from the Suffolk West WI Federation Office.*

M: I heard about walking netball through a friend.

Elizabeth (right) brought her friend Yvonne along to the session.

What made you decide to try Walking Netball?
*it said "any age, any ability"
not sure what to expect! I am so pleased that I
give it a go. It is such fun!*

What do you get from the sessions?
*friendship....and exercise!
air, when the weather permits. Exercise, at a
me. No one judges! Most of all I have met some
people.* Above, the ladies from the Ipswich



*E: Because
M: I was
decided to*

*E: Fun
M: Fresh
level to suit
lovely
session.*

Would you recommend the sessions to your friends?

E: Yes!

Have you noticed any health benefits since joining the sessions?

E: I forget any aches & pains when I'm taking part.

Suffolk was also lucky enough to have one of the first trial sessions up and running last spring and is still going, with numbers growing each week. The Ipswich Walking Netball sessions have proved popular with former and current players (although not running and jumping proved difficult!) and the group entered a team in the first ever Walking Netball Tournament held in Cambridgeshire in December, finishing a respectable 4th place. We've also had one lady who joined us with a friend who is now affiliated and playing "normal" netball in the local league!

Here's some more quotes from our other Walking Netballers:

Sheila: Played netball for over 45 years gave up mainly due to injury. I had no idea what it would be like, but it's better than I expected! I'm back playing netball again, something I thought I would never do. I'm definitely taking a friend to the next session. I've only done one session so far, due to illness, but felt a lot better for it. Looking forward to the next one!

Sharon: It is really good fun. Everyone is so friendly and you can play at your own level.

Lorraine: *I loved Netball when I played it at School and couldn't believe that I was able to take it up once again. I was told you walk instead of run, so for me (can't run) that was a bonus.*

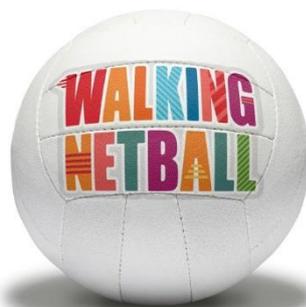
All our Suffolk Walking Netball sessions:

Moreton Hall Squash Club, Bury St Edmunds, IP32 7BL: Thursday's 10-11am, £4 for non-members, £3 for members

Newmarket Leisure Centre, Newmarket CB8 0EA: Monday's 7-8pm, £2.50

Ipswich School Sports Centre, Rushmere IP5 1DE: Thursday's 10-11:30, £5 including tea, coffee and cake!

For more updates in Suffolk, please contact Chloe.Anderson@englandnetball.co.uk



To find a Walking Netball or Back To Netball Session near you, please visit:

<https://www.englandnetball.co.uk/netball-finder/>

Australian Wanderers Come to Cambs

Back in 2016 an Australian Netball Club contacted Cambridgeshire County Netball Association to ask if any of our Clubs or Schools would like to host some netball matches and to stay with some families.

Chatteris NC 'jumped into action' lead by the Head Coach Lucy Peyton. It really was a Club effort with committee meetings being held to ensure a smooth planning of the above weekend. This involved lots of netball training and matches together with a disco in the evening to hand out certificates and for all the girls to get to know each other.

They arrived at 10am by tour bus to a welcome line up of flags and cheers from all Chatteris NC Foxes, U18 Rookies (Wisbech), U16 Ladybirds (March) and U14 Whittlesey Warriors (Peterborough).

They had a full match vs the away guests in the morning.

The Aussies absolutely thrashed the teams e.g. 105-5 then we stopped to have a group photo and away teams awarded participation certificates and they left. The Australians were then introduced to their hosting families and all shared a provided platter lunch with instant friendships forming with much laughter together. The Aussie coaches were top notch (very experienced) and one gave a shooting masterclass tutorial to a few of our U18s during the lunch break.



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Then on to court for their matches Vs Foxes age groups U14 16 & 18 - the U18 were left to play the final, score 52-17. The younger team matches got overtaken by the Australian coaches who gave us a chance and Aussie players helped our players ...so releasing the potential coaches in the Aussie players and picking up the confidence of our players so very enjoyable and rewarding for both the players and the coaches to see them at work

They then went home at 3pm to their host families for a shower, change and dinner.

Chatteris NC then hosted a night to let their hair at The Sportsman Club in the town free of charge. The disco provided by a senior player's husband, photographer was a local footballer's coach's dad all free.

They danced and played team games until their energies dropped and off they went home to their families to be picked up by the coach 7.30am.

The Australians were very mature for the ages and very polite. In fact Lucy said 'the nicest 12-18 year olds I've ever had the pleasure to meet...awesome talent! A completely different league but the coaches say they start netball; their national sport from the day they start lower school.

It shows - all naturals. The tour girls come from all over Western Australia not knowing each other they all meet at the airport before the tour to the UK.

They also stayed in London sightseeing and travelling a few counties within the UK to play netball finishing in Paris.

Janette Bowden, Cambridgeshire NDO said 'this story absolutely sums up the fantastic people we have in Cambridgeshire giving up hours of their own time to organise, plan and deliver such a great event. This will stay in the lives of over 100 young girls always remembering this experience'.

I also live in Chatteris so I am humbled by the effort of Lucy Peyton and the strong committee she has around her at the Chatteris NC. Well done to everyone involved!!

Mission Impossible 7 Netball Club welcomes the Aussie Wanderers

It was a very cold evening on January 16th MI7 Netball Club welcomed the Aussie Wanderers to Netherhall School for a night of netball for our Junior Club members. After a long journey from Warwick the visitors were given a warm welcome which helped put the cold to the back of their minds! Perhaps the tea/coffee and fabulous cakes made by members of the club also helped a little?

The evening's netball consisted of four matches; U12/14, U14, U16 & U18/young adults The matches provided a fabulous opportunity to see some different playing styles against girls from all over Australia, from all different (usually small) clubs. The evening was a great success with all matches played in true spirit of the game - competitive but with a great sense of enjoyment & fun.

There are too many people to thank individually as this was a great team effort from everyone; players, umpires, hosting families, cake makers & supporters.

However special thanks must go to Amanda Frear for all her hard work in managing the logistics of the evening!

Facebook coverage from them <https://www.facebook.com/wanderersaust/>

Website blog: <http://wanderersaustralia.com.au/2017-jnr-netball-tour-2-blog/2017/1/8/day-4->



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Ely Netball Club End 2016 on a High

2016 has been a pivotal year for Ely Netball Club, having increased its membership through Back to Netball; receiving several small grants, a gift of kit and one of their members being nominated as a regional finalist for the BBC Unsung Hero Award. A year-end celebration was much needed with a Christmas meal and fun fundraising evening, raising £230 for the Multiple Sclerosis Society. Well done Ely!



UKCC COURSES IN 2017

We are pleased to announce that the National Launch for UKCC Coaching Courses took place on Monday 12th December. The courses below are the courses running in the East Region.

We hope to have more information about some more courses coming very soon!

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
30th July 2017 27th August 2017	New Hall School, The Avenue, Boreham, Chelmsford, CM3 3HS
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

NETBALL EAST

Celebrating the success of Netball across the East Region in 2016.

.....

Bedfordshire, Cambridgeshire, Essex East & Thurrock, Hertfordshire, Norfolk and Suffolk.

01462 428336 / East@englandnetball.co.uk

MEMBERS

 18,882
MEMBERS

 588
CLUBS

 81
CAPS CLUBS

 26 CAPS
ACCREDITATIONS

 9 NEW CAPS
CLUBS

QUALIFICATIONS

OFFICIALS

167 QUALIFIED UMPIRES
84 YOUNG UMPIRES AWARD
44 BEGINNERS AWARD
33 C AWARD
6 B AWARD



COACHES

174 QUALIFIED COACHES
57 UKCC LEVEL 2
117 UKCC LEVEL 1

PARTICIPATION

29 FESTIVALS
1588 PLAYERS

1762 BACK TO
NETBALLERS

418 WALKING
NETBALLERS

15 HOLIDAY CAMPS
426 ATHLETES

5 MASTERCLASSES
136 ATHLETES

NEW Back to Netball across the East Region:

COUNTY	BACK TO NETBALL SESSION INFORMATION
BEDFORDSHIRE	<p>Inspire - Luton Sports Village, Butterfield Green Road, Luton LU2 8DD Monday 8-9pm, £4 a session, starting 9th January 2017 - All year round *Term Time Only</p> <p>For more information, please contact Sachel Grant – Sachel.Grant@englandnetball.co.uk</p>
BEDFORDSHIRE	<p>Silsoe Community Sports Centre, Silsoe (outside courts) Wednesdays 7.30-8.30pm, £3.50 a session starting 11th January 2017.</p> <p>For more information, please contact Sachel Grant – Sachel.Grant@englandnetball.co.uk</p>
ESSEX	<p>Brightlingsea Sports Centre, Colchester CO7 0QL Thursdays, starting 12/1/17 – 6pm-7pm - £3 a session</p> <p>For more information, please contact Zoe Lynch - Zoe.Lynch@englandnetball.co.uk</p>
ESSEX	<p>Mildmay Sports Centre, Anglia Ruskin University Chelmsford, Essex CM1 1PD Thursdays, starting 2/2/17 – 5 pm- 6pm £4 per session</p> <p>For more information, please contact Zoe Lynch - Zoe.Lynch@englandnetball.co.uk</p>
ESSEX	<p>Essex University, Wivenhoe Park, Colchester CO4 3SQ Tuesday 6pm-7pm - £3 per session- Starting 17/1/17</p> <p>For more information, please contact Zoe Lynch - Zoe.Lynch@englandnetball.co.uk</p>
HERTFORDSHIRE	<p>Barnwell Leisure Centre, Stevenage, SG2 9SW Sundays 11am-12pm - £4, Starting 15th January 2017</p> <p>For more information, please contact Lucy Ponting- Lucy.Ponting@englandnetball.co.uk</p>
HERTFORDSHIRE	<p>William Penn Leisure Centre, Shephards Lane, Mill End, Rickmansworth, WD3 8JN Monday 1.45pm - 2.45pm FREE for 6 weeks! Starting 9th January 2017.</p> <p>For more information, please contact Oliver Buncombe - Oliver.Buncombe@englandnetball.co.uk</p>
HERTFORDSHIRE	<p>Furzefield Centre, Potters Bar, EN63BW Fridays 8-9pm, Starting 13th Jan £3.50</p> <p>For more information, please contact Oliver Buncombe - Oliver.Buncombe@englandnetball.co.uk</p>
NORFOLK	<p>Wymondham Leisure Centre Thursday evening from 8.30 pm to 9.30 pm £5.00 per session Starts 12th January 2017</p> <p>For more information, please contact Jenny Day – Jenny.Day@englandnetball.co.uk</p>
SUFFOLK	<p>Chantry Academy, Ipswich, IP2 9LR Wednesdays 6-7pm £3</p> <p>For more information, please contact Chloe Anderson – Chloe.Anderson@englandnetball.co.uk</p>



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NEW Walking Netball across the East Region:

COUNTY	WALKING NETBALL SESSION INFORMATION
BEDFORDSHIRE	Silsoe Community Sports Centre, Silsoe (outside courts) Wednesdays 10.30-11.30am, £3.50 a session starting 11th January 2017. Putteridge High School, Luton (indoors) Thursdays 8-9 pm – £5 – Starts Thursday 2nd Feb 2017 For more information, please contact Sachel Grant – Sachel.Grant@englandnetball.co.uk
CAMBRIDGESHIRE	Walking Netball in Cambridge TBC. For more information contact: Janette Bowden - Janette.Bowden@englandnetball.co.uk / 07595 863 974
HERTFORDSHIRE	William Penn Leisure Centre WD38JN Tuesdays 12:30-1:30pm, £2 - Starting 10 th January for 10 weeks For more information, please contact Oliver Buncombe - Oliver.Buncombe@englandnetball.co.uk
HERTFORDSHIRE	Furzeffield Centre, Potters Bar, EN6 3BW Mondays 11.30am-12.30pm Starting 9 th Jan £3.50 For more information, please contact Oliver Buncombe - Oliver.Buncombe@englandnetball.co.uk
NORFOLK	Alive Leisure, Downham Market Mondays 5.30 - 6.30pm, starts 16 th January 2017, Cost FREE Contact Active Norfolk on 01603 732333 For more information, please contact Jenny Day – Jenny.Day@englandnetball.co.uk
SUFFOLK	Newmarket Leisure Centre, Exning Way, Newmarket CB8 0EA Mondays 6-7pm, FREE on 17/10 (£2.50 thereafter) For more information, please contact Chloe Anderson – Chloe.Anderson@englandnetball.co.uk
SUFFOLK	Ipswich School Sports Centre, IP5 1DE Thursdays 10am-11:30am, £5 a session – First session FREE! For more information, please contact Chloe Anderson – Chloe.Anderson@englandnetball.co.uk
SUFFOLK	Moreton Hall Health & Fitness, Club Mt Rd, Bury Saint Edmunds IP32 7BL Thursdays 10am-11am, £3 Affiliated members / £4 Non-affiliated For more information, please contact Chloe Anderson – Chloe.Anderson@englandnetball.co.uk

To find your nearest session, please visit our website: www.netballeast.org.uk/playing/where-to-play/

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UPCOMING UMPIRING COURSES

INTO OFFICIATING

Into Officiating Course

Sunday 12th February 2017
Bury Leisure Centre
Beetons Way
Bury St Edmunds
Suffolk

For more information and a booking form, please download [here>](#)

Into Officiating Course

Sunday 26th February 2017
Bob Carter Centre,
School Road,
Norwich,
Norfolk

For more information and a booking form, please download [here>](#)

B AWARD COURSE

To prepare 'C' umpires with knowledge of rules and umpire competencies to umpire at good club, county, regional or national level. Pre- assessment is required prior to putting in an application for final 'B' Award assessment.

B Award Course

Saturday 18th February 2017
Finborough Independent School,
The Hall,
Great Finborough,
Stowmarket
IP14 3EF

For a booking form, please click [here>>](#)

For further information, please contact **Netball East** on **01462 428336** or by email: east@englandnetball.co.uk

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MAVERICKS STRENGTH & CONDITIONING COACHING WORKSHOP

This workshop, led by Mavericks Strength & Conditioning Coaches, will provide coaches with a detailed introduction to Strength & Conditioning. Helping to prevent athlete injuries, support those athletes returning from injury and develop player's strength within a session.

**Where: Redbourn Leisure Centre,
St Albans, Herts, AL3 7PP**

When: Thursday 16th February 2017

Time: 6.00pm - 9.00pm

Cost: £40 EN affiliated / £50 Non EN affiliated



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



This workshop, led by Mavericks Strength & Conditioning Coaches, will provide coaches with a detailed introduction to Strength & Conditioning. Helping to prevent athlete injuries, support those athletes returning from injury and develop player's strength within a session.

This workshop is open to all and we will be running more across the Region.

To register your interest for a workshop nearer to you, please email:

East@englandnetball.co.uk



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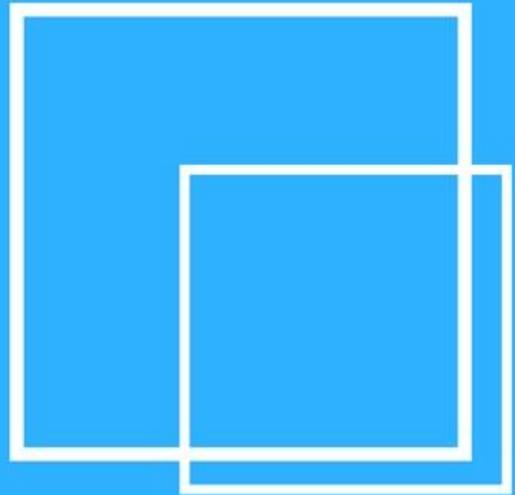
CALLING ALL UMPIRES!

**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

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KATH WORRELL FUTURE LEADERS



14 - 18 Years Old?

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Want To Be More Involved?

Learn from **TOP LEVEL COACHES**, an **INTERNATIONAL UMPIRE** a **PROFESSIONAL PHYSIO** and many more other leaders in their fields!

Practical workshops include Coaching, Umpiring, Strength and Conditioning, Injury and Nutrition and Running a Team

Saturday 4th of February 2017

9:30 - 4:00

**Oaklands College, St Albans Campus , Hatfield Road,
St Albans, Hertfordshire, AL4 0JA**

REPLY SLIP:

Name:

D.O.B:

School / Club:

Email:

Parent / Guardian name:

Emergency Contact Number:

I consent to having my photo/video taken: Y / N

Payment of £10 per person included: Y / N (Delete)

Signed (Young Person):

Signed (Parent/Guardian):.....

Return to:
Oliver Buncombe
Netball House
1-12 old Park Road,
Hitchin, SG5 2JR



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