



## Sports Awards 2008

The tension is beginning to build up for all those in the running to scoop a prize at the GreenThumb Sports Awards 2008, the second year of the district wide scheme celebrating sporting achievements in Suffolk Coastal.

A shortlist has now been published for each of the eight awards that will be presented on Sunday, February 24 at the Seckford Theatre, Woodbridge School.

The award categories and those short-listed are as follows:

**Morson Sports Personality**

Keith Atkinson, Bradley Ball, Phil Revett

**DC Leisure Young Sports Personality**

Mary Edmundson, Sian Fagg, Tim Linsell

**Mannings Amusement Disabled Sports Personality**

Oliver Hedgley, Grace Hill, Elise Martin-de-la- Torre

**Kingpin Club of the Year**

Deben Swimming Club, HN Netball Club, Woodbridge Town FC

**Suffolk Sport Coach of the Year**

Jerry Bodkin, Ian Cotton, Julie Jolliffe

**Suffolk School Sports Partnership Sport Primary School**

Causton Junior School, Kingsfleet Primary, Snape Primary

**Wolsey Volkswagen Volunteer of the Year**

Chris Ehret, Graham Elliot, Kim Stevens

**The Waverley Hotel Lifetime Achievement Award**

Keith Dixon, Gordon Merfield, Mavis Thompson

Thank you everyone that nominated, the standard of nomination was very high and it was a very difficult decision to make as there have been some excellent achievements in the District.

This event is ticket only, however there are tickets available if anyone would like to attend although it is on a first come first served basis. The cost of the ticket is £12 which includes a reception drink and a buffet meal after the Awards. If you would like to attend please contact Active Communities on 01394 444652 or email [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk)  
**Tickets must be purchased in advance**



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## Coastal Potato Young People Event

Friday 18<sup>th</sup> January saw the 2<sup>nd</sup> annual young people event. Over 80 attendees from across the District took part in activities to identify what is currently happening and where the gaps are. Lots of good ideas came from the event, and even some money exchanged hands.

All activities are on the Coastal Potato Website  
[www.coastalpotato.co.uk](http://www.coastalpotato.co.uk)

If you are planning any activities for young people and would to advertise them on the website please contact Active Communities on 01394 444652 or email [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk)



## Cash for Clubs

**Cash for Clubs** has been set up by Betfair to facilitate fundraising for community sports clubs throughout the country.

Betfair recognises the importance of community sport and in order to maintain its development, they are giving clubs a unique chance to raise the money they need to improve facilities, purchase new equipment, improve coaching staff qualifications; nurture young talent... the list is endless!

As a unique introduction to the initiative, Cash for Clubs has teamed up with the East Anglian Daily Times to **give away £5,000** to the five most deserving sports clubs in the region.

Beginning **Monday 07 January**, The East Anglian Daily Times will be publishing one **Big Cash Giveaway** token every day for a one month period. To be eligible for the cash prize, your team simply needs to collect 50 tokens and state your case as to why you deserve the money... Simple!

The give away is open to all clubs in the region so get collecting and state your case!!

For more information and to begin your **Big Cash Giveaway** application visit [www.cash-4-clubs.com](http://www.cash-4-clubs.com)

## Suffolk SportsAid Foundation Launched

Business leaders, sports professionals and the media joined with former, current and potential Olympic and Paralympic stars at the launch of the Suffolk SportsAid Foundation at the Suffolk Yacht harbour Club at Levington.

The Foundations sole purpose is to raise money to support Suffolk's talented sportsmen and women to achieve their sporting goals.

The first recipients of grants from the Suffolk SportsAid Foundation were Ellis Jackson, a swimmer from Lowestoft and Joseph Bloomfield, an athlete from Ipswich.



For more information contact  
**SALLY PECK**  
SportsAid – Eastern  
[sallysportsaid@aol.com](mailto:sallysportsaid@aol.com)  
tel. 01480 860424

## Suffolk Olympians

Have you represented Great Britain at the Olympic or Paralympic Games ?

Would you be interested in passing on your knowledge and experiences to future generations?

Would you be interested in helping us promote Sport, Suffolk and the London 2012 Games?

**Contact: Tony Bush 01394 444881**

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## Can you step out and lead healthy walks in Framlingham?

Do you enjoy walking and could your enthusiasm for walking rub off on to other people?

If the answer is yes we would like to hear from you. Volunteers of all ages are needed to help plan or lead walks in the Framlingham and neighbouring areas. Free training given.

Health Walks are designed for people who may be recovering from illness or those who want to lose a little weight, but most of all they are fun and sociable.

### For further information contact:

Sharon Jarrett on 01394 444697  
Zeta Wright or Althea Unthank  
Health Walk Co-ordinators on 01394 444501  
or email [walks@suffolkcoastal.gov.uk](mailto:walks@suffolkcoastal.gov.uk)



## Step Into Sport

### What is Step into Sport?

Step into Sport provides opportunities for young people to gain experience of sports leadership and volunteering in their local communities, recognising the roles that local partners and national agencies play in this provision.

### Who is it for?

It is for young people aged 14 to 19 years. It encourages them to undertake an involvement in sports leadership and volunteering that will continue in later life.

Step into Sport offers many benefits to schools, school sport partnerships, students, sports clubs and community organisations.

### Benefits for the sports club/community:

- additional support from a volunteer
- new opportunities to promote sport/activity
- PR from being involved in a significant national programme
- Access to potential future volunteers; coaches, officials, administrators

If your club would like to host a Step Into Sport volunteer please get in contact with Sarah Shinnie Active Communities Officer 01394 444652 or email [sarah.shinnie@suffolkcoastal.gov.uk](mailto:sarah.shinnie@suffolkcoastal.gov.uk)

## Get Back Into...

Use to Play Sport but had to give it up?  
Too many other things to fit in?  
Want to get back into an active lifestyle?

Suffolk Sport will be launching an exciting and brand new initiative called **GET BACK INTO...**

If you would like further information or would like to get back into a sport but don't know who to contact, please email Tony Bush at [tony.bush@suffolkcoastal.gov.uk](mailto:tony.bush@suffolkcoastal.gov.uk)



A **Get Back Into... Golf** session has been set up by Doctor Golf based at Ufford Golf Club and Suffolk Coastal District Council. Tuesday 4<sup>th</sup> March 6 – 7pm.



If you would like to put on a **Get Back Into.... Activity** or would like to book on to the golf taster session please contact Active Communities on 01394 444652 or email [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk)

# ActiveLife

activities for older people

The Active Life Programme offers older people the opportunity to participate in Chair Based Exercises. The exercises are specially designed to strengthen muscles and bones, improve balance and flexibility and generally make you feel stronger and more able to do what you want to do.

Anyone is capable of doing these exercises and they are all chair based - so no jumping around or anything too strenuous. The exercise leader is trained and qualified to lead groups in chair based exercise. Each exercise is shown beforehand so that everyone can join in and get the most benefit.

**The Library, FELIXSTOWE**  
Tuesdays 3.30 - 4.30pm

**Youth Hall, Avenue Evangelical Church,  
WOODBIDGE**  
Fridays 3 - 4pm

**Village Hall, FRISTON**  
Thursdays 10.30 - 11.30am

**Village Hall, WENHASTON**  
Thursdays 10.00 – 11.00am

For further information on the classes please contact Sharon Jarrett, Health Improvement Manager on 01394 444697

## Swimathon April 17<sup>th</sup> – 20<sup>th</sup>

DC Leisure have signed the District up to take part in the world's largest swimming fundraising event.

This is Swimathon's 22<sup>nd</sup> year and the target is to raise £1.8million for **Marie Curie Cancer Care** and **The Swimathon Foundation**. Between 15,000 and 20,000 people take part every year across the UK setting themselves and their teams' challenges of 1.5, 2.5 or 5k.

At Swimathon, they want to encourage as many people as possible to participate in Anglia so they have made entering very simple. Just select the challenge which is right for you, choose your pool and for only £9 entry fee you can take part in a major national event and raise money for some fantastic causes.

Taking part in Swimathon also gives you a target for keeping fit in the New Year. Tempted? Then [sign up now](#) to **look and feel good in 2008**.

**Deben Swimming Pool, Felixstowe Leisure Centre** and **Leiston Leisure Centre** are venues you can register at.

For more information contact Swimathon on the following:



By email: [info@swimathon.org](mailto:info@swimathon.org)



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## CLUB MARK

Current Clubs that have achieved Clubmark or NGB equivalent.

Adastral Park Badminton Club

Easton Cricket Club

Felixstowe & Corinthians Youth Cricket Club

Felixstowe & Walton United Football Club

Framlingham Town Football Club

Woodbridge Town Youths Football Club

HN Ladies/ Junior Netball Club

Deben Swimming Club

Felixstowe Swimming Club

Leiston Swimming Club

If you would like any assistance of more information about ClubMark please contact the Active Communities Team

## CONTACT DETAILS

RICHARD BALDWIN, ACTIVE COMMUNITIES OFFICER  
01394 444318 OR [RICHARD.BALDWIN@SUFFOLKCOASTAL.GOV.UK](mailto:RICHARD.BALDWIN@SUFFOLKCOASTAL.GOV.UK)

SARAH SHINNIE, ACTIVE COMMUNITIES OFFICER  
01394 444652 OR [SARAH.SHINNIE@SUFFOLKCOASTAL.GOV.UK](mailto:SARAH.SHINNIE@SUFFOLKCOASTAL.GOV.UK)

## WEBSITE ADDRESS

[WWW.COASTALSPORTSALLIANCE.ORG.UK](http://WWW.COASTALSPORTSALLIANCE.ORG.UK)

## USEFUL WEBSITES

[WWW.SUFFOLKSPORT.COM](http://WWW.SUFFOLKSPORT.COM)

[WWW.BURYSPOUR.COM](http://WWW.BURYSPOUR.COM)

[WWW.CLUBMARK.ORG.UK](http://WWW.CLUBMARK.ORG.UK)

[WWW.SWIMATHON.ORG](http://WWW.SWIMATHON.ORG)

[WWW.COASTALPOTATO.CO.UK](http://WWW.COASTALPOTATO.CO.UK)

## CALENDAR OF EVENTS

### SPORTS AWARDS

**SECFORD THEATRE, WOODBRIDGE**

24<sup>TH</sup> FEBRUARY

**Ticket Only**

### DISABILITY SPORT AND LEISURE FORUM

**SUFFOLK COASTAL DISTRICT COUNCIL, WOODBRIDGE**

22<sup>ND</sup> APRIL

**2 – 4pm**

### SUFFOLK YOUTH GAMES

**NORTHGATE HIGH SCHOOL, IPSWICH**

6<sup>TH</sup> JULY

### EXTREMEFEST

**FELIXSTOWE**

27<sup>TH</sup> July