

Staff News

Goodbye...

Paul Attah and Stephan Spendlove, Chefs and Angela Palin, Sports Leader

Welcome to...

Christine Tynon and Alex Miller, Bar, Claire Winterburn, Chef and Alex Medany, Sports Leader



Open Mon - Fri
from 8.30am - 4pm

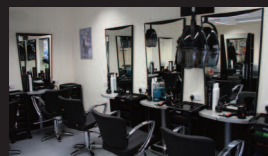
Hanover Street
Liverpool
L1 3DY

0151 702 0778

www.thedorstopcafe.org.uk



Mon & Tue 1 - 4pm,
Wed 9am - 4pm
and Fri 1 - 4pm



Greenbank Lane
Liverpool
L17 1AG

0151 281 0717

www.salonhq.org.uk

Catering Training Evening

On the first Thursday of the month during term time Greenbank College Catering students prepare a delicious 2 or 3 course meal which is served at Time Out restaurant Greenbank Sports Academy.

Join us
from 5 - 9pm
on 5 May and 9 June
£7.50 for 2 courses
£9.50 for 3 courses

What's on Time Out Café / Bar

Quiz Night

Every Tuesday from 6pm

Starts at 7pm

Cash prize & bottle of wine!

Quiz entry £1 per person

Hot Meal* £3.50

Hot Meal and drink** £5.00

*hot meals detailed on the specials board

**pint of Carlsberg/Tuborg or glass of house wine.

Soul & Motown Night

The Tangerine Club (Rathbone Room)

The fantastic 'Simply Soul' are playing 'LIVE' on Friday 1 April. Plus supporting DJ, Bar open 'til 1am, £2 a pint.

Tickets £7.50 (£9.50 on the door)
Doors open 8pm

For enquiries call 07746996097

Tickets available at:

www.the-tangerine-club.co.uk

or at Greenbank Sports Academy reception.

Mothers Day

Sunday 3 April, 12 noon - 4pm

A set 3 course meal and activities including:

- Face painting
- Art & craft session
- Bouncy castle (weather permitting)

Family of 4 - £29.95

Adults - £11.95

Children - £5.45



Diary April - May 2011

April

1	Soul & Motown Night	8pm-1am
3	Liverpool Handball Club Game	11.30am-5.30pm
3	Mothers Day	12-4pm
10	Liverpool Futsal Club vs Middlesbrough Futsal Club	1-3pm
11	Everton FC	12-6pm
17	Liverpool Futsal Club vs Manchester Futsal Club	1-3pm
23	Roller Derby	12-5pm

May

5	Liverpool Handball Club Game	7-9pm
13	Merseyside Sport Boccia Tournament	10.30am-2.30pm
15	Liverpool Futsal Club vs Leeds Futsal Club	1-3pm
16	Everton FC	12-6pm
21	Wheelchair Rugby 'Super Series Two'	9am-6.30pm
22	Wheelchair Rugby 'Super Series Two'	8.30am-5pm
28	Liverpool Handball Club Game	9am-10pm
29	Liverpool Handball Club Game	9am-9pm



Fitness Matters

No 30 Spring 2011

Activities for Disabled Children

Thanks to funding from Liverpool City Council's Aiming High for disabled children, Greenbank Sports Academy has been able to offer a range of activities during school holidays; Schools Out programme and after school; Schools In programme.



"Thanks to everyone who made it so enjoyable"

"My son really enjoyed all of the sports in the holiday club. It was great for him to interact with other children. I think this club is a great idea. Thank you"

"My daughter really enjoyed the holiday club. It is a really good club for the children as there is not a lot out there for them to do. Staff were also great. Very, very helpful. A big thank you"

"Please run these again if you can"

Some comments from children

"To everyone at Greenbank, Thank you for a great week"

"I enjoyed tennis and basketball the most but enjoyed everything"



"I liked the obstacle course and bowling"

"Really enjoyed the puppet show and the variety of sports games"

"Loved the rock climbing!"

Activities on offer have included multi-sports (football, basketball, boccia, handcycling), art and craft sessions, wii games and ten pin bowling and climbing.

Feedback from children and their families has been very positive:

- Parents rate School holiday activities as **9.6 out of 10**
- **100%** of parents would use this service again
- **85%** of parents not aware of any programme similar to this
- **95%** of children say they had fun and **4%** say it was ok
- Children say they liked **15** of the different activities on offer but mostly enjoyed wall climbing, basketball and football

Some comments from parents

"A had a great time. It is so hard to find activities for her in the school holidays so this was perfect. It would be great for activities like these to be on in all the holidays even if it was only for a couple of days a week"



Activities have been funded by Aiming High since 2009 and will finish on 31 March. Greenbank Sports Academy is determined to keep offering this much needed service for disabled children and their families and is looking for alternative sources of funding. A recent Art Auction was an overwhelming success and raised **£2,911** towards funding ongoing activities.

Contact info@greenbank-project.org.uk if you can help to support the programme.

What is Tai Chi?



The Art of Chi is a specific method of teaching Chi work and Tai Chi developed by Vlady Stevanovitch, a master of Chi.

This method differs from most standard Tai Chi classes in spending some time both lying on the floor finding ways to relax, sitting in a comfortable meditative position, and then the classic standing up Tai Chi.

Art of Chi Tai Chi sessions are run at the Greenbank Sports Academy every Tuesday 7 - 8.30pm and cost just £3.50 per session and are suitable for complete beginners and those with previous experience of Tai Chi

Merseyside Open Fencing Tournament

The Merseyside Open Fencing Tournament 2011 was held at the Sports Academy on 19 and 20 February.

The Merseyside Open is one of the oldest open fencing competitions in the country, having been started in 1938 as the Liverpool Open Foil Tournament by Dr Dorothy Knowles, a lecturer at Liverpool University and a prominent local fencer.

Winners included:

Men's Foil - Thomas Corlett

Women's Foil - Lydia Johnson

Men's Epee - James Harris

Women's Epee - Louise Highton

Men's Sabre - Simon Donald

Women's Sabre - Jennifer McMillan

Arthur and Beryl Banks Fair Play Cup - Neill Tannock

BFA Diamond Jubilee Fair Play Cup - Anna Smith



For more information visit www.moft.co.uk

Sports Course Opportunities

Inclusive Sports Development Foundation Degree



Want to boost your career prospects, but don't want to give up work in order to get a qualification?

The FDA Inclusive Sport Development Foundation Degree could be the answer. Working in partnership with Liverpool John Moores University Greenbank College offers this foundation degree. It combines vocational and practical training with academic learning to help students reach their full potential and provide the skills sought by today's employers.

Greenbank College offers a wide range of courses for the whole community
Go to www.greenbankcollege.org.uk or pick up a 2010/11 Course Guide from reception for more information. The College also offers a FREE impartial and confidential advice and guidance service, learning and work opportunities.
Tel 0151 733 7255 / email greenbankiag@greenbank-project.org.uk to make an appointment.

Some of the benefits include:

- flexible study options and entry requirements
- nationally recognised qualification
- gain the skills that employers want
- improve your career prospects
- relevant work experience
- option to progress onto an honours degree

For further information call Mark Palmer on 0151 280 7757 or email mark.palmer@greenbank-project.org.uk

CSLA

Starts Fri 6 May 2011 for 10 weeks - 9am-12pm

This course is for people who have an interest in sport or volunteering. It gives people aged 16 upwards the skills needed to plan and deliver safe sporting and recreational activities.

Fundraising

Trek 4 Greenbank

Three employees and a gym member of Greenbank Sports Academy plan to climb Mount Kilimanjaro in January 2012 to raise funds for the purchase of inclusive sports and fitness equipment and also to raise disability awareness.

The four people involved are: **Dave Stanistreet, Paul Hayden, Kevin Wishart and Simon McConville**

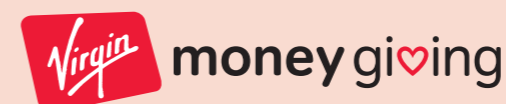
The team are also raising money for Greenbank by doing regular car washes. You can find them at:

Old Swan Tyres (316 Prescot Rd, Liverpool) - 5 April, 3 May and 7 June; every first Tuesday of the

month.

Greenbank Sports Academy - 13 April, 11 May and 15 June; every second Wednesday of the month.

Other fundraising events will include, a car boot sale and a charity fundraising evening. Details will be in the next issue of Fitness Matters.



Greenbank (registered charity number 513814) has signed up with Virgin Money Giving to offer supporters the chance to donate / fundraise online. Anyone wanting to fundraise

on Greenbank's behalf can now set up their own 'giving page' so that friends and family can support them. Search for Greenbank at virginmoneygiving.com.

Charity Art Auction success



A Charity Art Auction was held at Timeout Café Bar on Wednesday 9 March to raise funds to maintain regular arts based activities for disabled children at the Sports Academy. The grant which currently funds these sessions will finish at the end of March. These sessions are really valued by the children who take part and according to their families have made a real difference.

Thank you to everyone who was involved. We managed to raise a total of **£2,911**. Thanks to Lindsey Kinsella for co-ordinating the auction and all those involved in making the event the huge success that it was! Particular thanks to the artists who donated items and Max Steinberg for acting as auctioneer. A second auction will take place later in the year - date to be advised.

Roller Derby

Roller Derby returned to Greenbank Sports Academy on 26 February following on from the success of the first event held in February.

See it again at the Academy on Saturday 23 April.



Wheels for All

- Fun cycling sessions specifically geared towards individuals with different needs.
- Various adapted cycles to ride
- Qualified instructors to guide you through the session.

Tuesdays 4-6pm (indoor and outdoor Cycle Sessions)
Saturdays 11-1pm (Outdoor cycle sessions in Sefton Park - meet at Greenbank Sports Academy).

For more information or to book onto a session please call Daniel Coonan on **01925 234213** or **07772 161 710**
Email: daniel.coonan@cyclings.org.uk
www.cyclings.org.uk

