

Issue 7 – February 2020

## “A HEALTHY START”

### FROM THE EDITOR

We think HAPPY NEW YEAR is still relevant even though it's now February. This month we are turning our attention to **Women & Girls in Football** – did you know we have a young lady who plays for Watford living locally – we will be interviewing Emily Hill very soon and you can get an insight into her career below – enjoy!

A common theme for this year will be our continuous discussion on health – and by this we mean physical, mental and social wellbeing (as defined by the World Health Organisation). Our challenges are more complex than most of us like to admit but we will do our best to unravel what's happening and offer insights and ideas on how to improve.

As usual, if your club or society would like to feature in this newsletter, please email Graham Devereux at [chairman@overtonrecreationcentre.org.uk](mailto:chairman@overtonrecreationcentre.org.uk)

We are very pleased to unveil our brand new website! You can visit it at <http://www.orc.org.uk> - with thanks to Rob who has spent the last few months putting everything together for us. We're also on social media; all the details can be found at the bottom of the page.

### FROM THE CHAIRMAN

Recently I visited the FA with some colleagues and we discussed how exciting it is to see the development of girls and women in football. Overton has already started mixed teams, and selects U10 & U12 teams for competition in the local league. Overton Youth has an impressive expansion plan. You will also read more below about Emily Hill who has a career in professional ladies football at Watford. Whether I'm watching football, cricket, athletics, and golf or the panoply of sports my wife complains about, I'm bowled over by what's happening with respect to the development of sports for girls and women. Our local commitment to equality and inclusion is helping us to reap rewards. Well done to all those volunteers that are making this a reality! And by the way, Kevin has won another Hants FA award (Bronze) for providing an excellent football ground at Bridge Street – excellent facilities helps create an environment for our talent to prosper! Let's all keep working on improvement.



### LOCAL EMILY HILL PLAYS FOR WATFORD FC!

It was great to find out that a local talent had broken through into senior football with Watford's Golden Girls during the 2017/18 season & was voted Player of the Season! They play in the FA Women's Super League 2<sup>nd</sup> Division. Emily continues to be a first choice and is happy playing in midfield or defence and is particularly threatening at set pieces. She scored recently against Oxford though unfortunately lost at Sunderland in the cup. Rob and I will be interviewing Emily soon and you'll be able to listen to the interview on our brand new podcast which will be available to download from all major podcast providers as well as our new website!

### GIRLS YOUTH FOOTBALL

Overton Youth formed its first girls' football teams this season. There is an under 10s team and an under 12s team playing in the Hampshire Girls' league. We are also an FA approved Wildcats centre, meaning the club is qualified to offer weekly sessions to girls between 5 and 11 so we can introduce them to "the beautiful game" in a fun and friendly environment.

Our plan for the new decade is simple, yet ambitious. The coaching team is working with Hampshire FA to prepare a foundation and philosophy for Girls' football at Overton which will allow us to deliver the best football experience for our girls from year 1 through to adulthood. Our Wildcats sessions will be starting up again during January. If you'd like to know more about our Girls' football or you'd like to get involved in some way, website: <https://www.overtonyouthfc.co.uk/contactus>



### BEAVERS, CUBS & SCOUTS

The Scout Association have recently launched a new publicity programme “*Skills for Life*” which shows how the skills learned through scouting are relevant to everyday life. Overton Scout Group would love to be able to help your young people but they need more adult volunteers so as to accommodate growth. Their waiting list is growing so if you think you can help this exciting and challenging programme please contact Stuart Williams Group Scout Leader at [overton.scout.group@outlook.com](mailto:overton.scout.group@outlook.com)

## **GOLF**

At Town Meadow we have an amazing 9 Hole Golf Course which is frequented by its 200+ members. And managed voluntarily with a little bit of help from our grounds manager Kevin! It's a little gem on the way out of the village towards Whitchurch. If you'd like to play make contact with our membership secretary Emma Scoggins on 01256 770455.

This Spring we will be deepening our relationship with Test Valley GC and the School so that local youth can learn how to play. Professional coaches will be making themselves available to manage a programme at Easter. More details to follow. Upcoming events:

- February 2<sup>nd</sup> The Ken Hogan Trophy
- March 1<sup>st</sup> The Kingfisher Cup

## **LITTLE STEPS NURSERY – “OUTSTANDING” REPORTS OFSTED!**

We were delighted to read that before Xmas our friends at Little Steps Nursery, the pre-school facility at Berrydown, were awarded an “OUTSTANDING” mark by Ofsted for their teaching programme – that's fantastic news for our local new mums and dads as they have space to accommodate you!

Make Contact with Brenda Sampson 07786 294574 or [brenda.sampson@btinternet.com](mailto:brenda.sampson@btinternet.com)

Finally, I'm pleased to report that we have more sports and arts activities available than ever before – 22 clubs and societies at the last count – so check the new web site or ask a friend that is already doing something, there's an opportunity to improve your wellbeing in 2020 - we'd love to see you get involved!

## **PARTNERSHIP & COLLABORATION**

Overton Business Association – designing and creating a village “Welcome Pack” & supporting Sustainable Overton

Overton Parish Council – helping to design a research questionnaire to better understand local sports needs

Watership Down Medical Practice – developing an approach to improve local children's health

Basingstoke & Deane Borough Council – aligning to and cooperating with area sports strategy

Overton Primary School – in the process of building relations

Test Valley Golf Club – strategy to introduce youth to golf at Town Meadow GC via lessons from Professionals

Southampton Football Club – assistance with youth coaching

St. Mary's Church – building wider relations in the community

**Next Edition: Watch out for our interview with Emily Hill & the new, improved ORC poster board in the community centre**

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