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Useful web links

www.norfolk.gov.uk

www.activenorfolk.org

www.fitc.org.uk

www.sportengland.org

Contact us

t: 01603 212123

e: sport@norwich.gov.uk

www.norwich.gov.uk

Sport Relief is back in Norwich!

One of the biggest fundraising events in the UK will be taking place in Norwich on **Sunday 21 March** and you can play your part by running the 1, 3 or 6 mile course to raise money for people living unimaginably tough lives.

Why not enter as a club and run in your team kit? Or you could even go that extra mile and do it in fancy dress! However you take part, your time and money will help transform the lives of those in need.

Go to www.sportrelief.com to book your place.

If your club has a mascot that can run in the race we would love to hear from you – email the details to sport@norwich.gov.uk

Don't miss out – Sport Relief is offering community groups in Norwich the chance to apply for a share of a new £62,500 fund!

The Norwich Evening News has joined forces with Sport Relief and the Norfolk Community Foundation to give scores of sports clubs and community groups based in the Norwich City Council area the chance to apply for grants of up to £1,000.

To be eligible clubs must be based within the Norwich City Council area, have a constitution, an annual income of less than £50,000 and be run for the benefit of the local community. Priority will be given to groups working in deprived areas of Norwich.

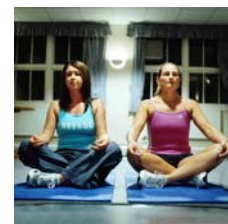
Visit www.norfolkfoundation.com for more information and to apply online. The application deadline is 5 March 2010.

Don't forget the sports development team is here to help your club with essential issues such as safeguarding children and equity policies, development plans and application advice. Contact sport@norwich.gov.uk for more information.



The Norman Centre...there's more to it than you might think...

As well as the gym, indoor bowls green and table tennis hall, the Mile Cross based Norman Centre also offers a wide range of community facilities including Surestart Children's Centre, Real Health Action, JobcentrePlus, Adult Education and Women's Employment, Enterprise and Training Unit (WEETU) to name but a few!



There's also a café and a number of meeting rooms available which can accommodate large or small groups.

In addition, the Norman Centre offers Go 4less discounts for low-income city council residents and Norwich City Council national bus pass holders.

For more information about the Norman Centre visit http://www.norwich.gov.uk/webapps/atoz/service_page.asp?id=1399

Club and Coach Courses

Active Norfolk's programme of high quality club and coach development courses continues across the county. Courses include:

- Basic First Aid – Gorleston
- Strength and conditioning – Norwich
- Safeguarding and protecting children – King's Lynn

Visit www.activenorfolk.org/courses for more information.



Clubmark is the only national cross sports quality accreditation scheme for clubs with junior sections. It is built around a set of core criteria which ensure that accredited clubs offer a high standard of delivery.

If your club is interested in working towards gaining Clubmark status contact your national governing body who will be able to provide you with more information.