



London and South East Netball New Year 2019 e-blast



Please share the London and South East e-blast with your club members & contacts so as many people as possible know what is happening within the region! If you don't receive this direct from us and want to be added to our mailing list, email londonandsoutheast@englandnetball.co.uk

In this e-blast:

- [Happy New Year from L&SE Netball](#)
- [London & South East Regional League Update](#)
- [Goalden Globes 2019 Nominations Open!](#)
- [CAPS Congratulations](#)
- [Coaching Courses](#)
- [Officiating Courses](#)
- [England Netball Membership Changes](#)
- [An Inspirational Story: MS, Netball & Me](#)
- [Vitality Netball International Series Tickets](#)
- [New England Netball Partnerships](#)
- [LSE Staff Updates](#)
- [Staff Contacts](#)



Happy New Year from L&SE Netball

The England Netball London & South East Team wish everyone a Happy New Year and all the best for 2019!

Make 2019 a year to remember with lots of opportunities to get involved in netball. **Play. Coach. Officiate. Volunteer. Support.**

Find out how here: <https://www.englandnetball.co.uk/make-the-game/>



London & South East Regional League Update

Well done to the following clubs who are currently sitting at the top spot of their division in the London & South East Regional League:

- Division 1: New Cambell
- Division 2: Actonians
- Under 16: AP Saints

The London & South East Regional League tables and forthcoming fixtures can be found here:

<http://www.clubleague.co.uk/Public/Portal/ViewDivision.aspx?cid=1076&did=6428>



Goalden Globes 2019 Nominations OPEN!

England Netball are pleased to announce the nominations for the 2019 Vitality Goalden Globe Awards are now OPEN!!

Do you have a volunteer that you wish to thank? Can you think of someone who deserves to be recognised for the outstanding contribution to netball? Now is the time to complete a nomination form and to make sure what they have achieved is shared with others.

Regions will host their own regional award events between the end of March and the beginning of June, with all regional winners being invited to the national England Netball Vitality Goalden Globe Awards on Sunday 14 July in Liverpool.

The date of the London and South East regional award event is TBC.

Nominations are sought across the following categories:

- Grassroots Coach Award
- Sheelagh Redpath Grassroots Official Award
- Young Volunteer Award
- Outstanding Netball Club Award
- Teacher Award
- Unsung Hero Award
- Mary Bulloch Administrator Award
- Muriel McNally Award
- Inclusion and Diversity Award
- Rose Award
- Long Service Award

Closing date for all nominations: midnight, Wednesday 13th March 2019.

For information on how to nominate and for a copy of the nomination forms, please visit:

<https://www.londonandsoutheastnetball.co.uk/news/2019-vitality-goalden-globes-nominations-open>

For any further questions, please email:

londonandsoutheast@englandnetball.co.uk

Good luck!

CAPS Congratulations

Congratulations to the following clubs who gained their CAPs re-accreditation in the September assessments:

- Eclipse Netball Club, **Gold** re-accreditation
- Sabina Netball Club, **Silver** re-accreditation

If you would like to register your club for CAPS accreditation, please email England Netball at: Caps.Caps@englandnetball.co.uk





COURSES

Coaching Courses

We recently released a new group of coaching courses, places are already going very fast so if you, or a member of your club wish to attend a course, don't delay booking onto a course. All upcoming courses in London and South East can be found below and booking forms found here: <https://www.EnglandNetball.co.uk/coaching/ukcc-coaching-courses/>

UKCC Level 1 Courses

Cost of course: Affiliated EN Member – £190, Non Affiliated – £230

- 24th March & 28th April 2019, College of Haringey, Enfield and North East London, Middlesex EN3 5HA
- 2nd June & 30th June 2019, Manor House School, Surrey KT23 4EN
- 11th August & 8th September 2019, Brunel University, Middlesex UB8 3PH

UKCC Level 2 Courses

Cost of course: Affiliated EN Member – £400

- 23rd & 24th February, 6th & 7th April & 12th May 2019, Manor House School, Surrey KT23 4EN
- 18th & 19th May, 15th & 16th June & 14th July 2019, Barn Hill Community High School, Middlesex UB4 9LE
- 3rd, 4th & 31st August, 1st & 28th September 2019, Dartford Science & Technology College, Kent DA1 2LY

Walking Netball Host Training

- 26th January 2019, The Leigh Academy, Dartford, Kent DA1 1QE
To book: <https://www.londonandsoutheastnetball.co.uk/cpd-courses/leighkentwnht> *Booking closes 15th January 2019*

Officiating Courses

Officiating Courses are organised by your County Netball Association. You can find upcoming officiating courses on their websites here:

Essex Met: <http://79.170.44.140/essexmet.co.uk/club-area/officiating/>

Kent: <http://www.kentnetball.co.uk/umpiring-courses>

Middlesex; <http://www.middlesexnetball.co.uk/mcna/index.cfm/umpiring/>

Surrey: <http://www.surreynetball.co.uk/umpire-courses.html>

You can also see courses planned nationally here:

<https://www.EnglandNetball.co.uk/make-the-game/officiating/officiating-courses/>



England Netball Membership Changes

Changes to the England Netball Membership will be taking place in 2019 for the next season.

All current members will have received or will receive a newsletter with information regarding the proposed changes. Please grab a cuppa and have a read. Keep an eye out on the EN website for more information.



An Inspirational Story: MS, Netball & Me



Like many people I rediscovered netball well into my late twenties, when a colleague was looking to form a new team to play socially after work. While I always enjoyed the sport at school, I felt intimidated by the more athletic girls and eventually drifted away from the game. It's a common story. But playing as an adult was a different ball game (excuse the pun!) and I found that being part of a team was something special; we shared in our successes and failures, improved week by week and supported each other. I joked that netball took up 70% of all of my thoughts and was eventually nominated as team captain. Netball had slowly become a part of my identity, even though I only played at a recreational level. My fitness and agility improved and I was so proud to be good at a sport I loved. So when I became ill last year and consequently unable to walk for a period of time, I felt like I had lost a crucial part of myself.



At the age of 30, I suddenly lost all feeling and movement in the left side of my body. After a frantic evening of ambulance rides, scans and tests, I was sent to intensive care and a few days later I was diagnosed with [Relapse Remitting Multiple Sclerosis](#). MS is an auto-immune disease and a life-long condition whereby the immune system attacks the myelin which protects the nerves, therefore stopping any messages travelling from the brain to the central nervous system. The nature of MS means that everyone is different and the disease is unpredictable.



I wondered if people with MS can play netball? I couldn't find any examples online. The condition affects [2.3 million people globally](#) and is more common in women than in men, so at a time when more women than ever are playing netball, I thought there must be others out there like me.

After boasting to a doctor about my team and communicating my fears about returning netball, he encouraged me to stick with the game. In his view it would be the perfect activity to aid my recovery. My team were thrilled and were excited to help out in whatever way they could.

The road to recovery was littered with small gains and setbacks. As soon I was able to start netball again, the team invited me to participate in some training. At first all I could do was throw and catch on the spot and shout encouragement from the side-lines, but after 6 months I was back on court in my old position as Goal Shooter. I was terrified of falling over and doing more damage to my already weak leg and hated people seeing me limp on (and off) court, losing me confidence when playing against more able players. I started attending Back to Netball sessions to gain a bit of practice and confidence away from pressurised match situations. I struggle with my limitations and can be easily frustrated that my body doesn't do as it's told, but being with friends who know me and support me makes it easier to pick myself up week by week and carry on.

Where would I be without netball? If I tell you that my physiotherapist and personal trainer are both using netball related objectives, you can sense how the sport has helped me to stretch my goals.

So how much does netball still feature in my all my waking thoughts? It scores pretty highly.



Vitality Netball International Series Tickets

See four of the world's best teams go head-to-head as the Vitality Netball International Series, as part of the Netball Quad Series in January 2019!

The Commonwealth Games champions will be joined in Liverpool and then London by world champions Australia, New Zealand and South Africa. Here are the fixtures in London:

Saturday 19th January 2019 – Copper Box Arena – buy tickets
Australia v New Zealand (16:30) and England v South Africa (19:00)

Sunday 20th January 2019 – Copper Box Arena – buy tickets
South Africa v New Zealand (15:30) and England v Australia (18:00)

DON'T MISS OUT! Tickets are still available on the England Netball website here: <https://tickets.englandnetball.co.uk/content>

New England Netball Partnerships



Nike

England Netball and Nike announced on the 27th November 2018 the beginning of an exciting multi-year partnership covering the elite women's team. The agreement will see Nike design and supply on and off court kit for the Vitality Roses for all international netball competitions.

The Vitality Roses showcased their new Nike netball performance kit for the first time during the three-match Vitality Netball International Series against Uganda from 27 November – 2 December 2018.

Shop now for the new England Netball Nike Merchandise here: <https://englandnetballstore.co.uk/>



Jaffa Fruit

England Netball and Jaffa Fruit announced on the 26th November 2018 the beginning of an initial two-year partnership. The Vitality Roses squad proudly supporting the Jaffa logo on their match day dresses, will allow us to continue to build on our achievements across both grassroots and elite level.



LSE Staff Updates

England Netball are pleased to welcome Lottie Sudell as the New Surrey Netball Development Officer.



Staff Contacts

To keep up to date with everything that is going on in the region, don't forget to follow us on social media – see below:

England Netball London and South East Regional Team Who we are and what we do...



The **Regional Coordinator (RCO)** is the key point of contact for regional enquiries and distributing information to Members. They support the County Committees, Regional Management Board and England Netball Regional Staff. They are also responsible for planning and co-ordinating education and training courses and administrating regional programmes and events.



Emma Thomson; Regional Coordinator / 0207 9934 709

[@LondonSENetball](#)



[@LondonAndSouthEastNetball](#)



[londonsenetball](#)



Netball Development Officers (NDOs) work closely with the netballers and partners in the County to develop and deliver a local plan for netball. They focus on: developing netball for children and young people; helping clubs gain CAPS accreditation; organising back to netball groups and festivals; and promoting and organising suitable development opportunities for coaches, officials and volunteers. They also contribute to the planning and organisation of regional events.



Jodie Pearce; NDO Essex Met / 07738696858

[@NetballEssexMet](#)



[@essexmetndo](#)



[netballinessexmet](#)



Phill Harvey; NDO South East London and Kent / 07854089830

[@NDO_Kent](#)



[@KentSELondonNDO](#)



[netballinkentandselondon](#)



Alice Moger; NDO Middlesex / 07738696857

[@NDOMiddlesex](#)



[@NetballMiddlesex](#)



[netballinmiddlesex](#)



Charlotte Sudell; NDO South West London and Surrey / 07595863761

[@NetballinSurrey](#)



[@NetballinSurrey](#)



[netballinsurrey](#)



Netball Development Community Coaches (NDCCs) are responsible for developing, marketing and coaching the Back to Netball and Walking Netball programmes. They are also responsible for developing local netball infrastructures to ensure sustained participation in the sport.



Lucy Hantson; NDCC North East London / 07854090628

[@B2NNEastLondon](#)



[@b2neastlondon](#)



[b2neastlondon](#)



Yvonne Rhoden; NDCC Central London North / 07872407219

[@B2NCLN](#)



[@B2NCentralLondonNorth](#)



Polly Howell; NDCC South London / 07909251289

[@B2NCentralLdn](#)



[@PollyBackToNetball](#)



[pollybacktonetball](#)

