



IAN THORNTON
Director of FITC

TODAY'S GUESTS

Earle Jacotine, Janet Baker, Phil Wright and representatives of the Football Foundation.



TEL: 01603 761122

WEB: www.fitc.org.uk

FITC PREMIER PARTNERS



community spirit

Club Journalist Kim Betts takes a look at Football in the Community's latest initiative aimed at the over 60s and reports on some spooky goings on at the Study Centre.

EXTRA TIME

It's not just youngsters that Football in the Community is proud to be working with – Football in the Community is also delighted to be working in partnership with the Re-Energise Project and Riverside Leisure Centre to provide the new "Extra Time" project to the over 60s.

Funded by the Football Foundation the project aims to increase access and opportunities to physical activity for the over 60s. This exciting new project will not just provide a taste of many different sports and physical activities, it also offers an opportunity for Norwich City fans to reminisce and meet their past Norwich City heroes during the social and refreshment time after each session.

A wide variety of sports and physical activity sessions will be provided to meet different sporting interests including aerobics, basketball, football, hockey, badminton, table tennis, short tennis, tai chi, yoga and many more. And if none of these activities interest you there is always the option of spending an hour in the gym or taking a leisurely swim. As exercise is one of the best ways to beat the winter blues, why not come along and join in.

Qualified coaches and instructors will base all the sessions at the Riverside Leisure Complex and Wensum Lodge Sports Hall. After the exercise, it's time to return to Norwich City Football Club for an hour's socialising, meeting past players and lots more sports-related activities.

We will also be organising ten walks and three outings to visit Arsenal Emirates Stadium, Wembley and Chelsea's Stamford Bridge throughout the year.

"We are really pleased to be working with our partners to start this exciting new project, we currently work with so many groups from children aged from two to 17-years-old and adults. Now we are able to work with and support our older fans, something which we have not been able to do in the past, I'm sure they will enjoy the company



Bill Punton is one of the many former Canaries who will be meeting fans taking part in the Extra Time project.

and stories from some Club legends," said Ian Thornton, Director of Football in the Community.

"What an excellent programme, I look forward to meeting some fans who can remember watching me play! I would encourage as many people as possible to take part," added former City star Bill Punton.

If you are interested in leading a healthier lifestyle, meeting new people and Norwich City Football Club legends please call Football in the Community on 01603 761122 for an application form. The activities start Wednesday, November 19 so call now to avoid disappointment.

STUDY CENTRE

A very busy half-term holiday was had by all at the Study Centre, with a wide variety of exciting activities including learning how to tell the difference between edible mushrooms and poisonous fungi, discovering the vivid history of a local village and dressing up as monsters and ghouls during a frighteningly bewitching Halloween mission!

Just some examples of local children joining in on the holiday fun were pupils from years five and six at Breckland Middle School and Abbey Junior schools. They spent an educational two days of their school break learning about the nature in Thetford Forest in a hands-on environment. The youngsters learnt about different plants and creatures living within the forest, and also took part in team-building exercises and forest walks. As well as all that, they visited the educational High Lodge Centre, discovering about conservation projects and maintenance of the forest environment. The children participating also spent a day learning about the village of Santon Downham's history, including finding out about life in the village and the history of the local church.

Towards the end of the half-term week, children of Kettle Foods employees were treated to a spellbinding Halloween treat when, supplied with cameras and equipment by staff at the Study Centre, the youngsters were sent off with the task of filming a Halloween related movie. Using features from around the Carrow Road stadium, such as the changing rooms, dug outs and press room, the little devils were commissioned with the assignment to produce horrifyingly entertaining masterpieces. Armed with masks, costumes and ferocious looking, although plastic, vampire teeth, the children conjured up a wicked assortment of scary titles, including The Mysterious Rat, Which Witch? and The Nightmare before Halloween. All who viewed them were left unable to sleep for days...



Halloween fun at the Study Centre.

INTRODUCING . . . ROS WATSON



Q: How long have you worked for the Study Centre?

A: I have been a tutor in the Centre since 1999 and manager since 2006.

Q: What is your role?

A: As Study Centre manager I deliver to up to seven groups of children/adults each week, organise the after school teaching to eight local schools a week and look after the day-to-day running of the Centre and the team of eight staff.

Q: What inspired you to get involved?

A: Having worked as a High School teacher in local schools I wanted to be involved in a different educational establishment which really makes a difference to young peoples lives.

Q: What's the best thing about your job?

A: Working with the young people of Norfolk, watching them develop as individuals, putting a smile on their face and helping them to realise their aspirations. Oh and working with such a great team of people!

Q: If you could change one thing about your job, what would it be?

A: Having more hours in each day!