

NEWSLETTER



September 2023

HEALTHY SCHOOL

The Schools Team are working with 25 schools this Term offering a diverse range of programmes and activities. This includes 'the joy of moving' with Henry Maynard Primary where our coach Alex led a session where pupils were able to learn key healthy living tips and exercises while playing in class.



HEALTH ENGAGEMENT

Well done to our 'Volunteer of the Month' Cynthia Bonds. "Being a CHC Volunteer has given me the opportunity to be an integral part of my community. I enjoy meeting people from various cultural backgrounds and sharing info. @wfcouncil"



The Health Team continue to deliver engaging activities across Waltham Forest and through the Community Living Room including Health Walks, seated exercise and well being sessions



In partnership with the local NHS and 25 community health organisations a Health Day was held at SCORE on an Orient Match Day where we offered free health checks participants could share their concerns with medical staff, try different exercises, and win health related prizes.



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YOUTH ENGAGEMENT AND SUPPORT

The full Youth Engagement and Support Programme is back under way offering 30 sessions per week. This includes the Youth Zone at SCORE and the Hub at Loxford.

Kyran Graham, who now works for the Trust part-time on the Youth Engagement Programme and who had come through as a participant on Kicks and on the Study Programme for three years was guest of honour in Parliament helping celebrate ten years of London United – an alliance of the 16 Professional Clubs Community Organisations including Leyton Orient.



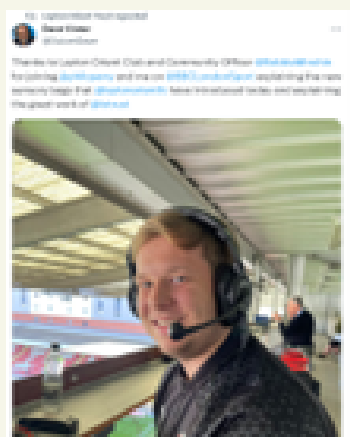
STUDY PROGRAMME



Building on the success of the last academic year where our students achieved 93% achievement rate, over 90 students has enrolled for this year, who are studying BTEC Level One, Two and Three. As part of the Programme the Trust runs two regular football teams with the First Team this season upgrading to the EFL's CEFA League, playing against other EFL Community College Teams. The students have also been assisting the PFA's B Licence Coaching Programme

CLUB & COMMUNITY LIAISON

Robbie Minchin the Leyton Orient Club and Community Officer joined BBC London Sport to explain his role and helping launch the LOFC matchday Sensory Packs that are available for supporters with disabilities during the 2023/24 season.



Mayor of Waltham Forest, Cllr Roy Berg, attended the monthly Armed Forces & Veterans Breakfast Club hosted by @lotrust and had a great time with our veterans.

If you are a veteran and wish to attend a breakfast find your nearest club, see the map at orlo.uk/1965v



The Trust and Club have been working closely with the Mayor including celebrating Orient's awarding of the freedom of the borough. The Mayor was also the guest of honour at the monthly Veterans Lunch. The Mayor takes a keen interest as he is also a Veteran and is raising money through the Mayor's Fund for Veterans activities.