



## FINBOROUGH LADIES NETBALL

As we gear up for the return of league matches in November, Finborough Ladies NC has been reflecting upon the last six months of our netball life.

In the initial stages of lockdown, we provided weekly live fitness and coaching sessions for all players via Zoom. This was a very different coaching experience for us all and we had to adapt ideas and drills to suit our new environment and conditions.

The workouts and coaching sessions proved to be very successful and enabled club members to reconnect and continue to work with their teammates, be it all in a slightly more challenging format! When the restrictions lifted slightly and we were able to carry out physical training in small groups at our home court, we continued to run the 'virtual training sessions' on Zoom. By providing two different options, we hoped to cover the needs of those shielding or wishing to stay at home, as well as those of us who were keen to meet up and get training together again.

We have now entered Stage 4 of the England Netball roadmap, where we have begun to introduce Modified Netball to our teams. The key changes here are 4ft spacing for the start of play; 4ft marking, 4ft position of penalised player, removal of toss ups and idle interactions. We continue to follow government and England Netball guidelines and are committed as a club in providing a safe, fun and motivating path back to netball for our members. Whilst the road back to training and game play has been a unique and challenging one, we're now more determined than ever to thrive as a club and to continue to develop and nurture our competitive edge as individual players, teams and collectively as a club.

**Eat, Sleep, Netball, Repeat!**

## SCORPION ACADEMY

The academy spent nearly two months training outdoors and was blessed with good weather, apart from a couple of training sessions that were rained off. Apart from improving our fitness and confidence, it is obvious how good the classes have been for our mental wellbeing/health.

We are now running indoor classes at Needham Market Community Centre on Tuesdays and Red Gables on Wednesdays. Covid-19 rules and social distancing apply, and we also follow our governing body's code of practice ensuring safe training sessions.

We run junior karate classes and a mixed-age kickboxing session. It has been good to see some of our *old* students return since lockdown in March. New members are welcome, and we are pleased to offer one month free for new students.

Scorpion Academy has been successfully running for 30 years and over that time many thousands of children, young people and adults have trained with us. Chief instructor Mark Jr Trent personally teaches every class and is extremely proud of each member's achievements.

Mark adds: "We are a long-established school and over my 42 years involved in the martial arts I have seen many people come and go as well as many karate clubs appear and disappear. One thing for sure is you will get the absolute best from Scorpion Academy."

For further information about our services please contact Mark Jr Trent: 07708 644162 / scorpion.ufkwa@gmail.com



## THE SALVATION ARMY

**Violet Hill Road, Stowmarket IP14 1NE**



Although the building is currently closed for all weekday and weekend activities (we are missing everyone) the Salvation Army is still here for you.

We are currently conducting a risk assessment and preparing our building to be safe so we can open soon. Until then, you are welcome to our online Morning Sunday Service at 11am.

Find us on YouTube: Stowmarket Salvation Army

**From Major James Lloyd:**

This month we celebrate Remembrance Day. We pause to honour those who fought for our freedom, to reflect on the price they paid, and to acknowledge the benefits we gained through their sacrifice.

International news provides a daily reason to appreciate the freedoms we enjoy. My heart aches for those living in countries where simply stepping into the street means risking one's life, casting an election ballot threatens one's safety, or converting to Christianity is akin to signing a death wish.

Today, as I pause to reflect on the freedoms I enjoy at others' expense, I also say thanks to Jesus Christ for the sacrifice He made for mankind.

Hebrews 10:19-20 says, "And so, dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place."

Jesus' sacrificial death paved the way for us to have access to God. Because of what He's done, we can know with certainty that our sins are washed away. We can enjoy moment by moment fellowship with the Divine. We can bring our concerns and needs to Him in confidence believing that He'll care for us.

Oh, the freedoms we sometimes take for granted, especially if we've grown up in the Church.

Today, let's pause to honour those who fought for our freedom. And as we do, let's remember the price that Jesus paid so that we might enjoy spiritual freedom, too.

If you would like to support the work of the Salvation Army, please send donations to Violet Hill Road, Stowmarket IP14 1NE or donate online at: [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

## UNITED REFORMED CHURCH



The strange times in which we are living mean that many of the events which would normally happen in our church life have been curtailed or cancelled. The latest casualty is our Christmas fayre, Wide Horizons, which has been part of the pre-Christmas scene for 61 years, along with our regular Thursday and monthly Saturday coffee mornings. It has also meant that the many groups who would hire our building have been unable to, as we continue to follow the guidelines of the government and church authorities.

So, it was exciting to be able to support the local food bank with our Harvest offerings. Ordinarily, our church would have been decorated with flowers and produce, but as this was not possible our members and friends brought along tins and packets for which we were most grateful. The coffee mornings have been replaced by virtual ones which you are more than welcome to join.

We meet on Zoom on the second Saturday of each month between 10.30am and noon. Go to <https://tinyurl.com/y49ejcmo> and use the ID 878 9703 9806 and Passcode 269834, Alternatively, dial 0 203 901 7895 and use the same code. You can also join us each Sunday at 10.30am for Family Worship and enjoy a selection of speakers for about 30 minutes.

**For all enquiries please contact our church office:  
01449 675045 (10am-1pm Monday, Thursday & Friday)  
Email: [stowmarketurc@btconnect.com](mailto:stowmarketurc@btconnect.com)**