



ZOOMING INTO SPRING 2021

As we entered another nationwide lockdown in January, Finborough Ladies Netball Club went back to Zoom training and fitness sessions. We were determined not to lose the momentum we'd gained through the modified netball games and training sessions we had managed to squeeze in between the various lockdowns and Tier restrictions of 2020.

The sessions covered strength and conditioning, ball-handling skills, reaction time, cardio, jumping and tactical defensive footwork. This time around we opted for shorter, high-intensity sessions to really get the blood pumping.

We can't wait to get back onto the courts and put our training into practise. For now, we'll be Zooming our way into our spring training program!

www.finborough-netball.com



STOWMARKET CRICKET CLUB

Senior Update

Unfortunately, because of the lockdown, we have cancelled our senior indoor nets scheduled for March. However, we are hopeful that the final session planned for Sunday 4 April will go ahead at Ipswich School from 7.30-9pm. Outdoor net sessions at Chilton Fields are scheduled to commence on April 8 from 6pm.

Meanwhile, we are hopeful that last season's Two Counties Mid Suffolk Cup final that succumbed to heavy rain in September will be played at Chilton Fields on Sunday 11 April between Walsham le Willows and Woolpit, starting at 12.30pm. Our Sunday X1 captain, Stuart Lilley, will be getting some early practice as he dons his whites for Woolpit in this final.

Junior Update

Although we remain in lockdown, we are still hopeful that our junior 'outdoor' registration / fun evening will take place on Monday 29 March at Chilton Fields from 5.45pm. Further information will be available on our Facebook, Twitter and website pages. You can also register your interest and be kept up to date by contacting Clive Witherly: 07769 731958 / wigg51@btinternet.com

We remain committed to providing cricket for all and look forward to an exciting season ahead where youth coaching will be held on Monday evenings right through to the end of July, and competitive cricket matches will be held against local clubs at under 9, 11, 13 and 15 age groups.

History Update

Many of you may not realise that the site that became the Asda car park was formerly the home of Stowmarket Cricket Club. The lengthening football season meant that preparation of the cricket square became difficult, so a temporary move to Earl Stonham was made. This lasted for some 20 years before a rejuvenated club returned to Stowmarket in a new setting at Chilton Fields under the stewardship of long-standing member Roger Bolton.

www.stowmarket.play-cricket.com / Facebook

AIKIDO FOR ALL

Online classes for exercising at home during the pandemic

Since March 2020, Inori Aikido Dojo has constantly opened and closed its doors due to the Covid-19 pandemic. We've learned to be flexible and our students have practised outdoors when the weather permitted. We were extremely lucky to be able to organise a seminar in Woolpit last October, which was a unique event in the UK.

However, we have continued to run online classes for solo and safe practice. Zoom sessions have been a great opportunity for our members to stay connected, travel virtually and train abroad with various teachers in different styles. For a year now we have attended intensive classes ranging from verbal aikido to shadow techniques, from breathing, relaxation and meditation to more demanding weapons work. Our proactive approach to cross-training in other systems, like yoga and qigong, has had great benefits in improving body flexibility, balance, energy flow and breathing.

All our online, live and interactive classes are structured around a theme and begin with a full-body loosening and warm-up routine, before moving onto solo weapons and bodywork training. We always go from the simple to the complex, starting with the basics and continuing with more advanced movements and techniques.

If you have never tried Aikido, this is a dynamic Japanese Martial Art suitable for men and women of any age, size and build. The art focuses on using the attackers' movement against them and includes a combination of empty-handed techniques, along with weapons such as sword, staff and knife, all practised in a safe and friendly environment. One of the major benefits of online solo training is that now you can focus on learning and developing new martial arts skills in preparation for paired practice later in the year. Join us and change your life for the better, both physically and mentally.

Regular online classes run on Zoom on Mondays and Thursdays at 7pm and are led by Adrian Munteanu, 4th Dan Aikdo. Adrian is Coach Level 1 & 2 qualified, DBS checked and first aid qualified.

Adrian: 07793 658748 / inoridojo@yahoo.com

<https://inoridojo.wixsite.com/aikidosuffolk> / Facebook: @Inori Dojo

CENSUS 2021 WILL PROVIDE A SNAPSHOT OF MODERN SOCIETY

Households across England and Wales will soon be asked to take part in Census 2021.

The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It has been carried out every decade since 1801, with the exception of 1941.

It will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets.

"A successful census will ensure everyone from local government to charities can put services and funding in the places where they are most needed," said Iain Bell, Deputy National Statistician at the Office for National Statistics.

"This could mean things like doctors' surgeries, schools and new transport routes. That's why it is so important everyone takes part and we have made it easier for people to do so online on any device, with help and paper questionnaires for those that need them."

**census
2021**

Census day is March 21 but households across the country will receive letters with online codes allowing them to take part from early March. The census will include questions about your sex, age, work, health, education, household size and ethnicity. For the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

For more information, visit: census.gov.uk