

FOUNDATION NEWSLETTER

1st MARCH 2024 - ISSUE NO.10



Inspiring the next gen

It's easy to keep in the dry and watch a good series during the schools holidays in the wet, winter months. However, nothing beats getting out and being active! We were joined by 40 like-minded youngsters over half term and what a day it was!

We've delivered 3 holiday camps over 5 different days at Kidderminster Carolians RFC and it's been superb. We'll be setting up camp at different locations at Easter, so keep your eyes peeled for updates.

Cutting the ribbon!

We're incredibly excited to officially open our new office at the Royal Porcelain Works to a range of stakeholders, friends and partners of the Foundation.

If you haven't yet visited our wonderful space, please get in touch to organise a visit. Not only will we have a sensory room come May, but we have lots of excellent space in the heart of the city to help support our community.



Make Your Mark launch

In partnership with the current and incoming High Sheriff of Worcestershire, the team have recently begun delivering the Make Your Mark project.

The project looks to educate, upskill and connect with young people disengaged with education through practical activities, sport and vocational opportunities.

The pilot has been a huge success so far, running over at Kidderminster Carolians RFC with several students from Continu Plus Academy.



DONATE



Donate today to support the life changing projects run by the Worcester Warriors Foundation and support 12,000 vulnerable people in your community every year. We have both our Partner and Friend of the Foundation schemes where businesses and individuals can support from as little as £2 per month. For more information please check out our website www.worcesterwarriorsfoundation.org.

VISUALLY IMPAIRED RUGBY

18 +



ARE YOU B2- B5 CLASSIFIED?

GET FIT, HAVE FUN & BE PART OF A GROWING SPORT!

LAUNCH EVENT

24th FEBRUARY | 11AM
DIGLIS PLAYING FIELDS
WR5 3EF



VI Rugby is back

Chris Styles and Matt Lancett, two England International VI players who've both been part of your VI Rugby / Inclusion rugby project, are leading VI rugby sessions every other Saturday with help from the team.

If you have a visual impairment or know anyone who does, we'd implore you to pop down and see just how cracking the sport is!

Email Matthew.cowdrey@warriorsfoundation.co.uk for more.

Come join us, Ladies

Calling all women! Get moving with Irene, Joide and other ladies at our fabulous classes.

They're a great way to meet like-minded women, tick off that new year's resolution, or just boost your wellbeing.

For more information, please contact Sam.

sam.verralls@warriorsfoundation.co.uk

FIND YOUR YOU.

TESTIMONIAL

AFTER THE FIRST SESSION...

FABULOUS CLASS! IRENE ADAPTS ALL SESSIONS TO YOUR STRENGTHS & WEAKNESSES. REALLY ENJOYED IT. THANKS IRENE!

JODIE



ONLY GIRLS ALLOWED
WORCESTER WARRIORS FOUNDATION



Dementia Café gets moving

February has been an absolute blast with chair yoga & chair fitness sessions getting our lovely cafe group moving, working on their core strength and mobility. Who knew chairs and resistance bands could provide so much versatility!



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