

Southend Has a New CSRC

Becoming the CSRC of Southend has been the greatest positive challenge I've ever encountered. I am able to create programs for my community to inspire positive, healthy, balanced lifestyles. Engaging all age groups and creating relations with my community. I'm very excited to share my success stories in the short time living in Southend.

From the first day of school, the after school program's have been quite popular. I've create a welcoming, positive, engaging environment for every child who has participated. The group and I have completed handful of Nature Walks. During these walks I am able to have quality time with each student, even if it is for a short period. The Nature Walks have been every popular with the

children, it's time of freedom. I've noticed the physical levels of many child are improving, they are able to run further and faster. I believe that the simple task of walking through the tree's ground us each time. We come out of the forest feeling happier and more clear ready for the next activity.

Southend Kung Fu! Never imagined we would have such an amazing opportunity for the community. I've been working with Ben Howie the Kung Fu instructor, together we have created a environment of self respect, confidence and hard work. The first class we had over 40 kids attend. I've never seen such a peaceful sight, everyone was engaged, trying their best and having fun. The kids are excited for Kung Fu Friday's every week!

I have started a all women program called Women Wednesday's. This is a night where the women of any age are welcome to a judge free zone. I have had work out circuits, Yoga, Kung Fu, painting and open gym. This program has been very popular for the women of Southend, it's a night of socializing in a positive, physical environment. I have noticed the increase of female participants since I've started. This give me hope for continuing a successful all female group.

The last 2 months have been awarding, challenging at times. However, I know my work can only do good.

Cheyenne Ulriksen, CSRC, Southend

