

## Horizon is Growing !



### Welcome to the Horizon Fitness & Wellbeing Centre

**Horizon is pleased to announce the opening of the Horizon Fitness and Wellbeing Centre. It is an expansion of facilities not only for our members but also the wider community.**

This exciting new venture is in partnership with Refreshingly Different Community Shop, MAFC Ultimate Martial Arts and NEXT GEN Fitness – the latest members of the Horizon Community Hub, which is growing bigger and stronger every month. More details about our new partners can be found elsewhere in this Newsletter.

Together we are committed to providing affordable facilities offering fitness and wellbeing opportunities to people that may have difficulty accessing a mainstream gym or club – for a variety of reasons. These can include anxiety, mental/emotional problems, learning difficulties, costs, commitments or just needing a smaller class until they feel comfortable and confident.

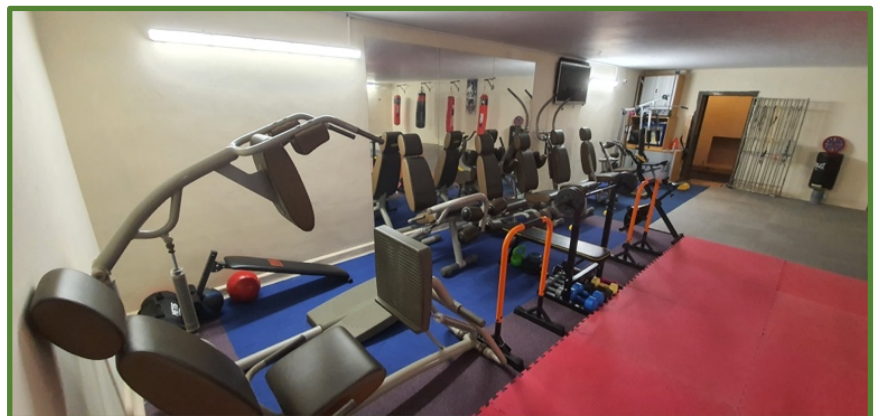
And it isn't just a cut-price set up! The activity and class leaders are top notch, the equipment is new and high quality and the facilities spacious and welcoming. Come and see what we have on offer and you'll be impressed!

**Brandon Meek, one of the Learners on our Include programme, had this to say about the new facility after attending the MAFC classes**

*"In the last 3 weeks myself and others have been working on creating a gym in an old safe room. We have all done well in making such a great workout place/gym from a blank canvas. We have all worked hard in making such a successful work of art. The work we had to do to get the gym up and running includes painting the walls and ceiling and fill in any holes. Lay carpet tiles, build and install a sparring ring, lay foam mats, and hang lights. We installed a television and hung wall mirrors. We transferred all the cupboards and storage from the old gym.*

*We installed punch bags and gym equipment and hung the boxing glove cabinets on the wall.*

*One of the things that we use the gym for is mixed martial arts (MMA). I joined about 3 months ago and really enjoy it. I have seen a significant improvement in my confidence and my peers have said that I am getting better every week. There are a couple of things that I still need to work on but as I said I am progressing well and I am optimistic for my future and the world of MMA. I am loving it."*



**15 Hall Quay, Great Yarmouth NR30 1HP  
Parking available on Howard Street**

## Horizon Heroes – Malachi Gray-Read

### Malachi Gray-Read, a very brave young man, is fighting leukaemia

As brave as Captain America, as strong as Hulk, as magic as Doctor Strange and as inspiring as any super hero out there.

We send you our love, thoughts and a special Horizon Hero pack as a thank you for inspiring us and to let you know the effect you have on everyone that hears your story.

Everyone at Horizon hopes you get well very soon and are able to come to see the Centre, visit the new gym and have some free sessions.



## Horizone

*In Horizone we publish the thoughts and experiences of our learners.*

*In this edition Connor has written a Game Review. Connor is working towards a career in the video gaming industry, an exciting and fast-growing industry that constantly requires motivated and dynamic young people to join – people like Connor.*



### **Destiny – X-box 1, X-box series X, PlayStation 4/5 and PC**

*“This latest version was released on 22nd February 2022. It has been free to play since October 1st 2019. Previously to that it cost between £40 and £80 depending on which expansion pack you wanted.*

*Destiny takes place in the future where the world is struggling with resources. A miracle God saves the planet and gives the occupants enhanced strength, enhanced reflexes, and extended life spans. A select few were chosen to be guardians and they were given immortality. These extra powers come at a cost though and the people are forced to become soldiers and must fight varied species of aliens. Destiny is rated a 16 and although there are elements of an 18 rating, these are dealt with in a disguised way. The music in this version gives it an edge and sets the scene, while the sound effects build on the atmosphere. The scenery is very futuristic and leaves the player in no doubt that they are playing a game set in the future.*

*The special effects are sensational and I would give this game an overall rating of 8.5 out of 10.”*

**Horizone** – the Learners article section where learners submit a story or report about anything, such as something they have done or achieved while attending Horizon, a local news story or history or a special interest article. And as a little incentive to you budding writers, a reward of 30 to 50 Horizon Dollars is awarded when your article makes the Horizone section of the newsletter.



With so many projects running it is difficult to include everything that is happening at Horizon, so check us out on Facebook and visit our website.



# The HORIZON Community Hub

**The HUB is just getting bigger and busier every month as more people and organisations who want to make Great Yarmouth a great place to be are connecting with us and each other. We share the same ambitions and we pool our resources, collaborate on projects, supporting each other in our aims.**




Wednesday Evening from 6.30pm

We are a free support group for women who work, who are carers or those who may fall through the gaps in services.

A free 8-week course of sessions in Great Yarmouth and the surrounding areas.

**Phone: 07440 612497**  
**Email: dandelionsgy@gmail.com**







Open 7 days a week, you have to come and see us to realise the benefits of shopping here.

Supported by RD Food Discounters, Demz Gemz, Melly's Smellys and Sarah's Crafting Design, offering top quality products at amazingly low prices. We also run a food, school uniform and clothes bank.

We support new and existing businesses and groups who can rent a whole shop or just a shelf to sell their products or services, like Whites Wonders and Crafty Companions.

We work very closely with Horizon Community Training.

Phone us on 01493 852200



**Next Generation Fitness GY**

Exciting health & fitness classes run by Joshua Gray-Read, a highly experienced and effective coach and instructor in a wide range of disciplines. Joshua provides excellent individual and group health workshops and fitness sessions.

All classes are either heavily subsidised or are free by virtue of Lottery Funding.

Providing fitness and well-being activities to people in Great Yarmouth who may otherwise not have access.

**Email: jgrpt@hotmail.com**  
**Phone: 07889 180224**

A community of believers that simply love Jesus. They offer support to the least fortunate in the community of Great Yarmouth and Norwich. This is done in a number of ways through the Radical Hope Bus, Jesusfest, community action and helping where they can.

At Horizon Community Training we organise a Food Bank on a Thursday 11.00 am until 2.00pm and a Prayer Group every Friday Evening 6.30pm until 9.30pm.



**MAFC**

Mixed Martial Arts for all ages, abilities and backgrounds. MAFC mixed martial arts, stunt academy is a one-of-a-kind training school with over 40 years' experience.

**MAFC is the subject of Horizon Community Hub in Focus – see next page**

This edition of the newsletter has concentrated on our partnerships. Next time we will be telling you more about our core functions and the great progress many of our learners have made.

# The HORIZON Community Hub in Focus

## MAFC — Mixed Martial Arts for all ages and abilities

MAFC mixed martial arts stunt academy is a one-of-a-kind training school with over 40 years of experience. We cover a wide range of disciplines enabling students to achieve their full potential, both physically and mentally. Classes are adapted to match the needs of students and we train both amateur and professional fighters to become the best of the best.



**We teach children** skills in all martial arts. We also teach fight choreography which is relevant to stunt work in the film industry. It is not only great fun, but it gives students the insight that outside of competitions there are opportunities to do stunt work, fight choreography and even acting.

MAFC develops confidence, self-discipline and social skills, as well as developing outstanding fitness and wellbeing.

**Women only Boxercise sessions** to give women a healthy, active way of life and improve self-confidence. Boxercise is an exercise class based on the training concepts boxers use to keep fit. Classes can take a variety of formats but typically involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups.

You may think that all martial arts classes are the same but MAFC is a million miles away from any other clubs. Our focus is on mental wellbeing and overcoming challenges. It's also a great way to meet new people and make friends who share your interests. Come down to our home at the Horizon Wellbeing and Fitness Centre and see for yourself.

**Tel: 07867 773378**

### Adult Class Times

Tuesday & Thursday 7pm to 8.30pm

Women's Boxercise Wednesday 7pm to 8pm

### Kids Class times

Tuesday & Thursday 5.30pm to 6.30pm

Saturday morning 10am to 11am

## *HORIZON NCFE Approved Centre*

We now offer learners the chance to gain NCFE qualifications.

As well as English and Maths we can offer a wide range of qualifications linked to all our courses.

Learn more about NCFE at  
<https://www.ncfe.org.uk>

## Fund raising for a defibrillator

HORIZON wants to have a Community Defibrillator at the front of our building. A life-saving facility accessible to the entire community 24hrs a day 365 days of the year located at Hall Quay. We have a donation page on the QR link here.

