

# younghackney

A page written by young people in Hackney

## Be your very best

By **Ruth Garland**



**P**ARALYMPIC swimmer and Hackney resident Dervis Konuralp has launched a sports initiative to help youngsters achieve their very best. Dervis was on hand at Gainsborough Primary School in Hackney Wick to tell children about Personal Bests 2009, a programme for nine to 11-year-olds, which

will run in a third of the borough's primary schools this year. Dervis, Hackney's first 2012 Games ambassador, is set to visit all participating schools to lead a question and answer session and give out awards. All pupils taking part will receive an interactive workbook produced to support the programme. It includes health messages, a personal lifestyle diary and information about the 2012 Olympic and



Dervis answers questions from Gainsborough pupils, who also started to fill in their interactive workbooks



Paralympic Games. The workbook also includes a section where pupils can record their Personal Best performances. Participants will be able to join in three athletics training sessions and record their performance levels. Then they will get a chance to improve their levels at PE lessons and after school clubs. Cllr Guy Nicholson, Cabinet member for Regeneration and the 2012 Olympics & Paralympic Games, said: "Dervis is an inspirational figure for young people and we are delighted that he is

involved with Personal Bests 2009.

**“Children of all abilities can use this programme to improve their performance”**

“Children of all abilities can use this programme to improve their performance, and will also have the chance to find out more about how to eat more

healthily and take up more physical activity.” Six boys and six girls from each primary – a total of 300 – will be selected to represent their school at the borough finals at Hackney Downs in July. Activities will include javelin, long jump, triple jump, shot put, discus, speed bounce and relays. The coaching programme is being run by the Council's 2012 Olympics and Paralympics Unit and is funded through Team Hackney, the borough's local strategic partnership.

**MORE INFO**  
For more information about the book and the scheme call Hackney Library on **020 8366 752/5765/5769.**

**HEADLINERS**  
MAKING NEWS CHANGING LIVES  
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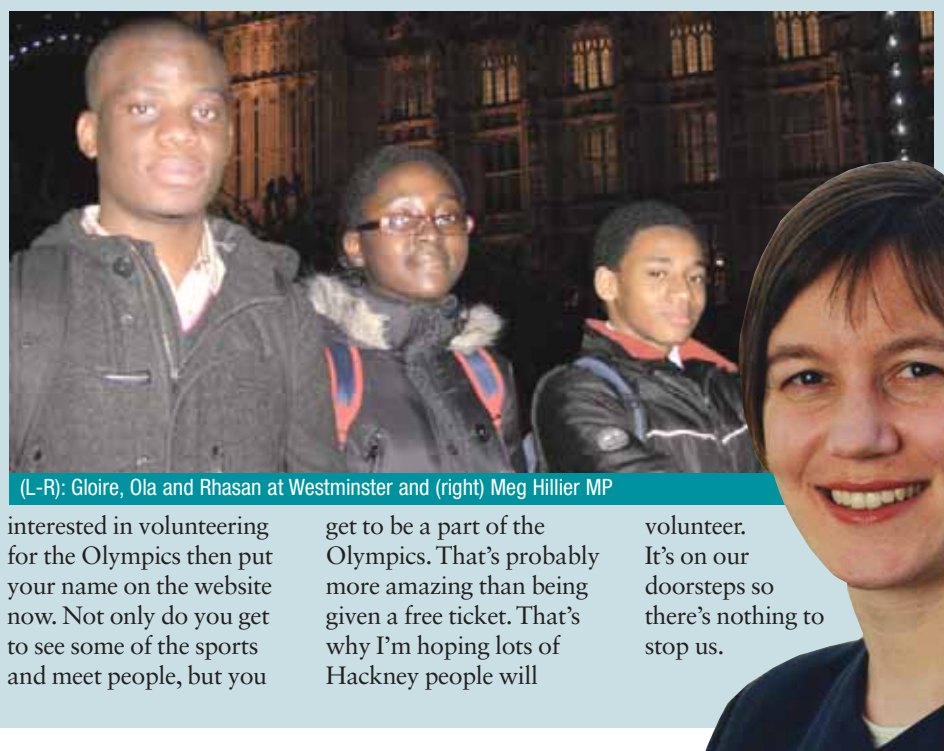
## Getting ready for 2012

By **Ola Adeniran, 13, Rhasan Brunner, 14, Gloire Ammany, 19, Jamila Sami-Ludlam, 14 and Rebecca Dixon, 15**

WE travelled to the House of Commons to interview Meg Hillier, MP for South Hackney and Shoreditch. We asked her how she felt about Hackney and the 2012 Olympic and Paralympic Games. **Q: How confident do you think Hackney residents feel about the 2012 Games?** We wanted something in Hackney that would

provide opportunities for local people. We now face a more difficult financial climate, but after lobbying by the Council and local MPs, pressing again for what Hackney wanted, we have secured the 2012 media centres as legacy buildings for Hackney. **Q: What are the benefits of the 2012 Olympic and Paralympic Games?** Pride in Hackney. Jobs will change people's lives. Unemployment has gone down a lot in Hackney, but there's still an issue about skills. If we can get people

in low level jobs to skill themselves in high level jobs that will change their lives more than anything. **Q: Are you going to create any schemes for Hackney residents to go and watch the Games at a lower price?** The Olympics has to be funded by tickets as well as other things. So if you give too many discounted ones to people then we will lose the other benefits we want from the Olympics. There will be many volunteering opportunities however. So if anyone is



(L-R): Gloire, Ola and Rhasan at Westminster and (right) Meg Hillier MP

interested in volunteering for the Olympics then put your name on the website now. Not only do you get to see some of the sports and meet people, but you

get to be a part of the Olympics. That's probably more amazing than being given a free ticket. That's why I'm hoping lots of Hackney people will

volunteer. It's on our doorsteps so there's nothing to stop us.