

'No Dis....'

Sportability

Taking the 'dis' out of disability

Edition 3 Summer 2006



New Faces & Places

Last year Jane Tindle took the Midlands area by the scruff of the neck and brought a new dynamic to the Sportability activity programme. So we had sailing, falconry, pistol and rifle shooting added to the quad-biking, canoeing and archery.

This year she excelled herself by introducing an absolute first for the charity - **snowmobiling!**



Your machine awaits you at the Snowdome

The Tamworth Snowdome near Birmingham - just 5 minutes from Junction 10 of the M42 - was the site for the first ever Sportability Snowmobiling event and if the reaction from our 8 "guinea pigs" was anything to go by - it was a stonking success.

This was very much a trial situation, but the beaming smiles soon told us it was a winner.

A fleet of 21 snowmobiles have been imported from America and adapted for safe use indoors. With a chicane, sharp corners and fast straights, the snow track skirts round the ice-skating, skate hire lodge and snow play areas.

Now the idea of driving an electric powered Quasi-quad-bike slip-sliding around on snow may seem like lunacy, BUT after a couple of walking paced laps our pioneers were soon very much into the swing of it. Indeed so successful was the event that two of the guys, Steve and James decided to come back the following day and one other, John, is determined to rebook with a few of his mates.

Our thanks go out to Kerry and her crew for their patience, understanding and commitment to the cause. Kerry very

honestly admitted that they were nervous about working with our group for the first time, but by the end of the session she was another convert.

Jane is also putting together water sports packages at Leicester's Quorn Hall, fishing and (fingers crossed) go-karting. So the Midlands is booming!

And Surrey comes good too!

We're delighted to announce that the Sportability Spring & Summer activity programme for Surrey kicked off in style.

We had a fantastic day at Priory Events based at Nutfield near Redhill.

The facilities at Priory are exceptional - acres of varied terrain for the motor sports, and separate safe areas for both archery and clay pigeon shooting. More importantly organisers, Sheila and Neil have a terrific "can do" attitude and they are very keen to support Sportability - so we know you'll have a good time there.

The first event was a multi-sports day of Archery, Quad-biking and Clay Pigeon Shooting on Friday 21st April. This was our first time working with instructors Karl and Steve and both proved not only to have great understanding and knowledge of the sports but also demonstrated infinite patience. They unstintingly took time in their explanations and were willing to provide assistance wherever and whenever necessary.

Then we had two more dates in the diary with Quad-biking and Falconry one week; and Archery and Clay Pigeon shooting the next. Again both days were well attended and a great time was had by all.

There'll be a full programme of events throughout the summer with more dates at Priory, plus sailing at Frensham Pond Sailing Club, near Farnham

So check the website for full details and dates.

And remember: all the events are totally free to people with paralysis.

www.sportability.org

Double Gold

Our delightful patron, Dame Kelly Holmes, MBE, has launched her own website the very aptly named www.doublegold.com It is a very stylish and comprehensive review of Kelly's athletic achievements, her incredibly busy current lifestyle, biography, diary and of course all her ambassadorial roles and charity involvement.

There are some stunning, amusing, heartening and revealing photographs showing all aspects of this complex and committed person.



There is also the chance to buy her updated biography, *Black, White and Gold* to learn even more about this down to earth, but very high achiever.

We are proud that Kelly is part of the Sportability family and wish her every success and happiness in her new life after athletics.

