

The newsletter of the Suffolk Disability Sport Academy

Come and have a go in Stow! Disability Sport comes to Stowmarket



Suffolk Disability
Sport Academy

Optua is holding its next fun and free Disability Sport Showcase Day in Stowmarket on Saturday 26 September.

All the action takes place at Mid Suffolk Leisure Centre and will provide a chance for people of all ages and disabilities to take part in disability sport sessions including archery, athletics, boccia, judo, football, swimming, golf, fencing, wheelchair basketball, powerlifting and wheelchair tennis. There's even a chance to have a go on the centre's climbing wall.

The day will be free to take part in and is open to anyone with a physical, sensory or learning disability. There really is something for everyone and those taking part can choose to have a go at up to four sports. The emphasis is on having fun and having a go.

For more information about the event or to request a registration form please call Optua Leisure on 01473 836770 or email sdsa@optua.org.uk. There will also be plenty more information online at www.beyourbest.org.uk nearer the time.

Volunteers are always needed for these events so please get in touch if you're interested - the events have a real buzz and it's very rewarding!

Woodbridge Showcase Day

Around 80 people took part in the most recent Disability Sport Showcase Day in Woodbridge (see photos on the right).

We were delighted to welcome Martin Chapman and Andy Skinner from the GB Sitting Volleyball Squad to the event along with Jonathan Ilori, a pupil from the Royal Hospital School who is a great potential for the triple jump at the London Olympic Games in 2012.



Bursary boost!

Want to get qualified to coach disability sport? We can help!

We can provide financial help for people wanting to get a coaching qualification for a disability sport through our Disability Sport Coaching Bursary scheme.

The scheme was launched last year and there is still money in the pot which people can apply for to either become qualified as coaches or to improve their qualifications. The scheme can help with Level 1 or Level 2 NGB coaching qualifications.

The aim is to create better opportunities for disabled people in Suffolk to take part in sport and the money was provided by Suffolk County Council who launched the scheme in partnership with Optua and Suffolk Sport.



The launch of the Disability Sport Coaching Bursary Scheme in 2008

We know that finding extra money is difficult at the moment so if you're interested in getting a qualification in disability sport coaching but the cost is putting you off we may be able to help so please get in touch!

For more information about the bursary scheme call 01473 836770 or there's more information at www.beyourbest.org.uk

Suffolk Spartans smashing records!

This year's British Powerlifting Finals were as exciting as ever, particularly for the three members of the Suffolk Spartans Powerlifting Club.

Zoe Newson had an eventful competition up against three other strong competitors. Despite this she did superbly, managing to break not only the junior but also the senior British records by a significant margin, lifting 75kg! Zoe also attempted a European junior record and whilst unlucky on this occasion she has her sights firmly set on this for the future.

Chris Rix was up against stiff competition and equalled his best previous lift, narrowly missing out on an increase and finishing second in the group overall. Nathaniel Wilding increased his previous best by an additional 2.5kg and achieved a first place within his group.

The whole team are now back in training and getting ready for further increases in future competitions but the successes at this British Finals shows how the club is now setting it's sights on taking titles not only in this country but Europe and the World.

For more details go to www.suffolkspartans.co.uk or call 07984 452872.

A summer of fun for disabled people in Babergh!

Optua have teamed up with Babergh District Council's BeActive project to create a full program of activities for disabled people of all ages and abilities this summer.

The sessions are mostly focused around sport and are spread throughout the Babergh area with the majority also free to take part in.

To check out what's on offer visit the events section under www.beyourbest.org.uk or you can also call Louise Pennell on 07827 858622 or Optua Leisure on 01473 836770.

Get on your bike!

There is currently plenty of room for more people on our regular accessible Bikeability cycling sessions in Ipswich which are based at the YMCA on Norwich Road.



There are two sessions at 10.30am and 1pm usually on the last Wednesday of the month. Please contact Optua Leisure on 01473 836770.

Find out about Fourcross at Mud, Sweat and Gears event

The exciting sport of fourcross will be demonstrated at this year's Mud, Sweat and Gears mountain biking event in at Langdon Hills in Essex on Sunday 20 September.

Fourcross is an ideal sport for disabled people. It involves four-wheeled mountain bikes which make the excitement of riding downhill mountain bike trails accessible for everyone and are used largely by disabled riders.

The bikes cater for all ages and disabilities, but to control the bikes users do need to have use of their arms and hands. The bikes are primarily designed for use on downhill trails. The Mud, Sweat and Gears event will host a demonstration of Fourcross and visitors can also try out the bikes and find out more. For more information visit www.mudsweatgears.co.uk or contact Alistair Russell, Mud Sweat and Gears Director, on 01245 702485, or email alistair.russell@sportessex.org.uk.



The Great East Swim event takes place on Saturday 26 September at Alton Water near Tattingstone and disabled swimmers are being encouraged to take part.



The event involves a one-mile open water swim and anyone over the age of 16 is welcome to take part. If anyone would like to swim to raise money for the Disability Sport Academy please contact Lisa Butler at Optua on 01473 836745 or email lisa.butler@optua.org.uk.

For more information email info@greatswim.org.

Unlimited activities for young disabled people!



Suffolk County Council has launched a new website and service to provide short breaks and activities for disabled people aged 0-25.

The Activities Unlimited service is part of the Aiming High project and has recently launched a new website where you can find a wide range of things to take part in including sports and activities.

For more information go to www.activities-unlimited.co.uk

Get involved!

If you'd like to contribute to the work of the Disability Sport Academy we are always looking for sponsors or funding to enable us to expand our work. If you want to get involved in other ways we are also always keen to hear from anyone who'd like to volunteer at one of our Showcase Days or at other disability sport sessions. Just call 01473 836770 or email sdsa@optua.org.uk if you can help us.

Other regular disability sport sessions

There are many other regular disability sport sessions going on around Suffolk including the following:

- Mult-I-Sport - monthly sport sessions for people with a visual impairment in Bury St Edmunds
- West Suffolk Tigers - Bury St Edmunds based athletics club
- Sitting Volleyball and multi-sports sessions - every month in Great Cornard
- Stowmarket Golf Centre are running regular disability golf sessions every Tuesday

- Orwell Panthers - Ipswich athletics club
- Ipswich Charioteers wheelchair football team - meeting regularly at St Albans High School
- Boccia - regular sessions are run every Monday at Gainsborough Sports Centre.

For a full list of clubs and sessions you can contact Optua Leisure on 01473 836770, email leisure@optua.org.uk or go to our website www.beyourbest.org.uk where there is now a full guide to disability sport opportunities in Suffolk available to download.

www.beyourbest.org.uk

The Steering Group of the Suffolk Disability Sport Academy:

