



WELCOME TO THE SECOND EDITION OF ...

THE ENABLE ME NEWSLETTER

Issue 2
March 2011

*Raising
disability
awareness*

SPORTS INCLUSION DAYS PROGRAMME GOING WELL!

At the time of writing, 3 of our 4 "Aiming High" Inclusion Days have successfully taken place, with one more still to happen later this month. These events are all about 'inclusion' and so far, 175 disabled and able-bodied pupils have participated in a range of fun disability sports together, including Wheelchair Basketball, Boccia, Tennis and many others. The first two days were held at Chichester University on 24 and 31 January; the first for Further Education students (16+) and the second for Key Stage 1 and 2 (infants and juniors), whilst the third was held at The Triangle Leisure Centre at Burgess Hill for Key Stage 3 (11-14 years). The fourth will take place on 17 March at Manor Green College in Crawley and is for Key Stage 4 students (14-16 years). What sets these days apart is that PE Teachers and sports degree students also attend to help run the sessions and to learn how to adapt sports for pupils of all abilities.



Seb Trezise, Head Sports Coach said ...

"Having run 3 Inclusion days, they have been a huge success, with a minimum of 4 different sports at each day and all children and young people enjoying the day and achieving lots of new things!"



Help Us to Name Our Lovely New Van!

A very big thank you to "Aiming High" who very kindly gave us the money to buy a new specially adapted van, to transport our sports wheelchairs and specialist sports equipment. This has been used extensively at our out-of-school clubs.



Name suggestions welcomed via email, website, Facebook or small piece of paper dropped into the office! Please include your name and phone number. Closing date: Easter holidays.

Disability Sports out-of-school clubs have been a big hit!!!

The "Aiming High" funded, out of school disability sports clubs have nearly finished now (last one on Saturday 26 March in Burgess Hill). These clubs have been running since September in 4 areas of the county – Chichester, Worthing, Burgess Hill and Crawley. Most clubs were held on Saturdays, with Worthing's being afterschool on a Wednesday.



Children have taken part in up to 8 different sports including wheelchair football, wheelchair hockey and wheelchair basketball. Also New Age Kurling, Boccia (like Boules), tennis, seated volleyball, cricket. These clubs have been run by Enable Me's disabled coaches working in partnership with Albion in The Community's football coaches. More funding is being sought to keep these clubs running. Some schools are trying to access funding themselves to keep these afterschool clubs running. **If your school is interested, please do not hesitate to get in touch.**

Also if you would like us to run a **Disability Sports, Sports Day** this summer as an alternative to your usual Sports Day, please also get in touch with us (contact details on website and at end of newsletter). Also visit our website or Facebook page for details of when any clubs might be running in your area.

The Southern Area Sports Partnership

A celebration evening of sport was held at The Littlehampton Academy on Tuesday 15 February. Complete with performances from the TLA Steel Band, speeches by Ali Groves and Paul Sanderson, as well as video footage of the UK's winning Olympic bid for 2012. This was followed by a sports and dance show by local schools. Ann and Sue represented Enable Me at this event and described it as a "super evening".

Welcome Aboard Five New Volunteers

At Enable Me we are continually looking for more disabled volunteers to help us with our work in schools. This month we welcome Adam Hayes, Jeffery Garrad, Liz Lawlor, Neil Becquelin and John Peacock.



They all began their training on 14 February at our offices at the Dairy in Littlehampton. The training course is for 7 days, over a period of 7 weeks and covers a wide variety of subjects including history of the charity, disability equality, code of conduct, confidentiality, boundaries, child protection & safeguarding, listening skills as well as the opportunity to develop their own life story presentations. If you think you might be interested in volunteering for us, please pop in and get an application form or apply via our website, www.enablemeproject.org.uk



WORD FROM THE BOSS, NIK DEMETRIADES

As ever, it's been a very busy time at Enable Me and though our Aiming High funding is due to end on 31st March, the work shows no sign of letting up! For example; landing soon in all schools will be our DVD Toolkit, which is designed to be a complete "how to guide" to running disability sports, either in after-school clubs or in PE lessons in schools. We've filmed loads of footage for it at the sports clubs we've been running and, along with the 3 sets of sports equipment that we're distributing around the county, to continue the legacy of our Aiming High Sports project into the future.

THIS SUMMER DIVA OPERA PRESENTS "LA FILLE DE REGIMENT" BY GAETANO DONIZETTI

Grab your bowties and posh frocks because on Friday 17 July this year Great Ballard School are hosting an operatic charity fundraiser for Enable Me. Tickets are only available to friends of Enable Me and cost £50 each. Diva Opera, Britain's foremost chamber opera company, gives more than 60 performances worldwide every year, performing in prestigious venues and in the presence of various members of the royal family. For more info about them go to www.divaopera.com.



The opera tells the story of a young girl Marie, who is found, as a baby, abandoned on the battlefield. She is adopted by the soldiers of the 21st regiment. As she grows up, she falls in love with a peasant, who she is not allowed to marry and the tale then takes a dramatic twist. This opera has been described as "a delightful and comic opera, bursting with music that is light, bright and irresistibly catchy". Not to be missed!

PANCAKE OLYMPICS



Enable Me office staff raised about £200 in the Littlehampton pancake races last weekend. Thanks everyone who sponsored us!

PATRON'S CORNER

Swasie Turner MBE is recovering well after his recent knee operation, but this does mean that his plans for a fundraising PUSH for Enable Me this year are currently on hold. More info next month.



IN THE NEWS ...



Malcolm and Cheryl Boyle present cheques to Nick Demetriades of Enable Me

PICTURE: GERALD THOMSON 14322910.

Freemasons give a welcome helping hand

FREEMASONS have given a four-figure boost to a Littlehampton-based charity which works to raise awareness of disability.

Husband and wife Malcolm and Cheryl Boyle, both freemasons, presented cheques from their respective lodges to the Enable Me Project, at The Dairy, Church Street.

Mrs Doyle, a member of the Lodge Dugardie, in Bognor Regis, handed over a £767 cheque and her husband contributed £450 on

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behalf of Pelham Lodge.

Enable Me trustee Ann Stinson said: "All the staff and disabled volunteers are very appreciative of this recognition of their work and would like to thank both Lodges for their generosity."

Set up five years ago, the Enable Me Project works in schools and in the community to raise disability awareness by

providing a range of assemblies, workshops, disability sports and other interactive activities which are staged by a team of trained volunteers, the majority of whom are disabled.

It operates in partnership with other organisations across West Sussex and further afield in the south-east. Its aims, alongside increasing awareness of disability are also; fostering the inclusion of disabled people in the community, and challenging and changing negative attitudes towards disability.

VOLUNTEER SPOTLIGHT



Name: Amanda Heath

Age: slightly over half a century! (polite guesses?)

Qualifications: BA Hons in Performing Arts

Favourite Book:

"Light a Penny Candle" by Maeve Binchy

Favourite Recent Films: "Sweeney Todd" for the good choreography and Johnny Depp! And "Calendar Girls" for it's sheer tenacity!

Favourite TV: Dr Who and 24

Hobbies: I breed Black Labradors and keep Chinchillas. I love going to the Theatre. I used ski a lot, but have found it more difficult lately.

How long have you worked For Enable Me: For almost 5 years, since the beginning.

How did that come about: I was attending a presentation by some children from Chernobyl, as I have previously worked for their Children's Life Line. I got chatting with Nik and Ann from Enable Me, who were also there. They asked me to be a trustee and the rest is history!

Why do you like working with Enable Me:

I like educating people about the issues surrounding people with disabilities, as I believe it is important. There is never a dull moment in the office and I work with a great team of people who give their time and resources. Between us, we endeavour to change attitudes towards disability.

Funny story about working at Enable Me:

There are so many! But one that sticks in my mind particularly is one time when we were in a school and a child asked Nik, the Project Manager, if he was wearing a wig! (Nik did get a haircut soon after that)

FUNDRAISING

Special thanks goes to

- Great Ballard School for £646 raised at their recent Fun Day
 - Sheila Bond £50 which bought a parachute used at our clubs
 - Green Cuisine, Vegetarian Restaurant in Worthing £60 which will be used to buy specialist sports equipment
 - The Probus Club for £50 donation
- The Fish Factory Littlehampton have a collecting pot for us and will let you know next time how much was raised!**

Our next newsletter will be out in June – we hope you enjoyed reading this one and would really appreciate any feedback

At The Enable Me Project, we aim to:

- * Increase disability awareness and promote social inclusion
- * Challenge and change negative attitudes
- * Provide volunteering and training opportunities for disabled people
- * Build partnerships

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