



Sharing Good Practice Issue 24, 26th April 2010

Hello Everyone,

Welcome to the e-newsletter of High Peak Disability Sports Group. Through this newsletter we hope to keep people informed, share good practice and promote sport and physical activity opportunities for disabled people in the High Peak.

Please support our efforts by forwarding it on to your colleagues and friends or print off a copy of the attached word version for those without access to e-mail. For a hard copy of this newsletter contact Helen Ashworth <mailto:HelenA@highpeak.gov.uk>

To remove your name from the mailing list please e-mail <mailto:hpdsg@btinternet.com>

In April's issue:

1. 'Sport for All' Tuesday Group is moving;
2. Paralympic World Cup, Manchester;
3. High Peak Coach Education Programme;
4. News from St Philip Howard Sports Centre;
5. DSE Mini Games (North);
6. High Peak Disability Sport Group next meeting

1. 'Sport for All' Tuesday Group is moving!

We are moving from Mellor Road Church to Chapel Leisure Centre Long Lane, Chapel-en-le-Frith SK23 0TQ from 11th May 2010. Sessions will run from 7 – 8pm.

Further information: Paul Evans 0845 129 77 77 ext 2209 Paul.Evans@highpeak.gov.uk

2. Paralympic World Cup, Manchester

Tickets are now available for the 2010 Paralympic world cup which will be held in Manchester from Tuesday 25th to Monday 31st May. Details are available on:

<http://www.btparalympicworldcup.com/spectators/tickets.php>

3. High Peak Coach Education Programme

Developing Partnerships with Clubs & Schools

Running Sport: 17 May 2010 6.00pm - 9.00pm Buxton Community School

A Club for All

Running Sport: 24 May 2010 6.00pm - 9.00pm Buxton Community School

To book call:

Helen Ashworth 0845 129 77 77 ext 2211, Helen.Ashworth@highpeak.gov.uk

Paul Evans 0845 129 77 77 ext 2209, Paul.Evans@highpeak.gov.uk £25 per course

4. News from St Philip Howard Sports Centre

High Peak Boccia Club

St. Philip Howard Sports Centre, Glossop is one of 3 venues for High Peak Boccia Club. The club is held here every 3rd Saturday. The club runs in Buxton, New Mills and Glossop in rotation so that people can access the club close to where they live. Players can attend all 3 venues or just the session closest to them. St. Philip Howard still has space for new players. Beginners are especially welcome. The club is for people with disabilities of all ages and abilities. For more information about the club please contact Paul Evans 0845 129 7777 Ext 2209.

Rebound Therapy

Thanks to a grant from Aiming High, St. Philip Howard Sports Centre now offers rebound therapy sessions for children, young people and adults with disabilities and additional needs. We have steps to access the trampoline or a mobile hoist if required (Personal slings would have to be provided by the individual). Where possible we can offer group and individual sessions to suit. Rebound Therapy is the use of a trampoline to provide therapeutic exercise and is suitable for almost everybody. We would like to hear from people or organisations in the High Peak who would be interested in accessing Rebound Therapy. Please contact Emma Champion to register your interest or for more information. We plan to offer taster sessions to begin with and then develop a programme when interest is established. Please pass this information on to others who you think maybe interested. For information visit www.reboundtherapy.org

Fitness Suite for All

St. Philip Howard Sports Centre's fitness suite has several IFI (Inclusive Fitness Initiative) accredited fitness machines. The suite is small and friendly and is laid out to allow wheelchair access to relevant pieces of equipment. Young people or adults over the age of 16 years are welcome to visit us and look round. We can provide information on the facility, answer any questions and arrange an induction at a time to suit. Inductions will be provided by an IFI trained fitness instructor who can tailor a programme to individual needs. We have accessible changing facilities and toilets and lift access to the fitness suite.

For more information contact: Luke Hancher, Facilities Manager: (01457) 866612
E-mail: lsport@st-philiphoward.derbyshire.sch.uk

Emma Champion, Community Sport Development Officer
07947 832 413 CSDO@st-philiphoward.derbyshire.sch.uk

5. DSE Mini Games (North)

21-23 May 2010 at Leigh Sports Village WN7 4JY

If you are 6-12 years old and disabled, come and take part in lots of sports including swimming, athletics and adapted games. Stay over and have even more fun!

For more information call 0161 953 2499 www.disabilitysport.org.uk
(DSE are the events division of the English Federation of Disability Sport.)

HIGH PEAK DISABILITY SPORT GROUP
Wednesday 16th June 2010, 5.30 – 7.30pm
University of Derby, Buxton.