



Welcome to the January newsletter from Get Yourself Active



If you would like us to promote your activities or any opportunities that you have available then please contact us at [kirsty.mulvey@disabilityrightsuk.org](mailto:kirsty.mulvey@disabilityrightsuk.org)

This is a round up from the last month of blogs, news articles and information to help you get active:

[BLOG: 'Representing DRUK at the National Para Swimming Championships'](#)

[BLOG: 'Personal Budget: a personal adventure'](#)

[BLOG: 'The importance of disabled people adding their voice to help shape the future for trees and woods in the UK'](#)  
[Get Yourself Active welcomes a new volunteer](#)

[You are invited to the Buckinghamshire and Milton Keynes Disability Sport Summit](#)  
[St George's Hydropool Releases its Social Return on Investment Report](#)  
[Liz Sayce announces resignation as CEO of Disability Rights UK](#)

[In other news](#)  
[Personal Budgets: Did you know...](#)  
[Get Yourself Active Resources](#)



### **Friends of the Project | Meet Sophie**

Read Sophie's story ['Representing DRUK at the National Para Swimming Championships'](#)

Sophie explains how Get Yourself Active aligns with one of Disability Rights UK's key priorities for



### **Personal Experience Blog | Meet Graham**

Read Graham's story ['Personal Budget: a personal adventure'](#)

Graham had to jump through many hoops in the social services circus, but he eventually gained control over how he used his Personal Budget.

2016 to 2019:  
Independent Living:  
getting a life.

"We all can benefit from the positive impact that more activity has including greater inclusion in our local communities."

"With help, I employed a Personal Assistant and became an employer... I decided to invest the money I would spend on a gym membership on my own cross training which now sits in my living room and is used most days."



### **Personal Experience** **Blog | Meet Tanvir**

[Writer and photographer Tanvir Bush, who has retinitis pigmentosa, reflects on the importance of disabled people adding their voice to help shape the future for trees and woods in the UK.](#)

"Research into outdoor learning, eco-therapy and the effects of being in nature on the human condition, have shown repeatedly that getting outdoors boosts physical and mental health, can



### **Meet our new Volunteer**

Please join us in welcoming Iyiola to the Get Yourself Active team as a volunteer.

"Drawing on volunteering

create social cohesion and reduce social isolation among other benefits."

The Woodland Trust is offering you a chance to win £100 in Amazon vouchers for taking a few minutes to complete [this short survey](#) which will feed into The Charter for Trees, Woods and People.

is something I cherish as a disabled person, so when I contacted Leanne last year about volunteering on her project I was glad she said.....yes!"

[Read Iyiola's blog](#) here.

Has getting active helped you to be more independent and confident, to be part of the community or a team, to meet new people or to see friends, or just to have fun? Has it helped you to increase your balance, lose weight, improve your strength, improve your fitness, or improve your mental health?

Are you a health care worker, social care worker or sports provider who has helped anyone to achieve one or more of these outcomes through physical activity or sport?

If you answered 'yes' to any of the above questions then we want to hear from you!

Share your experience of getting active and inspire the next generation. Email [kirsty.mulvey@disabilityrightsuk.org](mailto:kirsty.mulvey@disabilityrightsuk.org) for more information.

Sponsored by:



Supported by:



## **Buckinghamshire and Milton Keynes Disability Sport Summit**

You are invited to the Inaugural county-wide disability sports forum on Tuesday 28th February.

If you work with or on behalf of disabled people, the summit welcomes you, and through the summit we hope together we can enrich our knowledge about the benefits of physical activity and sport. Please be reassured that the focus of this summit is not about elite sport, but is about getting down to the **grass roots level** of sport for all. Get Yourself Active is running a workshop for attendees on GYA and the importance of DPULOs, social care, health and sport sector colleagues working together to improve access to physical activity opportunities for disabled people.

Aims from the summit are to:

- make a difference to the lives of disabled people through sport and activity
- establish a disability sport and activity forum to share best practice
- attract national funding and
- optimise our position as the birthplace of the Paralympics.

We would be delighted if you are able to join us, and help to create a disability legacy at county level to equal the recognition achieved through the Paralympics established in Buckinghamshire.

For more information on the conference programme and how to get involved please click [here](#) or [email Fiona McMillan](#).

To book your space for the event click [here](#).

[Click here to find out more information.](#)

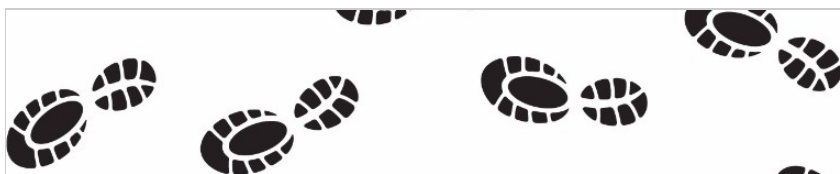


**[St George's Hydropool Releases its Social Return on Investment Report](#)**

The analysis indicates that St. George's Hydrotherapy Pool will deliver circa £1,525m of social and economic value in a one year period. Based on a projected investment of £97,879, this results in an SROI ratio of 16:1. That is, approximately £16 of value will be created for every £1 invested in St George's Pool.

"This work was initiated and led by St George's hydrotherapy users. I think it demonstrates the great value that is placed on the service by its users and another, albeit small, but positive example of disabled people taking responsibility and 'getting active'."

[Click here to access the full report.](#)



### **Liz Sayce announces resignation as CEO of Disability Rights UK**

"I wanted to let you know that after 10 years as CEO of Disability Rights UK and its legacy charity Radar, I've decided the time is right to retire from full-time work and move on. This has been one of the hardest decisions I've made as I love this job, in particular the incredible team, the great relationships with members and partner organisations and the chance to be part of a network with such rock-solid shared commitment to the vision of equal participation for all. It's been a huge privilege to be CEO over this time."

[Click here to read the full message from Liz.](#)



## In other news

[Get Out Get Active arrives in London](#)

[Time to Talk Day - 2nd Feb 2017. Get the nation talking about mental health and keep the conversation going round the clock.](#)

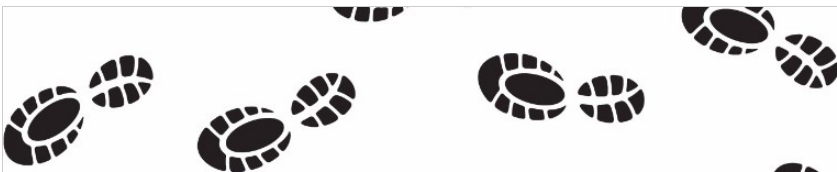
[Nationwide search begins for brilliant ideas to support inactive older people](#)

[More than a million disabled adults may not be receiving the social care they need: new LCD research](#)

[Have your say in the provision that Cerebral Palsy Sport has for its adults and how it can shape what programmes to run going forward](#)

[British Blind Sport launch Guide to Visually Impaired Archery and Shooting](#)

[Prime Minister must find consensus on health and social care](#)

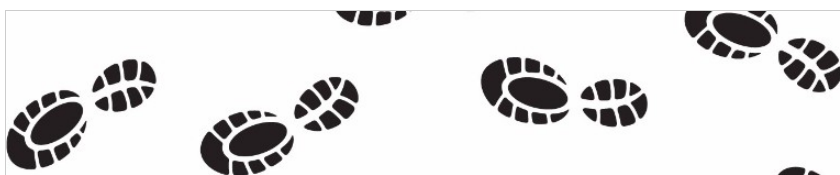


## Personal Budgets: Did you know...

Personal budgets promote flexibility, choice, control and quality of life. You can use a personal budget to:

- to hire staff as personal assistants or buy care & support services from care agencies
- for personal care, social needs, pursuing activities or being part of the community
- to access a wide range of local community social and education activities and mainstream services. This includes being involved in sports, horse riding, day trips, clubs, learning centres or education sessions
- to pay towards transport costs to undertake a variety of activities outlined in your support plan

[Click here to find information on how to get active in your local area.](#)



## [Get Yourself Active Resources](#)

[Getting Active and the Care Act](#)

[Using your personal budgets and personal health budgets to get active](#)

[Disabled People's User Led Organisations](#)

[Useful Links](#)

[Information in your local area](#)

[Health, Social Care and Disability Information](#)

[Physical Activity and Sports Information](#)

[Get Out Get Active](#)





**Our mailing address is:**

Ground Floor  
CAN Mezzanine  
49-51 East Street  
London  
N1 6AH

Want to change how you receive these emails?

[Update your preferences](#)

[Unsubscribe from this list](#)

---

This email was sent to [kirsty.mulvey@disabilityrightsuk.org](mailto:kirsty.mulvey@disabilityrightsuk.org)  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
Disability Rights UK · 49-51 East Road · London, N1 6AH · United Kingdom

*MailChimp*