



Welcome to the February newsletter from Get Yourself Active



If you would like us to promote any activities or opportunities 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: Sport really is a way to bring people together](#)

[BLOG: It's just about finding what works for you](#)

[BLOG: Why sharing your story is so important](#)

[BLOG: Kate Pieroudis, our GOGA Peer Support Lead hit the ropes at Carney's Gym and Community Centre in Wandsworth](#)

[Sainsbury's Inclusive Community Training](#)  
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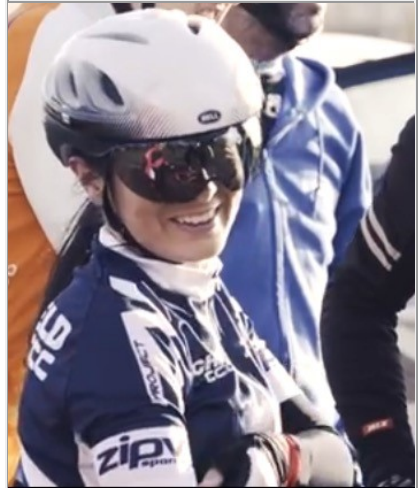


**[Personal Experience | Meet Gary](#)**

Read Gary's story '[Sport really is a way to bring people together](#)'

Growing up, Gary was often pushed into the Visually Impaired category of sport, making him feel like he has a label and was put into a box. Gary wanted to be involved with all kinds of people, which led to him joining Krav Maga, as well as lots of other exercise classes.

"There is so much non-integration in society, and sport really is a way to change this and to bring people together."



**[Personal Experience Blog | Meet Laura](#)**

Read Laura's story '[It's just about finding what works for you](#)'

In June 2016 Laura stumbled upon an advert on the British Blind Sport website for the next generation of GB para-cyclists. With no real cycling experience Laura was hesitant, but she soon had her questions answered, submitted her application and hasn't

# Society for Storytelling



## Why sharing your story is so important

February saw National Storytelling Week come and go. GYA Engagement and Research

Officer explores why telling stories can be so impactful.

"Sharing stories is a great way for the author to reflect on where they've come from and what they've achieved. Their stories encourage other people in similar situations to follow in their footsteps and get involved."

[Read the whole story here](#)

looked back since.

"I couldn't think of any better way to keep fit and socialise at the same time!"



## GOGA Peer Support Lead, Kate hits the ropes at Carney's Gym and Community Centre in Wandsworth

In Kate's search for peer support mentors, she heard how Marcus, a wheelchair-user boxer, inspires others to get active.

[Read Kate's blog](#) and [find out how to get involved](#)

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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 help to inspire others. Email [kirsty.mulvey@disabilityrightsuk.org](mailto:kirsty.mulvey@disabilityrightsuk.org) for more information.



### Sainsbury's Inclusive Community Training

Would you like help making activities more accessible? Could you introduce physical activity to the disabled people you support?

The Sainsbury's Inclusive Community Training aims to support and improve your skills, know-how and confidence in delivering physical activities to all. No experience required!

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

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### Buckinghamshire and Milton Keynes Disability Sport Summit, 28 February

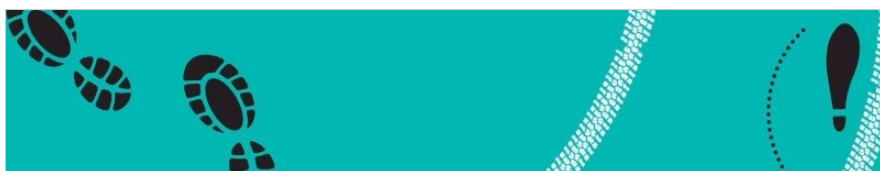
If you work with or on behalf of disabled people, the summit welcomes you. We hope together we can enrich our

knowledge about the benefits of physical activity and sport. 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.

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.](#)



### [In other news](#)

#### [New funding opportunity to help engage under-represented groups in physical activity](#)

Sport England wants Disabled People's User Led Organisations, disability and voluntary sector organisations to talk to their local community networks so that they can be part of any planned approach. For more details [click here](#).

#### [What is social prescribing?](#)

Social prescribing involves empowering individuals to improve their health and wellbeing and social welfare by connecting them to non-medical and community support services.

#### [Good practice in social prescribing for mental health: The role of nature-based interventions](#)

With prescriptions at record levels and a huge demand for other therapies, health and social care commissioners are examining and commissioning different options, including nature-based interventions.

#### [Research reveals demand for more physical activity and](#)

### [sports opportunities for amputees](#)

The report provides key insights into people's attitudes on being active and their motivations for, and barriers to, taking part in physical activity and sport.

### [Accredited Support Brokerage Training in London](#)

The course is designed to cover the needs of everyone from a single disabled person wishing to do everything for themselves to a paid broker providing a full- or part-time service.

### [Sport for Confidence programme recognised for success in NHS strategy](#)

This unique partnership between healthcare professionals, leisure centres and local sports clubs sees Occupational Therapists (OT) working directly with sports coaches and staff, to make adjustments that create truly accessible sport and leisure opportunities.

### [Leadership Academy Programme early bird offer](#)

The Leadership Academy Programme is currently recruiting for year four. Don't miss out on our 'early bird' discount price, to attend. [Find out more.](#)

### [Do you have 5 minutes to take part in Wheels for Wellbeing's survey?](#)

If you are a disabled cyclist (at inclusive cycling sessions, on roads, or anywhere else), please take their short survey so they can speak with increased authority when they talk to MPs and policymakers about what disabled cyclists say they experience and need. [Take their quick survey here.](#)

### [London Sport are developing a disability strategic plan of action for the city](#)

They want to better understand and meet the needs of disabled people who want to take part in physical activity and sport. To this end they devised a survey, which will be open until Friday 24th February. Interested? [Find out more and take](#)

[the survey](#)

[The Disability Rights Handbook edition 42 is now available for pre-order](#)

Please note that the Disability Rights Handbook will be published late April and dispatched early May. [Pre-order from our shop.](#)



### [What's coming up...](#)

#### **Wheel Power Events**

[Saturday 25 February – Stoke Mandeville Primary Sports Camp](#)

[Wednesday 8 March – Blackpool Primary Sports Camp](#)

[Wednesday 22 March – Redbridge Primary Sports Camp](#)

[Thursday 23 March – Sutton Primary Sports Camp](#)

[Saturday 25 March – Stoke Mandeville Junior Sports Camp](#)

#### **Derbyshire**

[Inclusive Cycling Hubs](#)

[Special Olympics Derbyshire](#)

[Wheelchair Basketball Hub Clubs](#)

#### **Oxfordshire**

[Banbury Inclusive Wheelchair Dance](#)

[28 March, Oxford Parability Day](#)

[British Blind Sport - Snowsports Day](#)

[Special Olympics Oxfordshire](#)

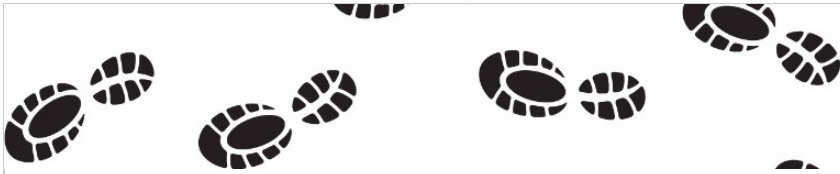
#### **South Yorkshire**

[26 March, Special Olympics South Yorkshire Taster Day](#)

#### **Sussex**

16 March, Sussex Disability Sports Network Event

**Wokingham Borough**  
15 March, Disability Sports Taster Day



### **Personal Budgets: Did you know...**

Personal budgets promote flexibility, choice, control and quality of life.

- Personal budgets aim to give disabled people/carers control over the support they require to live independently
- Local authorities have a legal obligation to offer personal budgets and conduct a care and support plan
- When deciding your Personal Budget, your local authority must consider the local cost for the type of services you require
- You can use your personal budget to attend day services and go to day centres

**[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](#)  
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