



Taking the 'dis' out of disability

This says it all !

To sum up the Sportability experience we've taken a selection of quotes from the most important people - our members.

"It was fantastic, especially as Andy has not found a dingy he is happy sailing since his accident. But the class of dingies they have at Frensham are perfect. It is also something we can do together as a sport, which feels great. So thank you ! It has brought the 'real Andy' back." Kate, Surrey

"What a buzz ! When you're travelling eighteen inches from the ground in a Sandyacht you feel like your doing 125 mph. I've got a mouthful of sand though - that'll teach me to smile so much !" David, Leicester

"I went along for the clay pigeon and archery day and thoroughly enjoyed it. As I am now 58yrs old with MS, it seems as if there is nothing out there. I can't tell you how it made me feel - there was still something I could do. It is a real boost to one's confidence. It lifted my spirit no end. Thank you." Sheila, Surrey

"The view from your quadbike is totally different than from my wheelchair - great exercise too. Have always wanted to go on a motorbike and through you I have achieved my goal, which is an amazing feeling." Howard, Cardiff

"Sue and I enjoyed our morning of sailing at Frensham Ponds. It was beautiful weather and we had a great instructor. This is the second time we have been sailing through Sportability. Thank you very much, we would not have gone on our own." Jeff, Surrey

"I was a little nervous - a twenty inches tall Harris Hawk swooping down from a 30ft high roof to land right on your arm is scary at first. Then you realise that these birds of prey are so clever. A magical event !" Karen, Lowestoft



Geoff Dalton, our falconry expert, in full flight.

A Big Thank You

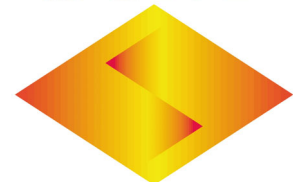
None of these events would have been possible without the support and assistance of a large number of people.

Among them are our major sponsors and to them we say a particularly big

"Thank You"



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Sportability is a registered charity funded purely by voluntary donations, sponsorship and fund raising – no grants, subsidies or State assistance. So if you could help perhaps organising a sponsored event, maybe a tournament at the golf club, a collection at the rugby club or a sponsored day out at the races - please bear us in mind. Perhaps you are thinking of taking part in one of the main events like the London Marathon, or simply a local fun run, then we'd welcome the publicity and fund raising. Or are you a member of a local society or Rotary Club that has charitable objectives ? We can supply literature and speakers to support our case for assistance.

Alternatively, if you or your company would like to make a donation then please complete the form below and post it to us. Remember a donation of only £10 pays for a disabled person to experience quad biking or archery, £15 gets them gliding.

Yes I want to help by

- 1) Becoming a friend of Sportability and receiving your Quarterly Newsletter. I enclose my annual subscription of £10
I would also like to receive e-mail news at the address below.
- 2) Making a donation to Sportability
- 3) Organising a fund raising event – please contact me.
- 4) Sponsoring a Sportability region or event – please send me details

Total monies enclosed £

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Please make cheques payable to **Sportability** and send to: Sportability Laynes House 526-528 Watford Way London NW7 4RS