



Disability Inclusive Sports Club

NEWSLETTER

Spring 2010

NAME CHANGE

You may have noticed that our name has now changed to DISC (Disability Inclusive Sports Club). This follows a competition we opened up to our members. This was won by Joe Morton & his Mum Sue who came up with our brilliant new name and our sincere thanks goes out to them. We feel this name will really highlight the fact that we are a club for everyone and we see it as the start of a very exciting way forward for the future of our club.



Joe and his Mum receiving his prize

PROGRAMME

Sunday 21st March -
Multi-skills

Sunday 4th April -
Easter - no session

Sunday 18th April -
Yoga

Sunday 2nd May -
Indoor Athletics

Sunday May 16th

Special Olympics Unified Football

A new sport combining players with and without disabilities on the same football teams to play and compete alongside each other in a fair and formal format. If there is enough interest we hope to offer an independent programme of regular training in this sport.

GET YOUR SWIMMING KIT ON.....

Starting March 7th - Swimming Coach Bridget Howe will now be attending our swimming sessions. We have secured some funding so that we can offer our members swimming tuition within our normal swimming session. For the first couple of months Bridget will be on hand to offer advice to parents and get to know our members better. She will then be offering the opportunity to assess members for a more structured swimming programme. (Places will be limited for the structured lessons & will need to be booked upon registration at 3pm)

All this will still be included in your entry fee of £3 per member or £6 per family!!!



DONATIONS

We were delighted to receive a donation of £250 from Silson Joggers. This was raised by sponsorship of a 10k fun run.

Throughout this year we are fortunate to have the support of another local group Stowe Ladies Golf Club. They will be fund-raising through a series of events to make a donation to our club.

Our sincere thanks go to both organisations.

COMING SOON....

We have now registered our new website www.disc-northants.org. Our aim is to create a two way flow between us and our members.

We would very much appreciate ideas as to what you would like to see here.

We may use photos that we have taken from our past events. If you have any objections to your photo being on the website then please can you contact us asap.

LOCAL SPORTING OPPORTUNITIES

Members might be interested in the following local sporting groups:

Karate club, Riverside Centre, Towcester. Thursdays 1.30 - 2.30pm. Contact Tracy Davidson on 01327 359252.

Archery, Silverstone. Contact Peter Brearley on 01327 858277.

Deanshanger Air Rifle Shooting Club for visually impaired. Contact Mike Gurney on 01908 571347.



CAN YOU HELP?

There are some exciting projects ahead and this is putting an ever great burden on the voluntary committee - we are getting stretched at times.

We will be advertising some specific roles in the future, but in the meantime if anyone would like the opportunity to join the committee or contribute to the club we would be very grateful. Use the contact details below to contact us.

Thanks!!



LOCAL EVENT

You may recall that we were grateful for Towcester & District Lions Club support at our fun day last year. Enclosed with your newsletter are details of a concert they are holding on Saturday, 15th May 2010.

They would really appreciate your support!!

CONTACT US....

We really value any feedback, so please do tell us when we are doing things right or wrong.

In person - please see our club rep at any club event.

Telephone - Lynette 01327 831337

Email - enquiry@disc-northants.org

Website - www.disc-northants.org