

Editor – Liz Hornby

# NEWSLETTER

July 2003

## RAY FIELDS RETURNS

At the recent DSE National Archery Championships (of which more later), we were all very delighted to welcome Ray Fields back at WAMDSAD. This was his first time back at the club since being admitted to Stoke Mandeville. Whilst in hospital Ray has not been idle! He has started coaching again and is sorting out the Archery Section at Stoke Mandeville. Recently, Rob Anderson (driving the Club's minibus) and a few others including Liz from the office took Ray on a trip to the Mobility Roadshow at Donington Park which was a thoroughly enjoyable day for everyone who went. Liz was starstruck as she saw not only Prince Philip but also Simon Weston!



*Ray Fields with JJ at the DSE Archery Championships*



## WAMDSAD Wheelchair Push 2003

**Phew what a scorcher!!** This year's Push netted on the day £9,071.13. Well done all teams and static collectors. For full story and reports see inside this issue.



## Golf for Disabled

Have you ever wanted to play golf, but thought you were unable because of your disability? Well, wonder no longer! The office has details if you wish to contact Liz or Karin on 01628 627690 for more information.

**Please remember** the WAMDSAD vehicle is there for all members to use for club social as well as sporting occasions.



All you need to do is plan where you would like to go, choose a date, ensure there is a trained driver available and that the bus has not already been booked on that date by contacting the office on 01628 627690. The Club DOES NEED more DRIVERS, so just contact Mike Davis on the above number if you would like to help, the test is routine vehicle awareness on the road, and instruction in how to work the rear door wheelchair access. This is organized by Mick Mitcham at the convenience of both parties. Go on, have a go, it could be fun and help the club and others.

## WAMDSAD 200 CLUB

There is still room for a few more takers to the 200 Club. The most recent winner, Mick Mitcham won a staggering £156 (drinks on you Mitch!). If you want to be 'in it to win it', contact Liz in the office.



## WAMDSAD GOLF DAY

Monday 15<sup>th</sup> September

WAMDSAD's Annual Golf Challenge is to be held on Monday 15<sup>th</sup> September. Entry has been held at last year's price of £75 per person (includes Bacon sarnie and coffee on arrival, Green Fees, 3 course dinner afterwards) or £300 for a 4-ball. All very reasonable I hear you say! If you're up for the Challenge then please contact the office for details and an application form.



## Street Collections

All hands needed please! We have two street collections booked for the Autumn. Please ensure the following dates are firmly in your diaries:

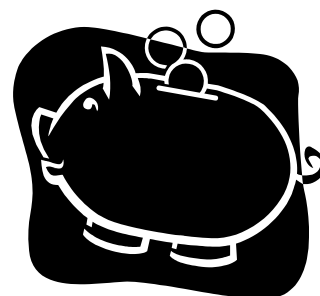
Saturday 27<sup>th</sup> September - Maidenhead. Always a popular day - so get in quick to ensure your collection place!

Saturday 11<sup>th</sup> October - Ascot. The last day of the flat season, so is bound to be busy.

Remember - the more members on the streets, the more money we will raise!!

**WAMDSAD needs YOU!**

Please contact Liz in the office - 01628 627690



## Membership

There seems to be some confusion still existing over the types of membership that we have in the club and this note is intended to clarify the position.

In January 2000 we restructured the club, the Social Club name disappeared, and we emerged with one club WAMDSAD and just two classes of membership.

*Individual* - whether disabled, able bodied, sporting, social or whatever, all when paid up entitled to one vote each at the AGM. If under 18 years of age on 1<sup>st</sup> January, you are a Junior member.

*Organisational* - this is for any organisation, body, club or other association that pays a negotiated fee to us to support us and they are allowed to nominate an individual to represent them with one vote at the AGM.

Membership of the club will usually be restricted to anyone who is in anyway physically or sensorially disabled, or to any other persons, deemed suitable by the Board. The latter includes able bodied helpers, relations, fundraisers, volunteers, etc. etc., who support the objects of the Association namely the Windsor Ascot, Maidenhead District Sports Association for the Disabled.

Mike Davis

## Girls Were Doing It For Themselves!!



Bev, Caroline, Cheryl, Claire and Clare, Jo, Kirsten, Laura, Rebecca, Sarah, Sam & Sam and Val.

On 23<sup>rd</sup> May we all decided to take the WAMDSAD bus out for a social occasion and descended on Pizza Express in Maidenhead for a celebration meal (one of

them, Sam, was nearing a notable age of maturity!), and then back to the Clubhouse to partake in the Karaoke evening.

Great fun was had by all, and we must praise Pizza Express who were extremely helpful with our seating needs, and they have good wide door access and disabled loo. We were able to chat across to each other, music level permitting, as we had 4 round tables put together so none of the dreadful straight lines which can cut the conversation down, we just had to try and keep our noise level acceptable!

Then 11 of us ventured back for Karaoke and immediately sang 'Raining Men' before we got settled, so that certainly made sure that everyone knew we had arrived. Later we all decided to sing a farewell song to a rapturous round of applause!

Val Jones



## Congratulations

At a recent ceremony held by the Windsor & Maidenhead Voluntary Action Group for Young Volunteers of the Year 2003, two of our own helpers were recognised and won awards. Pollie Head and Caroline Jordan were both nominated by Val Jones for their outstanding help and enthusiasm, helping not just with the Sunday evening swimming but also the Friday Fun Sports. Congratulations to them both from all here at WAMDSAD.

Jim Conway recently travelled to Long Beach for the International Veterans Games where he succeeded in bringing home 3 Gold medals and 1 Bronze medal. The golds were for Shot-put, Javelin & Air Weapons and the Bronze for Archery. Well done Jim!!

## Having Fun Fundraising

You have all heard this message before, but no apologies for the repetition. We need more members to get actively involved helping to raise money for WAMDSAD. We all know we are a voluntary organisation and have to continuously find ways to raise the funds we need to keep us going. It is a never-ending exercise and one that is generally undertaken by the same few members time and time again. People quite understandably get tired and want a change, so unless more members come forward to help, our gallant few will dwindle. This is happening NOW.

You can help in two ways - firstly we need three or four new additions to our Fundraising Committee. It is not particularly arduous, in fact it is a lot of fun - we meet for a couple of hours every two months or so, each member taking responsibility for running specific projects. Secondly, we need more volunteers and support for fundraising events such as street collections - for example, see the forthcoming collections in Maidenhead and Ascot. So PLEASE, let's have a really bumper member turnout this Autumn!

It is easy to say "WAMDSAD Needs You!" - but it really does.

Please get in touch.

John Jenkins  
(Tel: 0118 934 1079)

## Car Parking @ WAMDSAD

Some of you may have noticed recently that the car parking arrangements have been altered. This was due to the RBWM realizing that the car parking here at the Braywick Ground Sports Ground site was getting "out of hand" with thoughtless people parking on footpaths and access roads therefore obstructing pedestrians and other vehicles.

We have obviously had a few comments over this, and would like to point out to everyone that the car park does not belong to WAMDSAD, that in fact it belongs to the Royal Borough. Therefore, they are quite entitled to enforce parking regulations, which they are intending to do in the near future.

Anyone not parking in a marked bay, or illegally parked in a disabled driver's bay will receive a parking ticket with fines at the same level of all other RBWM car parks. This enforcement will apply 24 hours a day, 7 days a week, although there is no time limit on the time parked in a bay. If you are a disabled person parked in a disabled bay, please have your badge on display in your window. Please also note that there are four Staff Parking Only bays and that they should be left for staff only. This applies for evenings as well as daytimes.

Addendum: The RBWM intend to commence enforcement of parking regulations the week commencing Monday 21<sup>st</sup> July! Therefore -

DO NOT PARK ON YELLOW LINES, PARK IN MARKED BAYS ONLY, DISPLAY BLUE BADGE IF DISABLED.

Help us to help you!!

## Proposed Trip to Heron Lake



Last year we organized a trip for the junior members of the club who participate in the Friday Fun sports sessions to the Snowzone in Milton Keynes. This proved such an outstanding success that we've decided to organize something similar for this year.

I recently visited Heron Lake in Wraybsury where the British Disabled Waterski Association (BDWSA) is based where I spoke to some of the personnel there, and we believe that it would be a great day out for the children and give them an experience and challenge that few will have had a go at.

We are planning two trips on 14<sup>th</sup> and 28<sup>th</sup> August. The cost of the sessions at Heron Lake are £40 per hour and we anticipate that to let everyone have a good experience of skidding across the water, we would need to book three hours on each day. This would therefore mean a total expenditure of £240. If you want to have a chat about this, please call Val Jones on 01628 541021 (evenings). Last year we were fortunate enough to have sponsorship from Michael Shanly for our trip to Snowzone, and this year they've come up trumps again, providing all the funding necessary for the two planned trips. Our thanks therefore go to Michael Shanly Group for their kind sponsorship. Look out for a report in the next newsletter on how we got on.

Val Jones

## WAMDSAD's GRAND CHARITY BALL

*Don't forget the WAMDSAD Charity Ball on Saturday 1<sup>st</sup> November. Tickets are now on sale. If you would like a flyer to be*

*sent to you with all the information you need, please contact Liz in the office.*

## Get The Brain Working!

Are you interested in part-time study from home? The Openings Course, which are suitable if you are new to study at higher education level, are run by the Open University. These are short courses that introduce you to a subject area and help you to brush up on your study skills. The subjects available are arts, social science, science, mathematics and technology.

If you have a disability, medical condition or specific learning difficulty that may affect your study, the Disabilities and Additional Requirements Team (DART) are on hand to support you with your OU study as well as co-ordinate services for you.

There are 4 start dates in March, May, July and September. Each course takes 20 weeks to complete. A tutor will give you advice on the phone and help you in any other respect of your study.

If you would like more information, please contact the office on 01628 627690.



## *ART EXHIBITION*

From Wednesday 17<sup>th</sup> to Wednesday 24<sup>th</sup> September our very own Art Group will be displaying the fruits of their labours from the past year. Please come along and have a look, and if you're interested in joining them, they meet on a Wednesday morning 10:00am to 12:00pm. New members are welcome, whether novices or experienced artists.

## Free & Impartial Information Advice On Learning & Work for Adults

Is life making you feel that you're "stuck in a rut"? Is your job feeling insecure or is redundancy imminent? Wish there was FREE Careers Advice available? Always felt you could run your own business and don't know where to get advice and start-up help? Want to get involved with voluntary work, but not sure where to go? Wish you had an interest/hobby, but not sure what to do or where to find that course?

If the answer is YES to any of these questions, we may be able to help. IAG can help you - find information on courses, full-time, part-time or flexible; applying for jobs and preparing for an interview; voluntary work; business start-up & support; use computers, including free internet access; by enabling you to discuss your ideas with a trained adviser.

If you want to know more, please contact either Liz in the office or Valona Fillippini on 01628 622481 or 07949 935719



### A Chinese Feast for you

The Jasmine Peking restaurant, which provided the Good Luck Lion at our Clubhouse opening, is kindly hosting a fantastic feast for us WAMDSADians on Wednesday 1<sup>st</sup> October. Bring your friends and family and join in an evening of Oriental gastronomic delights. We anticipate high demand for tickets, so if anyone is interested, please fill in the reply form on the separate sheet and return it to us with your remittance to the office.

## DSE National Championships 28/29 June 2003

For those of you who were not aware, Disability Sport England recently held their National Archery Championships here at WAMDSAD. There follows a report from the Bowyers perspective.



"06:00 Saturday 28<sup>th</sup> June. As I'm driving into WADMSAD I'm thinking it's going to be another hot one, then I spot Mick from Maidenhead Archers - one of my early morning helpers - also with a key to the Maidenhead Archers Hut, as we're going to borrow some of their equipment. "Great" I thought, "We are on time". An hour and a half later we have the field roped off, Nick has arrived, and we are putting the stands out. Time for a quick cup of tea.

Now we have just one and three quarter hours to set the rest of the field up. Mick has to go at 8:15 so we need to move now - just the three of us - and we need to put 12 bosses out. Fortunately Dave Ambrose from the Harlequin Bowmen turns up to help - cheers Dave!"

09:30 The shoot is about to start, we have nothing left to do except scoring, fetching coffee for the judges and any other odd jobs that need doing, with Mick gone, we had one new helper appear from nowhere, my thanks to him, although I can't remember his name, he stayed all day. With a break for lunch from 11:45 to 13:00 we have enough time for a quick bite after we have moved the targets for the afternoon session.

I felt the afternoon session went very well, with a lot of laughs and jokes about the competitors and as I said at the beginning it was getting hotter and hotter and more fluids were needed for one and all. The day's shooting finished at around

16:00 and by the time we had put everything away, it must have been about 18:30, time for a quick change then pick up competitors from Slough back to WAMDSAD for the evening's barbecue. I finally got to bed at 01:40.

Sunday 06:00, back at WAMDSAD, setting up for another days' archery. My thanks to Dave, Andy, Mick and Nick for their early morning start and we had the field laid out and ready for the start by 09:00. By 10:00 it was so hot we needed dunking buckets for the competitors. The judges were spending as much time as possible under the pagoda, but my crew were still collecting arrows and scoring - cheers guys!

The break for lunch today was a bit of a rush as the afternoon session was to start at 13:00. Unfortunately the cricket club wanted to play a match and we were using some of their ground which had been allocated to us by the Council for the day. So the shoot recommenced at 13:45 which gave my helpers and myself just twenty minutes for lunch (thanks Andy for running out to score between mouthfuls!). With a 16:30 finish, the prize giving started at about 17:00 although I didn't see much of this as we were clearing the field again. But on the plus side, everyone said what a great two days they had had, and were looking forward to next year. I don't know about me, I'm still recovering! Once again, many many thanks to all my helpers. I will try to get more of you next year, so till next time - shoot straight and true"

John Lyford  
Bowyer

## Timberland Sale

**HELP NEEDED.** Once again a Timberland Sale is being held in the New Village Hall, Waltham St. Lawrence on



Saturday 29<sup>th</sup> November, with some of the proceeds coming to us here at WAMDSAD. But **WE NEED YOUR HELP!!** If you would like to help out at the sale (and bag some bargains as well!), then please contact Liz in the office who is co-ordinating helpers, as soon as possible.



## Greg Jumps For Charity

Two days before his 42<sup>nd</sup> birthday on Sunday 20<sup>th</sup> July, WAMDSAD member Greg Airth, made a Tandem Parachute Jump at Weston on the Green in Oxfordshire. Raising money (approx. £600) for the MS Society (who use the WAMDSAD clubhouse every week) he arrived for a briefing in the morning, after which he was strapped to Grant - his instructor for the day - taken up to 12,000 feet where he jumped out of the plane. Said Greg, "It was really exciting, and if I was offered the opportunity to do it again I wouldn't hesitate". Well done Greg, rather you than me!

## A BIG THANK YOU

We would like to extend a very big Thank You to Keith Avery for all the time and money he has invested into WAMDSAD. Not only does he organise the Line Dancing on a Sunday (which is going from strength to strength), but he also helps out with our karaoke nights as well. A large proportion of the money he takes he gives to WAMDSAD. So Keith, on behalf of the membership here, thank you very very much for all your hard work.





## WHEELCHAIR PUSH REPORT

As already reported on the front page of this newsletter, WAMDSAD raised a whopping £9,071.13, which considering the heat of the day is an amazing amount. We'd like to congratulate all the teams who took part, as without them we wouldn't have a Push at all!

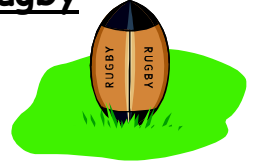
The teams were flagged away by the Mayor of the Royal Borough, Councillor Mike Bruton, who then himself joined in the initial foray in his own wheelchair into Maidenhead. Before setting them off, the Mayor and Mayoress judged the fancy dress competition, awarding prizes to Snow White (alias Rebecca Gale) with her seven (larger than life) dwarfs for the team prize; the individual disabled prize went to Nick Davis and Amanda Gould of the Henley Rotoract team won the able bodied individual best dressed award.

After a scorching day Pushing around the course, the teams came back to the Clubhouse to a very welcome barbecue and karaoke party in the evening.

Well done everybody. By the next newsletter we should have the final total for you after all the sponsor money has been collected and counted.

Next year's Push will be held on Saturday 10<sup>th</sup> July 2004. Look forward to seeing you all there.

## Calling Wasps Rugby Fans



For any who is interested, Giles Wallage has - with the blessing of Alan Kenny and the Air Weapons section - invited some of the Wasps first team players to an Air Weapons Challenge, to be held at the club on Monday 11<sup>th</sup> August. The bar will be open (as normal) and - weather permitting - there will be a barbecue as well. So if you'd like to come along and support the club (and Wasps) then you will be very welcome. The fun starts at 7:00pm.