



...aiming high in Babergh

Meeting Minutes - 23/03/06 The Bridge Project, Sudbury

Attendees	<p>Dave Finn – Optua Nicki Lamb – Hadleigh Inclusion Project Anesta Newson – The Bridge Project Stephanie Newton – SCC Community Education Shirley Moore – Suffolk Befriending Service Gregory Cooper – Be Active Leisure Inclusion Project Lorna Radford – Gt. Cornard Sports Centre Marion Corner – Sudbury Community Resource Centre Jess Bradley – Sudbury Community Resource Centre Amanda Haskell – Bio-Gym Director Sophie Skinner – Out & About Chris Marsh – East Bergholt Sports Centre Sue Upton – Hillside Special School</p>
Apologies	<p>Kevin Curtis – Forum Patron Liz Carter – Sudbury School Sports Partnership James Hartley – Forum Treasurer Susie Tyrell – BDC Arts Development</p>

Changes to minutes of previous meeting	Action
N/A	
Matters Arising	Action
N/A	

1	The Bridge Project	Action
1	<p>Anesta Newson provided an overview of the Bridge Project, which Offers assessment service and personal, practical key and vocational skills for adults. Training is offered in basic office skills, IT, horticulture, conservation, ceramics, screen printing + other crafts to prepare individuals for full, part-time supported or sheltered employment with a range of commercial and voluntary organisations. The project is currently providing a Success After Stroke (SAS) programme, 'Walk On The Wild Side' healthy walks at Balsham Brook and a monthly Film Club.</p>	

2	Fundraising Opportunity	Action
1	<p>GC offered to co-ordinate Sponsored Abseil participation at Mega Events Ipswich Hospital Abseil on Saturday 15th July. This would provide partner organisations with a fundraising opportunity.</p> <ul style="list-style-type: none"> • Forum agreed to generate interest and confirm potential participants by 31/03/06. • GC to investigate minimum age requirements, level of support for disabled participants & ability to book places as a forum (without registered charity number). 	<p>ALL GC</p>
2	<p>The Community Energy Project (CEP) has some Community Match Funding available for projects in the West of the District, up to the tune of £1000 – which could link into money raised by the abseil. If you can prove that money raised from the abseil is going to a good cause, Sara Jackson at CEP would like to hear from you and may be able to match your efforts. Sara can be contacted on 01787 378588 or at CEnergy@freenet.co.uk.</p>	<p>ALL</p>

3	Suffolk Paralympic Futures	Action
1	<p>Dave Finn provided an update on behalf of the Suffolk Paralympic Futures Development Group. Currently working with the English Federation for Disability Sport and Sport England to develop a regional strategy for the development of Paralympic Sports.</p> <p>Optua Leisure are also researching clubs delivering Paralympic sport within Suffolk and capacity for developing further sports – working towards London 2012. List of events;</p> <ul style="list-style-type: none"> • Archery • Athletics • Boccia • Cycling • Equestrian • Fencing • Football • Goalball • Judo • Powerlifting • Sailing • Shooting • Sitting volleyball • Swimming • Table Tennis • Tennis • Wheelchair basketball • Wheelchair rugby 	

4	Posture Awareness	Action
1	<p>Amanda Haskell provided a posture awareness demonstration to explain</p>	<p>ALL</p>

	<p>how she has overcome muscular and spinal problems through a simple exercise programme.</p> <p>Amanda has developed specialist Bio Gym training apparatus which could compliment a specialist disability exercise programme and is able to provide group or personal training.</p> <p>For further information please contact Amanda at haskell@onetel.net or on 07917 683484.</p>	
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5	Training Opportunities	Action
1	<p>Sports Workshops</p> <p>Suffolk Sport provide a full programme of workshops, supporting community sports coaching, ranging from 'How to coach disabled performers in sport' to 'coaching methods & communication'.</p> <p>Most workshops are three hours long and cost approx £25. For further info contact Suffolk Sport Development Officer Richard Hoey at Richard.hoey@waveney.gov.uk or call 01502 523629.</p>	ALL
1	<p>Deaf Awareness</p> <p>London Sports Forum for Disabled People provides a 'Deaf Awareness Training in Sport' workshop at it's London headquarters. The forum showed an interest in accessing a similar opportunity locally, which GC will investigate.</p> <p>For further information regarding this course visit www.londonsportsforum.org.uk/deaf.html</p>	GC

6	Leisure Activities	Action
1	<p>Database of activity</p> <p>GC has asked for forum members to supply any information regarding disability activity in Babergh so that a reference database can be collated for the benefit of all.</p> <p>Athletics</p> <p>March 25th - Easter Indoor Athletics Festival (Next Generation, Ipswich)</p> <p>May 6th - Regional Disability Championships (Northgate Sports Centre, Ipswich)</p> <p>May 13th - Panther Challenge (Northgate Sports Centre, Ipswich)</p> <p>May 14th - County Championships (Northgate Sports Centre, Ipswich)</p> <p>July 16th - Suffolk Youth Games (Northgate Sports Centre, Ipswich)</p>	
2	<p>New opportunities</p> <p>Circus Skills</p> <p>Gt. Cornard Upper school will host a circus skills performing group between 3rd-7th July.</p> <p>Contact Marion Corner at Marion.Corner@socserv.suffolkcc.gov.uk or on 01787 296090.</p> <p>Suffolk Youth Games</p> <p>Babergh District Council run trials and coached training sessions during June/July in the run-up to the Suffolk Youths Games.</p>	

	<p>Disability athletics & swimming events are included in the programme for children in school years 5-11. Contact Greg Cooper at greg.cooper@babergh.gov.uk or 01473 826640.</p>	
2	<p>Existing Provision</p> <p>Disability Football Cornard Dynamos continue to provide weekly football coaching but have changed the time and venue of activity. Sessions will now take place every Saturday from 11-12pm at Gt. Cornard Sports Centre. Contact Andy Millar on Andymillar999@aol.com or 07855 259412.</p> <p>Inclusive Leisure Clubs A Community Club for people of all ages and abilities has been established at East Bergholt Sports Centre. Sessions take place every Monday from 11-12.30pm and include movement to music, badminton, table tennis and boccia. Contact Chris Marsh on chris.marsh@hadleighhigh.suffolk.sch.uk or 01206 299340.</p> <p>Bike riding Enjoy bike rides with BikeActive at Alton Water on custom-made disability friendly bikes. Friday afternoon slots are available. Contact Peter Robinson on mag-pct@griffcott.freeserve.co.uk or 01473 212120.</p> <p>Dance Club Windmill Support Group continues to provide movement to music sessions for the whole family at the Sudbury Arts Centre every Sunday morning. Contact Angela Cooley on info@designworks-ac.co.uk or 01787 372 394.</p> <p>Big Splash Optua Leisure provide a friendly swimming session at Kingfisher Leisure Centre, Sudbury, every Monday from 11-12pm. Contact Dave Finn on leisure@optua.org.uk or 01449 770154.</p>	

7	AOB	Action
1	<p>Hadleigh Inclusion Project Formerly based at East House, Hadleigh, the Community Resource Centre programme is now community based, and operating as Hadleigh Inclusion Project. Manager Nicki Lamb can be contacted at the Corn Exchange on 01473 820672 or the United Reformed Church on 01473 823976.</p>	ALL
2	<p>Suffolk Befriending Scheme The forum is please to welcome Shirley Moore from the SBS, which has a drop-in centre in the Town Hall, Sudbury. Manager Shirley Moore is organising a fun day for the scheme on 1st July and can be contacted at</p>	ALL

	info@suffolkbefriendingscheme.org.uk or on 01787 371333.	
3	Inclusive Fitness Initiative (IFI) East Bergholt Sports Centre Manager Chris Marsh provided an update on the IFI project. The gym referral programme is developing very well and centre is planning to establish a new inclusive badminton club for adults and juniors.	ALL

Future Meetings (all 10am)

Thursday 8th June Gt. Cornard Upper School Sports Centre
 Thursday 21st September Venue TBC
 Thursday 14th December Venue TBC