

Newsletter - May 2010 - Issue 19

Welcome to Disability Backup's Newsletter

Forum News

Our next Forum Meeting is on:

Friday 21st May 11-1pm

Where?

City Edge, 125 Mare Street, Hackney, E5 3RH

What?

Special needs housing

and

Choice Based Lettings

John Isted, Housing Demand Manager from Hackney will be coming to talk to us.

For more information or to arrange transport please contact Catherine on:

020 7275 0088 ext 209

Focus Groups

Leisure Focus Group

Disability Backup has been conducting an investigation into local Leisure Services, specifically swimming pools.

We are writing a report with recommendations to be presented to Hackney Council, GLL and other stakeholders.

We will be meeting in May to discuss the developments of this project and to read the first draft of the report.

When?

Thursday 20th May 11.30-12.30

Where?

Disability Backup offices, The Print House, 18 Ashwin Street, E8 3DL

Feedback

Forum Meeting

It was a well attended and interesting meeting. We discussed Personalisation and door to door services. Disability Backup will be working closely with the Personalisation Team in the future months. See the minutes.

Hackney LINK

Do you receive home care services?

Would you like to share your opinions about the quality?

Do you think home care services need improving?

Hackney LINK is conducting an investigation into adult home care services in Hackney.

We are looking for volunteers to keep a diary of the home care they receive. We want to know if carers come on time, stay the whole time and do the tasks you need.

We will provide training, ongoing support and a voucher of £25 for your time.

We are holding training session for diary writers on the 27th May 1-3pm

Places are limited so contact please Catherine or return [this application form](#).

020 7275 0088 ext 209

Local Events

Hackney Homes Residents Disability Forum's Annual General Meeting

When? Wed 19 May 2010 11.30am-2pm

Where? City Edge, 125-127 Mare Street, E8 3RH

Inclusive Fitness Week

Clissold Leisure Centre is offering a week of FREE activities for disabled people and their carers.

When? Monday 3rd-Friday 7th May

Gym tour & induction (with qualified instructor) Monday, Wednesday & Friday 10.00am-11.00 & 1.00pm-2.00pm Gym Places are limited so we would encourage you to book emailing verity.blackman@gll.org leaving your desired activity, day & time, name and contact number or calling 020 7254 5574

Badminton & Table Tennis (bring a partner & play) Tuesday 10.00am-12.00noon, Sports Hall Places are limited so we would encourage you to book emailing verity.blackman@gll.org leaving your desired activity, day & time, name and contact number or calling 020 7254 5574

Pilates (relaxing group exercise class with instructor) Tuesday 3.00pm-3.45pm, Studio 2 Places are limited so we would encourage you to book emailing verity.blackman@gll.org leaving your desired activity, day & time, name and contact number or calling 020 7254 5574

Swimming Lesson (with qualified instructor) Friday 12.30pm-1.30pm Training Pool

Places are limited so we would encourage you to book emailing verity.blackman@gll.org leaving your desired activity, day & time, name and contact number or calling 020 7254 5574

Badminton Classes

Hackney Mix-Ability Badminton Academy (or HM-ABA) is an inclusive badminton academy and will give the perfect opportunity for you and/or your children to learn to play badminton.

Don't worry about your ability as all are welcome! Sessions are designed and led by Mr Herman Fung. Herman has been coaching badminton from beginners to high performance levels for over 15 years for kids and adults with disabilities and non-disabilities, and was awarded Coach of the Year 2009.

Whilst improving your fitness, learn how to serve and return the shuttle along with various shots through fun games and routines. At the end of each session you will be able to practise these techniques in a game situation.

When? Launch on Sunday 2nd May, 1hr sessions from 9-2pm

From then on: Sundays 9-12pm (open to all) or 12-2pm (performance level)

Where? Britannia Leisure Centre, 40 Hyde Road, N1 5JU

Cost? £2 a session

Contact Sharon on 07960 749467

Contact us

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