

Why we do what we do

Malachy was born with Congenital Muscle Dystrophy which means that over time his muscles will get weaker and tighter. By the age of 12, he'd lost the ability to walk and by the age of 14, he couldn't stand up.

As his disability has progressed, Malachy's family had to move home and he has to change school.

Malachy attended WheelPower's National Junior Games, a multi-sport event for disabled children aged 12 to 18. The Games inspired Malachy and he has discovered new things about himself that he didn't know before or had even considered prior to meeting new people and trying new sports and activities.

"I am astounded with how much the National Junior Games have stretched my ability to levels I never thought they'd go!"

Out of all the sports Malachy enjoyed Boccia the most because it was very tactical. The Games have improved Malachy's self confidence and he left wanting to give new activities a try. He really enjoyed the incredible sense of community the Games provided as well as meeting new people.



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 **WheelPower**
British Wheelchair Sport

Transforming lives through sport

Registered Charity No. 265498

 **WheelPower**
British Wheelchair Sport

Impact Report



WheelPower's Year

At WheelPower we are passionate about sport and physical activity and we are dedicated to providing opportunities for disabled people to lead active lives.

Inactivity is more common for those with a disability or health condition than those without. 42% of disabled people are inactive compared to 25.1% of non-disabled people. This increases sharply as the number of impairments an individual has increases and over half of disabled people with three or more impairments are inactive. We are determined to change this.

Last year we helped 49,961 disabled people access sport or physical activity through our events and programmes at Stoke Mandeville Stadium and through our work around the country. We have, this year, expanded our work with recently paralysed adults and are now working in seven Spinal Injury Centres throughout the UK. We continued to organise sports camps throughout the UK which introduce disabled children to sport

and we are developing specialist online resources which will enable disabled people to get fit in their own home.

In August this year, Stoke Mandeville Stadium, the birthplace of the Paralympic Movement, celebrated the 50th anniversary of its opening by HM The Queen. By working with our partners over the last year we have been able to make significant investment into the Stadium facilities as well as establish new inclusive fitness programmes which led to over half a million user visits for the first time ever. We are proud of the difference we have helped to make to so many individual lives, but there is still so much more to do. We must relentlessly strive to grow our impact further, to positively effect many more lives each year, to improve our facilities and programmes and make a difference to the many disabled people who can benefit mentally and physically from more active lives.

Rob Wilson
Rob Wilson
Chairman

How we spent every pound in 2018/19



Fundraising enables us to transform lives. We raise £6.26 for every £1 we invest in fundraising



A year in numbers...

Our tweets were seen **952,100** times

503,953 people played sport at Stoke Mandeville Stadium

49,961 disabled people supported by WheelPower

1,556 cyclists took part in the Mix96 Tour de Vale Bike Ride and raised **£56,237**

45,665 disabled people played sport at Stoke Mandeville Stadium

610 recently paralysed people provided with advice in Spinal Injury Centres throughout the UK

385 disabled children discovered sport at a WheelPower Sports Camp

453 activities organised in Spinal Injury Centres

We provided advice to disabled people about how to get into sport and physical activity at **10** conferences

2,674 recently paralysed adults attended one of our sports sessions at a Spinal Injury Unit

325 people discovered wheelchair fencing using our equipment

125 disabled children aged 12-18 took part in the WheelPower National Junior Games

41 young disabled people took part in our wheelchair slalom project developed and delivered in partnership with Whizz-Kidz

72 participants attended one of our six Agility, Balance & Co-ordination of Sports Wheelchair Movement courses which help them to make PE lessons/sports sessions more inclusive

136 recently paralysed people took part in WheelPower's week long Inter Spinal Unit Games at Stoke Mandeville Stadium

Our Facebook posts were interacted with **55,768** times

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Prior to her injury Giselle was working in London for a fashion retailer. She enjoyed attending festivals, going out with her friends, travelling and having fun.

Riding a drag bike had long been on Giselle's list of things to do and last summer she decided to give it a go. Unfortunately she lost control and the bike's front wheel went up into the air. Giselle held onto the handles, thinking the front would eventually come back down to the ground. However, it did not and she lost her grip on the handles only to drop to floor at a speed.

The fall caused an incomplete spinal cord injury meaning that Giselle can only walk using a walking frame.

Giselle attended WheelPower's Inter Spinal Unit Games and was introduced to a variety of different wheelchair sports and activities and she remains active. Giselle feels that being active strengthens her core muscles to enable her to walk better with the frame and will help her lead a more independent life.

"It's wonderful to attend the Inter Spinal Unit Games and try so many different activities."

