

ISSUE 129
SUMMER 2015



withinReach

The Official Magazine of the Association for Children with Upper Limb Deficiency

3D PRINTING...
IS THIS THE FUTURE?

It's
Ability not
disability
that
matters

within Reach

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ISSUE 129



3-D PRINTING
P6-10



TYNCAE
P12-13



FORM 7'S ONE ARMED DAY
P15



REACH ACTIVITY WEEK
P18-19



BRANCH NEWS
P22-23



MAY BALL
P24

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Registered charity no. 1134544

Comments, articles, requests, ideas: We welcome comments, articles, requests or suggestions, for future editions of Within Reach.

Letters: Any letters for publication should include the name and address of the sender, but these can be withheld from publication if requested.

Advertising: Within Reach has a print run of 1,500 and is distributed to members, subscribers, health services and specialists. If you need to reach this key audience, we would be delighted to consider including your advertisement.

Contact Jane Garrett on 01483 203237

The views expressed in this journal are not necessarily those of Reach and are not intended to reflect or constitute Reach policy, or in any way portray an official view.

October 2015

31

Editorial deadline:
Material for inclusion in the WINTER issue must be sent to the editor by 31st OCTOBER 2015

Reach membership

Membership of Reach is open to parents of children with upper limb deficiency and other individuals of 18 years and over who are interested in furthering the work of the association. Junior membership is given to children who have an upper limb deficiency. The UK subscription is from £30. You will receive three issues of the magazine a year.

Reach Insurance

Reach membership entitles the Reach child/adult under the age of 65 to be covered by our limb insurance for up to £50,000.

This members with multiple limb deficiency. Please call Head Office for more detail from the schedule of insurance.

SHARED EXPERIENCES

This book, published by Reach, is extremely useful for families who have discovered they have, or are about to have, a Reach baby.

Shared Experiences is a collection of accounts by Reach families of their own real life experiences of having a child with an upper limb deficiency. Their stories are shocking, saddening, funny, inspiring and captivating. All in all, a brilliant realisation of life with an upper limb deficiency.

Contact Jo Dixon at HQ to order your copy.

Within Reach magazine is printed and distributed by Ashley House Printing Co Ltd
1-2-3 Swallow Units, Alphinbrook Road, Marsh Barton, Exeter EX2 8QF

WELCOME TO OUR SUMMER ISSUE - NO 129

July - November is the busiest time in the Reach calendar. We are deep into organising RAW and the Family Weekend as well as the daily business of keeping the organisation ticking over, sorting out summer picnics and processing new members!



The 2015 Family Weekend looks exciting, and we are delighted with the line up of interesting speakers plus all the children's activities. These include our football academy and outdoor activities at the hotel for a change!

Don't forget to book the conference, dinner dance and childcare at the Family Weekend directly via Head Office - there are forms on the website or we are happy to email them.

The response to the call for trustee nominations has been excellent. You will have noticed your emails have been busy from us recently, encouraging you to be involved with the governance of Reach, and to use your skills to help Reach grow. We will publish the nominations shortly and launch the voting process, so please watch your email for details on electronic voting prior to the Family Weekend and AGM. To qualify to vote, your family must be a current member, so please get in touch if you are uncertain of your status.

Looking forward to seeing many of you in Leicester,

Jo Dixon

THE NORTH WEST BALL

This major Reach fundraiser takes place at the Holiday Inn in Bolton on September 19, with dancing to the band The Provocateurs. The target is to beat last year's amazing achievement of £10,040!

Tickets are £40 which includes a drink on arrival, a three-course meal and coffee followed by games, raffle and dancing. Rooms are available at the hotel for £60 which includes breakfast.

Organiser Jane Crook is on the hunt for Northern members who know talented musicians, magicians or singers who might be interested in performing,

If members have any ideas for fundraising or entertainment please would they contact Jane on 07890414055 or janecrook@ntlworld.co.uk



EVENTS DIARY

REACH FAMILY WEEKEND 30th October - 1st November at the Marriott Hotel, Leicester

IMPORTANT BOOKING INFORMATION: You will need to book accommodation for the Family Weekend at the hotel directly with Marriott. We have negotiated a special rate which is similar to previous years for our guests but you **MUST** use the code D5K and quote the booking reference: Reach. You can book your rooms anytime from NOW. If you leave booking until closer to the date, Reach cannot guarantee that there will be suitable rooms still available.

Booking for the Conference, crèche, children's activities and the Gala Dinner will continue to be handled by Reach Head Office.

The advantage of these changes is that it spreads the cost as you pay a deposit in advance and the balance on checkout.

EXCITING 2015 FAMILY WEEKEND CHILDREN'S PROGRAMME

Book early for the older children's trip to Leicester Outdoor Pursuits as there are only 40 places available and it is a brilliant venue with canoeing, abseiling, rock climbing and more!

Early booking is also recommended for the very popular Football Academy, which this year is on ALL DAY! Don't forget to pack your football kit, especially your shin pads!

This year's weekend coincides with Hallowe'en so there will be a witchy/pumpkin theme to the arts and crafts workshops. There will also be sports and music workshops.



YOUR CHANCE TO BE ON FILM!

Children will be able to give their feedback about the weekend's activities straight to camera. They need to be honest about how the weekend can be improved but the most funny and imaginative performance on video will win a £20 prize.

Bernie MacDonnell Childcare Co-ordinator

THE ONE HANDED MUSICAL INSTRUMENT TRUST (OHMI)

The trust has won a place in the charity ballot for the 2016 London Marathon. It is looking for someone with a physical disability who fancies the challenge of running and the chance to fundraise for OHMI. Email rachel@ohmi.org.uk if you would like to apply or to know more!

THE CHAIRMAN



We have had an incredible few months of fundraising recently, with lots of members getting out and about raising money for Reach. The crazy and inventive things our members will do for money never ceases to amaze me: I would like to thank you all.

It is worth noting that a significant number of our recent fundraisers have been new members - some have only joined in the last few months. It's wonderful that they are so keen to contribute to the charity so early on in their Reach lives - thank you!

At our last Trustee Meeting we had a presentation from a brand image expert who explained the importance of branding and identity for charities in today's competitive world. The Reach 'brand' has not changed, as far as I know, since we formed in 1978. We discussed whether it really reflects the charity any more and as a result we are gathering further information with a view to looking at the feasibility of reviewing and renewing our brand identity. We will keep you informed on any progress.

By the time you read this we will be in the final stages of arrangements for the Family Weekend and AGM in Leicester and we will be reporting on what the Board of Trustees have been doing in the past year. As you are no doubt aware from previous reports we have been focusing this year on Governance.

This is coming together now as we approach the AGM. We have our three committees in place. The Audit and Risk Committee will be looking at our organisational risks and producing a much needed Risk Register. They will be reviewing our policies and procedures and overseeing our account auditing. The Fundraising Committee will be looking at how we fundraise and what direction we can take in the future. They will also look at new ways of raising funds and if any of these are suitable for us to invest in. Finally, but in the lead up to the AGM the most important, is the Nominations Committee.

We have introduced this committee to try to bring a more professional approach to the way we recruit Trustees based on our skills profile and the gaps in that profile. You will have seen adverts for vacancies for Trustees on the Board in the last few months and the Nominations Committee is responsible for shortlisting and interviewing those who apply. They will select those they wish to put forward for appointment to the Board and the membership will vote on them at the AGM.

As always some trustees will be standing down at the AGM. Those who have decided not to re-stand are Georgie Johnson, Nigel Tarrant and Tania Hanniford. I would like to thank them all for all they have done in their time as Trustees and for their support and input.

Depending on when this edition of Within Reach hits your doormats you may have already received instructions on how to vote for your choice of Trustees. I ask that you look at the personal statements of each candidate carefully and base your decision on what they can bring to Reach. This is your charity so please use your vote.

Gary Phillips Chairman

REACH BURSARIES

Reach Bursaries are available to help with the purchase of adaptations so that members can fulfil their potential. Contact Head Office for details.

Suitable items include car adaptations to enable members to start driving. Joseph Brooks has been awarded £933, Troye Harris Williams £960 and Thomas Wallis £150.

Susanna Bannister was awarded £2,000 towards her paraclimbing training costs.

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3D

Brightly coloured, light-weight, funky hands that children can't wait to show their friends

What to do if your young child has a hand or arm deficiency? The choices are daunting: Surgery to use a toe to make an opposing finger to an existing thumb? A cosmetic hand whose weight would counterbalance the normal arm and correct potential posture issues? Or an expensive high tech prosthesis such as a myo-electric hand that enables a degree of practical function?

Surgery looks a bit too invasive so you choose a prosthetic for your toddler....and it ends up on the floor, in the toybox, then gathering dust in the cupboard. Children with one affected arm frequently undermine well-meaning interventions by ignoring the device. They simply do not feel the need for them.

But this familiar scenario has completely changed with the invention of 3D printing. We are now standing at an incredible turning point in history - when children's demand for artificial hands is helping drive the advance of a brand new 21st century technology.

Within Reach takes a look.....

Q: Why do children suddenly want these hands?

Q: What are the benefits to the child?

Q: What does the future hold?

Q: What can a 3D printed hand do that a standard issue prosthesis cannot?

The story begins with e-NABLE www.enablingthefuture.org - a global network of volunteers using 3D printers to create part or complete prosthetic hand devices. The materials cost less than £30 per hand but they are FREE for the people receiving them!

The hands are made out of plastic that can be brightly coloured, decorated with superhero motifs, glitter, stars....They are customised and personalised. Kids WANT them. Their function is not straight forward or what it seems. These hands as yet have only limited practical function and break easily but they do have a HUGELY positive psychological effect. Traditional prostheses cannot match this wow factor until you spend around £30,000. Charlie Egan's free Spiderman hand empowered him. His arm is COOL.

The exciting thing about the 3D project is that it is in its infancy and the pace of change is incredibly fast. There are amateur and technology professionals across the country now who are fired up to invent better ways of making them, creating better practical function, and with the flexibility of design that enables people with different stump configurations to use them.

Reach families have been involved in some fantastically inspiring initiatives: Lara Pincott's request for an e-NABLE hand became a springboard for wide ranging developments. 3D hand printing became an inspirational project that fired the imagination of 10-13 year olds at her Kent school and at the same time revolutionised their attitudes to disability. 75 hands have been made so far, several for Reach members and the rest going to Brazil and Ecuador. The plan now is to rewrite the printing programme to make the hands more effective.

Stephen Davies is a one-handed adult who wanted an e-NABLE hand for himself and after successfully making his own, took the technology a step further to create an experimental one for Isabella Jenkins who has a little arm.

FACT, The Foundation for Art and Creative Technology, ran a series of workshops in Liverpool to explore 3D printing with Reach members taking part. More are in the pipeline: this is just THE BEGINNING.



THE LARA PROJECT: A FUTURISTIC PSEUDO SCI-FI ADVENTURE

Lara, aged 10, has never worn a prosthesis, just some small modifications to help her play the trumpet, cycle and hold cutlery. That was until she saw a television feature on 3D hands. Then everything changed.

"We were led to e-NABLE," said her mum, Lucinda Pincott, "And I thought the senior staff at the Schools at Somerhill might know techy-minded boys who might want to make it, but her IDT teacher immediately said that she wanted to do it. Dani Saffer had a 3D printer at home and was keen to have a project. She was excited at the idea of children doing it for children."

Dani and David Buch run Techielab, which organises holiday courses for children in hands-on science and robotics, and Dani decided to make it a school project, with David overseeing the actual printing. In June, 220 Somerhill children from years 5, 6, 7 and 8 plus staff invited Reach members Euan, Oscar, Lily, Zoe, Loen and Lara to the school with their families to join in a hand-making workshop involving 3D printing, robotics and a lot of teamwork. Oscar needed two hands!

The children sent their measurements in advance and the best results were for children with a flexible wrist but no fingers or thumbs. An existing thumb is technically more difficult to accommodate. A 3D printer can make a hand for as little as £6.

Pupils at the school were given all the parts that make up a mechanical hand as a starting point, printed by Techielab, and worked throughout the day to assemble them.

David Buch said: "We were delighted in getting the school involved, as part of the push of Techielab is to enable children to change their own world. We promote this in our summer camps which are purely technology based camps on robotics and other technologies.

"We are starting with a simple mechanical hand from the fantastic e-NABLE community and Stage 2 is to design a prototype and add electronics and explore materials to interface with the 3D printed hand to add comfort and functionality. Stage 3 incorporates connecting the electronics to muscle signals and ultimately, inspired by Easton LaChapelle, we would like to explore brain signalling solutions.



"Our project is different from any other out there as we want the children to be more than recipients, we want them to be part of the discovery process."

Lara's mother said: "These hands are not life-changing like they say in the media. They are working toys. But I was excited because it was a school project and the children got involved in making their own hands and then they can fix them when they break. Next year they are going to have a 3D printing club at Lara's

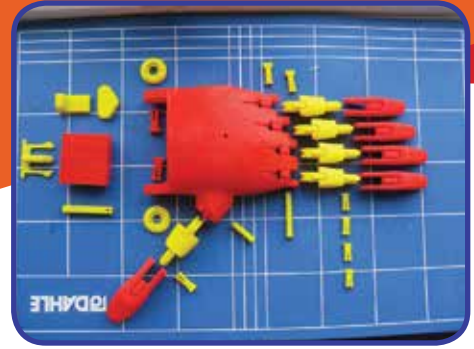
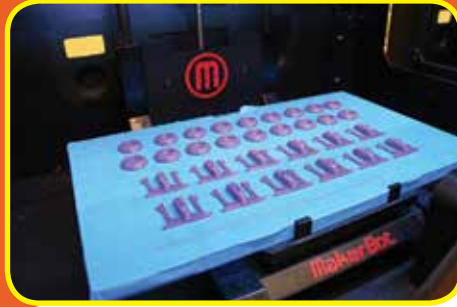


school working on making improvements to the hands.

"The response from the children to the project was unbelievable. They had a talk on how the hands worked and having the Reach children visit gave it all a real purpose. To hear Oscar saying "Wow I can open my fingers" was amazing. They are really good for giving confidence and huge self esteem which is the most valuable thing.. Lara has found a lot more people talk to her about the hand now and there was a lot of media coverage. Channel 5 filmed it and BBC South East and newspapers came and covered the story."



3D



Dominic Hannett, Reach Trustee and Director of Clinical Services for OpCare, assesses the positive aspects of 3D printing.

Perhaps one of the most exciting and promising developments in modern day manufacturing is 3D printing or “additive manufacture”. It is a process of making three dimensional solid objects from digital

files. The 3D printed object is achieved using additive processes. In an additive process an object is created by laying down successive layers of material until the entire object is created. Each of these layers can be seen as a thinly sliced horizontal cross-section of the eventual object.

It all starts with the creation of a virtual design of the object you want to build. This virtual design is made in a CAD (Computer Aided Design) file using a 3D modelling program (for the creation of a totally new object) or with the use of a 3D scanner (to copy an existing object). A 3D scanner makes a 3D digital copy of an object. CAD has been used in the design of prosthetic limbs for many years but the fabrication or manufacture, has been achieved by traditional methods.

Creating a 3D model enables design teams and other stakeholders to analyse a part for flaws, ergonomic considerations, and suitability for manufacture quickly and more effectively. Designers can analyse how well the multiple components work together. With advancements in materials, parts can be built for functional testing before production begins, which helps us create better functioning products.

3D printing processes allow for mass customisation – the ability to personalise products according to individual needs and requirements. What would have taken great time and investment to develop using traditional methods can be attained faster and more economically. This could apply to functional items on prostheses such as bike controls or even high definition cosmetic covers.

3D printing allows us to create very complex designs in a much more efficient way and also allows us to make known changes to designs. For example, if a socket (the part of a prosthesis that fits to the arm) needs to be modified, it can be done to precise levels of accuracy and repeatability. This would result in a more scientific approach to the fitting process.

Although a great deal of investment and time is being applied to 3D printing, it is still early days in its practical application. It is however, one of the fastest developing technologies and we are extremely optimistic about its impact on product design and ultimately, people’s lives.



The photos of children making hands are courtesy of the Schools at Somerhill Lara Project: www.somerhill.org/media/news/article/162/Project-Lara

Stephen’s NHS issue ‘medieval’ claw hand, now gathering rust and dust



The e-NABLE ‘Raptor’ hand

Isabella’s unique e-NABLE hand designed by Stephen Davies



e-NABLE: 3-D PRINTING REVOLUTION

Stephen Davies: amazing one-handed hand maker.

I was built my first 3d printed hand by e-NABLE member Drew Murray as I have no left hand. I was so blown away by the ethos of e-NABLE to provide free 3D printed hands that it inspired me to get involved myself.

I have been a CAD technician professionally for over 20 years, and being disabled myself, I have a unique skill set and point of view to bring to the table. I raised the funds necessary to purchase a 3D printer, and I am now an active member of e-NABLE's R&D team, and an 'approved' maker for e-NABLE.

I have several hands myself (from many iterations of design testing), and I have just built an arm for another REACH member, 8 year old Isabella from Bristol, who required a full arm as she is missing her arm from below the elbow.

This is a difficult build and the arm I've made for Isabella is experimental and not available for general release at this time. My next hand will be for Mollie. I have contacted Mollie and her mum, and discovered her needs and preferences and I am now waiting for her application to be processed through the e-NABLE official intake process.

Because I have a very small stump, my wrist movement is not that great. The bigger the movement the better the mechanical motion/grip. I can manage to make a fist, and do things like hold a newspaper to read. There are other models available that would give me more movement, like the raptor wing, but for me the biggest benefit is no longer having to hide away. To feel like I have to hide my stump in my pocket, or feel ashamed of a poor looking NHS artificial arm.

The "cool" factor brings me confidence. Instead of people staring at you and pointing, they now come up to me and say 'Wow what's that'. This in itself cannot be overestimated. These devices may not be as functional as full blown prosthetics, but they fill a need between a poor or no choice at all, and the expensive unobtainable option. The e-NABLE devices are helping by providing an alternative. They are continuously being developed and improved. We are evolving to bring better functioning, more aesthetic, modern devices free to those that need them.



Isabella can't stop playing with her new hand... Thank you, Stephen!

Isabella's hand came about through e-NABLE, said dad Matthew Jenkins. She was fortunate enough to be "paired" with Stephen Davies from Swansea who is an extremely talented engineer. As a result we are fortunate in that Isabella's hand is a complete one-off, no one in the world has one as advanced as hers right now.

It is produced through state of the art 3d printing and features everything from carbon fibre to loom bands! Her hand isn't a prosthetic, it doesn't work like a functional prosthetic and isn't positioned that way either. Its main aim is to boost confidence and take away awkward unwanted situations and questions and replace them with "how cool is that" remarks - which it certainly has so far. It's fair to say that Isabella's unique combination of colours has helped.



The hand itself works though the simple, slight, bend of an elbow. By its clever design this triggers movement of a whole host of surgical strings and loom bands which close the fingers and thumb into a pincer movement. It really is an incredibly simple design but with outstanding results and a very happy end result too.

The positive thing that E-nable has brought about is that the hands only cost around £20 to produce, which compared to £10,000 plus for the very latest bionic hands is quite a difference. It does rely on the good will of those willing to help out both financially and with the manufacturing though as they are FREE to the recipient

if anyone would like to contribute, Go to: <http://www.gofundme.com/Free3D-Hands>



3D

Reach families were involved in 3D printing workshops in Liverpool

Jason Abbott and his daughter Baylee, who won the Sue Stokes Award last year, have been at the forefront of 3D developments since she wanted one of the printed hands. Baylee is getting used to promoting the e-NABLE hands on television as media interest is huge.

Jason said: I initially googled e-NABLE when Baylee wanted a hand and found lovely people who were really helpful. The files are on the website and Baylee helped make the hand.

From there the guys at DoES Liverpool, which is a maker space where they have all sorts of 3d printers and tools for making stuff, decided to put on a FACT (Foundation for Art and Creative Technology) and Crafts Council exhibition, in association with Norfolk Museums Service.

Ross Dalziel, Patrick Fenner and Adrian McEwen, of (UK) Desktop Prosthetics, 2015, ran the Build Your Own: Tools for Sharing exhibition and set up a production line of 3D printers in June. These machines supplied the components for building prosthetic hands for local people with real needs, accompanied by a series of free workshops offering visitors the chance to get involved and "Build Their Own" open-source Raptor Hands.

DoES Liverpool worked with 13 Reach families, helping them to build and assemble a prosthetic device. The aim was to get them involved in testing and building prosthetics, to experiment and understand what prosthetics are and how access to rapid prototyping and open-source digital making tools can help people make the world the way they want it. One of the visitors was Drew Murray, who made Stephen Davies' original hand.

The families were invited back in August to help assemble the printed parts, test and fit the printed hands.

Baylee loves her hand. It is not that useful in allowing her to do a lot more but in terms of confidence and giving her an extra boost it is brilliant. People see it and go 'Wow what's that!'

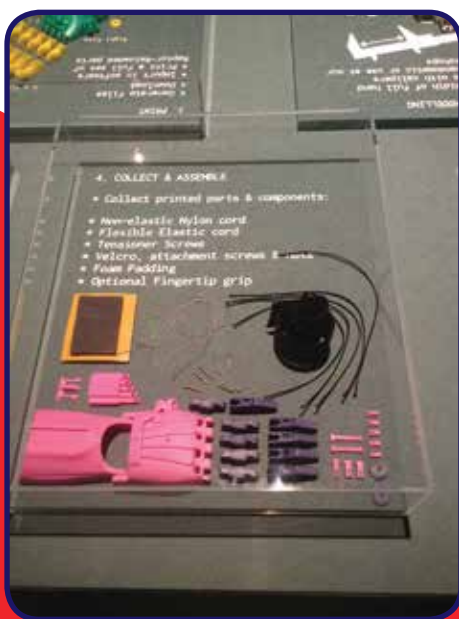
The Build Your Own exhibition is carrying on. After Liverpool it is going to Norwich and we will be doing the same thing - inviting

families to come along and get measured for hands. It's fantastic because the hands are free. Baylee now has her own website and blog, details can be found at <http://bionicbaylee.com/>. It includes her extensive media coverage! We intend on using this as an information site about any new technologies we find out about.

The blog starts: My name's Baylee. I'm 11 years old. And I'm just like every other 11 year old. Pretty much. I have missing limbs and I wear prosthetics. This all started last year when I gave a talk at school called Don't Point and Stare. It can be hard to look different, no matter how you try to hide it. I want to let people know that being different is something you can be comfortable with.

I'm part of Reach and through them I met DoES Liverpool and Enabling the Future. This year I made my first 3D printed prosthetic hand. Then I made another one (it glows in the dark).

With the latest model I can pick up my water bottle and drink and do lots more than my second version we made. The silicone tips on the hand make all the difference to my grip.



Instructions and equipment laid out ready for the FACT workshop





I sort of wish I was growing up now so I could have another go with them.

EMILY'S TOP TIPS

Hi! My name is Emily and I was born with my left arm missing just below the elbow. Although my left hand is missing, my right arm is unaffected and I have a fully functioning right hand.

I'm 20 yrs old and I have dealt with many arm-related struggles throughout my younger life. I want to share my experiences to teach (and hopefully inspire) those who are experiencing the same difficulties.

PROSTHETICS:

A toy... a hindrance... or a help

The last time I remember wearing a false arm I was 15 and in high school. I wanted to wear a prosthetic because I was forever hiding my little arm up my sleeve, nervous about other people's reaction to it. I felt I needed a prosthetic arm in order to enhance my confidence.

Unfortunately, there was a tedious wait for it and I had to attend several hospital appointments every fortnight for almost a year before I could even try the arm on - this was when I was getting the myoelectric.

In the end I found my prosthetic to be more of a hindrance than a benefit, although I would never have figured this out if I hadn't gone through the process. The arm was an uncomfortable fit because I have a bulky elbow with a very skinny arm and this made the fitting difficult. It would also cause my arm to ache after a day at school wearing it and I would often take it off during the day and keep it in my bag.

It hasn't all been bad news, though. After all, I have had experience with prosthetics ever since I can remember. I've had a few different attachments, I've had a hook, a knife attachment and I even had a guitar pick one!

My first hand was a cosmetic hand that I owned when I was only six months old! However, my mum told me I would wear it for about 20 minutes at a time before I pulled it off. At 18 months old I had an 'across the shoulder pull system' hand. Again, I have been informed that I used this more as a toy for about half an hour before becoming uninterested and moving onto the next thing. And at two years old I had an 'across the shoulder' split hook.

I am aware prosthetic hands have come further in their development - I sort of wish I was growing up now so I could have another go with them. I would invest more time in getting specialised ones such as my guitar pick attachment because I felt these were the most beneficial to me.

Overall, though, I found I didn't need another hand, the arms I had were uncomfortable and this deterred my motivation to succeed with them. Nonetheless, I feel I can do almost everything a two-handed person can. Truthfully, I can do a lot of things better than a two-handed person with just my one arm and I eventually became confident with my little arm just how it is; in fact, I now love to show it off a bit too much!



THE BMC PARACLIMBING SERIES

Entries open now for the BMC Paraclimbing Series, events organised across the country to provide disabled people with the chance to try competitive climbing in friendly surroundings with experienced helpers on hand. We hope to get as many paraclimbers as possible to attend the three events and we will hopefully get climbers attending more than one event so we can have some series winners.

DATES & VENUES

19 September at Edinburgh International Climbing Arena

13 October at Castle Climbing Centre, London

7 November at Newcastle Climbing Centre

5 December at Manchester Climbing Centre

We plan to use this series as a basis for talent identification and selection for the GB Para-Climbing Team.

Go to www.thebmc.co.uk/BMC-paraclimbing-series-2015 for details on how to enter.

TYNCAE



Rob Davies called trying to drum up interest in his annual Tyncae Camp Wales, as he had a few places left, writes **Melissa Beesley**. He told me all about the jam-packed weekend that he had planned. I promised to get in touch with my branch members, but me? ... I don't do camping!

Girl Guides 1992 had put me off for life! Trying to cook fish fingers on a BBQ... lots of rain inside my tent and sleeping bag... and fainting on the station platform.... I explained this to Rob but he didn't give up and it so happens that Tyncae is just half an hour from Aberaeron where my parents have a holiday cottage. That was it. I signed the family up for a weekend of glamping. We would join the campers during the day and then sneak off to warm beds and hot showers in the cottage!

So a couple of weeks later I arrived bright and early on the Saturday morning at Tyncae Camp to find a field full of campers and a giant Army tent full of activities. My two boys soon became involved in making chocolate cakes, dancing, art and craft and glass cutting! I had a little wander around the tents. They came in all shapes and sizes. And I was surprised to see how 'together' and 'homely' they were - one even had battery powered fairy lights! Campers were milling around, helping out in the Army tent, catching up with old friends, meeting new ones and sharing last night's tent putting up stories! There was such a relaxed and lovely atmosphere.

We collected the boys from the tent and headed to the rugby club for a fabulous buffet lunch. No time to hang about, we were off to a nature reserve for a guided tour and a spot of one-handed photography (which my Reach child is interested in). Rob and Dawn then pointed us all in the direction of the local swimming pool which had been booked exclusively for Reach campers whilst they headed back to the camp to prepare the BBQ. It was so liberating for the children to swim without the usual looks and questions. Just a real sense of freedom.

Everyone made their way to the Army tent carrying camp chairs and wine bottles and calling to the children 'stop playing, it's time for food.' Rob had cooked up a storm on the BBQ and Dawn was most certainly the 'hostess with the mostess' making sure that we all had everything we needed. As we sneaked away I felt guilty that I was returning to a warm bed and a hot shower. I also felt a little sad that I was missing out. Sunday morning we met the campers at the Shire Horse Centre. There were talks, tractor rides and feeding sessions. A great picnic lunch and opportunities to chat, have fun and make new friends. By this point I was starting to get embarrassed explaining exactly where our tent was pitched.....

Late afternoon we whizzed over to the local RNLI at Poppit Sands where Rob had arranged for the life boat to be launched and put on a bit of a show. But not before the children all had a chance to climb on the boat, have photos and try out all of the kit. A friendly camper offered us a cup of tea. It really was quite civilised. My associations of camping and the horror stories with the Girl Guides were starting to be replaced with feelings of friendly campers, homely tents and a new found freedom for my boys as they ran around with their friends. And, of course, there is always that warm fuzzy feeling when you've had a good catch up with your Reach family and friends.

Anyway, no time for soporifics, off to the Army tent for jacket potatoes, yummy fillings and hot, hot soup. And then the start of the annual Tyncae Camp family quiz. Again we sneaked out as we had to return to our cottage down the road, but not before saying our goodbyes and promising faithfully to Rob and Dawn that we would return next year. Rob, Dawn and their team of helpers were AMAZING. The campers were brilliant. Why wouldn't we return? We had had a blast! We've already bought a six man tent and we intend to spend most of the school summer holidays in it! We will be there next year, in our tent! I see your battery powered fairy lights.... And I raise you my pretty paper lanterns with battery powered tealights!

Melissa Beesley South Wales Branch Coordinator and converted camper!





THANK YOU

to Robert and Dawn Davies and all the family for making our first camp one of the most incredible family experiences together ever. We all had the most brilliant time and came away feeling like we had made friends for life with so many people. You all worked so hard and we just want you to know we appreciate it.
Lots of love from **James, Lou, Amelia and Matilda**

More thanks go to:- Monica and Chris Rose for their kind donation; Linda Hendry for the donation of books for fundraising; Morrisons, Aberystwyth (Julie Jones) for the picnic lunch etc; Year 11 boys from Rhydian Wilson and Tregaron Secondary School for the erection of the Army tent; Sarah Rees for homemade chocolate cakes; Katy Bloxham and Jay Munson for travelling from London and supplying cereals, chocolate etc; Tony Rowley for the supply of glass and kaleidoscopes for each family; Cliff Griffiths, RNLI, Cardigan for kindly re-arranging training schedule to accommodate our visit; Andy Polkey, Senior Reserve Manager, National Resources Wales for the guided tour and childrens' quiz; Delyth Jones, Pete Skinner, Eli Leigh Jones and Ed Davis for their tireless hard work 'behind the scenes' without whose help the weekend would not run so successfully.



THANK YOU FOR FUNDRAISING AND



Gemma and Neil Lonnon are proud to announce that they raised £613.00 at the Charity Race Night and Raffle that they organised. "This is the start of many events," said Neil.
Thank you!

Gary Phillips talked to a Ladies Club attached to the Woking Masonic Lodge, which has made Reach their charity for the year, and raised £50.

Fran Cooper ran the Olympic Distance in Mallorca and raised £330

Sarah O'Kane's 70th birthday party raised £1,145.

Ollie Coates also took part in the Reading Half Marathon and raised £470.

Sian Mitchell raised £57 in a raffle held during a coffee morning at her house.



Nick Bradnock from Exeter raised £75.

Donations for Paul and Mary's 60th Birthday (via Lizzie Bake) came to £168.75

Natasha Hutchings ran the Bath Half Marathon and raised £313.45.

Demelza Stevens raised £385 by taking part in the Rock Solid Race.

LCpl Tom Lingley organised a charity car wash by Junior Non-Commissioned ranks on Commando Training Centre Royal Marines from the JNCO Mess and despite bad weather, they raised £85.

Bingo is a great fundraiser: Nick's mum Dink (Samantha's Grandma) raised £155 with Easter bingo and Mrs C Bradnock raised £262:60 at Newton St Cyres.

Dominic Hannett competed in the Devizes to Westminister Canoe Race and raised £1,745:12.
Well done!

James Ferris and Bernice Hyatt ran the London UK 10K in July and raised £555

The Whittakers from Cheshire donated £25.

Frank Letch MBE gives magnificent talks about life without arms and after hearing his tales the Friends of Shobrooke Village Hall donated £25 to Reach and Lymstone WI donated £40.

MAGGIE NEEDS SPONSORSHIP THE LAKE WILL BE CO-O-OLD!!

Maggie Armit, Nigel Tarrant's sister, is an amazing and tireless fundraiser for Reach. This summer she has organised a cake sale at the local primary school and ran two coffee and cake afternoons.

And in September, she is also going to swim Lake Coniston. If anyone would like to sponsor her, go to www.justgiving.com and search for Margaret Armit.



FOR YOUR FANTASTIC DONATIONS



FORM 7HL'S ONE-HANDED DAY

Form 7HL at King Henry VIII School in Coventry has a special connection with Reach as their year tutor, Tim Honeywill, is one of the charity's founding members and he has just got back in touch with us.

"I am a member of Reach; in fact, I am the same age as Reach, with the charity resulting from the efforts of my parents and others," he said. "Reach is close to my heart, even though for a long time I have been a supporter from a distance.

"I have been a Mathematics teacher at King Henry VIII School, Coventry, for seven years now.

"Throughout my life I have always been incredibly fortunate to find that the people around me have never seen my missing lower left arm as a problem. This is certainly true of the friendly staff and students at my school. I have given a few assemblies on 'having one arm' and always people have been as supportive as they are intrigued. Having an artificial arm has also led to some funny moments in school, whether using my cosmetic as a prop to explain vectors or as the baton in the staff-student relay at the school Sports' Day! Very special indeed to me is Form 7HL. It is my first time ever as a Year 7 Tutor, but they have been amazing. I love their enthusiasm for projects and ideas, and I have especially valued their understanding and acceptance of having a Tutor with one arm.

"I love the chance to chat with my form and sometimes I find myself delivering a story or two from my experiences of having one arm. It was on one of these occasions when they came up with the idea of what it would be like to try to live for a day with just one arm. This was entirely their idea, not mine!

"On 30th March, we had 'Form 7HL One-Handed Day'. Students arrived at school with their non-dominant hands in slings or gloves, and they tried as much as possible to only use one hand. I was a real meanie and on the lookout for anyone who slacked off and resorted to using both hands!

"They found it harder than they had expected. One student, Amandeep Dhillon, wrote: "I really enjoyed being one handed. I thought it would be quite simple and easy, but it wasn't. I struggled when playing the drums (Music), typing (Art) and putting my blazer on (Physics). Now I've actually learned that we think we have a hard time but being one-handed is even more challenging. Doing this makes you think about the people around us!"

"We used the occasion to raise some sponsor money for Reach - I am delighted to send £134.20 as a result. It was the spirit of the day, however, that will remain with me for a long time.

"The children were fantastic, and I am truly very grateful to them all. I don't expect too many of them to remember much from my Mathematics lessons, but I hope that they won't forget 'One-Handed Day'!"

Dr Tim Honeywill



LONDON MARATHON RUNNERS RAISED A RECORD SUM

Reach member Charlotte Empson's auntie Carrie Wright pictured left ran the London Marathon in 4hrs 10mins and raised £1,918.

Amber Thacker raised £3,054; Gus Macleod £1,708; Alan Scott £3,292; Dan Masinello £115.50; Sarah Selway and Lawrence Blake over £2,500 between them.

The grand total came to £12,587 including gift aid. A huge **THANK YOU** to you all.



Sian Brooks and Bernie McDonnell promoting Reach at the Primary Care and Public Health Conference in Birmingham

FUNDRAISING



PETER JACKSON THE JEWELLERS

raised £1,654 through organising a range of activities including a raffle, a night hike to Darwen Tower and 70s/80s family evening.

Kathryn Litherland the Manager and Charlie are pictured presenting the cheque to Cheryl Danson.



THE WIRRAL WAY

Ann Byers and friends walked the 15 miles of the Wirral way for Reach. "We had good weather, good company and a good total, approximately £450 and one blister," she said.

OUR RUNNERS IN THE THE BRITISH 10K



Emma Emz Kate (left) raised over £300 in sponsorship when she ran the British 10K

Alex Reed's final count for the race on July 10 was £910. (see below)

"The race was super fun," she said. "It was such a great experience running through the closed streets of central London. The best part of the day was running under Big Ben as it chimed 11, huge goose bumps!


Live Music from
PROVOCATEURS

Drink on Arrival
followed by a Three
Course Dinner

Charity Dinner Dance

(Black Tie Masquerade Ball)

Saturday 19th September 2015
 Venue: Holiday Inn, Bolton
 Ticket Price £40.00

Arrival 7:00 pm
 Carriages: 1:00 am





READING HALF MARATHON

Greg Lynch has raised £2,908 including gift aid by running the Vitality Reading Half Marathon.



ELMARIE'S WINNING SENSE OF HUMOUR



Vincent Crowley, chairman NMI, Jan O'Sullivan, Minister for Education, Martin Sisk, president of Irish League of Credit Unions, Clara Leahy, member of the judging panel with Elmarie O'Brien, Coláiste an Chraoibhin, Fermoy at the presentation ceremony. (Shane O'Neill/Fonnell Photography)

Losing a whole arm to a lawnmower driven by her brother might seem a possible subject for black humour but Elmarie O'Brien's account of the accident and her life one-handed is anything but black. Her upbeat humour enabled her to win her the National Newspaper of Ireland Press Pass writing competition. Her mother Maureen said she had helped her through the times when she just wanted her arm back and she wanted other families to know that their children would win through too. Here are some extracts from Elmarie's winning feature:

"To the lucky person who has stumbled across my article, welcome to my world. Firstly I shall introduce you to me and my story. Without the story I share, you would be introduced to a completely different person. For the record I would like to think that she wouldn't have a scratch on this fine strong woman you are greeted by today. So with that firmly settled let us continue..."

"On the 2nd November 1998 the world was blessed with one of the coolest babies to walk the earth - me! Like the majority of us I was born too, with four supreme limbs, a face with all the features and the extra bits that make us the amazing monkeys we are! Then 22 months later God realised that I was too awesome ...(he) came to the conclusion that he had to give this great solider a harder battle which meant he had to limit my "supreme" tools!

"When the word was final he got my brother to do the honours, so he hopped onto the lawn mower and off with the arm! The left arm was the chosen one and like that it was chopped up like a blade of grass. I looked up to the sky that fine autumn day, while munching on a juicy apple in the other hand and said classy way of getting the job done my good lord. Challenge accepted. I will take on whatever life has to throw at me and as for the hardest obstacles, I will destroy them!

"So from young, I was always giving more, more effort, more energy, more will. Having one upper limb really pulled on my brain power, having to think outside the box to be able to handle some physical challenges, saying that, most things came natural to me, what can I say! ...I feel that having lost my arm has given me an incredible drive. It would be my pleasure to rub some of this onto others and inspire them to get even better than their best."

REVOLUTIONARY DISABILITY ACCESS APP HAS LAUNCHED ON KICKSTARTER

Tech start-up assist-Mi has started a disabled access revolution with the launch on Kickstarter of an app that offers real-time assistance in buildings, and with service providers and retailers.

The FREE app offers the ability to ask for help before turning up at any service provider or retailer who has adopted the system. On arrival the assistance is ready and waiting.

assist-Mi is a disability led organisation whose technical innovation connects into the wider, smarter city digital revolution. Through Kickstarter it has raised over £50,000 since launching at the end of June.

<https://www.kickstarter.com/projects/259266334/assist-mi-the-revolutionary-disability-access-app>.

CHECK OUT THE ZOOM SOLDIER 8!

College student Matthew Walzer, who was born with cerebral palsy and unable to tie up his own laces, has inspired Nike to bring out a new design of shoe that can be laced one-handed.

"As a teenager who is striving to become totally self-sufficient, I find this extremely frustrating, and at times, embarrassing," Walzer wrote to Nike in 2012. Now after years of research the company has launched the Zoom Soldier 8 shoe designed specifically for people with disabilities.

LIMBPOWER JUNIOR GAMES

LimbPower Junior Games take place at Stoke Mandeville Stadium on 10th October 2015.

The event introduces young people with limb impairment aged 11-18 years to a range of sporting activities in a safe, friendly and inclusive environment.

This year, the children and young people will be able to try a wide range of Paralympic sports under the guidance of coaches and mentors from the relevant National Governing Bodies. The emphasis is on fun while encouraging the children to have a go at sports and socialise with their peers, and we may even spark interest and create a future Paralympian!

The cost is just £10 for those participating, with siblings welcome. Contact Andy Brittles on: andy@limbpower.com or 07503 030702. Alternatively registration forms can be downloaded from the website at www.limbpower.com.



Well done Taitum Pitfield. She won a medal in her school sports week for never giving up!



REACH ACTIVITY WEEK





RAW REACH ACTIVITY WEEK



RAW this year took place at Calshot Activities Centre next to the castle at the end of Calshot Spit overlooking Southampton Water. And as well as all the sporting challenges, there was the opportunity for making new friends and passing on helpful tips and advice from older Reach members who came back as leaders, and from organiser Claire Hermon.

Becky Hooley, 19, has come to RAW seven times but this was her first year as a leader. "My first year I made lots of friends and I have come

back every year. I love it," she said. "Everyone is so friendly and you can discuss anything and hear people's stories. You learn how people dealt with things and nobody is looking at you and treating you differently. Older people show you how to do things. Younger ones learn how to tie their shoe laces one handed and put their hair up or manage food. (Sydney Hewitt had just learnt to tie her shoelaces!) It's very different being a leader but it is still great fun as well as a responsibility. Watching the kids expand and grow is amazing. And we are trying to act as role models and the kids are just amazing."

Tony Addison is here for the first time, applying his professional managerial skills in a different setting. "I am going to have a child in November and I love working with kids. It's great getting a connection with them and helping them."

Abigail Easton, 15, is keen to become a leader when she is old enough. She is already a role model as she is in the national swimming squad.

Adam Richardson, 26, has been to RAW since he was 10 years old and there are few sports he has not tried! "I work as a youth worker and have a youth and community work degree," he said, "The young people get really involved and they are very appreciative of what you are doing for them. They gain in confidence and they can relate to me and ask things about life, and driving cars and I can pass on tips and skills. It's the little things they get out of the week that are important as people learn from each other."



Ava Payne

Welcome to our new Bonny Babes



Logan Lusk



Kitty O'Connor



Frankie and brother Lewis



Henry Luke



Bertie McKinley



Kobi and Mason



Sahib Sandhu



Anusheh Burcher is a solicitor with Irwin Mitchell. She was due to give a presentation to Reach members at the Family Weekend last October but circumstances prevailed against her. Within Reach invited her to write this article instead.

DISCRIMINATION IN THE SCHOOL ENVIRONMENT - WHAT THE LAW CAN DO FOR YOU

Ability not disability: that is what matters. When discrimination on the grounds of disability gets in the way of a child realising their ability in the school environment, then the law relating to disability discrimination is intended to be empowering.

There is a common misconception that discrimination law only applies to the workplace. It doesn't, it applies equally to the school environment. Your child is legally entitled to be free from discrimination throughout the course of their education. Too often we are seeing disabled students being treated unfavourably. And when that happens, the important thing is that we take action!

Under the Equality Act 2010 there are five main types of discrimination, some of which are more obvious than others:

- 'Direct Discrimination' e.g. refusing admission to a student because of their disability, or, where a disabled pupil is prevented from going outside at break time because it takes too long to get them there.
- 'Indirect Discrimination' e.g. only providing application forms in one format that may not be accessible.
- 'Harassment' e.g. when a teacher shouts at a disabled student for not working as quickly as other students when the student's disability stops them doing so.
- 'Victimisation' e.g. suspending a disabled student because they've complained about harassment.
- Failing to make reasonable adjustments: This type of discrimination is in addition to the more 'obvious' types of discrimination mentioned above. The school is under a duty and therefore **MUST** make reasonable adjustments as required. Adjustments could include; changes to physical features - for example, implementing support rails so that students can enter a classroom, or, providing extra support and aids (such as specialist teachers or equipment).

When a school fails in their duty to your child in any of the ways mentioned, you are entitled to bring a case against the school and/or the relevant local authority to put matters right. Outcomes can include recommendations for the school to take action, a declaration of your child's rights or an apology.

If you think your child is being discriminated against, speak up and seek advice. Speak to a specialist solicitor who will be happy to advise you on whether there is a case to answer and what to do next if there is.

In addition to a school's duties under the Equality Act further duties are owed to your child under the Education Act 1996 and Part 3 of the Children & Families Act 2014. The Acts place legal duties on all education institutions to identify, help and assess children with Special Educational Needs (SENs). There is a common misconception that SENs only include those children with cognitive learning difficulties. This is not the case. They apply equally to children with physical disabilities.

You as a parent or carer are entitled to request the assessment and don't be afraid to do so. The assessment will look at what special educational needs your child has and the support he or she may need in order to learn. If your child is assessed as requiring support and assistance then an Education, Health and Care Plan (EHCP) can be prepared. The EHCP describes the needs that a child has and the help that they will be given to meet them.

The EHCP is a legal document and when drafted properly is legally enforceable through the Courts meaning you can ensure that your child gets the support needed during their school life. Section F of the EHCP is particularly important as it states the exact provision required for the child. This section should be specific and quantify the support and provision (e.g. frequency, number of hours per week).

If you find that your child's EHCP isn't specific enough don't panic, you have a right of appeal to the Special Educational Needs and Disability Tribunal and also the right to an annual review of the EHCP, where the EHCP can be amended and updated. Once properly stated, if that provision then isn't provided, you are entitled to bring proceedings in Court to ask for a Court Order that the school take action.

Let the law on discrimination be your toolkit in ensuring that it is your child's ability not disability that counts.

Anusheh Burcher, Solicitor, Irwin Mitchell Solicitors

Reach HQ can now supply envelopes for raising funds by recycling ink cartridges. Contact Abby on abbyw@reach.org.uk





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BRANCH NEWS

NORTH WEST

Our Easter party was held with the Specialist Mobility Rehabilitation Centre at Preston, with sports events organised by Athletics Britain, writes Cheryl Danson. I even got dragged into the relay races and javelin!

The children had party food and finally the traditional Easter Egg hunt. The sun was shining and we all had a great time. Many thanks to the staff at the centre for organising and running the event.

Future dates: Sunday 4th October at Jumpnation in Manchester.



EAST ANGLIA

East Anglian branch finally held its first meeting of 2015 on 5th July. (Apologies but sleepless nights with the arrival of baby Seth had taken their toll!).

We were joined by six families for some bouncy castle fun for all ages and a buffet lunch at Little Melton Village, Norwich.

It was great to catch up with everyone and meet new families who we've not seen before. Thank you to everyone for their food contributions.

Our next meeting is Sunday September 13th at High Lodge, Thetford Forest. More details to come nearer the time by email. I hope you can join us. If you are not getting emails from me and would like to, please email me on carlandvickymcg@outlook.com or call on 01603 810251.

Carl McGranachan



SOUTH WEST

It was lovely to see 39 members from eight families joining us on Sunday 5th July at Woodlands Adventure Park in South Devon for a great day out. Old friends caught up, new friendships were made. The children had a ball, riding the waterslides and Jo managed one slide with 5 year old Patrick Chrimes - not sure who was more shocked!

Many thanks to those who travelled long distances. We live in such a large area it's tricky to find a venue convenient for all, but we hope it was worth the effort. Our next get-together is the Christmas Party on 6th December in Exeter - with such advance notice we expect to see lots of you there!

Do not forget that we are currently without a Volunteer Branch Co-ordinator so if anyone has a bit of spare time - its not an onerous role, please contact Jo or Abby at Head Office for more details.

Jo Dixon



North West Summer outing to play with the animals at Stockley Farm

Joshua Broughton-Herrick said: "When we arrived at Stockley Farm we weren't expecting to climb into a trailer to be transported by a tractor to the centre. At the farm we were given our own room to use for meals and rests.

"Everyone took turns to brush a Shetland pony to clean his coat, which they enjoyed. We also visited and fed numerous animals including a very large pig called Cindy who stood proud for photos. They let

a couple of ducklings swim in a small pool of water which was fun to watch and numerous birds of prey were placed around the yard to view.

"There was a large play area where at the end of the day, they had a sheep race where everyone screamed for the winner. I got a rosette for shouting the loudest with my Dad because it was enjoyable to watch.

"We also met a couple of new families who have just recently joined Reach. It was great to meet up once again - as I love Reach Days out."

BRANCH NEWS

SOUTH LONDON

Nicola Romberg writes: Thank you everybody who came to join us on our first South London get together. We had 10 families and everyone seemed to have a lovely time. Our children loved it and I hope yours did too. Thank you to Jane, Nigel and Rob for joining us! It is always great for families with young children to see and meet adult REACH members (especially if they are as nice and confident as Rob). Also a big thank you to Fiona, the occupational Therapist in Roehampton, who shared her valuable knowledge with parents and children.

I was very pleased with the first get together and I'm looking forward to the next ones. Let me know if you have any specific suggestions. In the meantime, please don't hesitate to get in touch!

Hope to see you at the Family Weekend in Leicester.



SOUTH WALES SUMMER FAMILY GET TOGETHER

South Wales Reach families met at Folly Farm for this summer's get together. We enjoyed a lovely picnic lunch which gave us all a good chance to catch up whilst the children played. Highlights of the day were the giraffes, meerkats and penguin and the rides in the vintage funfair. Then some families made their way to Saundersfoot beach for a chip supper. A lovely day had by all.

Melissa Beesley



CONGRATULATIONS

Jamie Cockbill who has gained an apprenticeship with a local design shop that designs and builds bespoke interiors. He's about to complete his third year at college with predicted distinction again in carpentry. So proud - mum Helen



Thank you to Frank Letch for visiting Greenford Primary School where he helped launch their Sports Week

Harry Gribble gets to grips with his cricket bat thanks to a new handle attachment...

...while Harry Pepper gets to grips with the climbing wall



Becca Scott's new cricket bat attachment

REACH MAY BALL

Reach trustee **Sian Brooks** organised her 6th May Ball on Saturday 2nd May at the Woodbury Golf and Country Club near Exeter and raised a fabulous £18,000 for Reach! What a brilliant reward for all her efforts!

This brings the overall income from her May balls to £73,000 as their popularity increases year on year. This year's attractions included cabaret act the Deckchair Dandies, a Grand Charity Auction and a Silent Auction, fireworks and dancing to the music of the fantastic 14 piece Devon band, The Soul Traders.

The event was beach themed and the 200 guests enjoyed eight hours of entertainment culminating in the Grand Auction led by Graham Barton, the Celebrity Auctioneer from the BBC's Homes Under The Hammer. .

Next year's May Ball will be **7th May 2016**, again at Woodbury Park Golf and Country Club, Exeter, Devon. Tickets available from January 1st, contact Sian on sianb@reach.org.uk.

