

ISSUE 131

SPRING 2016



# within **Reach**

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



## PROUD, GLAMOROUS, DIFFERENT

Reach ambassador Kelly Knox leads the campaign to make fashion inclusive. She has broken through on the catwalk but her challenge now is to become more than just the 'token disabled model' who allows fashion houses to pay lip service to diversity. See her 2016 campaign inside.

It's  
**Ability** not  
disability  
that  
**matters**

# within Reach

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**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 1,600 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.



**Editorial deadline:**  
Material for inclusion in the  
SUMMER issue must be sent to  
the editor by 31st JULY 2016

### 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 cover includes ALL limbs against accident or injury. Please call Head Office for more details 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 Head Office to order your copy.

Within Reach magazine is printed and distributed by NRG at 209 Aldwick Road, Bognor Regis, PO21 3QG

We are looking for Branch Coordinators for the the South West and Yorkshire South and West regions. You don't need to do it alone! Become a joint coordinator by volunteering with a friend. It is rewarding - you get to know the Reach families in your area and your support can make a real difference to new Reach members. You will receive **lots of support** yourself from Head Office, so why not give it a go!

# WELCOME TO OUR SPRING ISSUE - NO 131

## NATIONAL COORDINATOR

What a busy couple of months the office has had! RAW was fully booked in just a few short weeks, and we have a reserve list this year. There are 40 children joining us for the week in Bude from every corner of England (and Ireland!).

I hope you notice that our branch volunteers are a very motivated crew busy organising meet ups - so if you haven't managed to join one or met other families yet, there are many more in the pipeline so stay tuned.



Family Weekend 2016 is visiting Glasgow from 21st - 23rd October. Planning is well underway for it - we are making some subtle changes to the event in response to feedback from you all last year and hope you will join us for the experience which will have a definite Scottish flavour.

Booking is now open and we will be asking for volunteers to help with some new elements shortly - watch this space. Please call the office or drop us an email. We are always happy to explain what the Family Weekend is all about and we can take bookings over the phone.

Jo Dixon

### BOOKING FOR THE FAMILY WEEKEND

Booking is now open with us and with the Marriott hotel in Glasgow, and as in previous years, please book with the hotel separately. The hotel is about 15 minutes by bus from Glasgow Airport, and within walking distance of the city centre and local greenspace as well as offering a pool and leisure club. Parking is charged at £9 per 24hrs.

**To book your hotel accommodation call Pauline Molloy direct on 0141 226 1514. Prepare by using the form available online from Reach before you call!**

Please complete the Reach booking form and email/mail Head Office, or give us a call and we will gladly take bookings and payment over the phone. Prices have remained static for four years and we try very hard to offer value for money.

**Volunteers** are crucial to the smooth running of this fabulous weekend - if you have skills in childcare and would like to know more or can offer to help out on the trip, football or in the workshops please let us know ASAP.

## FAMILY WEEKEND and AGM at Glasgow Marriott GLASGOW 21st - 23rd October

If you have not been to one before, put it in your diary NOW! It is a brilliant weekend for children, from new-borns upwards. They discover other children like themselves, make friends, have fun and enjoy a wide range of entertainments and activities.

It is extremely valuable for parents and family members. Our speakers are inspirational, and along with the many professional exhibitors, they enable you to explore amazing technological advancements, discover different opportunities, gain advice and learn from the experience of older Reach members. If you have never joined us and can't quite imagine how it works, here is a flavour. You don't need a family to come - singles and couples are just as welcome!

The weekend is about meeting up and sharing experiences and this year there will be more time for informal and relaxed socialising and sharing of experiences. Friendships for life are forged here and the atmosphere is electric.

The children's activities are tailored to their age group and include an evening meal in the hotel or snack in the evening, plus drinks and either a packed lunch or hotel lunch during the day. Adult delegates are provided with lunch and refreshments on the Saturday.

**Friday night reception** - join us for a complimentary drink between 7-9pm where we will welcome new friends to the event, and meet Reach staff, childcare leaders and volunteers. This is the place to pick up vital information and timings for the weekend. All are welcome, just drop in!

**Saturday - the conference and business meeting** will be wrapped up by lunchtime. It is now FREE to all Reach members with a limb difference.

**Saturday morning creche and workshops** (0-10 years) will end at lunchtime.

**Saturday trips** will be to Treezone (10-16yrs) or Reach Football Academy 5+yrs. These groups will leave the hotel in the morning and arrive back at around 2.30pm.

**Saturday afternoon** is a chance for families to join a range of workshops including 3D hand construction, one-hand adapted musical instruments, cycling and visit information desks offering ideas and opportunities, solutions and services.

**Saturday evening** will have a Scottish theme. While the children party, adults enjoy the Gala Dinner, then at 9pm we all come together again for a night full of dancing with a Ceilidh to kick off the entertainment, followed by our fabulous home-grown Reach DJ Cyrus Bourne.

**Sunday** - watch this space as we hope to have an optional family activity to enjoy on Sunday morning!





# CHAIRMAN'S REPORT



The most recent meeting of the trustees was probably one of the hardest I have had to chair. Following the strategy weekend in January where the board set the goals and projects for the year, the main topic on the agenda at this meeting was that of Finance. Our Treasurer, Phil Robertson and Jo Dixon, National Co-ordinator had promised us that at this meeting we would have a clear picture of our finances. This is not something we have had before due to issues with the main activities of the charity spreading over change of financial period. Having moved the end of financial year which is now 28 Feb we have a clear picture of our financial estate.

Whilst we are not in dire straits, Phil reported that our long term finances needed examining.

We had two choices: either we need to be more efficient or we need to increase funding. The preference would be for a combination of both, meeting in the middle. He estimated that if we did nothing and continued at our current activities then Reach would not exist in two years' time.

So the main part of the meeting was spent looking at how we can re-address the balance and narrow the future funding gap. We have started by looking at the main costs involved in the charity, the first one being Within Reach which is expensive to produce but gives great value to the members. We are currently looking at various options including increasing advertising, and cutting print and distribution costs but no firm decisions have yet been made.

Another area which we need to address is that of branch finances. Whilst some branches are self-sufficient and are successfully fundraising to cover their events some branches do not do any fundraising and rely on Head Office providing the funds to host local events. We will be asking all branches to where possible self-fund their local meetings and consider the fundraising opportunities in their area.

We will be rebuilding the website from the ground up, resourced in-house, and coupled with this I'll be looking at developing a new brand for Reach complete with document style-guides. This is designed to allow us to maximise on new funding opportunities and a drive towards corporate or grant funding.

We are also progressing our move to membership fees by direct debit. There is a fair amount of process which needs completing before we can go live but please watch out for emails asking you to move to direct debit. This will help us reduce the administrative burden currently endured by our staff and allow them to work on other matters such as fundraising and dealing with enquiries from Reach members and from the public.

Another positive note is that the Family Weekend will be going ahead in Glasgow this year but with a few changes to the format. After listening to feedback from the membership both from those who attended and those who don't come, we have made some changes in order to maximise the opportunities for members to talk to each other and share their own experiences as well as ask their own questions to trustees and subject experts.

Finally, I would ask every member to think seriously about how they can help Reach increase its funding. Whether it is to run a local coffee morning or if you know of a potential corporate donor. Please contact Jo or Abby at the office to discuss your ideas.

Gary Phillips Chairman

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## CAMP TYNCAE 27th - 30th May

**The fantastic Davies family invite you to come and join Rob, Dawn and other Reach families at Camp Tyncae 2016 - This is its 19th year!**

The perfect location is well away from roads and distractions, a completely safe area for the children to have fun and make new friends. On Saturday morning there will be several workshops in the big marquee, followed by a buffet lunch. In the afternoon we usually have fun and games in the Leisure Centre, then a swimming session in the local pool.

We have a BBQ on Saturday evening with plenty of time for parents and children to 'chill out'. On Sunday we will arrange a trip out with a picnic lunch provided.

On return to Camp, hot soup and jacket potatoes are on the menu before the annual family quiz begins. This is a big fun event where new friends are made for life!

As the weather is changeable, please make sure that you bring suitable warm and cold weather clothing along with wellies and swimwear.

**The Davies family go to enormous lengths to organise a really brilliant weekend and this is one of the annual Reach events that has an amazing impact on our members. The farm has space for more tents so get in touch now to book your pitch**

**Do get in touch if you would like more detail, call Rob and Dawn Davies on 01974 298904 or drop them an email to: belle1234@lineone.net**

**Camp Tyncae: Tregaron, Ceredigion SY25 6NH**

# NEED TO KNOW

## TRUSTEES WANTED

Reach is developing and strengthening and as a result we are seeking to appoint new Trustees in October with key skills to help us realise our vision. We are looking for people with an interest and skills to offer our charity.

Would you like to join an excellent team of Trustees who oversee the important work of your charity? We are looking for new Trustees who share our values and are passionate about delivering excellent social care all-round, specifically to support people with brain injuries, their carers and families.

In particular, we would like to hear from individuals with sound financial acumen along with experience in one of the following...charity governance; fundraising or health experience in an area that is relevant to Reach such as occupational therapy, physiotherapy, prosthetics, or orthopaedics.

Our Trustee Management Board meets five times a year, usually on a Saturday. The November meeting is usually held over a weekend. You will also be expected to attend the Family Weekend/AGM in October and take part in at least one sub-committee. You must have ready access to email and the Internet as all Reach computer systems run in the cloud and over the internet.

Reasonable expenses for Trustee duties can be claimed in accordance with our Subsistence and Expenses Policy.

Should you be interested in becoming a Trustee, please contact [jod@reach.org.uk](mailto:jod@reach.org.uk) who will be able to provide you with more information.

An interview will be arranged in June via Tele or Video Conference. The Nominations Committee will then meet and recommend those to go forward for Membership elections.

Application forms are available from the office or the website. These should be returned with your CV, along with a passport style photo, either by email to [jod@reach.org.uk](mailto:jod@reach.org.uk) or post to Reach Charity Ltd, Pearl Assurance House, Brook Street, Tavistock, Devon, PL19 0BN.

## BAYLEE TAKES TO PUBLIC SPEAKING

11 yr old Baylee Abbott stood up and gave a presentation to 600 international medical professionals at the Celtic Manor Golf resort in Cardiff on 16th November. The talk was about how she has lived with prosthetics and her hopes that technology and in particular 3d printing will help with the fitting of her prosthetics in the future.

"Following on from all the publicity about the 3D hand last year," she said, "I was asked by Alison Scurfield the CEO of The Telecare Services Association (TSA), if I would present to their delegates about my life with missing limbs and how 3d printing has helped change my confidence.

"It was a big deal!! The whole family spent ages writing the talk practising over and over and I even decided to come on dancing with Mum and singing accapella Beyoncé's song Running at the end.



"The singing came about when I had been at my singing lesson one night and Dad picked me up so I sang to him in the car, as I was singing he said: That's it, that's the song to finish the talk, as the lyrics talk about changing and not running from myself which is relevant to me and my life."

## OPEN BIONICS

Open Bionics and Team Unlimbited, who created such a stir last year, will be running workshops at this year's Family Weekend in Glasgow.

Open Bionics have scooped two top prizes at the SPARKies awards in February, while co-founder Samantha is on a roll with Founder of the Year at the SPARKies and Innovator of the Year at the EDGE Awards.

Open Bionics was also ecognized by three leading business publications as a global leader in robotics and innovation:- Robotics Business Review RBR 50; FastCompany's 10 Most Innovative Robotics Companies of 2016 and Bloomberg's Business Innovators 2016.

"We've just released our first ever product, the Ada robotic hand," they reported. "It's the world's most affordable robotic hand and it comes as a kit, which can be assembled in under one hour. This is not a medical device or a prosthetic, it's aimed at researchers and developers and costs just £600. We're really pleased with how well it's gone down in the maker community, our initial stock sold out in the first week!

"We've also launched our developer community and already have over 170 people signed up and helping us with R&D. If you're interested in contributing or have some feedback to give, please sign up and join our forum.

"We're looking to test a new bionic hand design with children aged 10 to 15. For this round of design testing we are looking to work with children who have a below elbow amputation. Tests will run through May and June 2016 with a public showcase in June (keep your eyes peeled for us).

## GOOD NEWS FROM THE CHANCELLOR

George Osborne, Chancellor of the Exchequer, made a positive announcement regarding sports adaptations.

"I am determined that we do all we can," he said, "To ensure children who have lost a limb experience full and active lives. So through the NHS, we are going to give £1.5million for new prosthetics to help children run and jump when otherwise they have not been able to, and build on the 2012 Paralympics legacy.

"This will mean a £500,000 fund to make sure 500 children get special sports prosthetics on the NHS, because too many aren't currently being offered what they need, like running blades or aqua limbs for swimming. And we are going to give £1million to help the NHS develop the latest generation of prosthetics. This could include new breakthrough technology such as 3D printed limbs."



OHMI will be running a workshop where children can explore a range of instruments adapted for one handed players at the Family Weekend in Glasgow.

Following from a successful teaching pilot in Birmingham the OHMI is launching another pilot, this time for secondary school students in Surrey. There will be a Taster Day at G-Live, Guildford on Saturday 11th June from 11am-1pm.

If you are interested in attending this event or finding out more about it please email [rachel@ohmi.org.uk](mailto:rachel@ohmi.org.uk). Places are limited so we look forward to hearing from you soon. The taster day will be a great opportunity to find out more about the project and see some of the great adapted instruments we have available.

**BEAUTY IN DIVERSITY**

Reach ambassador Kelly Knox has launched a campaign 'Diversity Not Disability' to promote the equal representation of disability models across all platforms of the media - creating positive body image by the choice of models seen in fashion and beauty campaigns and magazines, and on billboards and TV.

Kelly is challenging the whole beauty ideal and society's perceptions about what is beautiful by asking:

- o Why are disabled people made to feel invisible by brands?
- o Why are disabled models not being used in fashion/ beauty campaigns?
- o Why is there no consistency when using a disabled model?
- o Are times changing, or are we stuck with the same body image ideal?
- o What message does this give to young impressionable girls?

"If you're surrounded by difference, you're more accepting of difference. And it's time we learnt to appreciate a different kind of beauty," said Kelly. "It is every person's birthright to grow up body confident."



**MAKING WAVES ON AIR**

Jordan Blackwell moved from his family home in June 2014 and now lives to a "Supported Living Flat" in Seaford. He attends "SPIRAL WAVE RADIO" in Brighton, three days a week. SPIRAL WAVE RADIO provides support for people with learning and physical disabilities, with activities including Music, Media Productions and holidays ( [www.spiralwaveradio.com](http://www.spiralwaveradio.com) ). Jordan takes part in creating live news reports and acting in stage productions with support staff and other people who attend the radio station. Thursday and Friday Jordan presents a Live Radio Show from 11am to 3pm. Listen online at <http://tunein.com/radio/Spiral-Wave-Radio-s158215/>



**FLYING DAY SATURDAY 18TH JUNE**

Aviation Without borders (AWB) is a UK aviation charity and each year we organise a National Fly Kids Day where flying clubs invite children and young people to their aerodrome for the day and take them on a short flight. Children in the 9 -15 age group (although this is not rigid) who are physically and mentally able to cope with a short flight are welcome. This year the event is on Saturday 18th June.

**The opportunity to fly is extended to Reach.** If you would like to attend at an airport near one of those listed below then please email AWB at [contact@aviationwithoutborders.org](mailto:contact@aviationwithoutborders.org) with your name, age of child/young person, where you live (just the town will do) and contact details, preferably a mobile phone number, of a responsible adult. You can also call our office on Monday to Wednesday from 1000-1500 on 020 8564 9967. Further details will be sent to you by email.

Selection will be on a first come first served basis and there may not be places for everyone wishing to attend. At the moment there are over twenty flying clubs and flying organisations participating but many are already full. Those airports with places available are:

Humberside Airport near Kingston upon Hull/Grimsby; Barton Airport near Manchester; Longside Airfield near Peterhead/ Aberdeen; Leicester Airport; Lydd Airport near Hastings Folkestone; North Coates Airfield near Grimsby; Old Warden Airport near Biggleswade/Bedford; Swansea Airport; Wellesbourne Airport near Stratford upon Avon.



**Terri Coates lecturer, Writer and Clinical Editor for the BBC Call The Midwife Series, with Frank Letch MBE and Bernie McDonnell at the Midwife Conference**

**FUNDRAISING OPPORTUNITIES**

Don't feel you are on your own when you raise money for Reach! We offer lots of practical and moral support.

Contact Head Office for fundraising equipment including Reach branded clothing for sporting events and stewarding, marketing and publicity tools, printer cartridge recycling envelopes, foreign currency collection boxes and donations in memory collection boxes. We also collect used stamps.

So get in touch at [reach@reach.org.uk](mailto:reach@reach.org.uk).





Consultant Paediatric Hand Surgeon  
Bran Sivakumar

Bran Sivakumar, Consultant Paediatric Hand Surgeon at Great Ormond Street Hospital, has over 15 years' experience in specialist trauma and elective hand surgery. Elected a fellow of the Royal College (FRCS Plast) in 2010, his specialist training in children's hand surgery was done at Boston Children's Hospital, Massachusetts, the Red Cross Children's Hospital, Capetown and the 'Institut de La Main' in Paris.

Mr Sivakumar continues to be involved in medical research and supervises both MSc and PhD projects at University College and Kings College London and the National Institute of Medical Research. He is an honorary senior lecturer at the Institute of Child Health. His main research interests are embryology of the upper limb and children's hand conditions. He has published extensively in both scientific and clinical journals. As well as working at Great Ormond Street Hospital and The Portland Hospital Mr Sivakumar also works as a Consultant Plastic and Reconstructive Surgeon at the Royal Free Hospital Foundation Trust where he specialises in adult hand surgery following cancer treatment. He is thus able to provide complete long-term care for his paediatric patients through to adulthood.

"When I meet a family for their first consultation it can be at any stage in their child's development. I have had antenatal consultations with parents whose child has been diagnosed with a hand difference during pregnancy. This can be a very difficult time for parents as they search for information about how their child will cope with an upper limb difference in the future.

"Often the information that they glean from sources such as the internet, can be inaccurate and sometimes alarming. They imagine the worst. They may not be aware of the incredible adaptive capabilities of a child. Allowing them time to express their concerns and providing a more accurate forecast of how their child is likely to fare in the future often alleviates a significant amount of their distress.

"Parents hope their child will be born 'perfect' in every way. Coming to terms with a congenital upper limb difference can at first seem daunting. Feelings of guilt, remorse and a degree of sadness can occur. Parents are often bombarded with questions from other family members and friends, which can add to their frustration.

"Being able to talk to other families who have been through similar experiences I believe is invaluable. Hence organisations such as REACH are hugely important.

"It takes time to fully understand a child's needs. Decisions should not be rushed and all treatment strategies should be looked into. Surgery is not always the answer. Function should always be prioritised. Generally children are very quick to adapt.

"As they grow, children will use their hands to their maximum ability despite their differences. They, like all children, are keen to keep up with their peers and can often do so very successfully through many adaptive strategies. Parents are very adept at picking up when their child is struggling with a particular activity. Sometimes it may be possible to help them in this regard with simple stretching regimes, splints or specific adaptive aids.

"Assessment can be carried out by local specialist occupational and physiotherapists or by a congenital hand surgery team such as the one that I work in at Great Ormond Street Hospital for Children. Close liaison between professionals is vital to ensure continuity of care.

"In some instances surgery can help. Overall the main aim of treatment is to optimise a child's function by ensuring that they get the most use from their hands. Enabling a child to develop independence will help them reconcile their differences and help build their confidence. Differences become less noticeable when a child incorporates their hand into function.

"Early surgery - before a child is one year of age is indicated in some situations such as when growth of a digit is being affected. For example in some conditions all the fingers of a child's hand can be joined together. Early release of some of these fingers can untether growth and significantly improve a child's function. Generally however most surgery

Being able to talk to other families who have been through similar experiences I believe is invaluable. Hence organisations such as REACH are hugely important.

can wait until a child is over the age of one year. This allows parents and medical professionals time to identify exactly which areas require attention. It also reduces the risks of general anaesthesia.

Ideally if surgery is required, the majority of it is best completed by the time a child reaches school age. This means that their hand function can be optimised in preparation for more complex tasks and missing large chunks of school

time can be avoided. It must be remembered however that children continue to grow until around 16 years of age. Therefore in some instances it may be better to delay surgery to avoid having to repeat it.

"Children are individual and as a result their needs are individual. In terms of appearance hands are integral to body image and social interaction. During a day a child will see their hands more often than they see their own faces.

"Generally children grow to accept they are different and are able to integrate well but there are times when they require some extra support. Initially a degree of innocence exists amongst children, which can persist for many years. However over time questions from inquisitive friends and the unwanted attention from 'newer' groups of peers can lead to self-consciousness.

"Learning to deal with this attention and developing positive body image strategies is important for a child's development. Again being able to share these concerns with other children who have similar hand differences is immensely important. In this way children and their families do not feel alone. REACH is able to provide great support in this regard by linking families together.

We, as a congenital hand team at Great Ormond Street Hospital, are very grateful to REACH for their invaluable work and hope to continue to collaborate with them in the future.

**Bran Sivakumar**

## WILLS AND IN MEMORIAM

Donations totalling £352.69 were made in memory of the late Mrs Dorothy Ann Chilton.

Donations of £65 were made in memory of the late Vera Lilian Vickers.

The late Ben Ashton left a legacy of £500 in his will. McLure Solicitors of Glasgow raise money for charities by preparing wills free of charge while encouraging people to donate to a charity of their choice. One of their clients donated £50 to Reach.



## OSCAR SETS A CHALLENGE FOR TV SHOW ON SCIENCE AND INVENTION



Oscar with the presenter Simon Reeve and designer Yusuf

And with his friends at The Summerhill School, Kingswinford designing a bike he would like from bike pieces.



Last year Reach posted that a TV company "Studio Lambert" who also make Goggle Box, were interested in stories about Reach members for a TV show with a science focus looking at ways to improve their lives, writes Lisa Johnson. The programme is inspired by the recent raft of incredible, life-changing inventions that have gripped the nation, from 3D-printed prosthetic hands to robotic legs for those living with spinal injuries.

The company's advertisement said: 'Across the series, our team of expert engineers and technologists will create bespoke inventions for individuals, families and groups to transform their lives for the better. If selected, our team will work with them to tackle a problem or challenge in their life using ingenious design and technology.'

"Our son Oscar Fradgley was picked and the series was commissioned by BBC 2. We suggested they looked into the

possibility of a bike for Oscar as all his friends have bikes and he couldn't ride a regular bike due to his disability. He has both hands and feet missing from birth and wears below knee prosthesis.

"So far it's been really interesting, exciting and daunting. They've filmed us at home, at his grandparents' house cooking and playing cards, at school and at the university and that was just the first day and a half!

"We went to the biomechanics lab in Worcester University where they used motion capture to see how he would/could ride a bike and what adaptations would benefit him. The TV show will air on BB2 on their Horizon slot on a Tuesday evening at 9pm possibly in late summer, early Autumn, no date yet though."

## WELCOME TO OUR NEWEST REACH MEMBERS



Iris Claringbold



Joseph Wright



William Jenkins



Ivan Wrigley



Nami Manisha Green

Nami is 6 months old and had amniotic bands in utero which affected both her hands (and feet). She is very determined and currently managing to do everything she sets her mind to - especially eating plastic eggs!

## I LOVE MY HAND



"I'm Annabel Harvey, I'm 16 and I have got no fingers, only a thumb, on my left hand. Just thought I'd let you know that I have recently been appointed to the role of Deputy Head Girl in Sixth Form at QEGS in Blackburn, so don't let anything hold you back, because my hand has not impaired me ever." - This is the post that I wrote on Facebook.

Trust me, embrace your individuality, be the person you are...you will never regret being you

I lost my fingers on my left hand when I was four yrs old, due to an accident with a lawnmower. Obviously, many would think that this would impair me at school, which it did at first, but over the years I have learnt just to get on with it. Before my accident, I was a child that constantly used the phrase 'I can do it all by myself', and this has been my motto through life so far! I was always encouraged to be open and honest about my hand, for example at school when I answered questions, I always put my left hand in the air!

I am currently a Year 12 student at QEGS in Blackburn, studying for my AS-Levels. Just recently, I have been appointed to the role of Deputy Head Girl, which is a massive honour. Since arriving at QEGS at the age of six, the teachers have gone the extra mile to support me with my hand. For example, netball has been a big part of my school life, and with my motivation and the tremendous guidance from the netball coaches, I was able

to become a fully-equipped netball player. Despite my inability to carry a tune, the school choir has provided me with some much needed confidence. Alongside this, the annual school musicals that I take part in, has taught me to not shy away from being me, despite my hand. One of my proudest moments at QEGS has been getting a new school record for 5 years straight for the Cricket Ball Throw - would have been even better if I used my left hand but unfortunately I decided to stick with my right hand on this occasion.

Despite all the support from my teachers at QEGS, I would not be the person I am today if I had not met Cheryl Danson (North West Co-ordinator), whose children went to QEGS at the same time as me - what a coincidence. When she and my mum made friends, I was invited into Reach, unaware of the impacts it would have on my life and my hand. Every event that I went to, or any trip that we went on enabled me to see that I do not need to have two hands to live a remarkable life. It has taught me to embrace my originality, anyway who wants to have 10 fingers, that would be boring!

As a final note, I would like to say that I love my hand, and I love being a member of Reach. The community that is provided is truly unique. Trust me, embrace your individuality, be the person you are, do not follow the crowd, you will never regret being you.



## HANNAH LOVES HER NEW JOB

I started work in SIP Coffee Lounge and Wine Bar a few weeks ago. This was my first job as a waitress and having practised carrying plates before my first day I was fairly confident. The coffee machine on the other hand was another story altogether.

Thankfully, my employer Amanda was incredibly patient and gave me time and space to figure out certain technicalities surrounding holding a jug of milk with my small hand as it was steamed. Unfortunately after making a number of lattes and cappuccinos with my small hand exposed to the hot jug of steamed milk, my hand started to mark and a small bump formed.

I confided in Amanda after the shift and she was incredibly supportive and put my mind at ease immediately. She said each employee has different strengths and that she would be happy for me to work in a different role within the cafe.

That evening having talked it over with my fantastically creative mum, we decided to design a glove made from an old oven mitt to fit around my small hand to protect it from being scalded. I was a little nervous trialling the glove for the first time but was delighted to see it was 100% effective. I can now make lattes, cappuccinos and flat whites without any difficulties and my employer says it is something that makes the cafe unique and special.

I am so glad I applied for this job and even more happy to have been given the space and the opportunity to find my own way.

Special thanks to my mum Sharon Murphy and employer Amanda Kingston at SIP Coffee Lounge and Wine Bar.  
**Hannah Murphy**





**Stephen Trump is a Partner in Clarke Willmott's Serious Injury and Medical Negligence team and a Trustee of Meningitis Research Foundation.**



I have a particular interest in amputation related claims for compensation and have a long history of acting for children and adults who have suffered limb loss. This year, we are proud to be sponsoring the Reach 2016 May Ball and have raised money for the charity in previous years.

In 2012, 2013 and 2014 we organised Amputation Training Days for members of the medical profession and those involved in the treatment and care of amputees. The proceeds of the 2013 training day were donated to Reach and we have continued to raise money and awareness for the charity ever since. Videos of the Amputation Training Days can be viewed on our Clarke Willmott YouTube channel.

Clarke Willmott is also a panel member of the Limbless Association for the South West. We are dedicated to raising awareness of charities and organisations supporting those who have lost a limb and in helping those people pursue a claim for compensation. We are happy to offer free advice to those who may be thinking about bringing a claim but don't know if they are eligible to do so or even to discuss any problems you may be having with your current solicitors.

Below is an update from my colleagues in relation to changes in special educational needs and issues arising out of access to health and social care which you or your family may be affected by. If you would like to discuss any of the topics below or have any further questions please get in touch using our Freephone number 0800 316 8892.

### Special educational provision - Who chooses?

It is now 18 months since the changes to special educational needs provision made by the Children's and Families Act came into effect. The old statement of Special Educational Need (SEN) was swept away and replaced with the Education, Health and Care Plan (EHC) which promised the coordination of provision for young people up to the age of 25. Whilst conceptually sound, the experiences of those eligible for an EHC plan or transitioning from a SEN to an EHC plan have been mixed and there often remains a disconnection between the Clinical Commissioning Groups responsible for health care and local education and social services.

In January 2015 a joint Code of Practice was produced by the Departments of Education and Health. This is available online and I would recommend anybody who is battling with their local authority to read it. Simply search **"Special educational needs and disability code of practice"**

Aside from the duty to cooperate, the Act and the Code also add a requirement to consult and in particular to consult with the young person at the centre of the process. This applies primarily to those over the age of 16 and only then with those who have the capacity to effectively comment. Capacity in this sense is measured by the provisions of the Mental Capacity Act 2005. There is a hidden danger in this requirement. Teenagers in particular are likely to reject support that makes them appear different to their peers. They are also unlikely to have the understanding or level of insight into the breadth and complexity of their learning needs. What weight should be given to their observations?

In the only practical example within my knowledge to date, the indications were that the local authority would have used the young person's desire to remain in mainstream education as the rationale for saving the cost of placement at a far more suitable special school. Surely this is not what was intended when this provision was drafted but is potentially one of the unintended consequences. If you or your family have been affected by the changes in Special Educational Needs, please do not hesitate to contact our specialist team on our Freephone number 0800 316 8892 who will be able to advise you further.

### Challenging Local Authority and NHS Decisions

We give advice about all aspects of Health and Social Care Law including challenging decisions (or lack of decisions) of Local Authorities and the NHS in respect of the services they provide. Examples of the types of cases we may be able to assist you with are, where a Local Authority fails to properly assess an individual's needs or they fail to provide care/ services after having assessed an individual's needs in breach of their statutory duties. With regards to the NHS, they may unlawfully fail to agree to fund treatment or medication which is not widely available after having unreasonably failed to take into account an individual's exceptional circumstances, or they may unlawfully fail to provide care and/or accommodation where an individual has a primary healthcare need (known as NHS continuing healthcare). In such cases the Local Authority or the NHS could find themselves the subject of a formal complaint, being investigated by the Ombudsman or in the Courts through a process known as Judicial Review.

Judicial Review is the process used for challenging the lawfulness of decisions or actions taken by public bodies which include local authorities, courts and tribunals, health service providers and central government departments and agencies. The process cannot be used to reconsider the merits of any decision. Claims for Judicial Review are significantly different to other areas of civil litigation which you may be familiar with such as civil claims for damages.

1: There is a strictly applied 3 month time limit for bringing claims. It is therefore crucial you seek legal advice urgently if you consider that you may have a potential claim for Judicial Review.

2: Permission from the Court is required before the case can proceed to a hearing.

3: Judicial Review is a "remedy of last resort" so there is an expectation by the Courts that a potential Claimant will have exhausted other remedies such as complaints procedures.

Publicly funded advice and representation (Legal Aid which is now administered by the Legal Aid Agency) may be available for a Judicial Review subject to an assessment of the merits of the case and financial eligibility. We are able to assist in determining whether the matter might have the requisite merits and whether you are financially eligible for Legal Aid.

If you or your family have been affected by a decision of a Local Authority or the NHS and wish to challenge it, please do not hesitate to contact our specialist team on our Freephone number 0800 316 8892 who will be able to discuss any potential case without charge.



**Martin Pettingell, Partner at Clarke Willmott LLP**



**John Boyle, Associate at Clarke Willmott LLP**

THANK YOU!

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THANK YOU!

IT IS ENTIRELY DOWN TO YOUR BRILLIANT FUNDRAISING THAT REACH IS ABLE TO CONTINUE TO SUPPORT OUR MEMBERS

Julie Wallis, whose family has been supported by Reach, nominated us as the Handelsbanken Regional Head Office charity Christmas Card, raising £48.17.

Sian and Andy Mitchell raised £120 by selling second hand books and having a raffle at a Phoenix card event at their home. Abigail Owen also raised £84.77 selling Phoenix cards during October.

A special thank you to the patients and doctors at Sketty Surgery who collect huge quantities of stamps for us.

Polypus in Woodley donated £100 towards the summer ball. The family that own the business are grandparents of Reach member Elenie Brown.

Dink Bradnock raised £355 with Christmas bingo and the Upton Pyne Social Club donated £50.

DigitasLBI in London donated £175, because a colleague's daughter is a Reach member and they said: "She is getting great support from you guys."

Bitterne Bowling Club, Southampton, sold home-made chutney, jam and marmalade during 2015 and half of the profits, amounting to £450, was donated to Reach plus an additional personal donation of £50.

Jeremy and Carole Brown donated £50.

Christian Allard, MSP, nominated Reach for a £75 donation from COMRES, for taking part in a research project.

Club Weekenders from Lee-on-the-Solent raised £140 at a quiz night. The quizzes are held every month and the quiz master nominates a charity for the collection in the interval.

Sara and David Dunne donated £20. They have supported Reach every year since the birth of their friend's son Lewis Humphreys over 12 years ago.

Earls Barton Folk Dance Club, Northampton, organised a charity donation in lieu of Christmas cards and raised £50.

The Elizabeth and Prince Zaiger Charitable Trust donated £4,000.

Ron Mackie and colleagues gave a charity concert to a senior citizen's group in Ellon, Aberdeenshire, and donated their fee of £60.

Haddenham Steam Rally in Cambridgeshire donated £500. Secretary Ruth Young said: "This was the 42nd Haddenham Steam Rally. We had a fantastic year with exhibits coming from all over the country. We were blessed again with the weather which always helps to attract the crowd."

"Reach has become very close to the hearts of some of the committee having had a family member born in September with an upper limb deficiency. I know they have found the information on the website very helpful at a time when they were coming to terms with the shock. We hope this donation can help continue your good work."

The Ladies of Mayfield Evening WI collected small change which totalled £47. Their members, along with mums from Mayfield Primary School where Jake Vosloo is a pupil, also collected stamps for Reach.

The staff at Olivia C Hairdressers of Southport held a raffle and raised £91.61.

The Dischma Charitable Trust has donated £1,500.

Serco ASP in Huntingdon donated £130, the proceeds of their dress-down day.

Heather Snelling held her 5th annual Reach Garden Party at her home in Meopham, Kent, and with the sun shining, around 60 friends, neighbours and relatives enjoyed a two course buffet lunch with wine. A team of volunteers including grandsons Jack and Toby Eden ran cake and book stalls, tombola and raffle, raising £1,100 for Reach.

Willand Ladies Cameo Group from Devon nominated Reach as their charity for 2015. Frank Letch gave them a talk and attended their Christmas Fair, and the group raised £500.

The Hall Players at St John Baptist Church, Broughton, raised £141.51 at the society's Family Night.

Mrs B Warrington from London donated £10.

Wellington Ladies' Probus Club donated £350.

Christchurch Coventry's Christmas Fair raised £479.81.

The South Downs Singers held their Christmas Concert in aid of Reach at St John's Church, Polegate, and raised £700.

BOLTON DOES IT AGAIN!



Great fundraising once more from Jane Crook's North West team. They received £2,136 from Holiday Inn, £3,000 from Bolton Hospital Saturday, as a donation to fund a volunteering project, and raised £6,562 from the Ball at the Holiday Inn.



BIRTHDAY DONATIONS

Donations to celebrate Max Horovitz's 40th birthday came to £194. Thank you to Tanya, Sharon and Pam.

Mrs and Mrs W Montgomery and Mr and Mrs P Chalmers donated £20 each in lieu of birthday presents.

Peter Clarke from Morpeth donated £20 in lieu of a birthday present to a friend whose son has a limb deficiency.



# YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU!

## STUDENTS RAISE ££££

Class 9H at **Elthorpe Park High School** in Hanwell chose Reach as the designated charity for their charity week in December, as one of the tutor group has an upper limb deficiency. The class held a lunchtime Christmas market, selling home-made cakes and biscuits and candy canes. They also ran a festive tombola and raised a total of £101.41.

**Angmering School** Year 7 students held a Futures Christmas Fair and raised £42.85. Sam, Emily, Matt, Beth, Jen, Daden and Millie raised £9 from the sale of cakes.

A mufti day at **Framingham Earl High School** in Norwich just before Christmas raised £888.26.

Pupils from **Jesson's Church of England Primary School**, Dudley, sang at a dance festival and raised £100.

Students at **Portslade Aldridge Community Academy** in Brighton took part in a row-a-thon and mufti day and raised £259.50.

Reception year children at **Werrington Primary School** in Peterborough made reindeer food for their Christmas Fair and held collections at their nativity play performances. They raised a total of £162.

Pupils at the **Westgate School**, Winchester raised £150.23 through a charity collection.



Alison Lynch is pictured with Oakley at the Art Show which she held at the Robins Nest Gallery in Wargrave, near Henley on Thames. The exhibition was held over a weekend in November, and raised £1,200 for Reach, with the remainder going to Myeloma, which affected Alison's mum.

## FAR FROM TIDDLY SUM FROM THE LANGLAND DIDDLY



The Langland Bay Golf Club Friday Friendship Diddly presented Kevin Moyes with a cheque for £500. Kevin is a former club chairman and he is one of our trustees.

## GLASGOW ROCKS FOR REACH

Thanks to the efforts of David Weir and Stephanie Tennant, Reach held a collection at a Glasgow Rocks Basketball game and raised £560.

Scottish Branch has had a run of successful fundraising events. Stephanie Tennant raised ££847.32 supermarket bag packing and Caire Owens raised £300 bag packing at Asda. Jayne Grant donated £250 and the charity night raised £1,490.



THANK YOU!

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# HATS OFF TO GRANDPARENTS

Stephen Taylor donated a total of £62.50 in February. His granddaughter Marla Trigwell is a Reach member.

Susan Greenhough, from Cullompton, Devon, whose granddaughter Charlotte Moreland and family are Reach members, gave a talk to Taunton Wine Circle and donated her fee of £25.

John and Mary Hanson, whose grandson Billy Terrell enjoyed attending Reach Activity Week, donated £250.

Sheila and Sam Humphreys made their annual donation of £100 to mark the birthday of grandson Lewis.

Stanwell WI searched pockets and purses for odd coppers to make a penny collection. Reach was chosen to benefit as member Mary Jeffery's grandson Kayden is a Reach member. The collection made £313.



Gateshead Rugby Club, including Francesca Byers' grandad Ralph Fawcett and uncles Iain and Keith, went on an Easter tour. Her grandad always wears his Reach pin badge and he asked that a percentage of their 'fine bucket' be donated to Reach. They made £50. What a great idea!



## FAMILY SUPPORT MEANS EVERYTHING

In February, Julie Detheridge's parents Linda and Ken Stokes celebrated their Golden Wedding Anniversary:

So what do you buy a couple who have been married for 50 years? Their solution was simple - nothing. They celebrated this special anniversary with a party for family and friends, but knowing guests would want to give something to celebrate this milestone, they asked for donations to Reach instead.

This wonderful gesture raised an amazing £1,009.20, much of which will also qualify for gift aid. They also asked for donations to Reach when they celebrated their Ruby Wedding 10 years ago. It all adds up.

My parents have been wonderfully supportive of our involvement with Reach since Matthew, their first grandchild, was born back in August 1999. All the different fundraising activities we have done as a family have raised around £10,000 for Reach.

When Matthew was small, fundraising involved my dad, Craig and me twice taking part in the Birmingham to Oxford bike ride. This was initiated by my dad, with Craig and me taking part as we couldn't just watch as grandad did all the cycling! The second time we took part, our insurance brokers joined us and they were match-funded by their employers CIS. In total the two events raised over £4,400.

Each November, for the last 11 years, my mum has held a coffee morning to raise money for Reach. Both my mum and my auntie make various craft

items and cards to sell on the morning as well as baking home-made cakes. On average we have raised over £350 at each of these (over £3500 in total). We have also held fashion shows and pudding clubs. I do what I can to support mum on all of these fundraising activities but as I work full time I know their success is down to her hard work.

Reach relies on fundraising to continue the work of the charity. It doesn't have to be a huge event, everything adds up. I hope this will inspire you to fundraise for Reach.

Thank you to my parents, Linda and Ken Stokes.



Joseph Wright gets a cuddle from his Grandad





**YOU!** **THANK YOU!** **THANK YOU!**  
**THANK YOU!** **THANK YOU!** **THANK YOU!**

**AND SPORTY PEOPLE!**



**SHIRLEY CONQUERED THE DART**

Shirley Washbrook, friend of Reach dad Lee Harvey, swam the River Dart 10k and raised £210. She was nervous doing it as she hadn't done an event like it before but she kept thinking of Lee's Reach child Rue when it got tough and now she hopes to do other fundraising events in the future.



**CARDIFF HALF MARATHON**

Lisa Purcell ran the Cardiff Half Marathon and has so far raised over £200 with more to come. "It took me two and a half hours so I was only just behind Mo Farah!" she said. "I decided to run for Reach as my godson Owain Beesley was born without hands. She is pictured with her sister Rian Penfold.

**LONDON MARATHON RUNNERS WITH STRONG TIES TO REACH**

We have a strong team of London Marathon Runners this year: Reach dad Martin Coll, Reach sister Jess Tarrant, Kamal Bhandari, one of the Nepalese Sherpas who helped Nigel and Robbie Tarrant make it to Mount Everest Base Camp, and a friend of Trustee ALan Meneghetti, Peter Urwantschky. Our thoughts are with Alan who was prevented from running through injury during training.

Emma Hunt, a 25yr old Reach member with a little arm is running independently for us. "I have worn various prosthetics over time.. Some completely useless & others very helpful." she said. "I now drive, have a First Class Honours degree and have achieved so much in my life so far.

**This is for all the people who ever tried to tell me there would be things I could never do!**

"Things were very different 25 years ago with the hospital not picking this up until birth. As you can imagine this was a very difficult time for my parents. Reach shone a light of hope providing knowledge and support about something that was seen to be rare, or so it was believed!

Jess Tarrant said: "My family has been involved with Reach since my little brother, Robbie, (now not so little) was born without his left hand 25 years ago. My dad was the chairman for many years, my mum edited Within Reach magazine, Rob and Dad climbed to Everest base camp in 2014 and now I feel it's my turn to do my bit!

"For those of you who know Robbie, I'm sure you would agree that having no left hand has not been a disability. He has always treated it with confidence and humour and never let it stop him doing anything. However, I think for some children this is not the case. The work that Reach does allows children to meet others with

similar deficiencies and to grow this confidence through trying out activities and sharing ideas. That's why Reach's tag line 'It's ability not disability that matters' is something that really rings true.

"It's only now that I'm older that I also appreciate how difficult it must be, at first, for parents whose children are born with similar disabilities. Seeing people like Robbie flying through life and speaking to parents such as those involved in Reach is hugely reassuring. For those who don't know me, I am not a runner! The furthest I had ever run/walked before January was about 2.5k."



"Over the years Reach has supported my parents in enabling me to be the independent person I am today and also supporting me to understand and see that it really is about what you can do and not what you can't. Missing limb or not it makes no difference to who you are!

"This is for all the people who ever tried to tell me there would be things I could never do!"

**MARATHON 2017**  
 Would you like to be in their running shoes next year, wearing the Reach vest? We have five places available and so far have only received a couple of expressions of interest. So the field is open - stake your claim to a place by contacting Reach head office now.

# THANK YOU! THANK YOU! THANK YOU!

## THANK YOU! THANK YOU!

### EUROPEAN MOTORCYCLE CHALLENGE FOR REACH WAS TRIBUTE TO DAD

Last September, Mervyn England from Exeter set out on his dad's 1957 Panther Motorbike from Santander up through the Pyrenees, across into France then back up to end his 1,500 mile trip at Roscoff. The adventure raised £1,163 for Reach.

This was no ordinary fundraising challenge, however. It was a poignant tribute to a man who embodied the spirit of Reach decades before the charity came into existence.

"This vintage bike belonged to my dad when I was growing up," said Mervyn. "My dad Leslie had a shortened limb but still managed to ride the bike with little problem! Dad never had the kind of help that Reach provides. He went to college and made parts for musical instruments. Nothing ever stopped him.

"In his later life he cut off two fingers on his good hand but he went on doing things like building walls and extensions and tending his massive garden. He used to say there is no such word as 'can't'. He was an amazing man but sadly we lost him to a stroke at 57.

"He would alter anything to enable him to do things. He altered bikes just changing the controls. He adapted things on his motorbike that would not be allowed today but he would always find a way of getting round his problems. He would have been an inspiration to Reach members today.

"I used to ride his bike round the field when I was a boy and then it got sold. Some years ago though I had the opportunity to buy it back and although it was in a pretty sorry state of repair I managed to restore it back to its original condition and now ride it regularly.

Three days before I was due to leave on the trip I had an accident at work and cut the top off my thumb. The surgeon said I mustn't go but I knew I would, so off I went with a heavily bandaged thumb. If my father could ride with one arm, I knew I could ride with a sore thumb!

"I wanted to raise some money for Reach as it would help children affected with limb disabilities to do things they may think not possible and be like Dad who did not let this get in his way and led a normal active life."



### LONDON TO PARIS

Alan Norris set a target of just £200 when he announced he was taking part in the London to Paris 24 hour Cycle Ride in September. He was way out! He ended up raising £941.94 with gift aid adding £176.74. Alan chose Reach as his friend has a nephew with a limb difference. It was a huge effort as Alan has kidney problems, is bad at directions and has a bike that has seen better days. Thank you!

### ROLLER DERBY FOR REACH

The Lincolnshire Bombers Roller Girls who play the popular contact sport roller derby chose Reach as their charity to support because one of their members has an upper limb deficiency. They raised a total of £350.47 at their events and through appearances volunteering in the community over 2015.

### FUNDRAISING TOTALS

Adrian Parker and his brother Jason took part in the London - Brighton Cycle Ride in September. Adrian raised £973.50 and Jason £575.

The total raised by James Lillicrap and Natasha Hutchins in the Bristol to Bath half marathon came to £1,765.37.

CCA Occasions charity royalty for Reach 2015, excluding VAT, came to £72.92.

Thomas Romberg raised a final total of £3,635 in the 2015 Ironman competition.

Frank Letch gave one of his inspirational talks to South Molton U3A and donated the £120 he was given.

The Elliott family donated £30 raised at the EM party held in April.

### IRELAND MINI MARATHON

Lorraine Mackey, the Ireland Branch Coordinator is running in this year Women's Mini Marathon along with some friends, in aid of Reach. Well...not quite running...their plan is to be walking with a jog dash at the end! Sponsorship welcomed!

### 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, for sports equipment or musical instruments.





**I felt lucky to feel so confident in a bikini, I rarely noticed people staring at my arm the way I used to; not because they suddenly stopped but because I stopped caring.**

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 22 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.

## **YES! IT'S TIME FOR BARE ARMS AND BEACH BIKINIS**

I turned 22 in March and since then, I have decided to spend less money on alcohol and more money on travelling the world - I'm a proper grown up now. Since taking a year out of university, I decided to embark on a few generic gap-year student projects; I moved in with my partner, got a part time job as a receptionist and thanks to Ryanair, I've done a bit of exploring too.

I've always been used to travelling as I had annual holidays when I was younger - in fact I actually had two holidays a year, if you count Reach Activity Week, and four if you count Camping Tyncae in

Wales and the Family Weekends. Put it this way, I am definitely not a stranger to travelling.

I would love to start with an impressive anecdote about one of my favourite holidays but first, I want to rant about public transport! There are very clear, specific labels on buses, trains, planes, boats; you name it, to indicate seating for the disabled. However, almost every single time I go travelling, I find myself trapped standing up, struggling to hold onto the rail while simultaneously trying not to drop my heavy bags and/or let go of my suitcase.

It's one's prerogative in Britain to make as many 'huffs' as you can until someone offers you the help, instead of asking for it, isn't it? Well I huffed and I puffed but I barely receive any assistance, let alone a seat. However, if I find myself really struggling, I do pull my sleeve right up and wave my arm around - this sometimes works.

A favourite holiday of mine was actually spent with a fellow Reach member, you might know her, called Amber Thacker. In September 2015, I spent 10 days in Sharm-El-Sheik, Egypt (thanks to Amber's parents) with Amber and her family. During our stay we swam, snorkelled, and dived although I have to admit, most days were spent relaxing by the pool with a mojito in hand.

I felt lucky to feel so confident in a bikini, I rarely noticed people staring at my arm the way I used to; not because they suddenly stopped but because I stopped caring. It hasn't always been this way though. School was the toughest time, and I hid my arm up my sleeve every single day.

My self-confidence has grown since I left school, and as I've learned a lot more about people and their differences. The more I found out about other peoples' struggles, the less I cared about my own, and it was comforting to know I wasn't alone. Beside the pool one day, a stranger came over to me and actually complimented me, stating that I 'look extremely confident and comfortable in my own skin.' I thanked him and told him I felt it too and I really did.

The perk of the holiday was definitely the food; breakfast, lunch and dinner were all served in a buffet style; my favourites being the huge selection of pastas and pizzas. I had such a great time in Egypt, I felt like a princess. In fact, during our first week one of the waiters noticed my arm and immediately started to pile food onto my plate for me, continuing to follow me around whilst I directed him. I no longer felt like I was a princess - I was a queen. Should I have protested? Should I have told him I was perfectly capable? I hear you ask. Absolutely not!



## REACH PARALYMPIANS ARE IN TRAINING FOR RIO



Hollie took time out of her busy training schedule to volunteer as a helper at Rookward Hospitals Christmas Party in Cardiff. She met and inspired lots of children and their parents, answering questions honestly about what it is like growing up with a missing limb.

Parents were amazed by Hollie's achievements at such a young age and for most of the children, it was the first time they had met a grown-up with the same little arm as theirs.

Hollie Arnold does not need to qualify for the Paralympics in Rio in September as her success in the World Championships last year gave her an automatic qualification.

She was in Dubai in early spring for her first javelin competition of the year. It is very early for competing, but she was able to get an indication of how she is throwing and how well her hard winter phase training had improved her strength.

She won her first competition in Dubai and has now gone to Portugal for warm weather training. She competes again in Italy in June and has a few able bodied competitions heading towards Rio in August.

Her category is a very tightly fought one and a few of the girls are in contention for the Gold medal, so Hollie needs to work harder than ever. She has been training extremely hard this winter in the gym and everyone is very pleased with her fantastic results.

Her mum reported the good news that her Javelin event has been included in the Commonwealth Games in 2018 to be held in the Gold Coast, Australia. Her brother lives in Sydney, so that will be amazing to visit him at the same time. So as well as Rio, she has the World Championships in London in 2017 and now also the Commonwealth Games in 2018 so she is going to have a very full-on few years ahead.

### HOLLIE ARNOLD: JAVELIN



### Daniel triumphant! He has passed his grading for his 2nd Kai at judo!



## MATTHEW PHILLIPS HAS BEEN SELECTED TO REPRESENT GB IN PARACLIMBING

Matthew Phillips 15, from Normandy, Guildford, has been invited on to the GB Paraclimbing Team after a stunning performance in the British Mountaineering Council Paraclimbing Series 2015.

Matthew, who was born without his right arm below the elbow, and goes to Salesian College, Farnborough, started climbing less than two years ago. He competed in Manchester where the final round of the series took place and achieved a perfect 486/486 points to take the series title: British Champion for the Upper Body Amputee Category.

Matthew will be the youngest member of the team having only just become old enough to compete at international events. On hearing he had made it onto the team he said: "I am excited to be accepted onto the team and look forward to competing internationally. It's an honour to be able to compete for my country".

Matthew trains at Surrey Summit in Surrey Sports Park for 9 1/2 hours a week and is a member of their Performance Squad. His coach, Robin O'Leary, who has worked with Matthew since he began climbing said: "it just shows that hard work, determination, dedication and passion pays off. I am sure World Champion is in his sights."

Sport climbing is entering a very exciting time. As well as being one of the fastest growing sports with new climbing walls opening all over the country it has also been shortlisted as a new sport for the 2020 Tokyo Olympics. If it is selected it is hoped that Paraclimbing will also become a Paralympic sport.

"We are very proud of Matthew and his achievements" says Gary, Reach Chairman and Matthew's dad. "If people with disabilities are interested in trying climbing they should get in touch with their local climbing wall. Climbing is there for everyone."

Matthew now looks forward to 2016 with international competitions planned in Austria, Italy, Canada, Scotland and France.

Unfortunately, funding is limited in the sport and Matthew needs to fundraise and find sponsors to support his ambitions. If people want to donate they can do so

at [www.gofundme.com/mattparaclimber](http://www.gofundme.com/mattparaclimber) or potential sponsors can get in touch via his website [www.matthewphillips.me.uk](http://www.matthewphillips.me.uk).





## IT'S A RELENTLESS SCHEDULE

"Being a paralympian represents a lifetime of hard work and dedication and it means the world to me to be selected once again to compete for team GB, on one of the biggest stages in sport. It helps in seeing "having disability" not as a hindrance, but rather something that has opened many doors for me and shaped who I am today," Kim Daybell told Within Reach.

"I am currently ranked number nine in the world and, having taken this year off my medical studies, I think I will be quietly confident going into Rio in September."

Kim is now 23 and has been a paralympian table tennis player for some seven years. He competed in London 2012 and is now training full time for Rio having taken a year out from his medical degree at Leeds University. He has already qualified in the Italian Open, where he took a bronze medal.

Kim has Polands syndrome and had a bilateral toe transplant to his completely digitless right hand when he was two, performed by Simon Kay. He played able bodied Table Tennis for England as a teenager and was English Schools champion at 13. He represented his school in the national schools badminton finals for two successive years at age 13-14 and is dedicated to sport and to medicine. It's certainly ability that counts, not disability!

**Michael Daybell**

## AMIR'S STRUGGLE HIGHLIGHTS THE IMPORTANCE OF PROMOTING ABILITY NOT DISABILITY

When he was eight years old, Amir Hussain Lone lost both his arms in an accident at his family's saw mill in Indian-administered Kashmir. Now, at 26, he's mastered cricket and is the captain of the Jammu and Kashmir para-cricket team.

In an interview with the BBC World Service he said: "used to go to our neighbour's home to watch games as we didn't have a TV set at home, but then one day, when I was cheering on my favourite cricket players, they turned the TV set off and asked me to leave.

"That hurt me. I ended up watching a whole innings from outside, spying through a crack in their window, and it was at that moment that my feelings for cricket crystallised and I pledged that I would play.

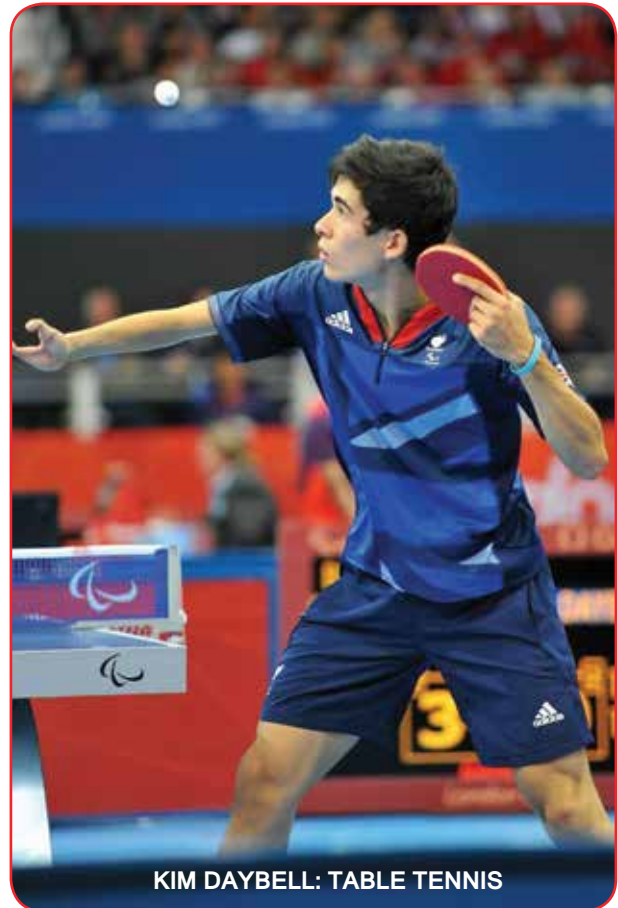
"I struggled hard to develop my technique, whether it was bowling or holding the bat. Thanks be to God, I have done pretty well.

"Our society seems to have a problem with disability. Here I was, having lost both my arms, and a lot of people used to say that I would've been better off dead, even to my face. Our society places a lot of value on money, and I come from a poor family, so that played a part in the way I was treated as well.

"I spent three years in hospital. My father had to sell the family land to get money for my treatment. They had also had to sell the sawmill - they had sold everything for my treatment, and they never even told me.

"My mother didn't ask me to go to school because she knew how hard it would be for me, but my grandmother insisted that I go. At school I was the only boy with a disability, so I always had to compete with able-bodied children for everything. A lot of people started saying I had no reason to be at school, that education was not for me, that I should just stay at home. When I told my grandmother this, she said, "You don't have to do anything, just go to school and sit in class, that's all."

"The first thing I learned to do with my feet was eat. Much later, when I was studying in college, the para-cricket players came and asked me if I played cricket and I said yes.



**KIM DAYBELL: TABLE TENNIS**

I grabbed the ball with my feet and bowled and I got a wicket on my first ball.

"I hold the ball with my feet, as you would with your hands. I swing my leg the way you would your arm. And I throw it keeping the line and length in mind just like any able-bodied bowler would.

"I hold the bat between my neck and my shoulder. I field differently from normal players - I use my feet. But let me tell you, I can throw the ball back from the boundary right into the keeper's hands, just as quickly as anyone else.

"In 2013 we played in Delhi against the Kerala cricket team. I was captain and I was very nervous because it was the first time I'd played cricket outside of my state. I really wanted to do well. I batted seventh and scored 25 runs. There was a lot of pressure on me, but I really enjoyed myself. And I went back to the pavilion not out. The Kerala team were so good to me, they lifted me up on their shoulders and started cheering for me, even using their own religious chants and slogans. Then people from the audience also joined them. They later told me that it was the first time they'd seen someone without arms play like me and they were very pleased.

"I like both batting and bowling. My highest score in para-cricket until now is 28 runs. I did score 80 on a local match once but those stats aren't really counted. I once got six wickets in a match.

"My grandmother would always say to me: "Amir, remember what people said when you came back from the hospital, they said you'd be better off dead. My God will grant my prayer and you will become even better, even more special than any of them."

"My hope is that I will one day become an international player, and I'm working really hard to make that happen. God-willing one day I will take my place in the national para-cricket team."



## INSPIRATIONAL PARALYMPIAN

Lee Pearson is in training for selection to his fifth consecutive Paralympic Games. He won Golds at Sydney, Athens, Hong Kong (equestrian venue for the Beijing Olympics) and London. He is an enormous personality on four legs - he prefers to use a horse's legs, as his own two legs have no muscles. Nor do his arms.

Lee was born with the condition arthrogryposis multiplex congenita and it is extraordinary to see someone with incredibly weak limbs controlling a very large powerful animal. It is extraordinary that he ever sat on a horse in the first place! It has to come back to that larger than life personality.

Lee is a 10 times Paralympian Gold Medallist in dressage, with another two dozen European and world titles. And he has no time to be 'disabled', especially as he is in the middle of the selection process for the Rio equestrian team.

"I am out and doing, getting on with it," he told Within Reach. "That's how my parents dealt with it and throughout my childhood we just got on. I couldn't ride a bicycle as all four limbs are affected

but my balance was quite good so I used to get on my dad's motorbike and they let me ride round the field. Then they put me on a pony. Horses take the mick. All horses are very quick to pick up on people's weakness and the most talented ones are the most quirky. But certain days I feel the horses have done what the surgeons couldn't do.

"Riding a horse puts you in a very natural position, and I am very strong in the saddle. My seat is deep and I have a great partnership through my back. And my shoulders are strong. I'm more made for riding than I am for life! Life's problems are worse as I have to find alternative ways of doing everything as I have no muscles to bend my arms.

"I am competing in Belgium at an international and in the National Championships in this country, then an international at Hartpury and half way through July we find out if we have made it to the Paralympic team.

"I work really hard on the horses and try to get sponsorship. I meet amazing people and go to amazing places. If you have got a disability some people will shut the door on you and you have to prove that you can do things. Even now as an adult I find people will hint that I can't do things but everybody's bodies are different and people have different strengths. You should go for whatever you want to do in life. I would definitely encourage people to ride. If you have a dream or a passion, go for it!"



## HIGH TECH WEIGHTBEARING PROSTHETICS



Mak Okun, from Arizona, was born missing his left arm - but never allowed it to hold him back and now uses a high-tech 'sleeve' so strong he can do bench presses.

The 24-yr-old worked with a firm called Advanced Arm Dynamics to develop his prosthetic. It features a pin lock system that can perform similar functions to a wrist. Made of carbon fibre, the device is strong enough to help Mak lift heavy weights.

"My prosthetic is completely man powered and has helped me to even out my body," he said. Before I had the prosthetic and was training, I was strong on my right side but it caused my back to go."

## FAR EAST UPDATE

Guthrie Doig Henderson aged 10 has just been competing in a swim meet in Phuket. His mum was thrilled: "He is doing the butterfly, going like the clappers and wins!" she said

"This is the 2nd year he has made it to this South East Asia swim meet which is run by FOBISIA (Federation of British International Schools in South East Asia.) It's for the top swimmers in the region from these schools. We got him started with swimming at 6-7 months old and he has never looked back!"





## NORTH WEST BRANCH CHRISTMAS PARTY

Despite the terrible weather the turnout for the North West's Christmas party was fantastic. We held it at the Preston Rehab centre and children, adults, old and new friends had fun, had their faces painted (not just the kids either!) and enjoyed dancing, food, magic and jokes followed by a visit from Santa and his elf. A good time was definitely had by all.

**Ann Byers and Cheryl Danson**



## ESSEX CHRISTMAS PARTY

Essex Branch Coordinator Steve Gunn organised a Christmas Party for members and their families on Sunday 29th November at Upminster Methodist Church hall.

The children enjoyed a visit by Father Christmas and North West and Essex branches look as if there was a bit of hairy competition here to produce the best curly white beard!



"Sydney has received a 3D printed arm from the lovely Stephen Davies of Team Unlimbited," writes Jodie Hewitt. "And some Iron Man goodies were kindly sent to her from Forbidden Planet."

"We first saw a 3D printed arm at the Mini Makers Fair last summer in Brighton. We spoke with Drew Murray and signed up as interested. We've kept in contact with Stephen Davies and Drew since then and Sydney became the lucky recipient of the new eNable designed arm during half-term. The confidence boost she has had, has been amazing. She wears it at school, home and when we are out and about. The arm was made in association with Forrest Brown who gave a grant to Team Unlimbited."



# BRANCH NEWS

## SOUTH LONDON



South London branch held a get-together at a Gymnastic Centre. Six families took part and had a lot of fun jumping, playing and chatting before tucking into a feast!



This is the double branch get together for South London and Wessex. We had a whopping 17 families with a total of 28 jumping kids at Airhop in Guildford. Everybody had a great time!  
**Nicola Romburg**



**The South West Christmas Party**



### KIDS PLAY KETTERING

On Saturday 2nd April, families gathered at Kids Play, Kettering for an afternoon and evening of fun organised by Jodie Williams. There was hot food for the children and a cold buffet for the adults.

"It was a great meet up," she said, "It was great to see you all and lovely to meet new members. — feeling happy!"



### WALES:

The South Wales Christmas Party was a great success. Members and their families enjoyed a fun music workshop, a delicious buffet lunch and a special delivery from Father Christmas.





## WESSEX:

We ended 2015 by starting our Christmas celebrations with a branch get together at Eastleigh Hollywood Bowl. There were some new faces to meet and old faces to catch up with which was lovely. There were also some very high scorers (sadly I was most definitely not one of them!) and after working up an appetite we finished off the get-together with some food which also gave everyone a chance to chat some more.

As most of you are aware the branch is all self-funded and it was a pleasure to be able to fund the Christmas get-together in full from branch funds.

I organise a local Christmas fair every year and some of the money raised from this goes to the branch to help fund our get togethers. We are also very fortunate to receive a donation to the branch from The Richard Kirkman Trust for which we are truly grateful as the events are so important to our Reach families.

At the end of last year I received a fabulous donation of £400 for Reach from our friend David Garside who completed a mammoth cycle ride from Land's End to John O'Groats. This money has gone into the head office pool of donations. David is pictured here at the northernmost tip of Scotland.

I also contacted our local Waitrose and just before Christmas they kindly had Reach as one of their 3 options for customer tokens and this raised a fantastic £260. Both of these sums raised I have passed on to head office for the main Reach account and not for branch funds.

We kicked off 2016 joining forces with the South London Branch for our first get-together on Sunday 31st January at Airhop, Guildford. 12 families from the Wessex branch came along and it was fantastic to meet some new faces and catch up with some familiar faces too.

We are busy finalising the events and their dates for the rest of the year and will be in touch via email as soon as they are all in place. In the meantime if anyone has any suggestions and ideas for the branch, events for get-togethers or fund raising, please don't hesitate to get in touch.  
**Kate and Alan Meneghetti**



Eva being presented with cheques for £260 by Waitrose and for £400 from David Garside

## EAST ANGLIA

We had the East Anglia New Year Party at Funky Funhouse.

It's a HUGE soft play area with a café attached and we had a booth booked out for our meeting. We had more than 40 people arrive in the end which was great. Lots of new families and first timers. I am sending out an email to everyone with the plans to take us through the rest of the year. It seems we have found a good format where the little ones can play and the parents are always happy if there is a cup of tea and a scone nearby.

It was an excellent venue as once they found out it was a charity event they gave us a big discount and let us hire the party booth for free!

Thank you Funky Funhouse.

Carl McGranachan

# withinReach



It's  
**Ability** not  
disability  
that  
**matters**



## FLY2HELP

Francesca Broxholme was involved in Kids Company Bristol - Air Smiles Day 11th April 2016 at Bristol Airport - Supported by Airbus.

The leading UK aviation charity fly2help arranged the Air Smiles Day for 40 children (primary and secondary age) and supporters from the Kids Company Bristol.

They were hosted for the day by the Bristol and Wessex Aeroplane Club, who had pulled out all the stops to provide a warm welcome for everyone. Guests were split into four teams; Beluga, Sharklet, Atlas and Voyager, named after Airbus aircraft types. Following the morning briefing each team participated in the following activities:

Flying, Fire and Rescue, Police and Rally and Super cars.

There were three aircraft lined up and ready for lift-off - a Piper Navajo, Piper Seneca II and Cessna 172. For many this was their first ever flight and everyone enjoyed the stunning views from the air of the local Bristol countryside. The aircraft also flew over to the Severn Bridge with extended views up into Wales. One youngster who was very nervous accepted the responsibility of taking one of fly2help's mini Douglas Bears on the flight, and then totally overcame her fears to look after him.

The visitors tried out fire fighting equipment, tried on police uniform and watched sniffer dogs in action and went for a spin in a fleet of rally cars!

## SIANAGH GALLAGHER: GB TEAM CAPTAIN

Sianagh Gallagher has been appointed Team Captain of the GB Paraclimbing team, for the second year! "I'm very excited for the up and coming international competitions!" she said.

The 19-year-old has one arm, but she's proved it's no drawback by becoming one of the youngest members in Great Britain's Paraclimbing Team when she was just 16.

In 2015 she won her first gold medal, coming top overall in the British competition series.

## OAKLEY'S FAMOUS UNCLE

Oakley's uncle Shane Long has very kindly donated a signed shirt for the May Ball raffle

