

Swimming

As you will see from these pictures, the pool we use at the Farnham Leisure Centre is fully equipped with a set of 'easy access' low-rise, graduated steps and a hoist.



There are several willing helpers and a

fully qualified physiotherapist available to lend a hand to anyone who needs some assistance.



There are also disabled changing facilities and showers in quite a separate area from the main pool.



Carers and family members are welcome to join in too. We're a most friendly group who find it therapeutic to get

our exercise in water.

Come and join us.

Sailing

Frensham Pond Sailability (sailing for people with disabilities) works in partnership with Frensham Pond Sailing Club (FPSC) and Farnham Swimability.



Sailability provides a very wide range dinghy and mini-keelboat sailing, from therapeutic

cruising to fully competitive racing - Thursday and Saturday mornings between April and October. There is a fee of course - ask Jenny for details.

They have a range of boat types which can cater for individual capabilities."



A most enjoyable day

Other Activities

In collaboration with Sportability, we are able to offer access to rifle shooting, quad biking and archery, gliding, micro-light and powered flying at locations around the south of England. These events are run by qualified, professional Service Providers mainly during the summer months. They are great fun days out and totally free of charge, courtesy of Sportability.

These activities can be tailored to suit your own capabilities and/or limitations.



Social events throughout the year, such as outings, quiz night, skittles evenings etc. are also arranged by popular demand.

A full diary.

If you think that you might like to join us and get much more out of life, just complete the application form below and send it to our Secretary - Jenny Taylor

Four Winds, 14A Stoneyfields,
Farnham GU9 8DU


If you are not sure and would like further information, call her on 01252 726950 or e-mail jenny@bellamanda.co.uk and she will be able to answer your questions.

NAME _____

ADDRESS _____

P/CODE _____

 _____  _____

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Interested in _____

General Idea of your Limitations

The Chairman is Alan Taylor
ajt@bellamanda.co.uk
The Secretary is Jenny, his wife
jenny@bellamanda.co.uk
The Treasurer is Chris Stephens
chrisstephens19@hotmail.com
Between them, they will be able to answer all your questions

There are new Worlds, new excitements, new friends, just a phone call or a postage stamp away.



www.farnhamswimability.org.uk
We're waiting to hear from you.

FARNHAM SWIM ABILITY

Formerly Farnham & District Sports Association for the Disabled

The Association is a registered charity (No. 219358) and was founded in 1981 to offer access and support to sport for disabled people of all ages and at all experience levels.

Disability can be such a lonely and depressing situation that the last thing you want to do is sit at home alone and worry.

The important way to feel better is to get out and about and meet people with similar problems and find out how they cope - or pass on your experiences to someone less fortunate. If you combine this with physical activity through some sort of sporting pursuits, the 'feel good factor' is much, much greater.

You will never know what you can achieve unless you find out where your limit is. And the best thing is that it keeps moving forward every time you chase it! Even Paralympic Champions had to start somewhere.

