

NORTHAMPTONSHIRE BRANCH MONTHLY NEWSLETTER

British Polio
Fellowship

Happy
New Year

JANUARY
2023



REVIEW OF THE PAST YEAR'S EVENTS AND ACTIVITIES

Starting the year off was our Welfare Officer, Mike, giving a presentation about BPF to the ROTARY [WARWICK AVON CLUB](#) on Feb 22nd



On Mar 19th

Three branch members took part in the British Polio Fellowship games at Leicester.

Trevor Rennie won the Boccia competition and was awarded a plaque and medal.

Both Carl Weininger and Rashid Munir also took part in the games.



On April 19th

Alan Waller past President of Wellingborough Hatton Rotary and organiser of the Burdwall Charity Golf Competition, made a presentation of £1000 to BPF Northamptonshire Branch to support the Hydrotherapy programme.

The funding will enable the BPF to continue to subsidise the exercise programmes for the benefit of our polio survivors, which we appreciate very much.



On April 24th

Branch members under the leadership of Dick Parsley, Foundation Officer of Wellingborough Hatton Rotary took part in the Rotary Disability Games at Lincoln involving over 250 competitors.

Disabled people were there from all over the country with their respective Rotary groups.



On June 15th

The branch organised a Picnic for members at the JOY Mead Gardens at Farthingstone. Northants.

In attendance was Kripen Dhrona BPF CEO and Sue Brown BPF Board Trustee.

Guests from the Leicestershire branch as well as members of Wellingborough Rotary and Kirsten Good our Physiotherapist from Physiofunction joined us for the event.

During the afternoon Mike Jackson was presented with the BARBARA WOOD award by Kripen



On July 24th

Rob McGoldrick on behalf of the Fund raising for the Hydrotherapy programme, carried out a Church to Church 40 mile circular bicycle ride which raised a significant amount for the fund.

In August

Taking to the skies!

The picture is Carl Weininger having a go at Hang Gliding prior to organising a group tandem sky dive in 2023.

Two members have also done an indoor Skydive at ifly in Milton Keynes in preparation.



On Sep 13th

Members from both Northamptonshire and Leicestershire branches enjoyed a canal boat cruise with the Peter Le Marchant Charity on the Grand Union canal with a midday break for a pub lunch.

On 17th Sep

Over fifty Members including seven from the Northamptonshire Branch. attended the BPF AGM near Reading, where Kirsten Good was a guest speaker, and as part of her presentation she involved everyone present getting us all to take part in an exercise programme.



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On 23rd Sep

The annual BPF/ROTARY Quiz Night was held at Kislingbury Village Hall where 40 folk took part in a hotly contested competition organised by Eileen Kingston's son Gareth.



On 11th Oct

26 branch members enjoyed a lovely lunch at the Priory Restaurant Wellingborough



On 23th and 24th Oct

Our Welfare Officer Mike Jackson made presentations to:-

Rotary District 1060 members as part of the **WORLD POLIO DAY** in conjunction with the **END POLIO** International Campaign

then on the next day to:-

Northampton Rotary Group as part of their **WORLD POLIO DAY** support.

As a result of this one, two of their members will be joining the Rotary support team at the Hydrotherapy Exercise Programme.



northamptonshire
sport

On 7th Nov

— formally advised BPF branch members that the “Together Fund” would be contributing to the cost for 16 weeks to the BPF HYDRO Programme and 20 weeks to the ZOOM Gym Exercise Programme.

On 11th Dec

Rob McGoldrick took part in the Northampton Rotary Groups 5K SANTA FUN RUN at the Racecourse to raise funds for the Hydrotherapy Fund which again was very successful.



Finally On 12th Dec, 23 members and friends joined together for our Christmas Party at Denton Village Hall, with a challenging competition of New Age Kurling between two teams .
A nice conclusion to a very busy year for our branch.

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HYDROTHERAPY & ZOOM EXERCISE PROGRAMMES

These are now being carried out once again under the instruction of Kirsten Good our Physiotherapist on a weekly basis with members from Northamptonshire, Leicestershire and Buckinghamshire taking part in the Hydrotherapy Programme.



Also the weekly ZOOM Gym Exercise Programme includes members from Warwickshire, Lincolnshire and London.



We are sad to report the passing of Colin Powell

Colin Powell MBE

Colin was an active member of the British Polio Fellowship and as Patron, raised awareness of Polio and Post-Polio Syndrome throughout the country.

In fact, he received an MBE in the 2022 New Year Honours list for his services to people with polio in the UK.



Born Stewart Colin Powell, Colin was just 73 when he died on Tuesday 3rd January. He will be greatly missed by the team, but even more by our very own Dawn Grafetsberger, as Dawn and Colin had become engaged late last year.

Colin worked tirelessly with Rotary to support the eradication of polio and with the Fellowship to raise awareness and generate funds for the charity. Last year he raised over £3,000 to go towards the Fellowship's Heating Grant Fund which supports members on low incomes.

Living with the late effects of Polio and Post Polio Syndrome (PPS)

The British Polio Fellowship is a registered charity in England and Wales (1108335) and in Scotland (SC038863).
A company limited by guarantee and registered in England & Wales No 5294321.