

Patients ready for Inter Spinal Unit Games

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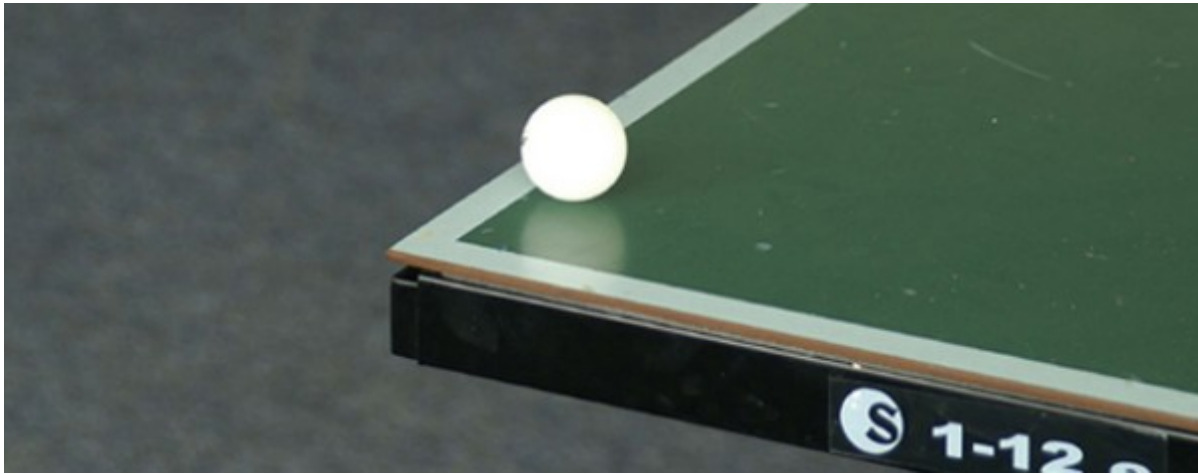


Table tennis will be among the sports represented at the Inter Spinal Unit Games on 8th April.

WheelPower will welcome more than 80 patients from the 13 spinal units across the UK and Ireland to the flagship sport event for newly injured patients. Teams will be meeting at Stoke Mandeville Stadium to have a go and find the sport they love.

Table tennis will be supported by the ETTA, with coaching sessions led by Shaun Newcomb.

For nearly three decades the Inter Spinal Unit Games have been transforming lives. Matt Skelhon first found his talent for target shooting at the event and two years later he claimed a gold medal at the 2008 Beijing Paralympics.

People who have had their lives changed through a traumatic injury or illness will discover what they can achieve both in terms of sport and an independent lifestyle.

WheelPower's Sport Development Officer, Stewart Jeeves, who organises the event said: "Our aim is to encourage participation in sport and physical activity and continue the great work of our founder Sir Ludwig Guttmann.

"The Inter Spinal Unit Games are a great opportunity for people with a spinal cord injury to try sports. Sport is a key part of rehabilitation, it also gives great social interaction and a confidence boost to people after a spinal cord injury."

Georgie Friend, clinical support worker the National Spinal Injuries Centre said: "Every year we are always excited about the Inter Spinal Unit Games. It gives our patients the chance to play different sports and meet new people from other spinal units going through similar situations."

As well as table tennis, sports included are: Archery, athletics (track and field), badminton, cue sports, fencing, handcycling, powerlifting, rowing, shooting, swimming, wheelchair basketball, wheelchair rugby and wheelchair tennis.

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