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Members welcomed to the annual lunch

FARNHAM AND DISTRICT SPORTS ASSOCIATION FOR THE DISABLED

THE chairman, Alan Taylor, welcomed over 80 members at the annual lunch, held at the Frensham Pond Hotel on Sunday, January 25; David Gill, chairman of the Farnham Sports Council responded on behalf of the guests.

After an excellent meal, Simon Moran-Smith presented a trophy on behalf of the Lions Club of Farnham to Lara Sturgis of Frensham Pond Sailability for persis-

tence in maintaining the highest standards of the club.

The Farnham & District Sports Association for the Disabled offers assisted swimming exercise with the help of a physiotherapist at Farnham Leisure Centre on Saturday mornings. In partnership with Frensham Pond Sailability members have the opportunity of dinghy sailing.

The Association exists to

promote healthy activity by those less able than most to help them get more out of life. Physical exertion and achievement does bring on the 'feel good' factor, mainly through swimming and sailing though a wide range of other activities can also be arranged through Sportability.

Anyone interested should contact the secretary, Jenny Taylor, on jenny@bellamanda.co.uk.

