



**Active**  
Oxfordshire



**COMMUNITY DEVELOPMENT CASE STUDIES**  
**RICCI-MELISSA SOMERS - DISABILITY ACTIVE**

I SUFFER WITH ATAXIA WHICH IS A NEUROLOGICAL DISORDER THAT AFFECTS MY BALANCE COORDINATION AND SPEECH. I REALLY LOOK FORWARD TO MY DISABILITY ACTIVE SWIM SESSION EVERY WEEK; THE ATMOSPHERE IS RELAXING & FRIENDLY.

I SHARE THE POOL WITH RICHARD WHO HAS AUTISM AND HE COMPLETELY MAKES MY DAY! HE GIVES ME CONFIDENCE, SINGS DOWN THE POOL TO ME, WE HAVE FUN AND ENCOURAGE EACH OTHER.

THE WATER MAKES ME FEEL SAFE; I DON'T HAVE TO THINK ABOUT MY SURROUNDINGS. I HAVE FULL SUPPORT FROM MY INSTRUCTOR KATIE WITH MY COORDINATION WHICH IS GREAT.

THE STEAM ROOM HELPS ME WITH MY ANXIETY & LET'S ME CONTROL THAT OVER POWERING FEELING YOU GET WHEN YOU FIRST GO IN. THE SAUNA HELPS ME WITH MY SCIATICA THE WAY THE HOT SLATS ARE PLACED ON MY BACK IS LIKE HAVING A HEATED PHYSIOTHERAPY SESSION.

I DON'T KNOW WHAT I WOULD DO WITHOUT MY SESSIONS, I WALK OUT REFRESHED, CONFIDENT AND LIKE I CAN TAKE ON THE WORLD!

**THANK YOU THE PARK CLUB**



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### **KEIRON KING, ASPIRE / SOLL WEEKLY GYM SESSION**

MY NAME IS KEIRON KING AND I AM CURRENTLY MAKING SIGNIFICANT LIFE CHANGES WITH THE HELP OF TURNING POINT AND ASPIRE OXFORD. MY JOURNEY STARTED BACK IN NOVEMBER 2017 WHEN I WENT TO THE DOCTORS ABOUT MY ALCOHOL AND SUBSTANCE USE. I HAD REACHED ROCK BOTTOM, I WAS REALLY DOWN ON MYSELF AND MY WEIGHT, AND HAD NO MOTIVATION TO CHANGE. BUT I KNEW THAT IF I DIDN'T TAKE ACTION AND MAKE SOME CHANGES, I WOULD LOSE MY FAMILY AND MY JOB.

MY GP REFERRED ME TO TURNING POINT, THE LOCAL DRUG AND ALCOHOL SERVICE, AND IT WAS THERE THAT I MET MY KEY WORKER, MIKE AND JAMIE HALL FROM ASPIRE. BEFORE I LEFT TURNING POINT THAT DAY, JAMIE HAD PERSUADED ME TO TAKE PART IN ONE OF ASPIRE'S ACTIVE BODY, HEALTHY MIND BOXERCISE SESSIONS THERE THE NEXT MORNING. I ATTENDED THAT SESSION AND AT THE END OF IT I WAS EXHAUSTED, BUT AT THE SAME TIME I WAS BUZZING AND WANTED MORE. I FELT EXCITED THAT I WAS DOING SOMETHING TO HELP MYSELF CHANGE, SO WHEN JAMIE INVITED ME TO JOIN THE GYM CLUB AT SOLL LEISURE CENTRE IN DIDCOT THE FOLLOWING DAY I JUMPED AT THE OPPORTUNITY. I HADN'T BEEN IN A GYM FOR YEARS, AND HAD NO IDEA WHAT TO EXPECT, BUT I IMMEDIATELY NOTICED A REALLY POSITIVE VIBE ABOUT THE PLACE.

I SOON MET SU, OUR INSTRUCTOR, WHO MADE ME FEEL WELCOME AND CONFIDENT THAT THIS WOULD TRULY HELP ME. AFTER A GREAT WARM UP, WE DID A SESSION OF FREE WEIGHTS AND I MUST HAVE USED MUSCLES THAT I'D FORGOTTEN I HAD! I'D THOUGHT I WAS TIRED AFTER THE BOXERCISE, BUT THIS WAS ANOTHER LEVEL. I WANTED MORE AND WAS REALLY EXCITED ABOUT THE FOLLOWING WEEK'S SESSION.

I'VE BEEN TAKING PART FOR THREE MONTHS NOW AND I FEEL LIKE A DIFFERENT PERSON! I HAVE REFRAINED FROM USING DRUGS AND ALCOHOL, LOST ONE STONE FOUR POUNDS, AND NOW ATTEND MY LOCAL GYM THREE TIMES A WEEK. I TOOK JAMIE'S ADVICE AND NOW ATTEND SMART RECOVERY MEETINGS EVERY WEEK AT TURNING POINT AND HAVE NEVER BEEN MORE POSITIVE ABOUT MY RECOVERY AND WHAT THE FUTURE WILL BRING. INSTEAD OF COUNTING DOWN TO WHEN I CAN GET MY NEXT FIX OR DRINK, I'M COUNTING THE DAYS UNTIL MY NEXT SESSION WITH ASPIRE!



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## **KAREN BELLINGER – DISABILITY ACTIVE**

I CAME ACROSS MONICA'S CLASS QUITE BY CHANCE EARLIER THIS YEAR, AND HAVE BEEN ATTENDING EVER SINCE.

EVERY GYM SHOULD HAVE A MONICA. BECAUSE SHE HAS A GREATER PERSONAL UNDERSTANDING OF DISABILITY, SHE IS ABLE TO UNDERSTAND INDIVIDUAL'S CAPABILITIES AND TO EXPLAIN WHAT THE DIFFERENT MUSCLES DO WHILE EXERCISING.

IT IS EXTREMELY BENEFICIAL FOR PEOPLE WITH ANY DISABILITY TO EXERCISE, AND IT IS VERY IMPORTANT TO RECEIVE HELP AND SUPPORT FROM SOMEONE WHO UNDERSTANDS THE DIFFICULTIES THAT DISABLED PEOPLE FACE WHEN EXERCISING.

I LIKE ATTENDING MONICA'S CLASSES AS SHE LISTENS, AND ALSO DISCUSSES ALTERNATIVE WAYS OF CARRYING OUT VARIOUS EXERCISES WHEN YOU ARE UNABLE TO DO THEM THE CONVENTIONAL WAY.