



# 2013 / 14 SEASON MEMBERSHIP

Membership of the Manchester City Disabled Supporters Association for the new season is now open.

When we first set up the association back in 1999 we set our fee at just £5 and have been monitoring the price very carefully ever since.

The cost of printing and posting our newsletter has increased significantly recently, but as more of you are now accepting emailed versions the savings from this means we are able to keep our fees at the same price again for the new season.

For your £5 membership you get free access to all our standard meetings which for last season included very high profile guests such as Brian Marwood, Andy Hinchcliffe, Tommy Booth, Paul Lake, Tony Book, Gary Owen and a trophy or two for you to have your photo's taken with. You also get regular updates through our newsletters. No one takes a fee from running the association and any profits generated are used to subsidise the cost of our Christmas Meal.

Our web site [www.mcDSA.co.uk](http://www.mcDSA.co.uk) is used to promote membership to non-members and is paid for entirely through sponsorship.

The committee also work closely with City to ensure all disabled fans are looked after. If you experience any difficulties please let us know. Whilst we can't promise to fix every issue we have a very good working relationship with City and have helped numerous fans in the past.

Friends and family of disabled fans are also welcome to join as associate members for the same fee of £5.

To join for the new season please complete the form below and return to our secretary: Mark Barber, 13 Burrington Drive, Leigh WN7 5EU or bring along to our first meeting of the season, together with a cheque made payable to "MCDSA" If you have received an electronic version of the newsletter you can write your details on a plain piece of paper to avoid printing costs.

Member 1 .....

Address .....

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Telephone Number -----

Mobile Number -----

Email Address -----

Additional Associate Members:

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Receipt Required: Yes/No (enclose stamped addressed envelope for receipt)

<p>Fee enclosed made payable to MCDSA</p> <p>£</p>
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### REPLAY SPORTING MEMORIES NETWORK WELLBEING THROUGH REMINISCENCE

Sporting Memories Network has been established to promote and develop the use of sporting memories to improve the well-being of people through conversation and reminiscence.

Participating in meaningful, interesting and stimulating activities can lead to many benefits for the mind and body. There is a wealth of evidence to supporting the benefits of reminiscence for older people, not just those experiencing dementia. Sports reminiscence provides a great opportunity to document a person's own favourite sports events, teams and moments. Experts identify the need for meaningful activities to be provided for older people.

- The Mental Health In Later Life Inquiry in England found that "Participation in meaningful activity, staying active and having a sense of purpose are just as important for the mental health and well-being of older people as they are for younger people.
- The National Institute for Health and Clinical Excellence (NICE) issued specific guidance for Occupational Therapists working in residential care homes which reported that the provision of meaningful daily activities can restore and improve the health and mental wellbeing of residents.
- The National Mental Health Development Unit published a fact file on Wellbeing in March 2011, identifying the factors most frequently mentioned by older people as important to their mental well-being include - social activities, social networks, keeping busy and 'getting out and about', good physical health and family contact.
- In *Older Men, Social Integration and Organisational Activities*, Davidson, Daly and Arber 1 (2003) investigate the influence of partnership status on older men's involvement in social organisations, drawing on qualitative research. Men are found to be highly resistant to participation in organisations that cater primarily for the needs of older people. Older divorced and never-married men are more susceptible to social isolation and poor health than married men. This could be ameliorated by membership of such establishments, yet their resistance is the greatest.

Sport has a universal appeal across communities, generations and families, yet is rarely offered as a reminiscence activity for older people. Using sporting memories guides and materials, families, friends, care staff and volunteers will quickly gain the confidence to start exciting and stimulating sports reminiscence work. Sporting reminiscence is fun, it's stimulating, it evokes magical memories, sparks conversation and debate, brings people together and allows people to share the passion they have for their favourite sports. Simply taking time to write down your memories of your experience as a sports fan can help stimulate the mind of a dementia patient. You do not need to be a trained journalist or experienced story teller, the stories they need are of real life as experienced by the average man, woman and child as they enjoy one of their favourite pastimes of watching sport.

The Prime Minister has written to show his support for the work of the Sporting Memories Network and their contribution to the Dementia Challenge to share two special sporting memories of his own. In the letter received from 10 Downing Street the Prime Minister writes-

*"I was incredibly interested to read of the Network's aim of improving the well-being of people with dementia and I welcome the valuable contribution it makes to the grass roots development of Dementia Friendly Communities - an initiative I personally champion as part of my challenge on dementia.*

*Sport is an integral part of keeping fit and healthy, and indeed is an activity that has the ability to evoke a great number of memories, from childhood achievements to the recent success of Team GB at London 2012. As Prime Minister, I was lucky enough to attend a number of events at both the Olympic and Paralympic Games and my memories of cheering on our competitors will, I hope, remain with me forever. This is the very reason that initiatives such as the Sporting Memories Network are so valuable and I thank you for your work in this area.*

*Yours sincerely  
David Cameron."*



To contribute your own story go to <http://www.sportingmemoriesnetwork.com/smn/> and click on the sport (middle right) that you wish to write about. To read stories written by other City fans go to <http://football.sportingmemories.org/memories/1-club/64-manchester-city/> where you will find stories from the famous and not so famous fans including my early memories of Big Joe Corrigan.

If you know of a sports fan who has dementia please share some of the memories with them, simple memories that other sports fans have taken time to write will remind them of the days when they too participated in or watched sport from the terraces...

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### Big Joe

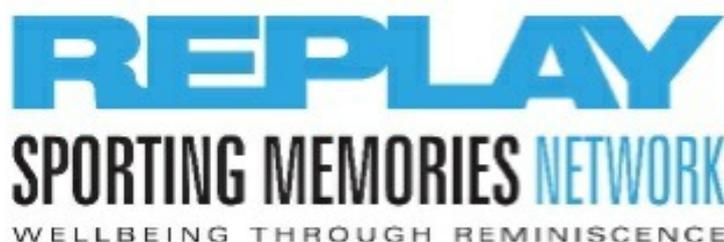
As a City fan the games that stand out will be the same as many others on here, so to be different my memory I want to share is of one of my favourite players.

I first started attending games in 1976 together with my Dad, Brother and Cousin. We would sit on the purple bench seats of the Platt Lane Stand just behind the goal. I didn't have a season ticket, so for the 4 of us to be together we would have to squeeze up tight so as we only filled 3 of the neatly painted lines that defined your space, it was a good job I was only small at the time.

Big Joe Corrigan fast became my favourite player. He was a true gent and a devoted blue, often giving up his Sunday mornings to attend Junior Blues meetings. Many old enough will remember his many rituals. In the first half we would normally defend the North Stand end and just before the game started Joe would go behind his goal to collect a lucky heather off Helen, a larger than life lady who would sit behind the goal ringing a large bell. In the week she sold flowers outside the local hospital. If we lost the toss and the opposition chose to change ends, this would seriously affect Joe's routine. He would set up his goal at the Platt Lane end and then send a bemused looking ball boy the full length of the pitch to collect the Heather.

Another ritual he had was a refusal to watch penalties, the ones awarded to us obviously. As the ball was placed on the spot he would walk out to the 6 yard line, turn around and then squat down facing the fans. It became a game of ours to try and make him think the penalty had been taken by holding our heads in our hands and booing to see if we could get him to turn round and look early. I think it worked just the once.

I met up with Joe again recently and he is still a massive blue and top guy.





# Sledge Ice Hockey



Now the football season has finished and the hot summer weather is here what better to think about than spending time on the ice playing hockey...??? Just like powerchair football that we have featured in previous newsletters, ice hockey is now accessible to the disabled. Peter Hagan who is the head coach of the Manchester Phoenix Sledge Hockey Team, based in Altrincham and Widnes ice rinks tells us:



“We have been established for about a year and will be entering our first ever season in the BSHA (British Sledge Hockey Association) League.

We cater for able body and disabled players, we currently have a 50:50 ratio, and are always open to new players coming to join in.

We currently have 4 GB players on our team, 2 of whom have been playing for under a year, and we can help provide a clear pathway to the international team as they hold open try outs and keep an eye on all players within the game, as shown by our 2 newest GB players.

We offer:

- 4 weeks Free, so people can try the sport out at no cost to them to get a feel for it.
- All equipment is provided.
- Chance to play for the Manchester Phoenix in the League.
- Opportunity to work in a team and make new friends and team mates.

At present we train at Altrincham ice rink on Saturday, Midnight until about 2am (although this will hopefully change to an earlier time in the next few weeks) & Widnes on Tuesday from 8:45pm-9:45pm.

We hope this maybe something you would be interested in, and if so please feel free to contact me via email or by phone. All I ask is that those interested in having a go at the sport let me know in advance so we can make sure we have enough equipment at the rink/s for those coming down.

For more information please visit this link, <http://www.mpcsfoundation.org/index.php/fundraising-projects/sledge-ice-hockey-team> and feel free to get n touch with any questions you may have.

We also offer a 6 week Free Learn To Play Sledge Hockey courses for those aged 14-25 if that may be of interest as well, and have just finished one in the past few weeks with a school group, which has drawn rave reviews from Staff and Students a like.

All the best,  
Peter Hagan”

Director

Manchester Phoenix Community Sports Foundation

0161 301 6848

[phagan@manchesterphoenix.co.uk](mailto:phagan@manchesterphoenix.co.uk)

For those who would rather just watch, Manchester Phoenix would appreciate your support

