



# Greenbank PROJECT

ISSUE 2 April 2025

## SAVE THE DATE Upcoming Charity Event

Greenbank are organising a charity dinner which will take place at **Greenbank Sports Academy on Thursday 6th November**. A number of Paralympians will be in attendance. Save the date and if interested in finding out further details please email us at **fundraising@greenbank.org.uk**.

Are you able to donate any prizes to our charity raffle or auction that will be taking place during our charity event?. This could be anything from a product, a voucher or tickets to an event.

Please email us at **fundraising@greenbank.org.uk**, and a member of Greenbank staff will be in contact to discuss further.



Dear Friends and supporters of the Greenbank Project,

We would like to extend our heartfelt thanks for your continued support throughout the year.

Your continued support and generosity make a meaningful and lasting impact on the lives of those we support. Through your support, we are able to provide essential services, create meaningful opportunities, and build a stronger, more vibrant community.

We wish you all a very happy Easter, filled with joy, peace, and renewal.



## Former Student Testimonial

Lewis joined Greenbank College in September 2022 at the age of 18. He began his studies on a Level 1 course and, through hard work and determination, progressed to a Level 2 qualification in Customer Service. During his time at college, Lewis made a significant impact both academically and within the student community. He was elected by his peers to serve as Student President. Lewis led the student council and ensured every student's voice was heard and valued. As part of his course, Lewis completed a work experience placement at the Wheelbarrow Café.



Throughout the placement, he developed his confidence, independence, and communication skills—and impressed the team so much that he was offered part-time employment. Now 21 years old, Lewis is a committed and valued member of the Wheelbarrow Café team. His journey is a fantastic example of personal growth, leadership, and the power of inclusive opportunities.

Lewis said: 'I joined Greenbank College in September 2022 at the age of 18. I felt nervous to start college because most people I did not know and I had not been to college before. My tutors were very supportive as well as the other staff members I worked with. I met many new friends and loved my time at Greenbank College'.



Make sure to follow us on social media to keep up to date with all events, case studies and fundraising efforts at Greenbank!



## HOW YOU CAN CONTRIBUTE

**Just Giving** <https://www.justgiving.com/greenbankproject1>

**Phone** Call us on **0151 733 7255** to donate over the phone

**Email** If you are a large organisation and would like to discuss a partnership with The Greenbank Project, please contact **Pete Wyman** - [peter.wyman@greenbank.org.uk](mailto:peter.wyman@greenbank.org.uk)



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## Clubs at Greenbank Sports Academy

Clubs at Greenbank Sports Academy: Recently we have held a user forum for clubs and organisations who use Greenbank Sports Academy facilities with a spotlight on fundraising. Forums will be taking place on a quarterly basis. Many of the organisations who use Greenbank Sports Academy facilities have chosen to raise funding for Greenbank Project. This has included cake sales, match day programme donations or even being the official charity for the club. Below is a spotlight on two clubs who have used Greenbank Sports Academy as their home for a number of years:

### Liverpool Roller Birds

Liverpool Roller Birds is the city's first ever roller derby league! They flew into existence in November 2009, offering skaters of all shapes, sizes and skating abilities, the opportunity to take up roller derby. Their training suits skaters of all abilities and they encourage those who have never skated before to give it a go. All that they ask is that you are ready to learn!



Their teams regularly play at home and away against other leagues. They use GSA on Wednesday, Thursday and Saturdays. They welcome new members from all walks of life and encourage them to learn how to play, have fun and enjoy being part of our Roller Bird family. Next home fixture is Saturday 3rd May 11-4pm.

### Liverpool Handball Club

Liverpool Handball Club was established in 1968 by a group of handball enthusiasts looking to grow the sport in the city. They are a not-for-profit organisation dedicated to promoting handball for fun and fitness in Liverpool.

Today they pride on being an inclusive community club open to all handball enthusiasts in the city. From beginners to experienced players, they welcome new members to join the club and be part of continuing their proud handball heritage.

With dedicated training sessions and competitive match play across junior and senior levels, they help handballers of all ages and abilities develop their skills and fitness while making new friends and having fun. They hold their yearly International Handball tournament each year, with Greenbank being one of two venues used.

This year's tournament is the 25th year of holding, taking place on 24th-25th May. Hannah Kempster, Chair of Liverpool Handball Club, shares her excitement: "This year's LIHT is not just a tournament; it's a celebration of 25 years of handball legacy. We're excited to welcome teams and fans from all over to experience the passion, spirit, and thrill of handball in Liverpool."



Further details on Greenbank Sports Academy's club and partner organisation user forum can be obtained by contacting Greenbank Sport Development Manager Mark Palmer - [mark.palmer@greenbank.org.uk](mailto:mark.palmer@greenbank.org.uk).



## Case study: Marcus Smedly at Greenbank Sports Academy

**Background:** Marcus Smedly, a participant at Greenbank Sports Academy, experienced three strokes last year. Dissatisfied with the conventional physiotherapy offered at the hospital, Marcus sought a more creative and comprehensive approach to his rehabilitation. He requested an introduction to Greenbank Gym, having heard about its extensive facilities.

**Involvement with Greenbank Sports Academy:** Marcus found it very easy to get involved with Greenbank Sports Academy. He described the process as "very accessible and very friendly." Upon contacting Greenbank, Marcus was pleased to discover a facility with the right attitude and resources to support his rehabilitation journey.

**Initial Impressions:** Marcus felt it was a positive move when he first contacted Greenbank. He believed the academy would enable him to progress in various disciplines at different times.

**Activities Participated In:** Marcus has engaged in several activities at Greenbank, including using various gym equipment, Functional Electrical Stimulation (FES) cycling, and inclusive cycling.

**Impact on Marcus:** Attending Greenbank Sports Academy has significantly improved Marcus's stamina. He appreciates having a local facility that caters to individuals in rehabilitation and offers a variety of activities. Marcus stated, "It has been good to know that there is a local facility that can cater for people like me who are in rehab and like to try different things."

**Experience with FES Cycling:** Marcus was intrigued by the FES cycle when staff introduced it to him, hoping it would enhance his fitness and leg ability. He found the FES cycle easy to use, although he experienced varying levels of fatigue on different days. While Marcus is still uncertain about the full benefits of the FES cycle, he acknowledges that his stamina has improved since using it.

This case study highlights Marcus's positive experience and the significant impact of Greenbank Sports Academy on his rehabilitation journey.

Greenbank have been working in partnership with a number of organisations on an Access to Exercise and Wellbeing programme for people with neurological conditions (The Neurotherapy Centre, The Brain Charity, Brio Leisure and The Walton Centre) to develop and support rehabilitation pathways and experiences. The project reports identifies five themes from participants engagement in the evaluation report:

1. Exercise as a Tool for Managing Chronic Conditions
2. Challenges and Limitations of Physical Therapy
3. Value of Supportive Rehabilitation Environments
4. Emotional and Psychological Benefits of Exercise
5. Frustrations with Limited Therapy Options



"It has been good to know that there is a local facility that can cater for people like me who are in rehab and like to try different things."