

# Greenbank PROJECT

December 2025

ISSUE 3



## PARALYMPIAN GALA DINNER

Greenbank Sports Academy proudly hosted a memorable evening on the 6th November 2025. Bringing together Paralympians, international athletes, partners, supporters, and community members for the Paralympian Gala Dinner – a celebration of sport, resilience, and inclusion.

The event honoured the achievements and journeys of Paralympians connected to Greenbank and the wider sporting community, many of whom have inspired others through their dedication and success.

A sincere thank you is extended to everyone involved in organising and supporting the event, whose contributions ensured the evening was such a resounding success.

The evening was hosted by Ellis Palmer, who guided guests through an inspiring programme of interviews and reflections celebrating the achievements of disabled athletes.



Among the special guest speakers were Abdi Jama, Hannah Cockroft CBE, Nathan Maguire, Roy Turnham, and Marcus Harrison – all of whom have represented Great Britain/England and inspired generations through their performances on the international stage.



Guests enjoyed a relaxed and uplifting evening filled with conversation, storytelling, and a shared passion for disability sport and opportunity for all.

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The fundraising total reached **£15,472.93**, with additional donations and pledges still being received in the days following the event. Every contribution will help support Greenbank's inclusive sport, education and wellbeing programmes – removing barriers to participation and creating new opportunities for disabled people across Liverpool and the wider region.



We would like to extend our sincere thanks to the many incredible businesses and individuals who helped make the Greenbank Paralympian Gala Dinner such a special and successful event.

Our gratitude goes to our wonderful voluntary host, Ellis Palmer, as well as the world-class athletes who generously supported us.

A huge thank-you to our headline sponsor Soigné Events for crafting an exceptional fine-dining menu, and to our event sponsors Yourway Warrington (Brakes Food UK) and The Wheelbarrow Café for their generous contributions.

We are also deeply grateful to the following businesses for their contributions:

- Childwall Table Hire
- MSP Global
- Arc Hospitality Recruitment Solutions Ltd
- Dustymoon Floral Studio
- Purple Tiger UK Limited
- Alex Jones, Ali-Ann Harrington, Michelle Charnock
- Wavertree Athletic Sports Centre
- Soigné front-of-house and culinary team
- Hugh Baird College catering tutors and students



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A HUGE thank you to everyone who supported our Greenbank Sports Academy Hall Refurbishment Crowdfunder. Together, we've raised £16,355 to improve accessibility and upgrade our sports hall facilities – helping us continue to provide inclusive sport, health, and wellbeing opportunities for all. This figure included a Sport England Moving Communities grant of £7213. Additional donations were made from St James Place Foundation local area grant of £5,000 which means we have raised £21,355 plus gift aid from applicable donations (before deductions for processing fees).



## HOW YOU CAN CONTRIBUTE

### Just Giving

<https://www.crowdfunder.co.uk/p/the-greenbank-project-513814>

### 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)

£10 subsidises  
activity sessions  
for disabled  
children

£20 helps buy  
classroom  
resources to  
enhance learning

£50 contributes  
towards the cost  
of running a  
minibus



Please join us in wishing Clare and James the very best of luck in taking on the challenge of the Four Villages half marathon on the 18th January 2026 to raise funds for The Greenbank Project.

They said: 'This year, we're fundraising for Greenbank, a cause incredibly close to our hearts. This amazing charity provides life-changing support, care, and opportunities for disabled children and young people.'

If you would like to read more about their fundraising efforts or if you would like to donate, please use the QR Code to visit their Crowd Funder Page.



## **Gwen Williams (Age 82) - Greenbank Sports Academy Service User**

Gwen said 'From having a stroke in 2023 I was advised to exercise, and Greenbank was close to my home and was referred by friends who utilised the services'.

Gwen wanted to use a community gym whereby she could exercise in a friendly and community orientated environment to support.

### ***How easy was it to get involved with Greenbank?***

Made contact after receiving referral and was supported by an instructor who gave an initial show round, induction and personal programme. Lawrence showed me how to use equipment. I still always feel supported with using equipment and knowing why and how the exercises support my needs.

### ***How did you feel about contacting the Greenbank?***

Was very pleased that there was somewhere that had the facilities and staff support that they offer. Staff are always happy to assist and provide time to explain exercises if required. At the age of 82 I wanted to be in a gym that is near to my home but also understands my needs, so when other members of a local Stroke association told me about it, I was happy that there was a supportive facility in my local area. In 2023 I attended 3 times per week but due to the ageing process I now attend twice per week.

### ***What did you think when you did make contact?***

I thought the staff were supportive and could see a range of activities taking place within the centre. Before going to the gym to use the exercise bike, I would walk around the sports hall with my frame to allow me to build up my stamina.

### ***What have you got involved in? Please state all activities you take part in or have tried?***

Gym, Disc Golf and walking (using the large open warm space!).

### ***How has coming along to the Greenbank Centre affected you/What difference has it made to you?***

It has helped me receive support and advise to improve my health and wellbeing. Socially it has helped with the ageing process and allowing me to be independent. I use a walker to get about and have recently purchased a buggy to support with my independence outdoors. By coming to the gym 2 times per week I continue to feel empowered to do physical activity that suits me.



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**Are you aged 18–21, living in Liverpool, and not currently in work, education or training?  
Do you want to get active, build confidence and gain real qualifications?**

Join the FREE Greenbank Inclusive Sport, Health & Wellbeing Futures Programme!  
A programme designed for Liverpool City region residents who are 18–21 with SEND, neurodivergent conditions, or anyone who needs a fresh start. Programme ends 31<sup>ST</sup> March 2026.

This is funded through Youth Guarantee Trailblazer community grant – UK Government via VOLA.

- 🏆 Free gym access
- 🎓 Coaching & sport qualifications
- 👥 1:1 support & mentoring
- 📁 Work placements & progression routes
- 🗣️ Hear from Paralympic role models
- 📍 Delivered at Greenbank Sports Academy
- 👉 No experience needed just come as you are!
- 👉 Limited places for 15 young people
- 👉 Travel subsistence and refreshments provided
- 👉 Free CIMSPA membership included

Build confidence. Get active. Gain qualifications. Shape your future. With Greenbank, you don't have to do it alone. ❤️

**Referrals via Mark Palmer:**

**01512807757/Mark.Palmer@greenbank.org.uk**

Thank you to everyone in the Greenbank community for the truly amazing support you've shown this year. Your fundraising efforts, kindness, and unwavering belief in our work have made a remarkable difference, and we are deeply grateful for every contribution, big or small.

It's the spirit and generosity of people like you that keep our charity thriving.

As we reflect on an inspiring year, we wish you and your families a warm, joyful, and very Merry Christmas, and a New Year filled with hope and happiness.

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