

**WELCOME TO THE REGAIN INFORMATION DAY
THURSDAY 5TH SEPTEMBER 2019, 10.00-4.30pm**



Programme for the Day

- 10.00 Registration
- 10.15 Welcome Tea/Coffee and biscuits
- 10.30 Regain Transforming Lives – Ann Frampton Regain CEO
- 10.45 Regain Grants Programme – Dominic Coleman Regain Grants Officer
- 11.15 How can Regain improve our services to Tetraplegics – Open Forum
- 12.00 Life on the go with Paralysis – putting back the pieces – Barry Davies - Patron
Charlie West and David Rose
- 12.30 Lunch and social time
- 1.30 Wheelchair Rugby demonstration and taster session – BWCR
Handyycling demonstration and taster session – Dom Coleman and Tim Severn
Table Tennis demonstration and taster session – Beth Kyte
Archery - Wheelpower – Trevor Tucker
- 3.30 Afternoon Tea/Coffee and Cake
- 4.00 Presentation by Access Adventures – Beth Kyte
- 4.05 How can you help Regain? – Ann Frampton
- 4.15 Evaluation and feedback – Monica Vidal – Regain
- 4.30 Goodbye or the bar!