



IFI Seminars: 'Full Steam Ahead'

The next IFI seminar series will take place in March with a focus on health, being particularly timely given the launch of the Department of Health's Physical Activity Strategy 'Be Active Be Healthy: A plan for getting the nation moving'. The seminars will be held on 11th, 18th, and 26th March at London, Sheffield and Northampton respectively.

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EFDS Appoints New Chair of Trustees

The Minister for Sport has welcomed the appointment of Professor David Croisdale-Appleby OBE as new Chair of Trustees at The English Federation of Disability Sport.

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Concord Offers a Step in the Right Direction

Concord Sports Centre, Shiregreen Lane hosted a launch event to celebrate being granted IFI Mark accreditation. Visitors took part in seated aerobics, beauty treatments and sports therapy massages, and got the chance to try out the new gym equipment while enjoying a guided tour.

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[Enable: Northampton Activity Day & Public Meeting](#)

On Wednesday 18th March 2009 at Danes Camp Leisure Centre, the new and exciting partnership between the MS Society and IFI will be celebrated. Northamptonshire will be the first county to hold Enable; a free activity day and public meeting for people affected by neurological conditions which has been developed with the support of the Parkinson's Disease Society, Progressive Supranuclear Palsy Association, Northamptonshire Sport and Trilogy Fitness.

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[Boccia Fanatic Inspires](#)

Rita Wright, Fit for Life Manager at Reigate and Redhill YMCA, first met Chris Myers as a 16-year-old, two years ago. Rita explains Chris' passion for the game Boccia and how he has helped develop the sport at the IFI accredited facility.

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[Fitness Accessible to all at University of Lincoln](#)

The University of Lincoln's Sports Centre has received official recognition for its high standards of accessibility for disabled users. Lincoln has become the first University in the East Midlands to achieve the IFI Mark accreditation for its sports facilities.

[Click here to read more](#)



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