

# Partners in Independence



Our Newsletter for friends and partners of the Independent Living Centre London & Area

## Q & A with Paul Farnsworth

Paul is a member of the Independent Living Centre who uses a wheelchair, Paul has a special skills hearing dog named Tess, and lives independently in London. Paul moved to London four years ago and is happy to be in London and is enjoying the city. Paul was interviewed by Pam Quesnel, Executive Director of ILCLA

*Pam: Did you have fun at the Come Walk With Me event?*

**Paul: Yes**

*Pam: What was your favourite part of it? The walk, the prizes, the barbecue?*

**Paul: The walk, walking and rolling**

*Pam: Was the course too long, too short, or just right?*

**Paul: Just right**

*Pam: You are a member of The ILCLA. What do you enjoy most about being a member?*

**Paul: Having fun**

*Pam: Did you win some neat prizes?*

**Paul: Yes**

*Pam: How much did you raise in pledges?*

**Paul: \$127**

*Pam: Will you do it again next year, and if so, how much money would you like to raise?*



**Paul: Yes, I'll do it again next year but I don't know how much I'll raise in pledges.**

*Pam: What would you like to say about our event?*

**Paul: It was really good and nice.**

*Pam: What would you like to say about the centre?*

**Paul: The centre is really good. It helps people. I really like the exercise classes. I get a good workout.**

## What's happening @ ILCLA

**An Exercise Class for People with any Disability**

**Every Friday afternoon, 3:00-4:30 p.m.**

Our experienced instructor, Vince Nash makes it fun for everyone. He is excellent at assessing each individual's capabilities and tailoring the exercises to them. Everyone is welcome!



# Come Walk With Me raises over \$7000

On June 21<sup>st</sup>, the skies cleared just in time for the fundraiser **Come Walk With Me**. Forty people turned out for a stroll at Springbank Park, to play games, win prizes, and munch on barbequed hotdogs. The Honourable Irene Mathyssen, MP London Fanshawe started the event and Attorney General Chris Bentley encouraged participants prior to the start.

We raised over \$7,000 that day to support the programs and services at our resource centre! This success would not have been possible without the support of our sponsors, donors and participants. A big congratulations goes out to the enthusiastic staff and volunteers who helped make the event a memorable experience. Everyone played an important part in leading to a fantastic and successful event.

Now, let's raise the bar for next year and aim higher, how does \$9,000 sound, or \$12,000? We can do it. Our programs and services need you, and in the end, people with disabilities in our community are the real winners.



**YES,** I want to help the Independent Living Centre London & Area

I want to support the important work of ILCLA and have enclosed a cheque for:

\$25     \$50     \$100     \$250     Other \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

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