

Join DW Sports Fitness' Gym for Heroes Challenge

A CITY gymnasium is urging people to join it in a national campaign to raise money for injured troops.

Gym for Heroes is a nationwide challenge held in fitness centres and gyms raising money for Help for Heroes — which provides direct and practical support to those injured in current conflicts.

DW Sports Fitness, Nottingham is urging people to take up the challenge at its first annual Summer

Challenge — between 24th and 30th July.

Anyone can register to take part even if they are not a member of the club.

The gym challenge is designed to raise money and awareness for Help for Heroes charity. All entrants will receive a T-shirt, medal and water bottle. The last date for entries is Monday 19th July.

A spokesman said: "It seems like every day someone is injured

or killed in conflict world-wide.

"Our military heroes are serving our country... serving us. We can help and all do our bit to support them. We are hoping to raise £1,000."

Take up The Challenge!

You have a choice of 2

different types of challenge, which you can take part either as an individual or as part of a team (maximum 4 members per team)

12 hour non-stop Endurance Challenge

4-hour row
4-hour cycle

4-hour treadmill or cross trainer

Alternatively

3 hour non-stop Endurance Challenge

1-hour row
1-hour cycle

1-hour treadmill or cross trainer



MEP welcomes 'better deal' for the disabled

A CAMPAIGNING Nottinghamshire Euro MP has welcomed a better deal for the disabled — part of a whole new package of improvements in the rights of passengers travelling on boats, buses and coaches.

Glenis Willmott and other Labour MEPs have backed proposals in Strasbourg this week which will give disabled passengers, and those with reduced mobility, important rights in terms of access to public transport services and the right to free assistance. No longer can disability be a reason for denying passengers the right to board, something MEPs have fought long and hard for.

Glenis said: "The rights being proposed are similar to those already in operation in the airline industry. They will include compensation for people who face significant delays or cancellations when taking ferries or long distant coach services."

"There has been a steady improvement in the rights of people travelling across the EU, and the European Parliament is determined to ensure that passengers have adequate protection against excessive delay and cancellations when they are travelling around Europe. For my part I have actively campaigned to ensure that disabled passengers in particular also get a fair deal."

While MEPs have now come to an agreement which means that ferry passenger rights will come into force in 2012, further negotiations are still needed on passenger rights for bus and coach travel before they become a reality.