

Disability Direct support free self-defence classes

Following his attendance with the Mayor of Derby, Lisa Higginbottom, at the Disability Direct AGM on Friday 27 July, one of her chauffeurs and martial arts expert Duncan Hogg has been moved to offering free self-defence classes for disabled people in Derby.

Mr Hogg currently offers classes at Milton Village Hall for non-disabled and deaf people but after attending the Disability Direct AGM with the Mayor, he decided to extend his classes to others.

Duncan Hogg said: "I heard tales of absolute horror from disabled people about how they are victimised and persecuted, and even assaulted, on a regular basis.

"I sat there almost in tears and I decided to do something to help.

"Martial arts should be for everyone. I started to teach a few years ago and developed a system of self-defence for wheelchair users."

Mayor of Derby Lisa Higginbottom said: "I am delighted with the free self-defence classes for disabled people and the benefits that can result from it.

"It shows Duncan's 'can do' attitude – my theme for the year."

Duncan's new self-defence classes for disabled people will take place every other Tuesday at 7pm at Milton Village Hall. He will be supported in the classes by his fellow students and a sign language expert, who are offering their support free of charge. For further information, contact Duncan on 07973 663601.

Amo Raju, Chief Executive of Disability Syndicate, said "We're absolutely delighted to be working with Duncan on this initiative. Some disabled people may lack confidence in their ability to defend themselves and this will be an ideal opportunity to learn what to do in such circumstances. I'm certain the classes will be a huge success!"