



ANDY WRIGHT WINS AWARD

The Healthier Wiltshire Awards, which were held at the Corn Exchange in Devizes on Wednesday 25th February 2009 and are nominated for by the public, are designed to celebrate individuals, groups and organisations making a significant contribution to improving the health and wellbeing of people living and working in Wiltshire.

Andy Wright, who was born with cerebral palsy, and was in a wheelchair until the age of nine, picked up the Liquid Media Award for outstanding contribution to improved health and wellbeing.

The tai chi and karate instructor, who currently teaches public classes for DC Leisure in Westbury, Trowbridge, Warminster and Melksham, said an attack he suffered in 1985 was his inspiration to prove to himself that his own disability would not restrict his life.

He said: "I was pulled from my vehicle by a guy who had been drinking all day and he beat me up. After the attack I fell into depression and I didn't want to go anywhere. I was anxious and afraid.

"I took up karate when my cousin said to me 'you can't sit there all day worrying all day why don't you learn something to defend yourself?'.
"It put me on the right path but at the time I didn't realise the relevance of it.

Mr Wright, who also practises a self-developed healing art form called Zenchi, as well as leading tai chi voluntary sessions for organisations such as Amber Foundation and DHI (the drugs and homelessness initiative) in Bath (Feb-Aug 2008), added: "I'm just getting used to the idea of being an award winner. It's quite rewarding to know I'm appreciated.

"I know that a lot of my students nominated me and some of them have disabilities which makes my work even more gratifying. I can't really explain how it feels to win such an award."



Your Say Your Times

kilroy, swindon says...

9:00am Thu 26 Feb 09

go boy go !! awesome will done andy, a true warrior
origato samuria

ChryslerUK, says...

9:27am Thu 26 Feb 09

Marital arts eh? Does that mean a hug and a kiss or more? Or just hitting them over the head with a frying pan...;-)

DonnaM, Southwick says...

1:33pm Thu 26 Feb 09

Well done Andy, you taught my brother and I Karate years ago and are a true inspiration. Good for you.

trowlad, trowbridge says...

5:19pm Thu 26 Feb 09

congratulations u helped me so much in amber and taught me much abt karate and tai
well deserved