



MAYOR OF LONDON



NATIONAL PARALYMPIC DAY 2015

featuring

Mayor of London's **LIBERTY** Festival



Queen Elizabeth Olympic Park
Sunday 26 July



Welcome

National Paralympic Day featuring Mayor of London's Liberty Festival is made up of elite swimming in the London Aquatics Centre, free Come & Try Sports sessions and an exciting programme of Deaf and disability arts.

Plus, cheer on some of the world's best para-athletes at Sainsbury's Anniversary Games in the Stadium.

 Tweet your way through the day with **#NPD2015** and **#LibertyFestival**
@noordinarypark



John Owens

Arborica



Cover photo: Weighting - Richard Davenport



“We’ve a fantastic variety of artists and performers at this year’s Liberty Festival at National Paralympic Day, with a little bit of something for everybody to enjoy. It underlines why London is not just at the vanguard of disability arts, but is one of the great cultural capitals of the world.”

Boris Johnson
Mayor of London



“This is the third time that we have held National Paralympic Day here on the Park since the amazing London 2012 Paralympic Games, and each year I am excited to see this iconic place fill up with fans of disability sport. This year there is fantastic international competition in swimming, as well as opportunities to meet stars of ParalympicsGB and to try out some sports yourself. Have a brilliant day!”

Tim Reddish, OBE
Chairman, British Paralympic Association



“I can’t think of a better way to showcase the excitement and energy of all that is Queen Elizabeth Olympic Park than through the fantastic line-up of artists, acts and community activities at this year’s Liberty Festival and National Paralympic Day.”

Neale Coleman
Chair, London Legacy Development Corporation



What's On

Elite Para-Swimming Competition, London Aquatics Centre

11am-1.40pm

Paralympic Champions Ellie Simmonds, Ollie Hynd and Jessica-Jane Applegate lead an all-star line-up of athletes taking to the pool for a thrilling international show-down. Don't miss this fantastic chance to see the best British para-swimmers, including reigning World and European champions in action.

Be part of the packed crowds cheering on British Paralympic superstars as they take on the best in the world. Tickets are available and can be purchased from the box office at the venue.

Come & Try Sports, South Lawn

11am - 6pm

If you want to get more involved in the sporting fun, there are lots of free disability and inclusive sports on the day. No need to book, just turn up and have a go.

Take your pick from a range of indoor and outdoor sports: Athletics, Boccia, Cycling, Equestrian, Fencing, Goalball, Gymnastics, Judo, New Age Kurling, Para Canoe, Para Triathlon, Powerlifting, Rowing, Shooting, Sitting Volleyball, Table Tennis, Wheelchair Basketball, Wheelchair Rugby and Wheelchair Tennis.

Meet the athletes

Come and meet the ParalympicsGB stars on the South Lawn, and catch their guest appearances on the Music Stage throughout the day. For times see Event Programme (p10).

Mayor Of London's Liberty Festival, South Lawn

1pm - 6.30pm

Liberty, the trailblazing festival of Deaf and disability arts, returns to Queen Elizabeth Olympic Park for the third time. Liberty has something for everyone with live music, DJs, circus, dance, storytelling and fun for kids, film, installations, and more. Don't miss two fantastic premieres; 'Shamal' a multi-media arts piece inside a giant inflatable and 'ComBUSTion', a London bus ride with a difference. Other highlights include 'Weighting', amazing aerial theatre from Extraordinary Bodies, and music stage headliners Mbongwana Star, a seven piece band from Congo.

Sainsbury's Anniversary Games, the Stadium

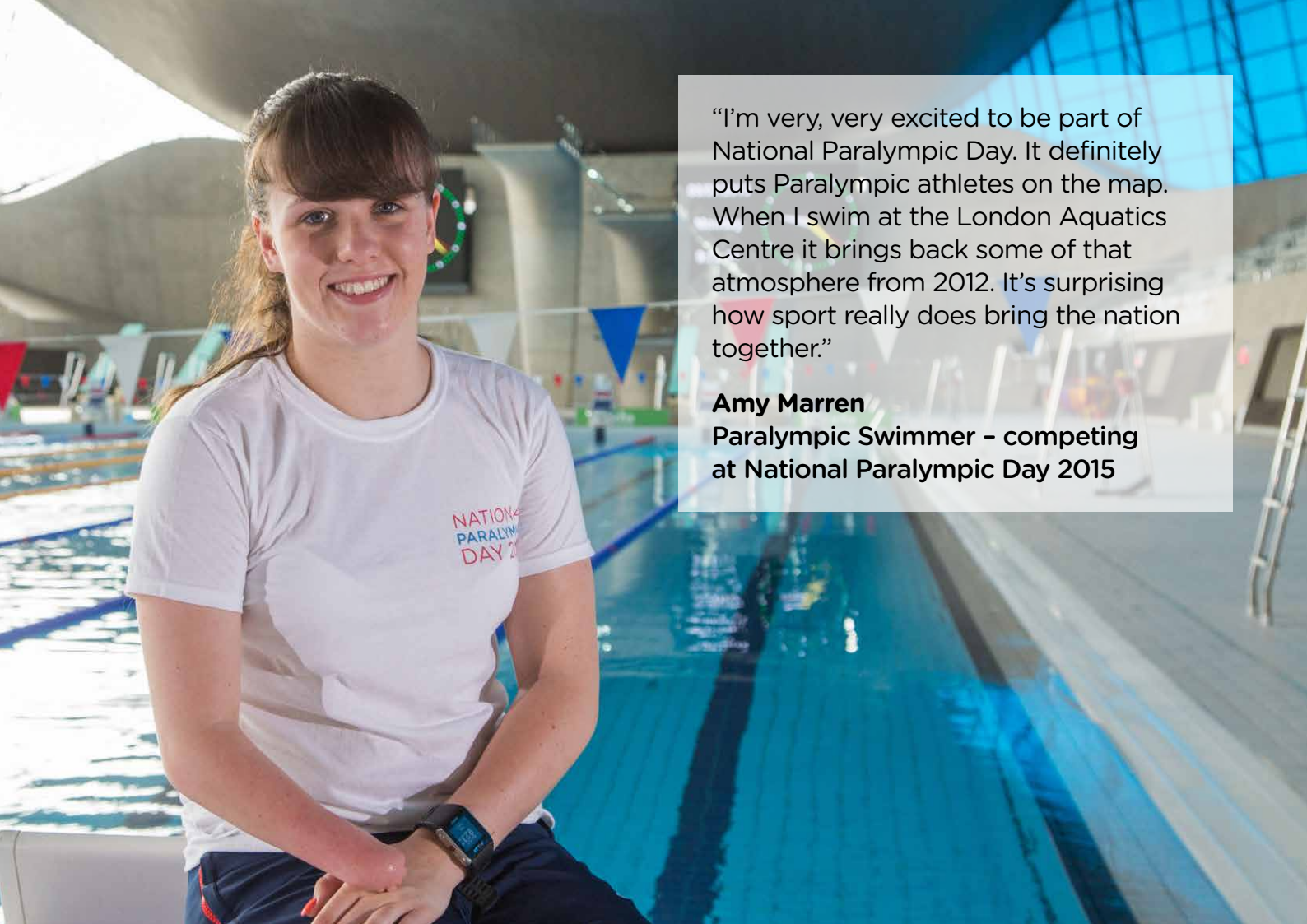
1.15pm - 5pm

For the first time in two years, the Stadium is hosting top-flight sporting action with the Sainsbury's Anniversary Games. Around 150 of the world's leading para-athletes will compete in the IPC Grand Prix Final. Tickets are available and can be purchased at the ticket booth on the South Lawn.

Queen Elizabeth Olympic Park

There's plenty to do at London's new Park this summer. Relax in the beautiful parklands, discover hidden artworks, let the kids loose in the exciting playgrounds or our urban beach, enjoy a festival, watch international sports tournaments or try out a new sport yourself! To find out more about what's on in the Park call into the Park Information Point near the London Aquatics Centre or visit:

QueenElizabethOlympicPark.co.uk



“I’m very, very excited to be part of National Paralympic Day. It definitely puts Paralympic athletes on the map. When I swim at the London Aquatics Centre it brings back some of that atmosphere from 2012. It’s surprising how sport really does bring the nation together.”

Amy Marren
Paralympic Swimmer - competing at National Paralympic Day 2015



“I always thought you created work with your eyes, but 10 years ago when I found out I was going blind I realised that you actually create work through your imagination. The most significant thing for me to be part of a festival like Liberty is that it’s a London festival and the work goes out to everyone.”

Rachel Gadsden
Visual & Performance Artist - presenting premiere of ‘Shamal’ at Liberty Festival 2015



Park Map

- 📍 Liberty Festival, Come & Try Sports & Anniversary Games Spectator Village
- 📍 Anniversary Games
- 📍 Elite Swimming

- ➔ Entry/exit points
- P Parking
- i Information
- 🚏 Bus stop
- D Dial-a-ride
- 🚉 Bus station
- 🚇 Tube
- 🚇 Overground
- DLR DLR
- ♿ Blue Badge Parking

STRATFORD
(use the exit at Platform 13)

STRATFORD

BROMLEY BY-BOW

HACKNEY WICK

STRATFORD CITY

STRATFORD INTERNATIONAL

Copper Box Arena

London Aquatics Centre

ArcelorMittal Orbit

The Stadium

Liberty Festival, Come & Try Sports & Anniversary Games Spectator Village

Anniversary Games

Elite Swimming

For Anniversary Games only

Event Information & Access Points

For NPD & Liberty

Park Information Point & Mobility Pick Up

John Lewis

M&S

Westfield

Mandeville Place

The Podium

South Lawn

Beach East (until 31st August)

Tallow Bridge

Monter Bridge

The Slipway (private road)

White Post Lane

Westfield Avenue

The Street

Pool Street

Carpenters Road

Warton Road

Jubilee Greenway

Jubilee Greenway

Marshgate Lane

Loop Road

Marshgate Terrace

Lee Valley Walk

Stratford Waterfront

2012 Walk

Waterden Road

Cranico Lane

Roundhouse Lane

Hitchcock Lane

Montfichet Road

Westfield Walk

Loop Road

Loop Road

Loop Road

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Access Information

Queen Elizabeth Olympic Park is designed to be as accessible and inclusive as possible for a wide range of visitors.

Accessible services provided today include:

- Level access routes throughout the Park.
- Dial-a-Ride shuttle bus service for disabled people between Stratford Station (exit at platform 13) and the Pool Street drop-off point.
- Blue Badge temporary parking facility on Pool Street. Pre-booking required - call 0800 0722 110 and quote 'Blue Badge for National Paralympic Day/Liberty'. Blue Badge temporary parking facility is also available for Anniversary Games ticket holders close to the Stadium.
- 388 public bus from Stratford City Bus Station to Park entrance on Westfield Avenue (check for diversions).
- Audio description headsets available at Event Information & Access Points.
- BSL interpretation, induction loops and text services at locations across the event.
- Roaming personal assistants, interpreters and audio describer.
- Mobility equipment hire available from the Park Information & Access Point, at a charge. Please note National Paralympic Day and Liberty Festival visitors can receive a refund by visiting one of the Event Information & Access Points.
- Rest area located near the waterfront, east of South Lawn.
- Changing Places facilities available at The Podium, next to the ArcelorMittal Orbit.
- Assistance dogs welcome.














Temporary transport/access suspension 4.30pm - 5.30pm. We are unable to provide access to/from: the temporary Blue Badge parking on Pool Street; London Aquatics Centre Blue Badge parking; the drop off point or the Dial-a-Ride service between 4.30pm and 5.30pm. This is due to high pedestrian numbers exiting the Stadium and associated road closures following Sainsbury's Anniversary Games. Please enjoy the Liberty Festival performances and Come & Try Sports on the South Lawn while you wait.

Please note: there will be photography and filming at the event. If you don't wish to be filmed or photographed please collect and wear a sticker, available from one of the Information & Access Points.

More information is available from the Information & Access Points.



Richard Davenport
Weighting

-  Come & Try Sports
-  Liberty Festival
-  Entry/Exit Points
-  Stalls
-  Anniversary Games Spectator Village
-  Anniversary Games ticket booth
-  Food and Drink
-  Sponsors
-  Toilets
-  Changing Places Toilet
-  Ambulance and First Aid
-  Event Information & Access Point
-  Rest Area

Liberty Festival

- A.** Architects of Air 'Arborica' feat. Rachel Gadsden's 'Shamal'
- B.** DJ Hub
- C.** Heart n Soul - Soundlab
- D.** Graeae - Acts of Memory: **D1.** Workshop **D2.** Performance
- E.** Dance Area
- F.** Music Stage
- G.** Extraordinary Bodies - 'Weighting'
- H.** Ifeoma Orjiekwe's Agozie Art Studio
- I.** Cooltan Arts - 'Around the World in 80 Days' + Baluji Music Workshops
- J.** Extant with Bureau of Silly Ideas - 'ComBUSTion'
- K.** Performance Poetry + Film
- L.** Kazzum - Nana's Jumble
- M.** Together 2012!

Come & Try Sports

- 1.** Greenwich Leisure Limited Activity Area
- 2.** Goalball
- 3.** Cycling
- 4.** Boccia
- 5.** Wheelchair Rugby
- 6.** Gymnastics
- 7.** Wheelchair Basketball
- 8.** Sitting Volleyball
- 9.** New Age Kurling
- 10.** Throw Area
- 11.** Wheelchair Tennis
- 12.** Sports Marquee
- 13.** Running Track
- 14.** Equestrian
- 15.** Meet ParalympicsGB Athletes



Event Map

Event Programme

Find out what's happening at National Paralympic Day, Liberty Festival and Sainsbury's Anniversary Games. Details were correct at time of printing and may be subject to change. Check at Information & Access Points for updates.

Time	Elite Sports and Come & Try Sports	Map Reference
London Aquatics Centre		
9.30am-11am	Doors open for elite swimming competition	See Park Map (p6)
11am-1.40pm	Swimming: Great Britain vs International. Cheer on the best of British as they return to the London Aquatics Centre where ParalympicsGB won an incredible 39 medals at London 2012. Races will include Ellie Simmonds back in action in the SM6 200m Individual Medley, in which she won Paralympic gold at London 2012, Ollie Hynd races in the S8 100m Backstroke and local hero Amy Marren competes in S9 100m Butterfly.	
Come & Try Sports, South Lawn		
11am-6pm	Come and Try Sport. Take your pick of a host of disability and inclusive sports, including Athletics, Boccia, Cycling, Equestrian, Fencing, Goalball, Gymnastics, Judo, New Age Kurling, Para Canoe, Para Triathlon, Powerlifting, Rowing, Shooting, Sitting Volleyball, Table Tennis, Wheelchair Basketball, Wheelchair Rugby and Wheelchair Tennis. Plus meet the ParalympicsGB athletes (see 15 on Event Map)	See Event Map (p8-9)
Music stage		
2.15pm-2.25pm	ParalympicsGB athletes Q&A	F
2.55pm-3.05pm	ParalympicsGB athletes Q&A	F
3.45pm-3.55pm	ParalympicsGB athletes Q&A	F
The Stadium		
12.00 noon	Doors open for Anniversary Games	See Park Map (p6)
1.15pm	First event	
5pm	Last event	



Audio Description: Performances marked **AD** are audio described. To join the AD tour please meet at 1.45pm at the Event Information & Access Point at the top of the South Lawn.

Time	Liberty Festival	Map Reference
Architects of Air Arborica		
11am-1.45pm	Architects of Air 'Arborica' - a giant inflatable structure, filled with light and colour. General entry.	A
2.30pm-2.50pm	Rachel Gadsden - 'Shamal' (PREMIERE) Performance 1 A wonderful multi-media experience with film, live painting and music inside Arborica, a huge inflatable structure created by Architects of Air.	A
3.15pm-3.35pm	Rachel Gadsden - 'Shamal' (2) AD	A
4pm-4.20pm	Rachel Gadsden - 'Shamal' (3)	A
4.45pm-6.30pm	Architects of Air - 'Arborica' - a giant inflatable structure, filled with light and colour. General entry	A
DJ Hub		
1pm-2pm	Shout Collective!	B
2pm-3pm	Castro Diego	B
3pm- 4pm	Deaf Rave	B
4pm- 5pm	Jamie Renton	B
5pm-6pm	Dinesh Satte	B
Heart n Soul Soundlab		
1pm-6pm	Heart n Soul - 'Soundlab'. Digital music making using new technology for people with learning disabilities.	C

Time	Liberty Festival	Map Reference
Graeae		
12 noon-3pm	Workshop leading to collective recitation/performance of the Universal Declaration of Human Rights. Supported by the Foundation for FutureLondon.	D1
3pm-3.40pm	Graeae - 'Acts of Memory' - a collective, multilingual and signed recitation, by memory, of the Universal Declaration of Human Rights.	D2
3.40pm-5.30pm	Graeae - 'Acts of Memory' - Post recitation and workshop	D1
Dance Area		
1pm-1.10pm	Wheelchair Dance Sports Association - Showcase performance	E
1.10pm-1.35pm	Wheelchair Dance Sports Association - Taster session	E
2.05pm-2.25pm	StopGap - 'Bill & Bobby' - a tribute to the star partnership of Ginger Rogers and Fred Astaire. A whistle stop tour of a bygone era.	E
2.35pm-2.45pm	Wheelchair Dance Sports Association - Showcase performance	E
3.05pm-3.30pm	Cathy Waller - 'Louder than Words'. A powerful new dance work set to the sound and rhythm of a live musician	E
3.40pm-3.50pm	Wheelchair Dance Sports Association - Showcase performance	E
4pm-4.20pm	StopGap 'Bill & Bobby' (2) 	E
4.40pm-5.05pm	Cathy Waller - 'Louder than Words' (2)	E
5.15pm-5.25pm	Wheelchair Dance Sports Association - Showcase performance	E
5.25pm-5.40pm	Wheelchair Dance Sports Association - Taster session	E
Music Stage compèred by Jess Thom and Amit Sharma		
1pm-1.20pm	Joan Coffey Singer-songwriter, mixing folk, country and soul	F
1.25pm-1.30pm	Film: Little Bird from Oska Bright	F



Mbongwana Star

1.35pm-2.05pm	Baluji Orchestra's musical director Baluji Shrivastav has brought together blind or partially sighted musicians from around the world to create a unique sound.	F
2.10pm-2.15pm	Film: Wake up in a Dream from Oska Bright	F
2.15pm-2.25pm	ParalympicsGB athletes Q&A	F
2.25pm-2.50pm	Sonic Vistas. Dance music with big beats to include deaf access, from a group of disabled musicians using assistive music technology. Led by Ivan Riches and supported by Drake Music.	F
2.55pm-3.05pm	ParalympicsGB athletes Q&A	F
3.05pm-3.10pm	Film: Fan Post from Oska Bright	F
3.10pm-3.40pm	Revenge of Calculon. Duo who combine lo-fi beats, funk, radio static and overweight 1970s analogue synths	F
3.45pm-3.55pm	ParalympicsGB athletes Q&A	F
3.55pm-4.25pm	Hassan Eraji, Moroccan singer songwriter, multi instrumentalist, arranger and composer.	F
4.25pm-4.30pm	Film: No Goodbyes from Oska Bright	F
4.35pm-4.40pm	Film: Petras Poem from Oska Bright	F
5.35pm-6.30pm	Mbongwana Star, a 7 piece band from Kinshasa, Congo, founded by 2 former members of Staff Benda Bilili. Fresh from playing Womad, a fantastic finale for the 2015 Liberty Festival.	F




ComBUStion



Shamal

Alan Parkinson

Time	Liberty Festival	Map Reference
Extraordinary Bodies - 'Weighting'		
4.40pm-5.30pm	Amazing aerial theatre, with cast of disabled and non-disabled performers plus 5 piece band and community choir from Southwark. 'Weighting', tells the story of a family living in a grey world of routine and simplicity. Across the bridge the world is full of colour, excitement, and music. To get to the other side the family must risk everything. AD	G
Agozie Art Studio		
11am-5.30pm	Ifeoma Orjiekwe's Agozie Art Studio. A pop up studio featuring Nigerian inspired arts and crafts.	H
CoolTan Arts & Baluji Music Workshops		
12 noon-3.30pm	CoolTan Arts - 'Around the world in 80 days' portrait booths. Be part of a digital photo opportunity to share around the world!	I
4pm-4.30pm	Baluji music workshop: Indian music	I
4.45pm-5.15pm	Baluji music workshop: Arabic music	I
Extant with Bureau of Silly Ideas - ComBUStion		
1pm-5.30pm	ComBUStion (PREMIERE). Extant, Britain's leading professional performing arts company of visually impaired people, have created a new work with Bureau of Silly Ideas. Together they invite you to form an orderly queue at the bus stop to participate in a London Bus ride with a difference. With special thanks to Arriva for providing the bus.	J
2:30pm-3pm	ComBUStion AD	
Performance Poetry & Film		
1pm-1.15pm	Access All Areas Theatre. Cian Binchy - 'The Misfit Analysis' (1). Cian has autism. He likes to spin tin-openers. But he's not an idiot. Journey through a captivating exploration of an autistic mind.	K
1.30pm-1.45pm	Access All Areas Theatre Cian Binchy - 'The Misfit Analysis' (2)	K

2pm-2.15pm	Access All Areas Theatre Cian Binchy - 'The Misfit Analysis' (3)	K
2.30pm-2.45pm	Access All Areas Theatre Cian Binchy - 'The Misfit Analysis' (4)	K
3.15pm-3.30pm	Owen Lowery - 'Rego Retold and otherwise unchanged'. Highly renowned poet Owen Lowery will present live readings from two of his acclaimed published collections.	K
3.35pm-3.50pm	Owen Lowery - 'Rego Retold and otherwise unchanged' (2)	K
4pm-6pm	Film: Mini - Cine programme	K
Kazzum - Nana's Jumble		
1pm-1.40pm	Kazzum - Nana's Jumble (1) Storytelling, puppets and children's fun activities	L
2.40pm-3.20pm	Kazzum - Nana's Jumble (2)	L
4.20pm-5pm	Kazzum - Nana's Jumble (3)	L
Together 2012!		
11am-1pm	Together 2012! Newham based organisation present Starpad DJ	M
1pm-6pm	Together 2012! present a community arts programme including: Music club; Act Up Newham; Poetry readings; Open Mic; Dance - Huma Dhutt; Starpad DJ	M
Sophie Partridge Walkabout		
1.30pm-1.45pm	Sophie Partridge - 'Songs of Semmersuaq' (1). Mythical song and storytelling of a 7ft tall Chief's daughter from a tribe who live in a world of snow. Look out for her to join in the fun.	South Lawn
2pm-2.15pm	Sophie Partridge - 'Songs of Semmersuaq' (2) 	
3.15pm-3.30pm	Sophie Partridge - 'Songs of Semmersuaq' (3)	
3.45pm-4pm	Sophie Partridge - 'Songs of Semmersuaq' (4)	
Time	Event Stalls	Map Reference
11am- 6pm	Heart n Soul; Attitude is Everything; Artsline; Shape; Together2012!; Access All Areas Theatre; Unison; Transport for London; Motivate East; Owen Lowery; Wheelchair Dance Sports Association and Sporting Memories.	South Lawn

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