



“Life in front of and behind the camera; a Paralympian’s perspective on disability”

This talk will share Kate's experiences of training, studying and competing as a Paralympian for Beijing in 2008 and preparing for London 2012.

Although Kate was not able to qualify for London 2012 due to illness she was able to take an active role on reporting the games for the BBC. As part of this talk Kate will also consider whether or not attitudes towards disability have changed as a result of the increased media focus on the Paralympics and what this might mean for Rio 2016.

Monday 24 March 2014

- Student Hall, Talbot House Bournemouth University, Talbot Campus 15:00-16:00
- Shelley Lecture Theatre, Poole House, Bournemouth University, Talbot Campus 17:30-18:30

Biography

Kate Grey - Sky Sports Living for Sport Mentor/BBC sports reporter

Kate Grey lost her left hand at two years old following a freak accident. Aged four, her parents encouraged her to learn to swim; it was a daunting task as Kate was afraid of deep water and struggled to balance with one hand, but she persevered and went on to swim regularly. Kate never let her disability hold her back, and alongside swimming she also pursued various other sports. At 10 years old, she competed in her first disability swimming competition. To her surprise, Kate performed well and later qualified for the National championships. In 2002, aged just 13, Kate was earmarked as a potential Paralympian and has been representing Great Britain ever since. The proudest moment in Kate's career so far was representing GB at the 2008 Beijing Paralympics. She went on to win a silver medal in the 100m breaststroke and bronze in the 100m IM at the World Championships in 2009. Unfortunately, illness meant Kate missed out on qualifying for the London 2012 Paralympic Games. However she still has the hunger to achieve her dream of winning a Paralympic medal and hopes to compete at the Paralympic Games in Rio 2016. Over the past year Kate has been involved with sports broadcasting, covering Paralympic sport among others. She believes that part of the Paralympic legacy is keeping disability sport in the media eye for the years between the games, and hopes that working in the broadcasting world can help make that happen.

Speaking about her role as an Athlete Mentor, Kate commented: “Sport is a very powerful tool, it’s not just about making elite athletes, but instead using sport as a foundation to change the lives of many young people and allow them to find the right path.” “Sport has made me realise that I may be different but I can still do the same things as everybody else. It has helped me to learn lifelong skills such as teamwork, leadership and communication which I can now use in all aspects of my life. It has helped me accept my disability and be proud of who I am.”

To attend please book via the following links [BU students/public](#) and [BU staff](#)

Follow [Kate](#) on twitter.

Limited parking is available. To book please email: diversity@bournemouth.ac.uk.

Accessibility information about the venues can be found at [Talbot House](#) or [Shelley Lecture Theatre](#) DisabledGo entries.

Please email diversity@bournemouth.ac.uk to discuss specific requests.

The talk has been organised and supported by:

- aspireBU
- Equality and Diversity Service
- Sports Academic Group, School of Tourism
- SportBU
- Swim Bournemouth

Light refreshments will be provided at the talks.



To find out more about Eating Disorder Week or Dignity, Diversity and Equality at BU please contact:

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