

## Chanua the Rhino's epic species saving adventure

As an endangered species, there are less than 5000 wild rhinos left in the world- mostly because of the impact of poachers.

Fortunately, there are many successful breeding programmes around the world helping to keep the species alive. Flamingo Land Zoo in Yorkshire is one of those places helping with the Black Rhino breeding program.

Relocated to Flamingo Land from Chester Zoo in 2019, 8 year old Chanua will now be moved to Tanzania in Africa where she will join other Black Rhinos and hopefully help add to the wild population by having babies of her own. For the last 3 years, the keepers at Flamingo Land have looked after Chanua and given her a lovely life as well as preparing her for her very important journey. After a road journey, and a flight, she will soon be meeting some other rhino friends from other zoos in Europe before they make their way via plane, to the release station in Tanzania. This will help the rhinos feel more safe and secure as they will have one another as company.

Gordon Gibb, the owner of Flamingo Land, said: "Stage one of her epic journey has been completed excellently. It's been an emotional 24 hours.

"She's an absolutely delightful individual is Chanua, very relaxed, playful and inquisitive, a delight to deal with."

It is hoped that after her release into the wild, she will thrive and live happily. We wish you lots of luck Chanua.

To view the story in a video, please visit:  
<https://youtu.be/PGxQe1o3tCE>



# Happy News

"My purpose is to inspire. And it's to show people what happiness really looks like despite the adversity that you have to face."



## Paralysed by a shooting, Wesley Hamilton now helps those living with disabilities take control of their lives.

At the age of 24, Wesley became a single father in a wheelchair and suddenly had to adjust to a completely new way of life. During his recovery, he spent 2 years in bed due to a pressure ulcer from sitting in the wheelchair and other complications. Due to this, Wesley found that his mental health also began to deteriorate. But the love of and for his children helped him to go on and find the strength to move forward. Wesley enrolled on a nutrition course at his local college and after eating more healthily, he took up weightlifting and also gained his CrossFit instructor training certificate. He is also an award winning adaptive athlete.

Through his journey, Hamilton realised he wanted to help other people with disabilities regain their livelihood.

Since 2017, his non-profit, [Disabled But Not Really](#), has empowered dozens of people through adaptive physical training and nutrition coaching -- helping them take their health back into their own hands and rise above their limitations. Hamilton developed an eight-week fitness program, and before the pandemic hit, participants would meet for one-hour group sessions twice a week as well as nutrition seminars.

When group classes were suspended because of Covid-19, Hamilton said he was committed to continuing to serve and support his program participants through private training sessions.

"People deserve to know they are more than their circumstances," he said. "My purpose is to inspire. And it's to show people what happiness really looks like despite the adversity that you have to face."

To view the video, visit:  
<https://edition.cnn.com/2021/03/11/health/disabilities-adaptive-fitness-training-cnnheroes/index.html>