

Sainsbury's

Active Kids

For All

Inclusive Community
Training Programme

For all ages



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FUNDED



SPORT
ENGLAND

Sainsbury's Inclusive Community Training Programme Frequently Asked Questions

What is the Sainsbury's Inclusive Community Training?

A creative, informal and informative workshop, designed to improve the skills and confidence of those who support disabled people to be more active.

Who is the Sainsbury's Inclusive Community Training designed to support?

It is designed as introductory training for those who:

- Support disabled people **of all ages** within the community, and
- Have an opportunity to put the training into practice.

For example; parents, carers, support workers, healthcare professionals and volunteers. Please note it is not suitable for qualified coaches.

What's involved? What does the Sainsbury's Inclusive Community Training cover?

The training consists of a 3 hour practical workshop complemented by an online module.

The online resources take approximately 45 minutes to complete and provide an increased understanding of what inclusion in physical activity and sport means.

During the workshop participants are supported to:

- Learn about practical tools to support inclusive delivery
- Explore creative ideas to support disabled people to take part in physical activity and sport
- Learn about local groups, activities and further training opportunities.

Are there any pre-requisites to attending the Sainsbury's Inclusive Community Training?

No, although participants are encouraged to complete the online module before attending the workshop as this will enable attendees to get the most out of the time with the tutor.

What will participants need to bring and wear?

For the workshop, attendees will need something to write with and as it is a practical workshop they should come dressed appropriately for some light physical activity. Participants should also bring a drink.

What are the minimum and maximum numbers for workshops?

Minimum 12 and maximum 22 (for higher numbers 2 tutors could be arranged with sufficient notice)

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Is the Sainsbury's Inclusive Community Training accredited?

After completing the online module, participants will be able to download a certificate and approximately 8 weeks after the practical workshop, participants will receive a certificate of attendance through the post.

How much does it cost to attend the Sainsbury's Inclusive Community Training?

The training will cost a maximum of £10 per participant (Subsides may apply)

Who is the Sainsbury's Inclusive Community Training delivered by?

The practical workshops are delivered by a network of tutors trained by sports coach UK.

How do I book onto a Sainsbury's Inclusive Community Training workshop?

Workshops are delivered regularly across England, to find out when a workshop is taking place near you, visit the English Federation of Disability Sport [Events webpage](#)

How do I get further information about the Sainsbury's Inclusive Community Training?

For further information please email: AK4A@efds.co.uk or phone: 01509 227751.

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