

# Sport Nottinghamshire

## Sport and Community Development Manager



Carolyn works as a Sport and Community Development Manager at Mansfield District Leisure Trust. Her role involves meeting people in the community, promoting activities and planning new ones.

As Carolyn did not have any coaching experience, along with 6 of her colleagues, she attended a Sainsbury's Inclusive Community Training workshop organised by Sport Nottinghamshire in October 2015. She attended in order to understand how physical activity can be adapted to suit the needs of participants.

Attending the workshop has given Carolyn a much better understanding about how the STEP Framework can be used to adapt activities to suit individual needs.

"The course was a good mixture of practical and theory which involved everyone"



Carolyn believes one of the strengths of the training is how the workshop was how it was structured.

Carolyn enjoyed being split into groups to devise adapted activities for other groups to try and feedback on. She found the workbook which each participant received containing information for future use beneficial particularly as she was able to make notes in it during the workshop.

Having the opportunity to play inclusive sports including Boccia, curling and sitting volleyball enhanced Carolyn's understanding of how activities can be adapted so that people of all abilities can participate together. Carolyn especially liked the fact that despite not being a qualified coach, she could participate equally with others at the workshop.



Having attended the training, when Carolyn has people telling her they are unable to exercise either because of age, health reasons or disabilities, she now has a much better understanding of what is achievable for them.

Carolyn also has a better understanding of how the most basic activities can be fun by allowing people of all abilities to join in.

Carolyn would highly recommend the Sainsbury's Inclusive Community Training to anyone working in community groups or supported living.