

# Sainsbury's

Active Kids

For All

Inclusive Community  
Training Programme

For all ages



LOTTERY  
FUNDED



SPORT  
ENGLAND

## Active Norfolk

### Parent

Active Norfolk delivered a Sainsbury's Inclusive Community Training workshop to 33 individuals from a range of community organisations.

One of the individuals who attended was Beth, a parent who volunteers at her son's wheelchair basketball club. Before attending the workshop Beth had never received any training on how to deliver sports sessions and so was hoping it would expand her knowledge and teach her different techniques she could use when supporting activities at the club.

Through the Sainsbury's Inclusive Community Training, Beth learnt a variety of approaches which have enabled her to adapt warm up activities in the club environment to make them more suitable and enjoyable for everyone.

In addition, the training taught Beth about different communication methods she could use to better support sessions, such as providing demonstrations and using visual aids.



Beth said:

**"The training increased my confidence to deliver sports based activities to individuals with a variety of needs. I have already applied the skills I learnt in warm up activities at my son's wheelchair basketball club, but also feel I will be able to use them to support skill sessions so that we can provide different levels of challenge."**

For more information about the Sainsbury's Inclusive Community Training Programme, including details of how to book your place on a workshop, please contact [AK4A@efds.co.uk](mailto:AK4A@efds.co.uk) / 01509 227751.

inspired  
by 2012

