

Inclusive Community Training



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In Summer 2016 Energize set up a Partnership with the National Citizen Service to deliver Sainsbury's Active Kids for All Inclusive Community Training workshops as part of their Summer programme

The workshops were delivered to over 250 young people aged between 15-17, educating them on the ways to adapt physical activities and sports for all abilities. The training also developed leadership and communication skills, along with creating an active and fun learning environment.

What NCS Think...



Andrew Bradbury, NCS Coordinator commented
"The ICT course provided numerous benefits to the young people participating in NCS, not only did it help them understand how to make sports more inclusive so that everyone can take part. It also taught them valuable life skills, such as communication, teamwork, equality, how to plan and organise activities as well as getting people physically active and take part in sport or physical activity"

What the young people think...

"I thought the ICT course was eye opening and enjoyable as I have never had a chance to learn about how different sports could be adapted to involve everyone. The activities were fantastic as everyone was able to get involved and I feel that the sports were made interesting as we learnt about how they were changed" Ashleigh Later NCS participant



"I found the ICT course very educational, I thought it was a great experience and it really opened my eyes to sports that have been adapted. The staff were very friendly and encouraging which made me feel more confident. I feel like I have learnt ways to adapt sport for future reference" Leigh Morris NCS participant



As an exit route for after the training, the young people were given information on local volunteering opportunities to continue communication and engagement with Energize. This has also led to involvement on the Inclusively Fit Project, a programme engaging adults and children with disabilities into physical activity and sports, covering Shropshire, Telford and Wrekin.