

Sainsbury's

Active Kids

For All



Inclusive Community  
Training Programme

For all ages



# Sainsbury's Inclusive Community Training Programme

inspired  
by 2012



## What?

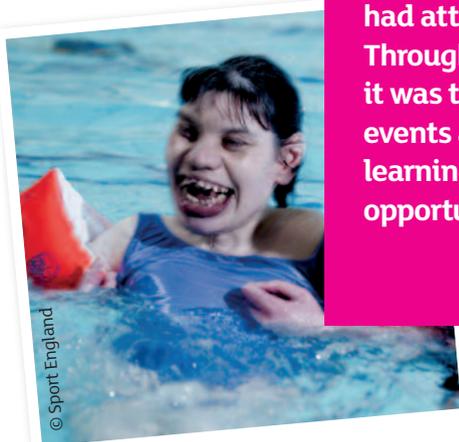
Training to improve skills, know-how and confidence in delivering sports-based activities to disabled people. Throughout the training you will:

- learn about practical tools to support inclusive delivery
- explore creative ideas to support disabled people to take part in physical activity and sport
- complete a workbook that will support your activity sessions after the course
- Learn about local groups, activities and further training opportunities.

## How?

Three-hour practical workshop supported by online resources.

Contact [ak4a@efds.co.uk](mailto:ak4a@efds.co.uk)  
01509-227 751 or your local county sport partnership for available courses.



**'I left this training feeling that it had been the most practical and useful session that I had attended in a very long time. Throughout, I was struck by how relevant it was to my everyday work - organising events and supporting adults with learning disabilities to access opportunities in the community.'**

**Tina, Mencap Activities Coordinator**

## Who?

Individuals and organisations that support disabled people of all ages within the community, including:

- support workers
- parents
- carers
- healthcare professionals
- volunteers
- community groups and organisations.

Please note that this workshop is not for qualified sports coaches. People working within sport-specific environments will be signposted to access inclusion training identified or provided by their governing body of sport.

Those outside of England will be signposted to their relevant home country disability sport organisation.



**‘The people that have supported me to get into sport are incredibly important to me and my career. Through this training you could play a part in making the same possible for others.’**

**Ellie Simmonds OBE**



## How Much?

£10 per participant  
(subsidies may apply).

## Why?

To support active communities for all.

**‘It is something that everyone who works with disabled people should go to.’**

**Workshop participant, Batley,  
West Yorkshire Sport**

The Sainsbury's Inclusive Community Training Programme, part of the Active Kids For All scheme, has been established through National Lottery funding from Sport England. This initiative is being delivered across England through the English Federation of Disability Sport and sports coach UK.

By October 2016 this initiative will provide low-cost, first-step training to 10,000 individuals in England who support disabled people within the community.

If you would like to find out more about Sainsbury's Inclusive Community Training or how to secure your place at a workshop, please contact [ak4a@efds.co.uk](mailto:ak4a@efds.co.uk) or 01509-227 751, or a local registered partner:

## Partner Details:



EFDS  
SportPark  
3 Oakwood Drive  
LE11 3QF  
Tel: 01509-227 751  
Email: [ak4a@efds.co.uk](mailto:ak4a@efds.co.uk)  
Website: [www.efds.co.uk](http://www.efds.co.uk)



sports coach UK  
Chelsea Close  
Off Amberley Road  
Armley  
Leeds LS12 4HP  
Tel: 0113-274 4802  
Email: [coaching@sportscoachuk.org](mailto:coaching@sportscoachuk.org)  
Website: [www.sportscoachuk.org](http://www.sportscoachuk.org)