

# Sainsbury's

## Active Kids

### For All

### Inclusive Community Training Programme

### For all ages



**Active Norfolk  
Physiotherapist**

# active norfolk

***"The sessions are fun, interactive, for all ages, all abilities ... I learnt a lot!"***

University of East Anglia Graduate and now full time physiotherapist, Hannah Brooks, attended a Sainsbury's Inclusive Community Training workshop at UEA's Sportspark in Norwich. Having heard about the training arranged by Active Norfolk through a sports academy she attends, Hannah wanted to attend the training as she comes into contact with those with varying physical, mental and emotional needs in her profession.

During the workshop, Hannah gained skills and knowledge which she can utilise in her job whilst working with disabled patients. Hannah learnt about the Inclusion Spectrum and about how useful the confidence curve is as a transferable activity.

**"Learning about 'open', 'modified' and 'parallel' was really interesting, and will definitely be useful in planning activities in the future. I hope to be able to always include everyone in group activities, whatever their needs are"**

Hannah now feels confident to work with all disabled patients.

**"I have never worked with people who are visually impaired or have learning disabilities, but I hope that my newly-developed skills will help overcome any barriers which I may face."**

The training has not just benefitted Hannah's disabled patients but also those who have long term medical conditions.

**"Working as a physio in the community, I come into contact with patients more frequently with dementia - I feel what I have learned at this course will help me engage and work better with these patients."**

The most enjoyable aspect for Hannah was that she got to try new activities, such as sitting volleyball. Hannah learnt that you can modify most sports and activities to include everyone, this will affect her practice at work and within her voluntary roles.

**"These sessions are for people with completely varying knowledge in topic areas, and I think that's brilliant"**

**inspired  
by 2012**

For more information about the Sainsbury's Inclusive Community Training Programme, including details of upcoming workshops, please contact [AK4A@efds.co.uk](mailto:AK4A@efds.co.uk) / 01509 227751.

