

Sainsbury's

Active Kids

For All

Inclusive Community
Training Programme

For all ages



LOTTERY
FUNDED



SPORT
ENGLAND

North Yorkshire Sport

Babs – Support Worker

North Yorkshire Sport delivered a Sainsbury's Inclusive Community Training workshop to 18 individuals from a variety of community organisations and service providers.



One of the individuals who attended the training was Babs, a support worker:

“Through my work I support a lot of young disabled people and do basic sports activities with them, often individually. I decided to attend the Sainsbury's Inclusive Community Training workshop as I wanted to better understand how I could deliver games to a group of individuals that would be suitable for everyone.

The workshop taught me about the Inclusion Spectrum and STEP, two tools which I can use to adapt the activities I deliver. For me personally, one of the key things I took from the training was an understanding of what an 'open' activity was and ideas of open games which meant I could fully include all individuals in one activity.

“Before I attended the workshop our sessions often involved individuals doing their own thing. But now, we deliver team games and open activities that suit everyone, such as 'cones and domes'. This training has made me more confident in delivering group activities and has opened my eyes to how easy it is to adapt activities to include everyone. I really enjoyed the training and feel it has had a positive impact on the young disabled people I support as they are now a lot happier and more engaged in the activities.”

From a County Sports Partnership perspective Simon Pierce from North Yorkshire Sport said:

“I feel the Inclusive Community Training is a resource that we can use to develop new relationships with non-traditional partners; supporting them to provide inclusive sport and physical activity as part of their service provision, as well as promoting first steps into coaching development opportunities.”

For more information about the Sainsbury's Inclusive Community Training Programme, please contact AK4A@efds.co.uk / 01509 227751.

inspired
by 2012

