

Sainsbury's

Active Kids

For All

Inclusive Community
Training Programme

For all ages



LOTTERY
FUNDED



SPORT
ENGLAND

Interactive

Tom - Volunteer

Interactive delivered a Sainsbury's Inclusive Community Training workshop to 16 individuals from Camden.

One of the individuals who attended was Tom, a volunteer at a weekly swim for disabled people of all ages:

"I have been volunteering at the weekly swim for over two years where I help adults and children with physical or learning disabilities to gain confidence in the water. I decided to attend the training as I wanted to know how I could make activities more inclusive and continually challenge individuals who progress quickly.

The Inclusive Community Training workshop supported me to ensure I always focus on ability instead of impairment and taught me how to vary the level of challenge to keep everyone engaged.

Since attending the training I feel more confident adapting activities on the spot when individuals are progressing at different rates and I have also found I am a lot more creative in the activities I deliver. As a result, I feel the workshop has benefitted the individuals I work with because they are now taking part in new pool games and constantly being challenged."



"Overall, the training has given me a better understanding of what disabled people want from physical activity and has made me more passionate about inclusive sport; inspiring me to try inclusive clubs for cycling and archery. I now appreciate how being involved in sport can improve someone's confidence and sense of identity and as a result I have an increased motivation to provide the best possible opportunities for the individuals I work with."

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 / 01509 227751.

inspired
by 2012

