

Sainsbury's

Active Kids



For All

Inclusive Community
Training Programme

For all ages



LOTTERY
FUNDED



SPORT
ENGLAND

Yorkshire Sport Foundation

Brother



“My younger brother has a learning disability and enjoys sport but struggles to find activities he can attend. I would like to help him find a football club that he can attend”

James attended a Sainsbury's Inclusive Community Training workshop at Calderdale College which was arranged by the Yorkshire Sport Foundation. James' younger brother has a learning disability and whilst he enjoys sport, struggles to find appropriate activities to take part in. As a result, James attended the Sainsbury's Inclusive Community Training workshop to learn about suitable local opportunities for his brother. James also attended the workshop as he has ambitions to study sport at university and saw the training as a perfect introduction into sports coaching, something he had never done before.

Expectations	Knowledge Gained	Impact
<p>Before attending the workshop, James knew that the training would give him the skills to deliver sport to disabled people but expected the focus to be on the tutor demonstrating inclusive activities. James was pleased to find that the emphasis of the workshop was exploring ideas to make activities inclusive and sharing experiences. James liked this aspect of the workshop saying:</p> <p>“It was very helpful to hear from more experienced members of the group who were able to share their ideas and personal experiences”</p>	<p>James explained what he learnt from attending the workshop and the key messages he took away.</p> <p>“The key message I took away from the workshop was that disabled people could easily be included in activities with non-disabled people. The other participants and the tutor were able to share many useful ideas of how I could support my brother to access these sorts of activities. I also found the ‘STEP’ tool to be a great way of adapting activities to involve and challenge everyone.”</p>	<p>The training has enabled James to help his brother be more active by encouraging him to take part in new sports. James now definitely wants a career in sport and intends to improve his coaching skills by volunteering locally and attending other training courses.</p> <p>“Overall, I found the Sainsbury's Inclusive Community Training to be a really useful introduction to inclusive coaching and it has encouraged me to look further into studying sport at university”</p>

inspired
by 2012

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

