

Disability Sports Programme



www.wiltshire.gov.uk/leisure-ability-sports



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Disability Sports programme

Ensuring sport is accessible for all continues to be a key priority for Wiltshire Council and over the last 5 years there has been a significant increase in the number of disabled people accessing and taking part in sport across the county.

The Ability Sports programme provides opportunities for both adults and young people with disabilities to access a sport of their choice.

Watch our Ability Sports video to find out more about our sessions and the type of activities we deliver - www.wiltshire.gov.uk/leisure-ability-sports

Inclusion coach programme

Wiltshire Council works in various schools across the county providing opportunities for young people with disabilities. Sessions include the delivery of both after school clubs and sessions during school time, ensuring participants have access to high quality coaching sessions.

Sessions are delivered during the autumn term and schools are provided with support for 6 – 12 weeks.

For more information please contact **Rob Paget** on **01722 434770** or robert.paget@wiltshire.gov.uk



Rising Stars

(Junior inclusion sports clubs)

Rising Stars is a community sports club for young people with SEN and/or disabilities who are aged 8 - 16 years old.

Clubs encourage young people to explore new activities and sports, helping individuals gain life skills as they take part.

Participants develop social, personal, creative and learning skills as well as benefiting from improved confidence and self esteem.

These clubs provide a safe, friendly and fun environment for everyone and new members are always welcome.



North Rising Stars

Sheldon School, Chippenham
Thursday 5pm – 6pm

West Rising Stars

Trowbridge Sports Centre
Wednesday 4pm – 5pm

South Rising Stars

Sarum Academy, Salisbury
Monday 4pm – 5pm

Cost: £30 for 10 sessions

Age: 8 – 16 years old



For further information or to register at a club please contact **Rob Paget** on **01722 434770** or **robert.paget@wiltshire.gov.uk**

Inclusion holiday programme

A number of multi-sport activity days are delivered throughout the county during school holidays, providing young people with disabilities the chance to access sport outside of school.

The holiday programme provides participants with the opportunity to try new sports, meet new people, develop friendships, learn new skills and improve their confidence.



Inclusive Athletics

Marlborough College
Wednesday 4 April 2018

Inclusive Tennis

Springfield Community
Campus, Corsham
Wednesday 8 August 2018

Inclusive Cricket

Winterbourne Cricket Club
Salisbury
Tuesday 14 August 2018

Inclusive Basketball

Trowbridge Sports Centre
Thursday 16 August 2018

Inclusive Athletics

Marlborough College
Thursday 23 August 2018

For all sessions:

Cost: £15 per person
Age: 8 - 19 years old
Time: 10.30am - 2.30pm

For further information about all holiday activities please contact **Rob Paget** on **01722 434770** or **robert.paget@wiltshire.gov.uk**

Wiltshire

Boccia Club

Wiltshire Boccia Club is an exciting opportunity for people with disabilities and their friends/siblings to come along and take part in a paralympic sport.

Boccia is a non-contact sport that relies upon the skill of the player rather than size, speed and strength. A ball can be propelled by rolling, throwing or kicking. A ramp can be used if required.

Players will experience competitive opportunities in a friendly atmosphere with the emphasis on taking part and enjoyment.

The club runs every other week (twice a month) **from 10 February 2018**



Cost: £2 per session

Age: All ages welcome

When: Saturdays, 10am – 11am

Where: Guides Hut, Devizes, SN10 3LU



For further information or to register at the club please contact
Geoff Mascal at mascal188@btinternet.com

Short breaks funding

Wiltshire Council works with various partners across the county to deliver sport specific opportunities for children and young people with a SEN and/or a disability.

These sessions are supported by funding from Wiltshire Council, allowing more children and young people to access and benefit from sports participation.



For further information on the wider 'short breaks' offer please visit www.wiltshireparentcarercouncil.co.uk

County swim squad

In partnership with Swim England and local swimming clubs, the county swim squad is a Wiltshire based swimming academy that targets young people aged 8 – 19 with a disability who show an interest and some ability in swimming.



Sessions are delivered on a monthly basis at Devizes Leisure Centre.

Members of the academy receive technical coaching and any young people who demonstrate further talent will be signposted to additional opportunities including regional training and competitive events.



For more information please contact **Rob Paget** on **01722 434770** or robert.paget@wiltshire.gov.uk

Wiltshire Cricket programme



Wiltshire
Cricket

Following the success of the disability cricket programme, Wiltshire Cricket will continue to deliver schools coaching for SEN schools throughout the county in the form of PE lessons, lunch time clubs and after school clubs. **Programme runs - March - July**

Wiltshire Cricket has developed a Table Cricket programme offering SEN schools across the county the opportunity to receive a free 6 week block of table cricket coaching, leading up to a county-wide table cricket festival.

Programme runs - September - March

Wiltshire Cricket will continue to work with Potterne Cricket Club to offer community disability cricket provision for individuals of all ages.

For further information please contact please contact **Sam Dent** on **01249 445225** or **sam.dent@wiltshirecricket.co.uk**

Wiltshire Wildcats

The Wiltshire Wildcats are a wheelchair basketball team based at Tidworth Leisure Centre.

The club provides opportunities for everyone to participate in a paralympic sport, building up their wheelchair handling, passing and shooting skills through fun games and activities.

Sessions finish with a game to enable players to put into practice the skills they have learnt. Participants do not have to be wheelchair users to play; the club welcomes anyone who is keen to play from all backgrounds.

Cost: £3 per session

Where: Tidworth Leisure Centre

When: Saturdays, 2pm – 4pm, during term time

Age: 8+



For more information please contact **Lorraine Norman** on **wildcatswbb@live.co.uk** or **07826 524673**

Wheelchair rental

Wiltshire Council has wheelchairs available to hire for a range of sporting events. The wheelchairs are suitable for a range of sports including wheelchair basketball and wheelchair tennis.

Schools, community groups and other organisations are welcome to hire these chairs for the day/evening to have a go at these different sports. This will provide their students and participants with an opportunity to experience paralympic sports within their school/club environment.

This opportunity is available to all schools and community groups throughout the county.

In order to take advantage of this fantastic opportunity, hirers require a sports hall for delivery to take place and a teacher/supervisor at the session to assist with supervising the participants.

Cost of the chairs

The wheelchairs are available to hire on a half-day and daily basis.

Half-day – £120 (up to three hours)

Full-day – £180 (up to six hours)

The cost of hiring the chairs includes:

- delivery of chairs to selected location
- a fully qualified level 2 sports coach for the duration of the session who will be responsible for delivering the session, ensuring the safety of participants and the wellbeing of the chairs
- fun drills and games working on chair handling, sport specific skills and finishing off with a game
- the return of the chairs to their original destination



For further information please contact **Terry Bathe** on **07837 535499** or **terry.innov8sportzc.i.c@gmail.com**

1-2-1 swimming for young people with disabilities

1-2-1 swimming lessons are delivered to beginners and improving swimmers giving opportunities for young people aged 5 – 19 to receive 1-2-1 tuition from Swim England qualified swimming teachers.

These sessions are offered in six-week blocks with a maximum of 12 sessions per participant and have been heavily subsidised, resulting in an approximate 50% saving for families.

Participants can improve their water confidence and have fun.



1-2-1 swimming lessons

For Olympiad Leisure Centre – Chippenham, The Activity Zone – Malmesbury, Lime Kiln – Wootton Bassett, please contact:

Maggie Mead on **01249 444144** or **maggiemead@pfpleisure.org**

For Blue Pool – Melksham, Trowbridge, Westbury, Bradford on Avon and Warminster, please contact:

Esther Levin on **01225 764342** or **estherlevin@pfpleisure.org**

For Tidworth, Devizes, Marlborough, Pewsey, Durrington and Calne Leisure Centres, Five Rivers Health and Wellbeing Centre, Salisbury and Springfield Community Campus, Corsham, please contact:

Charlotte Lloyd on **01672 513161** or **charlotte.lloyd@wiltshire.gov.uk**

Wiltshire Wheels for All

Wiltshire Wheels for All is an inclusive cycling programme providing opportunities for adults and young people with a disability or mobility issues to take part. A range of adapted cycles are on offer including tandems, tricycles and hand cycles with all sessions delivered by qualified leaders. Individuals are welcome to bring their own adapted bike if they wish to.



Cost: £2 per session

Age: Any person with a disability, friends and family are welcome too

For further information about the Adapted Cycling programme including future delivery and locations, please contact **Rob Paget** on **01722 434770** or **robert.paget@wiltshire.gov.uk**

Swindon Town 'Football in the Community' schools coaching and tournament

The 'Football in the Community' team offers both special schools and SEN units across the county a chance to receive high quality football sessions throughout the autumn term.

FA qualified coaches deliver sessions covering all aspects of football before a SEN festival is held at Croft Sports Centre, Swindon.

For further information about football in the community projects please contact **Clive Maguire**, football development officer on **01793 421303** or **clive@stfc-fitc.co.uk**



Fit Club

(Adult inclusive sports)

Fit Club is a sports club for adults aged 17 and above with disabilities allowing participants to continue to take part in sport and physical activity.

The clubs help individuals lead a healthier and more active lifestyle, as well as providing the chance to develop sporting and social skills in a relaxed and fun environment.

Participants will learn how to play many different sports and develop team skills such as communication and working together whilst improving spatial awareness.



North Fit Club

Olympiad Leisure Centre
Chippenham
Thursday mornings
10.45am – 11.45am

South Fit Club

Five Rivers Health and Wellbeing
Centre, Salisbury
Monday evenings
6.30pm – 8pm

West Fit Club

Trowbridge Sports Centre
Wednesday evenings
5.15pm – 6.15pm

Age: 17 years and above

Cost: £30 for 10 weeks



FOUNDATION

For more information please contact **Rob Paget** on **01722 434770**
or robert.paget@wiltshire.gov.uk

Tennis

The Tennis Foundation is Great Britain's leading tennis charity.

Its vision is a sport which is inclusive and accessible to every kind of community. Its aim is to provide opportunities to encourage people to maximise their personal potential through tennis.



It works closely with the Lawn Tennis Association (LTA) and a wide range of partners from across all sectors to deliver its vision and aim.

Tennis Networks

The Tennis Foundation has developed a series of networks providing disabled participants opportunities to play tennis.

Opportunities have been developed in both traditional settings such as clubs, schools and colleges and also in non-traditional settings such as community centres and multi-sports clubs.

The main purposes of the networks are to provide quality experiences, increase the number of participants playing on a weekly and monthly basis and also provide opportunities for players to develop their skills and play in competitive settings.

Wheelchair Tennis – Royal Wootton Bassett Tennis Club

Wednesdays 2pm – 3pm (term time only)

Royal Wootton Bassett TC, Gerard Buxton Sports Ground, Brinkworth Road, Royal Wotton Bassett SN4 8DS

£6 per session

Contact: [Ali Ward](mailto:aliwardtennis@gmail.com) Tel: 07737592057 Email: aliwardtennis@gmail.com

Adults Learning Disability Tennis – Riverside Tennis Club (Salisbury)

Wednesdays 3pm – 4pm

Riverside TC, Fisherton Farm Allotments, Off Coldharbour Lane, Salisbury SP2 7DG

£1 per session

Contact: [Carolyn Barry](mailto:johnpbarry@ntlworld.com) Tel: 01722 501557 Email: johnpbarry@ntlworld.com

As well as the above sessions, many tennis clubs throughout Wiltshire offer inclusive tennis sessions, please contact the Wiltshire LTA office for further information. **07903 792305** or wiltshirecountytennis@gmail.com

Testimonials

Steph Millward MBE– Rio 2016 Paralympic swimmer – won two golds, one silver and one bronze.

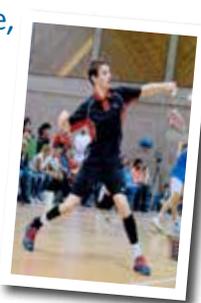
Aaron Moores MBE– Rio 2016 Paralympic swimmer – won one gold.



Having a disability does not mean you can't play, enjoy and achieve your goals in sport no matter what age you are. Sport has played a major role in both our lives and helped us become the people we are today. In 2016 we both fulfilled our life time dream of becoming Paralympic Champions at the Rio Paralympics. Whether you are looking at taking part in sport recreationally or competitively the ability sports programme has something for everyone. Sport impacts people's lives in many different ways, whether it's improving confidence and self-esteem, wanting to lead a healthier lifestyle, or a chance to meet new people, we would recommend contacting the Sports Development Team to sign up and get involved today.

Dan Bethell – Para badminton British and world number one, reigning European champion and member of the GB Para Badminton team training for Tokyo 2020.

Wiltshire Council's ability sports programme provides fantastic opportunities across all sports regardless of your disability. Sport is a great way of making new friends, being more active and more importantly, it's fun! No matter what your goals are I urge you to sign up to one of the sessions being delivered throughout Wiltshire and start your sporting career today.



Stuart Hall – Strategic director of the Wiltshire Parent Carer Council (WPCC) and parent of a young person with SEND.

The WPCC has worked closely with the Sports Development Team for several years. They embrace the aspirations and interests of children and young people with additional needs and always try their hardest to respond by providing a range of accessible sporting activities that children and young people with additional needs want to take part in. Activities are staffed by professionals who understand the needs of children and young people with additional needs in a safe, fun, friendly and accessible environment. The inclusive attitude of Ability Sports has demonstrated that a disability does not have to be a barrier to participating in a variety of sporting activities across Wiltshire. The WPCC would highly recommend the Ability Sports programme.



The English Federation of Disability Sport (EFDS)



The English Federation of Disability Sport (EFDS) was established in September 1998 as the umbrella body for disabled people in sport and physical activity throughout England.

Its vision is that disabled people are active for life. EFDS champion opportunities for disabled people to enjoy sport, supporting the sport and physical activity sectors to be more inclusive.

EFDS works to increase opportunities for disabled people in sport and physical activity. By supporting the sport sector and engaging with disability organisations, they are in the best position to support participation at every level.

The EFDS wants sport and physical activity to be a meaningful experience, whatever level disabled people choose. Its partnerships across different sectors mean it can use knowledge and expertise to help sport deliver more inclusive programmes.

Working with a number of focus National Governing Bodies (NGBs) of sport, EFDS ensures they maximise their own programme for disabled people. They support NGBs with its own insight on disabled people, sports development expertise, local engagement, disabled children and young people as well as marketing knowledge.

In addition EFDS works in close partnership with the National Disability Sports Organisations (NDSOs), to collectively support National Governing Bodies of sport (NGBs). This provides NGBs with more support to deliver opportunities for disabled people with specific impairments.

The NDSOs are British Blind Sport, Cerebral Palsy Sport, Dwarf Sports Association, Mencap Sport, Special Olympics GB, UK Deaf Sport and Wheelpower.

To find out more about **EFDS** visit www.efds.co.uk or federation@efds.co.uk

Wiltshire Parent Carer Council (WPCC)

Founded in 2008, the Wiltshire Parent Carer Council (WPCC), is an independent voluntary organisation, which is managed and run by parent carers, for parent carers.



They provide a consultation and participation service which enables parent carers to have a voice and support their children. This service offers real opportunities to influence and shape provision.

The WPCC also provides the special educational needs and disabilities information service, which offers a wealth of information as well as signposting to specialist services.

Its bespoke website aims to give visitors an enjoyable experience in accessing the information they require, or finding out things they don't know about.

The Wiltshire Parent Carer Council supports the Ability Sports programme through promoting all activities being run throughout the county and informing parents and carers of the superb opportunities that are available for their children to participate in sport.

Contact one of the team to access information or for support navigating the website.

The WPCC offices are open from 10am – 5pm, Monday – Friday.

For further information please call **01225 764647**
or email admin@wiltspcc.co.uk

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